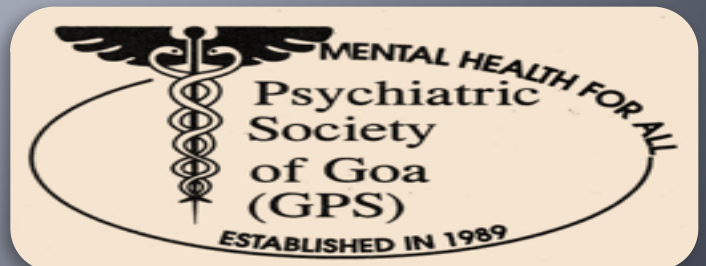




Marital harmony

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Harmony .. definition

A relationship where there is :

- Agreement and lack of conflict
- Forming a pleasing and consistent relation
- Compatibility of opinion and action

सामंजस्य

My qualifications

- Married
- 12 successful years
- Have been in practice since last 12 years
- Have worked in 3 countries – India, UK and Australia.
- Have been exposed to marital problems of west, east and in between.



What is better..

Arranged marriage or love-marriage?



- Snake bite accidentally or dance in front of one
- Murder v/s suicide



Why and how does arranged marriages work ?

- The constant question in UK !!

Who is more responsible for the success of marriage.. Man or woman?



What do the shastras say ?.. 7 *bachan*

Women asks for following:

1. Right to be included in all holy things, pilgrimage and other projects taken up by husband.
2. That the husband will take her advice
3. Will look after the family
4. Will manage the expenses well/ budget the finances
5. Will consider her parents as his own.
6. Not to disrespect her.
7. Not look at other women

Man asks for following:

Remain trustworthy, take my advice, talk to me sweetly, help me in running the family, care for my parents and be religious.

In a marriage what are the duties of a man/ women?

Husband

Be the caretaker, bread winner and protector.

Love and appreciation to his wife. These needs to be constantly displayed.

Praise her. Respect.

Understand her wishes.. Make her feel that she has 'power' over you.

Never use his dominant position to suppress her – either physically or financially

Stand up for her.

Wife

Look after his home, his parents, his children and him.

Love and appreciation. Display and communicate that you are aware that his hard work is noticed by his wife.

Suggestion for doing better v/s complains

Make him feel that you always to fulfill his likes.

Never use 'peace of house' and ' physical intimacy' as tools to get your demands met.

Trust and openness

- Partners should trust the other fully. If one keeps checking phones/ pockets/ clothes/ emails or keeps calling – it introduces irritability and frustration. It tempts one to lie in order avoid many extra questions which will get asked then.
- Yet, there is importance of making your partner aware about everything you do / where you are / with whom you are etc. If one is 'open' from the start then there will be less likelihood of any 'lack of trust'.



Holidays/ offs/ sundays?



- Couples who spend time together are happier.
- Do things together. Give preference to wife

— *Share an Experience Together* —



Go for an evening walk



Dine at a new restaurant in town



Explore a place you've never been



Cook together



Go to a concert

Basic nature of man and woman

Man:

Has a wild streak

Loves to spend time with mates

Can be uncomfortable with constant 'shackle' of family duties.. 'wants to break free for some time'.

Is attracted by other woman – staring does not mean he is unfaithful.

Hates being told that he is 'irresponsible'

Woman

Is disciplined and controlled

Wants to husband around her (and her children) all the time.

Is uncomfortable whenever husband wants to be 'free' of family duties and be with 'friends'

Gets unsettled and less confident about herself if she sees her husband appreciating other women

Needs a constant reassurance from husband that she is most important in his life.

Freedom from abuse and exploitation

Abuse in marriage

verbal

Physical/
sexual

financial

social

In laws..

Ladkewale v/s ladkiwale

- Burden of social custom : why is there a belief that the girl's family has to always be 'submissive' to the wishes of the boys' family.
- The 'wife' has to abide by the rules !
- The belief of 'inequality' is inserted very early on.
- Many customs and rituals seem to reinforce this belief.

In laws..

` bahu' expectations

Babul ka ghar...

`Beti to parayee hoti hain..'

`us ghar se ab teri arthi hee uthegi..''

`wo hee ab tera sansar hain ..''

Sasural

`ab yeh hee tera ghar hain.. Tuje isse apnana hoga. Yahan ke riti rivajo ko manana padega'

We expect ideal bahu..

`subah uthkar babuji ke liye chai banayegi..''

``tulsi par jal chadayegi''

Needs permission to go out.

Most wives have to go through a tough 'leave' process to visit her maika.



Financial harmony ..

