

" I've never believed in that old adage about falling in love at first site — but upon stepping foot in the Sea Heart House i must admit i was quite smitten. The house, serenely situated high atop a hill and deep inside of a verdant forest, affords discerning privacy whilst remaining a few steps away from everything that makes Sri Lanka culturally rich.

Standing on top of this unspoiled hillside i could feel my lungs thank me for every clean gulp of air. Floating in the pool, watching the sun play hide and seek, i could feel my heart find a new rhythm. Lounging on the couch watching Koggala Lake endlessly change its hue, i felt my mind easing its grip on my soul.

The bike rides up-and-down the village roads, squirreling through the forest, in-and-out of the rice paddies, afforded me the most genuine local smiles i've witnessed this side of adulthood. The beautifully prepared meals, composed wholly from fruits, vegetables and fish found naturally a few meters away from the dinner table, finally satiated my hunger.

At night, encompassed in the sounds of the forest, i slept like a babe in the woods. I do believe that i was in competition with "Hope" and "Danger", my fearless four legged companions, as to who could be the most zen for the longest duration.....i'd like to think i gave them a run for their money!

For many visitors who venture to the Southern parts of Sri Lanka, oceanside dwelling is the default setting. However, i'd like to suggest that the road less traveled in this case, the one that will leave the dull roar behind, is headed up a hill, into a forest, and straight into your dreams."