

# Divorced Of Somatic Stupidities And Happily Married

**By Santosh Jha**

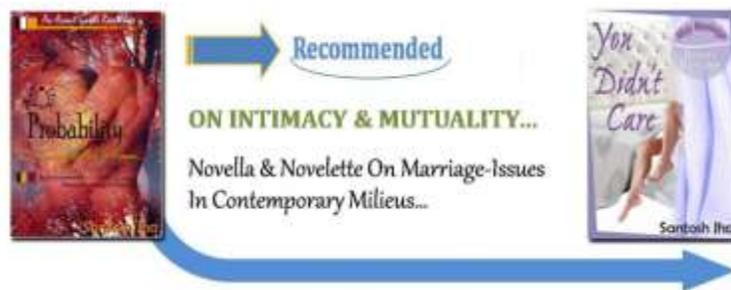
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**A Big Thanks...** You have already enjoyed 31 of my eBooks. They all, be it fiction or non-fiction, have been my humble endeavor to empower your consciousness for life-living wellness and personal excellence. This 32<sup>nd</sup> eBook is also aimed at continuing to write on the core issues of 3Cs – *Consciousness, Cognition and Causality*, as I stick to my belief that holistic, integrative and assimilative knowledge of the 3Cs alone can open the doors of wellness and excellence in a world of chaos, conflict and confusion, we live in. There is nothing better than living a self-aware life with poise of purpose...

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## Preface:

We all live in very complex and fast changing milieus, where the first casualty is poise and equanimity of consciousness. The drift takes its toll on cognitive realism. Both men and women are coping hard with milieus outside; in professions especially. For both men and women, troubles may be varied in degrees of intensity but troubles have the same origin. Both men and women struggle in milieus outside but when they come home, they surely need to have a heaven, where both men and women should feel rejuvenated, so that every

morning they move out, recovering their poise back. Home is where we have all things, which we lose outside. Home is where we have all things, we do not find or cannot attain outside.

However, most home milieus have troubles. Our contemporary homes are surely missing what they should ideally have. In such un-replenishing home milieus, the man thinks, most troubles are because of the woman and woman thinks the man is creating them all. The reality is, most women fail to understand their men with a standpoint, which the men have and hold dear. Men do the same. They don't care to see and accept the women's worldview and perspective. Once the home milieu loses poise, even small issues blow out of proportion.

It is never that everything in a marriage or intimate relationship is wrong and troubled because either man or woman created them. Both have their fair share in most troubles around. This needs to be seen and accepted as the basics of mutual wellness in marriages. Man or woman must never treat one's own wellness as separate from the wellness of his or her partner. Individual wellness must never be considered as competing domains.

Men and women need to see and accept the basic reality that for a man and woman in intimacy and mutuality, wellness is a collective and singular domain – an *Inclusive Entity*. The individual domains of wellness of husband and wife are so inter-linked, inter-dependent that segregated solutions don't work. Rather, they are calamitous for the very sustenance of mutuality and intimacy.

Life and living successes are all about this very intricate mechanism of wellness. Men and women need to step out of their individual domains and see and accept the utility of building planks of mutuality and symbiosis in marriage. Man-woman mutuality is huge component of life-living wellness. A man is a man, he has to see and accept. He has to lead. He has the larger onus of success on his shoulders, when it comes to organizing the success of wellness enterprise of mutuality and intimacy. Men surely can do it...

Acceptance, somehow works magic for compatibility and cooperation. Different entities may not necessarily be competitive as complementarities are better with distinct things. This is a difficult acceptance, seems only metaphoric but surely has core pragmatism and practical utility for all of us...

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### **At The Very Outset...!**

Marriage always has to be a special thing for everyone. However, the sad reality is that this world of humanity has many mismanaged contradictions but two things were the most mismanaged. First is marriage and second is the conception of a child – both issues at the core of wellness of both men and women. Almost everyone has seen worst and nastiest of marriages, be it what we popularly term as love marriage or an arranged one.

