

**THE LOST CHAPTER...** *deemed too risqué to be included.*

## Turn Your Mate Into Your Sexual Soulmate

Intimacy and passion are the foundation of a couple's connection. Yet all too often, without solid communication tools and sexual awareness, couples forfeit their physical intimacy and ultimately, their relationship.

After all, where do you learn how to be a better lover? Not in church or school. Not from mom and dad. This bonus chapter will give you two “conscious agreements” and myriad lovemaking concepts to fire up your passion and turn your mate into your sexual soulmate.

Here is a story of a woman who almost lost everything because of her lack of sexual skills and who is now considered by many to be one of the most active sexpert minds in the world today.

Susan Bratton clearly remembers the moment she faced the traumatic, near-death experience of her eleven-year relationship. The late summer eve's sky was streaked pink and orange. There was a hint of coolness in the Silicon Valley air.

Standing on the front porch with her beloved six-year-old daughter, she watched Tim packing his SUV with just enough basics. He was headed to a hotel. They had decided to divorce.

Their little girl was holding her blanket, nervously rubbing it against her lips, when she looked up and said, “Does this mean you won't be my daddy anymore?”

In that moment both Tim and Susan were stunned with the realization that they had to *fight* for their marriage.

“I knew we were smart enough to figure out a solution to keep our family together,” Susan recalls.

Considered one of the most happy and successful couples in the high tech industry, Tim and Susan shared a secret behind closed doors that no one else knew. Their relationship had become platonic. Tim had checked out emotionally and she missed him. Susan lost sexual interest and he missed her affection.

At the time, Tim wanted sex every day, while Susan was perfectly happy making love once a month. Neither of them had the knowledge, education or experience to solve their libido mismatch on their own.

It was clear the lack of physical intimacy was destroying their relationship.

“We realized we could replace each other, but we could never do better than each other, so we chose to save our marriage,” Susan explained.

The first marriage counselor said it was normal for the spark to fade. “Just get over it,” she said. The second therapist accused Tim of being a sex addict because he wanted to have sex every day.

So, they began to take personal growth and sex, love and intimacy workshops. They learned Tantric lovemaking techniques; they took up an Expanded Orgasm practice; they walked through fire, both literally and figuratively together.

“We were highly motivated to be vulnerable with each other in the workshops because it was US against the enemy — divorce.

Learning intimacy skills and expanding our repertoire of sexual techniques was edgy, really edgy, but it was worth it if we could reawaken our passion,” Susan disclosed.

It worked.

They not only re-committed to their marriage; they deeply reconnected, and fell in love all over again. They found a new calling. As they witnessed their married friends divorcing left and right all around them, Tim and Susan knew all these couples needed were the same tools they’d discovered in their quest to become sexual soulmates.

Today, more than a decade since the fateful anniversary where they admitted they were both lonely inside their marriage, this California couple is now thriving in both their relationship and business. They were so profoundly affected by their newfound intimacy skills that they came together to form a new company — *Personal Life Media* — an educational publishing company that brings heart-connected, conscious lovemaking techniques and communications skills to lovers around the world.

By focusing on sharing easy techniques that have life-changing effects on intimacy, Susan has become a TV celebrity and hot sex adviser to millions. She is the author of more than twenty books and online programs including *Relationship Magic*, *The Passion Patch*, and *Revive Her Drive*. She is also the co-creator of a DVD series entitled the *Steamy Sex Ed Collection*, their top selling product for couples. Beloved for her practical, compassionate sex advice, Susan has been called the “Dear Abby of Sex.”

## Why We Have Different Sexual Approaches

According to Susan, the overwhelming amount of sexual information online and in the media places a lot of pressure on men *and* women.

When I asked her to describe the sexual differences between men and women, she said: “Here’s what’s fascinating... men through the eons have been hard wired for ‘sperm competition.’ It is the nature of the human man to be horny and ever ready to inseminate a female when she wants it. They're built to want to top off their woman frequently by ejaculating inside her so that whenever she is fertile, it will be their offspring. Frequent masturbation keeps the sperm flowing so that they're fresh when she's ready.”

