

## STRENGTHENING INDIVIDUALS AND MARRIAGES

Four cornerstones of a “**mindful marriage**” are: communication, trust, respect and love. Once defined, nourished and sustained, your relationship has an opportunity to flourish. Commitment to daily reinforcement is an essential component for a “**mindful marriage**”.

If you do not have self-respect, you cannot afford respect to another.

If you do not trust your intent, purpose or decisions, you cannot allow yourself to trust in others.

If you love only so you can get, getting love is never enough nor ever quite right. Still, the best reason to love someone is that you are being loved.

If your communication with your partner is diminished, then increase it. Intuition, thought, emotional, behavioral, verbal and written modalities of communication will increase information flow and thus promote a higher level of decision making, leading to fewer conflicts and lower tension levels in your marriage. If you restrict emotional communication, for instance, it's because you're trying to hide information about yourself from your partner and generally, even from yourself.

Despite popular belief, men and women do not come from different planets. It's just that women have strengths that men don't have and men have weaknesses that women don't have. Men would do well to get a different sense of power and power sharing. This alone could save many marriages, not to mention the world at large.

Women and men are complimentary beings, complimentary genders, not opposites. Opposites don't attract, they repel. Complimentary forces attract. The Moon is attracted to the Earth as the Earth is attracted to the Sun. They need each other to continue existence, as men need women and women need men. This notion travels very, very deep into the existence of human transformation.

We have been trained to believe that men are first and that women are second, thus setting the stage for the notion that men are in charge and therefore leaders, while women are followers. Women are better leaders of “inclusion”, men are better leaders of “exclusion”.

Help each other assume leadership roles for the purpose of leading each other towards personal growth, converting weaknesses into strengths. Your job is not to bring out the worst, but rather to bring out the best in your partner. That, in turn, will bring out the best in you.

It's the strengths and weaknesses we bring to our partnership and how we respond to each other's strengths and weaknesses that determine our outcome as partners and subsequently the health of our marriage.

Practice makes permanent- not perfect. There are no perfect people or marriages, just enduring patterns within relationships that have either negative or positive outcomes.

Do not misrepresent or lie about your actions – that includes your entire life history. It does not save you any grief and will only chip away at your personal integrity until there is nothing left of you to honestly give.

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You can't change what has happened to you, you can only change the way you think about it. If your memories of your experiences are preventing you from becoming the person you would like to become, imprint your memory with responses of success or alter existing memory.

All my thoughts and everything I say are all and only about me, no matter the subject I speak of. Every time your partner communicates anything to you, first ask yourself: "what is she telling me about herself". And secondly: "what influence is she trying to achieve". After that, if you still must defend yourself, then so be it. But if you choose to defend yourself, don't expect forward movement in your relationship.

All anger is self anger. We create our own anger after realizing that our response to any given situation was inadequate to achieve our desired outcome. The goal of anger management is to utilize anger to succeed.

Every thought has a prior origin and is revealed before we express it in our sometimes mangled or misshapen verbal communication. Intuition has great access to truth. Unfortunately we are never taught to believe in this modality of communication.

Briefings increase communication flow and thus allow for better decision making. Debriefings relieve the pressure and provides an opportunity to learn more about your partner. They are basic and essential communication techniques.

You can work hard at being happy and strong or you can work hard at being weak and miserable, the amount of work is the same.

Obstacles to the marriage alliance (e.g. lack of intimacy, infidelity, domestic violence, poor communication, anger issues, etc, etc.) diminish and destroy the very foundation for the partnership. Obstacles to the marriage devour energy that could otherwise be used for creating the marital vision.

Sexual attraction/excitement will wane, dedication to the other manifestations of love can continue to strengthen and transform the relationship.

Dedication to and sacrifice for your partner will assist him or her in achieving the vision he or she seeks for personal fulfillment and to seal the marriage alliance.

There are no perfect people, marriages, or families. Forgiveness allows love to enter and love allows forgiveness to heal tattered relationships.

Making amends for your transgressions and permitting yourself to forgive the transgressions of your partner as well as sacrificing for the enrichment of your partner's life goals, are all characteristics of spiritual growth.

What we permit we promote. If we permit ourselves to drift apart we promote a failed marriage.

The only saving grace to making mistakes is that we learn our lessons.