

GROWING FROM
Marriage to MERGER...
Through **PERFECT MISUNDERSTANDING:**
Key to a happy married life!

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- ☺ *Marriage is when a man & a woman become ONE. The trouble starts when they try to decide WHICH one!*
- ☺ *My wife and I have the secret to making a marriage last: Two times a week, we go to a nice restaurant, have fresh juices, some good food & companionship. She goes Tuesdays, I go Fridays. We also sleep in separate beds. Hers is in Sydney and mine is in Melbourne.*
- ☺ *I take my wife everywhere, but she keeps finding her way back.*

We could go on & on & on: such idiosyncratic jokes & situations are endless. But I don't understand why do we need to laugh at ourselves when it comes to even the most sacred & intimate of our relations? Day in & day out, we are laughing along with our colleagues, family & friends at the habits of the person we profess to love the most: our spouse. Probably **BECAUSE Married Couples Normally Share HABITS ONLY; rarely do they share SELF.** In continuation with the last article on 'Perfect Misunderstanding: Key To A Happy Married

Life', our focus this month is on *Growing From Marriage To Merger Through Perfect Misunderstanding*. Now you may be wondering, hey, Perfect Understanding we had heard of as a means to grow from marriage to merger, but **Perfect MISUNDERSTANDING!** What is Dr Chopra trying to convey. Wait, wait, wait – be with me.

REFLECT:

"If your spouse understands you & also accepts you then life is comfortable. But IF your spouse understands you & does not accept you, then life is a HELL!

So, now do you see some logic here? Let us get an insight into it.

NORMALLY THE PRACTICE IS TO UNDERSTAND FIRST & THEN TRYING TO ACCEPT WHICH COULD WASTE PRECIOUS TIME & OTHER RESOURCES. Ask self a question, **"Can you understand anybody ON THIS EARTH 100%?"** The answer would simply be NO. Look at the running water. You are looking at the water; the water is flowing; you are still looking at the water but the water you saw one second ago is not the same water you are watching now. Same way, you can never meet the same person twice. Every person is under constant development, & therefore growing. The moment you claim to self or others that you understand this person 100%, generally that very moment you experience an unexpected twist in the relation. What you had understood the person to be, he/she has now developed from that level & is different. It is therefore not possible, & hence relevant to understand someone & that which is not possible should also not be your focus.

The need is to **ACCEPT THE PRESENT LEVEL FIRST WITH A NON-JUDGEMENTAL ATTITUDE THEN DEVELOP ONLY RELEVANT UNDERSTANDING & PLAN TO LIVE LIFE ACCORDINGLY**

By growing the relationship towards Merger!

BUT NEVER ACCEPT THE LINKED CONSEQUENCES; MUST USE YOUR JUDGMENT TO PLAN FUTURE STRATEGY.

What does this mean?

- Accept the present level first with a non-judgmental attitude: past & present is just one option. You can make a choice when you have more than one option. But the fact is that past is dead, & future is yet to come.

So it is the present only which is running & alive & present actually is just one moment. And present actually is *pre-sent!* (Look into the word itself). Meaning, if you believe in the Divine Order, then He always sends what you need the most even before you ask for it: PRE-SENT. It has already been sent to you. Therefore it is called the present - a gift. So enjoy this gift to your most.

- Then develop only relevant understanding: What is not relevant is not to be discussed or brought into the conversation. Couples get to take each other for granted; the moment they are united by their respective social systems, the courtesy for each other goes out of window & they feel they have a right to know each & everything about the other person, however irrelevant it may be. This besides creating other problems leads to space mis-management, & the relationship starts to suffocate. Focus to develop relevant understanding only. For this you must work with your spouse.

Exercise: **define areas which concern both of you & are relevant to the relationship.** With this exercise, a mind comfort will be established.

- But never accept the linked consequences: Consequences (the result of your actions) belong to future even though you are performing in the present. So anything which is yet to happen is not to be accepted. You must use your judgment to plan future strategy. Keep on accepting the present non-judgmentally, & keep on planning for future by using your judgment.