Women are biologically driven by two competing desires. We unconsciously and ineluctably seek a stable man who will help raise and protect our children while being simultaneously driven to seek insemination from the most attractive, healthy, intelligent sperm donor. This is why Rutgers Anthropologist, Dr. Helen Fisher tells us that 40%-60% of humans are both “serial monogamists” at the same time we are “serial cheaters.”

Men are ever-ready to inseminate and are competitive for the opportunity. That’s why men are drawn to learn sexual techniques... bedroom skills give him the distinct advantage of being “invited back inside.” While women — also at an unconscious, DNA-driven level — desire sexual variety. The variety can come from new partners in some cases, but in monogamous relationships it must come from new and creative seductive practices and techniques. Women whose desire is dampened are often women whose sex drive has been bored to death. Once those “new relationship energy” hormones are gone,

her campfire must be tended and stoked regularly to burn hotly, while his flame burns consistently bright for sex.

These are generalities, and there is as wide a variety of sexual preferences as there are stars in the sky, but it does explain why men have a very consistent desire for sex, while women need to be continuously seduced with sexual offers. More on how to make good sexual offers coming up!

“Men need sex to feel loved while women need love to want sex.”

The vagus nerve in women has as much to do with our emotional connection to sex. The vagus nerve is the nerve of connection, compassion, and kindness... and in women goes all the way from our heart into our genitals. In men the vagus nerve stops in the abdomen. Physically, a man's penis is not connected to his heart in the way in which a woman's genitals and heart are connected. The good news is he can consciously connect the two through lovemaking techniques.”

Susan offers over 18 hours of free online workshops with Jim Benson, creator of *Multi-Orgasmic Lover*, to show men practices that connect their cock and heart together.

“Men's desire for intimacy and connection in lovemaking has been severely underestimated in our culture. Men crave intense, passionate surrendered sexual experiences with their lady loves. Men want a sexual soulmate as much as women do,” Susan emphasizes.

According to Susan, a man feels like a man through consistent intercourse. When sex dries up, part of his masculine confidence withers... along with his tool. But in order to feel truly vital, he needs more than just sex. He needs to know he's giving his woman incredible pleasure. Fundamentally, he's competing with other men past, present and future to gain access to a woman. If

he makes her feel great, she'll invite him back. "Competition and the drive to delight her in the bedroom compels men to collect sexual techniques. He has glorious ambitions to give her seven kinds of orgasms in seven different positions if she'll allow him," chuckles Susan.

## **Safe Sexual Exploration**

*Allow* is the key word here... as Susan layers on three simple interpersonal insights to create a safe atmosphere for trying new things in the bedroom. Expanding your sexual palette can trigger some very deep fears unless you know these navigational tools.

First, he needs to win.

Susan emphasizes that men need to be recognized for all the things they do right. A common core fear of men is, "I'm not doing it right." It's almost a cliché that men's egos get bruised if you "correct them" in the bedroom. Think, "small wins, and lots of them." Every time he does something right, show your appreciation. Make a little fuss over him. Even if he has a lot of room for improvement, emphasize what IS working.

Secondly, love your body as much as he does.

How women talk about themselves has a deep impact on how a man feels about himself. Guys want to feel like winners. So don't let him judge his preferences. One of his preferences is YOU. Every time you berate or criticize yourself, your own body, your sexual abilities... you're actually making him feel like he's doing a bad job choosing you. Men love their woman's bodies. They don't see cellulite; they don't see saggy stuff. They are just thrilled to be intimate with their woman. Once you let go of worrying about how you look, and start noticing how good he's making your body feel,

you'll be able to be present with him in the moment. That's when the interplay of lovemaking finds the path to rapture.

Third, notice what's triggering you.

