

# Why the house and the heartbreak...

A spiritual teacher named Kambiz Naficy, who was here in Sri Lanka a while ago, sent this article to be published in *The Morning Leader*. Once an extremely successful business magnate in the US, he realised at some point that something was missing in his life, and so decided to become a 'seeker' (though a highly unconventional one!). At any rate what he had to say seemed important in this day and age of heartbreak and lack of family values.

**A**t the astounding rate that couples are filing divorce, the number of singles now exceeds that of couples for the first time in US history. How many other cultures are following suit?

The fashion magazines, television talk-shows, and marriage counsellors are having a field day prescribing ways to save your floundering marriage — anything from surprising your husband with sexy lingerie, to having purposeful fights to negotiate your individual rights, to leaving your children at night



and having a couple's night out; even having another child 20 years after your last, the baby to be used as bonding glue.

The other day, a nervous and distracted husband walked in for my counsel on his failing marriage. Apparently, the husband and wife were running four small businesses while raising a two and four-year-old. I asked the distressed husband, *what colour are her eyes?*

*What?*

*I mean, do you know the colour of your spouse' eyes, what kind of flowers she loves, her favourite friend, what games she loved to play when she was nine, and by which nickname did her father address her?*

The man said, "I don't remember-

gasted and frustrated at my having asked irrelevant questions at such a critical life-junction. He answered, nonetheless, and when his wife walked in for her separate session, her eyes turned out to be a shade of honey instead of "dark brown." I liken her depression and that of so many others to the slumped house plant that lives on a weekly drip, yet is thirsting for earnest attention.

*What?! Are now prescribing attention instead of lingerie, diamonds, and fine dining?*

The ancient Vedantas teach that the God Force (*Brahman*) is the sub-atomic vibration of consciousness in all of space. Brahman is a self-aware and formless energy that pulsates with intense love. Consciousness is really the same as intense awareness of the present moment.

If awareness pulsates with divine love, then why not become aware and focus deep attention on your spouse to fill him with the love of a goddess? Can you rediscover romance just by noticing his smile that for too many months has evaded you? What if your marriage were a 40-year meditation of staying awake to those moments shared with a fellow traveller?