Globally, the systems of marriages are flawed and the worst managed. One really wonders; how little thought goes over this important issue of humanity. Sure, it seems, humanity has failed in evolving a universally accepted and practically aesthetic system of such a beautiful and important life event as marriage and the more critical necessity of required readiness to welcome a child in the family. When we look at it, we find it to our bewilderment that how humanity has created so much utility and consumption for good life and living but failed miserably in making basic and primary things as good and beautiful. That's why it needs to be accepted that there is something majorly wrong with our mental training that helped in creating a world order we all have lived in since ages and continue to do so.

Somehow, it seems, there is this general view that Birth, Death and Marriages are beyond human capacities. This 'Made in Heaven' psychology seems to have led to this casualness in approaching the three most important events of humanity. That's why there is so much chaos and mismanagement in these three events. Though, this casualness is also milieu-driven.

Amazing it is that we leave simple things; which we should do ourselves, to God and take up all difficult tasks ourselves. Men would do the unthinkable onerous and difficult tasks of challenging nature and God. Men would walk in space, climb Mount Everest without oxygen, make its own clone and the list is endless. But they never spare few moments for readying themselves for basic things like marriage, birth of their child and their own death. You need to prepare and be in final readiness for marriages and birth. We all need to prepare hard and be very timely in readiness for our deaths.

Tragically, we humans are least prepared and in readiness for the three most essential and basic events of life but spend all our time, energy and resources in readying dispensable utilities and consumptions.

We shall talk later in some detail about being in the conscious state of 'readiness', before entering the domain of marriage, however, it is important at the very outset to enlist the need for both man and woman to see, understand and accept that marriage is a huge enterprise and needs loads of preparedness beforehand, so that when marriage happens, the two souls are in perfect readiness for it. Naturally, for that to happen, man and woman must first evolve through a mutuality-mode consciousness. There has to be an acceptance that marriage requires a different state of consciousness, as against the singular individualistic one. It is important that man and woman build up on this symbiotic consciousness by enlisting a 'Mutuality-Mandate'. How?

For example, a man and woman wrote-up a 'Constitution' together of their marriage for both of them to follow. It just reflected of their consciousnesses jointly envisaging, how for them mutuality is going to unravel in their marriage. The constitution reads as:

**Preamble:** The two rationally endowed people – a woman and a man; physically, mentally and spiritually sound and mature; in decisive and total possession of love and compassion for each other and all; otherwise resourceful and capable of free will and independence of body and mind; hereby declare the aspiration and commitment for an assimilation; fully understanding and accepting the utility and desirability of such a union called marriage to attain the higher purity and purposes of life together; that otherwise is uncalled for. We as

woman and man pledge and give ourselves to become wife and husband in absolute humility and inclusive objectivity.

The Constitution then goes on to list the seven pledges –

1. The wife and husband shall strive and ensure, through thought and action that the roles and aspirations of each, as woman and man, are supported and enhanced through collective endeavors in best of meaning and spirit.
2. The wife shall support the husband with total dedication for his endeavors to augment security, peace and organization in the marriage whereas; the husband shall devote himself completely in his wife's initiatives to enhance the quotient of sanity, civility and beauty in marriage. In case of a conflict, the agenda with larger good shall prevail; otherwise, preference shall be given to latter.
3. Conscious and copious efforts shall be made to design and devise platforms of togetherness and common actions of wife-husband. Individualism needs space within oneself so, there shall be very little physical space left for individual actions. Wife and husband shall be together and do together all possible activities in all possible ways. Togetherness and commonness is the essence of marriage but it does not come naturally to woman and man; necessitating endeavors aimed at its complete integration.
4. The wife and husband shall observe complete transparency in thought and action in matters individual or common. Transparency shall always prevail even as time, space and circumstances necessitate divergence of opinion and action. Wife and husband are exclusive to each other because each one is the only person in front of whom; other can be nakedly transparent in consciousness and still not be ashamed but the happiest. Lack of transparency alone shall be the ground for breach of trust in marriage.
5. Innocence shall rule most matters and decisions in marriage. Intelligence shall always be a back up device; emotional intelligence shall prevail over intelligent emotions. Marriage is an institution of 'Conscious Choice' and therefore, visceral and instinctive stupidities shall not be indulged; it shall however be duly assigned

its proportionate weight. Innocence shall be the ultimate wisdom of marriage; the wife and husband shall strive to preserve and promote it through their efforts, individual as well as common. The success of marriage is in continuous and copious enhancement of prosperity, defined in terms of the sense of collective well-being. Both wife and husband pledge and accept that the benchmarks for this well-being shall be emotional fulfillment and abundance of innocence.

