

Dr. Oleg Torsunov

LAWS OF HAPPY FAMILY LIFE

Vedabook
Moscow
2006

PREFACE

WHY THIS BOOK IS IMPORTANT

It is widely known that most people are unhappy about their family lives. If we do not experience happiness in our family relationships, no career success will make up for the joy and pleasures we are missing. Problems with relatives often drain us off all our energy and prevent us from achieving our desired goals. Even a person practicing self-perfection can be incapable of changing his or her family situation. Moreover, once one decides to improve his or her relationships, the problems with relatives can become even worse and completely destroy one's family.

The art of maintaining proper relationships with relatives has remained important up until today. Many scientists all over the world are working on this issue. Vedic knowledge contains a very unique and incomparable explanation of the origin of family problems. Stating that we ourselves are the causes of all these hardships, the Vedas (the oldest divine scripts in the world) provide the means of solving them. The Vedas say that it is next to impossible to have a truly happy family without the necessary knowledge on how to choose your partner and build healthy family relationships. The reason lies in the fact that it is through family life that we work out our most difficult karma. That is why for many of us family problems become the greatest life test.

However, if we study this important issue thoroughly and, as a result, manage to create a happy family, we will be able to overcome even the most severe hardships.

To avoid fatal consequences of our karma, we should start considering these problems ahead of time, even before marriage. Unfortunately, most young people are so much involved in life joys that they do not even think about their future from this angle.

Thus, the main aim of this book is to give young people the knowledge on how to build happy family relationships. In order for them to acquire this knowledge, parents should start educating their children from a very early age. Therefore, the second, but equally important purpose of the book is to provide parents with awareness of how to prepare their children for a happy family life.

HOW WE CAN APPLY THIS KNOWLEDGE

This book is built in the form of a vivid discussion about the hardships of family life. Three different points of view are presented at the same time. The author adheres to the Vedic tradition and is trying to prove its priority. Two continuing readers of the author's works, a husband and a wife, on the other hand, rely on their life experiences and try to explain everything based on their masculine and feminine natures. Such lively discussion helps to uncover the most important matters of the problem. At times it becomes heated and tense, while at other times it deepens into theoretical issues.

I hope that you, my dear reader, will be the fourth active participant of our discussion. Only in this case will you be able to understand the practical value of the book to its utmost.

THEORETICAL BASIS OF THE BOOK

We usually think about science in terms of experiments and research projects that people conduct for dissertation purposes. The Vedas, being the oldest source of knowledge, are independent of modern science. They state that there exist two means of cognizing the world: the top-down and the bottom-up methods.

The top-down method is based on the wisdom that we receive from above, from wise men and saints, who in turn, obtain it from the higher beings of the universe. This may seem odd, far-fetched and even ridiculous to some of you. I myself used to think this way before I started to explore the depths of the Vedas. The Vedas say that only fools can deny the truth of the knowledge without studying and testing it first.

The method that is used by modern science is called the bottom-up method of cognition. It is based on experiment and, according to the Vedas, is inferior to the downward method that serves the basis for all the progress. It means that the science should first study the heritage brought to us from the past and only then can the science move forward. Otherwise it will not make any headway and may even turn the progress into a destructive force.

You will all agree that the knowledge with which we have been brought up, was based on scientific experiments, and, thus, was considered infallible. However, every five years, the scientists proclaim that they have finally realized new aspects of a certain problem (thus having become wise) which they did not comprehend completely before (while being foolish). Everyone is happy with the scientific progress, but in what direction is this progress moving? I do not want to diminish the scientific inquiry, but let us think about what scientists might say about their current ideas five years from now.

The Vedas do not deny the bottom-up method of cognition, but prioritize the one that has been used by wise men for thousands of years. Only if we follow the top-down method, can we be sure that science does not result in disasters. The Vedic method of inquiry has been followed by millions of people and all of them have attained perfection. One can find proof to that in the historical epics abounding in the Vedas. How can we then think that these narratives are just fairy-tales and folk stories!?! I have studied the Vedas myself and personally experienced the wisdom of this ancient knowledge. I realized that the Vedas are the oldest science which requires an in-depth examination. I also believe that, after having read this book, my dear reader, you will agree to my point of view.

FOR WHOM THIS BOOK WAS WRITTEN

This book has been written primarily for young people who are preparing themselves for a family life. It can also be very useful for their parents, relatives and friends. Thus, the book offers a lot of practical advice on how to help one's children in family issues. That is why the main participants of the discussion upon which the book is built are loving parents trying to help their daughter to create a happy family.

The book will also be undoubtedly useful for those who have a family already and do not know how to work on its improvement, as well as for all those who are trying to gain a deep understanding of the laws of happy family life that the book uncovers. In other words, this book has been written for everyone who is seeking happiness.

INTRODUCTION

HOW PREVIOUS PUBLICATIONS OF THE SERIES RELATE TO THIS BOOK

Not by chance, after having studied the great powers of the universe (the time and the modes of material nature), do we now turn to the problems of family. It is healthy family relationships that best reveal how well we have learned and understood the principles discussed in previous books. If we managed to build a happy family, we passed the exam on the modes of material nature and the laws of happy family life. Family problems, on the other hand, also indicate the influence of the time and the modes on us; but in this case we learn them through suffering, and not through happiness. That is why we should now address the questions of family relationships.

HAPPY FAMILY: WHAT DOES IT MEAN?

I hope that you, my dear reader, already know from our previous discussions that only those who start working on self-perfection and eventually turn to spiritual practice can attain happiness in life. The next step for such people is to understand how they can develop spiritually while still maintaining good relationships with their relatives.

As soon as we start working at self-improvement, our worldview and habits change very rapidly. This leads to even more profound changes in life and has a great impact on our family situation. Receiving help from a spiritual mentor and the wisdom of the Vedic scripts, we gradually improve our character traits. It seems quite logical that our relationships with relatives should develop as well. Indeed, as we follow the path of self-perfection, we receive more and more happiness from the family.

In real life, however, the situation is the opposite most of the times. As soon as we start self-improvement, we spoil our family relationships. Why is this so? The reason is that people who are attempting to develop spiritually often follow not the guidance of authoritative knowledge, but their own fancy. Thus, leading such “spiritual life”, they become very proud of themselves and their “spiritual” progress, and simultaneously begin to scorn their relatives who do not want to change. Moreover, these newly-made “saints” and “mediums” start reviling everything that goes against their beliefs - from ancient religious traditions to modern cultural structures of society.

According to the Vedas, strong family principles determine and protect the harmony of one’s psychological development. Even so, there are few people who, on a certain level of their spiritual progress, abandon material life [renounce the fruit of action], and, as a result, attain an even higher level of perfection. That is why there are monasteries, where such ascetics live, in every religious tradition.

However, for those who have just stepped on the path of self-improvement, it is very hard to find a criterion to estimate their level of renunciation. Most often these beginners think that they have become ascetics after only a few months of spiritual practice. Some suppose that now they can preach to all their family members, including parents. They become so overwhelmed with pride that they destroy all family and social ties. What is a typical end to such stories? These “saints” lead their so-called “ascetic life” for a couple of months after which they usually forsake spiritual practices, marry again, and return to their sinful lifestyles.

That is why, to avoid such a scenario, we should understand how to follow the careful guidance of wise men and scripts and work on our development while still maintaining family relationships. Only the method of self-perfection that has been tested by hundreds of thousands of people can provide stability of our spiritual progress.

FAMILY SHOULD BECOME A FORTRESS THAT PROTECTS OUR HAPPINESS

Our family should serve as a fortress that would protect us from the degenerative influence of our bad karma. To make this fortress truly unassailable, young people should start thinking about how to build it now, instead of wasting their precious time on useless activities. This requires a critical study of the laws of happy family life. Otherwise, there is little chance that their family fortress would resist the pressures of the outside world.

Only the thousand-year experience of wise men will elucidate to how to make our future family life successful. It is dangerous to rely on just fortune in such a serious matter. As it has been mentioned earlier, every one of us at some point in our lives will experience the severity of family karma. That is why young people should work hard on their spiritual development long before the marriage. In this case, notwithstanding all the challenges of family life, they will attain happiness and great wisdom.

So let us now, without any hesitations, begin our study of the laws of happy family life by participating in the following discussion.

~chapter one~

HOW I UNDERSTAND FAMILY HAPPINESS

TO MARRY OR NOT TO MARRY: THAT IS THE QUESTION

AUTHOR: I am very glad to meet your wife and to have her as a third participant of our discussion. I hope that it will help us to learn the material better.

HUSBAND: Well, we'll see. I somehow think that, on the contrary, it will disturb the conversation.

WIFE: I am very glad to meet you too. You are the first person who has managed to talk to my husband in such a calm and prudent manner. He usually can not tolerate anyone else's opinion at all.

HUSBAND: Here you go! That is so much like my wife. Without even knowing you well enough yet, she is already criticizing me in front of you!

WIFE: Stop complaining. You need to have control over yourself, since you are trying to attain goodness.

HUSBAND: So what is it that you don't like this time?

WIFE: You are behaving like a woman. Constantly muttering under your breath and looking dissatisfied.

HUSBAND: Please, do something. I won't be able to bear it much longer!

AUTHOR: I see that you can be very temperamental with each other. But let us not waist time and begin our discussion of how to attain a happy family life. We should first understand when a young person is ready to create a family and when he or she should wait.

According to the Vedas, there are four major stages [ways] of life:

1. *Period spent as a student (when one should preferably follow celibacy)*
2. *Family life*
3. *Refraining from the activities that hinder one's spiritual development*
4. *Renouncing material world [the fruit of action]*

HUSBAND: Can't one study and be married at the same time?

WIFE: Of course not! Imagine that you are married and, on top of that, want to receive education. Who will provide for the family then?

HUSBAND: Honey, I am not asking you right now! Would you keep silent at least for a little bit here? How can we discuss these important issues in such an atmosphere?

AUTHOR: I agree that even a married person can study. However, for many reasons including the one mentioned by your wife, it is better to build up one's good character and receive some professional training first, and only then get married.

WIFE: See. That's what I was trying to say, but you won't let me utter a word. As usual, you don't really care whether I am right or not.

HUSBAND: God, if you exist, please, help me tolerate all that and continue my studies! I would like to know why it is better to stay single during the learning period.

AUTHOR: Okay, I will explain why one should first receive education and only then get married.

1. The first reason might seem a little odd. When one follows celibacy, he or she saves and accumulates sexual energy and, therefore, is much more successful in the learning process.

HUSBAND: But what makes the accumulated sexual energy foster one's learning?

AUTHOR: When this energy is not unleashed in the bottom chakras, it rises upward, cultivating the mind and the intellect.

HUSBAND: It seems strange to me that you can use sexual energy for learning.

AUTHOR: Sexual energy is the strongest type of energy. That is why, if we use it properly, we can change our lives very fast.

HUSBAND: So what does a person gain by following celibacy?

AUTHOR: The Vedas say that celibacy fosters the development of positive character traits, and increases stamina, as well as mental and physical energy. It improves health, memory and enhances one's determination and enthusiasm in achieving one's goals. Generally speaking, a person who follows celibacy can develop and cleanse his or her consciousness very fast. This plays a crucial role in successful learning.

Patañjali, great wise men of the past, stresses the importance of celibacy for the control of the body, the speech, and the mind. He explains that the retaining of the semen gives one valor and determination, strength and might, fearlessness and courage, energy and vital force (Yoga-Sutra 2.38). He suggests retaining the semen by means of a concentrated will-power.

Let us return to the reasons why one should not get married before finishing the studies.

2. Our life consists of several periods. Each of them corresponds to one of the four ways of life.
 - *Time before puberty and maturity corresponds to the period of learning (childhood and youth)*
 - *The age after having reached maturity corresponds to the period of family life*
 - *The age of seniority corresponds to the refraining from material responsibilities and taking on spiritual path*
 - *In their ages of seniority, exceptional spiritually-developed people can renounce the material world*

The Vedas say that one should always act according to the life period that he or she lives in at the current moment. That is why it is best to study while being in the period of learning and get married when starting your period of family life. We have explained it already when we discussed the influences of time, place and circumstances on our fate.

3. Celibacy contributes to the successful learning period because fewer problems arise.
4. While one is only responsible for oneself before the marriage, as soon as one gets married, the family responsibilities come into play. One can not fully concentrate on the studies when there is a wife and children to take care of, home and financial issues to resolve.
5. Because of the constant contacts with a person from the opposite gender, one's ego starts growing. This hinders attentive listening and mastering the material. As it has been mentioned before, for the knowledge to penetrate into one's consciousness [intellect], one needs to be humble. Humility, in its turn, is easier to achieve when one does not communicate with the opposite gender.
6. Karma of family relationships is the most severe and almost insuperable. That is why it is better to face it after one is done with the studies. Otherwise, there will be simply no time for learning.

These are the basic reasons why one should not get married until he or she finishes the studies.

HUSBAND: See, my dear wife. I told you that my family life does not help me with mastering knowledge.

WIFE: What are you trying to say? You think the family is holding you prisoner?

HUSBAND: I did not mean to hurt you. We are simply discussing this topic.

WIFE: Nothing is ever simply done or said. There is a reason for everything in this world.

HUSBAND: Oh God, how can I work in an atmosphere like this?

AUTHOR: It is a little bit odd to hear you, an unbeliever, to allude to God so much. You seem to be worried a lot. But what is the reason for that? I think that your wife has right to her own point of view, which does not interfere with our discussion. That is exactly why we have invited her here. Her opinions might seem to be somewhat emotional to you. However, you should know that it is very hard for women to suppress their emotions when it concerns their family relationships.

