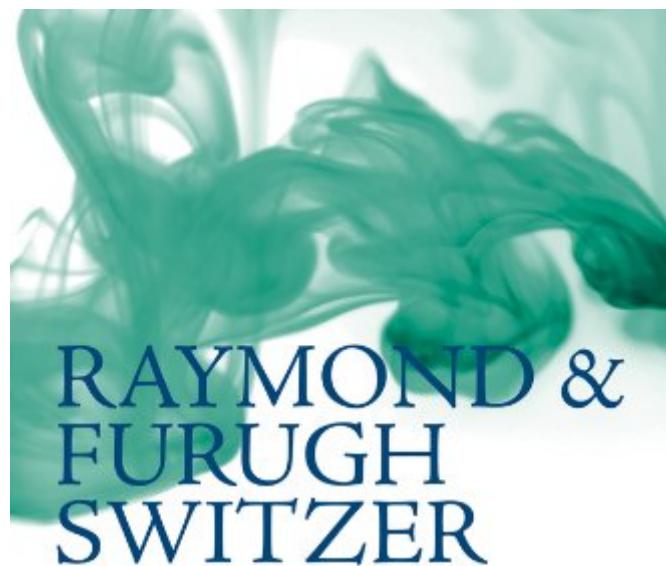


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Mindful Matrimony: Enriching Your Marriage For The Rest Of Your Lives



MINDFUL MATRIMONY

Enriching Your Marriage for the Rest of Your Lives



Synopsis

What does a "mindful marriage" look like? The new reality of marriage in this time of transition is a central theme of this book. Relationships "not only our marital ones but all our essential ones" "are in turmoil. Our relationship to our children, our parents, our friends, our society, the relationship between societies and nations, our political and legal relationships, our economic ties, our relationship to our earth home and to our Creative Source have all changed and humanity is scrambling to find its new ground. Most of us are experiencing these massive shifts as painful and confusing, but the Bahá'í writings, which have anticipated this dislocation in human affairs, make it clear that these changes are necessary and are the birthing pains for the establishment of a new reality. We are making the great shift from our collective adolescence into the coming of age of the human race. If we fail to realize that the requirements of marriage have also expanded, we will fall into the marital malaise that has seized most couples on the planet. Marriage can be either a nightmare or a source of joy and enrichment "the former if we continue our old patterns; the latter insofar as we can awaken to, and move beyond, the unconscious patterns to which most of us are still subservient. The authors believe that marriage can now fulfil its highest potential and become an unprecedented source of well-being. We are now in a position to access a new level of consciousness and integrate the new principles which are the very "spirit of this age". So what does a "mindful marriage" look like? The new reality of marriage in this time of transition is a central theme of this book.

Book Information

File Size: 710 KB

Print Length: 320 pages

Publisher: George Ronald (June 1, 2013)

Publication Date: June 1, 2013

Sold by: Digital Services LLC

Language: English

ASIN: B00E0MDSJE

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #974,763 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #88
in Kindle Store > Kindle eBooks > Religion & Spirituality > Other Religions, Practices & Sacred Texts > Baha'i #208 in Books > Religion & Spirituality > Other Religions, Practices & Sacred Texts > Baha'i #2513 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Relationships > Marriage

Customer Reviews

Mindful Matrimony, by Raymond and Furugh Switzer, would be a good a marriage manual, except for one glaring, unconscionable flaw, which renders the book worse than useless: the authors assert, "We believe that there should be transparency within the marriage in all areas of our relationships with others. We do not believe that reading our spouse's email messages, text messages, or list of mobile calls need constitute a boundary violation of the individual... (E)verything we say or do should be something we would not want to hide from our spouse." (Mindful Matrimony, pp. 82-83.) This advice is a recipe for spousal over-control and abuse. In support of their assertion, the authors offer no foundation in professional literature. They rely entirely upon a single statement, incorrectly asserted to be a teaching of the Baha'i Faith. The statement is this: "Let there be no secrets from one another." This statement was attributed to the renowned teacher of the Baha'i Faith, Abdu'l-Baha. Yet the statement was never authenticated as a true utterance of Abdu'l-Baha. Moreover, the source of this hearsay is a highly unreliable individual, Ahmad Sohrab, who later became well-known for misrepresenting the teachings of the Baha'i Faith. In addition, Abdu'l-Baha's life and teachings demonstrate the exact opposite of the authors' advice. Abdu'l-Baha affirmed the dignity of each family member, and noted that each has rights which must not be transgressed. "The integrity of the family bond must be constantly considered and the rights of the individual members must not be transgressed. The rights of the son, the father, the mother -- none of them must be transgressed, none of them must be arbitrary." (Selections from the Writings of Abdu'l-Baha, The Promulgation of Universal Peace, p. 168).

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