

FAMILY RELATIONSHIP

(Guide for Prosperous Life)

- ★ Love - in Marital Relationship.
- ★ Sex - in healthy life.
- ★ Child - the identification of Relationship.
- ★ Affected Relationship - Method of approach ,
- ★ Disaster - Improper Relationship
- ★ Undesirable - Family Relationship
- ★ Misdirection - Non Adolescent Child
- ★ Guilty Consciousness - Method of Recovery
- ★ Good Family - alike the best University
- ★ Case Studies (Real Events & Facts)



K. VAITHEESWARAN

A Health guide for - Family Members, Welfare Workers, & Everyone who Protects and Promotes Health

Family Relationship

Inextricably Interwoven by Family Relationship is our life. But problems of many types arise in our day to day life. In this book, Mr. K. V., has explained Methods (ways and means) of Handling, with the approach to problem's root cause, through the experience he got in many roles such as a Health Educator, a Counsellor of Psychological Health, a Head of family, a Husband, a Father, a Grandfather, a Social worker & as an author of many books, along with quotations from "THIRUKKURAL" and "THIRUMANTIDRAM" .

This is a good Guide. Whether to travel in the good path shown by him or to leave it, is the responsibility of ours.

Dr. C. S. Nachinarkinian
Health Coordinator - I.R.D

Message of the Illustration appearing in front cover

"Child being embraced by the love of mother"

Courtesy - UNICEF

FAMILY - RELATIONSHIP

(Guide for Prosperous life)

K. VAITHEESWARAN

(Psychological Counsellor)

A Health guide for Man of the house, Lady of the house
(இல்லத்தரசி),
Forerunners of society and Welfare workers.

Information of the Book

Title :- Family Relationship

Author :- Mr.K.Vaitheeswaran

Copyright :- Author

First Edition :- February 2008 (In Tamil)

First Edition :- December 2010

Translated in English by

Mr. Balasingam Rajendra

Press :- Keetha Publication, Colombo 13.

Publication :- Rani Publications

Pages :- 120

200p

Available :- In all popular Book Shops and also at
Gayathiri Akam,
No. 7, Albert Place,
Dehiwala, Sri Lanka.
Tel (011)- 2717401

ISBN :- 978-955-97577-6-4

CONTENTS

Subject	Page
Dedication, Contents, Prefaces, Foreword	1-11
Chapter 1.1 Healthy Life	12
Chapter 1.2 Family Relationship	19
Chapter 1.3 Nurturing the child	27
– The identity of relationship	
Chapter 1.4 Responsibilities of Members in bringing up children	34
Chapter 1.5 Mother, Father, Relations, Neighbours & Society – the Limbs of Family relationship	37
Chapter 1.6 Contribution of Sex in Healthy life	40
Chapter 1.7 “LOVE” – Marital Relationship	43
Chapter 2.1 Relationships getting affected	
– Methods of Approach	46
Chapter 3.1 Unethical relationship in family relationship	63
Chapter 4.1 Family relationship & Arising Problems	68
Chapter 5.1 Family Life from different religions	79
Chapter 6.1 Family relationship – unexpected disaster	84
Chapter 6.2 Tragic experience in Family relationship	89
Chapter 7.1 Separation anxiety	92
Chapter 8.1 Family life is the “life of virtue”	94
Chapter 9.1 Good Family is similar to a University	99
Chapter 10.1 Family Relationship – Personal experience	106
Chapter 10.2 Prosperous life & separation	112
Agony of Demise	115
Annexure -1 Meditation	117
Annexure -2 The role of spirituality in health care	118
Annexure -3 Let us be in the company of good people	119

Case Studies – Real events

Serial No	Title	Page
1	Importance of Social Relationship	18
2	Children who yearn for Parent's Love	29
3	Childhood Abuse	32
4	Experience of Tragedy during Childhood period	41
5	Relationship among Siblings getting affected	51
6	Bringing up Children properly	57
7	Unethical Relationship	63
8	Immature Child - misled	64
9	Frustration in life	69
10	Difference in opinion - tragedy	79
11	Contentment cannot be achieved - only by wealth	81
12	Suspicion and its effects	85
13	Unethical relationship and the consequences	86
14	Guilty Consciousness	90
15	Turmoil due to Separation	92
16	Secret of Family Life	97

Preface

Globalization is the identity of modern world. By means of marvellous computers and wonderful telecommunications systems the experts have made the whole world to come closer, as a village, as one family, to know each other, to communicate with each other, and to depend on each other.

But, we could see the calamity brought about between families and within families which crushes them due to same. We have crushed the intelligence, personality, & human nature by encapsulating the knowledge in books, by abridging the dimension of it in few question papers, and by dividing the societies.

Relationships within and among families are getting bombarded from different angles and get mutilated. Bonds are being detached. Affection and love are being stopped by monetary value and by just speech at lips level. Offensive thoughts and deeds grow, relationship disintegrates, and we live sorrowfully and without peace, as individual families and societies.

At this juncture, the book titled "Family relationship" by Mr. K. Vaitheeswaran is released. This is a good book. By

reading, practicing and by observing what is straight and what is crooked in each one's life, can be regularized. In line with what is told in one line verses "*Aathisoodi*", two lines verses "*Thirukkural*" and four lines verses "*Naaladiyar*" about code of living. Mr. K. Vaitheeswaran, through his own experience has explained scientifically the problems and difficulties which occur within a family and among families. This book is being released by Mr. K. Vaitheeswaran, who with the approach to the root cause of each problem, has explained Methods (ways and means) of handling problems, with his own experience got in many roles such as a Health Educator, a Counsellor of Psychological Health, a Head of family, a Husband, a Father, a Grandfather, a Social worker and as an author of many books, with quotations taken from "*THIRUMANANTHIRAM*" and "*THIRUKKURAL*".

This is a good Guide. Whether to travel in the good path shown by Mr. K. Vaitheeswaran or to leave it - is the responsibility of ours.

Dr. C. S. Nachinarkjinnian

Health Coordinator – I.R.D

Former Director, Government General Teaching Hospital – Jaffna.

Preface

The lines of a Tamil song come to my mind which means “The world rolls in relationship, humane blossoms in that relationship”. God did not create man to live alone. Man becomes complete when he lives united. Life has meaning when one dedicates life on behalf of others. Man likes to live daily with contentment and happiness. This is attained in good human relationship.

Today we undergo much hardship to earn money and collect things, property, fame & power. But, we do not spend time to know how to establish good family relationship and then maintain it. Property, large house with air-conditioned rooms, are all in place – but no sleep. Worried because no peace of mind. When the human relationship is in good shape, peace of mind is achieved.

Mr. K. Vaitheeswaran has written this book titled “Family Relationship” stressing the importance of unity between the husband, wife and children in a family. This is the need of the hour. To make the Family Relationship flourish many useful views and experiences are written in such a way attracting the reader. This is his eleventh publication, related to healthy life. My eagerness is, many should benefit by reading this book. I wish him to write many more books. I pray to God to bless his efforts and keep him under his care.

S.J. Yogarajah.

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Foreword

Family Relationship is indispensable for establishment of flourishing Family Life. If the parents behave in such a way, maintaining patience, moving closely with others, respecting them and delivering service to the needy without any expectation in return; their family life becomes a life of excellent quality. The secret of “Healthy Life” is being zealous and having the attitude of respecting everyone.

Greatness of Family Life

Mother and father are the prime members of Family Life. When mutual understanding & good relationship prevails between husband and wife their children are rewarded growing happily with wholeness of mind.

The Virtue of a wife - வாழ்க்கைத் துணைநலம்

“Mangalam enpa manaimaadshi; mattu athan

nankalam nanmakkadperu”

Thirukkural - 60

“மங்கலம் என்ப மனைமாட்சி மற்று அதன்
நன்கலம் நன்மக்கட்பேறு”

Meaning:-

They say, Good quality of wife is the auspiciousness of Family Life. It is further told, giving birth to good children is the jewel to Family Life.

(Dr. M. Varatharajan)

Courtesy :-

THIRUKKURAL English translation :- “The excellence of a wife is the good of her husband; and good children are the jewels of that goodness”.

(By Rev. W.H. Drew & Rev. John Lazarus.)

If the family life becomes sweet, their children will flourish like a spring which never dries and like crops watered well. During the childhood, if conflicts of opinion and hot arguments arise between parents, children's lives will be in danger and this situation cannot be avoided. When incidences like sickness, separation, member missing, or accident take place, the effect could be felt in all the members of the family.

Further, due to behavioural pattern of father and mother, if any incidences like parents become separated, divorced, attempted suicide or suicide, takes place in the family, definitely the feelings of the children get affected. Due to this, they do not want to unite, mixing with others and being in touch with others. They will appear having agitation, excitement and fearfulness. They will not hesitate to get involved in illegal activities such as stealing, telling lies, getting involved in violence and engaging in sexual abuse. On account of this situation, it is unavoidable to have Social Relationship unaffected.

The necessity to maintain good quality (Virtue)

Preserving Truthfulness is first and foremost in Family Life. Conversation & discussion between husband and wife with open mind is indispensable. Knowing to understand the feelings of others and respecting them helps to flourish relationships.

Truthfulness -- வாய்மை

“Ullaththaal poiyaathu olukin ulakaththar

Ullaththul ellam ulan”

Thirukkural - 294

“உள்ளத்தால் பொய்யாது ஒழுகின் உலகத்தார்

உள்ளத்துள் எல்லாம் உள்ளன்”

Meaning:-

If one behaves truthful to his conscience, he dwells in the hearts of all in the world – (Dr. M. Varatharajan). It is essential to maintain close relationship with our family members, relations and neighbours. When we love others they become joyful. In return they become people with good quality of loving us. Even if we are unable to help others, let us not harm others. Spiritual ethics shows us that, if an incident which makes a person who comes in search of dwelling, weeps through mental agony, the person who inflicted it would suffer mental agony and sorrow, just in front of our eyes.

Courtesy :-

THIRUKKURAL English translation :- He who in his conduct preserves a mind free from deceit, will dwell in the hearts of all men.
(By Rev. W.H. Drew & Rev. John Lazarus.)

Fear of Sin – தீவினை அச்சம்

“Theeyavai seithar keduthal nilal thannai

Veeyathu adi urainth thattu”

Thirukkural - 208

“தீயவை செய்தார், கெடுதல் நிழல் தன்னை
வ்யாது அடி உறைந் தற்று”

Meaning:-

Those who have done evil deeds reap destruction at their heels, just alike their shadow follows them continuously - (Dr. M. Varatharajan).

Courtesy :-

THIRUKKURAL English translation :- Destruction will dwell at the heels of those who commit evil even as their shadow that leaves them not.

(By Rev. W.H. Drew & Rev. John Lazarus.)

Therefore let us enhance our family relationship. Let us respect and be courteous to others in our life. Accordingly, let us learn to live as a person of virtuous character who loves everyone.

Professor S. J. Yoharajah attached to Linguistic Department at University of Kelaniya has helped me in giving advice from time to time to write this book. Further, I thank wholeheartedly Professor S.J.Yoharajah and Dr. C.S. Nachinarkinian, Health Coordinator (I.R.D. Sri Lanka) for helping me with prefaces. Also I am thankful to Mr. Balasingam Rajendra, Rtd. Telecom Engineer for translating the original version in Tamil into English and also to Mr.A.A.John who rendered moral support enthusiastically.

I am always grateful to silver tongued orator Mr. Aaru Thirumurugan who induced me to write this book compelling the necessity of a guide and Mr. Anu Vai Nagarajan, An Educationist and Writer. I thank wholeheartedly, the proprietor and staff of this publication who printed this book wonderfully and that too in a short period of time. I am very thankful to Mr. Sam. Asokan (A&T Human Resources - Canada) for funding towards this effort and made it a success.

K.Vaitheeswaran

“Gayathiri Akam”

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17-08-2010

Chapter 1.1

HEALTHY LIFE

Healthy life is a reward rare to get. Only through good Family Relationship we could lead a life with cheerfulness and contented mind. The base for all these is well-mannered Family Life mixed with love and affection. If the husband – wife relationship exists with incomparable intimacy, all those who are members of that family could live with happiness and contented mind.

Only through the existence of family life being virtuous, greatness of a person's physical, mental, social and spiritual health could exist. If the husband and wife happen to be decent and have proper behaviour, then only their family life will be prosperous and complete. Through this we could live with contented mind in our family, society and in our work place.

Unmatched Family Life

Marriage is sacred. All religions fulfil religious ceremonies in order to make wedded life sacred. If good relationship is not maintained in Family Life contented mind is not reachable. If family Life exist in a way where husband and wife being caring and affectionate to each other, their children too will grow excellently following the parent's foot prints. Particularly, it is the experience of our childhood that becomes the driving force for a healthy life when we grow elderly. It could be seen that one who had proper childhood experience having contented mind and the one who had improper childhood experience suffering with unhappiness. Unless we become economically sound, we cannot live happily with contented mind.

The "Sacred Formula" which says one man for one woman should be applauded and maintained in life. Mental peace will be lost if anyone tries to have extra marital relationship. Then Family relationship getting ruined day by day, becomes unavoidable. We

could see all the members of the family being distressed by losing mental peace as a result of this tension and stress becoming predominant.

Family Relationship becomes affected

1. Swami Ramakrisna Paramahamsar preaches that only a mere spark turns huge palace into ashes. If relationships are irregular, it is not possible to maintain "Peaceful Relationship" with mother, father, children, relations and even with neighbours.
2. Due to mental stress - anger, hatred and tendency to break things will become predominant and be distressed. Due to this, the parents will be troubled and unable to shower love to their children. One cannot see the smile on their faces. Only a few will be friends to them. Ultimately, they will have to wander in a small circle.
3. Children will lose peace of mind and suffer. Could see them growing with anxiety & sorrow. Characteristics such as crying, Shouting, Hurting other children, Biting, Pulling out down from the bed, throwing a child, falling on the ground and cry, being stubborn, passing urine on the bed, sucking finger and biting nail could be observed in children. Agitated children should be embraced with love & care. Their efforts should be appreciated, encouraged and rewarded.

Chaos in Family Relationship

If there is chaos, the members of the family will lose peace of mind and be pathetic. Due to this not only the physical health but also the mental health will be affected. Few characteristics are,

- Father and mother will shout & scream making a big noise.
- Atrocity will spearhead.

-
- They will hammer each other & break things.
 - They will beat the children and make them grief-stricken.
 - Face mental agitation by being unable to show love among father, mother and children.
 - Won't be able to show cheerful face to friends and neighbours.
 - As agony increases, mind becomes exhausted.
 - Will get angry even for minor matters.
 - When they are supposed to sleep - Suffer being unable to sleep.
 - Not possible to focus the mind. Due to this learning will be difficult.
 - Yearn due to being unable to stay quietly in one place.
 - State of being a person who has lost his wealth & mental vigour will occur, due to the inability of bringing out suppressed feelings.
 - If this state continues, characteristics such as stammering, trembling & palpitation could be felt.

If Family Relationship is sound

- Accommodating everyone with a smiling face is possible.
- Showing sympathy on those who are less fortunate.
- Possible to accommodate others with kind heartedness.
- Could render, whatever possible help and service whole heartedly.
- Active Listening with empathy to the persons who underwent adversity. Active Listening with empathy itself is a great reward.
- It is possible for the husband and wife to exchange their feelings intimately. Peace of mind is achieved. Family Relationship becomes brighter day by day.

Life of being a Good Example (Being the Role Model)

It is helpful for the children, who grow on the basis of setting an example of mother, father, teacher and grownups to have good habits and good conduct. These examples of leading life properly as the 'Role Model', taking an important role than mere words or instructions in bringing up

children. Children learn behaviour only by observing the conduct of near and dear ones. Parents should take care that the company of good people is indispensable. (Please see Annexure - 3)

Mental Health in Family Relationship

If the Family Relationship is not proper, mental health will get affected. Let us carefully note, at a time when the circumstance to be joyful, some are seen tensed because of the undesirable effect of Family Relationship. Everybody tries to be joyful. On the contrary we have come across many whose feelings are affected.

- Because of the distressed losing mental peace.
- Excited inability to concentrate.
- Mental stress becomes prominent due to the reasons of too much sorrow, too many worries, too much fear and unstable mind.
- By suppressing the feelings; mind attains an uncontrollable state.
- When feelings are suppressed continuously, the sorrow continues and a state of feeling poured out with force will take place in the mind.
- Usage of words with little friction sometimes takes one to attempt suicide.
- Could not avoid the state of becoming a mental person.

Physical Health in Family Relationship

Mental stress, physical discomforts will crop up due to the factors such as mental agitation, argument and anger not calmed. Because of factors akin to the situation of our country and war environment, 60% of the outdoor patients were falling under psychosomatic diseases. This is proved in the researches undertaken in Government General Hospital, Jaffna.

Due to increase in mental stress, diseases like High Blood Pressure, Palpitation, Ulcer, Arthritis, Diabetes, Heart diseases and Skin diseases may crop up (occur).

Social Health of an individual

We could live Healthily only through maintaining a good relationship with neighbours and society. We should come forward to form cordial & decent relationship with neighbours at the Society Level. If we are not having mental peace, the social health cannot be feasible. The state of keeping aloof being unable to face it may become dominant. The individual may withdraw himself from the community and confined to his home.

Friendship – நட்பு

“Navil thorum noolnayam polum: payil thorum

Panpudaiyalar thodarpu”

Thirukkural - 783

“நவில் தொறும் நூல்நயம் போலும் பயில் தொறும்
பண்புடையாளர் தொடர்பு”

Meaning:- The pleasure derived from the friendship, by more and more association with a noble person, is similar to the increasing pleasure given by learning good contents of a book over and over. –
(Dr. M.Varatharajan).

Courtesy:-THIRUKKURAL English translation :- Like learning, the friendship of the noble, the more it is cultivated, the more delightful does it become. (By Rev. W.H. Drew & Rev. John Lazarus.)

Relationship among husband, wife & children should be pleasant. Knowing to identify the feelings of others & respect them is a reward from God. Maintaining cordial relationship with those in the society and living jointly could bring mental satisfaction.

Friendship – நட்பு

“Punarchchi Palakuthal Venda; Unarchchihan”

nadpuaam kilamai tharum”

Thirukkural - 785

“புணர்ச்சி பழகுதல் வேண்டா உணர்ச்சிதான்
நட்புஆம் கிழமை தரும்”

Meaning:-

To make friendship contact and acquaintance is not needed. Similar feelings alone (thoughts) will give the rights for friendship. – (Dr. M. Varatharajan).