WIFE: Please, forgive me if I am more emotional than I should be.

AUTHOR: Oh no, your husband and I think that your emotionality is quite normal.

HUSBAND: Yes, honey, I am sorry and I agree with everything. I am just in a bad mood this morning.

WIFE: I simply find this discussion very interesting and vivid, so I am not mad at you.

AUTHOR: Let us return to the topic. The Vedas say that once one has married, one should not break up the relationships because of the studies or for any other reason. If necessary, he or she should find time for learning. Just like you managed to find time for our discussions before, you will find it in the future.

HUSBAND: You can't imagine how hard it is to study when there are so many problems around. I have to work, bring up my children, and deal with different imperfections of other family members – all at the same time.

AUTHOR: Diligence is the mother of success.

HUSBAND: 'Hard' is not the word. I don't think anyone will ever understand me anyways! It's impossible to walk in somebody else's shoes.

AUTHOR: I do understand that it is very-very hard for you to learn while being a family man already. However, since you have not had a chance to acquire this knowledge before the marriage, you should start doing it now. As for the topic that we are currently discussing, you even have some advantages over those who are still single. You will be able to master this material not just in theory, but also in practice, all thanks to your wife who has agreed to participate in our complicated discussions. Although this might cause more emotional challenges, they will make you only stronger.

HUSBAND: Right now I feel strained rather than strong. Anyways, I have a serious question for you. You pointed out so many advantages of following celibacy and not getting married. It seems like it is better to be single in all cases. To be honest, that is what I have always thought myself.

AUTHOR: If one experiences a strong sexual attraction, he or she should get married after the end of the learning period. Otherwise, it is very easy to lose one's serious intentions and become an idler or a drunkard. However, if you are talking only about the time during the studies, then celibacy is indeed the best option for everybody.

WIFE: So if a person does not feel a sexual attraction to anyone, do the Vedas recommend that he or she should not marry at all?

AUTHOR: There is such an idea. However, it can only be applied to monks because they devote all their life to spiritual practices. Everyone else, who still has desires of material wealth and happiness, should follow celibacy only during their period of learning. Once the learning is completed, such people, on the contrary, should take on responsibilities as soon as possible.

HUSBAND: What do you mean by responsibilities? Haven't we decided during our previous discussions that only those who lead a spiritual life become truly responsible?

AUTHOR: It is absolutely true that if you devote yourself fully to the spiritual practice, you will acquire maximum responsibility. It is possible solely if you abandon material life. However, turning to such a lifestyle should not be superficial; it can be done only upon achieving the highest level of consciousness.

That is why most of us can not lead such an ascetic life. Thus, most of the young people should get married after they have finished their studies, so that they can take on family responsibilities. This will not hinder their self-development, but will help to strengthen their intellect.

WIFE: Now I understand: when you take care of your family, it increases your responsibility, which, in its turn, fosters your intellect. One can not be happy without the intellect. That is why those who can not abandon material life should get married right after their studies are over.

AUTHOR: Very nice, you seem to have acquired this material well.

HUSBAND: Yes, she tried very hard. I think she has simply memorized all our previous discussions about the modes of material nature and the time. Now she always wants to showcase her knowledge.

WIFE: Thank you for your compliment. I actually have a question. In the case when people treat their families highly irresponsibly, does that mean that they do not only prevent their intellect from development, but even reduce its strength? In other words, are there situations when a young man is much more responsible before the marriage than after it?

AUTHOR: It is a little bit early to talk about this question. We will touch upon this topic later.

WIFE: Still, could you please give at least a brief answer now?

AUTHOR: Okay, I will shortly explain it. The level of consciousness of the newly weds does decrease at first. This happens because they naturally engage in fleshly pleasures which lead to the relaxation of their minds. However, if they organize the family life properly, this period passes by and they return to self-improvement.

WIFE: You gave us a general answer, while I would like to know more exactly how often young people become more light-minded after the marriage.

AUTHOR: Most of young people today start to seem light-minded to each other after a few months of family relationships. This is quite natural, because, as I have said, they plunge very deep into their family happiness. The family happiness here means sexual relationships.

If such young couple do not start working on their self-improvement after this period is over, their intellect will get weaker and weaker with time. This will lead to even greater problems with which they would have to deal eventually. Thus, family life always requires responsibility; it will make us start the process of self-perfection sooner or later.

HUSBAND: If the intellect is constantly at risk in the family, how can one attain family happiness then?

AUTHOR: One simply needs to study the laws of happy family life very thoroughly. This is what the family life responsibilities are based on - such relationships require double caution and seriousness in order to attain spiritual progress.

WIFE: I asked you only about one of the partners, but you are talking about both the husband and the wife. It seems to me that women, on the contrary, become wiser after the marriage. Or do the levels of the intellects of the family couple always increase and decrease simultaneously?

AUTHOR: Yes, there is such a tendency. Most of the times the intellects of the husband and the wife are closely interconnected. In the beginning of the family life the levels of their intellects synchronously decrease. However, if they organize their family life properly, the situation might soon change.

WIFE: I have always thought that men become lazy and less serious when they get married. Women, on the other hand, have to do a lot of house work, and, thus, do not have time for excessive relaxation.

AUTHOR: Not always does the level of the intellect correlate with the amount of work one does. Very often, especially in the beginning of family life, the characters of both of the spouses deteriorate. Each of them starts noticing only bad features in the other's personality. That is why it might seem that only your husband's or wife's character has become spoiled while you yourself have not changed.

WIFE: But what if this is really the case and only your partner's personality has got worse? What should you do then?

AUTHOR: If your character is better than that of your partner, you should generally ignore his or her imperfections and concentrate on your own negative strains.

WIFE: Why be so hypocritical? If there are some bad features in one's character, why should you pretend that they do not exist?

AUTHOR: Hypocrisy is not what we are now talking about. When hypocrites pretend that they do not see others' imperfections, they only accumulate anger and resentment inside. However, if one of the spouses really has a better character than the other one, he or she always behaves the

same way, thinking only about his or her own negative strains. Such person truly does not want to see the bad features of other people's personalities.

WIFE: Is that the only criterion to determine one's good temper? Are there any other positive strains?

AUTHOR: There are many. However, in family relationships, the ability to notice only your own imperfections is the main sign that your character is actually better than that of your spouse.

Humility and mercifulness are two keys to the same door, which opens to the path of family development. If a person has developed these characteristics, there is no doubt that he or she will be more successful on this journey.

WIFE: What if one of the partners constantly notices the bad strains of the other, while this partner does not want to or even does not see the imperfections of the first partner? Can such a humble person become a scapegoat?

AUTHOR: That happens too, but only if he or she is either afraid or does not want to show that he or she sees other relatives' foibles. This way such a person only reveals his or her own weakness and unavoidably becomes humiliated. At the same time those who are truly trying to act honestly, humbly and optimistically are respected and valued by their family.

However, due to the nature of our ego, we quickly become aware if our family members treat us badly. Yet, we ourselves do not notice how we can easily hurt others. Moreover, we think that such insults that we make are only justified comments that will help the other person to improve.

As I have said already, those who tend not to emphasize other people's negative characteristics and always try to think positively, have an undoubtedly clear consciousness.

WIFE: So is it better not to make justified comments at all then? Should we leave our relatives alone?

AUTHOR: The comments that are justly made always arouse positive emotions. What we are talking about now is rude, offensive remarks. Interestingly, those who make them usually do not notice the abusive manner in which they do it.

WIFE: How can you know then whether you made a comment in a proper way and did not offend your party?

AUTHOR: If the remark is made properly, the person will not be offended by it.

WIFE: But what if even such positive comments are perceived as insults?

AUTHOR: This is never the case. Nobody would reject the nectar of love. If you make a remark with true sympathy, considering the person's personality, you will only improve your relationships. Love generates love, while hatred, even if it is concealed, always generates hatred in response.

WIFE: These are interesting thoughts. There is something in what you are saying.

HUSBAND: I am curious why a remark that you consider perfectly justified in reality becomes an insult for another person.

AUTHOR: It happens because we make most of such comments when we are irritated or hurt. Real sympathetic remarks are made kindly and humbly, not in a rude and angry manner.

HUSBAND: What if this person's behavior drives you out of your wit? Can't you tell him or her that even though you are irritated? You need to protect yourself from this negative outside influence!

AUTHOR: Sometimes one can not stand it any more, and, under the influence of the collective bad karma, starts defending him- or herself. However, after the argument is over, this person should be strong enough to initiate the apology for having been rude.

HUSBAND: So even if one has not initiated the conflict, he or she still needs to be the first to apologize? Doesn't it undermine one's dignity and authority?

AUTHOR: The Vedas say that in family relationships, the one who apologizes first has more dignity. This indicates the person's effort to behave properly.

HUSBAND: How can you know if something that you have said to your partner is not appropriate?

AUTHOR: When you see that your words have hurt or made your party angry, this is a sign that you should apologize immediately, even if you do not feel guilty.

WIFE: Good point! But how is it possible to attain such self-control in real life?

AUTHOR: That is why one should start self-development long before marriage. Otherwise, it will be much harder to achieve it afterwards because of the increased collective family ego.

However, it is never too late to study. We should gain spiritual knowledge every day. The Vedas say that this is the essence of a rational life. During the learning period per se, the Vedas recommend to follow an ascetic lifestyle. Such behavior will help one to develop a good character, high qualification in one's professional field, and a strong family with steady spiritual traditions.

Then, after having become a family person, one turns to the next stage of life. Now he or she can use all these achievements from the past in order to continue self-development. However, one should by no means ignore his or her family and civil responsibilities at this time.

WIFE: Well said! So you argue that, without hard work at their character before marriage, young people will not be able to avoid conflicts in their family relationships. Then, everyone who has worked on themselves early in life will attain peace in the family?

AUTHOR: Yes, that is true.

WIFE: But can there be exceptions? Can people simply have a happy family by chance and not have to worry about anything?

AUTHOR: No, this is impossible. Only those young people who have worked at their self-perfection before the marriage can expect a good family in the future.

The same principle is true for the life in the family. If people are happy in their relationships, that means that they practice self-improvement every day. In the core of family relationships lies sexual attraction (i.e., desire to take pleasure from one's partner's body), which always increases the collective family ego. That is why it is in the family life where a person can fight his or her ego most effectively. As soon as he lets it go, the relationships worsen – this is a rule.

When people are spending their family time indulging in pleasures, their ego begins to grow and their intellect starts to diminish. It is impossible to avoid problems in such a family, even if at first everything was perfect.

Therefore, one should learn how to save his or her family before getting married. This is the main principle that one needs to learn.

WIFE: If only we had understood it in our youth! Perhaps, our relationships would have developed completely differently.

HUSBAND: Fabulous! This actually means that we are not the only ones who suffer. It turns out that everyone who does not work at self-perfection will have family conflicts.

AUTHOR: That is why the Vedas say that one marries not for pleasure, but for self-development. One should start learning these ideas long before marriage and continue to develop him- or herself throughout the family life.

There are specific things that married people can do for their spiritual progress. Thus, the Vedas recommend making sacrifices in the consciousness of goodness. Such sacrifices decrease family ego very fast. As a result, family relationships become better too.

HUSBAND: So you say that making sacrifices in the consciousness of goodness leads to success in the family life? We have touched upon this topic only slightly in our previous discussions. Can we talk more about it now?

AUTHOR: Everything is good in its season. There will be time for that. Let us first finish the topic of creating a happy family. Next time we will be discussing how to retain happiness in the relationships, and that is when we will talk about sacrifices.

WIFE: What do you mean by the family collective ego? I have always thought that the ego by nature can be only individual.

AUTHOR: You are right; ego is a very personal notion. However, think about someone saying “my relatives.” What does it imply?

WIFE: It implies that these are my relatives, but not Uncle Bob's or anyone else's.

AUTHOR: Right. That is why the ego, on top of the notion of “I,” also includes the notion of “my.” “My” for a husband is his wife, “my” for a wife is her husband, for both of them “my” means their children, house, car, e t.c. Thus, the family ego is distributed among the family members.

If there becomes too much of the family ego, the relationships begin to spoil. That is why it is important to study how to organize your family life and how to choose your future spouse long before the marriage. It is very hard to create a happy family without this knowledge.

WIFE: Do you want to say that it is knowledge, and not love, that is the main driving force in this world? How can one be happy in a family which is built on the basis of logic and rationality only?

AUTHOR: Of course, love can give the highest degree of happiness. Knowing the importance of self-development does not exclude love. On the contrary, if one knows the principles of the family life, one will be more likely to fall in love with a person who can make him or her happy, and not bring only problems and grief. This knowledge that can change the fate of young people is what I am talking about now. I did not mean that one should marry without love, and simply for convenience.

WIFE: Please, give us this wonderful knowledge now! It will be so nice if my daughter learns it and, when she grows older, she will easily find a good person to marry.

HUSBAND: You are acting ridiculous!

WIFE: What do you understand in this? It is really a very important and useful topic.

HUSBAND: Yes, you are right. It was just my reaction to your emotions again.

AUTHOR: Indeed, this topic is very important. However, before we go on, let us summarize the main points of our first discussion.

CONCLUSION: There exist four major stages [ways] of life: Period spent as a student (when one should preferably follow celibacy); family life; refraining from the activities that hinder one’s spiritual development; and renouncing the material world [the fruits of action]. These ways of life correlate with one’s four age periods. However, sometimes this correlation is not observed. For example, some people prolong their learning period, or they renounce the material world right after finishing their studies. Nevertheless, having gained necessary knowledge, people usually turn to a family life.

