

How to prevent conflicts between husband and wife ?



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Rs.40/-

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c) All the messages of Mr. and Mrs. Tatavarthy are organized in concept-wise YouTube playlists.

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How to meditate?

Observation of the breath

Sit in a comfortable position, with your hands clasped (locked) and legs crossed, and close your eyes. Simply observe your natural breathing, noticing each inhale and exhale.

Even if numerous thoughts arise while observing the breath, let go of them and refocus on the breath. Gradually, you will reach a state of thoughtlessness, where the flow of thoughts ceases (stops), and the mind becomes void and calm. This is only a meditative state.

Once we reach a state of thoughtlessness, we must observe various experiences related to the body, nervous system and soul. In this state, the universal life force (cosmic energy) flows abundantly into the body, cleansing the energy body. This energy heals all ailments (illnesses), and as the energy body is purified, our karmas will dissolve.

Everyone should meditate twice daily for at least the same number of minutes as their age.

How to prevent conflicts between husband and wife?

If we observe the world, we find that in many families, husbands and wives often quarrel. Some insult each other, some constantly argue, and some even physically fight. We can see this in many households.

They marry because they like each other. Some even do love marriages, fighting with their parents. But after some time, arguments begin between the two. They do not get along in conversation; they do not listen to each other, and so they keep fighting. Eventually, those quarrels lead to very serious situations.

When we look at it, they do love each other, but we do not know why these quarrels happen. Some marriages go well, but the condition of some families become like this. The point here is that if one of the two adjusts, there will be no trouble. But if neither is willing to adjust, very serious situations arise.

In some situations, some people adjust. In other situations, some do not. This is natural in many families. In such circumstances, the two remain distant from each other for some time. It takes many days for them to unite again. As these differences of opinion keep increasing, more and more distance develops between them. The respect and love they have for each other gradually begins to decrease.

In the end, it only leads to loss. Another important thing is that some couples have children, even grown-up children. If the parents keep insulting each other, fighting, or even hitting each other in front of the children for years, it influences the children's

lives deeply.

The children feel hurt and wonder, “Why are our parents always fighting like this?” It influences them greatly and has negative effects on them. Children who should grow up well may become used to such behaviour if they are raised in such an environment. This is very troubling.

Every family needs to know what should be done to overcome such situations. Naturally, when this reaches an extreme level, the husband and wife start to live separately. In some cases, it even goes as far as divorce. Such situations arise.

That is why there is a need to discuss this issue and find a solution. Often, a woman who is physically or financially weaker may not be able to bear the suffering caused by her husband, so she goes back to her maternal house.

Even those who do love marriages, or those who got married with their parents’ approval, may also end up fighting so much that eventually the wife returns to her maternal house. She may go there, but after some time, problems begin there as well.

How long can her parents continue to tolerate her? Sons and daughters-in-law will also reside in that house. If she goes there alone, things may be fine for a few days. But after some time, the harassment and pressure from them increases, making it difficult for her to stay there. At the same time, it becomes difficult for her to stay here as well. She can neither stay here nor there and thus lives in constant worry.

When even those people begin to feel that she is becoming a burden, her parents try to counsel her and bring the couple back together. They say, “Dear, conflicts between husband and wife are natural. No matter what happens, you must learn to adjust.” They

convince her somehow and send her back. But within a few days, they fight again.

As the conflicts grow, she returns once again to her maternal home. Sometimes, when the wife leaves, the husband pleads with her and brings her back. But no matter how many times he brings her back, after a few days, differences arise again and she leaves.

In such situations, when she comes back to her parents' home, she shares her pain, saying, "I cannot live with him. He constantly abuses me physically and verbally. Not just that, the harassment from my mother-in-law and others in the house has increased. I cannot bear all of this anymore, or I may die," and she refuses to go back again.

Then elders from both sides come together once more, attempting to reunite them and try to compromise. But no matter what they do, no matter how many efforts they make, the situation returns to where it began. This is what happens in many families. If you observe closely, they do have affection for each other; neither of them wants to separate. Yet, due to circumstances, they are unable to live together or adjust to one another.

She doesn't like what he says, and he doesn't like what she does. In addition, there are many other reasons why couples fight; conflicts can arise due to countless reasons.

She feels, "He doesn't fulfil my needs; he ignores what I say; he speaks harshly to me." On the other hand, he thinks, "She doesn't value me; she doesn't respect me. With such thoughts on both sides, arguments are frequent. Sometimes, they even fight without any reason.

In these situations, elders often conclude that their minds

don't align and their perspectives are also different. They feel it's beyond their ability to bring them together. Despite repeated efforts to reconcile them, differences keep resurfacing. Eventually, not knowing what else to do, they suggest getting a divorce.

However, divorce itself is not an easy solution. It comes with its own set of challenges: legal proceedings, court visits, and disputes or cases involving the husband and his family.

Even after divorce, problems don't simply disappear. If there are children, new questions arise: Who will they live with, where will they grow up, and how will they be cared for? A new problem arises.

If this problem goes away, they will face another problem. And that's a little troubling. There will also be financial difficulties. Some women, if they are educated and are employed, do not have any financial problems. But some women are facing financial difficulties due to lack of a job.

Likewise, when a husband does not receive support from anyone in the family, he struggles a lot in that household. Living separately appears difficult for both of them, yet they continue on that path, being stubborn.

Even if the court delays giving judgment or if any other problems arise, in some situations lawyers may also try to exploit both of them in one way or another. In this manner, different kinds of difficulties arise. New problems keep emerging for them. No matter how many new problems they face, they feel that divorce is the only path left for them.

They came together out of love and affection. They married because they liked each other. They carefully chose one another and got married because they felt compatible. If they truly

liked each other and married because they wanted to be together, then why do they think of getting separated? Why are conflicts arising between them?

Therefore, let us know what should be done so that husband and wife do not fight. Most importantly, we must know the root cause of these conflicts. Because every problem has a reason; nothing happens without a reason.

