

The Road to a Healthy Marriage

By: Hamed Díaz

According to the dictionary definition, marriage is: “The legal union of a man and woman as husband and wife”. In the olden days it was known to be an agreement between two parties for different reasons: social, political and / or religious. Talking about religious, for a great amount of people marriage is an institution created by God when He established the first registered married couple in the world; Adam and Eve.

Maybe you have your own definition and your own reasons to enter the immense world of matrimony.

A Wedding At Home is available to help you coordinate each one of your dreams and make them a reality, respecting your idea of what marriage is. Even so we do reserve the right to elaborate a wedding exclusively for heterogeneous groups only and the law protects us on this. We believe that marriage is the union of a man and a woman. **A Wedding At Home** does not discriminate against race or religion.

If you are seriously committed to establish a covenant with your couple, to create a strong and long lasting union until death do you part, here is some advice that can be of great help and consideration which we have divided in the following way:

1. Commitment
2. Compatibility
3. Communication (*Roles, Responsibilities and Expectations*)
4. Finances
5. Romance and Intimacy
6. Family

I. Commitment

Commitment is none other than to strive to fulfill a promise made. You make a commitment with a person to live with them and establish an institution called marriage. Marriage will end with the death of one of the two parties involved. Therefore it should be planned very well and in a very solid way so it becomes strong and long lasting. For this to be accomplished there must be a “Commitment” on behalf of both parties.

Within commitment there should exist some values that will help in strengthening it:

- *Fidelity*
- *Sincerity*
- *Integrity*
- *Morality*
- *Honesty*
- *Righteousness*
- *Trust*
- *Respect*
- *Loyalty*

The union of these values will help establish a healthy relationship of commitment between the couple. A committed couple is able to reach great dreams together and be inseparable. Commitment establishes goals and gives a sensation of continuity and faith to maintain alive that in which they have believed in and have started.

Don't allow the absence of commitment in your relationship and watch for it to last a lifetime because if you do not have a sense of commitment...Who will have it for you?

II. Compatibility

The Webster Dictionary reads that compatibility is in other words to work well together. At **A Wedding at Home** we believe this without a doubt in our minds.

If there is unity of thought between a couple, even if a difference of opinion is present, they will develop great achievements and will subtly manage the marriage in a healthy and long lasting way. We mustn't forget that there is a strong belief in the marriage and that together they will be able to develop it.

It is 100% improbable that something like marriage can exist if there is no compatibility between couples. Nothing makes a marriage more solid than a committed and compatible couple. Isn't this what we look forward to when we walk down the aisle on that day?

III. Communication (roles, responsibilities and expectations)

Communication in marriage is very similar to the communication existing before the marriage. Remember how you planned? How you both shared the responsibilities of that great event? The Dj, the location, the guest list, etc? Remember your great expectations for your wedding when you hired **A Wedding At Home**?

You will have the same expectations for your life and the future of our marriage. It is extremely necessary that you communicate with each other and that you discuss your goals and achievements that you want to meet as husband and wife, as a family and as citizens. Respect your roles, share responsibilities so there is more strength and share where and how you are going to reach your dreams. Marriage is not a two-headed monster; it is only one head and one body.

Once the great matrimony race begins, communication may turn into one of the most important links so that it won't break. This last point is shared by thousands of North Americans that unfortunately have failed in their marriage relationship. To ignore it would be fatal and destructive, but to consider it could develop a relationship as solid and as strong as an oak or a rock. When things are discussed from the very beginning and from its birth they are made clear, and then the success of a relationship is guaranteed. Anyway, the person with whom you are going to develop a good communication with is the person you will love more than anything in the world. Don't you think so?

IV. Finance

When I talk about finances I do not want to talk about who pays what or who's supposed to pay what, I think we covered that subject in Communication. What I want to talk about in this subject is the financial discipline that should exist in a home. Before we go into marriage finances let's be extremely prudent in properly fixing our individual finances so we can start off marriage free of debt or with good credit. When something starts off crooked it's very hard to straighten it other than starting with a clear concept of things. Someone once said that marriage is not based on money but on love. I would have to be in agreement with that comment if the love is serious and disciplined. Would you be able to propose to your fiancée without an engagement ring? Or would you tell your wife; honey I love you so much that neither you or I will ever work so we can be together forever...because I LOVE YOU. The truth is there are bills that have to be paid, a credit to be maintained and savings for the future. All of these things require discipline and sometimes even professional help.

A Wedding At Home offers the professional help you need to plan and coordinate your event. Planning a wedding can be very time consuming and expensive without the aid of professionals like **A Wedding At Home**. But, after the wedding...What?

Managing the family budget is the best way to gain healthy finances in your home.

Living off of credit can be the worst foundation for the finance of your home. Credit exists to serve you and not for you to serve it. A good tip would be not to purchase things you cannot pay just because others have it. In the last topic about "Communication (roles, responsibilities and expectations)" I established the point of goals and accomplishments that we wish to reach. If you want something work hard for it, establish goals and values to reach, share it with your partner and together look for the healthiest way to obtain it. Never sacrifice your budget.

