

# Two are Better Than One: Valentine's Day 2008

By Gita Saraydarian

Whenever I heard the phrase "Two are better than one..." I was always intrigued by its simple truth, but I never thought about its source. I was soon to find out and was nicely surprised. I was browsing through a bookstore recently, and found a book by Doris Lessing titled Time Bites. It was on sale for a few dollars, and not being able to resist a good deal on a book, I had to have it. I had never read anything by this author, but her face and the sheer volume of her works intrigued me, as did the fact of her being awarded the Nobel Prize for Literature. I started reading it that night. If you have never read anything by Ms. Lessing, I highly recommend it. She writes beautifully and her observations and clear insights of human feelings and human psyche are profound.

In one of the essays in this book, she writes about the Ecclesiastes from the Old Testament. I have never read this part of the Bible, so I thought, why not read it so that I would be better prepared for her commentary? So, I started reading it and there, jumping right out of the page, was the phrase: *"Two are better than one; because they have a good reward for their labor. For if they fall, the one will lift up his fellow but woe to him that is alone when he falls; for he has not another to help him up."* (Chapter 4: 9-10)

Here it was, the phrase I had heard for many years. Reading this phrase in the larger context gave it more meaning and power. The entire Book of Ecclesiastics is interesting for this very reason. So, I came to the conclusion that it is worthwhile to read some parts of the Bible now and then, and find the words and phrases and prayers that have influenced our life through so many writers, composers, romantics and the like throughout centuries. I feel that the Holy Books of all religions have a special power and meaning not only in the Teachings that they provide, but also in the very style of language and word choice through which the Teachings are expressed.

So, this little episode reminded me how true it is that two are better than one in so many ways. I also remembered how the simple phrase "I love you" holds so much meaning in everyone's life because it says so much in so few words.

Two people teach each other about love, about acceptance and forgiveness, about humility, about tolerance, about the greater love that surpasses our human love. Two people who love and accept each other provide angelic help to each other in so many special ways. Two people loving each other provide the inner faith and inner link for lifetimes of companionship.

On Valentine's Day, you can remember all the people in your life who made it better for you and remember to say "I love you" to that special someone that you love.

Love does not have to be reserved for lovers. It is for anyone who loves. In Armenian there is an old saying roughly translated as this: a person becomes a real person through relating with other persons. To me this means there is a wonderfully human-

making formula when we relate with other human beings with loving intent.

Don't let the day go without expressing the love in your heart. Love is liberating and opens our hearts to the divine energy of love. We are told God is Love. I believe it, because without love we feel broken. We need to love and we need to be loved back. Whether it is the love of a lover or a friend, we still need this empowering and validating energy. Without it, we become depressed and surly. Love brings out the power that is hiding deep inside our hearts. But we don't have to wait for the romantic love to make us love, we can love others with our hearts, help them, console them, and in turn be filled with the same kind of love that we give to others. In true love, we help the other become who they truly are meant to be.

I love Valentine's Day because it is the day of saying "I love you." Indeed, *"Two are better than one; because they have a good reward for their labor. For if they fall, the one will lift up his fellow but woe to him that is alone when he falls; for he has not another to help him up."*

Don't be alone; reach out to someone. Circulate love energy all around the globe by the action that you take instead of waiting for someone to take action toward you.

So, to all those whom I love, I am sending you a big "I love you" on this Valentine's Day! Have a great and love-filled day.

Gita

Gita's Blog: [gitasblog.blogspot.com](http://gitasblog.blogspot.com)

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