There is a great principle in this creation that Patriji often explains to us. It is called the principle of cause and effect (Karya-Kaarana Siddhantam). This means that every action has a cause behind it. We should know that every event and every incident that happens in our life has a reason behind it. Because this universe was created by the Creator. Hindus call Him 'Parabrahma,' Christians call Him the 'Father,' and Muslims call Him 'Allah.'

He created countless worlds in this creation, which has no beginning and end. He also created 8.4 million kinds of living beings. Among them there are both moving and non-moving beings.

To ensure that such a great creation functions smoothly, He established certain laws and principles. These laws are called Dharmas. One among them is the "Law of Cause and Effect."

This means nothing happens without a reason. Without a reason, suffering does not come into your life. Without a reason, diseases, problems, or financial difficulties do not arise. Even relationships do not break without a reason, and conflicts between husband and wife also do not happen without a reason.

Look, whether you lose a husband, a wife, or an only child or face any painful experience, there is always a reason behind it. Whether illness comes, financial hardship arises, or even if children do not care for their parents in their old age, there is a

reason behind it.

Therefore, one should try to know the reason behind everything that happens in life. Because, when the reason is known, the problem can be resolved. If the reason behind a problem is known at the right time, many future difficulties in life can be avoided.

Let us know how to prevent conflicts between husband and wife:

1. One should limit themselves to basic necessities and not become slaves to desires.

2. Quit eating meat.

3. Instead of focusing on the faults of others, one should be able to focus on their specialities.

4. Each other's mentalities should be the same.

5. Love should become a natural trait.

1. One should limit themselves to basic necessities and not become slaves to desires

To begin with, one must know the difference between necessities and desires. Necessities are related to the body, whereas desires are related to the mind. Every human being has a body, and for the body to function properly, certain basic necessities are essential. These include: 1) Food 2) Shelter 3) Clothing and 4) A Companion: a husband for a wife and a wife for a husband. In other words, a man and woman need one another. For the survival of the body, these are basic necessities.

However, a human being is not satisfied with these essential needs and is becoming a slave to desires. This is because a human being is not only a body; along with the body, there is the mind. The nature of the mind is to continuously seek more. When

one desire is fulfilled, another immediately arises, followed by yet another. In this way, the mind keeps seeking desires.

A wife will have her own desires, a husband will have his own desires, and even children will have desires from a young age. The mind is not concerned with the necessities of the body; the mind is concerned about itself. Whatever it sees, it begins to want. Seeing another person's car creates the desire for a car. Seeing a large house creates the wish for a similar house. Seeing jewellery items creates the urge to possess them.

It is easy to seek desires, but fulfilling them is difficult. The mind that constantly creates desires does not consider whether a person truly has the capacity or resources to satisfy them. When those desires remain unfulfilled, misunderstandings and arguments often arise between husband and wife.

Many conflicts within families are caused by getting overly attached to desires. Many conflicts can be avoided if a person is able to control and limit unnecessary wants. However, those who become slaves to desires will struggle to control them.

Therefore, family disputes continue to increase. Actually, uncontrolled desires are one of the main reasons for conflicts in families. There will be no problem if a person limits himself to necessities. But when he becomes a slave to desires, it is not enough no matter how much one possesses. So, let us know the difference between human needs and desires:

1. Food: Even a simple meal is enough to satisfy hunger. But when desire takes over, a person may expect luxurious meals every day. How is that possible?

2. Shelter: Every person needs a home for protection from heat and rain and for a peaceful rest. A small house is enough

to meet this need. But expecting a grand palace-like home turns a simple necessity into a desire.

3. Clothing: Simple clothes are necessary, but insisting only on costly silk sarees becomes a desire. How long can even wealthy people spend?

4. Companion: All their necessities are met if a husband and wife have each other. Having a wife is enough. But wanting a film star as a wife is a desire. Likewise, for a wife, having a husband should be enough. Wanting a film star as a husband is a desire. If people limit themselves to their necessities, they can be satisfied with the partners they have and live harmoniously without conflicts.

Therefore, a person who is limited to necessities remains satisfied with what is available. If something is there, they enjoy it; if it is not, they do not suffer over its absence. There is no problem when one lives according to needs, but it becomes a problem when one becomes a slave to desires.

To remain limited to necessities, one must control the mind, which is the source of desires. The only way to bring the mind under control is through the “observation of the breath meditation” taught by Patriji. If both husband and wife do not practice meditation, there may be arguments every day. If they do meditation every day, it feels like heaven!

Let us know how “observation of the breath meditation” helps to control the mind. When you sit for meditation, the first thing you do is close your eyes. As soon as you close your eyes, thoughts arise. Since the mind is what generates thoughts, you gently direct that thinking mind to observe the breath. After observing two or three breaths, the mind usually wanders back into thoughts. Again, you bring it back to the breath. By repeatedly

doing this, the thoughts gradually decrease, and eventually all thoughts stop.

When the mind no longer wanders, it means the mind is under your control. If you can remain in that state for hours together, then it means that your mind is under your control.

That means even if you sit for three hours, you can sit with great ease. If you are able to sit, then it means your mind is under your control.

It is for developing such mastery over the mind that many people come to Bhimavaram every month. If one wishes to completely control the mind, there is no path other than the “observation of the breath meditation.”

That is why it is often said, “One who has conquered the mind is greater than one who has conquered the world.”

Now, many people practice different kinds of meditation involving music, guiding, karma-vipaka, and various other techniques. However, such methods do not bring the mind under one’s control. Therefore, if one wants to control desires, the only way is to control the mind.

Among all human necessities, the two most important necessities are 1) Food and 2) Companion

Without these two, a human being cannot live. Even without a house, one can sleep under a tree. Without proper clothing, one may cover oneself with whatever is available. Early humans survived even without clothes. Strictly speaking, clothing is not essential for survival. However, we are not early humans; we are modern human beings. Therefore, clothing should be acquired and maintained according to one’s financial circumstances.

