

SPIRITED WOMEN'S NETWORK

EMPOWER. SUPPORT. CONNECT.



“The sweetest of all sounds is that of the voice of the woman we love”

Jean de la Bruyere

(French satiric moralist,
1645-1696)

In this issue...

Making Love Every Day
– The secret to a
successful, happy
relationship.

Sweet Smell of Love

What's new?

Link –
www.wildlyhappy.com.au

Treat Yourself –

Egyptian Cotton on line

Events Calendar –

Fabulous workshops to
inspire and grow.

Recipe

Lactose Free Thai
Sweet Potato and
Pumpkin Soup with
Yoghurt Drizzle

Sweet Sixteen – November Edition

My daughter turns sweet sixteen this month. And apart from wondering where those years have gone, I stop and contemplate as to when the sweetness of my life started turning a little sour. When I watch my daughter and her friends you see in them such a joy about being alive, such optimism about the future, such spontaneous expression of what ever they are feeling. I miss that. It seems that a little too much cynicism and doubt have poisoned the candy. I begin to think I am wearing the cloak of responsibility way too heavily. Then I spend time with my husband or friends or family and understand that my sweetness lies in the love that comes from maturity, history, experience. It comes in simple things, simple pleasures. My life is sweet, just in a subtler way. So to all that I love and who love me back -thank you. Happy Birthday Tahlia. May your life always be delicious.

Natalie

Making Love Every Day – The secret to a successful, happy relationship

By Ann Carol Cook

I'm about to state the obvious but please bear with me. Making love is a physical act. Now for the not so obvious - making love doesn't always involve a sexual act. Either way, making love is truly the key to a happy and successful relationship.

When we are young, we tend to have a self-serving, it's all about me attitude. Hopefully, as we mature, we become more caring and giving to others and less self-involved. This becomes critical to our ability to enter a true, loving relationship.

Nothing beats the euphoria of a budding romance. It begins with excitement at the first spark of interest. Next comes that wonderful period of time when you are trying desperately to impress each other. And of course, let's not forget the anticipation of that first kiss! And the incomparable moment when your lips meet for the very first time! Whew, there's just nothing like that time. And there lies the problem. How do you keep the *sweetness*, the excitement and the loving feelings alive?

Familiarity breeds contempt.

Familiarity breeds contempt. Who hasn't heard that before? Although there is disagreement as to who first uttered those words, the truth of the sentiment can not be denied. Sadly, this is particularly true in love relationships. Somewhere along the way, the silver begins to tarnish and we begin seeing our lovers as the fallible humans they truly are.

Although this process might be inevitable, it does not have to compromise the feelings you have for each other. There is actually a very simple solution available to everyone and it's absolutely free.

The Law of Belief

- 1 tablespoon olive oil
- 2 tablespoons Thai red curry paste
- 250g sweet potato, peeled and chopped
- 250g pumpkin, peeled and chopped
- 1 litre chicken stock (or vegetable stock for vegetarians)
- 250mL Liddells Lactose Free Thickened Lite Long Life Cream
- 200g tub Liddells Lactose Free Plain Yoghurt
- 2 tablespoons finely chopped fresh coriander

Method

Saute onion, garlic and ginger in a non-stick saucepan with oil until soft, add curry paste and cook for 1 minute until fragrant. Add sweet potato, pumpkin and stock and simmer, uncovered for 15-20 minutes or until tender.

Puree mixture until smooth and return to saucepan. Stir in cream and reheat gently.

Combine yoghurt and coriander. Ladle soup into serving bowls and top with a swirl of coriander flavoured yoghurt.

This Month's poem

The Sweets of Evening

by Christopher Smart

The Law of Belief says that whatever you believe with conviction becomes your reality. Although this is typically used to promote positive thinking in the creation of wealth, it works equally well in relationships. In other words, to be in love you must believe you're in love, and more importantly, act like you are in love. It's fairly easy to believe you're in love. The trick is to maintain that belief over the long-term through action.

Think back to the beginning of your relationship. Remember how easy it was to say *sweet* things to your love? Weren't those words sincere and from the heart? A year or more later are you still expressing those words of love and appreciation?

The loving feelings can be weakened by so many things. They are assaulted by anger, disappointment and frustration. Or perhaps, we get so caught up in life that we simply forget to take the time to nurture the relationship that we have come to take for granted. Think about your own feelings and how uplifting it is when someone gives you a compliment or thanks you for a kindness. Most of us are thoughtful and complimentary to co-workers, friends, even strangers but often forget to appreciate our partners.

Two Little Words

Thank you. Those two simple words of gratitude can do so much. There are infinite opportunities to say thank you. Does your partner ever cook for you? Take you out to dinner? Take you to a play, a movie, the symphony? Does your partner ever do your laundry or drop your clothes at the cleaners? If you're married or living together, who does the grocery shopping? Are you starting to get the idea here? All the little daily tasks and chores that our partners do or help with are chances to show gratitude with those two little words. Even the single word, "thanks" will do. Make a conscious effort here and it will soon become a habit that gets a huge return.