While we expect it to be happy and joyful, the family brings about a lot of responsibilities and difficult karma. In order to gain true happiness in the family life, young people should learn how to achieve it before the marriage: by means of self-perfection and strengthening their intellect. The most important success factor is following celibacy until the wedding. This will help them to make a right choice about their partner, with whom it will be easier to overcome future family hardships.

If, for some reason, one has not mastered the knowledge of happy family relationships before marriage, it is never too late to start studying these important issues.

WHO LEARNS TO HOWL WILL KEEP COMPANY WITH THE WOLF

Let us continue to learn the laws of creating a happy family. We will now discuss how to properly prepare for the marriage and to build proper relationships with the future husband or wife.

As soon as you meet a potential partner, you should think: what kind of family can you have with him or her? It will largely depend on the type of interests and character that both of you have and the company that you keep. It is important to understand that the Vedic ideals of the premarital behavior differ from those of the modern society.

The Vedas say that, when choosing a family partner, one should pay the greatest attention to the character, the interests and the life goals of the person. However, in real life, people tend to emphasize physical appearance more. It is commonly assumed that one should look good and be polite in order to be successful in marriage. Often people get married only because they seem to be pleasant enough to each other.

WIFE: Can't you rely on your intuition? It seems to me that our heart should know best about such an intimate question.

AUTHOR: You are right, one should listen to the voice of one's heart, but other people's opinions about the potential partner should not be ignored either. It is often more realistic than the feelings of a person who is in love.

Love can dazzle, that is why it is often easy to confuse the irreproachable behavior of a person who wants to be liked by the one he or she loves with this person's genuine personality. However, the character is a much deeper notion, which becomes obvious after people have lived in a family for some time. They gradually start noticing the differences between their beliefs, temperaments, characters and interests. Nevertheless, since they are officially married already, they need to adapt to each other's differences all their lives.

WIFE: Of course, it is very good to develop one's character and wait for a wonderful prince to come. However, there is a risk to end up single. I am not sure about the Vedic times, but today, if a woman does not take care of her body, nobody will even look at her. There are a lot of examples of young girls with a great beauty inside who did not care much about their appearance and, as a result, could not get married for a long time. How can you comment on that?

AUTHOR: You are right. In order to find a future husband, a young woman should take good care of her appearance and try to look nice. This way she will receive more attention. However, we are now talking about how to make a correct choice, but not about how to attract every single man around. Sometimes being too good-looking can increase the number of admirers and only confuse a young lady who is trying to choose the correct person.

HUSBAND: In other words, if a woman attracts too much male attention by her beauty, it increases her risk of making a wrong choice?

AUTHOR: Yes. It is not always the case that the best among the multiple admirers wins. Unfortunately, very often young girls choose the man who is more persistent and lascivious. Therefore, women should not try to look too garish.

It is best when a man becomes attracted by a girl's character and beliefs, but not by her appearance. That is why it is not recommended for young girls to dress too loud. This will help them much in the creation of the future family. Intelligent young men are attracted by modest girls while unintelligent men like gaudy looks.

WIFE: That is an interesting tendency. However, you will agree that one can perfect one's character with time, but not one's body or face.

AUTHOR: Of course, you have a perfect logic. Still, as far as character perfection is concerned, it is not as easy as it seems. It may be especially hard for those family couples, who, on top of bad characteristics, have an astrological incompatibility. In this case, life can become very hard. On the other hand, if the woman only lacks a pretty face, it is not going to be a big issue.

WIFE: You might be right. But how should one choose an astrologically compatible partner?

AUTHOR: That is exactly what I wanted to talk to you about.

WIFE: I am ready.

AUTHOR: The Vedas say that a person is not simply what we learn in Human Anatomy classes. We often consider ourselves a physical body and that is why we use make-up, lift weights and do other things in order to be liked by others. This way we are trying to accentuate our physical strengths. According to the Vedas, it is important to consider the physical peculiarities of your future partner, but it should be the secondary factor. The first thing one needs to study is the character of the future spouse. Moreover, with time, the spiritual natures of each other should be comprehended as well. This will bring happiness in the future family relationships.

Physical attractiveness can certainly indicate one's good nature and piety, and it should be considered when making a choice. However, the beauty of a different kind is much more important. It is the inner attractiveness of one's character and beliefs. Moreover, there is also a spiritual beauty, which can be understood only by saints. We will talk about this notion in the future as well, although the spiritual beauty is rather hard to comprehend.

WIFE: You mentioned that if a person is good-looking with an attractive body, he or she already has a good character. Does that mean that a physically unattractive person, even with some better strains, still can not be compared to a beautiful one?

AUTHOR: Of course, it is great when a person with a perfect character is also good-looking. However, often physically attractive people can have a horrible character and, on the contrary, a person who is not so beautiful outside, can make a good wife or husband. Therefore, when choosing a future partner, one should not rely on appearance exclusively. It is important to know

that what attracts people to each other will not always make them happy; it can even bring sufferings in the future.

HUSBAND: Is it possible, though, that something negative can become attractive and loved? I have always thought that outer beauty is always in harmony with the inner beauty of a person. Therefore, everything attractive should eventually make one happy.

AUTHOR: Of course, physical affinity will bring happiness, but it is questionable, what kind of happiness it will be and for how long it will last.

WIFE: If you want to create long-lasting happy relationships, you should choose a person as beautiful and appealing to you as possible. The longer you will love him or her, the longer the family will last.

AUTHOR: It is true when talking about real, noble beauty valued by intelligent people. However, it is necessary to know that there exists a different kind of beauty, which, along with happiness, can also bring sufferings. This type of beauty emanates from the bottom chakras that are responsible for one's sexual activity.

Crude sexual energy also generates appeal, but of a different kind. A person with such a beauty does not necessarily have a good character. He or she may be attractive because of his or her increased sexual abilities. Love caused by such beauty can only cause animal instincts. A lot of people have already suffered and will suffer from having been attracted by the beauty of the bottom chakras.

People who are tempted by a cheap love for several nights behave vulgarly. They do not think much about the partner's character. Neither do they worry about his or her future, as all that matters is the body pleasures. Haven't you ever met such light-minded and over-free young people?

WIFE: Yes, you seem to be right. There are so many good-looking, but impudent young men who can corrupt our daughter and make her life unhappy. But how can we understand who is who?

AUTHOR: This entire section is devoted to the answer to your question. It is very hard for young people to understand who is who on their own. Love can dazzle and take their intellects away. Therefore, the following points may be helpful in making the correct choice:

- *Studying holy scripts that contain knowledge on what true family happiness is;*
- *Developing understanding of how a person that would make one happy should behave;*
- *Retaining the piety that one has accumulated in the past;*
- *Following celibacy until marriage;*
- *Working on one's character;*
- *Seeking for advice from mentors, devout friends and relatives, who can always give a sober opinion from the outside;*
- *Astrological consultations (provided that the astrologist is a true qualified specialist).*

HUSBAND: What can hinder the correct choice then?

AUTHOR: The following factors might prevent one from making the correct choice:

- *Wrong interpretation of family happiness;*
- *Wrong understanding of how a respectable young person who can become one's future partner should behave;*
- *Past sinful deeds;*
- *Unwillingness to perfect oneself;*
- *Extreme independence in choosing one's future spouse;*
- *Dissipated premarital life.*

HUSBAND: These are great points, but you promised that our discussions will be practical. Therefore, could you, please, explain each of the ideas in detail?

AUTHOR: Okay, I will first explain why it is important to understand what true family happiness is.

WIFE: I think that everyone has their own understanding of family happiness and it is useless to treat all alike. What do you think?

AUTHOR: You are right. Everyone understands family happiness differently. In fact, it is this understanding that determines how much happiness one will get. Those who are perplexed by their wrong understanding will unavoidably have to suffer because of these ideas.

WIFE: But I don't see how one can even think of happiness in bad and unpleasant terms.

AUTHOR: It is true that the word "happiness" implies striving for something pleasing. However, if young people think that family happiness lies only in fleshly pleasures, the consequences of such a concept will be horrible.

HUSBAND: Are you saying that at first they will be somewhat happy, but will have to face sufferings afterwards?

AUTHOR: That is exactly what I wanted to say.

WIFE: I don't think I understand how by such dry and logical studies of family happiness one can succeed in choosing a correct partner. True love is not based on understanding, it is illogical and spontaneous. How can true love go together with clear logic? That is why I doubt that one can teach young people whom to love and whom not to love.

HUSBAND: That hit the mark.

AUTHOR: It is an interesting question. It leads us directly to the topic of how we fall in love with each other and whether it is possible to influence this intimate and seemingly uncontrollable process by means of self-perfection.

WIFE: My husband and I are ready to hear your explanation of this.

HUSBAND: Yes, we are. We are all yours.

AUTHOR: Our characters develop throughout millions of previous lives. Therefore, it is almost impossible to change someone with your own effort. One can only smooth the bad features of his or her spouse. That is why one should be extremely careful when choosing a future partner. It is important to look for a person with most advanced beliefs and most compatible character. The harmony in the family determines the potential of spiritual progress for the partners as well as for their future children. Therefore, one should not be sentimental when making this choice.

WIFE: No, I believe that love can not exist without sentimentality. For example, a person can fall in love with someone for whom he or she feels pity. Sometimes a young man, having repented of his past, asks for a young girl's hand and promises to begin a proper life. I don't see anything wrong with this girl marrying him, since the man has promised to turn over a new leaf.

AUTHOR: When choosing a future husband, one should be very attentive to the man's past. Once good family relationships are established, their piety will help the partners to give love to other people around them. However, if there is even a small uncertainty before the marriage, regarding, for example, the possibility of your partner's return to his or her dissolute behavior, then one should think twice whether to marry this person or not.

Such marriage will become a burden for the relatives, neglected children and unhappy spouses themselves. One should not devote one's life to somebody only out of pity. Instead, one should use common sense when making the choice. If a person will not fulfill his or her promises in family relationships, it will make others suffer all their lives. A person can not get rid of bad habits and lifestyle simply by repenting and making promises. Therefore, one should be pitiful to others only when his or her own life is stable and gives him or her strength. Unfortunately, it is usually one's family members that are hardest to help.

WIFE: I think you didn't quite understand me. I am talking about the case when a young man has already repented. Doesn't he deserve to be trusted then?

AUTHOR: Of course, if a young man has truly repented, he deserves happy family relationships. However, one should know that repentance right before the marriage is rarely sincere. A young man can promise a girl anything because of the strong physical attraction to her. This does not necessarily mean that he will fulfill his promises in the future. Often it is quite the contrary – having received what he desired, the young man plunges into family pleasures. At the same time, his vigilance weakens, and bad karma can come into action again. As a result, the poor woman will have to suffer for the rest of her life.

HUSBAND: Is it hard for all men to control themselves after the marriage?

AUTHOR: In most of the cases. That is why, when choosing a future husband, a young girl should look at his real deeds in the past and his reputation, but not at his promises. He won't become better than he is at this point.

WIFE: I again would like to draw your attention to the fact that love can not be forced. That is why I don't see the point of talking about what to consider when making your choice. Love

won't wait until you understand whether this is the right person or not. What must be must be. How can you study something that is completely illogical?

AUTHOR: All my explanations are actually aimed at showing how one can work on oneself in order to fall in love with someone who will make him or her happy in the future.

WIFE: But how can you manipulate such an uncontrollable thing as love?

AUTHOR: Love is the result of a harmony between a man and a woman. The minds of two people become harmoniously connected and this arouses a wonderful feeling which we call love. Does this definition of love coincide with yours?

WIFE: Of course, that is what I was trying to explain to you. But you keep insisting that this spontaneous process of the unity of minds can be controlled by certain speculations.

AUTHOR: You are right; it is hard to change anything once the feeling emerges. That is why the Vedas say that young people should work on their self-development before they fall in love with someone.

WIFE: Does that mean that, by perfecting ourselves we can control our heart and tell it whom to love and whom not to love?

AUTHOR: No, love cannot be forced. However, if one improves one's character, his or her relationships with the outside world improve as well. These changes allow one to have a harmony of a higher level. In this case, when it is time for one to fall in love, he or she can have more spiritual and pure relationships. Such relationships develop naturally and are also driven by love.

HUSBAND: My dear, I hope you are persuaded now. I am interested more in the difference between the love based on the desire of physical pleasures (lower spiritual level) and the love of a higher level. What kind of harmony develops between the spouses in each of the cases?

AUTHOR: These are various kinds of pure love:

1. *The loftiest and most pure is the love for God. This kind of love is absolutely spiritual in its nature. It occurs very rarely and is not related to the topic of our current discussion on creating a family.*
2. *Love for one's spiritual mentor is also very pure and lofty.*
3. *Love for all living beings without distinction has a spiritual nature and can be experienced only by sinless saints.*
4. *Maternal love, although not completely pure, but often self-sacrificing, is higher than that between spouses.*
5. *Love between a man and a woman can be different. Harmony between two young people can originate in one of the seven energy centers.*
 - *If the top energy centers (situated in the areas of the crown, the brow, the throat and the heart) come in harmony, such love will bring about happiness and progress.*

- *Harmony on the level of the bottom energy centers (situated in the areas of solar plexus, sacrum, and perineum) will also generate love, but it will cause multiple sufferings.*

When young people perfect themselves, they gradually change, and their understanding of family happiness changes as well. As a result, they build their relationships on the level of the top energy centers. It is a rule that, when engaging in more spiritual relationships, a loftier harmony will arise between a man and a woman.

HUSBAND: What happens to the bottom energy centers when the top centers are activated?