Courtesy:-

THIRUKKURAL English translation: - Living together and holding frequent intercourse are not necessary for friendship; mutual understanding can alone create a claim of it. (By Rev. W.H. Drew & Rev. John Lazarus.)

Respecting the society

At social level, we should respect everyone. In this manner our relationship will flourish. We will be honoured by the society. Only this state would help us to live peacefully in the society. Parents encouraging the activities of children are essential. By this, children will not only love themselves but also those around them. If we do not cultivate this quality, we will be subjected to inferiority complex. Due to this pathetic state of being unable to grow social relationship will appear.

Only, those who are subjected to inferiority complex get involved in violent activities. We could live healthy by living harmoniously with the society. We could see that, only the children who valued good experiences in their childhood continue to live happily and prosperously even when they are grown. We could not see happiness in the face of the children who have underwent experiences of tragedy. We could see that, even after they are matured, they continue their daily life in the same pattern.

“If you become an enemy to the society, your whole family will be destroyed at the root level.” - “ஊருடன் பகைக்கின் வேருடன் கெடும்”.

Importance of Social Relationship

Venugopal was born in a poor family. Gradually came up in life and became an administrator. Since he lived jointly with the society, he was respected by the people. But his children were showing egoism in their social relationship. They did not care or even looked at the neighbours. Gradually they cut down the relationship with the relations and neighbours. Due to this reason, Venugopal became mentally tensed. He could not closely associate with the neighbours.

He made arrangements for his youngest daughter's marriage registration. On that particular day at 7.00 in the late evening, all of a sudden power interruption occurred. Shocked Venugopal due to his mental stress became paralysed. Good fortune of taking part in the marriage registration ceremony was obstructed by getting admitted to the hospital. Even the neighbours could not part take on this occasion. Since he developed high blood pressure, the eye sight started dropping with the passage of time. On account of the situation in the country at that time, proper medical facilities were beyond reach.

The situation of children getting displaced to other countries took place. By this Venugopal became more of separation related stress. His sister's daughter came forward to look after him. Seeing the pathetic state of him, neighbours visited him very often and helped in his day to day activities. He passed away. He was unfortunate to have even a child attending his funeral. Only the neighbours and relations managed to conduct the funeral successfully. Therefore let us love the neighbours even, if there is any shortcoming for keeping the relationship intact, let us discuss and create a peaceful atmosphere.

Chapter 1.2

FAMILY RELATIONSHIP

Enjoying happiness through flourishing relationship is human. Man is born alone and leaves this world alone. But he cannot live alone at all. His lives are interwoven with Social Relationship. Till our last breath our lives turn out to be in "Relationship Search" only. We need life partner's friendship. A woman could live without a relationship of a man. Similarly a man could live without the help of a woman. This kind of life cannot be complete and of good quality with excellent feelings. The life will be like the flowers made of paper having no fragrance. Particularly one could feel this, only when they reach the evening of their life. We could experience in our day to day life, the state of a person who has lost the partner is filled with more challenges.

Greatness of Family Life

Family life is the one which supports greatly and be an ambrosia for relationship to flourish. In family life intimate relationship and support is permanently received. In the journey of life, the efforts, participation, engagement & advices of the life partner, turn out to be fertilizing the family life. Family life being the flower garden - love should blossom well. Sex happens to be the vital fundamental ingredient of successful family life. It is the basic necessity in family life. Everyone understands that, through this, not only the fullness of mind but also mental peace is received.

Necessity of good qualities

For married life to be prosperous, good qualities, good behaviours and the trust placed on the other partner, being in harmony is indispensable. The trust which is the foundation for family life

becomes foremost, similar to a firm foundation for a building being important. Our wants and expectations should match with those what we get and what we have. Husband and wife should change the attitude “mine” and cultivate the attitude “ours” which shows common feelings. The attitude “Mine” & “yours” should be totally avoided.

Greatness of family partner

(The word family partner applies to both husband and wife)

In family life greatness of family partner is important. Those are as follows:-

1. Partner, either husband or wife, is the most suitable person for talking freely, confidently and with intimacy.
2. Joins when other partner is happy, amused & laughing.
3. When other partner cries, not only joins in crying but also in pacifying.
4. Always by the side helping immensely to bear the disappointments of the other partner. (“I do not have my partner to share my worries in my mind.”)
5. The other partner, shares the fear, sorrow, disturbance of mind & absence of peace of mind of a partner.
6. Joins to celebrate the happiness due to success of other partner which enriches the feelings such as “we” and “ours”.
7. One partner need not try alone to achieve views, targets or goals. (Both partners try jointly – joint venture). Confidence, such as, “my partner is close to me ready to give immense help”, coming up of is quite natural. The assurance such as, “partner is following me like my shadow and ever helpful”, could give self confidence. These give great satisfaction and relief.
8. Because of this the Good feelings & Happiness doubles and unwanted load in the mind halves.
9. **Talking open minded is essential:**
Either husband or wife should talk openly the good and the bad feelings with trust. It is possible to get mental peace through

this. If stress and strain of mind and the doubts are not removed then and there, deep imprints could be resulted. Acts such as teasing, blaming, speaking sarcastically, elaborating further what was spoken, threatening, trying to justify, and not respecting will create deep sorrow in the partner's mind. During such situations arguing or speaking out of turn will not give peace of mind. Best is to be patient and listening to what the other partner has to say. Issues will be solved automatically.

10. **Reasons for relationships getting affected:**

The absence of open minded dialogue is the main reason. It is indispensable to have open minded dialogue to share the thoughts, feelings, likes and dislikes, expectations and disappointments between both the life partners. The likes and wants of both husband and wife should be fulfilled through open minded & intimate dialogue. Appreciating genuinely the actions of either of them, looking at the partner with love and affection, using kind, gentle, and supporting words, will make the day to day life flourish & prosper.

Who am I?

I am unable to describe who I am. Whatever age I may be my feelings grow continuously. I come to know more and more new things. I learn continuously. New thoughts are formed, new conceptions are taken. The state of mind could be known completely, only by a life partner. The person, who completely knows the wishes, desires and the feelings, could be only the family partner, either the husband or wife. Only the family partner knows the strength or weakness of the other. The children, grand children, brothers, sisters and relations cannot compensate this state of affairs.

Taking important decisions

Husband & wife should jointly take important decisions. Whatever effort it may be, while doing jointly contented mind (fullness of mind) will result in. Whoever the partner may be, the authoritative approach

will not give peace. At the same time surrendering (giving in everything) will not give any usefulness. Therefore the attitude of give and take policy should be cultivated. One cannot give in all the time. If yielding for everything continues, it could be considered as one being a slave to the other. These differences are the important reasons for dissensions connected with married life.

Activities of self-respect

We could show our self-respect by refusing to perform certain important tasks and activities. Not preparing meals, not serving the food, not cooperating to have sex are few examples. They may appear as necessity for preserving the family relationship. Family Partners should approach both the positive and negative aspects by conversing with each other cordially during intimate relationship.

Self-esteem

Self confidence is indispensable for every one of us. The real 'value of self' is based on love. The children should be brought up, showing love towards them, appreciating them, not accusing them, and making them feel protected. Parents being calm and having good character, the children could shine maintaining peace of mind. Then only one could grow having a good image of himself, knowledge of his own capacity & capabilities and related self-respect. To attain this state, encouragement of parents, and good guidance of teachers is noteworthy. Accordingly we could make our self respect grow and flourish. Further too much care of children will not permit them to cultivate self confidence to stand on their own feet and suffer without self courage later.

Self-respect affected

Growth of inferiority complex is unavoidable if self respect is affected. But in our society, we could see how far the children are under estimated and made fun out of by parents. They scold their children without sense and good judgment. How far the students of same age group tease their friends? Show their authority on some students. Some parents do not converse with their children in maintaining peace and harmony. They handover their children and keep them in the custody of either the servants or grandparents. Some children are put in boarding houses even at the tender age of 3-5 years. These children grow in the absence of parent's support or affection. They are unable to care others or live with cordial relationship and harmony with others. We observe that unpleasant words like donkey, dog, mad, devil, and buffalo are being used in the school atmosphere. In this way the children become disturbed. Their self confidence starts diminishing gradually. They magnify these and feel deserted. They develop inferiority complex and suffer. They are unable to accept fullness, completeness in their own self and as a result they suffer unable to accept wholeheartedly or love others.

On account of this, when they are grown, they scold their wife and children without any cause. Look down upon them. They themselves suffer with absence of self confidence. Though they become rich or holding a higher post in employment, they suffer lacking self confidence. Due to inferiority complex they lose firmness; being unable to pour love on their life partner and suspect each other without rhyme or reason.. We could see with our own eyes they becoming poor in mental health and pushed to a stage of requiring treatment. If this stage is prolonged, it becomes necessary for guidance to get either treatment or counselling or both depending on the acuteness.

Therefore, we are duty bound to grow cordial and close relationship with members of our family, relations, neighbours, friends & the whole society in general.

Family Life - A Life incomparable

At the same time family life happens to be incomparable and the self respect of both partners should be preserved and maintained. The maturity of respecting each other is indispensable. Family life is very closely knitted and has strong bondage; at the same time since the partners are two different individuals having their unique identities, either one will not wish to lose their identity or uniqueness. By honouring high and protecting the unique identity of each other the individuality grows higher. We witness that, by appreciating one another, the love between them becomes deeper and family relationship flourish. The talents and greatness in their uniqueness should be praised, appreciated and developed between the partners. If attempted to resist or restrict, it is inevitable to stop differences increasing.

The greatness of LOVE in family relationship

The male leader of the family showers love towards female leader of the family. He undertakes many duties wholeheartedly. We witness this situation continuing due to the love and affection in the family. Further more, the nature of living helpful to relations and friends takes place by this tie in of family life.

Few ways and means of showering love:

- Having pleasant conversation with a smiling face.
- Active listening to the ideas and opinion of the other.

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- Fulfil whatever possible requirements, when the other is facing difficulties or unhappiness.
 - Knowing the requirements of the other by observation and attending to them.
 - The ability to know the feelings of the other and respect them.

To accomplish these, the important requirement is open minded conversation.

Love makes life sweet. Love helps to overcome all difficulties. Love enriches family life. Love makes less beautiful the most beautiful. The place where love pours is heaven. The place where love unseen is hell. O! Mind, grow soaked in love.

- Srimath Swamy Chitpavanada. -

The attitude of give and take (Compromise)

The attitude of **give and take** should be grown between husband and wife. To reach this state the feelings of sympathy and sacrifice is vital between them. According to likes and dislikes of family members, give and take attitude would flourish the family life.

It is essential that in many circumstances either husband or wife has to yield. It becomes unavoidable to give up personal likes and dislikes, happiness and requirements of one person. We could see here, sacrifice leading selfishness. Safeguarding the well being of the family and family reputation should be a combined effort. Patience is a great shield and we could see this in the saying of learned "Those who maintain patience, rules". This is true in family life too.

Share of forgiveness in family life

Commitments taking place in our life is quite natural. Even though a person is of virtuous character, knowingly or unknowingly mistakes may take place at times. Mistakes take place in life unexpectedly due to reasons such as carelessness, failure to think deeply and not

understanding the after effects. In most cases selfishness is the cause. If we could think due to a certain issue how much another would get affected or rather the feelings get affected, problems won't arise or would be limited.

At this stage, begging for pardon or pardoning is indispensable for family relationship and its growth. It is not an easy matter to attain this stage. The state of taking revenge will come up due to reasons such as deep frictions, disgracefulness or betrayal. Forgiving each other is the highest state. "Forgiving is divine". The person becomes godly then. This state makes that person grow greater. While getting excused, the springs of love are opened in one's mind. The love between husband and wife becomes enriched and deeper when one is forgiven.

Summary

From cradle to grave family relationship is very important. Only by being a good family it is possible to bring up children with good health and contented mind. Precious gift a child can possess is the family life of intimate parents having no differences. By this their children will grow as respectable citizens praised by the society. They become good citizens who love their neighbours and the society.

Further, it is the duty of every child to protect and care their aged parents. During old age, it is unavoidable that a husband or wife becoming lonely by losing their spouse. At this stage, it becomes more important to care and look after the elderly who has lost his/her spouse. Hospitality is the prime component in family relationship. Even tasteless food served but with affection and warmth, becomes a nectar. We should follow the same hospitality with any one whether they are family members, relations or neighbours.

Chapter 1.3

NURTURING THE CHILD – THE IDENTITY OF RELATIONSHIP

If family relationship flourishes, children too will grow mentally sound and happy. The main reason for positive or negative mental state found in us during the latter part of our life, is childhood experience.

1. A child getting love, hug, care, security etc during the first eight years particularly during first three years in his/her life is very important. This experience happens to influence throughout one's life.
2. It so happens that the physical and mental feelings and social needs for a child whether boy or girl is the same. Irrespective of gender, if love, care and recognition received is similar these children will grow with good feelings. But we are able to observe the state of discrimination shown among male and female children. It is unavoidable getting the children's mental health being affected because of this particular difference shown in feeding and giving priority in recognition.
3. Siblings hate praising by comparing one with the other especially in front of others. Though they are unable to express, it is not possible to prevent ill feeling growing up.

Feelings of children are powerful

The feelings of children are truthful and powerful. If they are unable to do what they like or get what they want, they become frustrated. They fear when they see strangers. They are scared of darkness in the night. If a child cries continuously we should, not only pacify but try to find out the reason. When a child gets fear or angry, it is important to encourage and calm them down. By

teasing, ignoring, neglecting or punishing the state of the child becoming more fearful will arise. Owing to of this the child will grow with shyness and fearfulness. They become, being unable to express their feelings.

If these children try to show out their feelings, we should help them by being kind and polite, allowing them to do so. In fact they will grow happy, balanced and secured.

4. Punishing physically affects mental development

Punishing the children physically affects their mental development. Further parents engaging in violence should be completely prohibited. In such circumstances parents get angry and punish their children. Physically the possibility of children engaging in violence will be more. It is important that father should also engage along with the mother in bringing up and discipline the children. Hence the chances of parents getting closer to the children will increase. An environment will be created for these children to grow secured and affectionate. In the event of parents quarrelling very often, the children may get affected mentally. The children will be confused and puzzled being unable to enjoy whenever they are happy or to show out their feelings when they are sorrowful. You could have seen in many occasions, children's inability to show out their feelings when they lose their near and dear ones.

5. Children will follow the conduct and behaviour of elders

Children for the most part learn their behaviour from their near and dear. Children do not listen or learn from the advice of others. But learn and behave only by observing what the elders do. If the elders shout and get involved in violence, the children too will learn those habits. When grown up members are kind and loving towards others, respect others, polite to others and behave decently, the children too would follow the same.

6. *Extra attention is needed for children with defects*

Extra affection, hug, and protection are necessary for children with defects. Discrimination or showing difference should be avoided for children with physical disabilities as far as possible. We should never label them as “physically handicapped”; instead we call them “children with different talents” or “children with special needs”. Some parents do not spare much time with the children and maintain close relationship. They do not call their children in such a way showing them love and affection. As parents fail to show their love and affection openly the children are confused unable to show out their feelings. Some children receive their love and affection only from grandparents or house maids. As a result these children love their grandparents more than their parents. Further, it is very essential to protect our children from violence and abuse.

At the same time devoting more attention to children with special needs, it is essential that the parents should take care regarding their physical and mental health. If father or mother spend the whole time with such children, it becomes unavoidable to lose their own happiness completely. We see some parents sleep with the child the whole night even after the child is grown up. It should be avoided completely. They should be brought up in such a way, that they could stay alone or sleep alone.

Case Study - 2

Children who Yearn for parent's Love

Twenty three year old Partheepan is a student of Accountancy. He appeared at the Counselling Centre with psychological disturbance. During the conversation he came out with his mental distress. He could not sleep properly the previous night. Partheepan mentioned that he was having mental agitation and could not speak to anyone open minded. It was possible to gather more information from the conversation.

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- a. He said that he has attacked his father the previous day and his father was disturbed by this incident. His father was working as an Engineer and his mother an Administrative Director in a private commercial establishment.
 - b. During weekends his father comes home under the influence of liquor. His father quarrels with his mother throughout the night. Due to fear the children fall asleep without dinner.
 - c. He has smashed the glasses of two windows a fortnight ago due to excessive drinks.
 - d. On conversing further following points were found about the improper family relationship. There are three children in the family and both parents are working. As such, the house maid is forced to look after the children. During early childhood, these children have not received love, affection and secured feeling from the mother and father.
- Partheepan recollected and pointed out the incidences occurred when he was four years old.
 - He told that house maid makes several efforts to put him to sleep. In order to make him sleep, she squeezes his male organ to cause pain. He told that because of the pain caused by this act he falls asleep tired.
 - Because of both parents argue and quarrel continuously there is no peace and calmness. He told that due to this, he had to grow with feeling of fear lacking courage.
 - Even at school he is seen with feeling of fearfulness. When Partheepan was in grade four he was punished by a young lady teacher for no fault of his. The teacher was a spinster and obviously not having motherly affection. Someone in the class had stolen the lunch brought by another student. When the teacher inquired no one came out with the truth. Since Partheepan looked scared and gazing, the teacher suspected him. He was punished for a mistake which he has not committed. On account of this, this student's mind became more confused and disturbed.
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- Due to the reason of growing in such a disturbed environment, this child became scared and developed absence of self confidence. Though he did very well in examinations, he was very reluctant to go alone.
- Though he obtained 2A and 1B in Advanced level examination he was reluctant to enter the University.
- His younger brother gained admission and continued his studies in the University. Since Partheepan refused to go to the university, father criticized him at all times. Because of his state of being without love and affection and due to continuous irritation, Partheepan became mentally disturbed. His problem has grown to the stage of requiring psychological treatment.
- In this circumstance, Partheepan came forward to study accountancy. He started to study even with all these reactions. At the same time he attended the counselling sessions. He openly conversed with the counsellor as to how he was affected during his childhood.
- Now with the guidance of the counsellor, he has become good in 'time management'. Recently he came to the counselling centre and thanked the counsellor.

Summary

- a. From childhood Partheepan didn't receive the affection and love from his parents.
- b. Parents could not show their love and affection due to the fact, that the father being an alcoholic and also absence of cordial relationship between parents was prevailing.
- c. He was punished wrongly by his teacher and treated in an immoral way by the housemaid
- d. Though he was good in studies, he was affected psychologically.
- e. State of becoming a mental patient – was unavoidable.
- f. Started to commence counselling & treatment with guidance, at early stage of sickness.
- g. As he was properly handled Partheepan was able to become successful in life.