Now let us know why food and companionship are a must.

When the Creator created this creation, He created human beings along with all other living creatures.

When He created the human body, the Creator formed not only the body but also the sense organs and motor organs. He created around 200 processes that are invisible to our eyes that are functioning constantly. These include functions such as breathing, excretion, digestion, blood circulation, and many others.

In addition to these, He created two fires. They are the fire of hunger (Jatharagni) and the fire of desire (Kamagni). These fires continuously burn humans.

One can exhaust external fire, but it is difficult to exhaust two fires within the body. No matter how much you exhaust them, they continue to burn.

From the moment a human being is born, the fire of hunger burns brightly. As one reaches adulthood, the fire of desire is awakened. That is why a newborn immediately seeks food and, upon reaching adulthood, seeks a companion. When the fire of hunger kindles, hunger burns; when the fire of desire kindles, desire burns.

However, in both cases, one should remain within the limits of needs, not become a slave to desires. Becoming enslaved to desires leads to countless problems. If a person is not satisfied with his or her spouse and continually pursues more desires, it often results in conflicts, legal disputes, broken relationships, and divorce. Such problems arise because people fail to limit themselves to needs.

A man's desire is fulfilled through a woman, and a woman's desire is fulfilled through a man. This is part of the Creator's arrangement. He established the fire of hunger to sustain

the body, while the fire of desire was established to ensure the continuation of creation. This arrangement was not only made to human beings; it is arranged to all living beings.

It is because of this arrangement that one continues to live on Earth. Therefore, these two fires are essential. There is no problem as long as one limits the needs. It is only when people become slaves to uncontrolled desires that conflicts arise between husbands and wives, leading to many difficulties.

To satisfy these two fires, people strive to earn wealth. In the process of acquiring it, many resort to wrong doing and sinful actions. As a result of these wrong deeds, they experience suffering, illness, problems, hardships, and various difficulties. In other words, all these troubles arise from the sins committed in the attempt to satisfy these two fires.

What happens when people pursue wealth through dishonest and unrighteous means in order to fulfill their desires? They inevitably face difficulties and problems. When those problems become unbearable, they seek the guidance of a spiritual master like **Patriji** and ask, “Please show me a way to free myself from these sufferings.” Then Patriji says, “My dear, you are unable to extinguish the fire of hunger and the fire of desire. No matter how much you try, these fires can never be completely extinguished. If you truly wish to free yourself from suffering, you must kindle another fire.”

That fire is the fire of wisdom. When the fire of wisdom is ignited, all the karmas you have accumulated are reduced to ashes. If there is no karma, there is no rebirth. If there is no rebirth, there is neither the fire of hunger nor the fire of desire, because these two fires exist as long as there is birth.

How can this fire of wisdom be kindled? By practicing “observation of the breath meditation,” reading books that impart wisdom, and being in the association of those who teach soul knowledge.

Everyone in this world experiences sorrow. To free oneself from that suffering, one must continue practicing “observation of the breath meditation.” As one practices, wisdom gradually arises. Consider this: the moment one conceives, does a baby emerge immediately? No. It takes about nine months for the child to develop before birth. Similarly, when rice is placed on the stove, does it cook instantly? No. It requires time. In the same way, can you expect to attain wisdom simply by attending a single three-day meditation class in Bhimavaram? Of course not. How does it arise?

Therefore, one must keep returning and learning again and again. You lay a strong foundation in this lifetime. If you have greater dedication, you can attain a great deal of wisdom in this very life. The two kinds of fires from which you have come to free yourself permanently, the fire of hunger and the fire of desire, must be exhausted forever. For that, fire of wisdom must be awakened and nurtured. That is what we all are doing.

2. Quit eating meat

As far as food is concerned, there is no problem if you eat vegetarian food. However, many people do not stop with vegetarian food and also consume non-vegetarian food.

It is believed that non-vegetarian food increases rajasic qualities, causing desires to intensify. Such desires become very difficult to control and equally difficult to satisfy. These desires are the main reason for the conflicts between husband and wife.

Why do people eat non-vegetarian food? Mainly because they find it tasty and believe it provides strength. However, they are not thinking about its consequences.

If someone tells them that eating non-vegetarian food is wrong or that it may lead to illness, would they readily accept it? No. Instead, they tend to justify themselves by giving various reasons.

It is difficult to quit whatever the mind is accustomed to. Likewise, if anyone is accustomed to non-vegetarian food, it is very difficult to quit it.

In many families, this is also considered one of the reasons for disputes. The reason is that non-vegetarian food is of rajasic quality. Any person with rajasic qualities exhibits traits such as impulsiveness, anger, unwillingness to accept others' viewpoints, and the belief that they alone know everything. Such individuals may become angry even without a significant reason.

When both husband and wife consume non-vegetarian food, it is believed that both of them remain under the influence of the rajasic quality, which can lead to arguments and conflicts. Some women lovingly prepare non-vegetarian meals because their husbands enjoy them, but he fights with her after having the food. They don't know that the reason for such conflicts is the consumption of non-vegetarian food.

Therefore, if you notice, households where violence against living beings takes place will have more conflicts. It is not that vegetarian households have no conflicts at all, but they are fewer. In a vegetarian diet, garlic is a rajasic food; consuming garlic leads to higher levels of anger and aggression.

Similarly, due to committing violence against living beings,

that family lacks peace and happiness. By torturing them, a person also gets involved in conflicts and experiences violence themselves.

Homes where violence is common develop negative vibrations. Such environments lack peace and happiness.

These negative vibrations arise because the souls of the dead animals remain in the house, expressing distress, grief, or curses. These unseen influences form as negative energies within the household. Since such things are not visible, people remain unaware of them.

Just as positive vibrations bring benefits, negative vibrations bring losses. Many people are with the idea that when a human being dies, the soul becomes a ghost. However, all living beings possess a soul. Therefore, the question arises: if every creature has a soul, what happens when a chicken dies, its soul leaves the body. At that point, the soul is supposed to move on to the higher worlds, but it does not because its death is unnatural; it was killed.

