



# *Relationships*

Not A Joke To Make Love

99% Having Sex

A Guide To Man-Woman-Relationship



*Ashok Arora*







# *Relationships*

*by*  
*Ashok Arora*



Relationships by : Ashok Arora

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## *Dedication*

*This This book is dedicated to those who notwithstanding a set back or two never allowed the cause of humanity, purpose of life to be affected because of a troubled relationship. My salute to those silent sufferers who are into totally incompatible relationships but do not have the heart to break it or take a difficult call. It is devoted to those who have kept the flag of the institution of marriage flying. It is also dedicated to those comrades who have settled into a successful marriage and those who have reconciled into a workable relationship. Dedication is due to those who took a call with total sensitivity and responsibility to feel liberated from a relationship, which was neither doing any good to the individuals concerned, nor to the society nor to those close to them. The dedication is also more than due to the miniscule percentage of dream couples.*





## FOREWORD:

### Meaningfulness of Relationships

To call it Manusmriti has its own dangers since it may be interpreted differently. But surely this book by Ashok Arora provides us a message, indicator and formula, which straightaway touches the heart and is very useful. The relevance of Manusmriti today may not be as significant keeping in mind the dynamics of changing ethos and therefore it is even more pertinent that books like Meaningfulness of Relationships address issues, which are contemporary and focus on simple solutions to problems that may appear complex.

This is not the first book authored by Ashok Arora. He has written similar books earlier too which have evolved out of his programmes to help society to live a blissful life and which are becoming increasingly popular. His other books are, Meet Your Soul, Simple Tips For Sure Shot Success & Tanav Muqt Safalta Ke Aasaan Raste. I feel one must read few chapters of his other books too to make life musical and meaningful. His meaningful quotes, which sum up the essence of philosophy of life succinctly, make the book a beautiful pleasant read. One such quote about attitude is, "one can make millions of match sticks from a tree but one stick can burn the whole jungle." Therefore one should never treat any thing with contempt.

This book is a link in the chain of Ashok's earlier work and everyone can benefit from it. One can easily find a key in this

book to make life blissful and stress free. One has to just explore and will positively find answers for sure. Ashok has been a lawyer for more than three decades and he knows the tricks of the legal trade. He renounced the law practice voluntarily and those who have observed him over the years admire his gesture. Only handfuls have left lucrative and established practice and that too for the sake of a seat in parliament or government. I need not give those examples. Sacrifice for selfhood is a joke. That is also one of the tricks of trial and tactics of legal profession. Ashok did not give up his lucrative practice under any such temptation. It was a well thought of resolve. Ashok adopted his own route to change the course of his life. This type of change is termed transformation.

This transformation is in fact the way to self-realization, which not many are fortunate to achieve. Only those who experience this self-realization can sacrifice every thing with an aim to transform society. The relationship between spirituality and a feeling of self-realization is like that of a child and mother. We may call it a womb-foetus relationship. There is a special purpose in especially demarcating these two words, spirituality and feeling of self-realization, since it is considered difficult to achieve, leave alone explain these words. Almost all the saints from different religious sects pronounced that to explain and illustrate feeling of self-realization is as difficult as it is for a dumb to explain the taste of jaggery.

Whatever is considered impossible is presumed to be the peak of Gauri Shankar's mountain, which cannot be scaled. Ashok Arora, though is moving ahead with very steady steps towards his chosen peak after renouncing his money-spinning law practice. He doesn't claim to brandish a magical wand through his book. However he surely motivates us to experiment his ideas so that one experiences one's self, which is the first step to self-realization.

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For these reasons he stands apart from those exhibiting wonders, the Chamatkari Sadhus or self proclaimed Godheads. He has attained a special recognition and is a far cry from those who have succeeded in the commercial fields of psychology and personality development in the west. Ashok is selflessly engaged in the pursuit of his mission for social service. He has the wealth of vision and experience. Ashok first understood his experiences, the magnitude of various issues and then reflected upon them to gain the insight, which led to a higher order of spirituality and wisdom.

This process initiated the discussion on serious concerns of society, which are usually considered the sphere of religious preachers. Ashok doesn't preach but talks about things, which every one knows but doesn't practice. The question is, can any one just by reading this book develop an attitude to learn and accept true wisdom? It cannot be answered quickly because this question is not as simple as it appears. But one thing is sure that this book can open the eyes of someone in a difficult situation or not in a state of bliss. It can awaken him from his slumber. It can eradicate his rigidity and stiffness. It can make him think and change his attitude. Is it not sufficient for a new beginning? This book does not promise instant bliss. However it definitely suggests how to behave positively in different situations. This book will surely act as a bridge to cross the boundaries of self-centered lives restricted to me and mine.

Ashok's latest book is in the category of books, which suggest the ways to deal with the present day problems and therefore has a bright future. Only those types of books will sustain in the market, which can solve the dilemmas of the mind. Now a days the time required for introspection and churning is hardly a priority for most of us therefore the books having the capacity to

guide us to the right path are gaining popularity amongst the young and old. In fact the dilemmas of mind start only when we get trapped in daily routine and don't get time to think over, to introspect or to look within. This book suggests the way out to feel liberated even while performing one's day-to-day duties sincerely.

Complex life styles have entangled men in even more complex issues and relationships. These are mentioned in this book with appropriate illustrations to explain their source. Readers can find appropriate solutions to their problems from these examples. The book is centered on marital relationships. How the relationship grows or wilts, before or after marriage has been demonstrated through these examples. The increasing number of broken marriages is a clear indicator of a greater malaise. In fact Ashok Arora in his own style has touched upon those very issues regarding, which there is a dire need for discussion and debate. He has emphatically described the difference between 'Love' and 'Sex'. He therefore advises patience and wisdom in deciding upon one's life partner. One should not be in a hurry to commit, one should take time and after thorough analysis of all the relevant issues finalize one's choice. It may look strange but it is true that a lawyer after going through those experiences has advised society not to take every issue of marriage before a court of law and avoid it as far as possible. This advice in itself makes this book priceless.

Ram Bahadur Rai

**Note:** Shri Ram Bahadur Rai is a veteran journalist of impeccable repute.

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## About The Author & The Book

He is in the real sense a monk who sold his Ferrari! Mr. Ashok

Arora, former secretary of the Supreme Court Bar Association, is a well-known lawyer, who has done a lot of research and has practical experience of more than thirty years in dealing with matrimonial cases counseling, in the area of child development, personality development and communication skills. He has also done extensive research on the spiritual path. Imagine someone starting to read about child development and human psychology even before the birth of his child; gracefully refusing the offer to become a high court judge. Feeling concerned about millions of fellow human beings dying of hunger, millions not getting one square meal, the growing violent and suicidal tendencies, falling standard of physical and mental health of the youth world over he resolved to abjure a lucrative law practice at the peak of his career to dedicate his life to selfless service.

In this book the author throws light on one of the most significant aspects of the human race. Attraction towards the opposite sex is a natural instinct hence issues involving, 'Man-Woman Relationship' acquire a greater relevance. The author sincerely feels that a perfect understanding of relationships can become an instrument to lessen human sufferings. He shares his thoughts on how relationships can evolve and how one can feel liberated if stuck in a relationship, which hinders growth and is neither helping any individual nor the family. A fulfilling relationship makes one calm and content. The person naturally feels satiated and in all probability will be positive towards life and its responsibilities. Such a person is most likely to be motivated

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all the time to serve the cause of humanity. But the question is, "Can such a fulfilling relationship come on a platter?" And even if it does, Can it carry on for long unless both are wise and mature? Can it survive unless both partners are enlightened and possess the virtues desired for a fulfilling relationship?

The author firmly believes that everyone can deal with the issues concerning relationships if endowed with proper understanding of the truth of life and human psychology. This is what he wishes to share with his readers in the course of this book. He believes that real success and failure of relationships are measured by assessing how we act or react while dealing with different aspects of life, different situations and relationships in our day-to-day activities.

He is of the opinion that it is very important to understand ground realities which is at the core of the truth of life.

The real beauty of this book is that one has to just understand, be aware of the issues discussed and follow the simple route the author has formulated to lead a pleasurable married life or to feel liberated. The book makes an interesting reading and Ashok has attempted to address all relevant issues in an informal manner that is bound to appeal to all his readers. Reading the book will show the path to leading a stress free life and blissful relationships by just trying to evolve as per his suggestions.

Mr Arora studied in Mukherjee Memorial School, Hindu College and Campus Law Centre, Delhi. He has been practising in the Supreme Court of India, as well as in different high courts and trial courts for the last more than thirty two years. Having been interviewed a few hundred times by many popular TV channels like BBC, CNN, Star, Aaj Tak, Zee News, Doordarshan, and also by journalists from prominent newspapers, Ashok is known for giving bold and wise comments on issues of public

importance. Despite having achieved great success, he has never lost touch with his humane side and has always stood up for social issues he believed in, and taken a courageous stand on many public issues. Many people, who have interacted with Ashok, are of the opinion, that he is a rare mixture of compassion, wisdom and courage. He has refused to compromise with his conscience on many issues and hence has become a role model and great motivator for the next generation.

His bold and wise criticism of the trial judge who acquitted the accused persons in the Jessica Lal murder case ignited a nationwide debate, and more than ninety-eight per cent of the citizens agreed with his views. In fact, the two-judge bench of the Delhi High Court later confirmed his stand. The acquittal was set aside and the accused were convicted, which was later confirmed by the Supreme Court Of India.

He has worked with dedication and sincerity to become one of the most successful lawyers in the country. He has represented many prominent companies and business groups like Tatas, Birlas, Reliance, American Express Bank, Motorola, Apollo and Hindujas. His clients also included Union Ministers, Governors and Chief Ministers. He had been on the panel of the British High

Commission, the American, German and several other embassies. He once cross-examined the famous lawyer Ram Jethmalani at such length that it continued for umpteen number of hearings. He created a history of sorts when he successfully argued for the summoning of a former prime minister of the country.

Ashok has written many bold articles criticising various judgments passed by the Supreme Court. The most important of these, was his criticism of the verdict delivered by the constitution bench, wherein the Supreme Court, while interpreting article

105(2) of the Constitution of India, wrongly held that members of parliament were immune from prosecution, even if they had taken bribes for raising questions or casting votes in parliament. He even criticised his own colleagues when they went on strike. He maintained that the strike was unfortunate and anti-litigant. When he was a young lawyer just beginning his career, Ashok displayed signs of his deep social commitment. In the year 1984 he observed an indefinite hunger strike in support of the process of bifurcation of courts in order to provide justice at the doorstep for litigants and after eighty hours of his fasting, full court consisting of twenty-five judges of the Delhi High Court was compelled to give in and start the implementation of bifurcation of courts.

In fact, even before he was registered as a lawyer after graduating from Campus Law Centre in 1979, Ashok took a courageous stand opposing many legal luminaries of the country who had advised the then President Neelam Sanjeeva Reddy not to act upon the advice given by the then Prime Minister Charan Singh to dissolve the parliament. As a fresh law graduate, he boldly advised the then President to ignore the opinion of those legal luminaries and go ahead with the dissolution of the House, and this is what exactly happened. Ashok has always advocated the abolition of the death sentence and believes that life and death should only be in God's hands. Without charging a single penny he successfully argued in the Supreme Court for commuting of the death sentence of a young man where the Delhi High Court had confirmed the death sentence awarded to him by the trial court.

Despite being occupied with his important engagements, he has never lost sight of his commitment to common people: he helped to ensure the release of more than one thousand poor prisoners who had been languishing in jail for petty offences. He has been boldly declaring all along that the poor are discriminated against in our present legal system.

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Ashok is a fine orator, having delivered more than a few hundred lectures on different topics like law, public affairs and motivation for the benefit of judges, senior police officers, principals, teachers, company secretaries, students, NGOs, foreign delegates and professionals from various fields. He has the special quality to connect instantly with his audience, whether it is children, judges, police officers or college students. A melodious song or a couplet nicely mixed up in his speech or lecture is always the 'Icing On The Cake'.

So what prompted such an eminent lawyer to give up a flourishing practice and devote himself to the selfless service of humanity? The turning point came during the court's summer vacation in May 2005. Mr. Ashok Arora was scheduled to attend two international conferences in Scotland and France with lawyers and judges from all over the world. All arrangements like ticketing, hotel booking, VISA had been made. It so happened that he went to meet a few less privileged children who were being looked after by a voluntary organisation. While he was on this visit, an enlightened soul suggested that instead of going abroad to attend a lawyers' conference, it would have been better if he had spent some time with those children, teaching them and playing with them. Being extremely fond of children, Ashok said, without batting an eyelid, 'All right, I will not go on my foreign trip. I shall spend my summer vacation with these children'.

This spontaneous gesture changed the course of his life. Ashok spent the entire summer vacation in the company of those lovely children, aged between three and fourteen, playing and singing with them. Instead of enjoying a vacation at an exotic place, he spent his days in the scorching heat of a village where there was no electricity. However, he really enjoyed the time he spent with those children. Within a couple of days they had warmed up to him. He trained them to recite poems and sing devotional, patriotic or whatever songs they liked. After a few

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days their confidence grew so much that they began looking forward to the open session every evening, and those children who were earlier shy were now keen to participate. This experience completely transformed Ashok's life.

Ashok has been deeply concerned about the rising rate of suicides among youth. Seeing the disturbing growing trend of students resorting to suicide as an escape from the stress and strain they go through during examinations, he resolved to dedicate his life to the cause of humanity. He is considered one of the best orators and motivators who inspire students to strive for excellence without putting undue stress on them.

Ashok authored his first book 'Simple Tips For Sureshot Success' with a purpose to share his experiences of life with student community. The Hindustani version of this book authored by him is 'TANAVMUKT SAFALTA KE AASAAN RASTE.' His idea is to make the youth more confident, by assuring them that many people like him have succeeded in making a prosperous career for themselves, despite not having been born with a golden spoon. In his book, 'Meet Your Soul', in addition to suggesting simple route for stress free, successful and blissful life, he has talked of 'law of impermanence', which reminds us of the futility of mad accumulation of wealth. Imagine how wonderful would be the world if corruption is rooted out and the money being spent on nuclear weapons and arms race, money being mindlessly accumulated and the money being siphoned off by the corrupt is spent for the benefit of billions of children world over who are not getting one square meal, primary health care facilities and education. The author feels that once a person reflects upon the 'Purpose of Life', once he realizes the "Beauty of Soul" and "Law Of Impermanence" he would never run after accumulating mindlessly. He would not pollute his soul by indulging in corrupt and dishonest deeds. He would surely utilize his resources including money and intellect for the welfare of others especially for the

less privileged. His opinion is that one can meet one's soul and stress free success can only be ensured if one becomes aware of the importance of developing a complete personality and have a balanced physical, mental, intellectual, emotional, social and spiritual health.

