

## 7 Ways to Spiritually Enhance your Marriage at a Crisis Point

Before I get into what Spiritual Development is, I want to give an overall explanation of what a crisis point in someone's marriage is and the challenges couples and families are facing and will continue to face as the world continues to get even more complicated. Prior to the Covid-19 pandemic, marriage was already difficult for most, divorce was at a 50 percentage rate, spouses cheated frequently, and money was already a huge argument. The older generations found a home at church to spiritually guide their marriages, but there are generations of people who turned their back from organized religion and are never going back. In fact 70 percent of all Millennials say they do not belong to a church, and many have fallen out of the faiths, and for good reasons to be discussed. Many also say that they are more spiritual than they are religious and do not want to be told how to run their lives. I will mention that much of religion and certain churches have based their message on fear, and try to control the masses. I will say the more we break apart from mass consciousness and spiritual control and really trust the divine in our own personal lives the better off we will be. We do not need a middle person or organization telling us how to have a relationship with our creator. In fact Jesus of Nazareth preached the same thing.

Marriage will continue to be a difficult process, add a deadly virus, a world controlled by social media and the internet, communications skills going down the tube, an education crisis, global inflation, the exodus of organized religion, climate change, and the list goes on. More pressures are being put on families more than ever which is why I do feel there will be more crisis points in our Marriages more than ever.

What is a Crisis Point in Marriage? A crisis point is when a life changing event happens, usually negative, that changes the emotional state of the marriage. The first I will discuss is cheating. When someone cheats the other will feel violated, misled, angered, frustrated, and start to question the relationship. Time spent with this individual feels meaningless and hopeless. I will mention that prior to a spouse cheating there were some major problems within the marriage already that led to the spouse cheating, or the spouse never felt loved to begin with. Oftentimes, after a while, couples or at least one spouse in the marriage becomes complacent, bored, or begins to struggle emotionally within the marriage. Cheating for some comes at a time when that person feels trapped in life, their emotional needs are not being met, and/or they have lost a sense of identity within their marriage. Cheating is the most devastating blow a marriage can intake, but it does not mean the marriage has to end, but in this case it is your choice to salvage it based on your beliefs about marriage, or divorce.

There are many forms of cheating that many are unaware of. One is emotional cheating, where a spouse chooses to share their frustrations with someone else, usually someone the other does not know of sharing intimate details about their marriage. Instead of seeking out a therapist or possibly a coach for improvement, the spouse tends to have secret conversations with

someone else behind their spouse's back and finds emotional comfort in doing this. When the other eventually finds out, trust is immediately broken. Brining the marriage to a crisis point. Another form of cheating besides physical touch, is financial cheating. Having an honest dialogue about finances is so important in marriage because money is what sustains you and your spouse's survival in the world. Many may start separate accounts secretly from their spouses and when the spouse finds out, there is a sense of trust that has left the door. Another form of financial cheating is spending money on things that the other is not aware of and how much is hidden. This is usually a problem with the emotional spender, someone who feels an emotional attachment to things, instead of having real meaningful conversations and struggles to express themselves through human to human connection. Financial cheating can be easier forgiven than emotional or physical cheating, but it is a form of dishonesty and your spouse can lose your trust when it comes to managing finances. Social media has added another element that makes it easier for others to emotionally cheat, physically cheat, and is now being used as a distraction or an unhealthy emotional outlet for couples who could use some serious help.

