

## FREE FROM ADDICTIONS

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Avoid persons who have excessive attachment to drugs, alcohol, food, sex, computer games or television. Such addictions often overshadow relationships with family members, friends and the Lord. Although counseling and spiritual practice can help addicts, it is



risky to start a relationship with the hope of changing another person's behavior.

## COMPATIBILITY

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Although no two people are 100% compatible, the more compatible you and your future spouse are the easier it will be to understand each other's thoughts and feelings and the greater the chances that your marriage will be lasting, fulfilling and harmonious. Compatible people have similar natures and share many of the same interests, values and intellectual and philosophical aptitudes.

By spending time together you can get an idea of how well the two of you get along, but before attachment sets in, consult people who know the other person well and consult a qualified astrologer.

Prior to marriage, a GVT representative can administer a premarital inventory to help you understand the strengths and challenges of your relationship. We of the Grihastha Vision Team are committed to the future happiness of your marriage.

[www.VaisnavaFamilyResources.org](http://www.VaisnavaFamilyResources.org)  
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Local reps:



The Grihastha Vision Team

HEALTHY MARRIAGES.  
HAPPY FAMILIES.  
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## A POTENTIAL SPOUSE

### 7 IMPORTANT QUALITIES TO LOOK FOR



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PHYSICALLY, PSYCHOLOGICALLY AND SPIRITUALLY WE WILL GO THROUGH MANY CHANGES IN THE NATURAL COURSE OF OUR LIVES AND OUR MARITAL RELATIONSHIP MAY NEED TO ADAPT ACCORDINGLY. YET SOME BASIC, VITAL QUALITIES ARE PRESENT THROUGHOUT ALL HEALTHY MARRIAGES. LETS LOOK AT SEVEN OF THEM IN RELATION TO OUR POTENTIAL SPOUSE AND OURSELVES.

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### **Balanced**

If you have been to a circus you may have seen a tightrope walker constantly adjusting his long pole to keep it horizontal. Without these readjustments, the performer may lose his balance and fall. Similarly, by avoiding extreme views or behaviors that will throw us off our chosen life path, we can remain mentally, physically and spiritually balanced. And we can choose to marry a similarly balanced person.

### **Respectful**

Respect is crucial to any relationship. A person who respects others will not neglect to respect you, while one who is harsh and critical will, sooner or later, most likely exhibit that same behavior toward you.

### **A Good Listener**

Most relationship problems stem from poor listening habits. There is a saying: “Seek first to understand before trying to be understood.” Our tendency in conversation is to be thinking about what to say next rather than attentively hearing what is being said. If your potential partner and you are either good listeners or committed to practicing the skills necessary to become good listeners, your marriage is more likely to succeed. Good listeners are usually also respectful and balanced individuals.

### **Humble**

Look for a person who can admit his or her mistakes, apologize, and make amends for hurtful actions. If we marry Mr. or Ms. Right (they always think they are right), it is difficult to have a satisfying relationship. Humility is good for a relationship and is also a key factor in spiritual progress.

### **Faithful to the Supreme Lord**

Faith, the foundation of all spiritual practices, increases individual self-fulfillment and happiness and brings peace and harmony to a marriage, family and community. Research shows that marriages are stronger and more rewarding when both spouses are committed to their personal spiritual development.

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