

Seek New Horizons in Marriage

My husband and I have been married 25 years and raised two great kids. They both moved out last year, and I'm finding it hard to connect with my husband. I guess I didn't realize how far apart we'd grown. I suggest things to do together, but he shows little interest. I feel lonely and resentful. Its hard to even get him to have a conversation. I want to enjoy the next chapter of our lives together, but I can't go on like this. I don't know what to do.

When we feel tender and isolated from our partner, it becomes easy to obsess on all the things they are doing "wrong." Shift your focus to take care of yourself. Instead of relying on your husband to fill the void the kids left, explore your own interests and new activities. Meanwhile, continue inviting your husband to participate or explore other ideas.

Pray for inspiration regarding your next chapter and write it down. What are your intentions? How do you want to co-create fulfillment and joy in the shared years ahead?

You can decide right now to release resentment and take the high road of loving consciousness. Be the change. Get creative. Give him a written invitation to a picnic or weekend getaway. Include words expressing your love and what you wish for in your relationship. Being vulnerable in this way may be more effective than the old pattern of stale verbal communication.

I highly recommend the book "The Seven Principles for Making Marriage Work" by John M. Gottman, Ph.D. It was referred to my husband and me by our couples' counselor (another excellent idea) and created space for us to rediscover, repair and strengthen our marriage.

Michael Singer, in "The Untethered Soul," writes, "Limitations and boundaries only exist at the places where you stop going beyond." Decide to go beyond what was. Open your heart to the wisdom of love that's been between you for a quarter of a century. Embrace the unlimited possibilities of this universe of which you and your husband are a part. I say perhaps the best is yet to come. ❀



STEF SWINK, RScP, has been a practitioner since 1999. As protégé and assistant to Louise Hay, she was a frequent ghostwriter for the "Dear Louise" column. Through speaking, spiritual counseling and workshops, she inspires others to create fulfilling lives they love. Connect with her online at StefSwink.com/Ask-Stef-Submission.