

Sri Bhagavan Teaching on Marital Relationships

Access video:

<http://www.worldonenesscommunity.com/video/sri-bhagavan-marital>

A conflict free relationship or a perfect relationship does not exist in reality. Life is a dynamic force. It offers each one of us a wide range of experiences.

To look out for an ideal situation where you never argue, quarrel or get angry or express love and affection all the time, is only in one's imagination.

On the contrary, a peaceful relationship is epitomized with a state of being where you just allow the other person to be himself or herself, and this is possible only when you realize the futility of trying to understand each other.

Your perceptions and ideas might look very dear to you, but to expect that your partner must adopt the same framework creates the problem.

No two persons could agree all the time. You are a resultant experience of several factors like the process of your birth, childhood, weather, the food that you consume and it is the same with your partner.

Each of you are unique in your approaches. Hence, expecting your spouse to have the same view is not intelligence. As you awaken this truth, you begin to experience your spouse which gives rise to joy.

For example as your wife is angry with you, if you could really connect with her and experience her anger like how you enjoy your morning walk or a cup of coffee, then that would be the most fulfilling moment in your marital life.

This exercise would certainly put the other person at ease since you're not trying to complain or reject. This is the ultimate solution for a healthy marital life.

Time for reflection:

Could you mention the issues about which you have arguments with your spouse?

Every time you complained and made an attempt to change the internal attitude of your spouse, how did he/she respond to it?