Much of the time it's the woman who isn't as interested in sex as often as the man because of the ennui that settles into a monogamous relationship. That creates a discordance in their intimacy. Women are naturally more slow to turn on and struggle more to turn their minds off. If he can't find a way to give her pleasure, or she won't let him pleasure her and the sexual union fades... he can become bitter and emotionally checked out. Lack of sexual intimacy causes the schism that ultimately rots out the relationship.

She puts all her affection or attention onto the children or her job. He yearns for her tenderness. He stops being nice to her. They start bitching at each other. Then they file for divorce.

Sometimes it's his lack of libido. For men, the lack of libido comes from issues with vitality and from pain — both emotional and physical. Pain tamps desire for both men and women. Susan suggests actively fixing or working around the source of his pain instead of blaming it on his libido.

The problem isn't his or your libido per se... The problem is underneath. Get to the root of the issue. Where does the pain originate?

## **You're Triggered By Your Core Fears**

Remember earlier when Susan said the enemy was not Tim, it was divorce? The enemy to having passionate sex can also be your own fear of vulnerability. Notice when you get triggered.

Become aware at a meta level when you get upset about something and ask yourself, 'What is it? Is it my core fear or his core fear?'

When it comes to talking about sex, couples often react defensively. The difference between men and women is that men tend to avoid emotional conversations and women generally are uncomfortable talking about sex. How can you be sexual soulmates if he doesn't want to talk about it and she doesn't want to talk about it? Happily, there are ways around these innate blockages.

Do these sound familiar?

*"I don't want to talk about it!"*

*"You're always demanding sex and I don't want more sex."*

*"Why won't you ever have sex with me?"*

*"Oh my god! I'm so bored. We do it the same way every time!"*

*"She will only do the missionary position."*

*"My sex drive's a 9 and hers is a 2 and I can't see how it will ever work!"*

Susan claims all these complaints point to our classic fears of not being good or lovable enough. Our automatic response is to think 'I'm not the kind of person who does that' or worse we blame our mate by thinking, 'You always get your way and I have to give into you.' Whatever your triggers are, bring them into your awareness. When you do, you realize you are not reacting to your partner, the fear inside your own mind is pushing your buttons.



Fear traps us in a tiny little box. As a result, we lash out at the person closest to us. The real enemy is our fear and our lack of experience.

“Many of our issues with sex stem from our collective lack of knowledge,” Susan says. “It's not your fault. Until trustworthy, caring sex education companies like mine came around in the 21st Century, how could you be aware that lack of information about sex is what's unquestionably destroying your intimacy? It's the classic, 'You don't know what you don't know,' syndrome. How could you have known? Sex isn't taught at church or school. Heck, most people feel like they come from a very stoic, prudish home environment while simultaneously being bombarded with overly-sexual porn-informed media images.

Being able to take a witnessing perspective on the underlying issues and triggers that lead to our dissatisfaction helps tremendously in solving problems in the bedroom.

Bottom line... Make sure he is acknowledged for all he does. He wins! Regularly. Give yourselves the gift of loving your bodies today exactly as you are. Don't squander the pleasure available to you. Finally, notice when fear triggers you. Then unpack your feelings to unearth what lack of experience or information is missing for you to feel confident, alive and joyful about your sexual potential.

Here is a heart-melting couples intimacy technique you can use when you're feeling afraid.

## The Best Hug In The World

The best place to have conversations about your sex life is *in the bedroom*. Susan teaches an intimacy skill called, “The Best Hug in the World.” Here’s how you do it.

Lie on your bed together. She nestles comfortably in his arms. Take time to use pillows for support so you can both completely relax. He pulls her close and really holds her. She rests her head on his shoulder or chest.

You don't say anything until you are completely relaxed with each other. Just breathe together in your embrace and notice how your heartbeats slow down. As you inhale and exhale collectively, you will start to co-regulate your bodies. You both have a calming effect on the other. As your nervous systems start to decelerate, tension is released.

