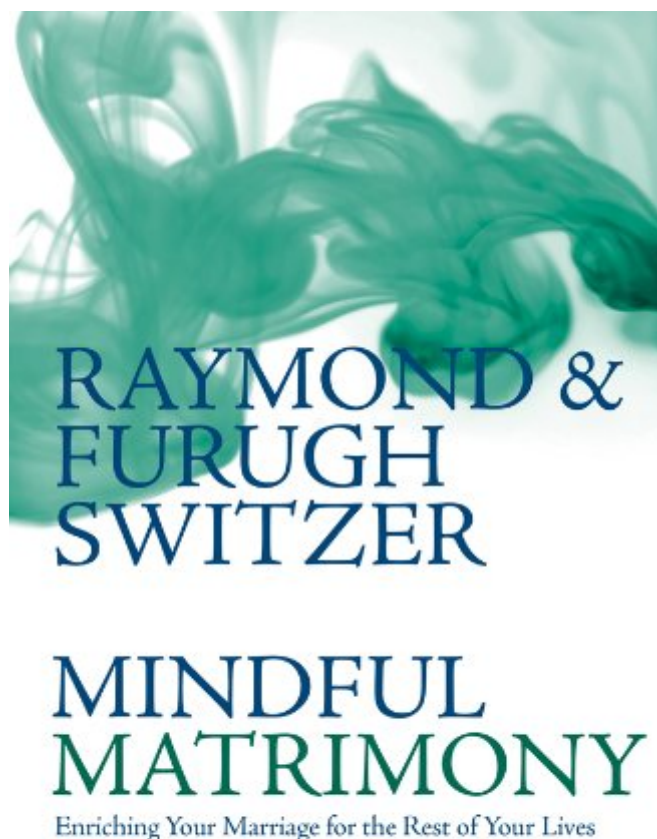


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# Mindful Matrimony: Enriching Your Marriage For The Rest Of Your Lives



## 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

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## 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... Everything 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-Baha. Yet the statement was never authenticated as a true utterance of Abdu-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-Baha's life and teachings demonstrate the exact opposite of the authors' advice. Abdu-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." (The Promulgation of Universal Peace, p. 168). Similarly, Abdu'l-Baha's own conduct shows that there may be times when it is wise to keep a matter concealed from one's spouse. Lady Bloomfield recounts an incident in which Abdu-Baha arranged for the delivery of a dying man's bequest to his daughter, in a manner to assure that the her abusive husband would not learn about the bequest. (The Chosen Highway, p. 102). The practices of Baha'i institutions affirm that there may be situations in which it is necessary or prudent to

keep certain information confidential, such as a person's address and contact information, even from family members. I hope the authors will revisit this portion of their book and provide guidance based on the true teachings of the Bahá'í Faith, which conform to reason and common sense, as well as to the informed opinions of professionals in the field of domestic violence.

Thoughtful and thorough. Offers an approach to marriage that is inspirational.

Amazing contribution in search of new ways to wander through marriage land, learning to be able to allow fruits to grow and enjoy these, as individuals, couples, families and society. Very profound insightful link between the earthly realities and the spiritual standards, allowing to rise above our own limitations.

One of the best books I have read on the subject. Full of practical suggestions to improve relationships.

Very clarifying with such meaningful tools and topics that help form your own opinion etc!

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