AUTHOR: As the top centers that are responsible for self-perfection become more and more active, the bottom centers do not receive as much energy any more. Thus, the family gradually loses interest in fleshly pleasures.

WIFE: Can there be an absolutely pure love between a man and a woman?

AUTHOR: According to the Vedas, there is only one type of pure love – the love for God. Pure love for people can also exist, but, as a rule, only among those who have already developed a spiritual love for God. Thus, a wise man with pure intentions, unselfishness and love treats all living beings as souls, and not as bodies. He evenly loves trees, animals and people. This level of consciousness indicates that such a person has cleansed himself from all his sins.

Love between a man and a woman who have high intentions can also be virtuous and unselfish. However, only love for God and His servants can be absolutely pure.

WIFE: What do you mean by pure love?

AUTHOR: It is the strongest, most genuine and unselfish love which is not influenced by one's false ego (see "The Laws of Happy Life," volume 3, part "False Ego"). This type of love has nothing to do with the material world. It is based on unselfishness and is absolutely spiritual in its nature. This love reaches its utmost strength when one's purified soul engages in personal relationships with God. Everyone who has started serving God can develop a pure unselfish love for the Supreme Personality of God.

HUSBAND: It seems to me that such regular people like we will never be able to reach this level. Is it possible to develop at least a somewhat pure love in human relationships?

AUTHOR: If one lives for another person and does not ask anything for him- or herself, this kind of relationships is considered to be rather pure. When a husband and a wife are unselfish towards each other, their love becomes lofty and virtuous. This feeling is almost impossible to gain for those who do not work on themselves. However, if one is cleansing oneself from sins, one will be able to develop pure relationships with God and his or her family.

HUSBAND: How can one develop such relationships with family members?

AUTHOR: First you need to understand that pure love exists, although it is hard to find it in the modern world. As I have said before, you have to develop a pure love for God at first. Then such

love for other people will evolve automatically. However, in order to experience this rare type of love, one needs to learn how to perceive all humans as eternal spiritual beings, and not only as physical bodies.

HUSBAND: How do the people who have developed love for God, start experiencing a lofty love towards people as well?

AUTHOR: It is similar to the process of watering a tree. When we water its roots, the leaves of the tree get the necessary moisture too. By means of developing love for God, we “water” the root of everything in this world, the cause of all causes. As a result, all people around us also become affected by these pure relationships.

WIFE: Why should we even talk about such highly spiritual things? Since even monks are not always capable of reaching this level of love, how would young people who have just started a mature life be able to do it?

AUTHOR: Of course, you are right that not many people can accomplish such a feat. However, everyone who wants happy family relationships should try his or her best to develop love for God first. In this case, it will be easier to have love in the family as well. Here is what Bhagavad-Gita says (2.46):

All that is served in a well of water is better served by a vast lake; similarly all the purposes in all Vedic scriptures are realized to he who knows the Ultimate Truth.

HUSBAND: So the love for God is the Ultimate Truth of the Vedas?

AUTHOR: Haven't you heard about it before?

HUSBAND: Well, I just thought that there are some other important purposes as well, but I suspected it to be this way. I wonder how much one needs to cleanse one's consciousness in order to become at least somewhat happy in family life.

AUTHOR: We can not live without love by nature. Thus, before we develop this rare and lofty love for God, we try to at least love each other.

People have various levels of consciousness which correlate with certain types of love between the family couple. Our subtle body contains seven energy centers. The Vedas say that the bottom centers come in contact with fleshly, low-level consciousness which is controlled by a gross physical force. Love which has emerged from one of these bottom centers also has a gross form.

The relationships between a man and a woman form as a result of a compatibility on certain levels of their consciousness. The higher level of consciousness each of them has, the more of their top centers come in harmony.

HISBAND: Could you, please, describe the functioning of these energy centers?

AUTHOR: All in all, there are seven energy centers, or, as the Vedas call them, seven chakras which exist only in one's subtle body (mind, intellect, and false ego) and can not be seen from the outside. Each of our interests and intentions is connected with one of these seven centers.

1. **The root center** located at the perineum is responsible for our ego [selfishness] and sexual relationships. If the spouses have a harmony on this level only, sex becomes the ultimate purpose of their lives.
2. **The navel center**, located approximately three inches below the navel, is responsible for self-preservation, greed and fear. The family whose harmony is formed on this level sees their ultimate goal in having a comfortable life (with their own house, furniture, cars and other material goods).
3. **The solar-plexus** also known as the power center is located in the solar-plexus region of the body. It is responsible for one's ambitions, digestion and satisfaction. The main goal for a family couple who have harmony on this level is to attain prestige and be respected in society.
4. **The heart center** located at the center of the chest is responsible for one's morality. People, whose love is formed on this level, see the ultimate purpose of their family in following moral principles that provide peace and well-being.
5. **The throat center** at the base of the throat controls one's feelings and emotions. The main goal for people harmonizing on this level is to attain control over their feelings and to develop a very acute perception of this world.
6. **The brow center**, located in the center of the forehead, regulates the activity of one's mind.
People, whose love exists on this level, aim at studying scriptures, understanding the meaning of life and cleansing themselves from sins.
7. **The crown center** is located on the top of the head, or crown. It controls one's intellect. If two people have a harmony on this level, their ultimate goal is to attain pure spiritual knowledge and to serve God with love and devotion.

Love generated in the two bottom centers can exist even between cats and dogs, while the harmony that emerges in the crown center can be found only between the most spiritually developed human beings.

HUSBAND: That is interesting. Now I would like to know how young people who are developing themselves can find a future spouse with highly spiritual aspirations. If one's bottom centers are still active, how can they attain harmony on the level of the top chakras as well?

AUTHOR: This is a topic for a big new discussion. Therefore, first, let us make conclusions of what we have clarified this time.

CONCLUSION: The ultimate amount of family happiness is determined by the level of aspirations of the spouses. That is why the Vedas recommend starting to develop good character traits long before the marriage. If one has an elevated life goal, his or her character naturally improves. The highest goal is to attain love for God. That is why, if one tries to develop love for God, his or her ability to love the family members increases too.

Love emerges by itself, but not many people use common sense when choosing a partner. The level of spirituality of the relationships is determined by the level of the harmony that the two people have. The type of harmony always correlates with one's interests and aspirations. Therefore, by developing more spiritual aspirations, young people will be able to create a happier family.

PURE MOTIVES ARE THE MOST IMPORTANT

In order to build a stable, satisfactory marriage, one should be very attentive to what attracts him or her in another person at the time of initial acquaintance. Only in the beginning can one stop the development of undesired relationships. With time they become stronger and hard to change, even if one realizes the inanity of the situation.

One needs to understand that the behavior of another person at the moment of acquaintance should not be the main criterion for choosing him or her for a family partner. It is in human nature to behave ideally when you want to be liked by someone. Both men and women try to look better than they are in reality in front of the person with whom they have fallen in love.

WIFE: So what are the criteria that my daughter should use when looking for a future husband then?

AUTHOR: She can understand whether a man has a good nature simply by analyzing his concept of family happiness. An intelligent person can easily understand one's level of consciousness just by asking one what kind of happiness he or she wants.

HUSBAND: So how does the concept of family happiness of spiritual people differ from that of unworthy ones? Please, explain to us what kinds of happiness people on different levels of consciousness would desire.

AUTHOR: Okay, I will start from the lowest level of consciousness and then will move up.

1. If a young man considers himself a body, he wants to be happy with another body. He desires pleasures from sex, food and comfort. Therefore, such a man will be attracted by a young girl with a good-looking body and well-developed physical functions. He will not pay attention to her beliefs, character or interests. The main motive to create family relationships for such a man would be to experience a great pleasure from sex. The man's behavior will reflect his aspirations – he will try to seduce the young girl as quickly as possible.

A girl with similar motives would look intentionally garish, trying to show off her physical strengths by a vulgar behavior. She would not resist too much when someone would try

to have sex with her without even asking her name. The only thing that seems to be important for her is how cool the guy looks.

2. Certain people think that the most essential in family life is a big house with nice décor, expensive cars and good social connections. A young man with such a concept would be attracted by a wealthy girl. A young woman, on the other hand, would be looking for a successful man who can provide her with all these material goods.

3. A young man who wants to become a high-level manager and a successful businessman would be looking for a girl with a high social status. A girl with similar aspirations would want to find a respectable man.

4. A young man from a decent family who works on his character would fall in love with a modest, well-brought-up girl. Young women with similar characteristics value responsibility, honesty and worthy behavior in men.

5. Sometimes people find each other while practicing self-perfection, cognizing the world and developing self-control. In this case, a man would be attracted by the pliancy and astuteness of a girl. A young woman of this type would look for a man who has an optimistic worldview and can face all life hardships with tolerance.

6. Even rarer is the harmony that emerges between the people searching for the meaning of life. When such young people meet, they build their relationships in order to work on self-perfection and study spiritual knowledge.

7. The most infrequent type of harmony occurs when people want to build the family to serve God together. As a rule, such young people have lead spiritual life before they meet each other. They often continue their religious practice even in the following lives.

WIFE: I have always thought that love is a very pure and elevated feeling, but your words make it seem the opposite way.

AUTHOR: Love is always the manifestation of one's spirituality which constitutes one's highest nature. However, love can be affected by one's ego. The lower the level of the energy center on which the harmony emerges, the more egoistic influence this love will contain.

HUSBAND: As far as I understood from your words, love for God is much stronger than love between people. Why do then people get more attracted by each other and not by God?

AUTHOR: Just in the same way as an elephant would ignore a computer, we do not understand that we should develop love for God who is the source of all love in this world.

HUSBAND: Are we not smart enough for such kind of love?

AUTHOR: Yes, the sins that we have committed throughout our previous lives prevent us from understanding the importance of love for God. However, even the mere desire to develop such

love is higher than any feeling existing between a man and a woman. Only rare lucky people can experience true love for God. At any rate, everyone strives for the eternal happiness and highest spiritual knowledge. The main purpose of a human life is to achieve the ultimate and most pure love – the love for God.

WIFE: That is all great, but we are talking about how to find a right future partner. I have a question. You have given an overview of different motives of young men. However, young girls also need to understand what level of consciousness they have in order to make a better choice.

AUTHOR: Yes, you are right. The most important step one needs to take when choosing whom to marry is to understand the motive, or the expectations about the future family relationships that one has oneself. “Motive” in this case means the desire to love the other person in a certain way. A girl will be attracted by a man who has a similar understanding of family happiness. One needs to determine what he or she wants from family relationships most of all and this will determine on which energy center the harmony will emerge. This type of harmony will stay between the partners all their lives and will be very hard to change after the marriage.

WIFE: So does that mean that you can not develop relationships after the marriage? But it is so unfair!

AUTHOR: It is fair, and the progress can take place, but only if the spouses will truly work on self-perfection. Before they start self-development, it will be next to impossible to influence their relationships in any way. Unfortunately, people usually wait when their partner will change instead of starting to change themselves first.

WIFE: How do I understand what motives my daughter has? She would not tell me everything herself.

AUTHOR: It can be easily comprehended by looking at in what type of company your daughter is trying to find a suitable young man.

HUSBAND: It sounds very interesting. Could you, please, tell us more about what types of company there exist and how they are connected with the motives for creating a family?

AUTHOR: Okay, it is very easy.

1. *Young people who want the most primitive, fleshly happiness, will be looking for each other at the bars, night clubs and other similar places.*
2. *Those who want comfort and wealth in family life would try to find a partner in expensive restaurants and resorts or among their friends who are successful businessmen.*
3. *If a young man or a young woman desire fame and power, they will try to go to special invitation parties and elite meetings and look for a partner there.*
4. *Those who are working on their character would most likely find each other among people with similar interests – at yoga classes, meditation centers, etc.*

- 5. Those with motives of the fifth level and higher will usually find a future spouse in the company of spiritual people. Such young people usually practice the same religion or have similar ideas about spiritual progress.*

Thus, the motives for creating a family can be easily seen from the type of company that one keeps.

WIFE: Can't a girl from one type of company marry a young man from another type of social surroundings?

AUTHOR: It happens too, but usually such marriages are unhappy and are the result of some bad karma that the spouses have. The problems begin when one of the partners realizes that he or she has made a wrong choice.

WIFE: But what if the one with a lower level of consciousness tries to improve and will reach the other person's level, can they still attain strong relationships?

AUTHOR: As I have said already, in the beginning of their family life it is very hard for young people to work on self-perfection. Then, as soon as their emotions cool down and the common sense returns, young people who have different interests start fighting. That is why you should choose a person whose beliefs and aspirations are similar to your own.

WIFE: What if my own motives are not all that great and do not even reach the fourth level in your classification (on which I could have at least a somewhat happy life)? Does that mean that I will never be able to have more advanced family relationships?

AUTHOR: Relationships can be improved in any case, but the cost of it will differ. It is much easier to work on yourself before the marriage and gain the same characteristics that you would like to see in your future husband or wife.

WIFE: What if you have already created a family based on the motives of a lower level, how can you change it?

HUSNAD: That is why I have brought you here, dear – in order to change the situation.

WIFE: Thank you, but your latest attempts to improve our relationships have caused only more fights. You have been learning here for quite a while, but I somehow don't see any results!

HUSBAND: Honey, what happened? Why do you act this way? We were having such a nice conversation!

WIFE: Don't try to change the topic. I want your explanation of why the previous discussions on happy life that you attended have not made our relationships any better.

HUSBAND: It is because one should first change inside in order to have strength to change relationships with others. Right now I am working on myself but soon will get to you as well.

WIFE: No, please, just continue perfecting yourself. May be it will change something.

AUTHOR: What lively people you are!