He must be careful to not release his embrace as she relaxes. Often when the man feels her relax, he mimics her reaction by letting go himself. Instead, as she relaxes in his arms, he will pull her just a little tighter. You don't want to be stiff. Leave room to move and adjust, but keep in mind that this is to be an incredibly loving, nurturing, safe, healing embrace that lasts as long as you both want. She will let him know when she's complete. Give yourselves plenty of time to see how restored you can both become.

You will feel yourselves achieving new levels of relaxation, perhaps the most loving and calm you've ever been together. It's as rewarding for him to be the bastion of secure love as it is for her to be the object of his loving. That masculine feminine dynamic of protector and protected is a fundamental turn on for couples.

It's from this loving point that you can begin sharing appreciations and opening your hearts to each other. Be open to the possibility of a full-body orgasmic release from being held in this manner.

Once you've had that soul connected embrace you'll feel sweetened and refreshed enough to either move into kissing or sensual massage unless there's something in the air that needs to be cleared.

Let there be enough love and space for a discussion to be had. Trying to move into sex when there's something on your or your lover's mind is a recipe for disconnected sex. Couples that withhold and gloss over... or sweep issues under the rug cannot be sexual soulmates.

## **Truth-Telling Statements**

Honesty, truth-telling and vulnerable sharing of fears and desires are the bedrock of super hot, surrendered sex.

What's on your mind? Begin the conversation now with a simple statement structured this way :

"I feel \_\_\_\_\_ and I imagine \_\_\_\_\_."

For example, "*I feel* like I want you to take more initiative to have sex with me. *I imagine* your attraction for me is waning and I feel sad and lonely."

Avoid "you" statements such as, "We aren't having enough sex and I think you're bored with me." Stick to what you know is real and how you feel, not what you think your partner feels.

Then use this structure to respond:

“I hear that you think \_\_\_\_\_ and hearing you say that, I feel \_\_\_\_\_.”

“Hearing that you want more sex makes me really happy. Hearing you say that you want me to take more initiative scares me because I’m afraid of being rejected. Hearing you say that you’re worried that my attraction for you is waning makes me smile because I want you more than ever. Hearing that you feel sad and lonely breaks my heart because there’s nothing I love more in the world than being with you. I feel badly that we’ve gotten disconnected. Let’s work out a way to have some signals so I know when it’s a good time for me to initiate sex.”

Using this conversational construct is a way to own your own thoughts without projecting them onto your partner.

The Best Hug In The World activates your oxytocin-fueled bonding, quiets your nervous systems and let’s you safely air your feelings in a loving environment.

Susan and I talked about how feelings of, “I’m not enough,” or “I’m not lovable,” are a reality for so many people. In her work with thousands of men and women, she has discovered that nearly everybody feels that way and that is why we so often get triggered. Insecurities are part of the human condition, exacerbated by withholding, stuffing emotions and jumping to conclusions. She believes we must learn to self-regulate our tension and notice when we are triggered. If we’re ever to become sexual soulmates, we need to talk it out with our partner using these safety nets of the Best Hug and the Truth-Telling Statement Structure.

## What Men Want, What Women Want

Men have been falsely accused of having one track minds or just trying to get sex. “For a man, his number one desire is wanting to give you incredible pleasure,” she says. That actually trips guys up because they’re so focused on her that they forget to let go and experience their own pleasure. They are trying to DO her, instead of BE with her. For two lovers to be completely surrendered in pleasure — a pleasure where you can’t tell where his ecstasy begins and hers ends — you must both get out of your minds and into your bodies. Clearing the air before lovemaking blows off all that steam, so you can drop into the love bubble together.

Here’s a secret for the guys about women. What she wants most from you in becoming her sexual soulmate is a balancing act of two feelings. One is that you *adore* her. The other is that you find her *sexually irresistible*. When a man verbally tells a woman what he loves about her — from the shape of her ass to the deliciousness of her turkey meatloaf — she feels both adored and sexually irresistible. If you focus just on adoring her, she doesn’t feel sexy. If you focus just on her sexiness, she feels like an object. It’s the balanced ratio of your compliments that gets her sexually aroused.

