

Success in Relationships & Conflicts

Frustration| Expectations | Emotions| Difficulties| Devotions | Sacrifices

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CONTENTS

1. Preface
2. I am here today with the help of Allah
3. Our desires & Social Conflicts
4. Equality of Gender
5. Magic of Love
6. Don't forget
7. Under Same Moon
8. Fascinations and Frustrations causing Destruction in life
9. Worthless Aim
10. Light of Darkness
11. Role of Spiritual Leadership in Different Societies
12. Fear and Tear
13. Emotional Abuse
14. Wound of the heart
15. Relationships
16. So many reasons of misunderstanding in
18. Accept your limits
19. Freedom
20. Analyzing and decisive power
21. Think First
21. Relationship standards
22. Women psychology
23. No more
24. About their personal activities
25. Self-Obsession
26. Look around yourself
27. A Day One toxic conversation
28. Final Discussion

29. A dream that was beautiful
30. Come and see
31. Money problems
32. Towards destruction
33. Arguments create challenges
34. Arguments always hurt
36. Sunday Diaries
37. Emotions
38. Pious Thoughts
39. Don't interrupt /forget
40. Love and values
41. World social war
42. Who loves you looks at you
43. A promise
44. Reasons, I have no interest in having children
45. Let's Imagine
46. The True Secret of Happiness
47. Conflict Arise
48. Thank you

PREFACE

This book highlights the role of men and women in the development and devastation of our society, both of them have to play their roles for the betterment of our society as lack of participation by either gender can bring serious destructions.

What I have observed in the last few years through deep analysis of books written by people of different societies and cultures about relationships is that they grow stronger every other day, they have different emotional needs, different attires, they are weak and strong at the same time. I have observed lives of many couples having different stories to share. Some of them had problems, the others didn't but eventually all of them were striving for a better life. Some of them complained of missing romance, some of them were worried about their financial shortcomings, some of them were dying with insecurities, some of them missed their pre wedding freedom and some found extremes of love suffocating while others craved it badly. As per my research so far, none of us feels contented with what we are having basically, in the urge to have better we certainly stop appreciating what we have. We have stopped praising little efforts, little gestures of our partner as we only seek happiness in obvious achievements and efforts.

I would like to quote here the personal story of a friend of mine, once we were in a social gathering, he seemed pretty upset, when I inquired the reason, he answered with the heavy heart that my wife feels low as I can't give her enough time, all she wants is my proximity, she wants to feel the warmth of my love,

she wanted to be cherished and that's not at all too much to ask for but I have failed to fulfill her needs and this badly hurts. I was extremely astonished at his response, I had to ask him this one question for sure, "Does she feel happy with all it?" he smiled and replied, "Happy"? She feels way much contented and satisfied, women aren't too demanding but yes, they are aggressive and hasty, when they crave for your attention; they just want it with full dedication and concern.

That day I realized love is never complicated but it's just our ego, lack of communication, suppressed, unuttered feelings and silent complains that destroy our relationships. I changed myself and started giving love to my lady as she deserved and within no time our differences got settled. This was something that gave me the courage to speak on this subject, to make people realize about different problems that will come in their way but how they can improve their love life. I started talking on this subject in social gatherings, did relationship counseling and made my friends understood that in order to love passionately you need to love your own selves as well. I learned with the time that basically we are so much unhappy from our own existence that we definitely can't keep anyone else happy.

In addition to this I came across another issue, where a woman wasn't at all satisfied from her husband and it was destroying their married life. She complained about his lack of attention, lack of concern and love. She considered herself the least important priority of her husband as he was always busy with his job and friends. She was supposed to do everything at her own, she had to look after the kids, house chore and family issues but there wasn't even a bit of support from her husband.

She complained about his late comings from work and when I discussed all it with her husband he reported,” When I enter home rather than asking how was my day she will inquire where were you? She never understands, she is always ready to fight and, I have so much fuss to deal with, can’t she just manage the house chores. In order to avoid from these stressors, I stay away from home.” Both of them are right at their part but the basic issue was ego and lack of understanding none of them was ready to co-operate, it’s lack of co-operation and communication that’s kill our bonds.

It was an amazing experience for me to listen to broken hearts and to help them in healing, the major cause behind this destruction is ego, no one likes to surrender but here, I want to tell you all saying sorry won’t ever harm you if it brings love back to you. In order to have a satisfied and contented life we have to let go certain things, we need to respect the ambitions, desires and dreams of our partner, we must listen to each other with patience and love, and we must not let our expectations kill the beauty of our love.

I AM HERE TODAY WITH THE HELP OF ALLAH

I have been inspired by many people in my life and I would like to mention about them in this book as a sign of gratitude and appreciation.

I am truly thankful to my honorable Parents, Aliza Tanveer (my daughter) for all of their support and concern they have for me.

I am truly thankful to Dr M. Saeed Akhter Dir, HS and all of my family members, seniors, friends and spiritual leaders.

I am extremely thankful to Dr Mansoor A Sheikh Principal, Dr. Shahida Mansoor CEO, Brig Prof Dr. M. Sultan Muzaffar Principal, Gen Prof Dr. Shujhat H, Brig Prof Dr. Ishaq Khan USA, for providing me practical guidelines and my uncle Ch Ibrahim for being my spiritual guide and kind mentor.