Attraction towards opposite sex is very natural hence 'Man-Woman Relationship' is one of the most significant aspects of human race, which can be made an instrument to lessen human sufferings. Author, a well-known lawyer has practical experience of more than thirty years in dealing with matrimonial cases and counseling. He has also done extensive research on the spiritual path and human psychology. He shares his thoughts on how relationships can be evolved and how one can feel liberated even if stuck in a relationship, which is neither fulfilling nor beneficial to any individual nor the family. A fulfilling relationship makes one more calm and content. The person naturally feels complete and in all probability will be positive towards life and its responsibilities. Such a person is most likely to be motivated all the time to serve the cause of humanity. But the question is, "Can such a fulfilling relationship come on a platter"? And even if it does, Can it carry on for long unless both are wise and mature? Can it survive unless both partners are enlightened and possess the virtues desired for a fulfilling relationship?

The real beauty of this book is that one has to just understand, be aware of the issues discussed and follow the simple route the author has formulated to lead a pleasurable married life or to feel liberated.

It is hoped that his wonderful gesture of sacrificing a lucrative career to serve the humanity and guide the next generation will meet with great success.

-Publisher

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## PURPOSE

My purpose of writing this book is to somehow discuss 'Man-Woman Relationship' is one of the most important aspects of human race, which can be made an instrument to lessen the human sufferings. Let's discuss how relationships can be evolved and how one can feel liberated if stuck in a relationship, which is neither helping any individual nor the family. Attraction towards opposite sex is very natural and it is of great value to discuss how personal relationship makes a person more valuable for the society at large. We know that one in a fulfilling relationship is more calm and content. The person naturally feels satiated and in all probability one will be positive in approach towards life and its responsibilities. Such a person is most likely to be motivated all the time to serve the cause of humanity. But the question is, "Can such a fulfilling relationship come on a platter"? And even if somehow it comes on a platter, Can it carry on for long unless both are wise and mature? Can it survive unless both comrades are enlightened and possess a long list of virtues desired for a satiated relationship?

For a moment, close your eyes and romanticize who can be your dream man or woman. I am sure it will not be much different from the dream girl or a dream boy you would have fantasized in adolescence. There is absolutely nothing wrong in it because one always likes to have the best and what can be more important than having a perfect man or woman as your life partner. It is not only natural but also practical to have a sensible and judicious person as life partner if one really wishes to lead a fulfilling life and achieve the purpose of life to the best of one's abilities.

Please tell me will you not feel irritated if your partner picks up fights at the drop of a hat either in public or at home. Will you feel nice if your spouse is not well kept or is arrogant? Will you not feel embarrassed if while speaking in public or even in a casual talk your companion talks rubbish? Will you not feel hurt if the person is in the habit of telling lies all the time? Will you not feel put off if the opposite sex is not disciplined and goes haywire all the time? Tell me please will you not feel sick if the person talks of money and material things all the time? Will you not feel irritated if your buddy talks of sex all the time? Will you not feel sad if your chum is self-centered and has no concern for fellow beings? Will you not feel sad if every day you are to accompany your pal to hospital because of carelessness? I am not saying that one should feel irritated if despite taking care of his/her health, because of some other reason one is not keeping well. Rather, I feel lucky are those who are able to serve someone sick or unwell but if the wellness is affected and your whole routine is regularly disturbed because of your partner being careless all the time, it definitely affects the relationship.

Now see the opposite, Will you not feel proud if your partner is well read and well informed of life? Will you not take pride in your buddy being compassionate and humble? Will you not feel elated if your chum speaks well in a public gathering and also has a good sense of humor? Will you not feel happy if your companion is doing his/her job honestly and efficiently? Will you not feel on top of the world if your comrade becomes an instrument of service to humanity? Will you not feel happy if your comrade is more into intellectual and spiritual talks than sensual gossip? Will you not feel nice if your partner likes to take healthy food and motivates you also to do the same? Will you not be happy if your buddy is large hearted and humble? Will you not feel more connected if your chum is tolerant and forgiving?

Now imagine how many virtues you wish your partner to possess? Please pause here for a moment and imagine whether any sensible and wise person will not wish to have the same virtues in you if you wish to be her/his life partner? My friend Anurag often recites a couplet of an enlightened master,

*Yeh ishq nahi aasaan, bus aag ka dariya hai  
Aur doobte jana hai*

Which means that it is not easy to fall in love, it is like a river of fire and you have to drown yourself in it. Very few people realize that love can never blossom without surrender of both the partners. It can work if one surrenders but to bloom it needs two who can change and adjust.

We are aware that no one can be perfect to live all these virtues all the time but less the irritants the more are the chances of having a fulfilled life. It is total mathematics that if the irritants are much more than the pleasures then in that case it will be marriage made in heaven but celebrated in hell. No matter what a person pretends or boasts about, one can never be as efficient as in a complete relationship.

Shakespeare very rightly said that hundred per cent compatibility is a mirage but that does not mean that one should not try to have near hundred percent compatibility in a relationship. Is it not true that a calm and satiated soul will be more focused than a craving mind? Is it not true that a complete man/woman will be more benevolent than the one who is always searching for some compatible opposite sex? Is it not true that a satiated human will be more responsible towards the Self and society at large than the one who always feels a vacuum in his heart and life?

Undoubtedly few have achieved great success without perfect life partners but the fact of the matter is that they would have scaled greater heights had they had perfect partners. Many did not have an ideal partner but in a broader sense had compatible partners who did not obstruct their growth and mission in life. So we have to give compatibility a broader interpretation to mean where one despite not having a perfect relationship is not obstructed in one's purpose of life. Lets discuss what makes a relationship works, what makes it blissful and what makes it hell. We may also discuss how to handle situations if it is not working or if it is obstructing one's purpose of life.

## Height of Orgasm

I was amazed when Radha, a friend, of mine told me that she enjoyed a blissful, lifetime orgasm admiring the side view of her love Mohit, just for a few moments and that too while sitting three rows behind in an auditorium. Radha was participating in a very impressive workshop attended by who's who. She narrated the exotic experience in her own exotic words, "That day I entered the auditorium to participate in the workshop on female foeticide. I was one of the speakers and many world-class speakers were likely to speak on the issue. I took my seat in the middle of the hall. It was a real joy to see my love sitting just three rows ahead of me. Though it was a thought provoking discussion, I just could not concentrate and keep my eyes off the side pose of my darling, visible from my seat. My heart started throbbing and it was a joyful sight even though his face was visible only when he was in conversation with the person sitting next to him. I was so much awe struck. I don't remember what all I imagined but suddenly I felt that I was dripping. I never in my dream could imagine such exotic O. I felt full and complete beyond fantasy. It is not possible for me to thank God enough for this blissful experience."

It only reminded me of Kunti, who as per Mahabharata conceived her eldest son Karna by invoking Sun God. One may not believe karna being born of Kunti through invocation but we all know that to have orgasm just by sight, without physical contact is quite common in men and very rare in women. Believe me this friend of mine is not an illiterate young girl who could be led into

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such exotic experience just because of blind love. She is not the one who was into some relationship for the first time. She is a recognized professional and has traveled worldwide. Mohit her batch mate in medical college too has traveled world over and has left lucrative job overseas to serve his motherland. Radha shared with me that although like many others she had not been able to forget his first love but she never had any fulfilling experience of sex before. Being a social scientist and having been involved in counseling the young and old couples I could convince both of them to share with me few more details. They were kind enough to share, on the condition of secrecy, some exotic finer experiences on my plea that it would serve the cause of humanity.

My own experiences and my frank discussions with many friends & subjects have convinced me that making love is quite different from having sex. How wonderful is it that a woman of substance, as established and experienced as Radha, having orgasm just by the sight of her love and that too while sitting along with few hundred people. It was all because of her liking and admiration for the thoughts and deeds of her friend. It had nothing to do with physical or material attractions, nor even power or position. Love is blind means one can fall in love blindly but the truth is that love cannot last long blindly.

## Blind date

It was not love at first sight; Radha and Mohit knew each other for many years. It so happened that Radha lost her first love and involved herself totally in her professional activity. She was so much immersed in her mission that she never missed the companionship. She had her friendships with opposite sex but was never involved with anyone at emotional level. Maybe once bitten twice shy, she was quite apprehensive about entering into any emotional bond. Fortunately her mission in life also gave her some reasonably good living and experience to travel worldwide. More than a decade had passed after Radha broke from her first love. She heard something interesting about her old acquaintance, Mohit, who had divorced his wife abroad and left a lucrative job to come back to India to serve the poor. It aroused some inquisitiveness in her. She tried to reach him and was quite keen to meet him just to know a bit more about his work and life. She spoke to few male friends but they all may be due to subconscious male jealousy, avoided telling her about Mohit and his whereabouts.

Unexpectedly one day a common friend invited Radha to dinner and told her that the only other invitee was his dear friend Mohit. Radha's joy had no bound with a thought to have much sought after meeting with Mohit. Dressed in western attire she was at her friend's place well before time. She was really getting restless that Mohit did not arrive at the appointed time. Her heart started beating fast when the host received a call from Mohit asking him the location of his flat.

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The very entrance of Mohit and his own gentle but confident way to tender apology for his being late due to some extended meeting with a dignitary only added to Radha's yearning to start the conversation. Radha's ego was not hurt that although she could immediately recognize Mohit even after so many years but he could not place her so fast. Mohit had to be reminded about Radha. However he could make up fast by quickly connecting a cord with her because of his charming personality. Being evolved Radha had no inhibition asking for a glass of wine even though Mohit was a teetotaler. They immediately developed a rapport and had nice conversation while enjoying the drinks. The warmth and connectivity continued at the dining table. Radha could feel that although Mohit was not staring at her or her sexy skirt, he was quite aware of her charm. He was noticeably happy to meet her after such a long gap. They talked about life and its philosophy. They also discussed the miseries the world was going through and how they could bring the change with full vigor and strategies.

It was a very special evening and late at night both Radha and Mohit were quite thrilled at the suggestion of the host that Mohit could drop Radha on his way home. They both sat in the car and the car started with a reasonably slow pace so that they might have more time to talk to each other. The conversation during the romantic drive was decent but intense. Mohit thought that Radha could invite him over a cup of tea at her flat but Radha was quite determined not to start any such close relationship. It was revealed in confessions made by either of them during their relationship but that did not leave any hard feeling between them when they said good-bye that wonderful late night.

Days passed with occasional SMS and formal calls but nothing happened between them. Once Mohit invited Radha to dinner in a decent restaurant. The atmosphere was romantic even though lots of people were around and they really enjoyed the company of each other. The topic of discussion always revolved around miseries of the world and how best they could bring substantial change. Of course some regular stuff figured in between routine casual chat and gossip about others. Undoubtedly both were aware of each other's presence and not too hidden feelings for each other.

After the dinner Radha left no scope for any fantasy for a relationship when much to the shock of Mohit, she requested him to drop her at the office of another male friend who could drop her home. Mohit found it quite intrigued that she did not ask him to drop her home since the drive could have given them another opportunity to know each other's mind vis- a-vis any close relationship. His heart sank but he gracefully dropped her at her friend's office. Radha was too oblivious of what was going on in Mohit's mind, which further put him off. Few days passed and Mohit did not feel like making any call or sending any text because of insensitivity shown by Radha the other day. They were not quite in touch and for many weeks there was not even exchange of greetings.

## Union of souls

Out of the blue one fine morning Radha called Mohit and told him that she was going to organise a workshop, which would interest him too, and that it would be nice if he could arrange for some monetary contribution. Mohit as per his nature and mission immediately agreed to it and asked her to collect the same or he himself would send it to her. Radha however suggested that he had better accompany her and see for himself how useful his contribution would be. Mohit really could not resist the temptation of spending some time with Radha, although he was quite discouraged because of the other day's incident when he was asked to drop Radha at her male friend's office.

On the appointed day both met at the railway station like common friends. They were not excited but at the same time not unaware too of the opposite sex syndrome. The moment they entered the compartment they were confronted with a number of uncomfortable questions by some one loud to the hilt who started collecting bio data of every passenger even before the train started, asking them, 'Aapki Tareef' means 'Your Introduction'. They both in unison-acted smart and shifted to some vacant seats little away from that noisy person. As the luck would have it no one came to occupy those seats throughout the journey. It was an overnight journey and they both were in quite a reasonable distance on their berths to hold hands but nothing physical or even suggestive happened that very night. Of course they enjoyed being together and made a joke of the gentleman in

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absentia who was somewhat indiscreet about asking personal details of every fellow passenger. 'Aapki Tareef' phrase became a big time joke for both of them to enjoy the sweet memories.

Next morning they started the journey by road to reach the village they were to go and even in the cab it was all normal and healthy friendly chat. They reached the destination and checked in a decent guesthouse. Incidentally they were housed in two adjoining rooms. After having a quiet lunch in Mohit's room they went around the city and Radha attended a meeting in connection with her project. After the meeting they moved around in the small city through the crowded market since there was not much to be seen. They passed through a school where local boys were playing cricket. Having nothing else to do they sat near the boundary of the playground.

It was about 5.30 in the evening and they started their casual chat sitting on the soft grass in a nearly romantic situation, which both were not unaware of. They were sitting quite close to each other and their hands rested on the ground were dangerously in striking distance. However there was no romantic talk or even gesture through out the chat, as it was not destined to be. As it was getting dark they both thought of leaving for the guesthouse. On the way they moved around the thickly populated village market and enjoyed some snacks and tea at a roadside restaurant.

They walked into the guesthouse and ordered supper in Mohit's room only. Till the time dinner was served they were sitting quite close to each other on different single seat sofas but all was not normal. After the meal they came down for a while to have a stroll but were not very comfortable walking so close still so far. They came up and Radha went for a shower in Mohit's room

since the bathroom in her room was not as per her liking, Mohit started moving restlessly in the corridor and just after two minutes sent a SMS ' How long will u take'. Pat came the reply just few minutes. Mohit replied, 'please come fast'. After her bath Radha came out and quickly walked into her room, still trying hard not to enter into any relationship. After a while Mohit sent another text on her mobile, "Is it not too early to sleep" Radha replied, "Do you want me to come there", Mohit, "Yes please".

