

I was married on \_\_\_\_\_

In the city of \_\_\_\_\_

I married \_\_\_\_\_

This day was \_\_\_\_\_

The purpose of this Journal is to help you to reveal and express the breadth of feelings you have about the sacred union you have entered into. Your discoveries will be prompted by doing some freestyle writing that just flows naturally from you when you are feeling happy, contented, sad, angry, frustrated, misunderstood, or unfulfilled, and through answering the questions that are posed to you. This Journal can be used as a companion to *The New Marriage Paradigm* book, or it can be worked with independently.

The ultimate goal of writing is to express feelings and thus be able to own them and take action when necessary. At times, you may want to share your discoveries with your mate, and at other times, you may want to keep these findings private. Regardless of your choice, the power of writing is now offered to you to experience. The latter part of the book has blank pages for you to write in. Your journey begins as you turn the page!

Only in relationship can you know yourself,  
not in abstraction and certainly not in isolation.

The movement of behavior is the sure guide to yourself,  
it's the mirror of your consciousness;  
this mirror will reveal its content,  
the images, the attachments, the fears,  
the loneliness, the joy and sorrow.

Poverty lies in running away from this,  
either in its sublimations or its identities.

J Krishnamurti

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*The New Marriage Paradigm Journal*

## **Part One**

### **Reflections**

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Soul-searching work magnifies for us  
that the “who” (ego or spirit) drives the “what”  
(innocence/truth or guilt/illusion) through which the  
relationship is upheld.

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Why did I want to get married?

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What characteristics and qualities did my spouse have that I so admired and valued?

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In which way did my spouse make me feel more secure or powerful?

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What about myself do I think is least attractive and why?

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What is least appealing or attractive about my spouse?

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