The Next Step

Now you're ready for the next stage of making love, and this one is pretty simple too. Do at least one thing every day to let your partner know they are loved. In this day of instant communication it takes no time at all to send an email or a text message. There's no need to write a long letter although those are nice from time to time. You can make a significant impression with short messages like, "thinking of you", "I love you", "can't wait to see you tonight", "thanks for being so wonderful". Use your imagination to make it personal for your own relationship. I'm sure you can come up with something that will melt your lover's heart.

Mix it up with small acts of thoughtfulness. Not to be cliché, but sweets for the sweet are always a hit. Pick up a package of your honey's favourite candy bars and have one in hand on your next date. Slip a love note into his pocket or her purse for a delightful surprise in the middle of the day. These things don't have to be big or extravagant, just heartfelt. Again, use your imagination and tailor it to suit your *sweetie*.

Don't make this stressful by trying to be romantic all the time. The point is to make a sincere display of love and affection - every day.

This will have a two-fold impact. First, you will make your *sweetheart* feel wonderful, loved and appreciated. And second, you will be reinforcing your own feelings of love for your sweetie. See how this all ties in to the Law of Belief? It truly is the little things that build and strengthen the bonds of love.

Start Now

As with anything new, it may take some time to turn these tips into personal habits but believe me, the return in relationship bliss is well worth

The sweets of evening
charm the mind,
Sick of the sultry day;
The body then no more
confin'd,
But exercise with freedom
join'd,
When Phoebus sheathes
his ray.
While all-serene the
summer moon
Sends glances thro' the
trees,
And Philomel begins her
tune,.
And Asteria too shall help
her soon
With voice of skillful ease.
A nosegay, every thing that
grows,
And music, every sound
To lull the sun to his repose;
The skies are colour'd like
the rose
With lively streaks around.
Of all the changes rung by
time
None half so sweet appear,
As those when thoughts
themselves sublime,
And with superior natures
chime
In fancy's highest sphere.

Sweet Words

**Sweet Food: Delicious
sweet treats that will calm
any craving**

By Gasparin & Rowney

**In Sweet company:
Conversations with
extraordinary women
about living a spiritual
life.**

By Margaret Wolff

the effort. Try it. Make unconditional love to your partner today, and every day, and I guarantee you will realize immediate results.

Ann Carol Cook - Please visit <http://www.alongdistancelove.com> and <http://www.alongdistancelove.blogspot.com> for more topics of relationship interest.

The Sweet Smell of Love

By Vlady Peters

When it came to love-making, Napoleon, that short plump bundle of masculinity, knew that it all started in the head. And as far as he was concerned you couldn't get a better start than by smelling sweet. He himself used almost one bottle of eau de cologne per day. As for Josephine...

Brides in India have been known to be massaged with scented oils for weeks prior to the wedding day. By the time the D Day arrived, their bodies were literally impregnated with fragrance.

Men and women for centuries have been making themselves desirable by appealing to the nose. Early Romans thought nothing of perfuming themselves two or three times a day so that they would always be nice to be near.

Unlike the current custom, which encourages people to acquire a taste for a particular perfume, making it their signature so to speak, in the past people were much more adventurous, using a different perfume for all sorts of reasons. Sometimes it was to match their mood, other times to match the time of day. Something light at the break of day. Something a little stronger at lunch time. And by night time, it was no holds barred.

Manufacturers of perfumes are fully aware of the potency of the sense of smell when it comes to the meeting of two intimate bodies. Constantly on the lookout for the unique, they will go to extremes to titillate. One of the most expensive perfumes in the world is made in a little-known town in the gulf country of Oman. It comprises over one hundred essences and oils and reproduces the smell of lily of the valley from which no natural extract can be obtained.

The romantic Omanis know how the sense of smell recreates memory. It is not unusual for a husband to wear a necklace in a form of a brush infused with his wife's perfume. Those who are not into ornamentation use the tassel of their dress for the same purpose.

While for years it's been the practice of women to dot perfume on the pulse points of their bodies, the more aware bride and groom will also use perfume on those points of the body which have the closest contact with the clothes, such as trouser belt, leg elastic and camisole straps.

And instead of a slather of "Obsession" for her and "Eau Sauvage" for him, both will use a different perfume for different parts of the body. So, anywhere they wonder, anywhere they roam, their nose will quiver with anticipation.

Vlady Peters is an Australian Civil Marriage Celebrant authorised to perform marriages in Australia. She also perform general ceremonies such as Baby Naming, Renewal of Vows and Commitment Ceremonies. To learn more about her as a celebrant and an author visit vlady at <http://www.weddings-celebrant.com>