Radha came to Mohit's room and sat next to him in the single seat sofa. It was not biting cold but Radha was having shawl over her nightdress more to cover her beauties than to prevent her from cold. After some casual chat Mohit got naughty and said, " I am feeling cold can I come into your shawl", Radha smiled and wrapped Mohit in her shawl. Nothing more was required to be done to move into a memorable evening. They both felt each other and came closer and closer during the chat, which did not last for more than five minutes before they were in bed. It was more of making love than having sex as they kissed and cuddled each other. It was purest form of love and continued past midnight. Many times after a prolonged foreplay Mohit attempted to move towards the final act but Radha was quite adamant and made him struggle for the forbidden apple. By the time Radha allowed Mohit to have his say it was too late for him. However it was not frustrating for any one of them since it was a union of souls and they slept for a while holding each other passionately. In the wee hours they indulged once more but again it was not a great sexual encounter although emotionally very fulfilling.

## Lifetime ecstasy

Next morning they left for the village where Radha was to talk to a women group about family planning measures and woman empowerment. They really had some fulfilling trip since it was the mission of their life to help the cause of humanity. On the way they shared their personal relationships and couple of time had difference of opinion and some hard feelings too. However, since the foundation of relationship and mission in life was common so it all became irrelevant in the ultimate analysis and intimacy. That evening after they finished with their supper it was very natural and understood that they were to start from where they left the previous night.

After a formal and unwilling stroll after the meal Radha went to her room and came back to Mohit in no time in her nightgown and shawl. Mohit closed the door and warmly held her in a nice hug. It was so fulfilling and passionate that no sexual experience could ever match that ecstasy. That is what love is all about. They warmly held each other in a cozy hug in an ordinary blanket. Mohit kissed Radha on her forehead and stayed there for a while. Moving downward he kissed her eyes, cheeks and lips passionately in a slow motion. Radha loved it and responded with equal passion. In no time she was moist and invited Mohit for the eventual move. Mohit's entry was so smooth and passionate that they both became single unit. There was no difference in body and soul and it continued for quite a while. In no time Radha had her orgasm and thanked Mohit for lifetime ecstasy. She asked her to finish



and they held each other in a tender hug to sleep for a while. They again got up after some time and had action replay of the bliss they had experienced earlier on the same very night.

Next morning was wonderful feeling for both and they traveled to the airport from where Mohit was to take his flight since Radha was to stay back for some work. At the airport restaurant Mohit did not feel the same closeness and felt that Radha had again gone into her shell. This intuition of Mohit was confirmed when he hugged her in a secluded corridor of the restaurant to say good-bye as he felt the absence of warmth. This was later confessed by Radha too. They parted with a note to meet after Radha's return to the city. Few days when they were away, there were no warm exchange of SMS or chat as was expected after such intimate time spent together. Mohit took it in his stride and was sure that she was having her dilemmas because she did not expect any future in that relationship. He had categorically told her that he was not prepared for marriage because of his past bad experience and realization that Shakespeare was right in saying that hundred percent compatibility was a mirage. Mohit also tried to reason out that in India most of the couples in a marriage neither live happily nor separate without any acrimony, which strengthened his resolve not to get married again. Radha, however, was more for marriage or at least staying together. All this surely made Radha think again and she tried not to meet Mohit for quite some time. She even canceled the pre arranged first meeting after their blissful time spent out of city. Normally after such ecstasy friends are too keen to meet again but in Radha's case things were different. Mohit understood it and as a mature person did not press hard for the meeting.

## Skimpy Silky Nightgown

Radha, however, could not resist for long and after couple of formal meetings, once again heart won over the mind and norms set by the society. Having enjoyed the ecstasy they were made to wait for too long to have replay of union of souls because of Radha's dilemmas. That day in the winter they planned to meet over dinner and Radha invited Mohit to her place since her parents had gone abroad. It was quite cold and Mohit reached Radha's apartment dressed immaculately in nice jeans and matching grey colour shirt and jacket. Radha was already dressed for a kill in skimpy silken sky blue nightgown. Radha always appreciated Mohit's dress sense and sense of discretion not to waste extra money on clothing.

They sat together to listen to some nice music to the liking of both. Having alike choice of music always adds to the intimacy. After a couple of songs Mohit held her hand softly but passionately and then put his arm around Radha to bring her bit closer. Radha as if waiting for too long hugged him and Mohit started playing with her silky long hair. In no time they moved into the bedroom leaving the music to play for the surroundings. It was nice cold and they wrapped themselves in a nice sexy blanket. Mohit kissed her at her cleavage and then all over before they locked lips for quite some time. Radha confided in him without any hesitation that she wanted him immediate and in no time they merged again as smooth and tender as one can imagine. She was astonished how she could be watery so fast and Mohit was smart to explain that it was more out of purity of love and common mission in

life. This was purest form of love making again. After a quite a few nice moments Radha admitted that she once again came twice and asked him to finish whenever he desired. They enjoyed the great ecstasy once again because of unity of thoughts and deeds.

After that they sat for dinner and had a nice chat on social issues and their plans to help the mankind. It was always very extensive discussion between them and was the foundation of their intimate relationship. No gain saying that after the dinner they again went to bed and slept together to enjoy the bliss couple of times during the passionate night.

Can you imagine a woman of Radha's substance highly qualified and having traveled world over having orgasm while walking from the parking to Mohit's office? Can you imagine they exchanged a few SMS and Radha sends a text message, 'you make me week on my legs'? They talk on phone for a while some time not even exotic stuff and Radha says, 'I need you' or 'I had it'? Some time they would have 'Phono- Sex' and imagine finer points of exotic pleasure to have the fulfilling orgasm. They would then fantasize to sleep in each other's arms like a dream couple. Both of them could not resist each other and quite often they found each other in passionate situations. This routine continued for many weeks and quite often they used to meet and spend passionate nights in each other's arms. It was purest form of lovemaking not sex. They used to discuss more about the human sufferings and less about romance and love. But the mission common made the love making so wonderful that many times she used to have orgasm more than once which is a rarest of rare happening. She enjoyed the ecstasy so many times and felt so full that bad experiences of sexual frustrations with her first love soon became a thing of past. The dream couple continued their relationship but no one knew for how long.

## Beauty of Soul

*“Every souls is fundamentally divine”*

Rev. Swami Vivekananda said it beautifully that every soul has the potential to be divine. Taking a cue from this wisdom we can go a step further to say that every soul is fundamentally divine. Potentially divine would mean one has to make efforts to make it divine where as if we say fundamentally divine then all one needs to do is be watchful so that the soul does not deviate from its pristine nature.

We all know that those at peace with self can do no wrong. If I ask you, "Have you ever in a good or normal mood hurt some one or have intentionally done some wrong"? The answer would be a big 'NO.' If we analyse any such moment when some one was hurt by our conduct we would always find some excuse that it was because of anger, greed, ego, ignorance or wrong perception. This again means that irrespective of the nature of the hurt, it is never intentional. All wrongs are done because of anger, greed, lust, pride, hatred, ignorance or lack of wisdom, which are certainly inconsistent with the divine nature of soul. . We must engrave it in our minds that like us; every one behaves or reacts to any situation according to one's own perception, experience or spiritual growth. We can't and should not fight with any one's perception or wisdom level. Every action in the world is a result of someone's perception based upon his knowledge and wisdom. Of all the people how can someone so dear to you or a life partner hurt you

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intentionally? This fundamental truth if imbibed in letter and spirit can be a foundation for a great marriage. We should therefore never carry any ill will or hatred against any one.

I shall cite an incident from my own life in support of my belief in the 'Beauty Of Soul'. In the year 2000, lawyers of Delhi went on a strike in protest against police assault on some of their colleagues. The strike resulted in suffering to the litigants, some of them had to remain in jail because there were no lawyers to plead for them. I felt that we were wrong to be on strike, and took a conscientious decision to oppose the strike. Most of my fellow-lawyers, who were angered by my views, criticized me in public. But a few months later the very same colleagues supported me in the election for the post of Secretary of the Supreme Court Bar Association (India) and helped me win hands down. Imagine, why did it happen? The answer is very clear that no one was my enemy, when my friends thought that I was wrong they criticized me and when they thought I deserved to be elected they voted for me. It proves the theory of 'BEAUTY OF SOUL.'

We all notice that whenever some one scores a goal in a football match teammates hug him or some times even pile over him to celebrate. No one thinks that it was his individual achievement and every one from the core of his heart rejoices. It again proves the theory of 'Beauty Of Soul.'

All of us are in possession of good thoughts and most of the time we perform deeds which we perceive as good according to our own training and spiritual development. Even the worst of human beings are not obsessed with evil thoughts all the time. Such people also do charitable work from time to time. This is evident when a person or a group of persons plan to do any social

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service, many people offer to do their bit to help advance their cause. This willingness to lend a helping hand is again a proof of the human soul's divinity as also of its beauty.

All negative feelings such as ill will, hatred, anger and pride disturb mental balance and undermine the feeling of contentment, which in turn result into actions like terrorism and corruption. Once a person realizes that no one is his enemy one would never bear any ill will towards anybody. One would not feel hurt by harsh words spoken by someone and would always presume that every one acts or speaks according to his/her perception of the situation. Once a person understands the theory of "Beauty Of Soul" he can never nurse any ill will or hatred towards any one. How wonderful would life be if all ill will and hatred were rooted out! One would then be filled with only love and compassion for all fellow human beings. One should always believe in the beauty of soul and feel blissful all the time.

What I am trying to convey, my friends, is that no one is our enemy. So we can't have any ill will for any one. We should never feel sad or hurt because of someone's perception. Once we are convinced that every action or reaction of the other person is a result of his/her perception or evolvment then why should we not have same feelings for our partners in life too? Let's all the time keep in our mind the theory of "Beauty Of Soul," fill our hearts with pure love for all to feel blissful and musical in all relationships.

## Unity of Thoughts & Deeds

*'Dono taraf thee aag baraber lagi hui',*



which means that both were obsessed and dying to merge with each other as pure souls not only because of love but also because of admiration for each other as great souls.

The most important requirement of any healthy relationship is that there should be unity of thoughts and deeds. By unity of thoughts and deeds I mean there should be a broad consensus between the two about the purpose of life, philosophy of life and role one is to play to make life meaningful. As they say birds of the same feathers flock together. The converse is also true birds of different feathers cannot flock together.

It does not mean that they should be in the same profession or work together and all their deeds should be done collectively. It also does not mean that there should never be any disagreement. Rather, difference of opinion is sometimes healthy and as they say, "If two friends always agree that means one of them is a fool and if they always fight that means both of them are fools." Quite often Mohit and Radha vehemently argue their respective point of view and many a time had a passionate love making session after that since the purpose of their discussion used to be the same.

Another important point is that unity of thoughts and deeds

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only means positive thoughts and positive deeds. Thoughts and deeds, which help them evolve, which help them achieve the purpose of life or which help them serve the society. It can never mean any negative or self-centered thought or deed. Two negatives don't make a positive here. If both are greedy and jealous, if both are short tempered and intolerant, if both believe in making good money or achieving success by hook or by crook, if both are self-centered or if both are extravagant, the relationship just cannot work.

Unity of thoughts and deeds surely includes your tastes, habits and preferences. Of course, it does not mean these should be hundred percent same all the time but by and large there should be harmony and good understanding. For example if one person likes soft music and the other person every day at the same time after supper likes to listen to some loud music it definitely is an irritant. If one person likes to have home made simple food and the other person always wants to go out to some new restaurant in town or if one person's idea of a nice vacation is some quiet place in the hills and the other person all the time wants to fly out to some extravagant vacation, it just cannot work.

It is very important to give each other sufficient space even in thoughts and deeds but the space should not be large enough to create a vacuum. Space should not be so frequent that the other person starts feeling alone and the necessity to have some other company.



## Surrender to Conquer Love

Surrender is the 'Ram Baan' or 'trump card' to enjoy the bliss of love. Surrender is not a weak man's trait. Surrender comes with great substance and concern. The weak can fight and assert. The naive feel that surrender is like surrender of an army defeated by the enemy.

I must confess that I am obsessed with this wonderful couplet of Ameer Khusroo,

*"Khusro dariya prem ka jo ulti wa ki dhaar,  
Jo ubhra woh doob gaya, jo dooba so paar"*

My interpretation of this modified version of the original couplet is, the river of love has a strange trend of flow, any one who tries to win or act smart would be drowned and the one who surrenders unconditionally would surely float in ecstasy in the ocean of love.

"Surrender" many a time makes other person surrender. To all my friends who consult me during the dilemma to continue or break the relationship I always advise that if they really wish to give it another shot they should unconditionally surrender. I tell them that surrender can conquer love and if surrender does not work, nothing else will work in love. The other great advantage of surrender is that it makes you more confident and you live with this bliss that you did your best. If despite your unconditional

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surrender the relationship does not work, you feel saddened but your inner self becomes stronger.

Surrender, in fact, is so amazing that it gives you great joy. Many issues should not even need a discussion, like where to go for lunch, what to order, what to do on a relaxed day, what time to go for a party, in all such trivial issues, there should be competition to surrender.

It is so romantic and shows a lot of substance if knowing well that you are right and yet you surrender. If you are convinced and surrender, it is sensible and fair but if you are on a winning note and still surrender it not only shows your involvement, it also adds depth to a relationship. The person before whom we surrender is often moved by our submission and would try to do what we like. Many times we fight over trivial issues because of being subconsciously attached to our viewpoint. There is nothing wrong in expressing our views on any point but to be attached to it and not being open to options is an obstacle on the path to meet your soul.



My friend Rajiv often recites a couplet of Hazrat Bulleh Shah,

***“Jit jit umar gawanie, hun tu haar faqira  
Jitte da mul ad kaseera haare da mul heera”***

Which means that we have wasted our lives fighting for our viewpoint to win, let us now learn to surrender, the price of winning is just worth half a grain whereas the price of surrender is worth a diamond.

We can end this chapter with a nice joke on surrender. One

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smart man disclosed the secret of his happy married life in a social gathering. He told every one that his wife had surrendered all her important rights to make their marriage a blissful one. She had told him that she would only decide the small issues like what to eat, where to go out, whom to invite, how much pocket money each one to get, where the children should study, what should they study and the husband was not to interfere in those issues. However, she had graciously surrendered her right of interference in all major issues like whether to make nuclear weapon, which aircraft to import, what should be nation's import-export policy and what should be their strategy with the super powers.