WIFE: Please, excuse us.

HUSBAND: Yes, please, do not take it seriously. By the way, think I had some question related to our topic. Oh, I remember, I would like to know the details about each of the seven types of relationships: how they start and develop, and what results they bring.

AUTHOR: It is about time to talk about that, but let us first draw some conclusions of what has been said earlier.

CONCLUSION: In order to develop strong and satisfactory relationships in the future marriage, one needs to pay a very close attention to what feelings he or she experiences when meeting a person. One needs to understand his or her motives for creating a family even before meeting a future partner. Once the people have met, it is hard to change anything.

There exist seven types of harmony between people that correspond to seven energy centers and certain motives that these people have. Only four out of these seven types of harmony can make a family happy, the other three will bring about unavoidable sufferings.

The wisest way to achieve family happiness is to start self-perfection (spiritual practice) before meeting a future husband or wife. If a person has realized that only after the marriage, he or she should start working on him- or herself immediately and gradually change the existing concept of a happy family. This will lead to the improvement of this person's relationships with other family members.

~chapter two~

TYPES OF LOVE AND MOTIVES FOR CREATING A FAMILY

LOVE BASED ON MERE SEXUAL APPEAL

We will now discuss the first type of love, which is very frequent in our times. Such love emerges when two young people get attracted to each other on the level of the lowest energy center, i.e. when they desire sexual pleasures. The concept of happiness for such young people is connected with the activity of the root chakra. They usually look for a potential partner in various places of entertainment. Once having found one, they use all means to persuade this person to have sex with them. Such people become compatible only on the level of the most bottom energy center.

This center is influenced by the activity of the planet of Mars. Mars regulates human will and ego, muscular tissue and male genital organs, and, as a result, it also controls sexual relationships. Young girls driven by such motives value just how ‘cool’ a guy looks. Young men of similar nature try to quicken the development of relationships and seduce the girl as fast as possible, e.g., right after having met her at a bar.

This simplest kind of compatibility is typical for the majority of young people today. Upon reaching puberty, young men and women become naturally attracted to each other, mistaking this feeling for true, deep love. It can not be true love, since neither one’s character, nor one’s beliefs and aspirations are taken into account on the level of this energy center.

HUSBAND: Do such people consider these relationships real love or just a form of entertainment?

AUTHOR: There is not such a distinction for them. Certainly, these relationships can be considered love. Young people experience various aspects of love: their heart aches; they compose romantic art where their fleshly pleasures are reflected. The same values are celebrated in bars and night clubs to which they go. Being surrounded by this atmosphere, young people think that this is the only possible type of happiness. All forms of their entertainment – songs, dances, poetry, music and movies - do not go above the level of sexual desires.

HUSBAND: Which songs are associated with the lowest energy center and sexual appeal that goes with it?

AUTHOR: The meaning of these songs is almost always the same: “You love me, you don’t love me, kiss me, and I love you, I will love you and I will leave you, and I will cheat on you. Let’s go to some quiet place where we can have fun tonight” etc. The concept of these songs often appeals to young people. It is based on the idea that we should indulge in sexual pleasures, and, if we get tired of our partner, then - “bye, bye, baby.” Young men and women who listen to

this type of songs, or watch similar movies, accept this vulgar love and will unavoidably be trapped by it themselves very soon.

WIFE: Can't a man with such a low motive meet a highly spiritual girl and fall in love with her?

AUTHOR: Yes, it often happens. These people can have a harmony on both the most bottom chakra (for the guy) and on chakras of a higher level (for the girl). However, such love doesn't usually last very long. A man will try to have sexual relationships with a girl as soon as possible while the girl will try to avoid intimacy. This will create conflicts that will inevitably result in the break up.

HUSBAND: Is it always like that?

AUTHOR: Yes, the harmony on higher levels prevents people from debauch and requires that relationships develop gradually.

WIFE: What if a young man is dishonest with a girl and wants to seduce her as soon as possible, what should she do?

AUTHOR: It is hard to answer this question right away. It depends on a certain situation. That is why, in order to avoid such incidents, we study how to understand what kind of people can make us happy.

WIFE: Can the girl's parents help her to avoid such problems?

AUTHOR: The Vedas say that parents should prevent their young, prudent daughters from excessive contact with men. They are allowed to punish both their sons and their daughters if the children are behaving improperly. Unfortunately, children become independent too soon now and parents often can do very little.

HUSBAND: Can a young girl protect herself from solicitation?

AUTHOR: She definitely needs to know how to do it. However, the most important thing that she should understand is that it is in the female nature that a woman can not protect herself from a man if she allows him too much from the beginning.

A girl who has been properly brought up behaves very carefully. In this case, men will be hardly able to harm her in any way.

WIFE: Thank you for giving me some hope.

HUSBAND: But how about those who did engage in relationships of this kind?

AUTHOR: The family life of people who base their love on sex can develop in one of the three possible ways.

Variante one. Often such young people do not want to get married because the only thing that they desire is sexual pleasures. Only by chance or because of strong emotional dependence on

each other do they marry, usually without any hesitation. They just want to be together and have sex as often as possible.

When getting married only because of sexual attraction, people gradually realize that they have nothing in common. Their interests differ and it is hard to spend free time together. They do not enjoy talking to each other and do not understand each other well.

With time, such couples get tired of one another. They start fighting every time they try to change the situation. They can become reconciled for a while and then will try to get as much happiness from sexual relationships as possible again. However, it is natural that their mutual sexual attraction will gradually decrease. Thus, realizing that the only stimulus to keep the family together has disappeared, such people become drawn apart from each other more and more. Most of the times, that is where their love would end.

HUSBAND: When do such people usually start having first problems?

AUTHOR: They can start experiencing problems as soon after six months of living together. In two or three years it develops into a crisis.

HUSBAND: How often do people have such marriages in our time?

AUTHOR: Very often. In this kind of marriages people are not faithful to each other. That is why they prefer cohabitation to traditional marriage, as it would give them more freedom and fewer responsibilities. Many young people today build their relationships based on sexual attraction and do not get officially married. This is one of the main reasons why young couples break up so often.

WIFE: Do all people who cohabit do so because of sexual motives only?

AUTHOR: Why else would they live this way? If people treat each other at least somewhat seriously, they will get married.

WIFE: A friend of mine told me that she and her husband cohabit because they do not like all these fancy formal ceremonies.

AUTHOR: They can say whatever they want. But if this woman truly wanted long-lasting stable relationships, she would have insisted on getting married legally. Who cares about what one likes and dislikes when it is his or her future children who might suffer the most?

HUSBAND: I think that you have discussed the nature of premarital cohabitation from only one angle. Why be so categorical? Do not forget that they have been introduced to our lives after serious psychological studies.

AUTHOR: Yes, you are right. This is a very complicated topic and we will devote a separate discussion to it. Now, however, let us return to the possible ways in which relationships based on sexual desires might develop.

Variant two. Some young girls are ready for anything in order to avoid staying alone. Seeing that a man is sexually attracted to her, such a girl decides to use the opportunity and pretends that she has fallen in love with him.

HUSBAND: Why pretend?

AUTHOR: A girl who has had a number of relationships already is not able to experience true love to men any more. Her dissolute life has exhausted most of her physical and emotional resources. However, she does not want to stay single. Thus, when such a woman meets a man who wants to have sex with her, she, by fair means or foul, tries to make him marry her.

HUSBAND: Why does she do that? Who wants marriage without love?

AUTHOR: Most of the females do not like being alone. A woman feels much happier when she has a child. Therefore, whether they are aware of it or not, those young girls who lead a dissolute life always want to finally get married and have children.

WIFE: So how long can such a woman pretend that she is in love with a man?

AUTHOR: Having satisfied his sexual needs, a young man soon starts realizing the true state of things.

WIFE: Will the woman be able to save the family in this case?

AUTHOR: Of course, if she tries hard, she can achieve something. However, while in the first variant the spouses were at least sexually compatible, in this case even this compatibility is not complete. Thus, the husband and the wife will gradually become strangers to each other again. Still, if at least one of the partners decides to start working on self-development, their relationships might improve with time.

Variant three. Both of the young people have a long history of past relationships. Having got tired of such life, they mutually agree to marry each other in order to run away from the situation. They need to bind their life to someone, but they do not have any sexual energy left, neither do they have any other advantages.

Such people are very unhappy and do not want to be alone. It often happens to people who at the age of 30-35 feel that they have had enough of free life. There is not much love nor much dislike in their relationships. They usually either become drunkards together or seek satisfaction at their jobs. In any case, both of them soon start to truly regret having married without love.

All three of the variants show that people who see happiness only in sexual relationships experience multiple hardships in their families.

WIFE: Your explanations are very logical, but I do not understand why, having created relationships on the level of bottom energy centers, young people can not harmonize their higher centers as well.

AUTHOR: The reason is simple. If higher centers of these people come in some kind of harmony, their relationships on the levels of these chakras should develop as well. These relationships require more spirituality and prevent people from engaging in sexual pleasures too quickly. Because such young people see “true love” in sex with no boundaries, the harmony on higher energy centers becomes an obstacle for them. They soon become disappointed in each other and break up in order to find someone for more free and reckless relationships.

If two people get married only because the girl is pregnant, that means that they have never had harmony on higher levels in the first place. It can always be developed if the partners change their lifestyle, but that is a different conversation.

HUSBAND: Do you think that people with such motives could live some time with one partner and, then switch to another one? It seems to be somewhat helpful for people in this situation.

AUTHOR: That is exactly what they often decide to do. The worst thing about it is that even their ability to get satisfaction from sex gradually decreases. A new partner brings less and less happiness, which leads to deep depression (especially among women) or drugs, alcohol and sexual perversions (especially among men).

HUSBAND: Why go so far? Tired of dissolute life - turn over a new leaf and get married. What can prevent you from doing so?

AUTHOR: This is what most of today’s followers of sexual revolution think. They believe that one should enjoy free life as much as possible first, and then, having had enough, he or she can start thinking about creating a family.

However, we should know that to have a happy family life, young people need to have harmony. One can deserve this harmony only for his or her proper deeds in the past. The more piety one has, the more harmony he or she will attain. If young people have wasted all of their piety on free sexual relationships, how do you think they can create a family? Their love potentials have been almost exhausted by this time.

HUSBAND: Okay, I see, but even in this situation, instead of giving up, one can start leading an ascetic life for a while. Then, having purified oneself, he or she will be able to build healthy family relationships.

AUTHOR: Some young people manage to repent sincerely of all their previous deeds and turn to a proper life. Just like you have said, they can become successful in this case. However, very often such people have exhausted all their energy and intellect and can not change anything at all. As a result, they become more and more absorbed by the mode of ignorance (alcohol, crime, drugs, and sexual perversion).

WIFE: Is there a way to help these poor people for whom there is no future?

AUTHOR: Their intellect is seriously affected by the desire of sinful life, and, therefore, it is extremely difficult to help such people. In most of the cases only severe hardships and sorrows can make them stop, think, and start listening to others’ opinions on what they should do. Only then would you be able to help them by means of calm, merciful conversations that might change

all their future life. Spiritual progress for such people will begin from the time when they decide that they want to work on their character.

However, even multiple sufferings can not bring most of them back to normal. It will take them many lives on lower planets in complete degradation to gain a better and more spiritual understanding of happiness.

HUSBAND: Does that mean that, still, sooner or later all of them will manage to return to a proper life?

AUTHOR: Of course they will. There are neither eternal material sufferings nor eternal material happiness in this world. Everlasting happiness can be found only where there is not a particle of self-interest, i.e., in the spiritual world.

CONCLUSION: Love that is based only on crude sexual desire can not make spouses happy. Young people who strive for this kind of family happiness will have to suffer in the future. The bottom energy centers can not reveal one's character, beliefs and worldview, they only see fleshly pleasures. Engaging in this cheap love gradually decreases people's good character traits and increases their negative features. This makes their lives harder and harder every day. People get to the point where they do not see a way out anymore, and so they step on the path of degradation.

The only salutary option for such young people is to repent of their dissolute life and start regular spiritual practice. Spiritual progress will purify them and give them strength and a positive view on the future.

LOVE BASED ON THE DESIRE OF COMFORT AND WEALTH

The next category of marriages is based on the type of love which develops in the area of the navel energy center. Located approximately three inches below the navel, this center is influenced by the activity of the Venus – the planet which fosters the desire of comfort and material luxury and regulates the functioning of female genitals. Young people with the harmony on this level unite so that they can attain their own cozy place under the sun.

WIFE: Is it bad to have your own nice home though?

AUTHOR: Of course it is not, but the Vedas do not recommend making it the ultimate goal of life. Unfortunately, it is the main goal for many people today.

People with such understanding of happiness harmonize on the level of the navel center. With time, they can become compatible in the sphere of the root center as well. The desire of comfort and material goods can make the marriage somewhat more stable than in the first case, but it will not bring much happiness into the family.

WIFE: But it is not a sin to try to provide your children with all necessary things. Why would nature punish you for that?

AUTHOR: I am not saying that you should deprive your children of what they need. The point is that you should not see material wealth as the most important aspect of your life. Many young people think that comfort and prestige are the main sources of happiness. Such ideas will bring about problems in their future family life.

HUSBAND: Could you please explain how they meet each other, develop relationships and what kind of problems they encounter?

AUTHOR: There exist three different ways in which the harmony on the level of the second energy center can develop.

1. If a young lady who wants to have financial stability finds a wealthy man with good social connections, she starts feeling secure beside him. She thinks that this is the husband she wants. Such girl does not pay attention to the man's character, behavior and other similar aspects. If he just has money, a good car, and a nice house, if not now, at least in the near future, then the girl will be satisfied with him. Such desires indicate that the relationships between young people will develop on the level of the second energy center, influenced by Venus.