6. There is a perfect acceptance to the fact between wife and husband that marriage is a small heaven within this infinite universe which is full of conflict, contradiction and resultant violence. The wife and husband therefore pledge and accept that in the heaven of marriage, violence, both of thought and action, shall have no place. All conflicts and contradictions shall therefore be brought up with utmost transparency and listed. The wife and husband hereby agree that such listed issues shall be brought to bilateral discussion only and that too when both are in best of the state of body and mind. Any of the two, who shows first sign of violence of thought, will automatically lose his plea. The concept of collective well-being will be the guiding prudence for resolution of conflicts and contradictions. Non resolution will be preferred if a mutual resolution is not arrived at. The final say however shall be of the wife, in her exclusively individual/bilateral capacity, as sanity falls in her personal side.
7. Love and compassion shall be the core virtue of wife-husband relationship. Even in the worst of situations between wife and husband, in the long journey of married life; the husband shall remain with his wife, in thought and action, as a Father-figure to her. The wife shall, come what may, remain with her husband, in thought and action, as a Mother-figure to him. Marriage can cease to be, love and compassion can never. The wife-husband shall remain mother-father to each other, even in separation, till death lets them apart.

Different couples may have their own version of this constitution of marriage but the simple idea is that both men and women must accept the need of 'investing' satisfactory and optimum amount of mutually arrived tangibles and intangibles in 'mutuality-domain',

as marriage is one hugely crucial 'enterprise' of life-living wellness. In action and thought, both men and women must show up this sense of propriety and purpose.

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### **Let This Sink In...**

The man and woman mutuality and the raw element of core intimacy in the marriage are surely no business of 'intelligence' of words and language. All elemental and core utility have no words, only the primary sounds and raw acoustics of avowals. The music and dance have little utilities of words and language. The progression of the enterprises of music and dance is a conscious renunciation of the external and an acceptance of the journeys within. Intimacy is a brilliant mix of the best of both music and dance. Surely, it is ultimate artistry to renounce the cultural clutters of the consciousness, when deep in the intimacy music. The ingenuities of man or woman mind positioning needs to be renounced in the progression of intimacy as the music renounces words in its progression. Love and compassion needs a pure and poised higher consciousness...

This is important. People need to be happy and full of life together. Why waste time and energy on a notion, especially the populist cultural version of it, which is a fringe issue and a by-product of something more meaningful. People need to be *Together*; they need to be in *Mutuality-Mode*, they need to be *Collaborators of Consciousnesses*; they need to be *Partners* in engendering the artistry of life-living wellness and reciprocal excellence.

They surely need to be honest, innocently sincere to the core hypothesis of mutuality and committed to happiness. It is important that the man does not wish to individualize and particularize his emotions of 'suitability/compatibility' to his woman. For him, love and compassion should be embedded deep in his higher consciousness and must remain the primary energy of his wellness and happiness. Also, better it is for the woman to accept

this hypothesis that marriage is only the ‘seed’ of the ‘tree’ of mutuality, which is evolved and matured with conscious elements of innocence of love and compassion. Men and women must adhere to the raw and bare basics of mutuality. The fringe issues, the peripheral attainments and populist perceptions in relationships should never unsettle the core and cardinal idea and ideology of life-living wellness and excellence.

Life is good, it is so full of beautiful probabilities and each probability unleashes a rainbow of happiness and wellness. It is the honest and innocent enterprise of mutuality, which lends fruition and utility to all mystically marvelous probabilities of wellness and happiness. The man and woman must invest well in the enterprise of mutuality. When the man and the woman are well in happy space of mutuality, the celebrations begin... Everyone is invited...!

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### ***...For Finality Of Fruition***

It is not that people await good times, the good times also await good people to come and hoist the potential seeded in the soil of future. Good words also wish for good readers, to be in reception of and be in linearity of the innocent intent, which ride on the shoulders of the words, for the finality of their fruition...