Those who wish to enjoy the bliss of surrender can easily follow Ameer Khusro and Bule Shah to make every relationship delightful.

## My Salute To Silent Sufferers

During the last more than three decades of my interaction with many men and women, I have come across a number of silent sufferers who are into totally incompatible relationships but have no heart to break or leave it. Many times it so happens that you come to know of the real person only when you start living together and by the time you come to know that you have dialled a wrong number it is too late to revert back to original life. No one enters into a relationship to break it so it is very obvious that most people try to make sincere efforts to make it work.

Interestingly, many times one partner is so insensitive and immature that s/he does not even feel the vibrations of incompatibility. It is always the wise and mature who feels the pain and takes the responsibility to make the relationship work. Many times by the time the person realises the mistake s/he is so entangled in the relationship because of children and other relations that day-by-day it becomes difficult to take a call to extricate oneself.

A seasoned person tries to fulfil her/his responsibilities with utmost care and dedication, which does not allow the other person to realise that all is not well in the State of Denmark. I am convinced because of the theory of 'Beauty of Soul' (referred to above) that no one intentionally does any wrong and it is all because of lack of evolvement or insensitivity that the person fails to realise

and make amends to make the wise person feel comfortable. It so happens that many times nature dies with man. Some times one may learn and grow fast, some time slow but some time people never grow or change. So it is all your luck as to which situation you are saddled with.

The most difficult and torturous situation is the last one in which you have to put up with person who will just not change his/her habits, which cause irritation or trouble to you. In that case if the sufferer is neither able to take a call nor change the person, s/he lives a life of silent sufferer because s/he feels more responsible towards other aspects of life say, the future of children or even the well being of the partner. There are innumerable such persons we all know that is why I say, My Salute 'To Silent Sufferers'. My only suggestion to these persons is, 'kindly read the chapter divorce is no sin before taking a final decision.

## Dream Couples—Not a Joke to Make Love

If we dream of an ideal couple, it has to be the rarest of rare. Shakespeare was absolutely right when he said that hundred percent compatibility between the two is a mirage. So what we are really looking for is some near hundred percent compatible couple.

In chapter, 'Unity of Thoughts and Deeds' we discussed our dream man or woman. We all feel that our life partner should be of loving nature, romantic, compassionate, truthful, non-violent, content with life, performer in his/her field, good looking, healthy, disciplined, wise, mature, well read, humble, detached, forgiving, broad minded, tolerant, good listener, cooperative, has taste for good music, movies and art, has a good sense of humour, sexy and well kept. We all feel that our partner should not be arrogant, egoistic, greedy, pervert or short tempered.

It may sound strange but the fact of the matter is that you all will feel irritated or sad if your partner does not use any of the virtues at an appropriate moment of life. Say if your partner talks of sex all the time you will feel s/he is a pervert, your buddy does not respond at an appropriate time you will feel your chum is useless in bed, if your pal has a short fuse and gets angry at the drop of a hat you will feel your mate is an angry man/woman. You will feel sad and not good if your darling does not dress up well for the occasion, if s/he has no taste for good music, movies

or art, if s/he is does not keep good health because of carelessness, if s/he misbehaves in public or in private life, if s/he is arrogant or if s/he has no desire for knowledge and only talks of money all the time, the list is endless.

There cannot be any denial to the fact of life that no one can be perfect all the time. But whenever we are unreasonable, the other side feels sad or irritated depending on the frequency and seriousness of the mistake. So for an ideal couple there has to be a situation that the mistakes from both sides are minimum possible. By mistake, we surely don't mean mistakes qua each other but mistakes qua dealing with the society at large. One will not feel comfortable if his/her partner is cheating people or taking bribes or is unfair to and useless for the society.

The most important thing is that both should share the purpose of life and have made an enquiry about, 'Who Am I'. Both feel the pain of millions of fellow human beings who do not get even one square meal a day and basic amenities for a dignified life. Both share the thought,

***“Vaishnav jan to tehne kahiye,  
Peerd parayi jaane re”***

which means that noble person is the one who feels the pain of others.

Both share the philosophy of this couplet, my friend Santosh often recites,

***“Ik lafze mohabbat adna sa fasana hein,  
Simte to dile aashiq, phele to zamana hein”***

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Which means that the word love is a little short word, if you restrict it's meaning it is only for your beloved but if you broaden its interpretation it is for the whole world.

Both genuinely feel love for all. Both are away from mindless accumulation of wealth and naturally are not obsessed with enjoying the acquisitions so acquired. They have blind faith in each other. They are mindful of each other's liking and disliking and act accordingly. They let go the occasional irritants. You can't say that their lives are boring and dull. Rather they enjoy romance and sex much better than others, like Mohit and Radha would some time even discuss the lingerie to be purchased and have fun. They live a normal life and both are real saints not hypocrites or suppressed.

In fact ideal partners are complimentary to each other. They read different articles/books and discuss with each other to save time and evolve together. They have a perfect understanding to decide when to go together or when to go alone to different social and educational functions to make optimum use of the time because for them it is not running away from each other or gossip time. They use discretion to attend or not to attend such gatherings. They are working couple not workable couples. They try to steal time to be together once in a while.

So the end result is that to be a great couple both need to be enlightened, wise and mature. Enlightened does not mean perfect. It means the person who knows the truth of life and has no confusions in life. Both try to live that knowledge of truth so that there are minimum possible mistakes. Both are honest and content. Both motivate each other. Both are content and good listeners. Both observe silence and regularly contemplate, introspect and



reflect upon the purpose of life, sometimes together and sometimes alone. Both provide ideal space to each other and let go all the time. Both compete to surrender and believe in the philosophy ingrained in the couplet, my friend Harsh often recites,

Ameer Khusro said it so wonderfully,

*“Khusro baaji prem ki mein khelun pee ke sang,  
Jeet gayi to piya mere, haari pee ke sang”*

How wonderful is the thought of her love, which means I play the game of love with my beloved, if I win my love becomes mine and if I lose, I am surrendered to my love. So in both the eventualities I am with my love.

It is of utmost importance to understand the difference between making love and having sex. Making love comes from the soul to unite with someone so dear whereas having sex is a biological need and carnal desire. Only they can make love who all the time are united at soul level, share the purpose of life, have minimum possible irritants, have respect for each other and from the bottom of their hearts love each other. It is not a joke to remove your clothes and merge with some one. Therefore it is very much natural that two souls should unite at a higher level than at physical level. When two opposite sexes meet at physical or superfluous level sex may happen but to make love both need to be united at soul level.

Surely both the comrades need to connect at spiritual to make love otherwise the mere physical act will not operate as a binding force. It may continue for sometime or even for a longer period just as a ritual or compulsion but unless there is real unity of

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thoughts and deeds as discussed in other chapters the physical indulgence can only be termed as sex and not love making.

The real union of soul only can lead to making of love. In fact sex takes a back seat when the souls connect that soundly. It just happens and need not happen for weeks together since the spiritual orgasm is all the time flowing between them. Unfortunately percentage of such couples may not be even one per cent. Only dream couples and chums during honeymoon or attuned period make love, all others have sex as a ritual, going through motions. The worst category is of miserable couples who hardly converse what to talk of making love or even having sex. Kindly email me if you have a different figure and views on this point.

## Successful couples

I respect 'Successful Couples' or you can call them as 'Content or Happy or Workable Couples' because they in a way have kept the flag of 'Institution of Marriage' flying. They may not be in the category of great couples but have still managed to live with the contradictions. Sometimes they fight sometimes they compromise but more important is that they keep the family going where children too get their share of care and love. They are quite a few who have learnt to carry on with what they have.

They all have the virtues of a dream partner like some times they are humble, some times honest, some times tolerant, some times respectful, some times they surrender, some times they are compassionate, some times adjusting and some times thirsty of knowledge and spiritual pursuits but they do not live those virtues as frequently as the partners in a dream couple live.

Similarly they have their share of fumbling like some times they are angry, some times arrogant, some times greedy, some times intolerant, some times unreasonable and some times dishonest. Many have their extra marital affairs and get away either because luck is on their side or both are involved somewhere and in a few cases the other person has reconciled to bear with it because of no other option.

The differences between the partners in a great marriage and workable marriage are too many. Partners in a workable marriage

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are sensitive but not so mindful of each other's feelings and likes/dislikes as they ought to be. Ironically, because of lack of involvement many a times they even fail to observe that the other person is hurt. They hardly believe the great philosopher Socrates, who said that the life lived without self-analysis, is not worth living. In a great marriage the soul level connection is extremely deep and strong whereas in a workable marriage the bond is more out of compulsion and sense of responsibility. In a great marriage the irritations and fumbling are minimum, whereas in a content marriage these are more frequent and sometimes suffocating because, one, wisely so, does not react all the time.

In a workable marriage the social gatherings are mostly the occasions to run away from each other and to avoid confronting the issues head on, which at times may get diffused too. However many times those get together are gossip times for stress busting. Many a time they use these occasions to vent out their frustrations. They are quite indiscreet and waste lots of time in these gatherings. In many cases it is only to show to the society that they are together and there are no major differences between them. They do attend spiritual retreats and engage themselves in some self-less service project also once in a while but those are all rituals not the mission of their lives.

The real test is to see how many times you try to steal time to be together either for a vacation or for a local outing. How many times do you sit together to introspect, contemplate and reflect upon the purpose of life? How many times do you sit alone to introspect as to where all you went wrong or had hurt the other person? How many times have you resolved not to hurt your chum and made amends to apply balm on her/his wounds? I have seen people having celebrated golden jubilee of their marriage and

fighting on the streets. So what would you call it a workable marriage or a perfect marriage. Those who are fighting all the time and are no help to either each other or to their children or to the society unfortunately fall in the category of 'Miserable Couples' who need intensive care.

## Divorce is no Sin

If world chess champion Vishwanathan Anand changes his second or trainer will you say he is a bad person? If one of the greats in tennis, Roger Federer changes his coach will you say he is a not a good man. Similarly if you change your doctor, lawyer or chartered accountant can someone say you are not a good human being? You may be getting restless with the endless list but to quote one more before we come to the point if some one parts company with her domestic help will you say that she is unfair? Now come to think of it don't you feel that in all these situations we divorce them or separate ourselves from them? Some times even domestic help may leave the employer if he is not happy with him. Will you not say that this again is a separation or divorce? What I am trying to convey here is that separation is the order of the day and 'Law of Impermanence' leaves no room for discussion that every thing has to come to an end. Now when it comes to an end no one knows. Whether the end is by some natural calamity or human nature or error, it actually becomes irrelevant. Don't you feel in all the above situations and so many other innumerable situations we separate from others, like from parents, children, business partners, friends or fellow colleagues at work places?

Whenever we interact with someone at any level, either as a professional, employee, employer, friend or life partner, it is but natural that to have difference of opinion. The difference of opinion is natural because of one's nature and evolvment as a

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human being. No two individuals can behave in the same manner in all situations of life. Therefore, it is natural that not all times we may like the other person's behaviour or attitude and at times, may feel bitter or upset too. When it happens with some one other than our life partner it is called parting and when it happens with the life partner it may be termed as separation or divorce.

It is also natural that when you separate from someone so close, it causes much pain but all sensitive persons feel the pain even if they separate from their pet, leave alone human relations. Chances of falling into unlikeable situations are much more with a spouse since we spend more time with them. Another important point is that if someone connected with our official work upsets us; we tend to forget the same in a couple of days since we are not with that person twenty-four hours and our emotional expectations too are limited. However, if your spouse or partner annoys you with his/her attitude it carries on for long because you see him/her morning evening and also because you don't expect such behaviour from someone so close. So, firstly you feel more hurt when the other person causes you pain and secondly, you don't get breathing space between the aggrieved act and normalisation therefore it causes double disaster. Then the worse is that sometimes irritation flares up even with the sight of the other person.

Many great men and women did not have great marriages. To count a few Mahatma Gandhi, Pt Nehru, Abraham Lincoln, Bertrand Russell, Diana Spencer, Nelson Mandela and many people holding sensitive and constitutional positions through out the world have not been known to be partners in Dream Marriages. Now does that make them bad human beings or does it take away from them their great contribution to mankind? The answer has

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to be a big No. We are discussing this here because many people I have met during the last more than three decades as a lawyer and family counsellor cribbed over their failed marriages and complained, 'Why Me'. One should always cite them examples of above-mentioned greats to console them and convince them about the truth of life, which any one of us may have to encounter. Of all the persons, even the ideal Lord Rama had fumbled and both He and Sita had to suffer the torture sometime. So, can any one claim that he is wiser than Rama or she is wiser than Sita.

The truth is that no two individuals can have the same nature and evolvment. So conflicts are likely when they interact twenty-four hours a day for months and years together. When these conflicts become unbearable and regular the marriage becomes hell and proves the proverb, 'Marriages are made in heaven and celebrated in Hell'. No two cases are same but I am convinced that the moment a person or both the partners in a marriage or live in relationship realise that they are not living a peaceful life and are only obstructing the growth of each other or putting shackles in one's progress towards achieving his/her purpose of life, I think it is time to take a call. No gain saying that wise people don't drop relationships at the drop of a hat and try their best to see that it works. But once a partner or both the partners in a marriage realise after due deliberation that they are neither living a happy married life nor helping the other in his/her evolvment it is the time for unfortunate separation.

We all know that most of the countries have divorce laws and all laws are based upon fair play so how can a thing permitted by law be a sin? It is all in the mind or we can say that the attitude of an individual or sometimes the society, which makes our decision making difficult. In the West people are less paranoid but in India



and some other countries divorce is still a taboo for most of the people. Unfortunately, many people continue to live in relationships where there is neither love nor growth just to avoid unintelligent criticism. In India, many women, despite living in hell, feel that life will be more difficult after the divorce and living alone will be complicated. It is correct that many hallow men feel that a single woman is generally available and unfortunately this feeling affects the minds of many women. However I am convinced that the attitude of society depends upon how a woman conducts herself while dealing with the society. Also, this thought that life will be more difficult after separation is nothing but self destructive since we are discussing the situations where life has become hell and one's purpose in life is being strangulated. It is nothing but lack of evolvment and confidence if one bothers more about the hypocrite and backward people. One wonders how one can put off his/her own evolution and perpetually live in a miserable relationship. My friend Anil Tripathi often recites this nice couplet,

***'Kuch to log kahenge, logon ka kaam hein kehna'  
Chodo bekar ki baton mein kahin beet na jaye rena  
(Zindagi),***

Which means people will continue to say something; it is in their nature to comment one way or the other, you should ignore those rubbish talks lest you waste your life. Even Lord Rama, Jesus Christ, Prophet Mohammed, Gurunanak Dev Ji, Mahatma Gandhi and people like Nelson Mandela were not spared of criticism so how do you wish to be spared of criticism. It is for each individual to reflect upon his/her peculiar circumstances and take a decision after due deliberation. To live in a depressing relationship is nothing but madness. Only weak people care less

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about the purpose of their life and more about what others are talking. Therefore, if in a miserable marriage take your call and keep in mind, 'Divorce is No Sin'.

