

LOVE/COMMITMENT and PASSION

The balance between LOVE and PASSION in a relationship is keeping a relationship healthy – both the relationship with yourself and your relationship with others, especially intimate relationships.

The element water is nurturing, the element earth is routine. Both of them create LOVE/COMMITMENT. The element fire is about self-expression, the element air is about communication. Both of them create PASSION.

How to create PASSION:

- by giving space (spending time away from each other, or travelling together, having separate bathrooms etc.), doesn't mean that you become distant and non-communicative
- by watching each other interacting with others in a good way, observing from a distance
- by communicating with each other (making each other laugh etc)
- by moving (going for a walk and talking to your partner, getting more fresh air, doing a sport)
- by becoming less predictable, introducing diversity, surprising each other
- by exchanging new things and exploring new things ... getting outside of your routine, you need novelty, change of scenery
- by re-inventing yourself
- by learning new skills
- by getting to know new people
- by making visible something that you are passionate about (being on stage, being in the garden etc)
- by eating food that has more fire and air in it (yellow, orange, red)
- by wearing yellow, orange, red... by putting art in your room with these colours

How to create LOVE/COMMITMENT:

- by taking a bath, walking in nature, giving yourself massages... self love, self care
- by taking on more responsibilities (getting a pet)
- by being more introverted, by meditating
- by incorporating more routines, eating well
- by doing things that make you feel connected on a deeper level
- by being more nurturing, saying sweet things, being more passive
- by drinking more water, swimming in the ocean

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