- h. Family life with mutual understanding of parents is the foundation for children's future.
- i. Doing well in studies and getting higher degrees and holding good jobs alone is not enough. It is important that they should be matured enough to live harmoniously in the society. Getting wealth alone is not enough. It is indispensable to have an environment of living peacefully and with mental perfectness.

Abnormal indications in children

The children who are mentally affected will be sorrowful and act abnormally. Few symptoms are:-

- All of a sudden, they will appear with disgust.
- Absorbed in worries.
- Be lazy and cry often.
- Act mischievously.
- Differ from other children.
- They won't play harmoniously with friends.
- Move towards loneliness and solitude
- No interest in day to day activities or in studies.
- They appear with loss of appetite.
- Suffer with no sleep (insomnia)

Parents should be watchful regarding these symptoms / indications in children.

Children show such symptoms due to reasons such as mental stress or sexual abuse. Parents should maintain cordial relationship with these affected children and show their affection towards them. It is important to approach proper counselling service.

Case study – 3

Childhood Abuse

Twenty five year old Sangeetha got married and went abroad. Though they live as husband and wife they could not engage in sex for the last 10 months. Wife loathed husband coming near her. The state of the husband was pitiful. Recently Sangeetha who returned to her mother land was handed over to her parents by her husband.

Since she became aware of the counselling, Sangeetha came to the counselling center with her father. Sangeetha openly described all the experiences during her married life to the counsellor. Some of the important facts revealed were: Sangeetha is a beautiful girl and has four siblings. Sangeetha is the second child. She spent most of her time with her aunt (father's sister). She even sleeps with her. From the age of five until she reached eleven, this bodily closeness was there. Her aunt (not married) renders her breasts for this small girl to suck under the pretext of breast feeding and gets her sexual feelings somewhat satisfied in an unnatural way.

Though Sangeetha is married now, she has developed hatred towards having sex due to her childhood abuse. She hated even her husband approaching her to have sex ethically. At last, she brought out all her controlled feelings at the counselling centre. She became healed. This is known as 'expressive therapy'.

1. Sangeetha's husband or parents never knew as to how she got affected until today. Confidentiality in counselling is important.
2. Since she obtained this counselling and guidance, she was able to engage cordially in her own family life with her husband. Her father came to the counselling centre to convey the happy news of Sangeetha blessed with a baby.

Important points for our awareness

1. Parents should pay much attention to children under their direct supervision.
2. Abuse takes place mostly by close relations and servants.
3. If abnormal behaviour is observed during childhood, it is indispensable to get proper advice.
4. By getting counselling service before marriage, our family relationship will flourish.
5. Let us be aware that all counselling services (with regard to marriage, profession, education of children, financial problems, problems with neighbours, physical illness, substance abuse, etc) are done with 100% confidentiality.

Chapter 1.4

RESPONSIBILITIES OF MEMBERS IN BRINGING UP CHILDREN

When bringing up children, the parents too grow psychologically. While bringing up children, the parents grow in various aspects such as loving and maintaining good conduct. Their personality develops. Gradually their moral values grow. Personality of parents improves with virtuous character and they become well matured. "Even the relationship between husband and wife flourishes and become strong and powerful" – says Eric Ericson the great psychologist.

1. Conceiving a child is Praiseworthy

In a woman's life conceiving a child is greatness. Child is the meaningful identification of the relationship between married couples. While two souls joining with love and blossoming of another soul is their child. It is an incomparable gift given by one to the other. Very much is the joy and pride the parents receive, by the growth of the child in each stage and the related activities, from the time of conceiving until the child becomes grown up. The happiness the parents received from the personality growth of their child is unlimited. Everyone in the family gets a contented mind. The children grow and their mind too develops, during this period.

2. Birth of human values

Through birth of a child, husband and wife are proudly promoted as father and mother. The values of parents start sprouting gradually. The birth of a child and bringing up causes the opening of a 'spring of love'.

Virtues such as, showing love, adopting patience, respecting the feelings of others, attitude of compromising, looking at things with affection, seeing others with feeling of love and affection (Emphatically), commences. At this juncture, we could observe growth of human virtues.

3. Bringing up a child (Nurturing)

Bringing up a child is a very responsible task among the duties of parents. By this the parents get rare experiences and feelings. Birth of a child and the responsibility of upbringing belong to both father and mother. We see the child as the recognition or rather identification of true love. While bringing up the child, parents get many types of life experiences. In a way they recollect their own childhood experiences. While bringing up the child they could understand the feeling of a child. They look at the world through the eyes of their child. Through this they understand the meaning of life.

4. Nature and character of children

The highest desire of parents is to have their children grown as good natured and powerful. Children are innocent. They have the talent of learning everything easily from the elders. We could see that the activities and behaviour of children resembles exactly those of their parents. Children have the capability of recognizing the good and the bad of their parents. If relationship problems between husband and wife arise the children are the ones who get affected. Because of this the growth and mental development get affected. If children grow in such an environment they will grow up losing mental peace.

5. Mental development of children

- a. Children start learning very fast from the day they are born. Major part of brain growth completes in first two years. It is the love,

warm embrace and security which are required for the mental development of a child.

- b. Others talking to them (recognizing), feeling the touch and embracing warmly (with love and affection) are important requirements of a baby. They watch importantly the faces of people. Leaving the child alone for a long period should be completely avoided.
- c. Setting a good example by elders and grown up children is very important for learning good behaviour and personality development of children. Being good example by parents and near & dear are much more effective than the words and instructions given by parents, in bringing up them properly.
- d. If elders shout, warn severely or reprimand using violence, to show their anger, the children will assume that these behaviours are correct and start following these examples.
- e. We should correctly understand the feelings of the children and approach very carefully. If parents fail to care the feelings such as cry, anger and fear of the children and punish them haphazardly, children will grow with shyness and immaturity being unable to show out their feelings.
- f. Continuous approval and encouragement of parents and relations is necessary for children's activities. Physical punishment will damage the psychological development. If either of their activities are not appreciated or always criticized, the ability to grow their talents will fade away. In many occasions parents seem to describe faults of their children.
- g. Physical punishment causes deep effect on children. As a result children will not behave with righteousness with others, besides causing stimulation of violence among others.

Therefore we the parents, have the duty of maintaining the family relationships patiently and calmly.

Chapter 1.5

MOTHER, FATHER, RELATIONS, NEIGHBOURS AND SOCIETY – THE LIMBS OF FAMILY RELATIONSHIP

Parents brought us up with numerous difficult experiences from infancy to childhood and then to youth hood and finally up to the stage we stand on our own feet. They were happy and proud about the happiness and greatness of family life. We were proud of loving relations and neighbours. We grew with the love and affection of our parents. So much so we should make others too proud. In our family life we should get the highest quality of helping and serving the society

How could we make those who are near and dear to be joyful in their life? How could we help others to become well off in life by our service? We should be driven by this kind of mental attitude. This relationship, the mentality of loving, induces us to engage ourselves in social services. From the stage of Self-centeredness (thinking about only our own family), we are driven towards engagement in development of our village, development of health, religious and cultural activities. In this way, the relationship in society level becomes firm and steady.

Greatness of social relationship

I grew by social relationship. I rose to higher state by many social efforts. My education, health, and social development are the result of bringing up myself by my mother, father, and the society. As such what contribution should I give to the society? It is our duty and responsibility to serve the society with commitment. Many of us forget our parents the love they showed and protected us. It is nothing but relationship

which created family life. It is our prime responsibility to render possible service to those who produced and perfected us in life, with gratitude, by showing the affection of relationship as an act of thanks giving by keeping in our deep memory.

By realizing this state, our family relationship and family life would become enriched. The attitude of, only myself should enjoy the fruits of my income changes and I become very delighted by seeing my wife, children, and grand children being happy. We care about the well being of mother, father and the society. Further we could observe that our services are more towards our relations and those in our society becoming flourished.

When my friends and all around me experience happiness, I feel like myself having the same experience. I get incomparable pride when positive changes take place in them by my service. I am unable to forget the contribution of my wife for me to serve the society. She always followed me like my shadow engaged in service continuously. I become proud without my knowledge, when I think that the family life which I was gifted encouraged me to do social service.

Further all my writings happens to be common, I feel that by doing social service, we become enhanced and proud. Though our publications cost much; because of the encouragement of the society, publishing continues. Without the participation and encouragement of society, no effort is successful by a single person. I just act as an instrument in this huge endeavour. I see this success as devotion to GOD.

I become over delighted when I see our people being happy by knowing and adopting, what I learned, my positive life experiences including ways and means. I feel that I myself live like them and my heart getting filled with happiness. In view of this only, our people praise that "Family Life is the Life of Virtue".

**“Anjuvathu anjamai pethamai; Anjuvathu
Anjal Arivar tholil”**

Thirukkural - 428

**“அஞ்சுவது அஞ்சாமை பேதமை அஞ்சுவது
அஞ்சல் அறிவார் தொழில்”**

Meaning:-

It is ignorance to get afraid for which you have to get feared. Getting feared for which you have to get feared is the job of the learned. – (Dr. M.Varatharajan).

Courtesy:-

THIRUKKURAL English translation: - “Not to fear what ought to be feared, is folly; it is the work of the wise to fear what should he feared”. (By Rev. W.H. Drew & Rev. John Lazarus.)

**“Atka iyalpattuch chelvam; athu pettal
athitkupa aange seyai”**

Thirukkural - 333

**“அற்கா இயல்பற்றுச் செல்வம் அதுபெற்றால்
இதிற்குப் ஆங்கே செயல்”**

Meaning:-

Wealth is perishable. If you get perishable wealth, then and there you should start doing everlasting deeds of virtues which are imperishable. – (Dr. M.Varatharajan).

Courtesy:-

THIRUKKURAL English translation: - “Wealth is perishable; let those who obtain it immediately practice those (virtues), which are imperishable”. (By Rev. W.H. Drew & Rev. John Lazarus.)

Chapter 1.6

CONTRIBUTION OF SEX IN HEALTHY LIFE

Sex is one of the basic requirements of human beings. Sigmund Freud the prominent scientist in psychology and eminent psychiatrist defined the **sexual desire** as the primary motivational energy of human life. What appears by directing sex in fruitful and acceptable way is civilization. Having sex and living with it but with self control and personality is greatness. Sex is the outcome of sensory feelings created by the bond of love between two minds and souls. Through this, the perfect mental satisfaction of husband and wife is achieved which becomes the base of family life.

Having sex has a unique place in married life. Sex which is one of the indicators of happy family life has influence on all other matters connected to the life of married couples. The husband and wife could feel the satisfaction or dissatisfaction in sex in each stage of their day to day life. Having sex is superior and a wonderful experience in family life. It is an indispensable part of life. It is not surprising that this is very helpful to the strength and power of a person. Family life is given the highest place and in religious ceremonies it is treated holy by all religions. The union of two minds with love and palpitation of hearts happens to be sexual relationship. Through this, family relationship gets massive strength and it becomes a driving force for success in family life. But mental shortcomings, complaints and suspicions destroy the smoothness of family life. If sexual relationship happens to be satisfactory, family life turns to be stronger and gives empowering satisfaction. This stage, not only makes, day to day life encouraging but also becomes a driving force of success in family life.

- If having sex does not happen in good form, with days passing, the relationship gets weaker little by little. The possibility of self-confidence decaying between husband and wife might occur.

- The feelings of pleasure by having sex remove the exhaustion in life. It becomes the cure for mental injuries formed between husband and wife.

Some of the reasons for not getting proper sex

The fear, hatred about sex, formed during childhood could be a reason. If children happen to witness parents having sex, some children could imagine that one is hurting the other or this act is a displeasure.

- If the child is abused by a stepmother, it could affect the child when he marries.
- Daughters abused or got frightened and shocked by the behaviour of irresponsible alcoholic fathers, could see sex as an act of displeasure and hatred.
- Due to failure in love affair – Even after they get married to a different person, hatred in having sex may crop up due to old memories, while having sex with the partner to whom he/she is married but not the person with whom he/she had love affairs.
- Due to the guilty feelings formed by having unnatural / improper sex during their youth, they become unable to experience sex satisfactorily even after their marriage.
- When children are subjected to sexual abuse they hate marriage. They become worried being unable to get sexual pleasure. A deep hatred towards sex is deeply rooted in their unconscious mind.

If life from childhood happens to be moral, ethical & decent whoever it may be could enjoy and experience sex in life with utmost satisfaction. If proper counselling and guidance is received, natural sex could be well experienced. If proper approach as mentioned fails, it could cause effect on mental health. It will even reach stage being unavoidable to get medical treatment.

Case Study – 4

Experience of tragedy during Childhood

Father is a government servant holding a high position. He has become a slave to alcohol when he was young. They have four children. The eldest is 26 years old Kayalvily (கயல்விழி) working in government

service. The bridegroom who came from Canada saw the bride (in Tamil culture the bridegroom visits the bride's home and sees the bride before marriage) and the wedding took place on a grand scale. They went to Colombo to spend their honeymoon in a famous 5 star hotel. But they could not have close relationship as husband and wife. The bride felt disgusted when the husband came near her, hugged and gently massaged her expressing his love. Space was created between the two beds which were next to each. The husband who came from abroad and married her was annoyed. The girl was left back with her parents on the fifth day. It was something difficult to digest. There was no shortcoming among these newly wedded couples. This girl behaved in a strange manner with the newly married husband because of the hatred she cultivated with her father during her childhood. She realized the necessity of counselling / guidance and approached the service of counselling, she put forward the following information.

1. During her childhood and youth her father takes alcohol and comes home under the influence of liquor. He fights with mother at home. Sometimes he locks mother and children in the room or tortures them by beating. They have become psychologically affected by this. She vomited out all the distress and the imprisoned feeling she had during childhood. She brought her husband to the following session for counselling. Husband too came out with all the tragedies he experienced when he was counselled alone. Next session they met as re-joined couple.
2. They left the counsellor with cordial conversation. After few weeks they have left for Canada happily.

Note:-

1. Their parents were not aware of this problem so far. Even the husband does not know the ups and downs of this problem which the wife put forward to the counsellor.
2. 100% confidentiality and privacy is maintained in counselling - Fortunately they received the guidance of an experienced counsellor.
3. Had they obtained counselling service before marriage these couple would have avoided this tragedy. In some countries counselling before marriage known as "Marriage Counselling" is popular. - Pre-marital counselling

Chapter 1.7

“LOVE” - MARITAL RELATIONSHIP

Family relationship is the place where “Love” resides. Woman yearns for her husband’s LOVE continuously, immaterial of how long they are married. Husband wants his wife to show her love towards him and expects him to be respected. Also he is eager to have his wife always agreeable to his thoughts and deeds.

1. Though her husband loves her wholeheartedly wife expects and likes very much, her husband showing it out by expressing kind and loving words, appreciations and fulfilling acts of her desires. Our praises should flourish in their ears. It is desirable to appreciate their beauty, dress, appearance, and make up. Wife loves to be hugged and pampered by her husband, which cannot be given much attention by husband during old age.
2. According to his affordability, he should give presents as per her likings.
“Husband should love to maintain and look after his wife like the way he does to his own body. A man who loves his wife is one who loves himself”.

Ephesians 5:28 (quoted from the Bible)

How much we mind and care about our own body? You should think and treat your wife similar to your own body. If loved in such a way the wife in turn will give the prize of love and showing love to one another flourishes. Further we could see caring and showing love towards children and relations materialise. Hospitality with love, smiling face, and courtesy happens to be the highest service to God.

What does the Lady of the house expects?

1. Main thing what the wife expects is husband’s love. Financial or social status happens to take the second place.

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2. It is a gift of God to have an honest husband who is not after another lady. One who goes behind another lady immorally will receive eternal blame.

**“Piran manai nokkatha peranmai sanrorku
aran onro aanra olukku”**

Thirukkural - 148

“பிறன் மனை நோக்காத பேராண்மை சான்றோர்க்கு
அறன்ஒன்றோ ஆன்ற ஒழுக்கு”

திருக்குறள் - 148

Meaning:-

The great masculinity which does not look at another man's wife with the intension of achieving her is not only the virtue of men with higher calibre; but also excellent conduct. – (Dr. M. Varatharajan).

Courtesy :-

THIRUKKURAL English translation :- “The noble manliness which looks not at the wife of another is the virtue and dignity of the great.”
(By Rev. W.H. Drew & Rev. John Lazarus.)

3. Husband not becoming slave to stealing, lying, alcoholism or drug addiction.
4. Should live with respect in society.
5. Should respect others, particularly the relations of her (wife).
6. When mother – in – law or sister – in – law insults the wife in husband's house (it is the tradition of the wife to go and live in husband's house) the husband should always be kind and support his wife.
7. He should have love towards their children.
8. He should take care and look after the family well.
9. Should give affordable help to relations and neighbours.
10. Should do whatever possible help to the needy without any expectation.

Other Expectations

- a) It is indispensable to have close and open conversations with wife without keeping any secrets or hidings. Through this the mental strain could be relieved and the state of becoming calm is possible. It could be observed that wife acts as a person who has the power of healing mental wounds. But if she feels that her husband is masked (who tries to cover his character and feeling) the extent of agony she gets is unlimited. In this circumstance wife too becomes masked.
- b) Similarly it is possible for the wife to express out the turmoil within her and get relief.
- c) It is essential that wife should listen to the advices of her husband keenly. While taking a decision it should be unanimous by both adopting the policy of “give and take”.
- d) It happens to be great ethics to treat the friends and relations of husband hospitably and whole heartedly. The warm relationship with wife won't flourish when such expectations of husband is not fulfilled.
- e) It gives mental completeness when cordial relationship is maintained with everyone without selfishness.
- f) Let us respect elders. Let us treat our parents happily, without bias and any disturbance to their mental peace.
- g) Let us do whatever possible service to the sick people.
- h) Let us feed the animals and birds. Let us rear them. We could feel mental happiness and fullness in doing so.

Those who treat their wives with honour are the great. Similarly those who are kind and loving to all are the fortunate ones.

- Preaching of Mohamed Nabi (Sal) -

Chapter 2.1

RELATIONSHIPS GETTING AFFECTED METHODS OF APPROACH

Basically it is important for the parents to be moral and able to show love and affection. For the psychological development of children, it is essential for parents to have the qualities such as “showing love and affection”, “embracing with care”, “providing security”, and “acceptance with happiness”. When the children face tragedies in their day to day life, the contacts and relationships with others would suffer. At the same time if they experience happiness in their day to day life, their later life would be happy and gale. The state of living with mental satisfaction and completeness will form.

