# 7 Steps to Harmonious Marriage

A five Sundays Workshop.
Starting Feb 5th.

Sponsored by "Two Cents of Hope"

## Step 1: Understand yourself

Understand the source of your instincts, feelings and emotions. In this workshop we will use the concept of five layers (pancha kosa) together with concepts from biology, psychology and sociology to gain a deep understanding of our instincts, feelings and emotions.

## Step 2: Understand the world

Understand the pressures, opportunities and constraints of the world that affect you, your spouse, your children and the extended family members. In this workshop, we use the three layer concept to understand the world better and throw light on all aspects of life, the personal, the professional and the spiritual.

## Step 3: Understand personality colors

People are same and people are different. In this workshop, we will use the concept of the four personality colors (chaturvarna) to understand how your spouse, children and other family members with different personality colors actually complement your life rather than contradict your views.

## Step 4: Understand gender differences

The opposite gender is attractive before marriage and puzzling after the marriage. In this workshop, we will use the concept of polarities of the universe (Parakriti-Purusha) combined with concepts of biology, psychology and sociology to get a deep and solid understanding of the sensitivities and sensibilities of the other gender.

## Step 5: Understand extended relationships

Marriage brings more than one person into your life. It brings in-laws and their friends to begin with. Then it brings children. Then it brings their spouses and then their children. In this workshop, we will use the concept of cycles and colors to learn and manage intricacies of these relationships for a richer and fun-filled life.

## Step 6: Understand the drama of life

You have needs and ambitions. So does everyone in your immediate and extended family. Sometimes they go together, but not always. In this workshop, we will use the concept of 'Identity and Survival' to make the right compromises for a lively and harmonious marriage.

## Step 7: Understand the daily drama

The timing of a TV show is all that you need to ruin a marriage. It could come exactly at the same time that you would otherwise have spent with your spouse. Many things in life are like that. They seem to be good for you individually, but not for the marriage. In this workshop, through a number of concepts like 'four petals' and 'three gods', we will learn how to breeze through the daily hum-drum of life and turn the myriad activities into building blocks of a harmonious marriage.

For further details and registration, contact:


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Registration fee:
*$30 for students.*
*$100 for others.*

Proceeds go to:
*'Two Cents of Hope' a non-profit organization.*

Venue:
*NCSU, Raleigh.*

Dates:
*Feb 5 – Mar 11, 2012.*

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