When a woman allows her man to win by telling him how much she appreciates him in the bedroom and beyond and thanking him for the ways he brings her pleasure and increases her happiness, she wins too!

## Schedule Sandbox Dates

Susan points out that, “Sexual soulmates don’t happen by chance, rather they are co-created with purposeful intention. You

learn to escalate your passion by working on it together. It's a couple's project. With your busy lives, it just makes sense to put something as important as sex on the calendar. Plan for success," recommends Susan.

It may seem counterintuitive to plan sex dates to achieve a highly erotic sexual union, but that's how it works. By planning learning dates, which I call, Sandbox Dates, you're committing to increment your sexual skills together. That's purposeful intention in action.

There is a delicious anticipation to a Sandbox Date where you actively practice a new sexual technique. Plus, this increases the total number of times you and your lover are physically intimate. And it decreases the pressure for sex to be intercourse-focused.

A Sandbox Date is the perfect time to try out new things — like finding her spot, erotic massage or improving your oral sex skills. Sandbox Dates encourage feedback. "Often in 'regular sex,' there's no room for feedback. People are either afraid to ask for what they want in bed or they just have no idea what they want... only what they are experiencing *isn't it*," says Susan.

A Sandbox Date is the perfect time and place for a woman to become multi-orgasmic because there's no pressure for any outcome. You are both just here to learn, to try, to discover, to play! Every woman is capable of having an endless list of orgasmic experiences including clitoral orgasms, vaginal orgasms, G-Area orgasms, perineal sponge orgasms, nipple-gasms, throat-gasms, even whole body orgasms!

Sandbox Dates give a couple the opportunity to freely experiment. Even better, when she becomes fully orgasmic, he is going to know that he's giving her incredible pleasure and he will have a

spring in his step. In fact, his motivation will spill over into other areas of his life such as his ability to be more successful at work.

At the same time, she is going to be flush with vitality and feel like a goddess. She'll be emotionally more grounded, less stressed and more appreciative of the wonders of her body. And both of you will have a level of intimacy that makes your friends envious.

By scheduling these Sandbox Dates, couples get the intimate physical contact they need on a regular basis: for women it is increased variety; for men it is the opportunity to bring her great pleasure, which they both love. And it offers more affection and intimacy for all.

Susan builds on this concept with two agreements that propel Sandbox Dates and your overall pleasure into the stratosphere. She calls them, "Thank You," and "Small Offers."

## **Two Conscious Lover's Agreements**

There are two conscious agreements that really help get you started when turning your mate into your sexual soulmate. The first Susan simply calls, "Thank You." It's essentially a way to train your lover to hunger for your feedback during lovemaking. Here's how to have that conversation:

"Baby, I want to try this new thing called 'thank you.' Essentially we are going to pretend we are new lovers. We're going to wipe the history slate clean and try new sexual experiences together. And even though I'm really scared to be this vulnerable, I am going to open myself up to you. We will go very, very slowly as beginners. Imagine that you know nothing. I know nothing. I want you to know that I will do my very best to give you all the feedback I possibly can and when I do, all you have to do is acknowledge

me by saying, 'thank you,' and adjust. And, if you don't want to say 'thank you,' then say 'Ok, baby!'

What I'd like you to avoid saying is, "Sorry." My feedback does not mean you are doing anything wrong. Please do not take it personally. You must consider whatever I communicate to simply be feedback. It just means today my body wants something different in the moment. I'm just the messenger of my body's present desires.

And, I have to warn you that in order for me to surrender completely and unleash my sexuality for you, sometimes my feedback may be a shove of your hand, or a snort or a grunt or even a bitchy comment. If I have to get out of my ecstatic state and use my manners, we will not be able to explore uncharted turn-on territory.

Hopefully his response will be, "OK, baby."

## **Running A Menu Of Small Offers**

The second conscious agreement is to teach your man how to run you a menu of small offers. The key is that these offers are small. A big offer is, "Hey, honey. Let's have sex tonight." You just got home and you aren't relaxed. So you'll say, "no." He will feel rejected. Big offers create distance.