1. Children's feelings seen affected in families with living background mentioned below.

- Families where Parents argue daily.
- Families where the attitude of breaking things during quarrels lead.
- Though the husband and wife live in the same house they do not face each other.
- Absence of cordial conversation (discussion between husband and wife); suspicion among them; no respect or regard to each other.
- The children of early childhood separated from family and handed over to grandparents or relations, grow with absence of sufficient embrace or feelings of security. These children become more attached to those who bring them up, than to their own parents.

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- Husband and wife being separated.
 - The children growing in a family where husband and wife are divorced.
 - Children who have lost both the parents.
 - Children growing with housemaids with insufficient training and experience.
 - Illegitimate children (children born out of illegal relationship).
 - The children who are put in boarding houses during early childhood. They suffer due to the absence of parental love & affectionate embracing.
 - The children growing in a surrounding where there is no peace.
 - Children living in environment such as Alcoholism / Drug addiction, environment with absence of even basic conduct / behaviour, surrounded by various crisis, displaced camps and insufficiency of space and basic facilities to live will appear with their feelings affected.

2. Consequences

- Appear with fear, depression and worry.
- Some parents do not call them (address them) affectionately. Often they use harsh words when calling. The children eagerly looks forward for kind words and communication with acceptance and appreciation from the parents..
- When a child is subjected to criticism very often, they become confused by not being able to express their buried feelings. Even after growing they are not able to show their love openly. No smile in their faces.

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- When others are unhappy and worried they smile at them sarcastically. We could observe their attitude of taking revenge growing high.
 - The children who undergo frequent criticism will suffer from absence of self confidence. They will be seen with elevated inferiority complex.
 - Not having close relationship with siblings, they being unable to communicate with each other even after they are grown, hatred and attitude of taking revenge in a way may take place.
 - Being jealous, purposely hiding things too.
 - Having hatred towards mother, not willing to face mother, unable to show sympathy however much she suffers, not willing to even participate in her final journey are worth mentioning.
 - When sibling is sick, unable to face them, even at the last stages of life. Hatred is the reason.

a. Hatred towards mother

It is a basic need to breast feed the infants for six months. As additional supplement, the child should be breast fed for two years. This happens to be not only providing food but also mother's loving embrace and security to the child. If the child is not breast fed periodically at the correct time the state of child going to sleep with depression and hatred will occur. If conceived within a short period the affection and attention to previous one will drop.

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- Due to being not getting the same love, care, attention and embracing which the next child gets, the elder child will develop depression, unhappiness and hatred.
 - A child will be self centred for first 4 years not caring about other siblings or others. They will be more selfish. At this stage it is obvious as to how much care and attention the parents should take in their children.
 - Due to reprimanding, talking with anger, criticizing, comparing with other children, discriminating, providing all facilities to one child alone, the child will suffer, depressed, and be unable to speak it out.

b. Hatred towards siblings

Children are selfish. But parents should handle them considering the after effects. It is necessary to prepare the child to accept the brother or sister going to come. The psychological preparing is necessary before the newcomer arrives. All children should be brought up similarly without any difference or discrimination. The parents should maintain cordial family relationship. They should be role model to their children.

3. Children are Unique

Each child is unique. Comparing children with others should be avoided. Children should be brought up with encouragement.

- Parents spilling their affected feelings on others will affect them.

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- The teachers should observe that all children are equal. Giving prominence to few children, discriminating others is to be avoided. Even while giving judgment it should appear to all as correct judgment.
 - Children should be brought up in a good environment. Our life is reflected by the environment. Our good feelings and behaviour will be like friends. Parents should guide the children with vigilance.
 - Whatever the religion they may belong to, it should be guided to follow their religion.
 - Children should be given the education according to their natural interest & ability. Parents should not force them to study what they wish or according to their taste. In the past there were many children in a family. Now there are only few in each family. As such we could see many parents pressing their children to study. They should be guided and allowed to study on their own choice without the parents forcing them to study all the time or every now and then.
 - Most of the children today have their education in urban / town schools where physical exercise, games, athletics are neither given much importance nor available. For the mental & physical development of the child it is important for them to have extracurricular activities. By participating in games they develop the attitude of accepting success and failure in the same sportive manner. Learning becomes easy. It is the duty of the parents to create an atmosphere for their children to play games, specially the outdoor games daily.
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Relationship among siblings getting affected

Sixteen year old Mahilini is studying in G.C.E. (O.L.) class and she is beautiful. But never a smile appeared in her face. Shows worried & depressed feeling. She got a call to inform that her friend's father has passed away of heart attack. Getting this news she started trembling. Her parents did not know what to do. With the guidance of neighbours, she came to the counselling centre. While conversing, her mother put forward some information about family circumstances. "We live in Colombo for the last four years following displacement. We have two children the eldest being Murali aged 17 years and two months". Their father is a Technical officer and an alcoholic. Due to this there is no intimate relationship or happiness in the family. When he is under the influence of liquor he tortures me and my children. Due to this I am not able to bring up these children with love and affection. In this back ground these children did not have cordial & affectionate relationship among them. Even for small things both the siblings compete or fight. The age difference between them is only 14 months. Only for two months she was able to breast feed the child. When the child was 3 months old I got an appointment as a teacher. My mother looks after the baby when I go to work. Breast feeding was interrupted. Embracing the child too gradually reduced. A state of my child growing with unsecured feeling occurred began.

I conceived again when Murali was only 3 months old. I felt that the care and affection of my child started diminishing. The mother narrated the story with depression.

Further information

- If the child does not get the breast feeding at the proper time, the infant will show disgust and depression by crying.
- Starts to sleep with increased depression.

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- We are in a state to understand that the child grows with feelings of tragedy if proper attention is not given at the proper time.
 - With how much love and care animals like dogs and cats breast feed and bring up their litter. After breast fed how happy those small ones are.
 - How the crows find and feed their offspring. But are we making use of the resources given by nature?
 - Particularly the children need their parents love and embracement, in the absence of which children's disgust begins.
 - Murali's sister was born when he was 14 months. When this second child was born the care, love, affection & the embracement towards the eldest child started dropping. Eldest child started to grow with psychological disturbance and began to hate his new born sister.
 - Father of these children in the state of being slave to alcohol has not contributed anything towards the development of them. Day by day Murali's hatred towards his sister grew. As they grew, Murali's torturing of his sister increased.

Because of this

- Without any reason he meddles with his sister.
- Beats and pinches.
- Sometimes bites her.
- Once when his sister was 9 months old he dragged her down from the bed.
- During the stages of their growing, he always fight while eating, studying or playing.
- Beats her with what is found near by.
- When the child cries aloud, he will enjoy and smile. In this way he shows out his hatred.

The parents did not give much attention to the affected child Mahilini. The mother and father did not pacify them with affection or attention.

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- On account of this situation gradually Mahilin's face started to become stressed. Because of much worries she won't talk happily with anyone. He tries to avoid mixing with family members, friends or others.
 - Because of intense anger she was not able to show her feelings out. Could not see any smile on her face. Though she is a beautiful child her face is clouded with worries and always dark.
 - For both the children the parent's attention started dwindling. They suffered without any one to support or pacify them.
 - In this scenario only, Mahilini and mother visited the counselling centre.

Important notes:

1. As a counsellor I gave active listening to the mother and children together and separately.
2. This conversation and guidance took place with confidentiality.
3. Some of the points observed during this counselling communication:
 - a) Peace did not prevail in mother's face too. Her approaches seem to be hard and strict. When inquired about mother's family back ground, came to know that her father too was a drunkard. He quarrels with his wife daily after drinks. Mahilini's mother did not fail to mention that, many days she had gone to bed without having dinner because of fear. Further when her husband too happened to be an alcoholic their family too had no peace of mind.
 - b) Mother in order to get relieved she vomited out all feelings of her bad experiences. This is known as 'speech therapy' in counselling. Many of us have no one intimate to share our worries through which we get relieved. The famous psychologist SIGMUND FREUD says that the childhood experiences are buried in unconscious memory and reflects in the behaviour during their adulthood.

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- c) Both Mahilini and her elder brother were given counselling. Separately, they put forward their feeling with innocence.
 - d) Finally a conversation took place with mother and children together. Now both the children are continuing their studies in G.C.E.(A.L.).

Observation: The names mentioned in this are fictitious.

4. The necessity of maintaining close relationship

All creations are longing for LOVE. It is unavoidable to get stress if appreciation, love and hug with affection are not within reach. For mental happiness and fulfilment, LOVE is the basic requirement. We all know that food, cloth & dwelling are essential for our physical body (physical body - Anna Maya Kosha – food sheath). Similarly love and feeling of security is very important for the **development** and **maintenance** of healthy mind (Mind – Mano Maya Kosha – Mental sheath). By having cordial relationship with each other we will be able to show our love, good respect & earnest towards them. It is very clear that when we are pressurized or stressed we won't be able to feel exactly the love others show towards us.

5. Relationship getting affected and the Reactions

- Feeling of fear
 - Bitterness of mind
 - Relationship entanglement (prohibited relationship)
 - Doubtfulness
 - Absence of understanding
 - Unsecured feeling
 - Absence of give & take attitude
 - Feeling of mightiness
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- Children are affected by this. This behaviour happens to be example to others.

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- Members of a family cannot maintain love and affection between each other; cannot show smiling face & words of pleasing won't materialise.
 - Affects all the members in the family. For example the mother when she gets mental tension will shout / scold as follows,

“Scarecrow ! stupid !, donkey!, buffalo!, I don't know why you are born here, I expected a boy but you are born as a girl! I was even trying to abort but you were born bypassing all those.”

We could see such scolding in different ways at different levels of social status. Such types of remarks and scolding makes wounds in the deep mind and also buried in unconscious mind. We all bear loads of responsibilities throughout our lives. Some are able to bear. It is unavoidable that many become victims and lose mental peace. Some are there who could bear all these like a tamarind tree. At the same time, there are people easily gets broken (mentally) like the drumstick tree. Some are so sensitive and break down even for the slightest thing like mimosa (mimosa is a sensitive plant if you touch it will shrink)

We could see the effects undergone during childhood throughout their life. Because of this only some of us are tensed while we are suppose to smile and be happy. Some, even if they try they cannot smile.

Characteristics

We could observe following characteristics in such children

- Unable to show their love
- Face looks tensed
- No zeal or enthusiasm
- Crying / whining / bewailing
- Refuse to eat
- Avoid mixing with people.

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- Refuse to play jointly with others
 - Breaking things purposely
 - Fighting -
 - Having stubbornness
 - Falling on to the ground and rolling
 - Shout loudly
 - Lack of self-confidence
 - Losing patience
 - Anger
 - Growth of guilty consciousness
 - Fear
 - Hatred

We feel the necessity of love and affection shown by our parents, teachers & neighbours. It is indispensable to respect each other. Not only showing our love to others but also prepared to accept love from others.

6. Types of effects

I. The children who grow in constant condemnation will learn to find fault and condemn others.

Criticizing others always will make wounds in the deep mind. Most of us are very good in finding fault in others. We need not praise anybody. Whether a child or adult, we should learn to appreciate the good things. Because of undergoing condemnations and criticisms continuously, one becomes habituated in condemning others always.

II. The children who grow with the feeling of enmity hostility.

Because of this feeling of hostility they learn to fight with everybody. Avoid showing difference between children. Particularly when the younger children receive more attention

the older children suffer and get depressed due to the lack of love and affection they receive. It is natural that up to four years the children are very self-centered. But the parents should be cautious in not hurting the elder child and as a result of which the feeling of hostility will be rare in the children.

Case Study – 6

Bringing up children properly

A well to do Family had two daughters. Age difference between them is 12 months. The eldest child was brought up with more attention and affection. Even from childhood these sisters argue & fight. Important point is that elder child refuses to eat. After so many efforts for several hours she ate. She is Stubborn. The parents were not serious or considerate about this child's behaviour. Parents petted her. But hatred and stubbornness increased. Two similar houses were built for them next to each other. Both sisters are married and even their children are grown up. Due to the war situation, the children of these two sisters are settled in foreign countries.

The two sisters and their husbands lived in their own houses. They visited each other. Even for minor matters they shout with anger. Lately they started hating each other and stopped visiting. The elder sister had to be hospitalised for many days due to illness. The relations were visiting her at the hospital. But due to mental stress, the younger sister did not go to see her at the hospital. Elder sister expired. All arrangements for cremations took place. The younger sister went for the funeral. But she could not cry or grieve. She did not like to talk to anyone and returned home. We could see the effects during childhood continued until death. It cannot be denied that the parents had to held an important responsibility for the occurrence of such an unhealthy state. It is indispensable to consider and treat all children alike. We as parents always being fertile, having contented mind, being impartial and having great norms and values.

III. A child growing with disrespect will always learn to be scared.

Self-esteem / self-respect is indispensable for all of us. Human nature is such that everyone including children desire to have them respected by others. No one likes to be disrespected. When scolding / showing anger, disrespecting, and criticizing occurs continuously, a state of psychological disturbance (mental disturbance) would appear. If someone feels that he has no respect, it is unavoidable for him to have the feeling of fear.

Kumar was doing well in studies. When Kumar chants hymns louder his father used to tease and run down him by saying that his chanting is like donkey's bray (dog barks, cat mews, elephant trumpets, donkeys bray). Because of this Kumar has stopped singing in loud voice. Others too stopped talking with him because of not showing respect to others. He has retired as an Accountant. But he is not able to spend his spare time joyfully. He has no friends. He wastes lot of time at home.

IV. A child growing with teasing and demoralizing which causes shame, will learn to live with the feeling of blaming, teasing & bullying others.

We see the father, mother, teacher and siblings (brothers & sisters) teasing and bullying the children. Comments and usage of words such as "Dark girl is looking beautiful today", "Donkey", "You are an unlucky child", "I do not understand why you are born in this family", "Black sheep", "Why are you standing like a tree"?will cause so much of pain in their mind which cannot be described in words. A friend is calling his child "Buffalo, you come here". We try to smile but try to digest it with much difficulty. But we undergo indescribable agony.

V. A child growing in an atmosphere of "Tolerance", will learn to live with patience.

Tolerance is not easily reachable. Preserving patience could be a strong fortress. We have old sayings of the wise such as, "Love

thy neighbour as thyself”, “If you have enmity with your neighbour, you will suffer a great deal, as if Saturn is in the eighth house”. - In astrology Saturn in eighth house causes bad influence.

- If we practice deep breathing, chanting God’s name continuously (preferably in the mind – initially while learning you will chant aloud and as days pass, you will reduce the sound and finally you will be chanting mentally), recite devotional songs (Bhajans), Yogasanas, Meditation & Praying, definitely we will achieve peace of mind.
- Further helping others by doing service to those who deserve, has the ability to give us **mental** and **spiritual** satisfaction. If we look little deeper, when we serve, we may do physical exercise, we get mental happiness by helping others, our social well being will improve, and we will grow spiritually (Karma Yoga – Service without any expectation is one path to reach God or self realization). The definition of a Healthy Person given by W.H.O is:- A person is healthy when he possesses Physical, Mental, Social & Spiritual well being. Thus we become healthy, and benefited when we do service. When children play, they learn to accept winning and losing, similarly they cultivate the ability of tolerance. Associating with good people, listening to religious discourses and Group prayers has brought in the ability to give mental peace. When parents live with tolerance & patience the children too will follow their footsteps and lead a prosperous life.

**“Kodi Koduththum Kudippiranthar Thammodu
Kuduvathe Kodi Perum”**

- *Owvayar*

**“கோடி கொடுத்தும் குடிபிறந்தார் தம்மோடு
கூடுவதே கோடி பெறும்”**

- *ஒளவையார்*

- Please see Annexure – 1

VI. A child growing with encouragement will learn to live with self confidence.

For psychological development (mental growth) children should be encouraged. For each and every event children expect parent's approval. We need not praise one after all. Even if it is a small matter appreciation is enough. Even among siblings comparison of one with the other will retard the self confidence of a child. Let us not forget that each child is unique. Though the children make mistakes at the beginning, by encouragement they will develop self-confidence and learn to live a good life.

VII. A child growing with appreciation & praise will learn to respect others.

While praising one gets encouraged. When you address a person warmly with honour, it becomes a great praise. Not only children even we, the elders are yearning and longing to get respected by others. By showing love to one another in relationship with family, friends and neighbours will enhance and flourish. This is indispensable for a joyful life.

We yearn for the appreciation & praise by others. By praising others we too will be respected, praised and appreciated by them. The children will learn to respect others when they receive appreciation and praise appropriately from parents, relations and teachers. The person who receives praise will enrich the feeling of respecting others. For example the grandmother praising "O' my Darling! you have passed the examination with flying colours".

VIII. The child who lives with honesty will learn to live without lack of prejudice, fairness and impartiality.

We should grow deep in the minds of the children the idea of, ability to come up in life with honesty and trustworthiness. The

children should be encouraged to follow the truth which lies in being fair and impartial. We should never try to acquire what belongs to another by wrong means. We should always live with fairness and impartiality. This idea should be grown in our young minds firmly. Teachers, helping the rich children or relative children, out of the way or giving extra marks to them, should be completely avoided. It is very important for the teacher to behave in such a way, that all children feel that the teacher is honest and impartial. This as an example that will guide the student to live with impartiality. Teacher being a good role model, the students will learn to live with the mentality of having fairness, honesty & justice.

IX. The child who lives in secured environment will learn to be self-confident.

From the moment the child is born the warmth (by hugging) should be present. Not only the child gets the best food from breast feeding, but also the safe and secured feeling the child gets by the warm embracement of the mother. If any of these amenities lack the child's self confidence will go down. Further the infant with its five senses has the ability to feel whether if the mother is in a state of mental disturbance. Parents getting agony, anxiety & depression due to the natural & man made disasters like war, displacement of people & tsunami will act adversely on the child's psychological growth particularly in cultivating self-confidence.

Only through the mother being happy and contented the child will grow with self confidence and also without any other psychological disturbances.

X. The children who grow in deserving praise will learn to love.

For each and every activity children try to get permission and recognition. We should learn to appreciate them in such a way as to encourage them. Even though children are young it is very

important to have the quality of talking to them in a pleasant & polite way. Contrarily if we condemn the children, they will suffer being unable to love themselves or their siblings. They appear with the feeling as if they have lost something important. We could observe that their family relationship gets affected in this manner.

When we praise, their positive attitude improves and develops which would make them to love themselves. Most of the children do not know their talents. By appropriate praise they come to understand their strengths and engage in improving and developing their talents. Contrarily if condemned, they start hating themselves more and more. By praising the children, not only they love themselves but also elevate the quality of loving each and everyone. These become the reasons for having growth in intimate and affectionate relationship with siblings. Family relationship becomes flourished. Parents loving the neighbours enhance. In like manner the family life becomes excellent.