#### Crisis point number 2. Lack of Purpose

When couples lack their purpose to be together, this is the start when someone may decide to cheat. The goal is when this stage of the marriage is there, for whatever reason, is to get professional help. Some of the signs your marriage is in this state is a lack of communication, loss of desire for romance, and loss of affection. This stage is less likely to be there for newlyweds, but if they are arguing it's because they are not in alignment with life. More seasoned couples who go through this stage have had children and have lost their identity of being married. Life kicks in, careers and child care come into play and many times couples stop dating, or even may stop having sex. For many a sexless marriage can be emotionally damaging and it takes a strong person to remain married without any sex, but without a purpose of being together there will not be any sex, or sex will become meaningless. What happens in a marriage that lacks a purpose is that couples will stop traveling or dating, they may stop communicating in which your marriage enters into roommate status, and the marriage becomes boring. Lack of affection is huge, many men struggle being affectionate, but it is important for women and some men to feel spiritually connected and have that deep connection with someone in order to have sex. If there has been emotional abuse in any way, through time affection can start to dwindle away. Without affection, the marriage cannot survive. This is why so many men feel frustrated or even some women in a sexless marriage, but they have forgotten that it is affection (which is a type of love) that opens the door to romance. Without that deep connection, or if that deep soul connection is lost, there will be no romance. Affection and romance are not the same, romance is a result of your deep connection with your partner. Romance is also like a switch, it turns on and off, couples who have affection can survive without romance for a good amount of time. However it is a lack of connection that makes a marriage lack purpose, why am I with this person? Can I find someone better to make me happy, will I ever be happy again?

Crisis point number 3: Not in alignment with life circumstances.

This stage can impact newlyweds all the way up until the later stage of marriage. Oftentimes couples drift apart and no longer want the same things out of life, yet that is in the minority of couples. There are two main things I will address that can make a marriage out of alignment based on two very important life circumstances or decisions that will impact the marriage. One being starting a business. Society has programmed us that the only way to make money is to get a job, starting a business is hard, you will never make any money doing what you love. Well network marketing was the fastest growing industry during quarantine, because they pitch the American dream and that you could be rich like they are, and you can work from home. It is your business. Yet 99.7 percent of network marketers actually never make it. One reason is that your network marketing job is not really your business, you are a distributor for someone else's idea in which they pay you a commission for your efforts. It is not for everyone, yet some may be very successful in that form of work, do your research on the company first before you become a distributor, remember you do not own this business, it is a commission based job.

The second type of business owner is someone who comes up with his or her own idea, applies their own knowledge and wants to solve a problem in society. The healing and coaching industries are also growing because of the need for emotional healing and transformation, already a need for society but even bigger since covid-19. When we start these businesses our spouse may or may not be in alignment with these ideas, especially if you are leaving your 9 to 5 to pursue this. Finding your calling or soul mission is a difficult thing to sell to your family or spouse and they will continue to push you to find a better job, but does a better job out there actually exist? Will you be fulfilled knowing your efforts are making someone else rich and not yourself? Starting a business to help people may not actually set well with your spouse because if you take this risk they are going to worry about how you are going to make money, and will someone actually pay for your services. This speaks more for the man who decided to start a business because we are by tradition set to be the provider of the household. If your spouse is not in alignment with your soul mission job, this will lead your marriage to a crisis point, until you can prove you can make money doing what you do.

When couples reach the caregiving stage in their marriage, I am not discussing their care, but the care of their parents. This will happen to every couple usually when they are well in their careers. Most people do not have to care for their parents until they are in their 40s or 50s, but some may enter into that in an early stage of their life. It just depends on the situation they were given. When one partner in the marriage is put in the situation and given the responsibility to take care of their parents, whether it means bringing them into their house, and/or being financially responsible for their care this could potentially add frustration that leads to a crisis point into someone's marriage if your wife or husband does not want any added responsibilities

to the marriage. This will indeed put the person who feels responsible for care for their parents in a tight spot, does he or she choose between his or her spouse, or the care of his or her parents? This very reason has ended beautiful marriages because the spouse did not want to be responsible for his or her inlaws' care.

1st way to spiritually enhance your Marriage. Pray:

When your marriage is in Crisis point, prayer is still the most important tool to keep your marriage intact. Not in a religious matter, but as a way to give your sorrows, worries, emotions, to the divine. All faiths practice some sort of version of prayer. Prayer is like creating a cover letter for a job. It is your chance to connect with your divine consciousness that exists within you. We all have an undersoul and an oversoul. Our undersoul is our spirit and our oversoul is the communication that we have from the divine. All prayers start with our undersoul and go straight to the divine. Keep in mind it takes time to understand the responses the divine gives us. Messages received back will come through our own intuition, change of events in our lives, or possibly meeting new people who give us a purpose in our life. The creator which I will call the source for all divine consciousness sometimes sends us messages through people and it takes a certain level of spiritual awareness to understand this concept.