Therefore, the chicken's soul remains where the person who killed it lives and curses him, saying, "You separated me from my children and my family. You too will not live peacefully."

Similarly, during celebrations such as functions or weddings, chickens and goats are often slaughtered. Their souls remain in those places. Since they cannot be seen, people assume that nothing is there. However, their curses are formed as negative vibrations. As these negative vibrations increase, they bring greater unrest and disturbances, causing conflicts among people without them even knowing the reason. Individuals such as Leadbeater and Annie Besant described it through their third eye.

Annie Besant wrote that, when she once visited America,

she observed that the sky over a certain city was filled with the souls of dead animals. As a result, small children and infants in that area would be frightened.

Furthermore, according to the law of karma, whatever kind of violence one commits, one must eventually experience a corresponding consequence. The suffering inflicted upon those animals returns in the form of illness, unrest, and other hardships.

It should be known that every difficulty that arises in a person's life is the result of actions performed in the past.

Many people say, "We do not know of any sin we have committed. We are innocent." They believe that eating chickens or goats is not sinful and consider them merely food. However many people are unaware that killing of animals and consuming, their meat is regarded as a grave sin. Therefore, Patriji advises people not to engage in violence against living beings and to give up meat-eating. One should not turn family life into a living hell through such actions."

Therefore, if you do not become a slave to the desires of the mind, your life can be filled with only benefits. Conflicts in the family do not arise without a reason, right?

That is why one should live by limiting oneself to needs. Shrimp farming and fish farming may generate substantial income, but many families involved in such businesses lack peace and happiness because of frequent conflicts. Therefore, one must know that violence against living beings is also one of the reasons for conflicts within a family.

3. Instead of focusing on the faults of others, one should be able to focus on their specialities

Every person has some fault, whether it is the husband or

the wife. However, most people tend to believe that they themselves are great.

There is a story from the time of Jesus Christ. When a group of people were about to stone a woman, Jesus approached them and said, “Let the one among you who has never committed a mistake cast the stone.” Hearing this, everyone dropped their stones. The lesson conveyed is that every human being has faults.

Therefore, if husbands and wives want to avoid conflicts, they should avoid focusing on each other’s faults and instead appreciate each other’s specialities.

Observe any man or woman, you will find faults and specialities. These may relate to physical appearance or character. In terms of appearance, someone may have a dark complexion but possess charm, beautiful hair, or an attractive personality. On the other hand, someone with a fair complexion may have an unbalanced physique, a larger body size, or less appealing hair.

If a husband or wife focuses only on their partner’s faults and ignores their specialities, the partner may seem like a monster. But when they focus on their specialities, the same person appears divine.

Therefore, whether it is a husband or a wife, if they focus on the specialities of their spouse, the husband may seem like Manmadha (the god of love) to the wife, and the wife may seem like Rambha (a celestial beauty) to the husband.

At the same time, a person may be very attractive in appearance, but their character may not be good. For example, a wife may be beautiful, but if she is arrogant, refuses to listen, constantly insults her husband, and does not respect him, while being proud only of her looks, how can the husband be happy? No

matter how beautiful she is, life with such a spouse can become difficult.

Similarly, a husband may have good looks, but if he is a sadist, can his wife live happily with him? Certainly not. We see many such incidents. Sometimes parents prefer a marriage alliance because the groom lives in America or has a good job, but later it turns out that he is abusive, causing immense suffering to his wife. There are many such cases.

Right parents do not give importance to physical appearance; they value character more than looks. If a person's character is not good, they refuse the marriage proposal no matter how many other merits that person may possess.

Marriage is not just about a wedding ceremony. It is also about ensuring a harmonious life without conflicts. Therefore, we should know that every person has both specialities and faults.

Be it a husband or a wife, they should avoid focusing on their partner's faults and instead focus on their specialities. Be satisfied with the spouse who has come into your life. If you understand and follow this, see how your married life will transform.

As long as a person focuses on others' faults, they will find it difficult to like them or live with them happily. But they will live happily when they choose to recognise and appreciate the goodness and noble qualities in others.

If both husband and wife make an effort to see the best in each other, their married life will become heavenly. Not knowing this, many people pray, "God, please make my spouse treat me well." But if you yourself possess negative traits and possess bad behaviour, what can God do?

So, now tell me, is there a fault in you? Or God? You

yourself made your family life a hell. As Patriji says, “You create your own reality.” In other words, it is you who have made your family life a hell.

Another reason why husbands and wives fight is that they constantly focus on each other’s faults instead of appreciating each other’s specialities. The solution to this is, if you keep seeing faults in others, it indicates that those same faults exist within you. Whatever faults you see in another person are within you.

If you don’t have any faults, you can’t find faults in anyone. Now, the fault is not in the other person—it is within you. So, the one who needs to correct that fault is you. Therefore, correct yourself.

To explain that only when there are faults within you do you see faults in others. A small example is given in the Puranas. Once, Lord Krishna called Dharmaraja and Duryodhana. He asked Duryodhana to search the entire kingdom and find a good person. Duryodhana travelled throughout the kingdom in search of such a person and returned saying, “Krishna, I searched everywhere, but I could not find a single good person. If there is even a little goodness anywhere, it is only within me.”

Later, Krishna asked Dharmaraja to travel through the kingdom and see if he could find any evil person. After touring the entire kingdom, Dharmaraja returned and said, “Krishna, I searched the whole kingdom, but I could not find a single bad person. If there is even a little evil anywhere, it is only within me.”

Here, Duryodhana could not see any good in others because he was filled with negativity, while Dharmaraja could not see evil in others because he was filled with goodness. In other words, what exists within us is what we perceive in others.

Now tell me, who really needs to change? Your spouse, or you? This applies equally to both the spouses. Without changing themselves, many people keep praying to God, “Please change my spouse.” But even if God were to change the other person, if they themselves remain unchanged, they may still feel that nothing has changed.