XI. Children growing with acceptance and in a friendly atmosphere will learn to love the whole world.

For the elevation of good quality in children, it is essential to have excellent family relationship between husband and wife. If loving is not properly received at home, children will suffer being unable to love and behave friendly with others. When parents wholeheartedly treat the children well, a state of children loving the parents and being friendly with neighbours will occur. By having cordial relationship and love, all the good qualities will prosper. The lives of children turn out to be, according to the experiences they had in the environment while they grow in childhood.

Chapter 3.1

UNETHICAL RELATIONSHIP IN FAMILY RELATIONSHIP

In our tradition “one lady for one man” – how deeply meaningful and holy is this moral quality. We should preserve this great quality of life. When the man of the house and lady of the house adopt this good moral quality, the children too will follow their footsteps. During youth hood if a chance of closely associating with people with immoral behaviours the chances of going in a wrong path will take place. If parents act with vigilance this type of misleading in life won't take place. Parents should maintain close relationship with children and also monitor their activities. In this way our youths will grow as loving neighbours with good qualities.

Case Study - 7

Unethical (Immoral) relationship

Maanvili is 42 years. A teacher in Mathematics. She is separated from her husband due to difference of opinions. Senior students come to her for learning Mathematics. Paskar is 19 years. Situation arose or may be created for him to learn alone. He entered the University to study Engineering.

He could not forget the sexual relationship with this teacher. Further the teacher was unable to digest, the boy going far away leaving her. Due to this Paskar withdrew from going to Engineering Faculty. His life started to wreck. He came forward to learn in a private institution. Later he graduated as an external student, even though he could not totally abandon the teacher Maanvili's immoral relationship.

Paskar who had this back ground in life married Vathsala with willingness. This couple is blessed with a son. At this stage, Paskar

got an appointment in Canada and migrated. Vathsala is living with their child. Both the mother and child were dragged miles away by tsunami. Vathsala who escaped but facing these pressures visited the counselling centre. At this stage she came out with lot of things without hiding anything, which she has never shared with anyone before. She told all the incidences she faced while drowning with the child and how she got escaped. She openly told everything from the bottom of her heart, all about her husband's immoral relationship away from family, the arguments and fights they had and the hatred that has developed. After this incidence of tsunami, when she hears any shocking news she faints. She suffered with irregular sleep. Further more she mentioned about pressures and mental worries caused by her husband's separation. While bringing out all the feeling buried in her memory, she got mental relief.

On her next visit she mentioned that she has got a teacher's appointment. Under the guidance of counsellor she was able to plan her time for daily routines and started to engage in her efforts. She did not miss to mention that, she carries out her responsibilities with contented mind now. It is the prime duty of the parents to protect children with much vigilance while bringing up them. The children cannot get mental happiness just by doing well in education, getting degrees or high position in job. It is more important for them to have good qualities in life and maintain peace of mind.

Note:- Let us understand that counselling and guiding service is done with 100% **confidentiality**.

Case Study - 8

Immature child (not attained puberty) misled

Thivya is 9 years and not yet attained age. Well to do family. A 50 year old teacher was appointed to teach her visiting home. The teacher developed fickle mindedness. As an outcome he gently stroked Thivya's back twice. Thivya felt as if she has got an electric shock. She did not know the extent of the act. She did not even tell this to anyone. She kept all this unfortunate experience buried within her.

Days, months, and years rolled on. After having a love affair for two years, she got married to Sekar last May, at the age of 27. But she suffered with having no interest in sexual relationship with her husband whom she married after loving him. When husband tries to come closer to have intimacy she got the feeling of fear and hatred. She told that she loathes this union of husband and wife very much. When the husband looks at Thivya with the mood of making love, she felt that he is trying to trouble her. Sekar started feeling his heart ache, thinking of the nature of family relationship even though it was a Love Marriage.

When they became aware of the counselling service, both husband and wife started visiting. Initially I actively listened and spoke to them having both together. Then individually I listened.

Following are few important facts

1. Though the gentle rub by her teacher took place at her tender age of nine, she said that this memory surface frequents even now. Some information revealed:- The tremor I got when I was nine, has made me to have hatred feeling towards sex. When we were in childhood, the symptoms / effects due to abuse may not be known. But they create deep unhealed wounds in deep memory (in the unconscious mind). The father of psycho-analysis Sigmund Freud has experimentally found this fact.
2. The memory of sexual abuse will not easily be erased. Further they become coupled with disturbed and abnormal feelings. It could happen that their feelings in life are disturbed.
3. In the course of counselling sessions, Thivya surrendered all the ill effects in her deep memory with feelings but without hiding anything. Husband too separately shared the tragedies he encountered. As they put out the feelings which affected them, they became mentally calm & peaceful. This is known as 'Expressive Therapy' in Psychological Counselling. They both left the counselling centre and went home happily together holding each other's hand.

4. Last week Thivya came to the counselling centre along with her husband and proudly told the happy news that she has conceived. We infer that the intimate relationship in a family is the base for healthy life. If relationships are regulated, mind becomes flourished. When we look at the face we could see the beauty of the mind.

**“Adduththathu Kaddum Palingupoll Nenjam
Kaduththathu Kaddum Mukam”**

Thirukkural - 706

**“அடுத்தது காட்டும் பளிங்குபோல் நெஞ்சம்
கடுத்தது காட்டும் முகம்”**

திருக்குறள் - 706

Meaning – Like the mirror shows the exact image of the object in front of it, the face shows with what the mind is filled with - (Dr. M. Varatharajan)

Courtesy :-

THIRUKKURAL English translation :- As the mirror reflects what is near, so does the face show what is uppermost in the mind .

(By Rev. W.H. Drew & Rev. John Lazarus.)

Family Life not in order & contentment - End in sorrow

We could see in many occasions that those who fail to live away from the norms and values of society are subjected to a very low level. By hurting or harming someone, not only he but all the members suffer. Mentally they become weak. The infants and children who do not even know what a crime or blunder is, are also subjected to those mistakes which they have not committed. Even if they are happy and gale for a short period of time, it is unavoidable to undergo punishment in the long run those who commit blunders. It is a great gift of God endowed to live with good discipline, conduct and behaviour.

**“Pakai Paavam Achcham Paliyena Naankum
Ekavavam Illirappan Kann”**

Thirukkural - 146

**“பகை பாவம் அச்சம் பழியென நான்கும்
இகவாவாம் இல்லிறப்பான் கண்”**

திருக்குறள் - 146

Meaning – The four blunders Enmity, Sinful act, Fear, & Slander won't leave one who behaves immorally with the wife of another. -
(Dr. M. Varatharajan)

Courtesy:-

THIRUKKURAL English translation:- Hatred, sin, fear and disgrace: these four will never leave him who goes unto his neighbour's wife.

(By Rev. W.H. Drew & Rev. John Lazarus.)

In people with such immoral and unethical characters, we cannot see nature of sympathy towards others. Not only him but also all the other members of the family will suffer being unable to share the load of sorrow. Such person won't get Life with mental peace and freedom. The person's conscience itself will lead him to destruction and misery.

Note :-

It is important to bring out the feeling buried in our unconscious mind. We should speak out the feeling which affected us and kept buried in unconscious mind. This is known as Expressive Therapy in counselling. Putting out the emotions even by weeping is one of the best therapies which relieve the affected person. The feelings which were kept within, either by not telling to anyone or by finding no one to tell out, keep the affected person in a miserable mental state.

To make the soil fertile it rains. The tear of sorrow makes the mind fertile. The cloud forms to make the earth cool. The seed sprouts in the cool wet ground. The mind surrounded by the cloud of sorrow and by rain becomes suitable for results of wisdom. Tragedy ploughs the mind. Sorrow makes the mind soft. Afterwards wisdom of truth dawns. - Daily meditation Page 70

- Srimath Swamy Sitpavaanantthar -

Chapter 4.1

FAMILY RELATIONSHIP & ARISING PROBLEMS

Family is a place of worship. How great and holy such a place is. No one can deny that our family life too is sacred and holy. How far the fragrance is spreading when the two buds blossom, by having the holy bondage of marriage?. We could see that, when the feelings of two are harmonized with love, the family life turns to be a sacred life.

It is very important to have my wife's contentedness and secured feeling taken care similar to those of mine. A thought, attraction, and desire alone cannot be "LOVE". Love is the integration of entire relationships in the family.

We could live without LOVE. But it won't be a human life. The Lovehood formed between husband and wife in marriage makes them perfect, happy and contented. It helps them to grow. It makes them to taste the family relationship. It makes them to live as humans. Family relationship happens to encourage & enhance development of all the other relationships. It is a great art to harmoniously live with the spouse. It won't materialize in a day or two. We should be able to recognize and respect our differences. Importantly we should be able to respect the feeling as well as the needs & wants of the other. It is essential to handle and solve the problems of relationship among us in a creative and acceptable way. It is quite matching to say that maintaining and protecting relationship is a continuous process of learning.

1. The problems which arise in family and handling

We all like to live peacefully and joyfully. But, in families, we are able to see undesirable situations where arguments and conflicts take place.

2. Main reasons for Problems

- a. Definitely there will be differences between the couple. Both grew in different environments with different backgrounds. The personality and values are different. They both become as one entity by the relationship of marriage. Therefore family life is, living with the bondage of love, by understanding the feelings of each other. It is much appropriate to say that family life is a continuous affair which lasts continuously.
- b. In some families, we could say, that there are no problems at all. We could observe that, even any problem arises; with good understanding & pleasant discussions, they are handled well, as not counting them as problem at all and live with mental peace & happiness. But in some families the life itself happens to be a problem throughout as a continuous episode. We encounter that not only the wife & husband but all the family members suffer with absence of peace of mind and happiness.

Case Study - 9

Frustration in life

Seventy five year old Iyathurai a retired Administrative Manager, when he met me, he mentioned with highly depressed feelings that his son has physically assaulted him. I married my own first cousin.

From the first day I am living without peace of mind for the last 45 years. My wife is neither well educated nor beautiful. The father of 4 children with distress and anguish he said. Three are married and gone abroad. Iyathurai & wife are living with their youngest son. But he does not have meals at home. He goes home only to sleep. He engages in arguments with his wife whenever he is at home. We could observe various types of problems continuing in their life.

I actively listened to him. He was relieved psychologically by patiently listening to him. Active listening with empathy makes the person vomit out all what worries him and gets relief. This is one of the therapies in psychological counselling. In day to day life we could have experienced having no one sincere and confidential to our problems. This problem worries not only Iyathurai but his wife too. Most of us think about only the worries we face. We forget to think of the facts such as how much my wife too is worried; she always waited for my arrival at home; we both are living with the dependence of each other. Family life is a joint responsibility. Further the relationship between husband and wife is built on the foundation of trusting each other. If suspicion enters there is no way of having peaceful family life. I pointed out the necessity of having love and flexibility (give and take policy) with wife, son, daughter-in-law and grandchildren. He said that he would come for the next session of Counselling.

Love is what makes the life sweet & fragrant. Love makes recovery from all obstacles & difficulties. Love enriches the family life. Love makes the ugly, beautiful. The place where love pours is heaven.

- Swamy Shrimath Sitpavanandar -

3. Other Problems

- a) Being unable to share love leads to mental tension.
- b) Being unable to speak open minded - Mental stress. Loss of several things causes mental pressure.
- c) Financial problems; Unemployment; Expenditure more than earning - Difficulties and troubles due to debts.
- d) Difference of opinion in bringing up the children.
- e) Not showing the love properly. Continuous criticism. Verbal abuse; Indescribable deep mental wound.
 - Wife's refusal of having sex with husband.
 - Improper sleep, hatred, attitude of breaking things.
- f) Becomes slave to the job, not being attached to wife and children.
- g) More involvement on other work; Spends more time on activities outside home having the delusion that he is avoiding the quarrels with wife.
- h) Exceeds the social values such as "one man for one woman" (ie. having extra marital relationship), life devoid of peace of mind.
- i) Starts taking liquor with the misconception that he could get mental peace and becoming a slave to alcohol itself (ie. becoming addicted to alcohol).
- j) Becoming slave to alcohol and drugs during teenage; Finding it difficult or unable to get rid of substance abuse.
- k) One who has been affected by homosexuality, being unable to come out from it even after marriage causing family problems.
- l) Family problems caused by crossing boundaries with opposite sex co-workers.

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- m) Male domination. Wife does lot of work at home but when husband helps in some of them, wife gets mental relief and happiness. This will strengthen the relationship of family life.
 - n) Involvement in spiritual activities beyond the limit; Forgetting wife is his Life partner; wife suppresses her feelings and live in the family; the pathetic and agonizing state of husband because of wife's conduct. The husband and wife, while following the spiritual path in life, they should lead the life accepting the fact that family life is the sacred life.

4. Learning to live according to the income & resources

It is indispensable to live according to the income we have. It is important to provide basic needs and resources to the family. particularly food, clothing, dwelling, education and medical facility, are among them. Though we belong to an ordinary family, by attempting to live a majestic life we get entangled in misery and depression. Forgetting that we are displaced and living in temporary shelters, we spend lavishly for the puberty ceremony of daughter. In such functions for photograph alone we spend more than Rupees 10,000/=. By being unable to come out of such culture we suffer.

We purchase electric goods, saris, jewellery and furniture using Bank Credit cards. Afterwards it becomes so difficult to repay the bank, in addition to expenses of day to day life. People of middle grade, buy the land borrowing money and find it very difficult to build the house. There was a good old time, a father brought up six children properly. Now with only two children and also both parents earning, making both ends meet has become very difficult.

Therefore we should limit our expenditure according to our income and live contented and happy.

5. Sharing the work with spouse gives mental satisfaction and happiness to both.

Both husband and wife are employed. In addition the children too have to be taken to school. In this circumstance, both husband and wife getting up before dawn and sharing the work including preparing the children, gives real joy and mental satisfaction. Here the expectation lies in the enthusiasm with which we carry the daily duties. The real wealth one has is being static. The materialistic wealth is impermanent and perishable. Once Dr. Abdul Kalam – Scientist (Former president of great India) said “You are dead not only when your breathing stops but also when you stop your efforts”.

“Vellaththu anaiya malarneetam; Maanthartham

Ullaththu anaiyathu uyarvu”

Thirukkural – 595

“வெள்ளத்து அனைய மலர்நீட்டம் மாந்தர்தம்

உள்ளது அனையது உயர்வு”

திருக்குறள் - 595

Meaning:- The stem of the water plant flower is as high as the level of water. Similarly the height one could reach in life is as high as the effort and keenness he takes. (*Dr. M. Varatharajan*).

The power of a person is nothing but the great effort he takes & keenness he has. A person without it is similar to a tree having only difference in appearance.

The advices and orders to our children happen to be less effective to the example we ourselves show in life (ie. being a role model in life). They will follow our footsteps and be persevere.

6. Never interfere in family affairs between wife and husband.

It is quite natural that the father, mother, the father-in-law, mother-in-law remain helpful to their children who are husband and wife. Do not interfere in the family life of husband, wife and their children though the husband and children are your own children. Unless the couple ask for your opinion, do not try to feed or press your ideas on them, which will cause terrific conflicts in their family life.

- a) It is wise for the husband and wife jointly take decision on their family matters according to the family responsibility they hold. We come across the educated husband holding high post, dance to the tune of his mother. Difference of opinion occurs between the couple owing to this. This develops in to conflicts, arguments & exchange of improper words between husband and wife.
- b) It is a fact that the couple were brought up with affection & care by their respective parents. But it is the duty of parents to let their children lead their own life with harmony. It is a great quality of parents to encourage their children to function independently taking their own decision about their own family matters.
- c) Spending the income jointly by both husband & wife will be a great contribution for healthy family relationship. But some husbands or wives do not discuss anything about their income, savings or bank accounts. There are few couples who develop unfaithful and distant relationship. There will not be a healthy family relationship between husband and wife. If spending takes place after discussion with open mind, it will create good atmosphere of family relationship between husband and wife and results in contentment. When grown up children are there in a family, the planning of expenditure can take place with the participation of these

children too, which will strengthen the family relationship. Further children will learn to behave well with responsibility. Family relationship in a family which do not have an open discussion with the members of the family won't be satisfactory.

- d) In some families both husband and wife are employed. But they do not like to talk about their income and expenditure. The wife likes to spend only to her sisters, brothers and relations from her side. The wife will not allow her husband to spend on his siblings, relations from his side or even his parents (crime). Vice versa also happens in families. In such families though the outward appearance of the family appears spotless, the family relationship happens to be deranged. For an intimate family relationship it is healthier always to spend jointly. In some families they will not spend anything for others. We cannot expect a person to give others while that person fails to give even to his/her siblings wholeheartedly. We come across many in the society, who do not enjoy themselves with their savings or give to needy 'nearest and dearest' and finally end up their life.
- e) In their minds during childhood, parents should sow the habit of giving even a small share to others while eating. It is indispensable to cultivate the habit of giving with affection to siblings while they are in their childhood. For this the life of parents should set an example. This includes everything such as being kind and helpful to others & giving what ever possible to the needy.

**“Pakuththunndu palluyir omputhal noolor
thokuththavattitkellaam thalai”**

- *Thirukkural* 322

**“பகுத்துண்டு பல்லுயிர் ஒப்புதல் நூலோர்
தொகுத்தவற்றிற்கெல்லாம் தலை”**

- *திருக்குறள்* - 322

Meaning:- While eating, sharing with others what you got and protecting all lives, is the highest virtue which is even higher than all the virtues mentioned in spiritual scriptures.

f) Relationship of child abuse could ruin the life.

Parents taking utmost care while bringing up children (while nurturing) is indispensable. In many occasions, we could see the parents discharge their disgust and mental disturbances caused by the conflict between husband and wife, on their children. We see the parents instead of showing affection, care and pacification to their children, ill treat them. The children bury their affected feelings within themselves. The children grow in such environment, when grown, oppose their parents and ill treat them later. We could see that, only such children happen treating their parents gruesome. For children to be contented and to have good interpersonal relationship, they should be fortunate enough to get good parents. Importantly the parents should show love and affection to others, and have fine moral characters. Only such children when grown will love and respect the society, maintain wonderful relationship with everyone.

