Can you learn the secret of a happy marriage?

Demi Moore and Ashton Kutcher are reportedly having marriage counseling on a Kabbalah retreat. Tim Lotz finds out what a religious course can do for his relationship.

I think it's an overstatement to say that when I got married for the second time — I had little idea what the ceremony meant. I knew what living with someone meant, but marriage is a whole different ball game. It's like a public statement of commitment, a major event in your personal life. It's not just saying "I do," but planning a wedding, setting up a life together.

On that note, I hadnever been to a Kabbalah retreat before. I was a little apprehensive about it. I mean, I've been to yoga classes and meditation workshops, but this was different. I was curious to see what it was all about. I was excited to see how it would be, not knowing what was going to happen.

As it turned out, the Kabbalah retreat was a fascinating experience. It was more than just a wedding counseling session; it was an immersion into a new way of looking at life. Nicky and Shelly were the leaders of the retreat, and they were both very knowledgeable and passionate about the material they were sharing.

One of the things that stood out to me was the emphasis on the importance of communication. Nicky and Shelly stressed that open and honest communication is the key to a happy marriage. They pointed out that it's not enough to just say "I love you," but you have to be able to express your thoughts and feelings in a way that is understandable to your partner.

Another thing that I found interesting was the concept of "Atziluth," or the spiritual world. Nicky and Shelly explained that in order to have a happy marriage, you have to connect to your spiritual world. They said that this is where your true self resides, and that it's important to connect to it in order to have a fulfilling relationship.

The Kabbalah retreat was a very enlightening experience for me. I learned a lot about myself and my relationship with my partner, and I came away with a new perspective on life. I would definitely recommend it to anyone who is looking to improve their relationship.

What else might help?

Beijing's most famous Chili Restaurant

Advo Kate, 31, and Denis Denise, both Kabbalists, decided to use the principles of Kabbalah to improve their marriage. They attended a Kabbalah retreat, led by Kabbalist instructor Yehuda Berg.

Sex each night for a year

After eight years of marriage, Charlie and Brad's have been living a happy, sexless life. At first, they thought it was just a phase, but then they realized that they were bored and unmotivated. They decided to try something new.

They started making love every single night for a year. It was not easy at first, but they soon found that they enjoyed it more. They also noticed that their relationship improved and they became closer.

Surrender control

Lara Danie decided to take her husband's advice and let him control their sex life. She was a bit nervous at first, but she soon realized that it was a good idea. She felt more relaxed and happy, and her husband was more satisfied.

The key to making love with your partner is to surrender control. It's not about being a good partner, but about being true to yourself. When you let go of control, you allow yourself to be vulnerable and open.

Love retreat

In St. Lucia, a love retreat is a great way to improve your relationship. It's a place where you can relax and focus on your partner. You can take long walks, have spa treatments, and enjoy delicious food.

Love retreats are a great way to improve your relationship. If you're looking for a way to improve your life, you should definitely consider going on a love retreat. It's a great way to reconnect with your partner and improve your life.