## Feel Responsible

Having said that divorce is no sin, it is also important to keep in mind that one should act responsibly even while in a miserable marriage. Even if one has realised after due deliberation that one's marriage is hell and is helping neither one's own life nor the life of the partner, one should all the same analyse the overall situation to decide the timing to initiate the dialogue or the process including litigation. We all know that there cannot be any mathematical formula to decide the timings in such emotional matters but the rule of the thumb is to take your time before you take a call on such important aspect of your life.

Suppose your wife is in family way then even if it is hell you should continue the relationship and rather make her comfortable so that she is provided with a congenial atmosphere for her and the future generation. Suppose your child is younger than ten years, it is not an appropriate time to separate. One should keep in mind that the child is to be given a proper atmosphere to grow and all controversies and confrontations should be avoided as far as possible. If the child is at an important stage in education say s/he is to appear for board exam or it is an important stage of his/her career, it is better to postpone the decision for a while. If you are not responsible while planning your family you cannot make an innocent soul suffer because of your bad luck or lack of wisdom.

Children develop a substantial part of their personality during

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the first five years of age so at all cost one should avoid any disturbance to them. Then till the age of ten they are in the process of developing an emotional bond with their parent, so it should be given top priority. Suppose your daughter or son is of marriageable age or your partner is at some important stage of his/her career that again requires you to be responsible and postpone the sad decision.

It is but natural that the aggrieved partner most of the time will be much wiser and stronger than the other. Therefore to make the naive partner strong and prepare him/her for the unfortunate decision is also the responsibility of the one who feels himself/herself wise and mature. One should surely in subtle ways start throwing the hints in lighter ways so that the other person does not get a shock of his/her life whenever the inevitable happens. It may look difficult and too cumbersome some times but wisdom lies in taking responsibilities rather than in acting impulsively. You can't just get married and next week say it is not working. One is surely to take responsibility of the person with whom one spends intimate time. One must do it in a decent way, although many times it becomes difficult to do so because of the bitterness in the immature person. One has to give it sufficient time and then take a call. No two cases are same and every case has some peculiar facts but the balance of convenience should always weigh in favour of status quo than in a hurried call.

## Classic Examples

We have often talked about status quo or continuation of marriage and wise people like to maintain that if things are going reasonably well for every one including the children. Emotions do not follow the rules of the game and life. Quite often the decision-making is difficult but sometimes decisions are very easy. Few classic examples may be useful to have some guidance even if no two cases are same.

I was approached by a beautiful and bright girl who after finishing her professional course got a lucrative job and then went for an arranged marriage with a professionally qualified man. You would be shocked to know what happened with this angel-looking girl immediately after she came back from her honeymoon. She had taken a long leave from her work since she wanted to accompany her husband for a few weeks till they planned to work in the same city. Her husband shamelessly told her that he did not want to apply for transfer to her city nor did he want her to work in his city since he was already into a relationship with a woman living in his city. Shocked by this sin, she asked him as to why did he marry her to which he shamelessly replied that she was to serve his old parents who were living in the city where she worked. His parents on being confronted told her family that they were aware of his relationship but were of the view that things would be alright after the marriage since the woman he was involved with was already married and that relationship could not carry on for long. Now do you think that in this type of unfortunate

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situation the girl had any other choice but to prosecute and dump that rogue and his parents?

Another classic example is the nastiness of a no-good girl. A boy and his family approached me with a peculiar problem. They shared their shocking tale with me that their son got married in a very influential and well known family to a well-qualified girl. The boy's family was equally well known and the match on paper looked perfect. They told me that the newly married couple had gone to Switzerland for honeymoon where the boy found the behaviour of the girl very strange. She used to tell him that she was going for swim or gym and they should go separately to give space to each other. It is very important to mention here that their marriage was not consummated since every time the boy made any move, the girl said that they should first get to know each other before getting physical. The boy was quite mature and he agreed to a reasonable proposition that they should know each other before indulging in sexual intimacy. However he got suspicious because she was going too often to the gym or to the pool. One day he followed her to the gym to find that she was not there. He waited for more than an hour and then asked the instructor who informed him that she had gone with her husband who he learnt was her boy friend accompanying her on her honeymoon. Now imagine the plight of a husband who on his honeymoon finds the boy friend of his wife having travelled all the way from Delhi to Switzerland and having a good time with his newly wed wife. Do you think the boy had any choice but to seek a divorce as early as possible?

I wish to share with you another example where staying power paid. A family whose daughter was being maltreated by her husband & in-laws approached me. The complaints which they

made were too frivolous and showed that the pampered daughter of a rich family was not being given the same care as she was getting at her parents home. During the discussion it emerged that the girl was in the advanced stage of pregnancy. I suggested to them that they should wait till their daughter delivers the child. My thought was that it would serve two purposes; firstly the expecting mother would live with a positive thinking that the marriage may still work and secondly may be after the birth of the child the husband and his family behave more affectionately. I was really happy to learn that the scheme worked fine and till date the family is living happily.

The instances are too many and we can at the most get few guidelines because no two cases are same and every one has to take a call after wise deliberation and reflecting upon all the relevant circumstances.

## Honeymoon Is Over

Many times especially in-arranged marriages the marriage is over by the time the honeymoon is over. The reason being that on the honeymoon the couple is so much obsessed with sex and holding each other that they tend to ignore the negatives and irritations. They have nothing else to do. They don't have to attend to their professional duties or household chores or not even social and family commitments. The only thing on the mind is to have sex and be together. Even those who try to know each other tend to ignore the contradictions with the hope that the things would improve.

However the real test comes when they start living the worldly life where they are to fulfil many other commitments in addition to having sex and being together. The day-to-day living involves so much co-operation and understanding that only two wise together can make it work. To live with contradictions and irritation is not very easy. It's not easy to maintain cool and ignore all the disliking. We have already discussed that no two individuals have the same nature and evolvment so it is but natural that there will be contradictions and even confrontations. How one handles the contradictions is the real issue and the deciding factor to see whether the marriage becomes great, workable or miserable. We know to make it great it requires the highest level of evolvment of both the partners. But the fact is that even to make it work it requires reasonable level of wisdom to be exercised by both. Mostly people, and wisely so, give sufficient time to a relationship with a

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hope that it will work. But unfortunately many times it does not happen and the marriage is over by the time the honeymoon is over.



## Feel Liberated

We all know of innumerable instances where one or both the partners are living a miserable life because of a failed marriage. Many individuals feel depressed all the time and are not able to live normal lives. Many even after having taken a call to separate feel miserable all the time, which is very strange and even worse.

Once a person has tried his/her best and has even tried the formula to surrender unconditionally where is the need of feeling depressed? Where is the question of feeling depressed if you have taken a call as a responsible human being even to decide the timing? There is a wonderful commandment given by the Sikh Guru, which my friend Gyani often recites,

*‘Chinta taki kijiye jo unhoni hoye’*

How beautifully an enlightened Sikh guru conveys these wonderful words of wisdom. This means that we should be worried only if something, which has never happened before happens in our life or in the life of others. Only this much wisdom, if imbibed in letter and spirit, is sufficient to liberate every single soul from all the worries in life. Whatever happens with us or in the society has been happening for ages. We worry unnecessarily; feel depressed or sometime allow some worry to become a cancerous disease, because of not living these words of wisdom and by identifying too much with our personal problem. We all know that many great men and even saints and lords did not have

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great marriages and many had to even separate. So why cant it happen with us? Rather, it is quite likely to happen with any one since we know that hundred per cent compatibility is a mirage. But kindly analyze has any of the above mentioned things happened for the first time in history? No, all this has been happening for ages, then why worry or feel depressed about any happening at all. This is a top secret of a blissful life.

Many people feel depressed when the litigation takes time or when the other side makes reckless and scandalous allegation. Again it has been happening for ages and one should have this wisdom to realise that no one in conflict with you will give compliments to you. Every one will try to prove his/her point to show you in bad light and the unscrupulous lawyers will make things worse for you.

The most useful formula to come out of any depression is to start with the realization that it has been happening for ages. It is also very important not to treat the bothersome issue as the only thing in life. One should resolve to live a normal life, attending to all other issues of life without being affected by that depressing issue. Rather, one should devote more time for recreational and musical activities to lead a balanced life. One should spend more time with positive people who are not aware of one's problem or who are sensible enough not to discuss that issue at inappropriate times. One should try to be with those who either make one feel comfortable to deal with the issue or have some positive suggestions and not with the ones who only fool around or tear open the wounds by insensitive remarks. Once we start living with the wisdom that apart from the bothering issue, there are so many positive and interesting issues to deal with, there would never be any occasion for depression.

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The worst is that by worrying we make ourselves vulnerable and lower our capacity to deal with the very problem, which is worrying us. It is but natural that at a time when we are not cheerful, our mental faculty and reasoning powers would not be as proficient and sharp as they would be with a perfect balance of mind. We harm ourselves so much that we don't even know the negative effect of that worry or stress on our day-to-day life and health. If we are all the time worried our dealing with people and situation will never be perfect. The consequent result therefore is bound to be below average.

If differences in married life have been happening for ages, scandalous allegations are being levelled for ages; litigation takes time in most cases then why feel depressed.

The most important thing is that once you have decided to separate that means there is no emotional bond and expectation and if there is no emotional bond or expectations, why not feel liberated just now. The litigation and divorce decree is just a ritual. As a great philosopher said so beautifully,

***“Jab dil se unko bhula diya.  
Duniyawi rishton ka wazood hi kya”***

Which means once you detach a person from your heart, what is the relevance of worldly formalities and relationship?

My friend Wahid Husain often recites a couplet of great poet Ghalib,

***“Jab twako hi mit gayi Ghalib,  
Kyun kisi se gila kare koi”***

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Which means when there is no expectation where is the occasion to complain.

The other important point is that many people feel more concerned about what others are talking. So on this point also one must realise that if great men and even lords were not spared of criticism why expect people to be fairer to you. We should always keep in mind the great wisdom conveyed in this couplet, which my friend Sumit often recites

***“Dunia ki nigahon mein, bhala kya hein bura kya,  
Yeh bojh agar dil se utar jaye to acha,”***

Which means it is better if we unburden ourselves of what is good or bad in others' opinion.

Let's engrave on our minds the golden rule of wisdom, "Chinta taki kijeye jo unhoni hoye." and feel liberated right now.

## Why Love Marriages Fail

Many people wonder why love marriages fail so fast. The reason is obvious. Not just adolescents but very often even the mature fall in love quite often because of attraction towards the opposite sex. This attraction can be because of physical appearances, material assets or even the talent of one person. It is surely not well thought of or intended after due deliberation. No one falls in love after appropriate pondering, it happens. At that age they are more into talking for hours over phone, spending time together, going for movies and sharing every bit of their personal life. They die to see each other to share even the most innocuous latest happening of their life. They mistake this as true love. In fact they don't realize that most of the time it is a marriage of convenience and there is hardly any meeting of values or purpose of life.

During the love affair they meet for a while or even for hours sometime but at the end of the day they are away from each other for long hours. This gap again incites the urge to meet. Even if there has been a fight or difference of opinion, it subsides with the passage of time and they again unite as buddies.

Those who do not unite or marry because of over all compatibility, common purpose of life or mission in life are most likely to fail as a unit. After the marriage they start living together for twenty-four hours and that is the time they experience the

true nature and philosophy of each other. They realize the contradictions, which are serious and many times they find it difficult to adjust to so many irritants. Gradually these differences and irritations keep piling and there is hardly any time to heal or repair. They are not seasoned enough to adjust and be tolerant. That is why most of the 'Love Marriages' fail and result in bitterness.

## Know Yourself & Take Your Time Before You Commit

It is very important to take your time before you commit yourself into a live-in relationship or marriage. Quite often we see relationships and marriages falling apart in no time. The main reason for this is that many times people jump into a relationship in the period of obsession. It is very dangerous to take such an important decision of life in a hurry or without testing the water for a reasonable good time. As they say never take any important decision when you are angry or in a celebration mood because in both the situations your mind is not balanced. When you are obsessed with someone, it is a celebration time for sure, so it is best to allow it to calm down and take a decision only when you have settled down in any relationship.

Undoubtedly, even if a short relationship breaks, it causes pain and sometimes undeservedly bitterness too. But it is thousand times less painful than a break in live-in or married relationship. So, therefore, it's always wise to take sufficient time before making any commitment for a marriage or live-in relationship. It is very important to spend a lot of time together and to know each other. But it is of utmost importance to know yourself and your purpose of life. Is it not ironic that we all look for a soul mate without knowing our own soul at the first instance? Unless we know our inner self and its philosophy and purpose how can we get to know whether our thoughts and deeds will match to make it a fulfilling



relationship? We must analyse with great caution objectively whether there are any fundamental differences in the thinking of our respective philosophy of lives. No doubt two individuals can never be hundred percent same and minor differences can be tackled with wisdom and tolerance but one must take care to contemplate upon the deep-seated philosophy of life of each other before making any commitment.

For example, suppose one is all the time talking of money and justification of even indulging in corruption or adopting unfair means to acquire wealth, whereas the other one is content with life and is honest to the core, it is very risky to take a chance. There can be so many such instances and one should, therefore, reflect upon the fundamental principles and nature before taking a final decision.

In the Indian context parents are mainly responsible for all the mismatches and ultimate sufferings to individuals mainly to their own daughters. In most of the cases, the moment a girl finishes graduation or the boy starts earning they start looking for a suitable match as per their own wisdom. They often talk of responsibility of marrying their children as their last duty towards their family. Very seldom do they reflect upon thoughts and deeds of their wards since they never thought of this even in their own cases. They hardly talk to their children over this fundamental rule of having harmony in thoughts and deeds. In turn, their children too have not evolved wise and confident enough to discuss this important aspect either with their parents or future life partners. With the result many marriages fail the moment honeymoon is over. The parents do not realise that their responsibilities are not over by marrying their wards rather those increase manifold in either situation. If the marriage is successful

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your relationships grow and you also have to take care of the joys and sorrows of the in-laws of your wards. And if the relationship does not work it causes more sufferings to all including your son/daughter.