Instead, small offers bring closeness. Everyone likes options, multiple-choice, well-thought through menu items...

He might say things such as, "Hey sweetie! It's great to see you tonight. Can I get you a glass of wine? Do you want to sit on the couch and tell me how your day was? Maybe I can give you a foot rub or neck rub. What sounds good?"



Your response may be, “All three!” Once he starts to bring his offers down, he can escalate from there. He can make you three more offers.

"Okay, so now that you've had a foot rub and a glass of Chardonnay, would you like to go in the hot tub together? Maybe when we get out I can give you a sensual massage?"

Perhaps you have to make dinner first. His offer may be too big for the moment, which is a part of the learning process. He will learn to lower his offer by giving you multiple choices until you start saying ‘yes’ to him again.

His goal is to get those offers so small and irresistible that he starts getting a string of yeses from you. The small offers are a part of the bigger foreplay. They help a woman commence the slippery slide to physical intimacy.

Men generally need much less of a warm up. If she’s a wood fire, he’s a light switch. Let’s talk about foreplay and how women and men prefer it.

## **His and Hers Erotic Escalation**

What can you do to make him besotted with your sexiness? How do you erotically escalate your man? Start with affection. Then establish some intimacy. For women, that may be conversation, massage or being held.

Sensuality can be as subtle as letting your partner know he is desirable to you. For men, you can grab his package when he goes by. You can smack him on the behind and tell him you love his sexy ass. Showing the kind of passion that you have for him heightens his excitement.

He would love for you to sit on his lap naked and let him run his hands over all your jiggy parts.

Women, on the other hand, prefer an unhurried build up of arousal. They like to be claimed; they like their bodies to be held. That's where the Best Hug In The World comes in. A woman likes it when he holds her hair when he kisses her. Long, full body strokes under his hands bring a great deal of pleasure. You might like a light touch; you might like a heavy touch. Be sure to tell him what you like on any given day because it is subject to change depending on your mood or the moment.

Perhaps you can ask him to caress your breastbone, not just your nipples, because it is where your heart resides and where your love is. Ask him to touch you here or there because you love it.

Breast massages are really nice when you're watching TV. You lean up against him as he rubs your chest with oil and gives you a wonderful breast and stomach massage.

You can give him a face massage while you watch TV. Let him just lie there as you massage warm coconut oil on his face, scalp and neck. You can lay him down and give him a really nice cock massage. He doesn't have to have a happy ending. It can just feel good.

Not everything has to lead to intercourse. Sexual soulmates enjoy pleasuring each others bodies when possible... and not every interaction needs to be about sex. But sex is fun when you add exciting teenager activities.

Clandestine make outs, wet kisses and sucking necks are very arousing foreplay activities.

Role play fantasies. You are Pocahontas and he is the Chief. Whatever role you choose, dress it up with a costume, which

adds to your collective sexual power. Maybe you are a little Catholic school girl who needs a spanking. He pins you down, grabs the hair at the nape of your neck in his hands... He squeezes your ass, your breasts and nipples. You moan. He moans.

Erotic talk is great way to heighten your sexual experience. He tells you what he's seeing as he's doing it to you. And you can return the favor. Guys long for auditory feedback as do women. Start yelling out, 'Yes! Right there, don't stop.' He'll be sure he's doing an incredible job. That's a win!

Susan says, "Long slow sensual intercourse with eye contact intensifies your soul connection. Men love looking in your eyes. It's a way they exert their masculine presence while getting feedback about your pleasure levels."

A lot of people are eye shy. You may have grown up in a household where there wasn't a lot of looking at each other. It's a habit and you can get better at it with practice. Try looking at your partner just once during orgasm. Resist closing your eyes. Be in the moment. It will help you release the shame you may have felt all those years about taking your pleasure.