7. Communication either verbal (Conversation) or non verbal (by actions) with love and intimacy is very important

Difference of opinion may occur between husband, wife and children. The warm and cherished conversation will give mental relief. When one suppress the feelings & emotions anger may burst out. Only due to these reasons the love & affection diminish in family relationship. Therefore putting out the anger in a constructive way is good and will give mental relief. If husband and wife have the attitude of give and take policy, the family relationship will flourish. No one likes to be criticized or condemned in front of others and this should be avoided as far as possible. If required let us approach counselling.

8. Sexual abuse

Breaking the law in Sexual Transgression (act of going beyond the limits what is morally and legally accepted) in sex takes place in our society during childhood. Mostly this inhumane act is committed by close relatives or friends. During childhood the child cannot understand about this. When the affected child becomes an adult & gets married he/she becomes scared & worried about having sex with spouse.

Following are the important symptoms;

- Indescribable feeling of fear.
- Inexpressible worry.
- Disturbed looking.
- Attitude of lost confidence.
- Unable to be happy.
- Refusing to consume food / absence of appetite.
- Being unable to join with friends in playing.
- Less attention in studies.
- Sleeping difficulty.
- Sudden awakening from sleep.
- The feeling caused by the incidence comes up from unconscious memory.

The actions on these children should make them to get the feelings of safety and security.

9. Summary

To have the home as a place of virtues, it is the basic requirement to pour love on everybody and behave morally. The children

should be brought up from childhood, with affection, embracement & feeling of security. Further to have a life of mental peace & happiness the spiritual health is indispensable. It is essential to cultivate, the habit of patience and good social relationship. When the relationship between husband & wife has harmony and their thoughts follow each others is like the shadow follows, all the members in the family, could be contended and would possess the quality of maintaining good relationship with everybody.

It is important to bring out the feelings buried in our unconscious mind. We should speak out the feeling which affected us and kept buried in unconscious mind. This is known as Expressive Therapy in counselling. Putting out the emotions even by weeping is one of the best therapies which relieve the affected person. The feelings which were kept within, either by not telling anyone or by finding no one to tell out, keep the affected person in a miserable mental state.

To make the soil fertile it rains. The tear of sorrow makes the mind fertile. The cloud forms to make the earth cool. The seed sprouts in the cool wet ground. The mind surrounded by the cloud of sorrow and by rain becomes suitable for results of wisdom. Tragedy ploughs the mind. Sorrow makes the mind soft. Afterwards wisdom of truth dawns. - Daily meditation page 70

- Srimath Swamy Sitpavaananthar -

Chapter – 5.1

FAMILY LIFE - FROM DIFFERENT RELIGIONS

Two lovers agreeing in thoughts, words & deeds and have love & affection, joining in married life happens to be excellent. If both of them could think in advance about how their future would be, such marriage is acceptable. If such understanding is not formed before marriage even a small misunderstanding could turn to be magnified. Particularly they should decide in advance the way in which they are going to bring up the children. If not the children are the ones who will be affected. If the ideas, thoughts and actions are not unanimous between husband and wife, all family members will lose mental happiness.

Case Study – 10

Difference in opinion - tragedy

Ravi is twenty six years and his wife Ratha is twenty one. After the wedding one year and two months have passed. They both visited the counselling centre. Husband started to pour out all his mental agonies in the presence of his wife. He put forward the following:-

We both married after loving each other. Our life was happy and peaceful. We got married with the approval of our parents. We both got ready to attend a wedding of our relation. I told my wife “Please put ‘pottu’, you will look beautiful, I love to see your face with ‘pottu’” (In Hindu culture, the wife puts a round mark with red sacred dust called ‘KUNKUMUM’ in between the eyebrows. If the married lady becomes a widow she stops putting ‘pottu’) She refused and told “If I have to wear ‘pottu’ I am not prepared to come, you could go alone for the wedding”. The tone and facial expression of her has affected me very badly. Therefore we did not attend the wedding.

After the above statements of the husband I (counsellor) met each of them separately and listened actively with empathy.

Summary (some aspects) of the counselling:-

1. Ravi is from Hindu back ground. He has a firm opinion that a married lady with 'pottu' shows her husband is alive. In Hindu culture a widow never put 'pottu'. It is because of this Ravi's deep rooted opinion he wanted to see his wife with 'pottu'.
2. In her back ground Radha is never accustomed to putting 'pottu'. She feels that without wearing 'pottu' she looks more beautiful. Because of this she refused to put 'pottu'.
3. In our long lasting married life, the thoughts of both should be in harmony. Though the bodies are two the heart beats and the feeling should be one and the same. Differences & conflicts cropping up in minor matters will gradually pull them to worse situation making the life without mental happiness and peace.
4. When two partners of different religions who are grown up in two different environments, join in life; we know that they have difference in their back ground, environment, culture and religious beliefs. Two minds having differences join in marriage. This is acceptable. In this situation they should differ graciously to have happy married relationship.
5. Religions guide us to have happiness and mental peace. To concentrate and focus our mind, and to meditate and get mental peace the religion helps and guides us. The husband and wife should talk and discuss with open mind and intimacy.

We all have strong religious beliefs and holiness in our mind. You cannot avoid tragedy, if one hurts the feeling of another by putting forward his ideas and opinion. If the attitude of harmony, unity and concordance is absent the future of their children will be affected.

The spiritual activities should be followed from childhood. By this they could concentrate and take forward their life with happiness and peace of mind. If the parents do not involve in spirituality, it is unavoidable for children to have life of confusion. The life of parents showing good example guides the children. Therefore the parents should decide in advance about the upbringing of the child. The husband and wife having the attitude of give and take, the family life will flourish.

Case Study – 11

Contentment cannot be achieved - only by having wealth

Manoj is 18 years. He studies in G.C.E (A.L.) class. He has a well to do back ground. During weekends he takes his father's car goes on tour with friends. During end of last year he was fortunate to go on a trip to Hong Kong with his mother. Though there was a plan to spend the Christmas holidays in Malaysia during this year, but was not successful. Manoj got disturbed by the failure of his expectation. Due to this he became frustrated and was unable to continue his studies. Disturbed & frustrated, Manoj left home without telling anybody. The parents were much worried over this.

After few days later ,Manoj has gone to his grandmother's house. When the father got this news, he went and brought his son home. Being aware of the importance of counselling, the parents visited the counselling centre with their son. In suitable environment the parents put forward what was worrying in their mind, to the counsellor.

1. Ours was a love marriage. They pointed out that husband and wife were of different religions.

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2. Because of this, they said that they do not get involved seriously in any spiritual activities.
 3. We have enough of wealth and resources but no peace of mind and happiness.
 4. My husband is more conscious on earning. He does not care about the education of children or about spending time with the family. He leaves home very early and comes back only after 9 in the night. He does not spend time relaxing with the family even a half day in a week.
 5. He never takes meals with us. He does not have time to sit relaxed and converse with children. In order to balance this shortcoming, he gives lot of money to the children. Because of this, my eldest son spends more time with his friends without any control. His studies happen to be badly affected.
 6. The family relationship between the husband, wife & children seems not cordial.
 7. It was observable from the talk of Manoj that he does not have the love and affection of his mother, not even to the extent of what he has towards his grandmother. He told that his grandmother spends more time with him, loves and embraces him. He said with frustration that his mother never treats him even to the extent of his grandmother.
 8. As a counsellor, I approached all three separately. They shared all their feelings and loads of worries they bear.
 9. Finally, I counselled all three together. My effort happened to be a guidance for them to take their decision.

In Detail

The financial strength is necessary. At the same time the father agreed to spend happily and relaxed with the family during weekends.

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- In all circumstances, they agreed to have dinner together which facilitates to have conversation with family.
 - The father is obese. They decided to have boiled vegetables, salads, serials & fruits with less sugar and less spice.
 - He agreed to go for a walk after dinner for half hour which helps to develop physical and mental health and live contented.
 - They told that they are interested to get up at 5 in the morning and attend to the yoga classes conducted near by.
 - The mother told that she too will attend the Sunday school (spiritual teaching) with the children
 - These counselling took place in three sessions. After four months both husband and wife visited the counselling centre. They told about the flourishing change in their family life and left praising and thanking.

Let us Love Everyone

Giving himself completely to his wife is the real love. Similarly giving herself completely to her husband is also real love. Dedicating themselves to their children is the Parental Love. Giving of oneself completely to others is the Divine Love. GOD is LOVE (அன்பே சிவம்).

The precious gift a child could get is the love of their parents with intimate and cherished relationship, which happens to be a good example in family life. More than the orders or advices to children, it is the cherished life of parents led as good example moulds the children to be exemplary characters.

Chapter 6.1

FAMILY RELATIONSHIP & UNEXPECTED DISASTER

Family relationship is not only sacred but also is responsible. Though husband & wife are physically two entities, when they lead a life of feelings in harmony, their life happens to be joyful. All religions guide us that family life has to be not only joyful but also holy. When husband & wife live with good understanding & exemplary in conduct the relations and friends will admire and praise them.

We could see the people admiring the family in which the goddess wife follows her husband like his shadow. No one can refuse that husband and wife should have the attitude of 'differ gracious' importantly. It is necessary that either of the spouses hurt the feelings of each other. Even when there is absence of congeniality, discussing it then and there will make the mind balanced and happy. The husband goes out on duty. His wife fasts, prepares food, waits eagerly till her husband comes back, serves and joins her husband in having meals together. This custom flourishes the family life forever. Let us enjoy having meals along with children and grandchildren. How great & enjoyable is the act of treating well our guests. Forgetting the fact that my wife waits eagerly at home and having unethical relationship with another woman is very much condemnable. How much will we feel if wife does the same thing to us? Mental stress could lead to lack of 'mental health' such as depression, anger, hatred, attitude of breaking things, attempt of suicide, suicide and physical sicknesses such as elevated palpitation, diabetes, hyper-tension and heart disease. Further this could lead to taking revenge or even murdering.

Further, how the society is going to look at this? We could be close and friendly with anyone. Definitely loving another is very important. But we should know to draw the line at the correct limit. It is not an easy task to draw the boundary. Only at this juncture the society's

scrutiny becomes the prime focus. We are social animals. We were brought up with social relationship. In our life we should respect the norms and values of the society. When we exceed the limit we will have to live with unhappiness injuring ourselves.

Case Study – 12

Suspicion and its effects

Gunalan & Malarvily are married couples working at the same place. They are proud & happy about their family life. But they bear the mental shortcoming of not having a child for the last three years. Because of their good character and behaviour everyone liked them.

Vimalanathan who was working at the same place became one of close friends of this couple. He mixes with them without any bad thoughts or feelings. Gunalan and Malarvily too were moving with him without any differences. But as the time passes an awful opinion crops up in the eyes of the society. The gossips fell on the ears of Gunalan too. But Malarvily was not aware of these.

Gunalan started to suspect. The happy married life started deteriorating gradually day by day. At one stage Gunalan decided to go for a divorce. (What is seen need not be true, what is heard might not be true, exploring the fact is the best. – This is a saying of great.) Following this Wimalanathan became vigilant. In the mean time the couple resorted to divorce. Wimalanathan started thinking that this bad situation has arisen and he has got such a big punishment, even though he has not committed any blunder. After getting out of this emotional situation he has sent a message to Malarvily through his friend.

Message:- I have not done any mistakes. This happened due to ill fate. If Malarvily agrees I will marry her.

Now both are married and having a happy married life. Let us not forget that we are bound to the norms and values of society. Though we do the right thing, we should do it in such a way that looks

acceptable to everyone. Therefore the youths should live respecting the boundaries of society. The family happiness solely depends and built on the foundation of sincerity and confidence one has on the other. To attain this state the cultured personality should be grown. Tiny spark could destroy even a multi storied building. Husband and wife should think and behave in such a way that each is living for the sake of the other. Both should maintain this thought of flourishing.

The life of one who has improper and unethical relationship will never give happiness or peace of mind. Further the husband and wife will have disharmony physically and mentally. The children in that family too lose mental peace and suffer. We could observe that, being unable to bear the mental suffering one could be led to end up in having non-communicable disease, attempted suicide and suicide.

Case Study – 13

Unethical relationship and the consequences

Navaneethan and Mangayatkarsy belong to a well to do family. They did not have a child during the 23 years of family life. Navaneethan who is an Engineer by profession, goes out station on duty. Some days he returns in the evening of following day. For his convenience, he had an office at the place wherever he stayed. As time goes on he sometimes spends several days away from home. Navaneethan who is 53 years old did not fail to get the affection above limit, of a married lady. He got entangled in that 36 year old lady's love forgetting that his own wife is waiting back home eagerly for him. Whenever he comes home he looked worried and disturbed. His wife asked the cause for this. He tried to pretend that nothing is wrong there. Afterwards he started getting telephone calls frequently. At this stage Mangayatkarsy got unbearable agony. As time passes, Navaneethan started staying away from home even for two weeks. Due to this untold suffering Mangayatkarsy became a diabetes patient. She found difficult to spend time peacefully. At this stage she approached the counselling service.

Following information gathered during the counselling with Mangayatkarsy.

1. She is unable to sleep in the night, unable to sit in one place with peace of mind, unable to read for a long time & always found confused.
2. Because of the counsellor's active listening with empathy she put out all the internal suffering she was going through in her mind.
3. She started successfully following the guidance of counsellor as mentioned below,
 - a. Keeping diabetes under control (Exercise and Food)
 - b. Walking either in the morning or evening for not less than 30 minutes every day.
 - c. Diet Control in. (Advised what not to have and what to have stressing the importance of quantity, quality and timing).
 - d. Proper treatment without any interruption.
4. While getting advice regarding this treatment, wife Mangayatkarsy brought husband Navaneethan to the counselling centre. The counsellor had sessions with each separately. When actively and empathetically listened in an environment where the confidentiality was confirmed, husband started to put forward the entire heavy mental load in front of the counsellor. He put forward & accepted all the blunders he has committed.
5. Then both shared their feelings in the presence of the counsellor. Husband pleaded guilty and begged pardon from his wife. Wife who never expected such a good change will take place emotionally fell on her husband's feet and started crying aloud. Husband had to spend lot of time and effort to console his wife.
6. "Yes, we all are self-centered" isn't it? It is not 'I will do' but 'we will do'. It is not 'my car', 'my house' or 'my children'. It has to be 'our car', 'our house' or 'our children'. In family life, to have very good relationship we have to change from "I" & "Mine" to "We" and "Ours". Though the husband and wife are two entities physically they acquire the state of their heart and feelings being one and the same. How holy this feeling is. We hold the hands in front of the gathering of friends & relations on the wedding day.

The society bears witness. What a great function and what a pleasant feeling we get on that great day in life.

7. When either the husband or wife is left alone (separated) how much is the suffering? How much the feelings injured to either of them? Why we refuse to give due consideration to the feelings of the other life partner? How holy is showing love? This is why they say "GOD is LOVE". How important it is to have moral characters & behaviours in place.
8. The husband and wife should never forget that they are living examples to their offspring and should maintain good character, good behaviour and love towards one and all.
9. "The Daughter is just like the Mother" is an old saying which has a deep truth in it.
10. Living as a good example (role model) is more impressing to family as well as to the society than the advices or orders.

General points related to Family Relationship

1. Wife like a full moon waits for husband at home. The husband should keep her happy and contented. We should never forget this. Joining her for a walk, joining her in prayers, joining wife to visit friends, joining her in having conversation with children, joining her to have meals with children, joining her in giving presents to relations will make the home happy and joyful.
2. If both are employed, sharing the work at home including in the kitchen with proper planning will create a happy atmosphere with mindfulness at home.
3. Remembering and giving gifts on birthdays of wife, husband & children will create a deep joyful feeling. Not necessarily an expensive gift which may not be possible all the time, even joining to the temple or having a special prayer at home will do.
4. "My husband / my wife are living for the well being of me". "One lady for one man". Daily both should recite this by repeating mentally.
5. An unmarried person or even a married person should remember their limits (boundaries) when having relationship with a married person. When the limit is crossed then the family life will be ruined. It is not possible to regain the lost family life.

Chapter 6.2

TRAGIC EXPERIENCES IN FAMILY RELATIONSHIP

We all get into the bondage of marriage with the expectation and effort that our family relationship should be full like a full moon resulting in happiness. But all are not fortunate. It is unavoidable, that in some families, life happens to be miserable. Their day to day life happens to be a life of suffering.

Masturbation

Masturbation is a normal act whether a Man or Woman trying to get pleasure out of it. We need not worry too much about it. But most of them get fear, doubt and worry regarding what they have done, which affects them. Recently a person of 57 years old came to the counselling centre. His story was very sorrowful. He has become a slave to Masturbation. He mentioned that he has masturbated twice or thrice daily and his body has become weak. He added that he is worried and has become restless. It is unavoidable for a person who has no self control and stays alone at home without a job or any activity.

Some become slave to Masturbation. They become ruined because of not being able to come out from it. In our life if we do not plan our day to day activities and go ahead, our life becomes distracted by the five senses. Therefore our life should be among good people. Opportunity for such experiences of tragedy won't be there, when you are in the company of good people. Elderly man / woman could induce those in youth hood to take a wrong path in life. The mental shock by this could create guilty conscious. If they become engaged too much in such immoral acts they won't be able to enjoy sex with husband/wife which is a real tragedy in family life later.

Guilty Consciousness

Venu is a youth of 16 years old. His attractive appearance draws the attention and affection of members of both sexes. A 35 year old lady who is a caretaker of children's hostel has started to have immoral relationship with him. This has prolonged for nearly 10 months. Following this, Venu started masturbating very often. He got married to Supathirai when he was 30 years. Though they shared the bed, they never had complete satisfaction. He attempts but he fails (due to premature ejaculation) before he nears his wife. For the last 27 years, they could not have sex satisfactorily. He suffers due to his pathetic life, though he has taken many efforts to overcome or cure his problem. Recently he visited the counselling centre. When actively and empathetically listened, he was able to reveal more information.

1. Though I tried many years, I am not enjoying sex life satisfactorily with my wife.
2. Now, I get pleasure by only masturbating.
3. The experience I had when I was 16 is often comes up in my mind. I am unable to forget. I am worried about how to enjoy sex with my wife. He does not seem to feel or realise that his wife is waiting for him; she too has feelings like him & how much she suppresses her feelings? He, attempting to make her happy & satisfied, is not reflected from the expression of his feelings. Both couples agreeing in thoughts and deeds, accepts that affection & embracement would be pleasurable. This

guidance was given in the counselling session. He was guided with the following facts for enjoying family life. There should be no difference of thoughts between husband and wife. One should always understand the feelings of the other partner and be supportive.