If a wife transforms herself, the husband changes even if God doesn’t transform him. If a husband sees faults in his wife, it indicates that there are faults in him.

Example: A woman had recently got married. Her husband cares for her, and everything in their relationship was going smoothly. However, she frequently argued with her mother-in-law. The mother-in-law would scold her every day, and eventually the conflict became so severe that the daughter-in-law found it difficult to continue living there. Generally, when daughters-in-law have conflicts with their mothers-in-law, they share those problems with their mothers.

As these arguments gradually become more frequent, she starts sharing her problems with her friends as well. Her friend advises her, “There is a guru living in an ashram at the edge of the village. Go to him, fall at his feet, and he will surely give you good advice.”

Following that suggestion, she took some fruits as an offering, went to the guru, bowed at his feet, and poured out all her sorrows. She says, “Either I should stay in that house or my mother-in-law should. I can no longer bear this suffering.”

The guru asked her, “What exactly do you want?” She replied, “Just tell me a way to get rid of my mother-in-law.” The guru said, “Very well. If that is your wish, I can remove the obstacle

for you. Suppose I give you a poison and you mix it in her coffee. She would die immediately, but everyone would accuse you of murdering her. So instead, I will tell you a way by which she will be gone without bringing a bad name upon you.” The woman eagerly responded, “Please tell me, Swami. This is exactly what I have been waiting for.”

The guru then said, “I will give you a special medicine. Mix a little of it into her coffee every day. After two months, because of its effect, your mother-in-law will die.” He continued, “If you keep fighting with her while giving it to her, people will suspect you and your reputation will be ruined. Therefore, treat her with great love. Do everything she asks, speak kindly to her, be respectful, and do not react to anything she says.” The woman agreed, saying, “All right, Swami.”

Thinking that pretending for two months would not be difficult, she took the medicine home. From the very next day, her behaviour towards her mother-in-law completely changed. Every day she lovingly mixed the medicine into her coffee and served it to her.

She also started helping with every household task, saying, “Why should you do it? I’ll take care of it.” She behaved with great kindness and consideration in every way. After ten to fifteen days unexpectedly, a change began to take place in her mother-in-law.

As the daughter-in-law started treating her with kindness and care, the mother-in-law also changed. She began to love and care for her daughter-in-law even more than her own daughter. Before they realised it, two months had passed, and the medicine given by the guru is over. At that point, the daughter-in-law became

extremely worried. She thought to herself, “How mistaken I was! I considered such a wonderful woman to be a monster. How could I have wanted to kill someone like her? If she really dies, I won’t be able to live without her.” By then, they had become so close and affectionate that neither could imagine living without the other. Fearing that her mother-in-law might die, she rushed to the guru’s ashram.

Falling at his feet, she pleaded, “Swami, everything I told you before was wrong. My mother-in-law is not a monster; she is like a goddess. I failed to understand her and wanted to get rid of her. I have already given her all the medicine you gave me, and she may die tomorrow or the day after. Please save her. I cannot live without her.” The guru smiled and replied, “My child, I never gave you any poison or harmful medicine. I only gave you a health tonic. There is nothing to worry about. Nothing will happen to your mother-in-law, and from now on your life will be peaceful.” Hearing this, the daughter-in-law fell at his feet and said, “Now I understand that the fault was within me, not in my mother-in-law.”

If your husband appears like a monster to you, you must know that the fault is within you. Likewise, if your wife seems like a monster to you, you must know that the fault is within you. That means the one who needs to be corrected is you!

That is why the elders used to say: **“Even if you do not get the spouse you liked, learn to appreciate and build a loving relationship with the spouse you have.”** There is no other way. If someone says, “I don’t like this wife” and marries another woman, after some time he may not like her either. A person who does not like one will not like anyone. Therefore, one must make their wife fall in love with them.

Now you may wonder, “How can I correct myself?” To correct yourself, two things are necessary: 1. Practice intense “observation of the breath meditation”. 2. Follow a sattvic vegetarian diet. If you sincerely practice these two for a few months, positive change will naturally occur in everyone. No other form of meditation brings such transformation as effectively as “observation of the breath meditation.” The faults are not in others; all the faults that need correction are within yourself. The one who needs to change is not the other person but you! That is why, when both husband and wife meditate together, their family life becomes heaven.

4. “Each other’s mentalities should be the same”

In many families, husbands and wives keep arguing with each other, and sometimes those arguments escalate to an extreme level. Unable to bear the emotional pain, the wife leaves for her maternal house. The reason is that women have two weaknesses:

1. Compared to men, women are generally physically weaker.
2. Women often do not have financial independence, although this has changed to some extent nowadays.

Because of these two reasons, she finds it difficult to continue living in that situation and return to her maternal house. When she does so, her parents usually advise her, "Disagreements between husband and wife are a natural part of married life." So, they ask her to reconcile and adjust with the spouse and send her back.

After staying at her in-laws’ home for a couple of days, the conflicts begin again. Then again, she goes back to her maternal

house. Her family then tries to reconcile the couple with the help of elders.

However, no matter how much they attempt to bring the couple together or resolve their differences, the reconciliation often lasts only for a short time. She again returns to her maternal home after having huge fights. Since there is nothing else to do, they advise the couple to seek a divorce. Although divorce is an option, it is not that easy.

One reason is they may have children. In addition, if the woman leaves the marriage, she may face financial difficulties. Moreover, even if she stays with her parents, living there permanently can also be challenging. Indirect remarks from family members and difficulties in adjusting to that environment can make it hard for her to stay there comfortably.

The reason is that everyone tries to bring their bodies together, but the real difference is not of the body; it is the mind.

As long as their minds remain separated, merely keeping them together physically will not prevent them from separating again. When their minds unite, they become one; if their minds do not unite, togetherness is not possible. Consider oil and water. Can anyone mix them into one? Oil blends with oil, and water blends with water, but combining two fundamentally different substances is impossible.

