

Do we still need butterflies? Can we bring them back?

1 MIN • YOUTUBE • [HTTPS://WWW.YOUTUBE.COM/WATCH?V=2FW4PJ7Q5YQ](https://www.youtube.com/watch?v=2FW4PJ7Q5YQ)
<https://www.youtube.com/watch?v=2FW4PJ7Q5YQ>

SUMMARY

Reigniting the butterflies in a relationship is not only possible but necessary for maintaining a vibrant partnership. While it may not replicate the initial passion of falling in love, elements like sexual tension, intimacy, and playful flirtation are crucial for keeping the connection alive. Effective communication is important, but the deeper bond formed through physical and emotional intimacy is what truly sustains a marriage.

- *Reigniting passion in a relationship is essential for its vitality.*
- *The initial dizzy love may not return, but sexual friction and intimacy can be revived.*
- *Key elements include flirtation, fun, and the dynamic between masculine and feminine energies.*
- *Many couples mistakenly believe that communication alone resolves issues.*
- *True bonding, akin to a mother and her newborn, is fundamental in relationships.*
- *Physical closeness and nurturing behaviors are vital for maintaining intimacy.*
- *Sexual intimacy serves as the glue that holds a marriage together.*

This is a fantastic question. Is it possible to bring back the butterflies in a relationship? My solid answer is absolutely yes. And is it necessary? I would also say yes. I think that it doesn't have to be and it won't be that same kind of heady concoction of dizzy love and passion that you had maybe when you were first falling in love. But I do think that sexual friction, tension, intimacy, flirtation, fun, the draw, the polarity between masculine and feminine energies, the game, the chase, all of those things are a big part of the glue that keeps our partnership alive, vital, interesting, um, and something fun that we want to continue. And also really the way that we bond. One of the big mistakes that couples make in modern day is that we think that everything is communication. Oh, I've heard that so many times. Oh, our problems are always all about communication. Communication is important for sure. But what lies beneath good communication, what comes at a much more primal, guttural, you know, deep level is bonding. Okay? Think about a mother and her newborn baby. She doesn't need to go to talk therapy to talk to her baby and figure out problems and communicate. If there's a problem, she needs to work on the bond, on nurturing, cooing, hugging, touching, being close, skin-to-skin connection.

And that's actually also true in our marriages to a large extent. Our intimacy in marriage, it's the sexual intimacy. And the bond is the glue is the basis of a marriage.