4. Husband was guided with the fact that if they act jointly, both will be happy and contented in family life. But Venu's wife Supathirai is doing her work and duty only. She engages herself in spiritual activities and leads spiritual life. She has adopted herself to such a life. I (counsellor) asked whether he could bring his wife to the counselling centre. Husband told that she has refused. If both attend and made to express the feelings deeply buried, this problem could be easily tackled. As such the counselling could not be completed successfully.

5. **Combined (joined) activities**

"If both husband and wife could do all activities jointly, the family life will be a life of virtue" is the guidance of counsellor.

6. Recently he brought his wife and came to the counselling centre. I was able to listen to the wife alone. She was able to vomit out the buried thoughts. Supathirai said that she was enjoying family life now with her husband satisfactorily.

Summary:-

Sex is not the only requirement for a happy family life. It is essential to have thoughts and activities harmoniously. But we cannot rule out sex in family life; it is a basic need. When both have satisfactory sex life, the contentment will be available in family life.

Chapter 7.1

SEPARATION ANXIETY

Case Study – 15

Turmoil due to separation

Father writing a Letter to the loving Son

My dear precious son,

I was proud when you went to America for higher studies. The dignity and joy I got was limitless. That too, you went to the same university to do PhD, where your wife is studying. But now I hear that you are going to stay there permanently. When you wanted to be permanently away from us, it would have made me happy if you discussed this with me earlier. I am very much unhappy when I heard this information through a third person. The sorrow I got in knowing that you are going to live there as a refugee, is indescribable.

When you were born, the joy your mother and I had, you being a male child was limitless. How great and respected person your paternal grandfather was. I could still remember he did a special prayer (Abiseham) to Nallur Lord Murugan's temple as an act of gratitude. Whole family were immersed in joy because of the bondage of love. The pride we got at every stage of your growth is indescribable in words.

Six months have passed since your mother expired. You were not fortunate at least attend to the funeral of your mother who carried

you in her stomach for ten months and brought you up. This is all what I have done in my previous birth. I am living alone now. At my ripe old age of 80, I could feel and realize fully how cruel is loneliness. Poverty during childhood is gruesome. It is much more gruesome to experience loneliness when one is old. Your elder sister calls now and then from U.K., I get little relaxation.

With the grace of God Inuvil Sivakami Ammayar, I am physically healthy. Still I do not have anyone to share my happiness or sorrow. Most of the people in our surrounding are working very hard without rest, in order to amass wealth. Only very few have time to talk to me. On account of this I suffer being unable to tell out my feelings.

All this time your mother cared and showed me love. I was admitted in hospital last year when I was infected with Chicken - Kuniya. She was by the side of my bed, day and night - all five days, looking after me and saved my life. Though we are two entities by physical body, we had been bound by similar thoughts, feelings, and behaviours and lived as one. Today is your mother's 72nd Birth day. I celebrated quietly.

However, living in your own land will give you much pride and nourishment. Even our society will get fame and prominence. Through this our social relationship will get stronger and flourish. These are my feelings. I continue my social service. I am proud, happy and satisfied. Let the hardship of my life be with me. I pray to God Nallur Kanthan to keep you happy. AUM "Sai Ram".

With Love
C. Ambikaipakan

Inuvil
15-2-2008

Chapter 8.1

FAMILY LIFE IS THE “LIFE OF VIRTUE”

Husband & Wife living together happily, living with joy & pride producing offspring, is the life of virtue. Husband taking care of his wife with love and affection and wife too does the same to her husband, is pretty well seen in family life. When one gets what is desired, the feeling of both is such that, they both achieved what they desired. When it happens to one, both feel that they together experience happiness. The understanding flourishes between them. The family relationship gets smooth and regulated.

The attitude of “yours”, “mine” dyeing and the attitude of “Ours” giving birth is family relationship. Thoughts & Views of both happens to be one and the same. Marital love is the form of intimate love. Both the hearts get the same feelings. Owing to this they both feel that they are tied up one with healthy bondage. Family life happens to be, one life partner experiencing and enjoying the body and feelings of other life partner. It is indispensable that, this state should happen through pure love of wholeness (not because of the love of the body alone). Both should join in every respect specially the minds and not the body alone. This is the foundation of family life. It is the identity of family relationship.

In wedded union, not only the relationship unites but the entire life is bonded. The entire life happens to be incomparable & inseparable one. By complete bondage one becomes the other's in every aspect. They become one by their feelings towards each other. The family relationship by marriage is intact and whole. By having full

understanding and closeness, it is possible to experience and consume the pleasure of life. If the lady has fullness of mind & contentment (has excellent mental health), there is no comparison to the friendship she will have with her husband. Readers are reminded to understand that poor mental health is not mental disorder. All of us do not have “perfect” mental health. But we could & we should have “excellent” or rather “good” mental health. If there is deficiency in very good understanding and affection there won’t be complete satisfaction in life. Husband becomes the sole asset of wife and the same applies to wife too. In this circumstance, we are able to observe, one sharing the same feeling of other in happiness or sorrow. When the attitude of ‘one partner is solely for the other’ grows up, the maturity of mind to think that it is “our own life” develops.

In such a family life both takes the responsibility of each other. Their life won’t have any differences in their goal & objective in life. They both will share the feelings together in both happiness and unhappiness. If one falls sick the other will keep vigilant to look after & take care, like taking care of a child. She/he will show incomparable love. Similarly for completeness of life and development of life they equally contribute.

The morality and social norm of Tamils is ‘one and only wife for a husband’ and ‘one and only husband for a wife’. Accordingly the relationship between them strengthens and grows. For this family life to shine as life of virtue the husband, wife and children should act together without any differences. This will promote the feelings of love and affection to a higher level which cannot be described by words.

Husband and wife jointly engage in all endeavours, prepare, serve & have food together, even at home praying jointly, having conversations together, showing love and affection between them and towards their children, visiting relations together, going on pilgrimage or holiday tours together makes the couple joyful and more and more attached and closer like nail and the flesh below.

Husband and wife are equal in every aspect & never depart

Both are not second to the other. If not the bond and attachment between them this will never take place. One cannot have power over the other or try to rule the other. The attachment and understanding between the husband and wife become a tragedy when one of the partners thrust power on the other. We have come across unhappy families where the husband behaves like a dictator. There are unhealthy families where the wife controls and nag the husband (so called husbands are known as 'Hen pecked Husbands'). The control should be through "LOVE and only LOVE".

When the feeling of, 'one partner is not second to the other' is prevailing and if one is not behaving like a dictator the family relationship will be everlasting, joyful and strong. In such circumstance, one will always respect the words of the other and listen to it.

Friendship with love, affection and intimacy

We could observe and feel the incomparable deep love in successful married life. We further observe that inseparable family life continues and grows better, even when the family partners reach old age. Particularly when travelling by train or bus, while on pilgrimage or at the hospital, the helps, carrying out the requests and duties of one another, even at the old age are admirable.

When one is hospitalised the care with love and affection, looking after keeping vigilant at night shows the deep love one has toward the other.

Recently I got myself hospitalised for a medical check up. Since I was healthy I had the opportunity of going around and consoling the patients. One of the experiences I had during my stay in the hospital was the “Love and affection of a very old couple, the strong attachment they had & the outcome of it”.

Case Study – 16

Secret of Family Life

Husband is 85 years and his wife could be above 80 years. During those particular three days wife came alone. Children or relations did not accompany her. She mentioned that she came for treatment for hypertension (high blood pressure) of her husband and her house was 75 miles away. She told that she was staying in her friend's house temporarily during this visit to get treatment. I was astonished & amazed to hear the duties this old lady did to her husband. She puts her husband up who is bedridden, helps him to brush his teeth and do the morning duties and gives a towel bath (sponging his whole body with a wet towel). Though he could eat by himself, she enjoys feeding her husband. She combs his hair and admires his handsomeness. Whenever she finds time she touches his body and massages gently (Healing Touch). As we gently stroke the back of a child she does to her husband and become proud and happy. It is not similar to the sexual urge they say, you get even at the age of fifty. I (author) understood that even at eighty (even at ripe of old age) she becomes contented by the ‘sense of touch’. I realised that even when eye sight is lost or even one is in a coma state, it is possible to make the patient (who is very close in relationship) feel, the ‘sense of touch’.

I realised that, even at this ripe old age, the love, affection, care, pacification, and embracement present between husband and wife has not diminished which make their relationship grow. One partner has completely dedicated to the other. This is the secret of life.

Permanent separation (demise of one partner) & loneliness caused during old age

All who are born have to die one day & it is inevitable losing the life partner. It is not easy to fill the gap when one loses his/her partner. "When you glow I too shine", "In the absence of you, I become lonely and the life has become miserable". This is common and applicable to either husband or wife. Many are the happiness and sorrows they jointly faced with love and attachment during these many years of strongly bonded married life. This is the definition of family life. Even at the ripe old age one followed the other like the shadow. When, one who understands the requirements of the other, before being requested, and does all what is required, leaves the world, the agony is immeasurable. Recovering from the empty space is very difficult. Therefore the relations understanding the plight of the affected should take care and look after him/her. Especially the children should give more importance to this.

Seeing 'GOD' through 'SELF-SACRIFICE SERVICE'

GOD is LOVE. We could see God in the eyes of poor. Let us enjoy by serving the poor and needy.

We have resourceful people among the old. There are many, not only the educated professionals but also wealthy people. But how many of them come forward to help the needy people. The state of being light inside a pot should change. Giving even a handful of food while eating to anyone or an animal, pouring good words to others, are also great services. You could have heard this, in the popular anthem composed for '**World Tamil Semmoli Conference 2010**' held in Pandichery – India recently. The first few lines highlight this truth.

"You could make life happy even if you are alone"

It is a fact that the person who has lost his life partner could live happily with those memories of flourished past life and by doing service to the society. "Service to Man is service to God".

Chapter 9.1

GOOD FAMILY IS SIMILAR TO A UNIVERSITY

The eminent psychologist Eric Phram mentions that “Care which is actively put into action by one towards another is LOVE”. Marriage is the basic social structure of man & woman joins in life with love. Family life is the form of LOVE from the beginning to the end. A family which has complete love in abundance is the source of happiness.

It is possible only to produce a good family, by the good conduct and moral values of parents.

“Anpudaimai aanrakudip piraththal Ivvirandum

Panpudamai ennum valakku “

Thirukkural - 992

“அன்புடைமை ஆன்றகுடிப் பிறத்தல் இவ்விரண்டும்

பண்புடைமை என்னும் வழக்கு”

திருக்குறள் - 992

Meaning – Being a person who loves all, having the quality of those born in a high family, are the two for the good path of living as a person of excellent quality. (*Dr. M. Varatharajan*)

Courtesy :-

THIRUKKURAL English translation :- Affectionateness and birth in a good family, these two constitute what is called a proper behaviour to all.

(*By Rev. W.H. Drew & Rev. John Lazarus.*)

Being a person of love (who loves all living beings)

Bhagavan Sathiya Sai Baba says “Love all” and “Hate None”. Love is nothing but being affectionate to others like s/he is affectionate to self. It could also be giving a good life to the other. It could also be

making the other happy & joyful. We could consider love as the integration of relationship. On this basis the family life is a journey of LOVE and Attachment. It could be felt that, though the husband and wife have two physical bodies, the combined heart beat having the same rhythm, make them having same quality, thinking and behaving. The strong bond of love and affection could be seen in the eyes of both. By this they produce another life. The summery of this happens to be a family life. In family life showing love is the greatest art.

Being a person of good character & good character

Thuuimai arul, unnsurukkam, Porai, sevvai

Vaaimai, nilamai valarththale matta evai,

Kamam, kalavu, kolai, enak kaanpavai

Neme eer inththu niyamithhan Aame"

Thirumanthiram - 556

“தூய்மை, அருள், உண்சுருக்கம், பொறை, செவ்வை

வாய்மை, நிலைமை வளர்த்தலே மற்ற இவை

காமம், களவு, கொலை எனக் காண்பவை

நேமி ஈர் ஐந்து நியமித்தன் ஆமே'

திருமந்திரம் - 556

For the family to be one with virtue, good character & good morals are the fundamental necessity. Listed below are the qualities of such a person.

- Should maintain cleanliness internally (mind) and externally (body) always.
- Living with Bestow upon God (Having good spiritual health).
- Having the amount of balanced food (not over eating).
- Being calm, quiet and gentle (avoiding anxiety, anger, irritability).
- Doing the correct thing after thinking well (avoiding unethical, illegal activities).
- Speaking less and carefully (avoid insulting others by words).
- Cultivating all types of good qualities.
- Avoiding wrong type / over limit of sex thirst. (Avoid having unnatural/unethical sex. Even sex with spouse should be moderate).

-
- Never steal or rob.
 - Never commit murder

Since husband and wife are the base of family life, both, by loving everybody, the family life could be made 'life of virtue'. Following the life of parents being example and with their guidance the children too will learn to be kind, loving & embracing the relations, friends, and neighbours. By having love and hospitality on others, we too will be loved and respected. Through this we could feel the good qualities shine on us. Everyone yearn for 'love' from others. This is the main necessity of human being.

Showing love on others is the highest quality in our life. This is what makes us to live as a human being happily.

When you correct yourself the world gets corrected

Without any return let us love others. By doing so, we will be respected, praised and honoured by others. We become loved by others. I correct myself by leading a life of good example in the society. When we correct ourselves the society gets corrected automatically. When the family life is consistent, we could implement these in the family life.

Let us learn to appreciate

Whether they are the children, elders, husband, wife or neighbours, let us praise, appreciate and encourage their good activities. It is a must for us to have a state of being respected and praised by others. We need not praise another hypocritically by words. It is enough if you could appreciate the good of others. Contrary to this if you try to condemn or criticize, it will make them retard.

Children never like to be run down or offended in front of other children. Though she is my lady of our house, even for a small matter, let me praise and appreciate her which will make her more pleased and joyful. We think that the formalities are required for people outside

our family. The words like 'please' 'thank you' 'you have done a good work' 'the curries you made are excellent' 'Well done in your exam, congratulation!' goes a long way in relationship, within your family, your parents, your wife & your children. We do not or rarely use kind words often. We must use the words "I and mine" instead of "we and our". To say good words, it won't 'cost' anything. The person should necessarily have the attitude of praising and appreciating wholeheartedly. The words and the tone of saying should be as sweet as honey. We become the persons of experiencing happy family life when we create an environment of pouring love and appreciating. Let us patiently avoid teasing, speaking sarcastically, disrespecting, running down, insulting & slandering as much as possible, not only to outside people but to our own family members too. If this state of treating others (including wife, children, parents, in-laws) badly prevails, it is inevitable to have sorrow and disturbance in the family.

Speak good – as seasoned with salt

**"Allavaitheya aram perukum nallavai
Naadiya iniya solin"**

Thirukkural - 96

“அல்லவைதேய அறம் பெருகும் நல்லவை
நாடிய இனிய சொலின்”

திருக்குறள் - 96

Meaning:-When we speak good things, which appeal to others, sin wanes and virtue waxes. (Dr. M. Varatharajan).

Courtesy:-

THIRUKKURAL English translation :- "If a man while seeking to speak usefully, speaks also sweetly, his sins will diminish and his virtue increase". (By Rev. W.H. Drew & Rev. John Lazarus.)

Every one of us knows and understands that in family life & social life we need to speak good things in a nice manner. Most of us including learned display the ego and high headedness in practice. Majority are fault finders blaming others thinking that they are perfect.

Except God, no one is perfect in this world. Considering the education, mental state and family back ground of a person if explained properly any one could learn this behaviour. The teachers too have the duty of teaching the youngsters with patience and responsibility.

Examples of healthy conversation between husband and wife

1. "The dish (curry) you made today is superb darling, what did you do to make it so mouth-watering?" This message makes the lady of the house (your beloved wife) so proud and extremely joyful.
2. Contrarily if the husband comments "The dish you made today is so horrible, how one can eat this?" wife will get very much annoyed & hurt.
3. In reply the wife may say "How much effort and time I spent to make this dish, this man never give a commendation" or if the lady is bit tough she might say "Go and eat in a restaurant".

Maintaining peace and calmness / words spoken, showing appreciation and love

Words of showing appreciation and love maintaining peace and calmness are very essential in our life. We all expect words of appreciation, accepting & accommodating. Not only the human beings, even the birds & animals embrace cares, protects & feeds their young ones. Just gently massage the back of a cat at home and observe how much it shows back the love and gratitude.

Let us cultivate the attitude of accommodating and accepting everyone in our life. It is obvious that we become happy and contented by such good quality. "Bhavan Sathiya Sai Baba" says "Ever Love! Never hate". We could hate the habit of a person but we have no right to hate a person. Day by day we could feel that we are growing higher and higher with great qualities of human nature. We blossom with high quality of human being.

Company of good people, the maturity of respecting others (even a small child) and identifying the feelings of others, are great qualities. If possessed the family life will flourish. The relationship with family members, relations & neighbours will happen to be excellent.

Let us not harm others by thought, word or deed

We are self sufficient & contented, respected by the society. We do whatever service possible, to others. These are all appreciated. At the same time looking at others in a hurtful way or using harsh words are not going to give any help to us. If blunders are committed, we could see the wrong doer suffering with our own eyes.

**“Seiyamal settarkkum inna Seithapin
Uyya vilumam Tharum”**

Thirukkural - 313

**“செய்யாமல் செற்றார்க்கும் இன்னா செய்தபின்
உய்யா விழுமம் தரும்”**

திருக்குறள் - 313

Meaning:- If someone does harm to a person who is innocent & that person who reciprocate the harmful deed, can't escape from suffering.
(Dr. M. Varatharajan).

Courtesy:-

THIRUKKURAL English translation :- “If a man inflicts suffering even on those who hate him, without having been injured by him; it will afterwards give irremovable sorrow”. (By Rev. W.H. Drew & Rev. John Lazarus.)

For family life to be a life of virtue, it is indispensable to be merciful on all living beings. Being not hurtful to the feelings of others is the biggest gift of virtue.

YOU 'REAP' WHAT YOU 'SOW'

All sufferings belong to those who make others suffer. It is praiseworthy to abstain from doing harm to others. We should think for a while that, how we would feel if the same harm is done to us.

“Pirarkku inna mutpakal seyyin thamakkinna

Pitpakal thame varum”

Thirukkural - 319

“பிறர்க்கு இன்னா முற்பகல் செய்யின் தமக்கின்னா

பிற்பகல் தாமே வரும்”

திருக்குறள் - 319

Meaning:-

If someone does harm to a person in the morning, he will get the harm automatically in the evening. (Dr. M. Varatharajan).