In the same way, if the mental states of husband and wife are vastly different, how can they be together? But if they are in similar mental states, they will stay together.

There is only one way to achieve that: “observation of the breath meditation”. Therefore, both husband and wife should sit together peacefully and practise “observation of the breath

meditation”. At that stage, immense inner energy arises. As this energy increases, the mind becomes purified. As the mind becomes purer, qualities begin to transform. Eventually, both of their qualities reach the same state. They naturally come together unknowingly. When both husband and wife continue to meditate regularly, conflicts gradually disappear; they happily live together.

That is why people often say to someone who is on this meditation path, “How have you changed so much? You are completely different from the person you used to be.”

Now, let us know a little about the mind. Every person’s mind is influenced by four types of qualities: 1. Tamasic, 2. Rajasic, 3. Sattvic, 4. Nirguna

Every person predominantly functions under one of these qualities, and their behaviour reflects the quality that is dominant within them. A person governed by tamasic quality will have a particular set of habits, interests, likes, behaviours, speech, and a particular way of thinking.

One who is dominated by the rajasic quality will exhibit a different nature. Likewise, the qualities of a person dominated by sattvic qualities will change further. Although all human beings appear similar externally, their behaviour will be of different kinds.

The words spoken, actions performed and habits of one person have no relation to those of others. One person remains calm, while another person becomes angry easily. One acts selfishly, while another acts selflessly. One exploits others, while another shares. One causes suffering to others, while another brings joy to everyone. One commits violence, while another protects.

One person harms living beings, while another treats them with compassion and love. Though all are human beings, their

actions and attitudes differ widely. The reason for these differences lies in the quality of the mind.

How can a wife who is of tamasic quality and a husband who is of sattvic quality be together? Likewise, how can a husband who is of rajasic quality and a wife who is of sattvic quality be together? As a result, they often disagree! When one says one thing, the other says something entirely different. A wife with sattvic qualities may encourage meditation, noble actions, and service to others. However, a husband with rajasic qualities will reject meditation and does not accept what she says. That creates conflicts between both of them.

In contrast, when both husband and wife are of sattvic quality, they listen to each other. Then, where is the scope for conflicts?

When both are in sattvic or rajasic or tamasic qualities—that is, they share the same qualities—then there will be no conflicts. That means there will be no conflicts if they are with the same mentalities.

5. “Love should become a natural trait”

Most people show conditional love. They love someone because that person is their spouse, child, parent, or another close relative. But does he show the same love to his neighbor’s child? No he does not, because the child is not his own. This is conditional love. Unconditional love is love that extends equally to all. That is a natural trait.

Patriji loved everyone and his love was unconditional. Once, someone asked him, “Many masters criticize one another and often fail to get along. Yet everyone seems to respect and admire you. What is the secret?” Patriji replied, “There is no secret.

I love everyone, and that is why everyone loves me.”

If you want to be loved by everyone, love everyone. If you don't love others, how can you expect them to love you? Patriji loved everyone. His love is unconditional.

He loved not only his friends but even those who criticized or opposed him. To him, there was no distinction between a friend and an enemy. He is in a state of “I am everything, and everything is me!”

Lord Sri Krishna states, “I am present in everything. Who else is there apart from me?” He loved even Duryodhana, but it was Duryodhana who did not like Krishna.

Do you love everyone equally? Do you treat everyone equally? No. Even the love shared between husband and wife is often conditional. A wife may feel affectionate when her husband behaves according to her expectations. Similarly, a husband loves his wife only when she listens to him.

People frequently say, “I love you very much,” but that is conditional love. A husband may love his wife because she fulfills the needs of his life, and a wife may love her husband because he fulfills hers. In this way, each of them fulfills the other's needs. That means the husband needs the wife, and the wife needs the husband.

However, if a husband and wife are to live without conflict, love must become a natural trait. All five of these that we have discussed are essential. The absence of even one can affect the harmony of the relationship. When all five are present, married life becomes a heaven.

A home blessed with these five becomes heaven on earth. Without them, the same home can become hell on earth. If love is

not a natural trait, there will be no relationship between husband and wife, and also there will be no bond between parents and children.

Observe, only in a few households, the children care for their aging parents. In many others, it is not the case.

As people grow older, whether they visit a temple or a church, many offer the same prayer: “Lord, let me live the rest of my life independently. Let me be able to take care of my own needs until the end. May I not have to depend on anyone or become a burden to others.”

This problem is not limited to the relationship between husband and wife; yet, parents devote their entire lives and sacrifice everything for their children; many of them don’t care about their parents and admit them in old-age homes.

Why did this situation arise? It is because love has not become a natural trait. Whether children neglect their parents, a wife neglects her husband, or a husband neglects his wife, and whether conflicts arise within the family, the underlying reason is the same: Love has not become a natural trait.

If we examine the situation honestly, the primary reason children fail to take care of their parents is the parents themselves. In a way, it is like poking their eye with their own finger.

Parents often want their children to grow up strong and healthy, so they introduce non-vegetarian food from a very young age. During festivals, family gatherings, or special occasions, they may prepare meat at home by slaughtering a chicken. When a child sees the chicken struggling and suffering during this process, the child may feel frightened and disturbed. The parents then either send the child away or take the child inside.

However, when a child repeatedly witnesses such scenes while growing up, the fear and sensitivity gradually reduces, and the child may begin to accept it as normal. Eventually, the same child who was once afraid says, “Mom, move aside, I will do it,” and start performing the act himself. Over time, this repeated exposure can make a person less sensitive to the suffering of other living beings. In that way he develops demonic traits within him.

Parents must teach children compassion, kindness, and love towards all living beings from an early age, but they are teaching violence. When a person loses the ability to feel compassion for the pain of another creature, that lack of sensitivity can also affect how they respond to the suffering of their own parents in their old age.

