

The Ecstasy of Romantic Love

Dear reader,

EXP Singapore has given me this great opportunity to write a monthly article on couple relationships starting from this month of February. What a wonderful start! I mean the month of February, the month of St Valentine, the Saint of all lovers in the world. I then start by sharing with you my knowledge and understanding of:

The ecstasy of romantic love

This morning I did some research on the web about Valentine's day in the hope of finding something new, which could eventually challenge my knowledge on the subject, knowledge gained through years of studies and from my 30 years personal experience of being married. I found nothing new, the reasons we fall in love are still the same. On one page I found "21 reasons why I love you", among which: 'I can be myself when I am with you'; 'Because you make me feel like, like, like I have never felt before'; 'You and me together, we can make magic'; 'We are a perfect match'; 'I love you because you bring the best out of me'...

Isn't that what we feel when we fall in love?

People seem friendlier, colors are much brighter, food tastes better and we feel more energetic. We don't need as much alcohol or food as before and we don't need to numb ourselves with the internet, the TV or the mobile phone's sms. We are in Paradise!!!! Are we not? We substitute all our addictions with a new one: the Romantic Love.

A 35-year-old friend of mine told me lately: 'I found in Finland the love of my life. I have seen him 3 times and I cannot live anymore without him. I am thinking to go and live in Finland, I am afraid if I don't do that I will lose him. I can't find another one like him, he is just perfect'. Trust me, she was serious. This is her 8th love story, and this is the number 8 man she thinks is "The Man".

We get addicted and we do not accept that one day that feeling will disappear and when that day arrives we react either by replacing (leaving the partner and get a new one); fleeing (we don't want to experience any more that disappointment, so we reject relationships); or fight (we blame our partner for our unhappiness and we dream about the good time when we were "In Love"). In depression and desperation we feel that those days will never be back.

Why can't we just be "In Love" all our life? Why do we choose "The Wrong Partner?"

How many stereotypes were written about this? Everyday I hear friends telling me jokes about marriages such as: "Marriage life is frustrating. In the first year of marriage, the man speaks and the woman listens. In the second year, the woman speaks and then the man listens. In the third year, they both speak and the neighbors listen". Another one: "When a newly married couple smiles, everyone knows why. When a ten-year married couple smiles, everyone wonders why". A friend told me he inserted an advertisement in the classified: "Wife Wanted". The next day he received hundred letters; they all said the same thing: "You Can Have Mine!" We are supposed to laugh about these stories, and we actually do when they are concerning other people, but we are extremely sad when they touch our lives.

How do we choose our partner?

We look for someone who has the predominant traits and character of the people who raise us: our parents or whoever was in charge. Now you think no wonder why we discover we don't like him/her! We grow up knowing that there was something missing in the relationship with our parents. A lot of good things but a lot of things we didn't like as well. A lot of needs when we were children were not

met. As children we store pain and any other psychological damage/trauma. We bring all this baggage into our love stories, our marriage and it remains an unfinished business. When we meet someone we feel attracted, our unconscious or old brain confuses the person with our parents. Our old brain tries very hard to return to the scene of our original frustration, so that we can resolve our unfinished business. When the Romantic Love fades away is like our consciousness has brought to light the trick our unconscious played. All of sudden our hero becomes our worst nightmare. The fight starts, some couples stay in an hostile state forever, denying each other pleasure and intimacy with the hope of having their partners to respond with warmth and love; some others divorce. We leave our partner and start again with another one, and surprisingly we discover that the second marriage is more difficult than the first one.

Is it then really true we chose "The Wrong Partner" in the first place? No, as a matter of fact we chose the perfect one, he is the one who will help us heal the part in us we don't like, and she is the one who can help us to become whole. It goes without saying that the secret for a life with love is to welcome our partner, learn to develop empathy for each other. Learn from each other by accepting the differences because that difference is the part we need to understand about ourselves. Our partner has the blueprint for our emotional freedom; we must learn how to make him our best friend, our precious treasure.

Either you are not or have not been in love yet, or you gave-up loving relationships a long time ago because you were too scared, or you are at the top pick of romantic love at this moment, or you are at the stage of missing those moments when you were "In Love", or you are now in a very difficult moment in your marriage, my message to all of you is a relationship with a partner is the most fulfilling experience of our life but we need to be educated in order to fully enjoy this experience. No matter at which level of your loving experience you are, you need to get an education for a Healthy Relationship. Prevention is the best approach, but it is never too late, basically almost any marriage can be saved, anybody can learn to trust again, but it needs commitment and work because as I say: "Love is not only a feeling, it is a work in progress".

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