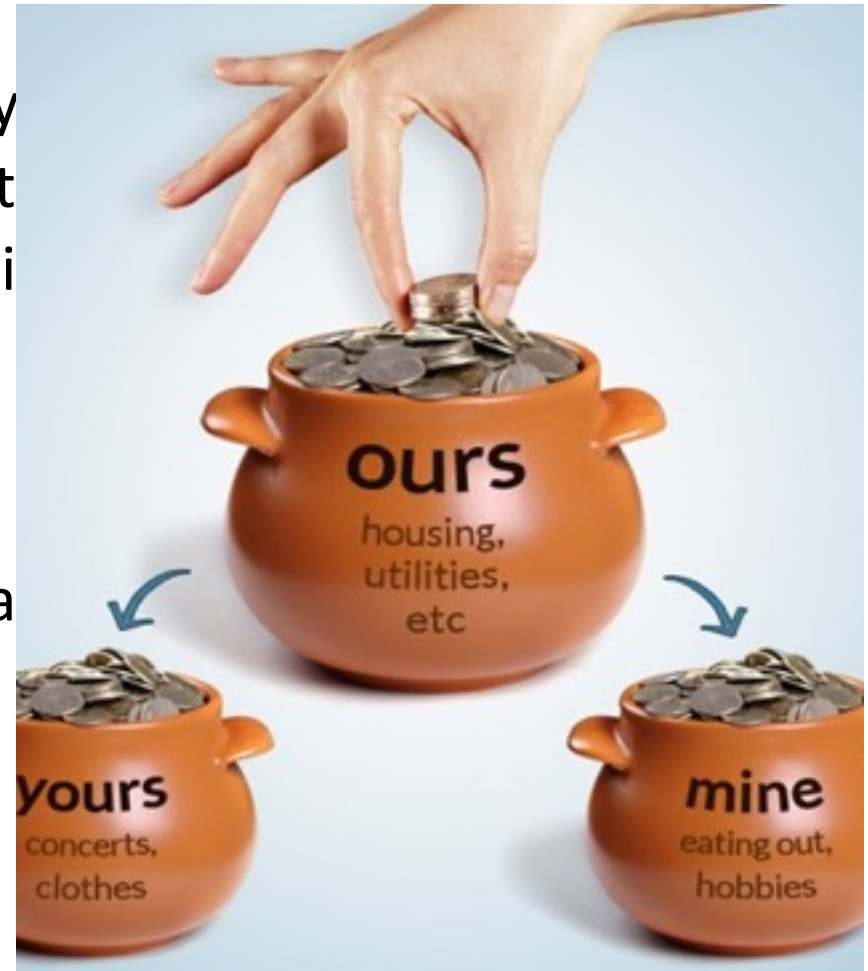
- It is important to have independent income of both partners
- Even when there is a single earning member family – other partner needs to have own money. It is the earning partner's responsibility.
- Marital harmony will be affected when one partner is made dependent on another for money.



...financial harmony



- I suggest 3 pots of money :
Husband's, Wife's and Family
Family's pot would take of ut
bills, school fees, ration, festi
expenses, savings etc.
- Partners should plan the fina
goals together and review it
together. Both should feel
ownership.

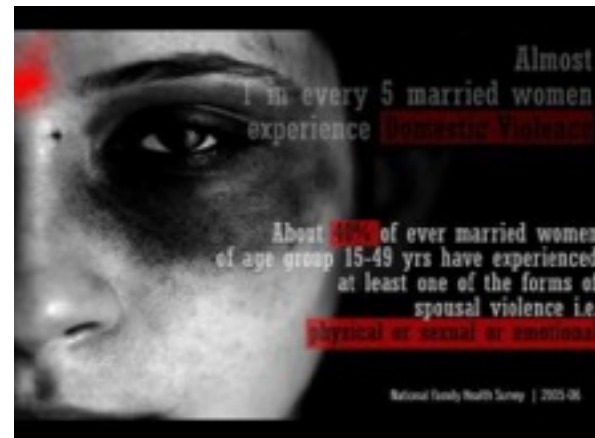


..freedom from abuse and exploitation

VERBAL ABUSE



PHYSICAL/SEXUAL ABUSE



...freedom from restriction and exploitation

- Limitations
- Restriction to her freedom
- Leaving her alone at home, not letting her get out.
- Keeping her dependent on yourself.



Intimacy

— *In the Bedroom* —



Make Time for Intimacy

The happiest couples have sex 2 to 3 times a week



More Sex = More Joy

People are 55% more likely to report higher levels of happiness when they have sex every few days.



The Once-a-Week Boost

Having sex once a week makes people 44% more likely to have positive feelings