Seeking for such a partner, a girl tries to socialize into the elite. Men who are not cool enough do not exist for her. She wears stylish clothes and has a high opinion of herself. Young women with such behavior usually meet their future husbands at work or in college.

A man with the same understanding of happiness tries to be rich and cool from his early youth. Striving for comfort and prosperity, he subconsciously gets attracted by bright girls from wealthy families. Such a girl should know how to properly behave in an upper-class society. The best thing, however, is if she has rich parents. Only with such a girl will a man of this type feel good and comfortable.

HUSBAND: Do their language and behavior differ from those of other types of people?

AUTHOR: They insert stylish words in their speech (such as "glamorous", "chic" etc.). They are extremely proud of themselves and their surroundings and often show their disdain for others.

HUSBAND: So is the activity of this energy center associated with accumulating material wealth and enjoying life among similar people?

AUTHOR: Yes, that is right. The relationships of such young people will develop slower than in the first case. First they have to make sure that their partner is rich and cool enough.

HUSBAND: Is this kind of compatibility formed only among the rich?

AUTHOR: Not at all. The second variant of the development of relationships on this energy level is somewhat different.

2. Some young people do not have much financial stability yet, but all they want in this life is to gain material success. All their discussions of family happiness will be based on this desire. Such people can work day and night in order to be able to buy a newer version of TV or a washing machine. All their energy goes towards making their home cozier. Before creating a family, young people will need to make sure that they will be able to have such a home in the near future.

WIFE: It seems that in this case there is even less harmony than in the previous variant – everything seems too rational.

AUTHOR: As I have said before, the higher the level on which compatibility is formed, the slower but more stable the relationships develop. Slow and steady wins the race.

WIFE: It seems rather logical: make sure you have everything necessary before starting your family life.

HUSBAND: Is that why you kept postponing our own marriage?

WIFE: Did you want me, having come from a wealthy family, to live in a slum with you or something?

HUSBAND: Here you go – now we finally know each other's motives for creating the family.

WIFE: I have always known what kind of motives you had. It would be impossible not to get attracted by my father's treasures. But my motives were different. Remember, you were extremely poor when we got married, and only later have you become a respectable man.

HUSBAND: True, that is how it was. So you had more elevated motives then?

WIFE: Of course. I wanted you to get out of this poverty and become a normal person. By the way, what energy center does this motive come from?

AUTHOR: I am sorry but I can not say anything positive on that.

WIFE: Well, tell us anyways.

AUTHOR: Your motives fall under the third variant of the harmony of this type.

3. A poor young man marries a rich girl. He thinks that he is very lucky and that this girl will lead him to financial success...

HUSBAND: While she is constantly nagging and reminding her husband that he himself doesn't have a penny and that it's all her family's money.

WIFE: Do not wash your dirty linen in public. Think about what would have become of you without me? I can tell my father how you are behaving here.

HUSBAND: Please, don't be angry. Of course I am very thankful to you.

WIFE: In which of these three variants is a marriage happier?

AUTHOR: There is not much difference between them. All of such marriages end in the same way.

A similar situation takes place when a rich man marries a poor young girl. While the girl thinks that she is the happiest person in the world having found a wealthy husband, the man finds it comfortable to have a housewife whom he can constantly reproach for being from a poor family.

WIFE: So what is their lot?

AUTHOR: At first they simply do not have time for arguing, since they need to bring comfort to their home. This period is associated with new purchases and great enthusiasm for work. They are completely absorbed by their common goal and hope that soon they will live in comfort and will not have to work so much any more. Interestingly, their list of urgent things to do is never going to end. First they need to buy and furnish a house. Then buy good cars. Then make enough money for their children's education, etc. While working hard to accomplish all this, they are constantly hoping for a better, more comfortable and peaceful life.

WIFE: Isn't it good to hope for a comfortable life?

AUTHOR: The only thing that they do not take into consideration is that one can never be satisfied with what one has. Moreover, all material goods get old with time. Often, in order to reach minimal comfort people will need to go through a lot of hard work and privations. They will always have to renew certain things. Whenever they get some extra money, they will want to spend it on a nice vacation or on gifts for family members.

Being gradually exhausted by this rush for money, they often lose their tempers and start fighting over trifles.

WIFE: I agree that one can hardly be happy when working day and night. But once you have achieved financial success, you will not have to work as hard any more – others will work for you.

AUTHOR: It sounds very appealing, but the greatest part of their lives such people will spend in hard labor. Even after having gained stability, they can not get away from their busy lifestyle. At some point it will result in weariness and weakened health. One can get distracted from the fuss of the daily routine because of some accident or disease; and then one realizes that he or she has nothing to talk about with the partner except for financial matters. This can cause dissatisfaction, depression and the feeling that all your hard work is not appreciated by other family members. That is where endless conflicts begin.

HUSBAND: That is exactly what my life is like. I would come home tired, and no one would tell me anything loving, all are busy with their things. And only when by the end of my pay period, I become "dear Daddy" and "honey."

WIFE: Well, there is no other way I can get anything from you except for talking to you into it.

HUSBAND: You should first give me some food, sit down with me on the couch and say something nice before asking for what you need.

WIFE: And then you will finally be happy? It is too easy!

HUSBAND: Yes, I do not need much material happiness, this would be enough.

WIFE: Okay, we'll see how it works. Now I would like to know how such marriages usually end.

AUTHOR: As I have said before, marriages of this type are more stable, sometimes lasting the entire life. However, because there is not much understanding between the spouses, they can not be very happy together.

Very often, when encountering financial problems, such partners lose the main motive of their family life. They blame each other for the spoiled life and quickly get divorced.

Sometimes one of the partners meets a more successful and respectable person and, under some pretence (such as “we do not have much in common”), leaves their spouse.

Often children, who have grown up in an atmosphere of greediness and desire of money, make their parents suffer. Even child rearing can resemble a market system: “if you get an “A,” I will buy you a toy.” As children grow, they become cynical and avid.

WIFE: That is exactly how you treat our daughter: all she sees is constant presents.

HUSBAND: She is a big girl now and a pretty one too. She needs to look good. Anyways, my question is how can one improve relationships in such a family?

AUTHOR: First of all such people need to study all our discussions about family life. Then they should start fulfilling their own family responsibilities and try not to worry if other members do not fulfill theirs. It is important to make voluntary contributions in the consciousness of goodness and teach their children to be unselfish. Thus, they can have their children help to take care and feed poor senior people, for example. However, the greatest change will occur if one of the partners starts exercising self-perfection.

HUSBAND: This is a very short answer. Could you, please, give some more details?

AUTHOR: This question concerns all of our discussions in general. You will get complete and useful answers during our future conversations. Do you have any more questions about the harmony of second type?

HUSBAND: Everything seems to be quite clear about this kind of harmony. I can see how it works in real life. It would be good to know about families with a higher level of compatibility now.

WIFE: I personally think that our relationships are not as terrible as they may seem at first. My husband, children and I have much in common. Moreover, recently we have been studying the proper daily routine all together.

AUTHOR: I think so too. By practicing self-perfection you will certainly increase and elevate your harmony. If you do not have any more questions, let us draw a conclusion.

CONCLUSION: Those people who want to make their lives comfortable and unclouded harmonize on the level of the naval energy center. With comfort and material wealth (and not sexual relationships) being the main motive of such marriages, these families are usually somewhat more stable than in the first case. However, what kind of happiness can there be when relationships are based on people's greediness?

Young people with compatibility of this kind always try to look stylish and cool. They find their partners among those who are also bright and proud of their appearance. Having created a family, these people would spend years trying to get the best house, cars, and most prestigious education for their children.

When they exhaust themselves in this rush for elite happiness, people start thinking how much other members of the family value their hard work. Gradually they realize that nobody is too impressed by their deeds. Worn out and unhealthy, such people begin conflicts with their family. Thus, having based their marriage on greediness, they become very unhappy in family relationships.

At this point one of the spouses might start thinking about how to improve the situation. He or she can succeed only by following the principles of unselfishness, honesty and self-development. With time the partners will certainly realize that all their hardships had been caused by the wrong understanding of family happiness. From that time it will be possible to truly make their family relationships happy.

LOVE BASED ON DESIRE OF POWER AND PRESTIGE

There exist gross and subtle motives for achieving material happiness. If people get married because of more subtle motives, they will have somewhat more stable and harmonious relationships than when basing family life on more gross aspirations. The Vedas say that it takes a lot of power and knowledge to learn how to operate with the subtle matter while it is not necessary to be exceptionally smart to be able to enjoy gross material pleasures. Unfortunately, even if one manages to take control over the subtle matter, but does it for greedy purposes, one will still eventually make his or her life unhappy.

HUSBAND: Could you, please, give examples of subtle and gross material motives?

AUTHOR: Gross matter consists of chemical elements and their combinations. One has gross material motives when desiring pleasures from one's own and the partner's body, when one wants to enjoy the body of his or her child and strives for comfort and material luxuries.

WIFE: But isn't it cruel to consider your child a piece of matter and treat it stiffly and coldly?

AUTHOR: True, it is a great cruelty to treat your child as a body, and not as a soul. That is why one should not admire and play with one's child's body too much. When the child grows up, he or she will think of him- or herself in the same way as he or she was treated by the mother during the childhood. The child will strive for the same type of relationships as the mother wanted from him or her. If the mother had always tried to enjoy playing with her child's body, the child will seek the same egoistic pleasures in the future.

WIFE: How does a woman who treats her child as a soul behave?

AUTHOR: Such a mother would pay more attention to upbringing her child as a good, honest and unselfish person. That is why she would try not to spoil her child, but be more consistent and discreet when fulfilling her maternal responsibilities.

WIFE: Can't you love your child's body and soul simultaneously?

AUTHOR: The Vedas say that you can not. When thinking about a child as if it were a body, a mother immediately forgets that he or she is a soul. As a result, she starts worrying about the child's material comfort, but not spiritual development. However, if a mother treats her child as a soul, the child's body will not suffer from it. On the contrary, it will naturally become healthier.

WIFE: But how do you provide spiritual development for your child?

AUTHOR: First of all, one should make sure that a child is surrounded by good people. When socializing in such environment, a child would cleanse his or her mind from the material concept of happiness and will want a different kind of happiness, connected with the perfection of his or her spiritual nature.

WIFE: And where can I find such people for my child?

AUTHOR: You can become one yourself. Then you will not have to put your parental responsibilities on anybody else's shoulders.

HUSBAND: I got it: by means of constant thinking and working on our own self-development, we purify everyone around us because we provide a positive influence on them.

WIFE: You seem to have realized that a long time ago: you think only about your own progress and don't care about the kids.

HUSBAND: How easily can you interpret every word your own way!

AUTHOR: It is better to express your idea about spiritual progress in a slightly different manner. Instead of: "by thinking and taking care of our own spiritual development we will help everyone around," you can say "in order to help everyone around us, we will try to develop

spiritually.” Not your own, but everyone’s happiness should be your ultimate goal. If you start with such unselfish motives from the very beginning, it will be easy to help yourselves and others.

HUSBAND: I see. But you haven’t said anything about the subtle motives of happiness. How can one determine them and what are their major characteristics?

AUTHOR: That is what I was going to discuss you now. If one sees his or her life goal in attaining fame, success, power, high social status, and the ability to control one’s psyche, he or she has subtle motives of material happiness.

Neither the desire of controlling the subtle matter nor the desire of controlling the gross matter will make one very happy. Subtle matter consists of the mind, the intellect and the false ego all of which also have a material nature. When one wants to enjoy one’s subtle material mind, subtle material intellect and the false ego it means that he or wants to take delight in the subtle matter in general. However, it takes a lot of skill and knowledge to be able to control one’s subtle matter. That is why such people work hard on self-development in order to gain these abilities. As they succeed in taking power over others, their pride, arrogance and anger increase too.

HUSBAND: You have always talked about self-development as the most important thing in life. And what do I hear now? It turns out that self-control and self-perfection do not bring much happiness. Why did you make so much fuss about them then?

AUTHOR: Self-control is a good instrument for achieving one’s goals. However, because there are different goals, such instruments can serve either good or bad purposes. If self-control is exercised in order to understand one’s own spiritual nature, it will bring him or her progress. If it is used to achieve fame, prestige and power, it will not make one happy in the end.

That is why self-control itself should not be the main goal of our lives. We should try to achieve self-control in our desire of spiritual progress. Every intelligent person, no matter what he or she does, should work on self-control. Even criminals need it.

HUSBAND: Okay, I see about self-control now. But what about power? I could make everyone happy so easily if I had power to do it. In this case wouldn’t the desire of power be a good thing?

AUTHOR: Again, power in itself should not be considered a goal. It can be employed as a tool for achieving some good objects. One can use power in order to make people happy, but the same power can be used to make everyone miserable. Power is a force that has a great influence on the intellect. Sometimes people strive for power for bringing happiness to others, but once they gain it, they can forget about their good purpose and begin to enjoy themselves the power that they have.

HUSBAND: Is that possible that the highest powers of the universe could grant authority to a person who, having had a generous goal in the beginning, changed his or her motives later?

AUTHOR: That is why when trying to achieve power, people usually get either very little or no authority at all. Those people who become truly powerful usually have very elevated goals.

However, once you get some power, it is hard to retain your good will. Possession of power is a test which not everyone can pass.