When we do pray we must remain patient. We live in a society in which we make our decisions based on our emotions, we want answers now! We want instant satisfaction, we want food right away, we want to know the outcome of things sooner than later. When it comes to prayer we cannot perceive it as an immediate answer, but as life continues to be revealed it is the greatest learning tool that we have. Prayer is sometimes our only help for spiritual guidance, it not only has been proven that prayer can help people emotionally during challenging times, but can bring a sense of hope through the power of faith, and hope that things will get better. Keep in mind we do not always receive the answers we are looking for, because when it comes to our lives and the which or whatever created us, the divine wants what is best for us, not what we want. What we want and what is best for us sometimes may or may not see eye to eye. When we pray, let's sit down and ask for the best outcome to happen for the situation that you or your spouse is in. Oftentimes we marry our Karmic partner and not our soulmate. Yet no relationship breakup is a failure if you learned some valuable life lessons along the way about yourself.

2. Meditate:

The great thing about meditation is that it is free. It is a free way to bring inner peace to ourselves and start our own independent healing journey. There are different types of meditation, past life regressions, the Akashic records, hypnotherapy (guided meditations), yoga-meditations. Meditation has been proven to calm our emotions down in times of challenge, and it is a form of internal healing. It does not matter which type of meditation that is practiced, as long as it works for you or your partner. It is also something you and your partner can practice together.

Meditation can also be practiced by non-believers. Meditation has nothing to do with believing in a higher power, it is a way to relax your body and brain.

To start meditation exercises we begin by closing our eyes, taking deep breaths through the nose and out the mouth. Focus your eyes on the middle part of your head, this is considered the third eye. Please make sure you are in a quiet place free from distraction, and the goal is to either think of something beautiful, or nothing if it is possible. Through time you will start to feel much more calm and relaxed. If meditation is difficult for you, you may have to take action such as finding your own individual therapist or coach first, because your thoughts and emotions are out of control and other measures must be done first to help you get to a state of mind to practice meditation. If it is too difficult to do on your own, I suggest seeing a hypnotherapist first as they can help get into the habit of slowing your brain down. Hypnosis is not putting you in a trance, it is a deep guided form of meditation.

Step 3: Achieve a small goal or small win.

What do you really want out of life at this point in your marriage? What does your partner want out of life at this point in your marriage? If there is constant arguing, emotional abuse it is because your relationship is out of alignment. Do you want to change your behavior? Or would it be nice to achieve something together bringing through a deep insight or breakthrough together as a couple? A few examples of small goals that can be achieved are: no cell phone usage after 8 pm. We live in a society that is over communicated and it is causing more mental health issues, imagine how your marriage would be from 8 pm on if it is just you and your husband or wife just having time together without any distractions. It may feel uncomfortable at first, but it will reveal how much healing is needed for your marriage. If you are able to achieve this small doable goal together now you will start to become compatible again. Remember your social media crowd will be there the next morning. It is not as important as your marriage.

Another small achievable goal is to bring back the entertainment and commit to a date and stick to it. Maybe your marriage has gotten away from dating or doing couples activities, but if you and your partner can stick to a date or activity now the both of you are starting to be on the same page again. Whether it might be committing to a day at the beach, your favorite restaurant, or favorite spot you and your spouse used to go to when you did have purpose; being able to make time for each other and commit to it is going to help.

If you and your partner are at a crisis point it is because there has not been an open dialogue on how you or your spouse feels, and making time either at night to communicate these needs or during a time out on the town or in nature is going to help. Whatever you must do to find out what both of you want out of life at this moment in time is going to take honest

communication. Make time for your spouse and achieve something small together. This will bring some sort of purpose back to your marriage and can be a starting point to rebuilding your marriage with your partner.

