

You Can
Live
*Happily
Married*
for a
Lifetime



Practical keys to reboot your
marriage and get back on track

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Chapter 1

In the Beginning

Why is the divorce rate so high? Can marriage really last for a lifetime? And is it meant to last for a lifetime? Could you unknowingly be jeopardizing your marriage?

Let's take a look.

To answer these questions, let's go back to the beginning just for a moment. Why do we have marital vows in the first place? Commitment. Why is it so important to be committed to your marriage? It is at the foundation of being able to trust and love your partner without fear of being betrayed, and in turn allows you to feel peaceful and secure in your relationship.

You are probably thinking, *Betrayal! That's the reason for the majority of divorces.* I'm going to respond, "That's because commitment was never taken seriously to begin with".

Most people think, *If it doesn't work out, I'll just get a divorce. It's just a piece of paper.* This is the furthest thought from the truth!

Our ancestors knew that marriage vows were a bonding of the souls. Guided by sage advice they built strong family units that were fundamental to their survival and, consequently, a peaceful society.

At some point in history, they 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 through teachings from various sources. 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. Most people tear down their marriage during an argument, but the suggestions in chapter 5 will instead help you strengthen and grow your relationship. Chapters 6 and 7 will guide you in reigniting the passion in your marriage to make it last harmoniously for a lifetime. As I mentioned earlier, I'm not saying that you will always be 100 percent happy with your marriage or your spouse 100 percent of the time. We are human, and all humans have ups and downs, even within themselves. To expect your partner to always be perfect and make you happy would be setting yourself up for disappointment.

Unfortunately, many people today are choosing not to get married, proclaiming that marriage doesn't work. But with this proven and time tested guidance, marriage definitely works! It's the lack of true commitment and knowledge of how to be married that creates barriers to harmony.

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 isn't working." The foundation of their marriage has been eroded from constant mishandling of their disagreements, causing the couple to eventually feel burned out. This is not an uncommon problem, and it doesn't mean their marriage is over. It just means that they need to pay attention to their relationship and communication skills.

The information that follows will help you and your spouse reboot your marriage. It will enable you to transform your relationship into one that will make you both feel safe and loved; and 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 getting your marriage back on track is to realize that you were given the ability to find your perfect life partner—your amazing spouse.

Believe it or not, your spouse is the perfect one to help you grow and achieve your full personal 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 personal potential. If we want to be better people, we must change certain aspects of our personality that are no longer working to our advantage. These are negative traits that we don’t want to look at or face; we have pushed them aside and buried them deep within. But the truth is, these dispositions run the show from behind the scenes. They are the main cause of challenges in our lives. 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. And the icing on the cake is: your spouse will begin to love and respect you in return, in a much deeper way.

These negative patterns within you do not reflect your true self, but they can inhibit your 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. Marriage gives you the opportunity to practice your new positive ways.

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 teachings encourage us to express gentleness and kindness in this world.

A key to getting your marriage back on track is to realize that your spouse is the one who will help you refine yourself and reveal your true nature.

We need a partner in a committed relationship 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 getting your marriage back on track is to realize that you are more powerful in this world when you are united with your life partner 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 activities such as accumulating material things, creating successful careers, finding good schools for our kids and keeping our environment healthy. 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.

The amount and quality of effort you put into your marriage ensures 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.