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### ***... On Navigation And Expression Of Intent***

There has to be a humble admittance – Any word, however well meant and well spelt, is a possible suspect of misinterpretation. There is a simple reason. People are in different consciousnesses and culturally as well as personally inclined to a specific value-summation of utilities. As a writer, it is a huge temptation to take liberties, with not only imaginations

but also with the words, as against their common and popular use. Do kindly accept my latitude with language and personal coinages of words, as I understand, many times, they may not conform to popular usages. I share with you whatever is part of my consciousness. All wisdoms say, what stays with you is what sinks in. Wisdom is what we internalize. I share with you whatever I have internalized in my life. This may not be mainstream stuff; but may have utility in some meaningful way. I believe, as a reader, you shall enjoy this novelty and pleasant awkwardness of the writing.

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Thanks For Your Magnanimity, The First Chapter Begins...

## **CHAPTER 1**

Globally, majority of young men and women have been labeled by employers as ‘unemployable’. This is not new as it was said years back and this is however, not something confined to professionals but all sorts of jobs. However, surveys also reveal that majority of young job doers are happy or reasonably satisfied with their jobs, even when they may like bit of this or that to get better. What does this mean?

First; why we are talking about jobs and ‘un-employability’ of youth? We are supposed to talk about marriage and ‘marriageability’ of young ones! Yes, there is a purpose. This job and employability is a good metaphor to understand the nuances of the contemporary state of marriages and the root cause of troubles in them.

Though there are complexities in the entire blame-game, we can say, the undercurrent is that there seems to be huge gap between what job seekers think and accept as ‘good skills’ and what employers actually seek for good and satisfactory employability. This also

means, in our milieus, things may seem nice and easy but the undercurrent is ‘mismanagement’ and ‘stressed-relationships’ between seekers and givers.

At the very outset, when we dig deep into this ‘un-employability’ complaints and actual scenario of the problem, we can see how there are more perceptual issues than real issues at the grassroots. Still, the trouble remains constant and gap seems to be widening between expectations about ‘idealism’ and availability of ‘realism’.

When we apply this paradigm to other milieus – this work space realism to social or familial space, we can easily see the realism is same bitter, stressed and mismanaged. Why and How?

From the point of view of modern-day marriage-needs and roles of men and women in them, even when there is no valid survey or no specific social research data to quote, the reality, which is there but not accepted is – a majority of young men are ‘unmarriageable’! May be, there are also good numbers of young women, who may well also qualify as ‘unmarriageable’ too...!

The realism in marriages, like in work space is –

Majority of young ‘eligible’ men, when they look at ‘marriage job’, they think and act like ‘employers’ and blame most modern young women as ‘unemployable’ (unmarriageable). Similarly, as women are also now ‘equal’ stake-holders in the ‘company’ or enterprise of marriage, they too think and act as ‘employers’ and also label most men as ‘unemployable’ (unmarriageable). Both may be right, if not entirely then at least majorly...

Now, the bigger issue is why employers feel that vast majority of employees are ‘unemployable’? They cite the biggest trouble as – The engineers or other graduates have good educational degrees and high scores with good institutions but they have little ‘hand-on’ skills and experiences, which modern complex enterprises require.

A very senior and reputed doctor in India said on national media that majority of young doctors, especially from private medical colleges cannot perform a normal child delivery

as they are not provided ‘hands-on’ training exposure to it. This trouble is however, not confined to doctors and engineers.

Secondly, industry complains that most of young professionals have poor ‘soft-skill’ repertoire. This soft skill is critical modern-day need in enterprises which have complex work milieus and high stakes at quality maintenance to compete in global market supply scenario.

The employers also have major issues with the attitudes of young men and women. The youth on the other hand are complaining too, though overall feeling happy about the job they are assigned. Their take is that companies are not investing appropriately on their training, working conditions, etc. So, the trouble is not superficial, rather deep-rooted but still, not 100 percent real as we can clearly see, majority of issues in the problem are ‘perceptual’ – gap between perceptions of the two sides.