The children behave in the same way they behave towards a chicken. One day, the elderly parents ask, “why don’t you feel any concern or compassion for me when I am suffering? But it is the parents who turned that compassionate heart into a demon-like heart, isn’t it?

If parents had taught their children to love all living beings from the beginning, why wouldn’t they love the parents who grew old?

Therefore, at least from now onwards, understand how to raise children. If you possess natural love, you will naturally raise children who carry that same love. If that trait is absent within you, how can you instill it in them? Children behave according to what they have been taught. The same applies to the relationship between husband and wife. If one person’s wishes are fulfilled, they will love them; if not, conflicts may arise. Be it a man or a woman love should become a natural trait.

We can see this trait in Partiji's life. In 2013, TV9 channel severely insulted Patriji. Many of our masters became very emotional and said, "We will handle this. Just give us permission." But he calmly responded, "Do not do anything. They are behaving this way because of ignorance. We do not need to react to such actions. Nature will respond in its own way. We should simply remain calm." He understood that everyone is a soul, and that the same soul exists in all beings. He is the one who experienced the truth of "Aham Brahmasmi."

He had realized, through direct experience, the truth that "I am that divine consciousness." The Vedic statement "Tatvamasi" means, "You are That." Whatever I am, you are also the same. It means that at the deepest level, we are one. If two are one, then harming another is like harming oneself, right?

Then who causes harm? It is the one who lives with the belief, "I am different from others." A person who experiences the oneness of all existence will not wish to harm anyone. Patriji taught that everyone should strive to reach that state.

Those who intensely practice "observation of the breath meditation" can reach that state. When you come to the state where you see everything as one, you are God. If you remain in the perception of separateness, you are not God.

Right now you are all in a bodily state. One considers the body as them. The thought, "I am a woman, he is a man, he is a rich person, he is a poor person, he is a beggar, he is a great person", all these differences are visible to you only because you are looking at the body.

That means you are in the bodily state. When you practice "observation of the breath meditation" intensely for a few months,

you move from the bodily state to the mental state. If you continue the practice for some more months, you move from the mental state to the intellectual state. In the same way, if you continue it for a few years, you reach the soul state.

What you understand here is the realization that “I am everything and everything is me.” Patriji taught that the peak state of meditation is to attain the experience of “I am everything, and everything is me”. If one has not yet reached that state, one should know that one has to do more meditation practice.

If love becomes a natural trait, will a person who loves everyone not love their wife? Will a woman who loves everyone not love her husband? This is what Sathya Sai Baba also taught, “Love all, Serve all.” One should reach that state.

As you continue to do meditation, these traits will gradually develop within you. Whatever five types of faults we discussed will slowly disappear.

Then your family life will become like heaven. When these faults exist, there will be conflicts otherwise there will be no conflicts.

That is why both husband and wife should practice meditation. As you continue meditation, your energy increases and your vibrations change. Depending on the intensity of your practice, a definite transformation will take place.

“One should not behave in a degrading manner”

Why does a human being behave in a degrading manner? The mind is the only reason for such behaviour.

The reason is that even though a human being possesses intelligence, they often degrade themselves by behaving as though they have no intelligence. Even though they are human, if they fail to behave like a human being and instead act in a degrading manner, it appears foolish and disgusting to those who witness it.

The reason is that if a person behaves like an animal, even though a human being is superior to animals, then such behaviour is degrading only. Such behaviour appears foolish and even disgusting to those who witness it.

In such situations, when someone behaves in that way, elders often compare their behaviour with that of animals and criticize them. They say, “Why is your behaviour like this?”

The reason is that even though a person is human, if they fail to behave like a human being and instead degrade themselves by behaving like lower forms of life, those who witness that will genuinely find it disgusting.

There are 8.4 million kinds of living beings in creation, not just one or two, but millions of different life forms. Just consider the variety of creatures that exist in the oceans alone. If you watch channels like Discovery or Animal Planet, you can see how many different kinds of living beings they telecast.

Similarly, there are many different forms of life around us. Ants, mosquitoes, cockroaches, rats, chameleons, lizards, and

many more exist around us. There are many types of living beings in the ocean that we cannot even see. It is said that there are 8.4 million types of living beings, and within each type, there are millions and millions of beings.

Take an ant or a mosquito. Within each of these categories, how many different types of living beings exist? In just one place, by morning, not only thousands but millions die. And by the time it's dark, thousands and millions are born again. This itself shows how countless the numbers are.

Similarly, there are so many varieties among animals, birds, insects, and plants. In this way, there are said to be 8.4 million forms of life. Even though there are so many different forms of life, among all of them, the "human being is considered the highest."

The reason is that human birth is considered the most elevated form of birth. In creation, living beings have been classified into different categories such as plant species, insect and microorganism species, aquatic species, bird species, animal species, and human species. Each category contains millions and millions of beings.

The plant species are created with the single-element, meaning with the element of water. Similarly, the insect and microorganism species are created with the two-elements: The earth and water.

The bird species are created with the three-elements: Water, fire, and air.

Animals are created with the four-elements: Earth, water, fire, and air.

However, the human species alone is created with the five-elements present in creation: Earth, water, fire, air, and space.

That is why the human body is called ‘Pancha Bhauthika’.

The human being has been given the additional element of space. Therefore, human beings are given mind and intellect which are not given to any other species. Because of this, human beings have the ability to think and the ability to use their intelligence.

Therefore, we can understand how great the human being is among the 8.4 million forms of life. Even though humans are considered highest among all other living beings, they should strive to live in an even higher and more elevated way. If a human being makes an effort, works hard, practices meditation, and follows certain rules, they can become a “Great soul (Mahatma)”. With further effort, they can become the “Enlightened soul (Paramatma)”, and at that stage they are called God.

There are many such human beings who have been worshipped as Gods. Even after they leave their physical bodies, people build temples for them and continue to worship them. When a human being can rise to such a level, we can understand that a human being can evolve as God.