Courtesy:- THIRUKKURAL English translation :- “If a man inflicts sorrow upon others in the morning, sorrow will come upon him in the evening, unsought”. (By Rev. W.H. Drew & Rev. John Lazarus.)

Therefore let us think positively. Let us fill with good messages. Let us do service to those who suffer, according to our capability. This is why they say “GOD is LOVE”.

Excellent family is like a University

It is a great gift to husband and wife if they could lead family with deeply understanding each other. This is what the life of virtue. Those who are gifted lead a great life. Those who have the gift of qualities such as loving, good behaviour & conduct, persevering, not harming others, receive others with warm hospitality, rendering possible services to needy are the ones necessary for prosperous family life. A person who has such qualities and experience is not second to a highly educated person who possesses skill, attitude and knowledge. We could come across such people who surpass the learned.

Chapter 10.1

FAMILY RELATIONSHIP – Personal Experience

I am very fortunate to have a good life mixed with Love, Embracement, good childhood experience & ample security. I did not have a life with bed of roses. Yet, I had to undergo different hurdles in life during my adolescent period. Though the environment in which I grew during early life, gave me opportunities to mix closely with opposite sex and the feelings of an adolescent, I did not get spoilt.

I belong to a family of farmers. Back ground of my life was financially poor. The life I had during the adolescent period, which was with good elders did not allow me to get routed in wrong path. Further the norms of the society where I lived prevented me from any wrong doing.

1. I got my first appointment as P.H.I. in 1955. The place was a village which was populated by 100% Sinhalese. Fortunately the relationship I had with Buddhist Monks, leaders in the village, Buddhist temples & other places of worship obtained me respect & love in society. Conversation with Monks in the evening; the involvement in spiritual activities gave me respect in the society.
2. Partaking in important activities and ceremonies such as wedding, funeral, cultural events, religious events in that village the social relationship got more and more strengthened.
3. The contacts I had with great people guided me to have a life of good qualities.

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4. I got married in 1965. I started feeling the greatness and the holiness of family life day by day. With a good reason I put forward the experience of shock I had when my wife touched me first. Age of my wife was only 18 years and 5 months then. As a symbol of love she gave birth to our daughter. Following this I felt a rise in society status.
 5. In 1969, I was selected for training in health education and stationed in Jaffna. By this, my activities, community relationship & the ways of enriching relationships started expanding.
 6. During the period 1971-1974 I had the opportunity of being the 'Health Educator' for a vast area of Wanni covering Vavuniya, Mullaithivu, Mannar & Trincomalee districts. Through this, as a 'Health Educator', I had the opportunity of moving with people of all levels having different social back ground and culture. I was happy and contented in assessing community needs and requirement, mobilisation of resources, planning programs with the participation of community & Implementation along with community. Cooperation of my better half in all these efforts and endeavours is great.

In addition to managing the home perfectly she was instrumental to maintain and develop family relationship. Because of this I never experienced tiredness, problems or a crises in family life. When I reach home after work she gives energy and happiness.

7. I was awarded W.H.O. fellowship in health education in New Delhi. Following this I had the study tour during the period 1974-1975 in India, Indonesia, Thailand, Malaysia & Singapore. It consisted of such as environmental development, Control of communicable diseases, Maternity & child health, Control of non-communicable diseases, Nutrition, Control of Sexually Transmitted Diseases, information & communication (for individual, group, mass) and health education. Further this study tour covered 'implementation of work plans & projects with the participation of community'.

8. Could the environment affect the life of one?

I had the opportunity of learning more on sexually transmitted diseases and the education they give for sex workers, when I was in Indonesia. As a part of our training program, I had the opportunity of visiting the places of sex workers with two of the coordinators. We were able to gather information about their background. These sex workers go on tour to work as full time, part time, or on specific days. They periodically undergo medical screening.

Unexpected experience

While interviewing the sex workers one of them came and sat very close to me unexpectedly. The way she sat created an electric shock throughout my body. I never had experienced such a shock in life. I am expressing this in order to bring out the suppressed feeling (registration in my unconscious memory).

9. Mutual understanding between husband and wife is indispensable in family life. They say that the 'education' and 'married life' are the result of our fate. If good understanding prevails between husband and wife the family will experience a wonderful life. I mention with gratitude that on this basis, since my family life was successful, all my efforts were happily completed.

“Thatkaththu thatkondat perni thakaisandra

Sotkaththu sorvilal penn”

Thirukkural - 56

“தற்காத்துக் தற்கொண்டாற் பேணித் தகைசான்ற

சொல்காத்துச் சோர்விலாள் பெண்”

திருக்குறள் - 56

Meaning:- One who protects her own chastity and the protects her husband with safeguarding family prestige courageously is the ideal woman.

(Dr. M. Varatharajan).

Courtesy:-

THIRUKKURAL English translation:- “She is a wife who unwearied guards herself, takes care of her husband, and preserves an unsullied fame”.

(By Rev. W.H. Drew & Rev. John Lazarus.)

10. I was fortunate to be awarded with fellowship of health education on “Primary Health Care” offered by W.H.O to visit five countries in 1984. ‘Information and communication’ and ‘identification of problems and ways of intervention with community participation’ are included in this.
11. On arrival of Indian Peace Keeping Force in 1987, we were displaced and were refugees at a temple. Even at this mentally worried & disturbed state, since my wife, daughter, relations & neighbours were beside me, I did not lose confidence mentally. We were living contented even though the struggle and problems are vast.
12. Because of our village possessed high spiritual environment, I started praying to Sivakami Amman to grant me, a mind undisturbed, a wife ever loving, an unfailing offspring, undiminishing fame, quality of never going back on word given, ability to give to the needy without any obstacles and wealth never decrease.
13. Though I lived in such a constrained environment, I was fortunate in doing selfless service with the participation of others, by serving cooked food to people, making arrangement for refugees to take rest.
14. Daughter got married in 1994. The couple went to Colombo. In 1995 got displaced from Valikamam - north leaving the permanent residence with the idea of settling down in Colombo. I never lost mental confidence though I faced numerous ups and downs. With the grace of God family life was fine with good family relationship.

15. I obtained training in 'Counselling and Guiding' during 1985. I started working on this. Due to my wife's encouragement I did 'Counselling and Guiding' more and more enthusiastically. In 1995 I retired from government service. I am continuing this service of counselling wholeheartedly.

16. Since I had free time after retirement, I got the gift of life to write books on "Promotion of Health" after my sixty seventh birthday.

17. South Indian spiritual tour.

I have been engaged in 'South Indian spiritual tour' seven times, with my better half during the period from 1997 to 2007. Due to His grace we had the blessing of worshipping His Lotus feet. Through this, even at the old age we both could flourish our relationship.

18. Wife's departure.

My wife who was sick for a brief period reached the lotus feet of God on 21.8.2007. I never expected and was not at all prepared to accept this irreparable loss. I felt that, our castle of family life which we both built together for 43 years has collapsed. The aftermath of this loss is "Loneliness and Emptiness". I was talking a lot about "Loneliness and Emptiness" during counselling therapies. But now only I am able to feel the depth completely. Though I feel very badly by this loss, I hesitantly like to put forward that this experience is also a must in my profession of counselling.

Wise men used to say that, the amount of loss could be fully felt, only by a person who has lost the partner.

19. Summary

Family relationship is holy, pious & virtuous.

- a. The life of two agreeing in thoughts and deeds is family life.
- b. In a family both the partners are involved in the physical health, happiness of mind and the respect of family. I was proud of my wife's behaviour and conduct. As a result of my effort, of course with her cooperation, she was respected highly by the society. Thus our family life happened to be joyful.
- c. A partner is equally required even at the old age. The void created by spouse cannot be filled by anyone.
- d. Children, siblings, relations or friends could never understand fully the exact feelings of a person who have lost partner. It is the responsibility of the children to care and look after their parents who worked, for the betterment of their life and for the service done to the society. Even the community has this responsibility.
- e. Time management is very important to a person who has lost his partner. The time should be spent usefully. Therefore planning is very much required in their time management. If we think that every day is gold, we could lead a life of satisfaction.
- f. By leading a life of good example our children will follow us and lead a good family life with mental satisfaction.
- g. We could make the life happy, even when we happen to be alone. Further our life should have an aim and an objective. We could achieve what we want. Therefore let us plan and carry out our activities. "You are what you think".

Chapter 10.2

PROSPEROUS LIFE AND SEPARATION

Inuvil

04.02.2008

My dear Brother, Greeting! Bless you a life of all wealth.

We are fine and pray for the good health of yours. I am in receipt of your letter. Long gap – I did not have proper state of mind to reply. You have not written anything more than “Companionship is a must when you become old”.

“A person, who has lost, only could understand the depth of loss”. I have not felt deeply so far, the feelings you have due to the loss of your beloved wife. I beg your apology.

Five long months have passed since the auspicious light of our family (my wife) extinguished on 21.08.2007. She was the bright light to my life and the life of my family. I was engrossed in happiness by her flourishing life. She ran the home efficiently administering all home affairs. Because of this I was a free bird to serve the society and further she helps and encourages me to help others.

My wife cooks tasty food and was very particular in enjoying her husband taking food satisfactorily, instead of she herself enjoying the food. There is no limit to pleasure and pride she gets, seeing her children and grand children enjoying her cooking. She loves hospitality while receiving guests. She even does not mind the tiredness. She completely forgets about her comforts and pleasures

to care and look after her husband, child, grandchildren and neighbours. I noticed this feeling of sacrifice in my wife. I feel that the family life I had with her was an auspicious one. I got pleasure and pride by her activities. I really do not know how and from where she got this good ability. Further,

- She was a close associate in my life journey.
- She always follows me like my own shadow.
- She made me to enjoy life in all aspects.
- She laughs while I laugh.
- When I weep she pacifies. I am weeping today but no one to pacify me.
- She was by the side of me and supported me when I was at a loss or when I faced distress.
- She was along with me whenever I had fear, sorrow, problem, anxiety, stress & strain, happiness and cheerfulness like my right hand.
- I don't have anybody to share and enjoy my success today.
- I feel the wideness of gap and emptiness.
- A feeling of loneliness is trying to enslave me or rather control me. I feel the importance of my life partner at this ripe old age.

Note:

1. Even those who were dear and near too are trying to avoid talking to me. When I try to put out my feelings, they try to divert the talk without actively listening and make me unable to share my feeling with them and get relief. I don't know whether they think that 'talking to a person who has lost his/her spouse' may disturb that person. Or else, I am made to think that these people are thinking that talking to a widower is not respectful.
2. When we talk freely expressing our feeling the burden in the mind will decrease. Similarly when we weep and put out the caged feeling the mind gets relief.

-
3. Meeting sick people and consoling them, helping the needy as much as I can are carried out by me as a service.
 4. I am engaged in counselling and guiding those who approach for help at the counselling centre.
 5. Showing love and consoling those who are unable to move or bed ridden is also frequent service I do.
 6. I function on the basis of "God is Love " (please see Annexure 2)
 7. I am writing this letter with the feeling, as I am conversing directly with you.
 8. There are some people who sympathises and talk with me with empathy which calms my mind.
 9. In between when I get some leisure time I enjoy reading spiritual texts. Further my work is concerned with authoring books on "Community Health Problems".

I am proud of sharing the life experiences with others in these books.

I am anxious to know about your health.

Vanakkam.

With Love,

K. Vaitheesvaran.

AGONY OF DEMISE

(Letter of reply)

Manor Park,
London. U.K.
12th February 2008.

My dear Brother,

I received your kind letter. Thank you. A person, who was supporting throughout the life; one who treated the happiness and sorrow of the partner as of her own; leaving suddenly is an unbearable pain.

1. I don't know how to console you. Becoming lonely while one is old is regrettable. Another person cannot understand the way your wife understood and acted. Therefore it is a fact that no one can replace that position. It is unique indeed.
2. We should use our spare time usefully. We should daily live with dedication. The service of authoring books is very useful to the society. It is great to share your own experience useful to others.
3. The counselling and guiding service you provide gives relief to the stressed and depressed clients. Further, I know that, writing letter to a person who is near and dear to you is also an effort in counselling. It is a fact that by writing, the feelings caged inside could be put out, which brings mental relief.
4. I am engaged in visiting sick people, visiting friends & relations, engaging in happy and sorrowful events in society, talking freely with those who are close to us, providing service to the needy.
5. I pray for the rest, your wife has at the lotus feet of God.

AUM Sai Ram

With Love,
S. Ariyarasa.

Persian Proverb

*What I kept, I lost
What I spent, I had
What I gave, I have.*

Prov. 11:25-26

MEDITATION

“Oh My Lord! Let me be within you like the fish is within the water”. The meditation naturally happens to the extent of mind gets purified. One who meditates is dwelling at the temple. This is the place which belongs to him. There is nothing to achieve beyond that. When learning meditation more and more one gets a new dimension in life. One gets purified, becomes next to God.

JEPAM RECITING MANTRA REPEATEDLY

“Oh! My God, Your Name is not second to You Yourself. All who repeatedly recite Your name have reached You. May I too, constantly recite Your name.

If we know the name and contact address of even an unknown person we could communicate with that person. Though we have not seen God, by constantly repeating His name we could feel the God and be with Him. Reciting His name repeatedly is known as ‘Jepam’.

**“Nalam tharum sollai naan kandu konden
Narayana ennum Naamam”** - *Thirumangai Aalvar*

“நலம் தரும் சொல்லை நான் கண்டு கொண்டேன்
நாராயணா என்னும் நாமம்” - *திருமங்கையாழ்வார்*

Meaning: I have found the word ‘Naarayana’ which gives good (the worldly happiness & heavenly happiness).

“Siva Siva enna Sivakathy thane” - *Thirumanthiram*

Source: Daily meditation – by *Srimath Swamy Sithpavaananthar*

“சிவசிவ என்னச் சிவகதி தானே” - *திருமந்திரம்*

Meaning: By repeatedly reciting the wholly name of God “Siva Siva” you attain heaven (reach God – no sorrow of being born).

THE ROLE OF SPIRITUALITY IN HEALTH CARE

Peace of mind is indispensable for good family relationship. There could be enough and more wealth; Husband and wife could hold high position and status in society. But failure to experience peace of mind will cause lack of contented family life. Due to this the healthy family status will deteriorate.

All the efforts to focus the mind a single point help to maintain the spiritual health of a person. It is a fact that, if mind is not focused, one has to face several tragedies. Worship, prayer, Jepam, Bajan (Group singing of devotional songs), Chanting of mantras (Namasmaranaya), Deep breathing, Meditation, Yogasanas, and Pranayama helps us to attain the above state of mind. Husband, wife and children getting engaged together as far as possible in this effort will produce a healthy family with contented mind. Therefore let us strengthen the family relationship. Let us have close relationship with neighbours and friends. Through this, let us be determined to maintain good health physically, mentally, socially, and spiritually.

“Good Health is the greatest gift of all”

- *From Sri Sankarar's Vetha Murasu.* -

LET US BE IN THE COMPANY OF GOOD PEOPLE

It is impossible for anyone to live alone. Living along with others is a must. Living in harmony with those, who love others, who has great qualities, who do selfless service to others, is commendable. In this way we could get the good qualities of those, with whom we associate. We will be happy to notice that, the great qualities of good people, unknowingly reflect on us. Giving birth to children alone is not enough. Nurturing them with great qualities and ability to live in harmony with society is essential.

**“Punarchchi Palakuthal Venda; Unarchchithan
Nadpuam Kilamai Tharum”**

Thirukkural 785

**“புணர்ச்சி பழகுதல் வேண்டா: உணர்ச்சிதான்
நட்புஆம் கிழமைதரும்”**

- திருக்குறள் - 785

Meaning:- To befriend, contact and acquaintance is not necessary. Empathy empowers one, to have friendship with another. (*Dr. M. Varatharajan*).

Courtesy:-

THIRUKKURAL English translation :- “Living together closely is not a must to have friendship; Mutual understanding alone can claim for it”.

(*By Rev. W.H. Drew & Rev. John Lazarus.*)

Let us understand & respect the feelings of others. Further, acquaintance with good people gives joy, similar to the joy a book gives when read.

**“Ariyavatrul ellam arithey periyari
Pernith thamaraak kolal”**

- *Thirukkural* 443

**“அரியவற்றுள் எல்லாம் அரிதே பெரியாரைப்
பேணித் தமராக் கொளல்”**

- *திருக்குறள்* 443

Meaning:- “The greatest gift a person could get is, owning great people by appreciating and praising their goodness”. (*Dr. M. Varatharajan*).

The friendship with people of moral values gives us strength. In case if we make mistake they will reprimand & correct us. When there is worry or disturbance in our life we could speak to such great people and get advices and relief. Following learned people with good qualities, as a role model will make our life blossom. Children should be encouraged and guided to acquire this habit.

Vanakkam.

“40 ways of healthy living” (Tamil) - Thanks to the writers publication.

Other books authored by the same author:

1. Healthy Life - I
2. Healthy Life - II
3. Healthy Life - III
4. Appeal of the children
5. Caring preschool children
6. Prayers to Vinayakar
7. Live with prosperity
8. 40 ways of healthy living
9. Adolescence
10. Diabetes
11. Caring of Elders
12. Family relationship

"Mukam Nokki Nitka Amayum Akam Nokki

Uttathu Unarwarp Perin"

Thirukkural - 708

“முகம் நோக்கி நிற்க அமையும் அகம் நோக்கி

உற்றது உணர்வார்ப் பெறின்”

திருக்குறள் - 708

Meaning:- If we get a person who could read your mind & understand you, through a glance, it is sufficient to just wait looking at him" (Without our self narrating anything)

Dr. M. Varatharajan.

Let us have 'active listening' to others. Let us always respect their feelings.

Through this the relationship with others enriches and built-up

About the author...

Psychological counsellor Mr.K.Vaitheeswaran with many years of experience in 'Health Education' - 'Techniques in Information, Communication, 'Education Technology' has authored many books in health education. He is capable of understanding the people and makes them understand the message he wants to pass, according to their taste and ability. We could observe, his personal experiences, the knowledge he got from learning books & the life skills he came across make this book glitter.

Experiences he had in "Counselling & Guidance" add feathers to this book. The knowledge and experience the author got through the fellowship on "Health education" granted by W.H.O., which gave him the opportunity of having educational tours to India, Indonesia, Thailand, Malaysia & Singapore is reflected in this book and is very useful.



Editor - Valampuri

About this book "Family Relationship"

Man gives birth alone. Departs alone. But his life is made of relationships. If the family life between the husband and wife is excellent, the life of their children and neighbours will be a blessed one.

ISBN:- 978-955-97577-6-4