The same trouble is in marriages in all countries. This lack of ‘hands-on’ skills and ‘soft-skills’ are also major destroyers of marriages. Though there are no valid data from either government or private groups, individual researches maintain that three chief reasons for growing troubles in contemporary marriages all over the modern milieus are –

1. **Impulse Marriages** – Both men and women not being sure why they are marrying!
2. **Women Empowerment** – Average men not having ‘hand-on’ skills to understand and accept this new empowerment of modern working women and average women in turn not having ‘soft-skills’ and ‘hand-on’ skills to be sure, which way they need to install and operate the intangibility of their empowerment for personal as well as larger wellness...
3. **Complexity Of Relationships** – Modern liberal socio-cultural milieus have offered options and variety to both men and women in choices of relationships and intimate partners. This is still very new, novel and evolving. Modern world has witnessed huge change in attitudes towards sex, intimacy and relationships. As young financially independent women are availing these options and variety now, which

even men were unable to enjoy in past, all traditional perceptions and realism about relationships are precarious and unsettled. However, most young men do not wish to see and accept this new realism and many women are unsure about how to handle their new-found 'optionability'...!

Like job market, modern economic enterprises have changed drastically and in them, jobs require a different set of skills, which are not being imparted by educators. Same with marriages. We need to understand it. The employers want 'Industry-ready' employees and do not want to invest time and money on training young employees, as per their specific needs. Employers complain that educational institutions have syllabuses and educational standards, which are not 'Industry-Oriented'.

The youth however have good reasons to complain that most employers have bias against them and usually employers have 'misconceptions' about contemporary 'youth-attitudes' and youth-orientations'.

Almost similar is the situation in matrimonial domain. And, this is not only a modern day trouble but has been there since ages. Men were traditionally in the seat of 'employers' and they always complained about 'poor employability' of women in marriages. Most men, as 'employers', wish to have a 'ready-to-go' employee. They are already marrying late and have little time and space to accept and allow that in all employer-employee relationship, time and space need to be invested appropriately to work out excellence and optimality. Many modern working women, who are now financially independent, also find themselves in the seat of 'employees'. They apply the same stupid benchmarks about 'employability'.

Naturally, over 80% men and women are both 'unemployable' as well as 'unmarriageable'...! Still, all such 'unemployables' are doing their jobs, earning good salaries from the very 'unsatisfied' employers and are happy too! Same with marriages...

We all – both men and women, especially the young men and women who are in marriageable age, have to understand and accept that marriage is one huge and very critical life-living enterprise for wellness and happiness. We all need to accept that even few

decades back, when it was said that marriages were ‘happy-ones’ with almost negligible cases of divorces, in reality most marriages were in acute trouble. However, as women then were not ‘empowered’ and society was very unfavorable to women opting for dissent in marriages, let alone divorce, there was this misnomer that then the marriages were successful. Marriages have always been stressed and in poor management, like employability.

This realism leads both men and women to understand and accept two critical points –

1. Marriages always needed huge preparations and great personal skills from both men and women for its success. In human history, not only marriages, rather all man-woman relationships have always been very stressed and conflicted. Now in contemporary world, where life-living has become more complex and tough, more and better ‘hands-on’ and ‘soft’ skills are required for marriages to be and remain successful. Trouble is – marriages now need more skills, men and women however have less ‘hands-on’ preparedness and readiness. Moreover, as most elements of the trouble are ‘perceptual’, both sides – men and women are equal culprits of not seeing and accepting the realism.
2. Empowerment is a two-edged sword. As empowerment is an intangibility, not a tangible thing, which both men and women think as, we all, especially men have to accept that more personal skills are required to be invested in handling intimate relationships. Men have to dig deep into women’s mind and women too need to check out how and why they install and operate this ‘empowerment’ in everything tangible or intangible, they associate with their person and personality...

Globally, those companies are doing excellently, who believe in work as partnership and symbiotic enterprise of humanity. There is no employer and no employee when it comes to good work. There are just partners, who together sit and understand each other, respect each other’s needs and sensitivities, work out structures for excellence and invest on each other – not only tangibles but primarily intangibles. Marriages are also enterprise of partnership, where best of synergies are required. The blame game must be replaced by

mutuality with high emotional investments and accentuated mutual respect for each other's sensitivities.

Excellence is a tough institution. Just because a man has sperm and a woman has eggs, they cannot and should not qualify to be a father and mother. Similarly, being a husband and being a wife is no automatic eligibility. You have to work it out well to qualify for the position. There may be some automatic positions of 'eligibility', however, to be truly 'qualified' for the same position is a tough challenge. We need to look at excellence of 'qualifications' and stop taking 'eligibility' as granted. Marriage is a great enterprise; both men and women need to get to it that this job gets done well...