That is why, when we look at any deity, we see that they also took birth on Earth through a mother’s womb. No one came directly from the higher worlds without taking birth. Every divine being took birth through a mother’s womb. We have been observing this since ancient times.

Such a human being, with effort, can become a Mahatma and perform great deeds like Mahatma Gandhi and Mother Teresa. Not only that, a human being can also accomplish even greater and more elevated works. Such is the potential of a human being, who gradually evolves through the process of creation and

transformation over millions and millions of years, after taking birth through the 8.4 million different forms of life, gaining various experiences, and going through countless changes, a being finally enters human birth. This is called the process of evolution.

Know that a human being is “an evolved animal.” Similarly, an animal is “a human being in the process of evolution.” Gradually, transformation takes place through this journey. After evolving and reaching a higher level, one should live and behave according to that higher state. Instead, if a person continues to behave like an unevolved being, remaining at the level of animals, what can we say?

Therefore, we can understand how exalted the human being has become after passing through countless births over billions of years of evolution. Having attained such a highest state, a human being should continue to evolve and rise higher. Instead, rather than progressing further, human beings are degrading.

The reason is that when we observe the world, we see that the behaviour of many human beings does not match their level.

Moreover, among the 8.4 million forms of life, only human beings have been given intellect. This means the ability to think and understand, to recognize what is right and wrong, what should be done and what should not be done, what should be eaten and what should not be eaten, and how one should behave and how one should not behave. This power of intelligence has been given to humans.

Therefore, human beings should behave at the highest level among all living beings. However, in many situations, people forget their true nature and act in a degraded manner, behaving

like beings at a much lower level. The reason is that in creation, every living being and every animal generally behaves according to its natural level. Their actions do not fall below the level of their own nature.

However, it is the human being, who is considered superior, that sometimes behaves like animals that are at a lower level. When a person behaves in such a way, elders often scold them by comparing their actions to those of lower-level animals. But they do not scold animals in the same manner because animals behave according to their level. Then why do people scold a human being? It is because a human, despite having a higher level of intelligence, chooses to behave in a way that is lower like an animal.

Let us look at some examples. If someone does not do any work and simply wanders around without purpose, people say, “Why are you roaming around like a useless donkey?” They compare that person’s behaviour to a donkey. We see such people in society.

Some people do not do any work, do not take up any responsibility, are not useful to anyone, do not earn, and do not make any effort. They only eat and spend their time wandering around. Such people are also scolded by saying, “You are roaming around like a donkey.”

Similarly, if someone over-eats, people say, “Why are you eating like a pig?” Likewise, if someone over-eats and becomes very heavy, people say, “You have become as strong and bulky as a bull,” comparing them to a bull. In this way, people not only make comparisons but also scold them. They compare them and scold them saying, “what is the level of that animal? What is your level? You have reached such a higher level, why are you behaving

like that in a degrading manner?”

Similarly, if someone keeps doing foolish actions, people say, “Why are you doing those monkey-like acts?” comparing that behaviour to a monkey. If someone behaves in a foolish or ridiculous manner, people say, “Why are you acting like a monkey?” and compare such behavior to a monkey. Similarly, if someone sits idle and slowly yells, people say, “Why are you making cat-like sounds?” and compare them to a cat. This shows that when a person performs actions that should not be done, or behaves like creatures that are considered lower than human beings, their behaviour is compared with those animals.

Likewise, if someone sits idle and keeps shouting without reason, people say, “Why are you barking like a dog?” and compare them to a dog. If someone builds a very large body, people say, “You have become like an elephant,” comparing them to an elephant. If someone is capable of walking normally but walks very slowly, people say, “Why are you walking like a tortoise?” and compare their movement to a tortoise.

When we observe, we can see that in many situations human behaviour is compared with the behaviour of animals. Why are human actions compared to animals? It is because a human being is behaving below their level. If a person behaves in such a way, they are considered degraded ones, right?

Notice, people scold human beings in this way, but they do not scold animals in the same manner. For example, no one says to a cow, “Why are you eating impure things like a pig?” They do not compare a cow with a pig which is considered a lower-level creature because a cow does not behave that way. No one says to a horse, “Why are you walking like an ox?” because a

horse does not behave like that.

The natural quality of a horse is speed. When it is not controlled through reins, it runs forward with great speed. Therefore, it is not compared with an ox. A horse behaves like a horse, and a cow behaves like a cow. Moreover, even the horse is guided and controlled by human beings through reins. A human being controls the speed of a horse by using reins; otherwise, its natural speed is completely different. It lives according to nature.

Not only that, whether they are herbivorous animals or carnivorous animals, all animals live according to their nature.

If we observe, herbivorous animals such as cows, buffaloes, goats, elephants, and camels depend on plant-based food. Even if they do not get their natural food, they may become weak, suffer and even be willing to die, but they do not consume meat.

Similarly, carnivorous animals such as lions, tigers, leopards, foxes, and wolves cannot survive without eating meat. If they do not get meat, they may become weak, suffer and even be willing to die, but they do not eat grass or plant-based food.

We can know that animals behave according to their level. That means, they behave according to God's will.

However, only human beings behave below their level but one should not behave like that. To live in harmony with nature, human beings should purify the mind that has been given to them and develop their intellect. When they live with a purified mind, they will not behave in a degraded manner.

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By the time they reach adulthood, everyone enters married life. The strange thing is that everything is fine until they get married. Conflicts begin from the time they get married because there is no harmony between husband and wife and married life becomes hell. Only a very few marriages remain harmonious, while some people simply adjust.

To prevent conflicts between husband and wife one must practice the following: 1. One should limit themselves to basic necessities and not become slaves to desires. 2. Quit eating meat. 3. Instead of focusing on the faults of others, one should be able to focus on their specialties. 4. Each other's mentalities should be the same. 5. Love should become a natural trait.

Therefore, both husband and wife should meditate. As you continue to meditate, these qualities develop within you. These five types of faults gradually disappear and your married life becomes heavenly.

-Tatavarthy Veera Raghava Rao

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