

YOU CAN LIVE HAPPILY MARRIED FOR A LIFETIME

Modern Applications of Proven,
Timeless Wisdom to Create
a Lasting, Successful Relationship

Wendy Fierstein
Mediator for Couples



Chapter 1

In the Beginning

There they stand, under a canopy of vibrant flowers—the dashing handsome groom and his glowing bride with her long, white gown. They gaze into each other’s eyes, oblivious to everyone else in the room. Their guests are bathed in the aura of their overflowing love. Then, a beautiful, golden light that seems to descend from the heavens envelops them, surrounding them completely. Suddenly, a booming yet comforting voice emanates from the light, saying, “You are now united as one.”



What if you knew without a doubt, as does our romance-novel couple above, that when you get married, your soul bonds with that of your beloved?

Our ancestors knew it. When they became newlyweds, they learned that marriage was a Sacred Vow, a bonding of the souls. Guided by their wise elders, they built strong family units that were fundamental to their survival and, consequently, a peaceful society.

At some point in history, our ancestors stopped sharing this important knowledge with the generations that followed. Over time, these marital treasures were forgotten, and married couples no longer had the guidance they provided.

Fortunately for us, this timeless wisdom is being revealed once again through esoteric teachings from sources such as kabbalah and Edgar Cayce (known as America’s Sleeping Prophet). This knowledge will help you find the obstacles preventing your

relationship from reaching its full potential, and understand how to correct them.

We all want to know how to handle our marital challenges efficiently so that our relationship will be strengthened and not damaged. In this chapter, you will learn why misunderstandings happen. Chapters 2, 3, and 4 will prepare you for chapter 5, "The Mighty Challenge," which explains how to resolve and defuse any disagreements or discord that might arise. Chapters 6 and 7 will guide you in reigniting the passion in your relationship to make it last happily for a lifetime.

Unfortunately, many people today are choosing not to get married, proclaiming that marriage doesn't work. But with the guidance that our ancestors once had, marriage definitely works!

Most people get married because they have dreams of sharing their lives with the one they love, of growing old together. After a while, however, some couples feel so frustrated and disappointed that they say, "I just can't do it anymore. My marriage doesn't work." The foundation of their marriage has been damaged, and eventually the couple feels burned out. This is not an uncommon problem, and it doesn't mean their marriage is coming to an end. All it means is that they need to pay attention to their relationship.

The information that follows will help you and your spouse build your dream together. It will help you transform your marriage into one that will make you both feel safe and loved. It will enable you to navigate the ups and downs of life together.

You will also learn how to create a relationship based on a foundation of love, trust, respect, commitment, and harmony, making your marriage a "rock" in your life. This rock will be sustaining, supportive, and vital, and it will continue to get stronger so it lasts for a lifetime.

All relationships go through rough patches. When this happens, successful couples tend not to ignore or exacerbate the problem. Instead they immediately work on resolving it in order to bring their marriage back into alignment as soon as possible.

The Mystical Side of Marriage

A key to successful marriage is realizing that you were given the ability to find your life mate—your amazing spouse.

The person whom you choose, and who chooses you for love, is your life mate. Your partner will help you grow and achieve your full potential to become the person you were meant to be.

We all have unconscious tendencies that must be transformed if we wish to reach our full potential. When you change those personality traits, you will begin to love and respect yourself more than you ever could have imagined. In response to that, your marriage will dramatically improve and your love and respect for your spouse will flourish.

These negative personality patterns do not reflect your true self, but they can inhibit necessary growth. They are so powerful that they can hold you back and sabotage your potential.

In a relationship, these patterns manifest themselves in the form of a challenge—arguments, discord, misunderstandings, miscommunications, frustration, and so on.

Your spouse has the ability to help you connect with the positive attributes of your true nature, such as gentleness, patience, understanding, kindness, acceptance, compassion, empathy, willingness, generosity, tolerance, self-awareness, unselfish love, growth, helpfulness, and peacefulness.

We are all well aware of the harshness that occurs in the world today. Marriage teaches us to value and respect the life of another. All esoteric teachings encourage us to express gentleness in this world.

A key to successful marriage is realizing that your spouse is the one who will help you reveal your true nature.

We need a partner in a committed relationship with a Sacred Vow to help us become more self-aware. When we transform our negative patterns, we grow. The more we grow, the happier and more content with life we become.

United We Stand

A key to successful marriage is realizing that you are more powerful in this world when you are united with your life mate than when you are single.

When you are invested in your marriage, you are mentally and emotionally stronger and healthier. You are also happier, and happiness increases longevity and quality of life.

The truth is, love is a force that is always there between a couple, so no matter how distant partners become, there is always a way for them to reunite.

Relationships need attention and nurturing, just like gardens. Beautiful flowers need water, nourishment, and weeding. If we don't provide these things regularly and consistently, the weeds take over and the garden loses its vitality.

In the same way, we can't get married and let the rest take care of itself. The success or failure of a relationship depends on how much is put into it. We invest so much attention and energy in accumulating material things, creating successful careers, finding good schools for our kids, keeping our environment healthy, and so forth. If we made the same kind of effort in our marriages, they would thrive.

When you find love, it benefits *you* to consistently nurture and strengthen it, molding it into the "rock" in your life.

Marriage is a work in progress, and it is the most important work you will do in your life.

YOU CAN LIVE HAPPILY MARRIED FOR A LIFETIME

The amount and quality of effort you put into your marriage represent your investment in a loving and harmonious future. Know with certainty that you can create a relationship that brings you happiness and fulfills your expectations.