It is high time that the parents realise the suffering one goes through in an unsuccessful marriage. It is high time they take it as a great responsibility instead of rushing their wards into marriage. They should allow them maximum time after they complete their studies to see and observe the realities of the world because the real experience is gained only after one starts dealing with the world independently. They should allow their offspring to first evolve and judge their soul before looking for a soul mate.

So all parents and prospective brides and bridegrooms should take their time, rather sufficient time, before making any commitment for a marriage or live-in relationships. I have specially talked of live-in relationships because with the new legislation on 'Prevention of Domestic Violence Act' the responsibilities/liabilities of the in-laws and the husbands are almost the same or rather more than that of the married couples.

## Avoid Litigation

Once you have resolved to separate it is always sensible to talk it out with the other person. Genuinely convey that you believe in the theory of 'Beauty Of Soul' that no one intentionally hurts any one but unfortunately you are not compatible to lead a normal life. Genuinely feel and convey that despite best efforts the relationship has not worked and it is obstructing their evolvment and the real purpose of life. From the bottom of your heart convey that there is no hard feeling or ill will and that you will always be good friends and more importantly friends in need. Be fair in the settlement of all issues including the financial and children if any. You may request any wise person agreeable to both to act as a mediator.

But one must try one's best to avoid litigation and consulting lawyers or police. Very few police officers, lawyers or even judges have the patience and wisdom to deal with this social problem. The law only provides guidelines and unless the person dealing with your matter has the heart at the right place and the requisite experience to deal with such type of problems he will only complicate the issue. We all know that the police usually take money from both the sides and quite often take the side of the influential party irrespective of who is at fault. Of course there are few nice police officers too who try to resolve the issue in an amicable manner.

We also know that many lawyers deal with these cases as

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professional briefs without any emotions whatsoever. Few infamous lawyers, in fact, pollute your soul and spoil your case by fabricating scandalous allegations. One should always be away from these parasites. In fact, they spoil your life and the future of your children by initially sympathising with you, by tempting you with expectations of getting a moon and by promising you to make life a hell for your partner if you are in a revengeful mood but ultimately ditch you after taking an exorbitant fee. So my advice, despite being a lawyer myself, is to avoid such type of lawyers and if need be, seek advice of wise lawyers who are quite a few in every city.

There are many decent lawyers who despite taking these cases as professional work don't overlook their social responsibility and guide their clients genuinely. So look for those lawyers and don't just follow the advice of unscrupulous lawyers.

Why just lawyers I have seen with my own eyes judges misbehaving with litigants. One such example, which immediately comes to my mind, is of a young girl from an influential family. This girl in her marriage was tortured by her husband and in-laws and decided to separate after having tried even 'the unqualified surrender' many times. She filed a complaint with the police and the woman police officer instead of trying an amicable settlement tried to bully the girl and she had to seek transfer of her case. The lawyer for the husband was also a parasite and tried all dirty tricks to torture her even during litigation. As if it was not enough the judge before whom the matter came up for hearing literally tried to bully her by asking her in a dictator's tone, 'How much money you need'. You will be shocked to know that it was a woman judge who not only favoured the husband as a Sessions judge but also tried to help him as a High Court judge. We all know that a Sessions

judge if elevated as a High Court judge cannot deal with a matter in which she has passed any effective order as a Session judge. Unfortunately I had to embarrass her in the open court by telling her the fundamental principles of judicial discipline that she could not deal with the matter as a High Court judge since she had passed effective orders in the same case as a Sessions judge.

Not just police, lawyers and judges even the civic society many times play a very negative and destructive role. It is very important to choose with great deal of deliberation, whom to consult in your social circle. Many times you consult someone and it becomes a classic example of blind leading the blind. You must make sure that the person you approach is experienced, wise and content with life. Those who are bitter with life will only spit venom. We all know many sex starved and frustrated people in society who only add fuel to the fire and sometime even light the fire in relationships. With great respect to Sadhus who have no experience of married or live-in relationship they are just not qualified to guide you in these problems. How someone having no personal experience of a married life and issues involved in it can guide you with any realistic solutions? So totally avoid their inexperienced counsel and consult someone enlightened in this particular field.

Now you can very well imagine that if all the players in the litigation are likely to be heartless and sometime even inexperienced and corrupt then is it wise to go for litigation. That is why I suggest that avoid litigation and go for mediation, which many courts and social organisations are performing admirably.

Don't be bitter and have faith in the theory of 'Beauty Of Soul' that no one hurts intentionally. Bitterness does not pay instead it harms you ultimately and as the scriptures say live with grace and separate with mercy.

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## Significance of Sex

Ever since human race came into existence, so much has been written, painted and depicted about sex that we don't need to stress upon the significance of sex. I remember in a classic movie a great actor said it very effectively; "The whole struggle in life is for the stomach and something below it". It is quite true for the majority of human race. If you see the sculptures, paintings, movies or even literature these are full of portrayal of sex in one form or the other. In fact sex is depicted more than anything else as far as paintings and sculptures are concerned. This shows mankind's special interest in sex.

One cannot survive without food but the second most important yearning for a common man/woman is sex. No wonder prostitution is the oldest profession in the world. The rape cases clearly suggest that a man can go wild to satisfy his urge for sex. Women/men using dildos and sex toys is considered absolute normal and healthy. In ancient times many kings used to kidnap any girl they used to like and it was not because of any special virtue but the sight of woman, which meant sex not love. World over many established people including Saints, sportspersons, actors, those occupying constitutional & sensitive positions have fumbled and indulged in indiscreet sex.

No religion or enlightened master preaches complete prohibition of sex. They all talk of exercising reasonable control over all the senses including sex. It is natural to have sex like it is

natural to have food. Those who talk of suppressing the urge or complete prohibition of sex are either hypocrites or ill informed, whereas the matter of fact is that many of them like Vishwamitra are given to it at the slightest opportunity. When Buddha talked of the Middle Path he did not say don't have sex. Rather he spread the message of the futility of self-persecution and self-denial.

With dream couples sex happens because of love and compatibility. It may or may not happen for weeks but when it happens it is love making not sex. For soul mates like Radha and Mohit sex is never on their mind. They confided in me that it sometimes happens three times in a day and sometimes it does not happen for weeks and months together because of their commitments towards purpose of life. In majority of other ninety nine percent cases sex is a biological requirement and therefore plays very significant role in a married life. Good sex definitely binds a relationship and bad sex many times has an adverse effect on it. In many cases sex keeps the union going and plays a significant role in repairing the damage caused during the weeklong confrontations and irritations. In many cases the abnormally long intervals between the sexual encounters spoil the relationships beyond repair. In fact it is a vicious circle as many times the couple or one partner does not feel like having sex because of mental incompatibility & piling up of irritations and that further results in making the relationship worse. That is why they say it is good to make up with nice sex. But in many cases it loses relevance after couple of encounters because of various reasons, which many people including those holding responsible positions admit without any inhibitions.

Women are definitely in a disadvantageous position because of biological and emotional level differences with nature of men.

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In many cases men are less mindful of the requirement of foreplay, which includes providing the emotional security, sense of humour and romance. We all know that in most cases a woman enjoys sex only if she likes the man and the man likes the woman because he wants to have sex. By nature the man is less patient and is quickly aroused whereas a woman needs time and some spiritual connection, which takes time. We are all aware that many women in the world never experienced orgasm in their lifetime because the man or men they encountered were incompatible. In the Indian context things are rather worse because after the arranged marriage sex is considered an automatic choice and without any understanding the act is performed in a mechanical way. The end result is that the woman who needs time is left non-satiated and the man frustrated. After a couple of weeks when sex becomes a routine and man settles down but the irritations and incompatibility start showing their effect so the woman never gets her share. In those case sex does not bind it divides.

But the bottom line is that sex does play a significant role in majority of the marriages and many times acts as bonding agent to the relationship. The converse is also true in many cases where lack of sex leads to break in relationship. No doubt many men and women of substance have the maturity to overcome this drawback in a relationship and they carry on their social responsibility.

**Sex education** should always be the job of the female partner since man by nature is impatient and less sensitive so he has to be trained to do well. The woman should be sensitive and seasoned enough to politely tell her man the basics and instead of making him feel guilty should try to provide him a good platform to perform well for ultimate bliss.

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## Silence Binds The Relationship

"Before you speak, it is necessary for you to listen, for God speaks in the silence of the heart" -Mother Teresa

*'Boli to unmol hai jo jane so boli  
Liye tarazoo tol ke tab mukh bahar kholi'*

My friend Ishaan often recites this wonderful couplet of Kabir the great soul! It means only the one who knows that the speech is precious has the right to speak, we must weigh each word in a weighing machine before we utter a word.

Quite often we say something, which we would not have said had we only paused for a few seconds and had analyzed the needlessness or negative impact of those words. That is why the enlightened master said we must weigh each word before we speak. How to speak Saint Kabir further elaborated in his wonderful couplet, which my friend Muzamil often recites,

*'Boli aisee boliye man ka aapa khoye,  
Apna man seetal kare, auarn ko sukh hoye'*

Which means we should surrender our ego before we speak. We should only say some thing, which is pleasant to our soul and pleases others too.

If we are guided by the above-mentioned words of wisdom

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we can avoid many unpleasant situations in our relationships. Many times we create avoidable problems by saying useless things or by saying more than what is required. That is why every religion has emphasised on constant practice of observing silence. Unless we observe silence and weigh our words we are most likely to say unwanted words. It is very natural friends; the more we speak, the more are the chances of saying something unwarranted.

The wisdom espoused by Saint Kabir, if lived in letter and spirit, can be of such great help in our evolvment and living a blissful life that one cannot even imagine the additional benefits of it. Once we start observing our thoughts and weighing our words before we speak it automatically speeds up our evolvment and growth as a complete human being. We are bound to be in rhythm and in consonance with the inherent nature of man, which is the divinity of soul.



We must try to observe silence as much as possible since majority of misunderstandings develop because of unnecessary talking and useless comments whereas silence provides us a good opportunity to grow and look within. Silence brings depth and binds the relationships, whereas useless talking develops cracks. So the choice is very clear friends.

***“Better to remain silent and be thought a fool than to speak out and remove all doubts”— Abraham Lincoln***

The benefits of silence

One must observe silence at least twice a day for five minutes to start with. It is very important to just be with oneself to conserve energy and to maintain a relaxed mind all the time. With the passage

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of time you will discover that you have started enjoying being with yourself and would start loving yourself more and more. My own experience is that if you start observing silence for a few minutes whenever you get an opportunity during the day you will always feel rejuvenated and will feel fresh throughout the day.

Now hold your breath and count the benefits of observing silence. It relaxes your mind, which is most important to do your best in any sphere of life. It enhances your memory, intuitive power, healing power, calmness, compassion, love, tolerance, reasoning power, fearlessness, capacity to accommodate, perception, self-confidence, voice, oratory skills, glow on your face, immunity level, communication skills, sharpness and reflexes, cheerfulness, capacity to use your intellect in the right manner, energy level, capacity to work more, capacity to withstand adversities, bad times and sorrows... you see, the benefits are really uncountable! Silence enhances unimaginable depth to grow in life and relationships. It also helps you control anger. For those into the habit of throwing tantrum at the drop of a hat it is absolutely essential to observe silence as much as feasible.

I might have missed out a few things that you will discover for yourself. All these qualities cannot be imbibed or developed just by reading books. But all these qualities are undoubtedly essential to develop ourselves as complete human beings, which is of utmost importance to live a dream marriage. We keep on talking all the time and never realise that relationships will be much better if despite being together we practice observing silence as much as possible. My friend Kush says it so wonderfully, that those who cannot understand your silence can never understand your words.

Taking control of our speech may not come easy but once we resolve and are constantly aware of the wisdom mentioned above we are bound to improve very fast. Evolvement of man and relationships needs 'Thehrav not Bhagav' Thehrav means calmness, which comes with observing silence as much as possible. If one has not developed the habit of observing silence that means he is running all the time which means Bhagna and which leads to Bhagav. Only with full control over speech one can reach a stage where every word becomes music to others' ears. My friend Parvez often recites one couplet of an enlightened soul,

***'Sabse madhur boli wahi, sabse madhur bhasha wahi,  
Bole jo naina banwre, samjhe jo sayiyan sanwre',***

Which means the most soothing speech and the most comforting language is one, which is said by doting eyes and which is understood by the dearly loved.

So let's resolve to take control of our speech to live a musical life and have healthy relationships with all those we come in contact with.

## Never Break The Communication

It is of utmost importance in any relationship to keep the communication alive. Always keep the slate clean: it is very essential to be tolerant and have patience but this is also important that if there is some issue, which is bothering you it is better to talk it out and discuss at an appropriate time to keep the slate clean. Although it is essential to communicate but how to broach the irritating issues is also of great relevance. One learns it with great maturity and experience only. It should be done in a diplomatic way to discuss without hurting the self-esteem of the other person. The timing again is very important and one should choose the best time to discuss such delicate issues. How to do that is nicely conveyed in a wonderful couplet, which my friend Akshay often recites,

*Unko pata bhi chale aur woh khaffa bhi na ho,  
Itni ehtiat se koi dil ki baat kaise kare,*

Which means how to say in a manner that she is conveyed inner feelings without getting angry.

Let go: to keep the slate clean is desirable but one should also learn to let go minor irritations to make the relationship stronger. One should surely learn to ignore most of the issues and try to live with those instead of discussing every small issue and irritations. Tolerance is the key to any healthy relationship. Rather

once a while both must follow the great message in the wonderful  
couplet, which my friend Gulati often recites,

*'Uff na karenge, labh seelenge,  
aansoo pee lenge,'*

which means I will seal my lips and swallow the tears but  
shall never even murmur any complaint.

## How To Improve

No one enters into a relationship to break it but it is ironic that very few labour on it to make it work. To carry on without making sincere efforts to make it great is not a seasoned attitude. I have no doubt that leave alone workable couples even the miserable couples can evolve into dream couples. Dream couples of course need no counselling.

