

Sapthapadi – Values in Married Life



“Sapthapadi” – creating a value based married life. Marriage is an opportunity and challenge to put family values into practice. The marriage is interwoven around eternal values that help the family to enlighten and grow. In any relationship it is essential to have unconditional love - a committed love. It is defined by doing what is right for the all as deemed by the one loving. It involves compassion, preferring each other above yourself, protecting, and commitment to love even in conflict.

In married life it's critical to having a 'real' and authentic, trustworthy relationship. Absence of values is one of the primary ways to break down both communication and the foundation of the entire relationship. Suspicion, lack of trust and safety form without honesty, and can destroy the marriage. Intimacy is always blocked when truth is absent. Values bring what is hidden to the light.

When values are fostered within the relationship, a deep, abiding and trusting relationship blooms. It brings assurance that this relationship is committed and guards against fear. It holds each other in high esteem and treasures each other. It always protects, and preserves the bond in the relationship. Values in relationship ensure basic goodwill toward each other when in conflict.

When you plant values in your relationship, you empathize with your spouse and listen and understand their point of view. Evaluate what is beneath your anger to work on the root issues, rather than simply using anger as a protective or defensive barrier against your partner. If you are looking out for the best interests of each other, it diminishes areas of conflict.

In “Sapthapadi” you learn to articulate your thoughts, needs, desires, expectations, assumptions, beliefs, concerns, fears and so on... clearly, honestly and openly. You connect heart to heart and share your real self with each other -this is the glue that holds relationship together.

We invite you to learn, clarify, assimilate and live values in your relationship, make it a point to work together to resolve conflicts and problem areas to foster growth and a mature, deep and committed relationship that will endure. If you are both invested in making it work, you both have work to do. Values promote healthy, thriving and vibrant relationships! Stay tuned as we delve deeper into values in married life! Contact for details.