Men are visual creatures, so show him your body nude. Let him really see you naked. He will drink you in with his eyes. Press your flesh against him. Undulate on him like a snake or slip on him like a little dolphin. Wear lingerie. What does he like? Does he like thongs, open bust bras, peignoirs or stockings with the seam up the back and heels? You're only going to be wearing them lying down. Splurge on ridiculously slutty high heels.

Give him the gift of giving you multiple orgasms. Practice doing hand jobs or blended hand jobs with your hand and mouth on his manhood to return the favor. Try out the 69 position in which you

both orally pleasure each others' genitals simultaneously. Most men absolutely love the feeling of your taking him in your mouth and having you drape your labia on his face. Feel that circuit of erotic energy running between the two of you.

Learn how to have ejaculatory orgasms. Every woman is physically capable. Like all orgasmic pleasure, squirting orgasms are a learned skill. Allow yourself to let all that delicious Amrita flow out, onto him, onto the sheets... These wet orgasms are the nectar of the goddess and a sexy symbol of complete surrender to pleasure. These magical orgasms feel inconceivably good and you can learn how to do them together.

With a few communication skills, a few sexual techniques and a willing partner, the world can fall away as you surrender to the pleasure of your bodies. In this conjoined trance state — not unlike meditation but way sexier — you can experience a connection to all other beings through your lovemaking. That's what rapture is. It's the complete surrender to a passion that is embodied with God. When you attain this height of ecstasy with your partner, you have become sexual soulmates.

If at this point you find yourself breathing a little faster, feeling the excitement of possibility of what life can be like when your mate becomes your sexual soulmate, I encourage you to join Susan's "Sexual Soulmates List" where she freely shares more sexual transformation advice and techniques. You can learn to have the most incredible sex of your life, no matter what your age.

**[Join Susan's "Sexual Soulmates List"](#) <== Enter your name and email to receive access to heart-connected, conscious lovemaking and relationship advice NOW... Compliments of Arielle Ford.**

## About Arielle Ford

Arielle Ford is a leading personality in the personal growth and contemporary spirituality movement. For the past 25 years she has been living, teaching, and promoting consciousness through all forms of media. She is a relationship expert, speaker, blogger for the Huffington Post and the co-creator and host of Evolving Wisdom's ***Art of Love*** series.



Arielle is a gifted writer and the author of ten books including the international bestseller, **THE SOULMATE SECRET: Manifest The Love of Your Life With The Law of Attraction**. In her newest groundbreaking book, **Turn Your Mate Into Your Soulmate** (Harper One/Elixir), Arielle provides practical tools, techniques and actionable steps to reignite love, passion and respect to your relationship – no matter how many years it's been since you first fell in love. This book provides everything you need to quickly create harmony and happiness on the path to a legendary love.

Arielle has been called “**The Cupid of Consciousness**” and “**The Fairy Godmother of Love**.” She lives in La Jolla, CA with her husband/soulmate, Brian Hilliard and their feline friends. [www.arielleford.com](http://www.arielleford.com)

## About Susan Bratton

***Susan Bratton is a champion and advocate for every man and woman who desires a passionate relationship.***

A TV celebrity, author, award-winning speaker and serial entrepreneur, Susan is known for her compassion and fearlessness in teaching the fundamental techniques and communication skills that make for crazy-good sex. And who doesn't want a little more of that?



She distills these basics into simple practices that millions of her fans use to get on an upward pleasure spiral that lasts a lifetime. Through **Personal Life Media** <http://personallifemedia.com> Susan has authored over a thousand articles and 20 books including *Relationship Magic*, *The Passion Patch* and *30 Romance Tricks That Work Like Magic*.

She publishes a collection of online sex ed courses including her own wildly popular *Revive Her Drive* and *Steamy Sex Ed DVD Collection*, Dr. Patti Taylor's *Seduction Trilogy* and *Expand Her Orgasm Tonight*, *Multi-Orgasmic Lover for Men* by Jim Benson and *Female Liquid Orgasm* and *Keep Her Coming* by Tallulah Sulis. The thrust of her work serves those who crave a profoundly nurturing sex life.