This is also true that to make it great both the partners must resolve and should have the depth and will power to work hard on it otherwise the seasoned one will continue to suffer. Now for how long will the seasoned one prolong his/her suffering differs from case to case. One may prolong it for months or few years or may even die with those sufferings but the reality is that most of us do have some limitations to sufferings. That is why sometimes people break after few weeks and sometimes after fifty years even.

There are few fundamental and time-tested formulas to improve. The first and foremost is the firm belief in the theory of 'Beauty Of Soul', which means that fundamentally every soul is divine and no one intentionally hurts the other. It is very important to understand and live the philosophy discussed in the chapter 'Surrender To Conquer' to be followed by the discussion in the chapters 'Silence Binds', 'Be Honest To Self', 'Never break the communication', and 'Will Power'. I am thoroughly convinced that once you imbibe these theories in letter and spirit you can

surely make a dream couple. In addition we may follow few more formulas, the list is inclusive, not exclusive.

The most important, however, is a sincere effort to evolve together. Unless both are enlightened and live the truth of life it is next to impossible to have a dream union. Enlightened does not mean they are perfect but both should know the ground realities of life, have thirst for knowledge, discuss life & its purpose, contemplate & reflect upon the knowledge gained and try to live that knowledge.

Those who wish to be dream couples should better realise that there is a defect in the education system, which does not help individuals grow as complete human beings. It is therefore very important to have thirst for knowledge and one must practice hard to live that knowledge because unless you have a balanced personality it is next to impossible to have a steady relationship. So both the wheels should have balanced physical, intellectual, social and spiritual health for a fantastic drive.

Have full faith and never doubt. Doubt is the biggest enemy of a relationship. My spiritual mother revered Sharda Ji often recites one nice couplet,

***‘Dosto shaq dosti ka dushman hein,  
apne ghar mein ise ghar banane na do’,***

which means that the doubt is the biggest enemy of friendship; never permit it to make room in your heart.

One has to be sensitive to other person's likes and dislikes



and act accordingly but this will happen only with development of sensitivity, while being observant and keeping silence.

We have already discussed the great importance of surrender so it is best to compete in surrender to make a dream couple. And even if some time you win in an argument bring into play the wit and sense of humour to make the other person feel nice and happy. Sing my friend Swaran's favourite song,

*“Ye nain dare dare——*

*Raat hansī ye chand hasī, tūn sabse hasīn mere dilwar  
Aur tūjhse hasīn tera payar*

*‘Mein maan bhi loon kabhi har, tūn mane na’,*

which means I may some times accept defeat but you should never do so. It is great way to keep the romance going. A nice joke is a good example of the wit one should make use of all the time. A wise husband was asked, 'what is the first thing you do after you win an argument with your wife'? Pat came the reply, 'I apologise'. So that should be the spirit of a dream couple.

Both should take good care of their health and be very particular about diet to provide a good platform for a robust relationship. As they say, 'Pehla sukh, nirogi kaya',

which means the first bliss is a perfect health. Health is wealth is a time-tested wisdom and one should live that wisdom for having a great relationship. No doubt you help each other in indifferent health but if that happens too frequently because of one's carelessness, unhealthy and undisciplined life style that is bound to affect the relationship.

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Respect each other's relations and friends. Often it is seen that partners expect each other to be cordial and respectful to their relations but when it comes to them they are totally insensitive, which creates a lot of heart burning so one has to be sensitive to each other's relations and friends.



Romance and recreation: the regular dose of music and recreation in any form to the liking of both definitely adds depth to the relationship. No gain saying that a few romantic adventures keep the relationship colourful and charming. Once in a while taking off or going for vacation or outings definitely helps strengthen the bond.

Seducing the hurt or sad partner is a great art and one should surely use it to bring back the normalcy since we have already discussed that having good sex repairs the damage done by irritations and confrontations.

Simple living: if both believe in simple living and high thinking it will surely help because luxurious life style involves more money, time and energy and we waste quality time in either acquiring or enjoying the acquisitions so acquired. The more quality time spent together the more are the opportunities to evolve together as dream couple.

Both should be full of life. They should look for an opportunity to genuinely praise each other in public once in a while but there should never be any counselling in public. The suggestions to improve should only be made in a nice way and that too in private. It should not amount to nagging all the time.

It is always helpful to keep in mind that no one was ever born hundred percent perfect so it is better to try and carry on instead of dreaming a new adventure.



'Space' is the other important thing, which both the partners must provide to each other to keep the relationship healthy and to keep the charm alive. Space of course should be provided with a great discretion and should not lead to a permanent space where one feels the need for the vacuum to be filled by some one else or something else.

As a good team both should be complimentary to each other and should have good understanding to share the reading material whether books or articles so that they can spend quality time together to discuss each other's readings. Similarly they can have good understanding to attend the social obligations to save time and energy. Once in a while enjoying social gatherings together is also very healthy and educative.

## Will Power

We all read and know so much about how to make a relationship successful. We all know that to be sensitive to others likings and disliking, to be cooperative, tolerant, responsible and respectful are the essential ingredients to make it work. We have also understood the importance of self-evolvement and developing a balanced physical, mental, intellectual, social and spiritual health to qualify for a great marriage.

This is a fact that most partners try their best and even bear with the incompatibilities to see that the relationship continues. But still relationships break and the number of separations through out the world are increasing day by day. The question, however, is that why despite knowing the tricks of the trade, most of us fail to achieve the goal. The single most important reason for this is that people don't make any sincere efforts to improve the relationship and more importantly not many of us train our mind or have the will power to follow the discipline suggested by the experienced and wise people. It is surely not very wise to take things lying down without working to mend the way.



To achieve this it is most important that the mind be trained to live the knowledge. Success and happiness of married life is heavily dependent upon our right use of intellect in all our actions. All our actions are the result of the use of the mind. Therefore it is of utmost importance to train our mind to make the best use of our intellect all the time in all our actions. The Mind should be

trained to use the intellect instead of following the senses and uncontrolled desires. This training can come only with absolute discipline and strong will power. We have to diligently work on each of the virtues and be constantly conscious of the truth of life. We have to be constantly aware of the enemies within. It can never be achieved just by reading books or by attending discourses here and there. We all listen to discourses and read so much on spirituality and relationships but we continue to subsist where we were few years back. It's like getting a ticket and not boarding the train. Its like having the road map in the pocket and roaming on the street like a wanderer asking every one the direction. Therefore it is most important to develop the intellect and apply it to control the drifting mind, which is more often than not governed by emotions, likes and dislikes.

I have a short story to share with you on this count. It also emphasizes the role of will power in our evolvment. There was a rich man who was very well connected and very popular as well. One day he fell ill. He promptly consulted the best doctors available in the city and procured all the costly medicines the doctors had prescribed. He boasted of his connections to everyone who visited him. He told them that he had consulted the best in the field of medicine and arranged the best medicines from all over the world. The irony however was that he never took those medicines kept near his bed. As a result, his condition deteriorated day by day till he had to be shifted to the intensive care unit of a hospital. There the doctors came to know that despite having consulted the best doctors and having procured all the necessary medicines, he had not taken those medicines.

The moral of the story is that we have to live knowledge by being all the time conscious of it. The problem in the world today

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is that we read and gain knowledge about many things, but not many people work on the knowledge gained. Just knowing what steps are necessary to achieve success on any path is not enough. One has to consciously develop the will power and motivation to implement the plan of action in order to achieve concrete results on the path to evolve.

Unless we understand that to imbibe all these virtues and to tame all the enemies on the path, it is ultimately training of the mind, which is most important, we really can't, make much progress to make a dream couple. Mind can be trained by constant introspection of thought process and deeds, by constant reflecting upon how much have we imbibed and where improvement is still required with reference to every important issue. We must spend minimum one hour per week in solitude and at least ten minutes each day to achieve this goal. Gradually we would find that it becomes our nature and we are all the time in a musical mood, which is bound to improve our relationship.

So let's make a strong resolve to train our mind to make the best use of the intellect in the light of all the discussion we had to make a dream couple.

## Marry As Many Times As You Can

Irrespective of what you talk of the institution of marriage and its drawbacks, undoubtedly marriage is a great experience. No one gets married with a desire to separate. We all got married for a blissful life with some one with whom we could share our joys & sorrows, our philosophy & purpose of life, our likings & dislikings, our doubts & convictions and every thing under the sun, which comes to our mind. Is it not great that you are so intimate with some one not only at the physical level but also more importantly at the spiritual level?

As many people say, 'Only Love Is real', it is really musical to be in unconditional love. I really admire people like Elizabeth Taylor who married eight times and Salman Rushdie who married four times as per the latest report available. There was a French President who married six times. Many kings & presidents and even ordinary people got married too many times. I have a friend who married and then divorced the same woman three times.

Unfortunately mostly people get bitter after a failed marriage or relationship. Please tell me, should one stop driving if one meets with an accident or should one stop playing if one gets injured. This analogy may not be very appropriate so lets analyse the relationship. Should one stop employing staff because some employee misbehaved or cheated and should people stop having children because many children misbehave with their parents. The answer to all these questions has to be a big NO. The reason

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being that life goes on and one should learn from the mistakes and not go into a shell to torture oneself.

Buddha gave a beautiful gift to mankind by telling us the futility of self-denial and self-persecution. So why not make full use of his pearls of wisdom. No doubt one should be more careful and thoughtful before committing oneself to a relationship but how can one resolve to rule out loving human beings and that too the opposite sex. All those wise men and women who married many times, surely went through failed marriages more than once but still ventured more and more. The reason being that they were never bitter and understood the truth of life that in every relationship differences are bound to turn up and the moment they realised that any relationship had turned into a facade they decided to move on.

All those who have been into any relationship will do well to recall how blissful were those moments when they enjoyed union at the soul level. It may have lasted for a short period or may be just for few weeks but no one can deny the ecstasy of time spent together with total surrender to a loving chum.

It is true that separation has its own share of complications and pain. Therefore one should definitely consider one's position and purpose of life before committing to any new relationship. But nothing can match the music of life with a loving and understanding soul mate. I therefore believe that one should marry as many times as one can afford to depending upon one's circumstances. By afford I mean not financially but the overall placement of the person in life and one's purpose of life. It is not that the wise men and women who got married too many times were under any illusion that their latest relationship was eternal



but they had a positive attitude to live another life of love as long as possible. They could also be in the relationships without getting married but the very fact that despite having had few failed marriages they decided to marry again shows total purity of mind and a loving heart. They believe that the marriage brings with it total surrender, unhindered love and above all a 'Soul Mate'. That is the spirit every one should have not to miss out on the fundamental principle to carry on with a relationship till your soul starts getting stained and tame. This is also true that love happens. If you feel you are close and disinterested, it is only because you have had no occasion to mingle with some soul mate. The moment s/he arrives s/he will sweep you off your feet. So all the best to every one having vacancy in chamber of love.

## You Must Marry At Least Once

Janethipi the wife of Socrates used to beat him up and once even poured hot tea over his head. Still Socrates used to advice people that every one must marry at least once. The reasoning behind his advice was that if you get a good partner, life is bliss and if you enter into a disaster you become a philosopher and thinker.

Why only Socrates, there have been many cases of even very highly placed people who were treated very badly by their spouses. So much so that many even fell in the category of having lived in torturous relationships. But I am still convinced that what Socrates said was right that one must marry at least once to evolve.

You cannot learn swimming by reading everything under the sun about it or just by watching swimming on the television. No coach or even a great swimmer can make you experience the bliss and nuances of swimming. It is only when you jump into water and follow the instructions of your coach that you experience the pleasure and understand the truth of the swimming pool and the life in it.

Similarly unless you marry or have a live in relationship at least once you just can't understand the truth of life or philosophy of relationship. It also provides you a great opportunity to evolve in life since you learn so much about human relationships and the nature of man/woman. All this is next to impossible to learn by



reading about marriages or listening to the blissful or bitter stories about relationships.

I therefore most sincerely advice every one to marry at least once to taste and experience the bliss even if it is for a short duration and evolve in the process whether as a great couple or workable couple or even have the chance to become a philosopher and thinker. All the best to the adventurers.



## Be Honest To Your Self

*Your Heart Is Your Mirror— APNA TO BAN*

A wonderful couplet by enlightened master, Alama Iqbal says it so beautifully,

***"Apne dil mein doob ke paaja surage zindagi,  
Tu agar mera na bana mat ban,  
Apna to ban"***

Which means you can find the key to a blissful life only within you. Even if you are not being sincere to any one, be honest to yourself at least.

We all wish to enjoy a decent, peaceful life and a fulfilling relationship. To achieve this we must be honest to ourselves that is why the master said APNA TO BAN. We can be a good Christian, Hindu, Muslim, Jew, Buddhist, Sikh or a good human being only if we are honest to ourselves.

The word religion is derived from two Latin words 're' and 'ligare'. 'Re' means 'back' and 'ligare' means 'to unite or bind.' Religion therefore means to unite with your pure self or your original self. Every religion preaches love, compassion, truth and selfless service. Mahatma Gandhi said 'Truth is God.' Many enlightened souls have said 'Love is God.' The crux of every religion is the same: truth, love, compassion and selfless service.

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Thus if one is a true Hindu or a true Muslim or a true Christian or a true Jew or a true Sikh or whatever religion one belongs to, one should be true to the fundamental preaching of one's own religion.

Even if one is a non-believer one must understand that relaxation and concentration of mind grows manifold if our heart is full of love and one is engaged in some selfless service. If we genuinely love others in every relationship, we will automatically be more sensitive to their problems and would not have any negative feelings like hatred, jealousy, anger or greed.

### **Listen to your heart**

Great thinkers, from almost every religion of the world, have stressed the importance of connecting with your conscience, your inner self through introspection and contemplation. They all discourage the blind observance of rituals and have time and again declared that all you have to do is to listen to your heart; it will always convey to you what is right or wrong. They also stress the importance of silence and contentment.

In all religious texts the secret of achieving peace of mind is conveyed in a few lines. But we must spend some time to understand and imbibe this. We need not go to any religious place if only we understand the gist of our religions, which is explained in a few words: love, compassion, truth and selfless service.

Revered Sant Kabir said it so wonderfully,

*'Tera saien tere andar, dekh sake to dekh,'*

My friend Raghav often recites this couplet, which means your god, your pure soul is inside you, perceive it if you can.

***'Khud Shanashi, Khuda shanahsi,'***

My friend, Dr Suresh often recites this wonderful couplet,

which means only if you understand your inner self, your pure self, you understand your God.