#### Step 4: Forgiveness

If there is anything that has been done to hurt one another, it is so important to go through this stage. It is a valuable tool that has been forgotten in many societies, but such an important quality to have as a person. Forgiveness comes from a spiritual place from within you. It is up to you or whoever it is that is hurt to understand that we are all human beings, we will make mistakes, and most of us were not ready for a huge marriage commitment with a lot of learning to do. Relationships will bring out our inner child, disagreements will occur, and oftentimes like children we will say things we often will regret.

There are three things as human beings that will have to be forgiven in order to have a successful marriage, one being our childhood, the other being the marriage that is in crisis point, three; any other toxic relationships that we have been in. If we do not address our childhood challenges we will bring these insecurities to our marriages. They do not necessarily start affecting us until we begin seeing this person regularly and the relationship becomes long-term. One insecurity that can come up in our marriages, is if our parents were divorced. Not growing up in a stable family environment can and will impact our decisions in marriage but also bring up emotions such as fear, abandonment, maybe even possibly anger and depression. Marriage is a huge commitment and if we do not have a solid foundation of family, marriage can seem like an impossible task. We get married in hope to start a family of our own or have someone by our side for support in all areas of life. We must forgive our parents for the struggles they were going through when they raised us.

If we have relationship experiences with others prior to our marriages, keep in mind a breakup can feel absolutely devastating. Suffering from a broken heart can and will impact our overall mental health. If we have not gone through any kind of healing since our previous relationship experience, whether breakup or divorce, it will impact the overall emotional connection with your new partner. Forgiving our former relationship partners is going to be hard, but it is necessary for your marriage success now with your current partner. Once we are able to achieve this form of forgiveness we start making amends with our past. Remember we learn from our past mistakes to set us up for success in the future. If we are not learning, it is because we have stopped growing, or it is a refusal to blame ourselves for our failures.

Forgiveness is just an important quality to have. If our partner makes a mistake, and is truly sorry, is holding a grudge going to make things any easier. Oftentimes people who hold grudges are the ones that have a difficult time seeing anything wrong with them. Although this is

one of the hardest spiritual tools we can use it as necessary for us to move on from experiences. If you have ever heard of the term that some will forgive, but not forget, most people are like this. If we have been wronged we will never forget how it made us feel, but we can forgive the person for wronging us. It is a tool that is necessary for all of us to obtain inner peace in our lives. Holding grudges will only hold us back from reaching our true potential as human beings and having a spouse.

#### 5. Attack the root of our emotional issues

I hate to inform everyone on this topic, but western and eastern societies often ignore this key fundamental element of growth. Eastern society has always had a stigma towards mental health, in fact the Asian culture believes strongly in holding in emotions. Yet Japan has the highest suicide rate in the world. In Western society mental health is starting to become a focus, but the way it is treated is not working for many. Using synthetic drugs to treat illness or mental health challenges just puts a bandaid on an open wound. They serve as a numbing agent or some are like taking a tranquilizer. Although the medicine has been tested and has worked for many, it does nothing to actually heal past wounds. Psychiatrists and western society do not put enough emphasis in helping people identify the root of their emotions. One reason is because to distribute medicine there is no way possible for a doctor who has thousands of patients to identify the root cause of each client's issues. The industry that is aiming to help with that is the coaching and energy based healing industry. Some therapists are starting to pivot towards this, but many therapists do not give spiritual guidance which many people may prefer in their relationships. Most couples are not looking for behavior change, they are looking for guidance.

Once we are able to identify the root cause of why we are feeling the way we feel, or why we are not able to accomplish certain things in life, we feel instantly better about ourselves. The root may come from childhood traumas, it may come from previous negative relationship experiences, or social experiences we went through growing up at school. Believe it or not our experience in education can and will impact how we socialize, communicate, and our self esteem as a person. Which self esteem and emotional intelligence are the two most important elements in obtaining a healthy marriage. Combining those two aspects will increase your confidence as a person to handle the everyday stresses of life which all impact family and marriage.

