

The NEWSLETTER for the WOMAN on a quest to find the TRUTH



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“If you do not
conquer self, you
will be conquered
by self.”

Napoleon Hill

[Yale University](#)

[Research on PMS - Dr.](#)

[Yonker.](#)

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Good day dear woman reader!

This month of September, I had promised we would visit with Anne Drolet and talk about the curative powers of water. Unfortunately, Anne and I had to postpone but I promise it will come soon.

In the meantime, I was inspired by many women in my office and I will address their pervasive belief as they feel they have totally lost their sex drive and they end up believing they would rather be without.

For well over a decade, I have heard them in my office, I continue year after year to realize the depth of my own belief that if they feel they are without a normal sex drive, it is because they have gone through a major disappointment in their relationship and it has never healed. This unresolved wound keeps on acting out, hence they have lost their sex drive.

I am also convinced it keeps affecting them in their communication, their self-esteem and the mutual trust they should have with their mate.

I am inclined to propose that until you resolve this past unfinished business, and stop stuffing it at the back of the closet, the more you will lose out because accumulation tends to have you believe that it is easier to forget it than reconnect and talk it out with your mate. He may have often had the tendency of wondering what was so important about all this, or totally forgotten it happened. All of this contributes to creating a split between the two of you.

Furthermore, we also have the magical thinking that if I forget about it, it will end and I will heal and all will be well. You can do that for only so long.

NO! It must not happen like this.

I also see with these women that it is often hurtful to revisit the deception or wound for most of them feel their mate will not be willing to take their share of responsibility and they are afraid that opening the can of worms will only stink even more. They may have to realize there is a point of no return, and that would be disastrous to say the least.

WHAT TO DO AFTER SUCH REALIZATION?

It became clear for me that some partners will never realize the wound they may have triggered within the other. What can we do with such people? For the reciprocity also exists: women also trigger their mate in their own wounds.

My mentor Dr. Harville Hendrix, from whom I have learned most of my approach when

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couples consult with me, used to share how important it is for each spouse to realize how they are both a trigger and stop seeing ourselves as the other's executioner but rather someone who also has had wounds, differing from the ones of others and we are all capable of triggering anyone's sensitive buttons. The couple does not make exception.

WHAT TO DO?

'Getting the love you want' by Dr. Harville Hendrix puts in light who and why we form a couple with some very specific people.

It is not by pure fate that we choose so and so but specifically because we have felt, very unconsciously, that we could recognize similar behaviors from our parents so we could be triggered in our wounds left to heal. We then become very attracted to this person for very intimate reasons even unbeknownst to us.

I recall this fundamental truth: WE REPRODUCE WHAT WE KNOW BEST... EVEN IF IS PAINFUL until we pick up enough consciousness to heal what is to be healed, we continue attracting and being triggered to allow us to reconnect and deal with it.

As much as it is important that we each recognize our triggering potential, I invite you all to contemplate that we are all accountable and responsible for our choices in their smallest corners.

My own therapist years ago asked me, after a very enlightening session about a difficulty within my own couple, if I was ready to forgive myself to have attracted my mate so I could confirm my own old un-revised belief (I had forgotten of course). I then went through an 'Ah-Ha!' moment for I just connected and understood that there are times when we choose a mate because of a fundamental belief, say: 'I do not deserve to be loved' and set on a course to prove it to ourselves by becoming rejected, and other times, we choose someone to trigger in us what our mother or father had told us not to be, i.e. 'Do not be sexual or sensual...' and I then choose myself a mate who will ask me to be sexual... and so on. From then on, of course, all the recipes are possible.

I hope to not be too quick in my writing for dozens of books talk about these very previous lines... But if I have succeeded at least to help you reflect and reorient your belief system regarding your own evaluation about your sex drive, I will have accomplished something.

FINALLY, I PROPOSE THE FOLLOWING:

When a couple has been together for a rather long period of time, it is very possible that you will meet with what Caroline Myss calls The Companion Archetype.

This means it becomes apparent to one or both of the partners that sex is no longer the main drive between them. We have slowly transformed our relationship into a different intimacy and sex has taken the wayside. It does not mean that love does not exist anymore.

We then do not talk of a lack of sex drive but rather about a different connection within the couple. If that path is undertaken by both at about the same time, great! Otherwise, the one on the Companion path may feel belittled or judged and that cannot be pleasant.

If no one around us criticizes us, we may judge ourselves, for our society has promoted through all the medias for quite a long time that we should have sex as often as possible.

As for me, I do believe sex rhythm changes with age and we should also see it as an evolution that changes color... and if you do not find any past unresolved wounds that turned off your sex drive, then stop wearing the label. I hope these lines have inspired you and as always, I invite your comments and suggestions for the future.

Have a wonderful remaining September and great October beginning.

[You can access a book
review for My Beauty &
My Beast - Mind, Body
and PMS](#)

NEXT MONTH: Coming back to the curative powers of water.

I WISH YOU A WONDERFUL MONTH filled with sunny thoughts and warmth in all areas of your life.

Warmly:

Pauline Houle - Therapist – author

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