My revered mother Gyan Devi used to ask me to sing a song whose lyrics have always had a profound impact on me. The gist of this composition is that your heart, your pure conscience tells you what is right or wrong. Your heart is your mirror, your true God and your only religion. So just keep your mind and heart pure and listen to your heart only.

Let us imbibe the philosophy underlying this song to feel at peace with us. The song goes like this:

***Tora man darpan kehlaye***

***(Your heart is your mirror)***

***Bhale bure sare karmon ko dekhe aur dikhaye***

***(It sees and it reflects all your good and bad deeds)***

***Man hi devta, man hi ishwar,***

***(Heart is God; heart is the divine spirit)***

***Man se bada na koi***

***(There is no force bigger than your heart)***

***Man ujjyara jab jab phaila, jag ujjyara hoi***

***(Whenever the heart spreads light, the world is bright)***

***Is ujle darpan par prani dhool na padne paye***

***(Beware of allowing this shining mirror to gather dust)***

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*Sukh ki kaliyan dukh ke kaantein, man sab ka aadhar*  
*(The heart is the basis of everything, the blossoms of joy*  
*and the thorns of sorrow)*

*Man se koi baat chupe na, man ke nain hazar*  
*(Nothing can be hidden from the heart, it has a thousand*  
*eyes)*

*Jag se chahe bhag le koi, man se bhag na paye*  
*(You may run from the world, but not from your heart)*

*Tora man darpan kehlaye*  
*(Your heart is your mirror)*

I have always found this particular song very inspiring because it cautions us about going against the dictates of our conscience and guides us to perform all our actions with the knowledge that the heart is watching and judging our every move.

My dear friend Surinder Khanna often recites a lovely couplet written by some enlightened soul that similarly expresses the importance of the heart. It says:

*Kitaben, risale, na akhbar padiye,*  
*Magar apne dil ko har raat ik baar padiye.*

This means you may not read scriptures or perform rituals but every night you must introspect with a clean heart and reflect upon all your thoughts and activities pursued during the day.

If we just analyse all that we have done during the day, our heart will surely tell us what was right and what was wrong. This analysis will surely include our actions and inactions while dealing with our respective partners. We can then resolve not to repeat the wrong actions and improve upon our behaviour. So it is not

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important whether we go to any religious place or perform any rituals as long as we continue to have a dialogue with our heart, our conscience about the nature of our actions. Our heart will tell us every moment what is wrong or what is right, provided we listen to it carefully. If by spending just a few minutes at home we can be a good Christian, Hindu, Muslim, Jew or Sikh, then why should we not do it, my dear friends?

How do we judge our actions?

The best way to decide if your actions are right or wrong is by reflecting upon the motivation behind them. If an action is performed with a desire for personal gain at the cost of others, it would be wrong. If it is for self-evolvement or for others' benefit, it would definitely be right. If any action makes us happy it is good. However, if the action disturbs our peace of mind, we should not crib or feel guilty but should resolve not to do it in future.

Once we start listening to the inner voice of our heart, we will be incapable of doing wrong to anyone what to talk of personal relations and will be kind, helpful and compassionate, which is the true religion. You will also find yourself always being cheerful and optimistic in spirit. Blissful peace will fill your soul and your relaxed mind will help you live with relationships with great sensitivity and responsibility. Let your heart become your friend, philosopher and guide. Then only you will be able to see the world and happenings around in the right perspective and would never be overwhelmed by them. You will also become more focused and better equipped to face the challenges of life.



## Love is Inclusive Not Exclusive

One fundamental truth is very important to be discussed here that love is inclusive not exclusive.

My friend Preesha often quotes a couplet by some enlightened master,

*'Ik lafze mohbat, adna sa fasana hai,  
Simte to dile aashiq phaila to zamana hai'*

Which means the 'love' that, though is a little word, if you restrict its effect, use or interpretation only for your beloved but once you expand your love's definition and enlarge its horizon from the core of your heart it is for the whole world. So let's resolve to love all from the bottom of our hearts. Even if you meet a person for a few seconds he should feel your love that should be the mission of one's life. Once you are able to genuinely love all only then you can have a dream marriage. It can be other way round also meaning there by that the love may trigger from the beloved but the truth is that unless you love all your love with your spouse will never survive for long.

Unless one has a heart full of love and concern for all its reception and perception can never be as sensitive as is required to be in a dream marriage. Workable marriage of course can continue with selective love and concern. Just imagine for a moment can you love a person who has no compassion for the

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millions of children dying of hunger or not getting basic amenities like water, food, education and medical facilities to live a dignified life. We are not saying that one should be able to eradicate the miseries of the world to qualify to be loved but a genuine concern and doing one's best is definitely fundamental.

If both the partners are self centred the marriage is bound to be miserable but even if one partner is self centred and the other is a great human being it will be a workable marriage not a dream one. I have known another classic case where the husband was a wonderful person having love and concern for all but the wife was self centred. She even used to be sarcastic to say that her husband used to do good so that he is praised by all. He often used to counsel her that he was not doing anything to earn praise but people praised him because he was able to do few nice things in life. So it was a workable marriage having its own limitation and after more than a decade had to break because of inherent contradictions.

Please tell me honestly can you adore a person who is indulging in corruption and other unscrupulous deals, which is the major cause of miseries to the millions of children world over? Yes, you can continue to be a part of workable marriage for the sake of children or society or because you have no strength to change your buddy or break from him. You still sleep with him that is why I say you are all having sex and it is not a joke to make love.

Many greats like Mahatma Gandhi, Socrates and Nelson Mandela are revered by one and all but none of them had a great marriage. I am convinced that unless two fine souls meet the dream marriage is not possible. Even if one of the partners is a great man or woman it cannot make a dream marriage because it needs



two to clap. Only when you adore each other's thoughts,  
compassion and deeds you can make it to a dream couple.



## Spiritual Retreats

Regular dose of spiritual retreats can surely help the workable and miserable couples to a great extent. Dream couples should also organise these retreats to guide and motivate others. Taking few days off to contemplate, introspect and reflect upon one's thoughts and deeds definitely goes a long way towards the evolvment of individuals, which in turn improves the relationships too.

One should go with open and positive mind, setting aside the preconceived notions about any particular cult or group of people because many such groups are doing great job towards the evolvment of human souls. Many groups organize nice spiritual retreats where not only discussions on spirit and meditation but great fun are organized to make people enjoy a balanced life bereft of self-denial and self-persecution. One should enjoy the constructive ideas according to one's own conviction and should just ignore what is not unto one's own liking to take maximum benefit. If you are not aware of any such group please feel free to email me to get an idea to organize such retreat.

My personal experience is that one always gains in the company of nice and wise people and the get together of such people always adds to your spirit and motivation. It provides you a good break from the monotonous daily routine and peps you up for a positive thinking and the much-needed time to catch up with each other on different issues concerning your personal

relationship. One can really make good use of this time to plan about one's social responsibilities and professional prospects with consultation of each other. So look forward to being a part of some nice spiritual retreat to make it to dream couple.

## Wisdom Dawns Relationship Falls

It may look strange or even absurd but the fact is that unless both the partners are evolved or grow together, the dawn of wisdom upon one will result in fall of relationship if the other partner is not mature and seasoned enough to even appreciate it. It is but natural that with the dawn of wisdom one will like to spend sometime in silence, introspection, contemplation and reflecting upon the purpose of life. The biggest causality will be sex, which will take a back seat because of development in spiritual field. Although it is not prohibited but surely it no more remains the priority or necessity. One will start seeing the futility of too much of socializing and extravagance. One will like to spend time studying life and attending spiritual retreats. One will start devoting maximum time and energy for the cause of humanity. One will have compassion and love for all, inclusive of and not exclusive for the family or one individual.

Now imagine if the other partner is still self-centered and spent free, if the other partner feels spiritual retreat is waste of time and high fly socializing is the better way to relax. Your companion may not be able to handle even the lack of interest in sex by the growing partner. Where is the unity of thoughts and deeds? It reminds me of a nice quote from Oscar Wilde

'The proper basis of a marriage is the mutual misunderstanding'

Jokes apart the relationship in that case is bound to go sour and unless both evolve, surely the dawn of wisdom on one will only add to bitterness since the thoughts and deeds will start moving in opposite directions.



## Self-Evolvement

*“Dil mein na ho zurrat to mohabat nahi milti,  
Kherat m’ein itni bari daulat nahi milti,  
Kuch log is shehar mein hamse bhi khafa hein  
Har ek se apni bhi tabiyat nahi milti”*

It means, 'Unless one is a person of substance and courage one cannot be loved by any one, one cannot get love in alms, some people in the city are angry with me since my nature does not match with every one'. My friend Anupam often recites this wonderful couplet. How beautifully the great poet summarized the truth of life, the theory of love. The word 'zurrat' used here literally means courage but here the poet has not used the word in the context of bravery. He means to say that unless one is a person of strong will power, character and qualities, one does not deserve love.

Just think for a while as to why you should love someone, why people love others. There has to be some quality in a person that attracts others to fall in love. It may be someone's good nature, courage to take stand, excellence in any profession, sports, art, literature, oratory, music, physical beauty or smartness in any activity under the sun. Meaning thereby, someone has to have some special quality to attract the other. The natural corollary to this principle is that if I need something special in someone to fall in love with him/her, I should also have something special in myself before I aspire for someone's love. Now to acquire that quality one has to slog and not only work hard in a special area of





life but one must develop an overall fine personality. Unless a person is reasonably evolved s/he cannot survive blissfully in any relationship. Even if one is a great accomplisher, recognized in a particular area, one has to evolve as a good human being to take care of other aspects and expectations of a relationship. Rather, I feel that the achievers have to be more sensitive and careful to the expectations of the other partner so as to make him/her comfortable with the overall bag and baggage coming with a celebrity status.

We have already discussed this in detail that one must be considerate, loving, accommodating, patient, well-behaved, strong, honest, sensitive and have so many other qualities in him/her to live reasonably well in a long relationship. Therefore, one has to work hard with strong will power and discipline to deserve love from someone. No one can get love on a platter unless one has really spent time with self to reflect upon, contemplate and introspect the truth and purpose of life. Unless one has spent time with self to grow as a fine person it is impossible to get true and sustainable love. That is why the above said couplet is so true.

## Chanakya Niti & Marriage

Chanakya Niti says that a man must quit a religion that does not preach love and kindness, a man must leave a teacher who has little knowledge, a man must leave a woman who has foul temper and a man must break off with kith and kin who have no love for him. According to Chanakya in this world, the hot hell of miseries, only three things provide some cool relief; good offspring, devoted wife and the company of noble people. Although Chanakya envisaged a situation where a man must leave a woman who has foul temper but it should be given a wider, fair and gender sensitive interpretation to mean that a person must leave a partner, whether man or woman who is foul temper. Whether it is a man or woman we all know of numerous instances where irrespective of gender one partner is immature and intolerable. In such situation where the mature one has tried his best and has reached a conclusion that the other person is incorrigible, the advice of Chanakya can be made handy subject to other circumstances mentioned in chapters, 'Divorce Is No Sin' & 'Feel Responsible'.



It is undoubtedly wise to act upon the wisdom of Chanakya that if a partner instead of providing some relief from the worldly miseries is adding to the suffering, it is better to leave than to perpetuate the agony.

## Divorce Without Divorce

There are many marriages where spouses are not helping each other since they have no soul level connection. However, for worldly compulsions they cannot separate or divorce. Many times they resign to this fate that they have to live together for the sake of their children and the society. There is nothing wrong in not taking a call in such a situation if you are convinced that you can lead a normal life for yourself and can shoulder your family, professional & social responsibilities reasonably well. The divorce is all in mind and you need not have that 'Paper Decree' if your soul and wellbeing is not affected by an incompatible match, sorry mismatch.

In fact, we all are aware of several couples in the society who project the façade of marriage for the sake of children and society. So the best thing is to feel connected with your Inner Self and lead a Musical Life, instead of feeling depressed perpetually because of incompatibility. Please tell me if one spends sufficient time for taking care of one's physical health, spends good time to nurture one's mental & spiritual health with regular dose of self study, study of good books, study of good poetry, watching nice movies & plays, attending nice concerts and seminars then where is the time left for any sadness in life? If one spends such quality time with self, devoting couple of hours for the service of humanity would be an icing on the cake. In addition, if one has some professional activity or job to pursue, please visualize where the time is left for any negative thinking. Even if you are not

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engaged in any professional activity, spending time with Self is so absorbing and fulfilling that the fantasy to have a soul mate takes a back seat. So friends, it is better to feel divorced without a paper divorce in such situations to lead a blissful life.

## Fall In Love To Rise In Love

We always say that he or she fell in love. We never say that so and so rose in love. It is absolutely true that people fall in love, they don't rise in love. For the same reason we say that love is blind because one does not plan to fall in love. It happens. As they say, "Pyar kiya nahi jata ho jata hain", which means love happens, it is not planned. Love is blind also means that one does not calculate or analyze before falling in love and invariably it just happens.

There is nothing wrong in falling in love. Rather it is blissful to fall in love. However the question is, 'Can love survive for long unless we rise in love'? How long can one go on holding hands and repeat the same dialogue, "I love you, I love you ....". Rising in love means that both individuals have a strong will power and the zeal to evolve. As we have discussed in the other chapters falling in love is a natural instinct of man and woman but to continue with the relationship one needs much more than just falling in love. It is therefore of utmost importance that both the partners should make a strong resolve to grow and evolve together if they want the 'falling in love' bliss to sustain for long. Falling in love is natural and is without application of mind but to survive in love one needs to apply one's mind, react to many situations and to deal with the true nature of the other pal. If the nature and philosophy of comrades is diametrically opposite and downright incompatible it is difficult to enjoy the bliss of 'falling

in love' for long. If the mission and vision of the comrades is utterly opposite again and completely in contrast to each other then soon love will fly out of the window. Therefore it is of great importance for both the partners to 'Rise In Love' through an iron will to evolve as individuals as discussed in the chapter, "Self Evolvement", if they really desire to enjoy the bliss of falling in love for longer duration.



## **JEEVAN UTSAV-(LIFE IS A CELEBRATION)**

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120 *Relationships*



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How to be a role model teacher

How to be a great lawyer/professional

**Note:** if you wish to organize workshop or lecture on any of the topics mentioned above you may contact Ashok Arora at [ashok@aroraz.com](mailto:ashok@aroraz.com) or sms at 9810062089