#### 6. Understand what Sex is and the importance of rest/self care:

Many people take sex for granted. They see it as something to do. Society portrays women as sexual objects, it is in the movies, television shows, let's face it it's a wonderful experience to feel for both the woman and man. However, Sex is something not to take for granted. It is the most spiritual experience one could face with their partner. It is so spiritual that you are exchanging your energy with his or her energy. You are also exchanging divine consciousness through sex

with your partner which is why it is important to only have sex with the person you love. This is why cheating is extremely damaging on a spiritual level because when someone has sex with someone they do not know and deeply care about they are entering their energy field, exchanging their emotions and then bringing them back into their marriage.

Sex is the most innocent and loving thing a couple can do to share each others love, however many men and women are now using it as an emotional outlet, men are more guilty of this. The problem of using it as an emotional outlet is when sex is absent for certain reasons as it will be throughout the duration in the marriage, all emotions come up. Although it is a great way to help with stress, it should not be the only way to relieve stress. Believe it or not, exercise and being healthier will help an individual's performance in the bedroom. Therapists exist to help us cope with stress in our lives, so do stress management coaches, and possibly our spiritual mentors, whatever the situation is remember the less stress we feel, the better our sexual performance will be and the more at peace we will be practicing it.

Sex when performed properly is a spiritual practice. However, like any spiritual practice people can use it for the right or wrong reasons. Many can withhold sex as a punishment, which I suggest we should not do, others may use it as a way address emotional trauma, some may not care much about at all and just see it as something to do. Whatever the case is, sex is an important part of marriage, you and your partner are exchanging your inner worlds, and connecting deeper as a couple. In order for sex to be more peaceful, we must all be at peace with ourselves. Tapping into divine consciousness individually as spouses, we can now share each other's divine consciousness.

Keep in mind there will be times in the marriage where sex may not be the main focus. This part could be during child care stages, when a woman is healing up from pregnancy, after the birth of her child, during pregnancy at times, when a man is overwhelmed and frustrated with his career or life path, when both are tired and exhausted from working and sleep becomes more of a focus.

Sleep is even more important than sex. Without 7 to 8 hours of sleep every night if it's possible, our individual performances in any area of life will diminish. Having a consistent night time schedule is extremely important, which for most couples will take some compromise, especially for night owls. Sleep helps fight emotions, sickness, and allows us to charge off our brains and bodies. Our brains are the battery of our bodies, and when we sleep we allow our bodies to shut down. Couples who are able to achieve this will become very successful. Times in marriage when sleep is hard is during the infant stage of child care. Although babies sleep an average of 16 hours a day, the sleep is often broken up, and many wake up in the middle of the night. This is why many couples decide for one person to work during this stage, while the other stays home. Infant care and taking care of babies will be the most challenging stage of marriage,



because the marriage dynamic has changed from relationship to family. Sleep may be difficult to achieve during this stage, but that is where meditation and rest can help with this. Remember as a married couple who have children, you and your spouse are a team in raising your child but also instilling confidence in each other as a parent and as a spouse.

Sex will lead to pregnancies, and some unwanted. Which is why now more than ever it is important to understand the woman's natural fertile cycle. As men we are fertile every day, women are less fertile 24 days of the month. With the overthrow of Roe Vs Wade by the Supreme Court, as a married couple, if you are not ready for a child, learning and educating yourselves of when a woman is more and less fertile will be important for your marriage. There are workshops that you and your spouse can take on this, many are still unaware of this cycle including men, but this focus will help you and your spouse with a natural form of contraception that no government can take away from you. Is it 100 percent effective? No absolutely not, no form of contraception is, if you are planning to be sexually active, expect a pregnancy sooner or later.