If a person does not look for the knowledge about the ultimate happiness and only desires authority, it will be even less possible for him or her to be able to use it properly. On the other hand, if one's aim is to develop spiritually, one gains necessary character traits and receives power as a result of hard work on oneself. Power will benefit only those who do not get tempted by it and manage to remember their ultimate goals.

HUSBAND: So power is good but the desire of power is bad. But how can you get power if you do not seek after it?

AUTHOR: One should not seek after power; one should seek after serving God and in this making others happy. Having such aspirations, one will receive the amount of power that one can handle. Power is granted to people for their merits, when they achieve a certain level of pure consciousness. If one just wants to be powerful, he or she will either not gain any power at all, or will not be able to use it properly (because of not having necessary character traits). As a result, such a person will have to suffer greatly.

That is why those who strive for universal happiness receive power and remain happy. Those who desire the power itself will become unhappy whether they achieve it or not.

HUSBAND: I see.

AUTHOR: Since that is clear, let us continue to discuss different motives for creating a family. We will now talk about the case when people get married because they want power and prestige. I will explain the first variant of relationships that develop on the level of solar-plexus energy center.

1. The motives associated with power, fame and prestige generate harmony on the level of solar-plexus center. This center is influenced by the Sun, a planet which has a masculine nature and helps one to find his or her niche in the society.

Usually those people who want to create a family in order to gain power and prestige start exercising self-control at a very early age. They participate in sports, fast, study breathing techniques that help to concentrate, etc. Growing up, they try to become leaders among peers, and study management. However, no matter how much they work on themselves, they always treat others very arrogantly.

HUSBAND: So does that mean that even when practicing self-perfection and developing a strong will one still can not eliminate arrogance?

AUTHOR: How can one become humble if he or she is seeking fame, prestige and power over others? Certainly, in order to be superior, one will have to work on oneself, but improving one's character will not be the ultimate goal in this case. That is why this type of self development will not only increase one's power to control others, but also one's pride. We have just talked about it – self-control should not become a tool for some selfish purpose. Otherwise, it will spoil one's character even more.

HUSBAND: How much can one spoil one's own character by using self-perfection for selfish ends?

AUTHOR: As one gains more and more power, one's pride, pretensions, anger and intolerance increase too. In the end, one either finally decides to cultivate humbleness, or becomes a despot.

HUSBAND: Could you describe the behavior of women who want to get married because of power and prestige?

AUTHOR: Such young girls want their future husband to be a respectable and influential man. Because they understand that it is important to be up to the mark, they also work on themselves constantly: do sports, diet, fast, learn foreign languages and rules of etiquette. They create a very stylish image comparatively easily, but, just like the men of the same category, can hardly change their ambitious character.

The relationships on this level develop even longer than in previous cases. Young people can spend a long time doing sports, studying or working together. The ability to keep one's word is what they value in each other most of all. Once married, these people try to maintain a respectable reputation and deferential relationships with others. Before they attain any power and fame, they are able to behave properly and stay away from bad habits. However, as soon as they achieve their goal, their family relationships begin to spoil.

The language of such people is powerful and assertive. They take a lot of interest in politics, social life and national problems. They like novels and films in which a character, by means of violence, is able to become the winner in any hard situation.

The families of such people are usually more or less stable. These people tend to hold high posts, especially in the area of police, politics and army. They value family traditions and treat each other politely. What is hard for them to achieve is trusting relationships and the ability to solve problems and exercise self-perfection conjointly with other family members.

HUSBAND: So are these mostly the families of directors, policemen and military men?

AUTHOR: Yes, but not exclusively.

2. In the second variant of the relationships of this type, people tend to have the following similar interests: business, sport, gymnastics, tourism, traveling and even science for the sake of fame and prestige.

Their relationships will remain stable until they achieve their goal. As soon as fame and honor enter their home, their ego starts growing quickly. Since that time, they begin to constantly argue about views on life and self-perfection and on how to raise their children. When being in public and going to various prestigious places, they tend to agree with each other. However, as soon as they direct their attention to one another, their ambitions clash and multiple conflicts emerge. Because their pride would not let them change anything, they do not know how to resolve these family issues.

WIFE: Is it really so hard for respected people to resolve their family problems?

AUTHOR: Very hard, just because they do not have compatibility on the levels of the mind and the intellect. What they harmonize in is their selfish desire to gain power over others.

If two partners try to change each other or bring up their children together, it will result in a lot of issues in their life. One needs to be unselfish and understanding to be able to collaborate. Such traits can be either gained because of the compatibility on the levels of higher energy centers or as a result of hard work on oneself. The families of this type have neither.

WIFE: Why is it not enough to just explain to a person in which way he or she needs to improve? Why do you need to work on yourself as well?

AUTHOR: For many reasons we often can not explain even simplest things to a person who behaves arrogantly. One can not overcome pride by means of logics: this is one of the laws of karma.

WIFE: So it's all the fault of karma again?

AUTHOR: You are rights that it is someone's fault, but karma itself should never be blamed, as it is the tool of justice.

HUSBAND: Then why when trying to explain anything to our relatives, it seems as if we were talking to a wall?

AUTHOR: Only we ourselves should be blamed for our own problems. The first thing that one needs to understand is that each of us has lived multiple lives before, that our subtle bodies have formed entirely, and now it is very hard to change it. We talked about this during our previous discussions on the modes of material nature.

Moreover, it is important to understand that if you want to establish a contact on the level of intellect, you have to explain everything humbly, and not arrogantly. The listener needs to be in a humble mood as well. The category of people that we are discussing can not be humble in general, so why would they listen to each other?

WIFE: After so many years of living together don't they realize that the best thing would be just to bear each other and not interfere in each other's lives?

AUTHOR: Their ambitions won't let them understand that. Having married with certain motives, such people try to realize their aspirations with the help of the partner. When they fail to do so, they decide to start changing each other. Finally, they realize that they won't be able to do that either, after which they become completely disappointed. How can one change anyone by means of preaching to him or her all the time? Each of us has individual peculiarities that have been forming throughout all our previous lives. Without understanding this, such obstinate people keep trying to change each other.

They truly believe that if they yell and lecture to their partner, he or she will change at least a little. However, all these efforts are to no avail. Nothing changes. As time goes by and they live with each other as strangers, they become more and more disappointed in everything. Only their initial motive, i.e. maintaining high social status, keeps the relationships together. If a family of athletes, directors, or military men has been created for the sake of fame and power,

that is all they will be able to enjoy. They will continue to be arrogant until they change their life goals.

The only way out is for one of the partners to change his or her worldview. This can only happen under the influence of people with similar ideas. Without such people around, it will be impossible to gain a higher goal in life and get away from the desire of fame and respect.

WIFE: But if the solution of the problem lies in self-perfection, why can't these people understand that? Directors and managers are usually quite intelligent people.

AUTHOR: When directing others one feels that he or she is good enough already and that it is other people who need to change. One has to realize that one needs to change oneself first. Until one decides to improve there is no way others can influence him or her. At the same time, only when socializing with certain people will a person be able to start wanting to change for a better, more spiritual life. However, it is hard to find such people when one has interests of a lower level of consciousness. Therefore, the only way to improve one's character is to change one's aspirations and understanding of happiness. Such a person can achieve it by listening to and following the advice of people with higher aspirations.

Another reason why it is always hard to change others lies in the fact that others will listen to you only if they respect you greatly and if you yourself follow what you are trying to preach. Even right information will not penetrate in people's mind if they do not respect you. Moreover, if the information that you give is not of the best quality, how will they respect you in the first place? In order to achieve respect in the family, at least one of the members should constantly work on him- or herself. This person can serve a good example for the rest of the family. Again, he or she should not push and try to reclaim others, it will happen gradually as this person's own character develops.

HUSBAND: So they are not interested in anything else but power and prestige?

AUTHOR: What do you mean?

HUSBAND: Are there any intimate feelings like love between such people?

AUTHOR: Love is what we have been talking about all this time. Love can be understood in many different ways. Such people like power, and their love consists of respect for each other's desire of authority.

If you are asking about how fast their intimate relationships develop, we have talked about it as well. Usually the love that has developed on the levels of higher energy centers soon appears on lower centers too. The relationships in each family will eventually become intimate, otherwise, there would be no children born.

WIFE: So does that mean that if two people harmonize on the levels of higher energy centers, they will become automatically compatible on lower centers as well?

AUTHOR: We do not have to compel ourselves to eat, sleep, or enjoy material comfort because all these desires come naturally. Similarly, once young people become compatible on one or

more top energy centers, it will not be long until their less high motives come in harmony as well.

WIFE: Is it possible, though, that such people can never become compatible on the level of lower energy centers?

AUTHOR: That also can happen, but if the partners have spiritual motives of family life, problems in sexual relationships will not upset them too much. On the other hand, if people consider sex the main purpose of marriage, such incompatibility may become a serious issue.

CONCLUSION: Sometimes people see the main purpose of life in the ability to enjoy the subtle matter existing in the form of pride, fame and prestige. In this case their family relationships will be based on the energy of the center that is located in the solar plexus.

It is not easy to achieve such a harmony. Since one has high expectations about the future partner, one has to work on him- or herself very hard first. Such people do not understand that it is impossible to change their character without cultivating submissiveness and unselfishness. Still, they try to become perfect.

If such a person finds someone who has similar desires, i.e. those of prestige and respectability, they create a family. Then, they step on the path of hard work in order to attain their goals. If consistent and very motivated, sooner or later they succeed in what they have been striving for.

However, this is when conflicts begin. The husband becomes more and more proud of the fame that he has achieved. The wife, on the other hand, realizes that they wouldn't be so successful without her efforts. Thus, the partners start sorting out their relationships which often results in deeper conflicts and break-ups.

Another hardship that such families face is the fact that when their children grow up, they also become very arrogant and disregard everyone around.

If such people do not start self-development, cultivating spiritual motives instead of material goals, by the end of their lives they will become disappointed with everything that they have been striving for.

LOVE BASED ON THE DESIRE TO BRING OTHERS PEACE, HAPPINESS AND PROGRESS

Starting from this section we will be discussing more spiritual relationships between a man and a woman which truly help to cleanse themselves from sins and increase happiness and progress.

If people wish goodness and prosperity others around them, their hearts become filled with conciliation and belief in purity. Such young people are usually engaged in community service, help senior citizens, plant trees and flowers, feed homeless animals. They are often brought up in religious families where they learn to be honest, generous and respectable.

In such harmonious families children learn how to behave properly and be happy only when everyone else is also happy. Then, when it is time for them to create their own family, they decide to look for a pious partner only. They study how to choose a future spouse correctly, often asking their wise parents for advice. Therefore, parents also need to know on what criteria their children should base their search for a future wife or husband.

WIFE: Is it only starting from this energy center that children would want to consider their parents' opinion? You haven't said anything about it before!

AUTHOR: When children tend to ask for advice from their parents on what they should do and parents willingly give their recommendations, that means that they have established a harmony on at least the fourth, i.e. heart energy center. It is natural that when children are taught to obey the elders, they develop a very high understanding of happiness.

WIFE: What if they harmonize on lower energy centers? Does that mean that parents will never be able to make their children obedient?

AUTHOR: The first, second and third energy centers are not capable of cultivating humility. That is why any type of harmony on these levels does not make children submissive to their parents.

WIFE: So is it impossible to teach your children anything if you harmonize with them only on bottom energy centers? I still think that any child can be taught at least something.

AUTHOR: Our interaction with children always teaches them something, but the question is what exactly they learn. Even harmony on lower energy centers presupposes a certain type of upbringing, although a very primitive one. In this case children just subconsciously adopt their parents' behavior. Such learning is not very different from the way kittens learn from their cat mothers. If you want to influence your daughter with words, you need to have a higher level of harmony with her.

WIFE: So you can not make your child better than you are yourself?

AUTHOR: Good conclusion. Of course, your child can always find somebody else with the help of whom he or she would advance more than you. However, if we tell our children about some character trait that we do not have ourselves, they will not acquire it. Thus, how can you then teach your children something good if your own life is far from ideal? On the other hand, if you strive for something very high yourself, why wouldn't your children get interested in it as well?

WIFE: So it does not matter what motives lie in the origin of our marriage? If we start to work on ourselves consistently, we will be able to achieve a higher level of harmony with our children?

AUTHOR: Yes, you have made a right conclusion.

WIFE: Now I really want to start perfecting myself. Otherwise, my dear daughter won't be able to find a right husband.

AUTHOR: I am very happy for you. Good luck! Let us continue now. The fourth energy center is regulated by the Moon, the planet which brings peace and prosperity to Earth. Therefore, such young people want relationships that would put everything around them in harmony and happiness. Their main principle is not to do any harm to others.

Such young people carefully choose their future spouse, asking older people for advice before establishing any relationships. They can meet each other in religious groups or in communities that strive for peace and happiness.

WIFE: So is that all they do – go to churches and look for girls? Do they work at all?

AUTHOR: Such young people are actually very hard-working and responsible. However, they spend their leisure time in places where they can discuss self-perfection and rules of behavior in society. The women of this type tend to be very calm and modest, dressing not too open and loud. They have a great respect for their parents and always follow their will.

HUSBAND: What if a young man of this type does not belong to any religion – does that mean he will stay single for the rest of his life?

AUTHOR: Not necessarily, but he will not be able to develop himself without the encouragement from others. If a young man is willing to develop himself, he will seek for a proper environment. He will most likely find his future wife at the same place as he finds such an environment. In other words, the basic indicator that a man has elevated motives for creating a family is his great desire to socialize with people who develop spiritually.

HUSBAND: Can a man still find a good girl when he wants spiritual relationships but does not belong to any of such groups?