Finance and love go hand in hand, because a healthy financial state can describe a healthy marriage the same way a healthy marriage can be a reflection of healthy finances. Always maintain this idea well balanced and as a result you can achieve happiness in your marriage. I've heard many people say that society ends up like marriage. Ruined by money. But I am convinced that society should learn from the success of the good marriages like the ones we experience in A Wedding At Home, couples that are well oriented towards a successful marriage.

If you are interested in taking a short course in finance to obtain financial stability contact us via e-mail and we will gladly give you more information.

V. Romance and intimacy

In a marriage, romance and intimacy is the fuel that makes it run. This is the topic you may think you know best, but judging by societies degradation of the same, I think that it's time to address this subject a little further. If we have established that marriage is "until death do us part" then we must understand that romance goes beyond physical attraction. For a marriage to be healthy, strong and lasting, you must expect a great dose of daily romance. I can boldly say that romance is based on quality and not quantity. That small space in our agendas that seems like it doesn't exist but we make some room for it anyway, for example: Mr. / Mrs. Diaz your husband / wife is on the phone. That brief moment in our work schedule can make a difference in the roots of a solid marriage. When we answer the phone with sweetness to say: Hi my love, how are you? You get quality in that short moment.

On the other hand, romance is time dedicated to the one you love and there should always be time for one another; going out for a walk together, dining out, details such as flowers, a special

drink or ice cream with two spoons, just looking at each other. Caresses, cuddling, kisses and hugs should never run out. It is as important as daily saying to each other, I love you! Intimacy on the other hand is romance in private. Understanding that there should be a clear concept of communication between the couple, in intimacy everything is allowed as long as it is romantic and pleasurable for both. If I am talking directly to a couple with no sexual experience (virgins), in that first encounter take some time to know each others body, caressing each other and you will discover the areas of more interest. Remember you are human and not an animal. With respect in your intimacy you can enjoy something as beautiful as sexual pleasure. Never make or ask your partner to engage in anything against their will and I can guarantee a better tomorrow in your relationship. Every day will be a better one. Talk about the beautiful moment you just encountered together and leave something for the next day. Romance and intimacy are not limited to time nor place. Be creative and fun. I also want to remind you that there are professionals that specialize in this field and if you cannot find pleasure in your intimacy, take action and make an appointment as soon as possible.

A Wedding at Home can help you contact a professional in this field in order for you to receive the proper orientation in this matter before and after your marriage.

VI Family

If you have taken seriously your commitment and you have found compatibility in each other and you are able to maintain an open line of communication establishing within it the roles, responsibilities and expectations, and you have practiced well the principles of financial wisdom and in your romance and intimacy you have given all you've got...your family will grow without doubt. Family and children should be well planned. In many cases children may come unexpectedly. If that's the case, they should be welcomed with love and joy for that is how they were conceived.

Family is the most important nucleus in the world. Never gamble with your family for any reason or any person. They should be protected, taken care of, and taught to be like you. Your children will be a copy of what you are as parents. Raise them with the highest resolution. It doesn't end there. Later your children will have their children and then a great generation that will copy from your example. **A Wedding At Home** understands that giving them these words of commitment as a legacy will add some wisdom to their own experience in forming a new family. Every time we pronounce a couple to be husband and wife we are convinced that we are sending out to the world couples with a big potential to make our society a better one. Society begins at home. **A Wedding At Home** makes the beauty of your home the perfect setting for all your most anticipated events.

Everything begins with saying "I do". This entails the celebration of a Bridal Shower, the planning of a wedding and at its right time, the celebration of the arrival of a baby with a Baby Shower. Baptisms, first communions, bar and bat mitzvahs, quinces and sweet sixteen celebrations, are other of the events where family is involved. Let us not forget anniversaries and vow renewals. The success of a new company and even the smallest family gathering that entails much detail in its preparation. Well, congratulations, **A Wedding At Home** can be present in all of them because as long as it involves family we will be there with you always.

My Success in Marriage

My name is Hamed Diaz and my wife, Mrs. Diaz's name is Judith. She is one of the most competent and professional women I have ever met. I am not saying this only because she is my wife but because for the past 16 years of being married I have seen a woman whom I believe is known through one word: Excellence. As a husband I feel so proud when hundreds of people continuously appreciate her work. I know it's her they are praising but the pride I feel towards

her achievements make me feel even prouder. Proud of my choice in finding a compatible and very committed woman. A woman that always makes room in her life to care for her marriage, her home and her career. Everything has a beginning and ours began well. Our success in marriage is centered by something that should be of the utmost importance in every marriage; God. We both asked God to bless our courtship and to guide us into the next step; marriage. From that moment on we have always counted with God's help and we have learned to put our marriage in His hands. That has been our success. Every successful marriage has their secrets and we have made ours public. God in our marriage is the perfect key to our success in it. Which will be your success?

*Thank you for contracting the services of **A Wedding At Home** for your next event!*

Hamed Díaz
Co-owner of *AWAH*