Marriage is the bonding of two souls into one. Although both of you are two completely different individuals the reason for marriage is not just to start having a bunch of sex. I think society has gotten away from not having premarriage sex, unless you were one of the few as myself that believed in that. Marriage is a leap of faith that through our weddings we are taking with this person. Many younger couples now are putting more value on their weddings than their marriages, and that is only setting the marriage up for failure in the long run. Marriage is less about sex, and more about life-long companionship with someone you love more than anything else in the world. It is the starting point of continuing life on earth. In a time where sex is valued more than marriage, I hope through time and through divine consciousness we value our partners as who they are and the potential they bring to help us through life's challenges.

7. Find Community, rediscover your purpose, invest in your marriage.

By this time you and your partner should be ready to rediscover your purpose. If you have been successful to apply the first six steps without any guidance, great for you and your partner. I am so glad I was able to help for free. Everyone likes help for free right? Vision is so important for all aspects of life, but finding a shared vision besides our children to have together is going to go a long way. Keep in mind children give parents purpose, but not necessarily the marriage. Your marriage is between you and your spouse. What are some shared visions you and your spouse can have? Traveling, dating again, personal development and growth, daily activities when time permits, nature walks, concerts, oh and a big one set a time to retire together on a similar timeline if you and your spouse are close in age. If you and your spouse are a few years apart, being in a position to retire in case health issues arise is important. These are things that

goals you and your partner can strive for, remember your career goals will be different, but also supporting each other on those are just as important.

In a time where everyone is in a go it alone approach, we have lost community. One of the reasons why a lot of the facebook communities are so flooded with issues. Human beings need community, it is necessary for our survival. In order for our marriages to improve and grow, finding the right community is going to be important. For millennials and even now older couples we tend to vent online, but when we vent we are usually venting negative things about our partners, in return we see negative responses: leave, get out, he is an asshole. When we vent, are we explaining the entire picture? Of course not, so the responses that are received will be one sided as well. This is one of the few challenges that couples are going to face going forward with the exodus of organized religion for many is finding the right community for emotional and spiritual guidance. You or your spouse have to find a community that is not contributing to any emotional issues. Do we want to be a part of a negative community, people putting each other down all the time, or a much more positive and uplifting one? There are some relationship groups that are only for marriage, some are for religious groups only, some are for Twin Flames. My hope for my community is to teach divine consciousness, which all faiths aim to teach, but many have lost their way in communicating that. You can always join my free facebook group called Divine Consciousness Training for Couples. A group that aims to bring love and spirituality together as one. This group will be motivating, inspiring, and will help uplift you in times of uncertainty. Remember happiness comes when we focus only on the positive outcome of things, not the negative.

Remember we invest in our marriages all the time. When we go on vacations we spend money, we spend money on brand new cars, smart phones, food, the list goes on. My question is, is our marriage to be valued less than these things that we spend money on all the time? Is it less than our weddings which many have spent thousands on for a one time event. If it is hard to answer that question, Western society is winning the war on your marriage, not the devil. If you value your partner, your feelings, and your future, it might be time to seek help if your marriage is at a crisis point. Finding someone who can help you and your partner find a shared vision, get to the root of the issue, help you find community, bring a neutral mindset without judgment, without forcing complete change all together and helping you and your partner grow emotionally and spiritually, than Ray of Life Marriage and Spiritual Empowerment is the place for you. I would be happy to help you and your partner achieve all of these things. If these things are important to you and not your partner, do not worry there will still be a place for you. If these things are not to be desired, then we will not be a good fit working together, and I suggest finding a different type of professional such as a therapist or a counselor who will bring a much different approach. Keep in mind it is also important to identify which type of professional that is best for you and your partner, if venting is what is desired then a therapist will be best suited. A

coach and a counselor are similar as they help couples solve problems, however a coach has a little more free range on what he or she can teach like myself.

If you have decided that you and your partner need help and desire emotional and spiritual guidance, please reach out to me on my facebook page, IG, or email me a nice message. I look forward to helping you achieve a happy and fulfilled marriage that I will help you and your partner create together.