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## **CHAPTER 2**

To be young is a blessing and being young comes with a package. Somehow, as youth energy is high-flow realism, often, a trouble or a crucial question of life and living gets blown out of proportion at the hands of young. As marriage has growingly become a complex issue and as growing number of marriages are facing troubles, this perception is being made out in populist psyche that *Young Men And Women Are Reluctant To Get Married...!* Is it so?

Somehow, the right or logically appropriate answer is still evolving as the question itself is just in its inception or perceptually disproportionate. Still, the talk is everywhere that young ones are not very inclined to marriage, especially young women, who are empowered and independent!

Before we attempt to answer this evolving question, let us first spare some precious time for a passage below, which shall probably help in delving into the perspectives of the question. No question of life is isolated from other questions. That is why, a holistic

perspective about life- living and milieus may be rightfully appropriate here to understand the nature and scope of the question at hand as why it is being made out that *The Young Men And Women Are Reluctant To Get Married...*

Do kindly let the passage below sink in... what sinks in, stays...

*“The dawn was still processing its registry... the birds had though geared up for the day... flowers stirring and looking eastward set to welcome their beloved Sun.... A boy was awake too, marshalling his goats. She could clearly hear him singing in his pastoral best shrieking tone...*

*“She sat by the window of her house watching and enjoying the blank sky. The grey sky would gradually turn crimson and finally golden. The darkness of the sky was what she was enjoying. She had a feeling it would look wonderful as and when dawn would herald its inevitable arrival...*

*“She reminisced and smiled. How many times in her life, she found and cherished loads of purposes. She smiled because she realized how important stupidities of life are... how they extend you the chance to be wise. How people miss the relevance of stupidities as catalyst of wisdom.*

*“She recalled the efforts and pain she had to invest in the preparedness for attaining her purposes at different stages of her life. And look at the brilliance of the conspiracy of almighty; whenever she prepared hard and meticulously for a purpose she wanted to attain, she would invariably fail. She would feel bad, low and frustrated about the wastage of her investments. Most of her successes however came when she had done the least preparation and was not even sure of the purpose...*

*“She had finally accepted; preparation and purpose had a strange relationship. She wished to come to terms with the realization that preparation for a purpose is a misnomer. The preparedness is required for something, which is uncertain. Her father would often tell her – ‘Hope for the best and be prepared for the worst’. She realized it that what is certain and a definite purpose is what falls in the realm of hope. Preparedness is required for what*

*is uncertain and does not form a purpose. If preparedness and purpose were linear realities, there would have been far more success stories on earth. Success remains as handful exceptions... success has traditionally been referred to as object of desire, hope and dreams. The real world faces the trouble that failures are the rule and most people are least prepared for it....*

*“She realized; one needs to be in the state of ‘readiness’, not for a specific purpose but as life in general. One needs not to ‘prepare’ but to be ‘ready’. Readiness itself is the larger purpose for all preparedness. Preparedness is only a process whereas readiness is the end product; the final destination. The readiness is required not only for failures but also for successes. Handling success is more tedious task than handling failures. Success requires larger readiness.*

*“She smiled as she realized she had attained readiness. When you attain, you go blank. The zero is the highest point of readiness. She thanked the almighty for bestowing upon her a series of crises and loads of stupidities ... this journey to zero was necessary. She however prayed that the wisdom of zero remained with her. She wished to continue with her ‘readiness’ and not be part of any ‘preparedness’ in future.*

*“She had realized her stupidity. The road ahead was clear to her. She had gone past the fear factor in her life. And, the readiness, the ultimate and exalted beingness was just beyond the confines of the fear factor. She remembered, how since childhood, she struggled to conquer a series of fears she thought she was born with. She grew up demolishing them but only to realize that she had added more fears than she overpowered.*

*“The existential fears were replaced by fears that society offloaded on her. She grew up accepting so many benchmarks of successes and goodness that her family, her peer group, her seniors, icons and leaders lined up for her to follow. She grew up preparing hard to win all the benchmarks and in time got more apprehensive of failures and loses.*

*“Even successes that came when she expected them the least, made her bury deeper in the abyss of fear. Each success only stretched the benchmarks and prolonged the process of*

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