Now comes the often asked question, **“Did I marry the right person?”**

As the joke goes, *I married Miss Right. I just didn't know her first name was Always. It has normally been observed that all their life, women keep on trying to change their husbands, & in the end say, he is no more the person I married.* **The fact is that there is no best spouse available in the WORLD. The key to succeeding in marriage is not to find the right person; but to learn to love & learn to be compatible with the person you found. Yes, love & compatibility can always be learned.**

Falling in love with your spouse wasn't hard. You didn't have to DO anything. It was just happening to you. That's why it's called “FALLING” in LOVE...Your society expected you to love the person you were married to. And the first expression of loving the person you were married to happened in the form of

making love to that person. If you look at the relations in the context of your side of the world - Vancouver to be specific - the scene may be different. You happened to meet this person somewhere, developed an attraction/liking for them, your relation developed, you probably made love number of times, & then made a decision to get married. In relations of love, making love may take time but in arranged relations, it is the first thing a couple attempts. The rest of the life story builds up on this one act. So what is marriage meant for? What does love in marriage mean? How will living love help

Love in marriage is indeed a decision. It is not a mere feeling. You choose to love the person you marry. AND loving means caring for each & every need of the concerned person! **But be careful**; do not end up deciding on your own what the other person may need. **Let the person you choose to love define his/her needs. You simply ask them, & give care accordingly.** Yes, it is about giving, giving & giving, without expecting anything in return.

Here you may be surprised & ask about equality of rights – equality of right to give & take in love. Do not keep count, it has served none in the whole human history, & it will not serve you also. Love is always a one-way traffic. Yes, you read correctly. **Love is ALWAYS a one-way traffic.**

Before going into the details of it, ask self another question, **“Do you Love Your Spouse 100%?”** Most of you would say, YES, of course.

Then ask self another question, **“Do you agree to do all what your spouse wants you to do?”** Of course, here the answer is a **BIG NO** for most of you. You would say that you discuss, you interact, you argue, you fight, you try to come to a compromise - half of the times your spouse will do what you want them to do & half of the times you will do what your spouse wants you to do.

➤ REFLECT at which level of love you are.

Love is lived at 3 levels: Body, Mind & Soul. **Body level** love is the cheapest form of love where the focus is on fulfilling self needs only. For example, your wife is down with fever but you still expect her to get up & fix a meal for you when all what you were doing was watching your favorite game show on television. Or when your husband was feeling emotionally weak because of a certain situation at his workplace, & instead of embracing him & assuring him at that time that you are there - for him, & with him always, you start the talk about the debilitating finances, and so on. You can identify a number of such situations by looking past into your lives or the lives of the

people around you. if you are at the body level love in your relationship, you are yet to see the light; you are still in the dark.

Mind level love exists in the form of give & take. You did this for me, my parents, my siblings, so this is what I will do for you, your parents, & your siblings. *The focus rather is on what you did not do, than on what you could do within your means & with all your intentions. A ledger is kept, each & every account maintained. Fight is considered the spice of the relationship, & you enjoy talking about it & enjoy telling others that you fight at least once in a day because you feel that shows how much love each other! If you are at the mind level of love in your relationship, you sure do need help.*

Soul level love is the purest form of love. Your only focus is on giving, giving & giving. By giving, you are helping your spouse achieve what he/she desires in their life. You regard your spouse as an independent person having needs, goals, desires & dreams of their own. You are there as a support to your spouse in their life track. You share your strong points & help work on their developmental areas, without ever showing that you are doing that. Your courtesy is at level 100 with them, (which people normally keep for guests, & end up giving courtesy 40 to the people they live with everyday on a scale of 40-100). You get to know their habits, you get an insight into their personality & behave with them accordingly so that your relation is full of bliss: joyful & bright at all the times, regardless of the number of years you have been together. Your honeymoon never ends. For you, honeymoon is an ever-new understanding of each other in synchronization with the growth & development of your respective spouse. If you are living soul level love with your spouse, you sure are moving on the correct path; you are enlightened.

I belong to you is a way of life with you at this stage. Make a decision today that you want to grow from marriage to merger with your spouse & we will continue with the article next time.....There are more important questions yet to be answered.

*Spouses are a very rare jewel, indeed.
They make you smile & encourage you to succeed.
They lend an ear, they share a word of praise, & they
always want to open their hearts to us.
So give them a special gift today!*

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