AUTHOR: Of course, sometimes a not-so-serious young man can meet a very serious and pious young girl. If he tries to get her marry him, the girl should not accept his proposal, because she will not be happy in such a family. Thus, every young person should know that only when they truly want to develop themselves will they be able to create a family with a harmony on upper energy centers.

HUSBAND: What if a young man has a good character but does not want to improve it further? How can he find a good girl in this case?

AUTHOR: As I have just said, one can not find a good partner if one does not want to work on self-perfection. All our positive features come from the positive environment. Therefore, if a person does not seek for a proper environment to socialize, it always means that he either does not really want to self-improve or that this desire is minimal. Such a man does not have spiritual motives of family life. If he simply wants something, he will not necessarily get it.

WIFE: So our daughter should look for a future husband only in the places where they think about spiritual progress.

AUTHOR: Yes, have her go to places where she can find highly spiritual people. You should not expect that any man that she meets elsewhere would change after the marriage.

HUSBAND: Dear, you should better think whether our daughter will want to go to such places at all.

WIFE: Why not? You and I are already practicing self-perfection, why wouldn't she want to do the same?

AUTHOR: True, why wouldn't she acquire a similar understanding of happiness from her parents? However, not always do children follow the path of their spiritual parents. It all depends on whether parents know how to treat their children properly.

WIFE: How exactly would that influence her development?

AUTHOR: If parents are not kind, considerate and sympathetic to her desire to change, it will lead to the opposite result. Your daughter would only resist all your attempts to change her.

WIFE: In what way should we be sympathetic to her?

AUTHOR: You should understand well that your daughter is not a mature personality yet. That is why you should not try to make her perfect at once. Sympathetic parents are very patient and reserved with their children, they do not demand quick results.

WIFE: My husband and I, on the contrary, thought that our daughter has a very high potential. Can this spoil our influence on her in any way?

AUTHOR: This can certainly prevent you from developing mutual understanding. When bringing up children, one should not attach one's mind to the desired outcome. Parents can be deeply convinced that their child will grow up highly educated and successful, but it sometimes turns otherwise. They want to change the situation and start demanding from their child unrealistically much, which undermines the parents' authority in child's mind. Without authority your words can not influence your child.

WIFE: See, I told you not to annoy our daughter with your rules of daily routine – now she is afraid of you.

HUSBAND: I don't annoy her; I just shed light of spiritual knowledge on the darkness of her ignorance every morning. By the way, to what extent can ignorant people acquire spiritual knowledge in general?

AUTHOR: One life can be enough for everyone to achieve perfection. In order to help someone to attain it, you should not be pushy about it, but start practicing lifestyle that brings happiness

yourself. If you attain true happiness, how can others refuse it? Therefore, as soon as we ourselves gain deep understanding of things, our relatives become naturally interested in what we do. Their interest is one of the signs that we are succeeding in self-development.

If people around us are positive about our changes, we can start to explain some things to them carefully. If such matters are far from their understanding, we need to be respectful and humble. In no circumstances should we thrust on them anything that they do not understand or accept.

HUSBAND: I got it: until I gain a deep enough understanding of proper daily routine, I can't teach it to anyone, especially if it is alien to them.

WIFE: Do not diminish our achievements; we have started to get up earlier already.

HUSBAND: All right, all right, we'll see how it goes.

WIFE: I have a question. Let's say parents treat their son respectfully and unobtrusively. According to your logic, he should then learn how to build relationships on the level of the heart energy center?

AUTHOR: You have a great skill of making practical conclusions. It is true that one can learn a lot about a person by looking at his or her parents.

WIFE: Okay, so if a young girl dates a young man from such a family, is it guaranteed that they are going to harmonize on the level of the fourth energy center?

HUSBAND: Wait, so whom is our daughter dating? Why don't I know anything about it?

WIFE: Calm down, I am just modeling a situation. I need to understand what kind of man our daughter should marry.

AUTHOR: Such harmony can develop only if both of the partners have it in their own families. Thus, both of your families need to meet the following criteria:

- 1. You need to have understanding in your family.*
- 2. The man's family should also live in peace.*
- 3. Your children need to have all characteristics mentioned above that reflect their desire for spiritual development and harmony.*

If you have all this in your families, then young people are very likely to develop harmonious relationships on the level of the heart energy center.

WIFE: My husband and I do not have a harmony of this kind. Does that mean that our daughter won't be happy in her marriage?

AUTHOR: If you and your husband work on yourselves and develop your characters quickly, soon you will have more spiritual relationships. This will influence other members of your

family as well and will protect your daughter from an unhappy life. However, if you do not want to work hard and only hope for a miracle, you should start seriously thinking about your daughter's future.

HUSBAND: So, as the tree, so the fruit and one can always judge children by their parents?

AUTHOR: Yes, and that is why, before giving your daughter away, you should first find out about the young man's parents and their interests. This will help a lot in making the correct choice. Of course, many other factors should be considered as well, but we will discuss them later.

WIFE: What other things can indicate that a young man practices self-development?

AUTHOR: Here are such signs:

- *The most obvious sign is when a man uses citations from scriptures and saints to answer any serious question.*
- *Another significant feature is his abstention from cigarettes, drugs and alcohol.*
- *Third and not less important indicator is the young man's habit of being silent and not discussing other people or politics.*
- *Such a man is always calm and positive*
- *Moreover, he is also considerate to others and respects their opinion.*

HUSBAND: How can one have all these good features combined at a young age?

AUTHOR: As a rule, people from good families always behave this way.

HUSBAND: Can a person from a not-so-good family acquire the same characteristics due to practicing self-perfection?

AUTHOR: Absolutely. A person who has decided to develop love for God acquires all possible good features during his spiritual growth.

HUSBAND: Does that mean that, even if a man does not have a good family background but is working on himself consistently, he still can be considered a fair candidate for our daughter?

AUTHOR: That is exactly so. Indeed, a man who tries to attain the ultimate happiness can become the best husband. However, the woman needs to be worthy of him too.

WIFE: What kind of problems can people of this category encounter in family life?

AUTHOR: In family life they do not usually have big problems with understanding each other. Their marriages are stable and strong; they have a lot of good friends and well-wishers, fortune smiles on them and brings enough money.

Of course, like other people, they have to face regular issues (diseases, house problems, etc.), but by overcoming such hardships they only strengthen their relationships, cultivating respect and love for each other.

However, it is hard for such people to cooperate with each other in order to develop a deeper understanding of life and serious attitude towards self-perfection. For that they need to first acquire a desire to serve saint people and the truth that these saints bring to the world, which can be achieved by socializing in a proper environment.

WIFE: What are the main causes of problems in such families?

AUTHOR: Fate sends problems to such people just like to everyone else. However, there is also a special kind of hardships that these people encounter. Behaving in a proper way, they gain material wealth rather soon which relaxes their consciousness. They start to have a lot of friends in their home all the time, and, as a result, spend a lot of time on idle talks.

Nevertheless, people of this category always want to concentrate on spiritual progress. They gradually become disappointed in material life and all activities connected with it.

WIFE: Can these problems affect their relationships in any way?

AUTHOR: Yes, sometimes they can cause misunderstanding and the desire to concentrate more on self-perfection. These are hard times for the partners, when they might have to change their job and environment. However, if they continue spiritual practice, all their problems will gradually go away. Most of the hardships that such people encounter are connected with the fulfillment of their spiritual responsibilities.

As for the problems caused by faith, all people have them. Still, problems for the people of this category arise outside their family karma.

HUSBAND: So their greatest challenge is that they earn too much material happiness? Can this happiness spoil their characters?

AUTHOR: Yes, it can. Sometimes this happiness swallows them up completely, generating arrogance and the desire to spend more money, which, in turn, leads to more problems inside and outside the family.

WIFE: But how can happiness spoil a person?

AUTHOR: The Vedas say that any type of material happiness can spoil one's character easily. That is why we should learn how to use material wealth for the spiritual progress of others. We should employ all our achievements for the goodness of everyone. Otherwise, it will be very hard to stay away from material temptations.

HUSBAND: I am absolutely sure that if I have a lot of material happiness, I will use it properly one hundred percent.

WIFE: Come down to Earth, honey!

AUTHOR: I trust you completely. However, the Vedas say that if one learns how to use one's material achievements for spiritual purposes, he immediately gets all material wealth.

HUSBAND: Well, who will give him all that?

AUTHOR: It differs. Higher spiritual forces that know where to get money, for example, help those who have good aspirations.

HUSBAND: Okay, for example, I am ready to use money for everyone's spiritual progress. I ask higher forces: where is my money? Why don't I get money although I have a proper goal?

AUTHOR: The degree to which you are devoted to your goal is tested not by what you say but by what you do. In order to prove your devotion, you should donate ten dollars to a church today.

HUSBAND: Are you fooling me? Do you really think that I won't be able to sacrifice something little to get a big amount of money in response? Let God give me the money first, and then I will make donations. How can I donate anything now if all my money is invested in business?

AUTHOR: See how easy it was to unmask you. Those who are not attached to money too much wouldn't ask God for it so desperately, especially using various tricks. So why do you want to donate money to church – to get more?

HUSBAND: Well, can people be really so unselfish that they do not care how much money they have?

AUTHOR: The harmony on the level of the fourth energy center develops due to the desire of self-perfection, but not constant begging higher forces for money.

WIFE: I am very confused – so you should want money and not want it at the same time?

AUTHOR: This is the topic of our previous discussions. A person who acts according to the mode of goodness wants to make everyone happy. He does not worry much whether he will do it with the help of money or without it. If God sends him a lot of wealth, he uses it for the universal goodness. If not, he does not get very upset.

WIFE: Does that mean that a family can not be happy if it does not realize this concept?

AUTHOR: See how well you have understood the material – you even make right conclusions without my help now.

CONCLUSION: One can not have happy family relationships without an unselfish desire to make others happy. Thus, in order to make the family stable, the partners need to develop a harmony on the level of upper energy centers (starting from the heart center).

For that, young people should wish goodness and happiness to everyone around them, which will give them conciliation and belief in purity. Such young men and women tend to help the elderly, participate in public service, follow the advice of older people and believe in God.

Studying the laws of happy family life they find a good husband or wife. Such spiritual people do not usually have great misunderstandings in their family life. Most of the hardships that they can face are connected with challenges of fate (such as diseases, etc.). Their marriages are strong and stable, they have a lot of good friends and they are blessed by luck and prosperity.

However, such families are not ready to study the laws of happy life and exercise spiritual progress more profoundly yet. They are not entirely ready to sacrifice themselves for the sake of truth. Therefore, they should first find a good environment and cultivate a desire to serve saints and the wisdom that these saints give people. Only then will they be able to gradually purify their lives and gain ultimate happiness while practicing self-perfection under a careful control of more developed people.

LOVE BASED ON THE DESIRE TO ATTAIN PERFECTION

Pure harmony that develops on the levels of throat, brow and crown energy centers can only exist between those people who have been trying to develop themselves since childhood.

Let us discuss all types of the harmony of this kind.

Sometimes young people try to attain wisdom by perfecting their senses and practicing meditation that is directed towards the subtle matter. In their meditation these people wish happiness and harmony to everything and everyone that they think about. They naturally gain a good poetical, musical and artistic taste. When creating family relationships such people harmonize on the level of throat energy center which is regulated by Mercury.

Young people of this kind tend to cultivate self-control and honesty. They do not want to waste their time on idle talks and showing off. Instead, they are very determined in achieving their goal. Such young people like to spend time in the company of highly spiritual thinkers who understand the subtle structure of the world. These men and women have a potential of becoming spiritual leaders and examples of proper behavior.

HUSBAND: Are they more acute than others?

AUTHOR: This is one of their typical characteristics.

HUSBAND: So do such marriages usually exist between mediums? In my opinion, all mediums talk too much and make up too many things. Moreover, they are constantly controlled by somebody on the spiritual level. I can't see how their family relationships can be very happy and good.

AUTHOR: I agree that some people try to perfect their senses without having purified their throat energy center by means of self-control first. As a result, such people gain the ability to see the subtle world, but, instead of higher beings of the universe they can only see ghosts and evil spirits.

Indeed, these people tend to make up a lot of things and want others to think that they are unique and striking individuals. In reality, they are driven by mere ambitions. That is why they sometimes can be hysterical and intolerant to other's opinion. Thus, they are very unlikely to have a harmony on the level of the throat center.

HUSBAND: How often do these mediums tell you real truth?

AUTHOR: Such people can often see our diseases and character quite well. However, they do it on the level of their own understanding. Because a lot of them do not have purity in the throat energy center, they are attuned to only negative features. Thus, seeing only bad features in people, they decrease their intellect very fast.

WIFE: How does it happen in practice?

AUTHOR: During their consultations, such people often tell their clients that they have been cursed or spoiled. Mediums can see some features of the subtle body, and they use this ability to gain patients' trust, and, together with that, their respect and honor. As a result, the mode of ignorance gradually brings them into a greater arrogance and pride.

HUSBAND: But what is the goal for which they tell people such unusual and amazing things?

AUTHOR: As a rule, they are very proud of themselves and want others to treat them the same way. The easiest way to gain somebody's superficial respect is to tell this person that he or she has been cursed or bewitched. We tend to become jealous, resentful and hateful by nature, therefore, if such a medium encourages it by affirming that everyone around us is bad, we will hate the world even more.

*Translated by Anna Mityashina
2007*

*The rest of the book is available only in Russian from
<http://www.torsunov.ru/ebook.htm>. We are currently in search of
volunteers to translate this and other books by Dr. Torsunov into
English and other languages.*

*For any suggestions and comments please contact **Andrey** at
doctor108@mail.ru*