

The Power of a Simple Touch...

Doctors and other medical authorities have long understood the healing power of touch. They know and understand that sometimes, top medical care, shots, surgeries and in-patient care aren't enough. They (and many others) can tell you that sometimes, the best medicine for a sick child is the simple touch, love and care of their parents. Sometimes, the only thing needed to pull a child out of a crisis illness is the comfort and support of a mother or father's arms.

Touch is powerful in children and in medicine. It's also incredibly powerful for your marriage!

How much casual, affectionate non-sexual touching is going on in your relationship? Do you and your mate hold hands? Rub each other's backs? Tickle each other? Run your hands through their hair?

Don't laugh, I'm serious! Some of you might say, "It's not like we're dating, we're married for crying out loud." And that makes intimate, non-sexual touching all the more important. One of the biggest dangers in any relationship is the notion and fear of "falling out of love." But if you renew the connections and intimacy that the two of you shared when you first started dating, it's hard to lose that loving feeling. Sure, people might look at you a little funny if you're both in your forties and running around holding hands like teenagers – but who cares? In most cases, the looks you'll get aren't disgust or shock, but longing and envy. Who in the world doesn't enjoy the pleasures of being in love? Butterflies in your stomach stomach? The secret smiles?

Why don't you try it with the love of your life?

The next time that you're out in public – at the grocery store, the pizza parlor or the shopping mall – reach out and grab your mate's hand. Do it gingerly, but hold him tight! While he might look at you like you've temporarily lost your mind, just watch and see if you guys don't get back into the habit!

Or, try walking up to your lover and give them a warm, snuggly hug. Nuzzle his neck, caress his back. Run your hands through his hair. While

all of this touching is purely affectionate, you may soon notice that it's spiced up your sex life too!

If you're having trouble getting your mate to enjoy the pleasures and fun of simple touching, here's a trick you might want to try. It's like a one-two punch combo...

Have you guys got plans for a night out on the town this Friday? Maybe you've planned a simple dinner and dancing. Or perhaps you're heading to a movie. Whatever it is you've got planned, cancel it, but don't tell your mate. Instead of dinner or a movie, go out and splurge on tickets to a special concert, show, sporting event, wrestling match – whatever, as long as it's something you know your mate would be thrilled to attend. But, still, don't tell him what you've got planned.

When the big night rolls around, insist on driving. And then, drive on to your intended destination. If he starts sputtering about going the wrong way or, "We're lost and we're gonna be late," then it's time to pull out the grand finale. Reach in your purse and hand him the tickets. Let him know that you wanted to surprise him with something really special, instead of the old tried and true dinner and a movie. I'd be willing to guarantee that he'll be thrilled, and therefore a little more affectionate.

So, when it's time to arrive, let him open the door for you. Hold his hand. Walk around arm in arm. Kiss him on the cheek. Plant a nice long passionate kiss on his lips when no one's looking. Have a great time!

Not only will you benefit from the extra touching, he'll be in hog heaven! What better combination is there for a happy, healthy marriage?

-

Kathy Stafford, Relationship Coach

"I show singles how to get married and couples how to STAY married"

Do you want more from your relationship? Go to <http://www.dearkathy.com> for relationship articles, advice, and programs.

Do you go from one failed relationship to another? Do you want to find that special life partner? Get Kathy's new book, "Relationship Remorse: Mistakes Women Make When Shopping for a Man." and learn the right way to find a loving and committed life-partner. Order the book at <http://www.relationshipremorse.com>

Copyright © 2007 Kathy Stafford / dearkathy.com. All rights reserved.