I always try my best in search of kind, spiritual and wise guidance, and so many very important persons came in my life

I am especially thankful to Miss Farah Saeed (USA). Her positive thoughts and polite teachings about philosophy of life altered my way of thinking.

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I am truly thankful to honorable Sir Prof Dr. M Ishaq Khan MD, PhD Neurosciences. (USA) Walden University Minneapolis MN USA. “divine guidance” he is an “Institution for us from all the love admiration, honor and respect.

At the end of this book, you will be completely aware of the ways to avoid such cruel conflicts and you will be having the key to an easy, contented and happy life.

Our desires & Social Conflicts

Irresistible desires give birth to social conflicts, spread the waves of gloominess, they take us to the world of depression, self-complexion and make us envious. They are toxic enough to devastate our self- contentment and potent enough to make us aggressive and short tempered. Why such feelings surround us, how they kill our peace, how we can avoid such pessimistic thoughts, this book clearly explains all of it. Let's take an example of a couple who quarrels every other minute on useless and meaningless stuff considering their partner illegible of being inquired for every single matter, their personal fears and insecurities take them to the world of miseries, it's not only their relationship that will suffer from this toxicity but it will surely poison their kids and other family members too.

I would like to conclude this section by summarizing the elements required for a happy life. It's really necessary to share positive feelings, motivating your partner that we can strive it, do learn to forgive and be as much supportive as you can. We must not vent out our stress on our loved one, sometimes when we are stressed our partners are avoided, rather than avoiding them it's better to share your heart with them this will surely bring contentment to both of you. Love yourself and let your heart love freely, do manage sometime for your own creation, go for a walk, enjoy a cup of coffee, listen to your favorite music but keep spreading positivity around.

I was extremely glad to see people coming back to normal life by sorting out their personal differences. That was a push for me to share my views with you all and for this sake I am writing this book.

EQUALITY OF GENDER

The biggest dilemma of our society is that we have turned into materialistic puppets who do not have any values and morals but we are being molded by money, class and status. I feel pity to admit that we judge people on the basis of their financial status not on the basis of their abilities and values.

Women are considered as the root of our society and are responsible for reforming our nations. Some of them are playing their roles with great dedication and sincerity whereas there is another class who has become so much money oriented that according to them money is the sole source of power and respect.

We believe in equality of gender, both men and women must share all of their responsibilities with honesty. What I observed in the last few years is that when woman starts earning more than a man, she is being taken into hands by people who do not want her to continue a calm and happy life. They start telling her that she is much better than her man. She deserves a better life and a better partner. It's the charm of power that makes her blind and she starts avoiding her family life as the life outside her home seems more appealing and attracting which is eventually not because these charms do not last forever and this social anarchy leads to destruction. Ultimately, she takes the decision of separation as at that very moment she thinks her home and family as a burden and taking them off her shoulder will bring lots of happiness to her.

MAGIC OF LOVE

Poetries and lovely conversations are often considered as the most powerful tool to express love, make your loved one feel happy and to acquire peace of heart. To have a successful love life or May I say to have the one we have loved the most, we play the policy of hook and crook i.e. by either means all we wish is to have a contented life with that one person we have been dreaming since love knocked at our door. Here, point to ponder is that, these acts and struggles may get you what you have been wishing for but once it's all yours, emotional blackmailing and fear of losing that significant person keeps on destroying your inner peace and comfort.

At last people end up either being a gloomy poet or a broken person. Some of them get support of pious people and some become victim of wicked souls.

We share mystical tales of love and heart drenching philosophies, make breath taking prayers and when we completely realize the reality of relations, death seems to be standing at the next door, that's how life ends leaving behind all the deprived dreams and desires.

Sometimes we know the end but it's the awful beginning that hurts the most.

DON'T FORGET

Love is about distances and departures, it often comes to me that if she will go away, she will surely forget what we had in between, if I will have the honor to have her close to me, I might break her, so it's better to live with her memories.

I believe in having a journey that isn't accompanied by anyone else, as it's always about the path you take because every path never leads you to a specific destination.

Souls filled with love never knew that love is full of darkness. In the end all I can conclude is that when I was in utmost need of love, was unable to move my body even, was being mocked by people around me for loving you selflessly, you were nowhere.

All I wanted was to have a soul capable of loving me and I could love her back in the same manner but what I learned from life is that there isn't anything like honesty and love.

There won't be anything like love anymore, all that is left behind is unuttered complains and deprived desires.

Even after you left, I kept my contact with people who were close to you so that one day someone might tell me the reason for our separation.

UNDER SAME MOON

She writes letters of love to me, claims her right over me and my feelings. All these letters make me breathe when pain of her departures suck out the last tint of peace out of me. If I could stop her from going, I would have but I failed as a partner in fulfilling her needs and desires.

Today she belongs to someone else who could give her all that she deserved. I wanted to beg you so that you may not leave me but I knew destiny has made its decision and our story had no otherend.

You weren't made for me despite of the fact I loved you beyond infinity.

FASCINATIONS AND FRUSTRATIONS CAUSING DESTRUCTION IN LIFE

Materialism, class system, status consciousness and increasing luxurious desires have proved extremely lethal for our society. In this era of chaos and social anarchy where people have no time to look upon to miseries of others, blood relations have lost their values, family values are dying and morals have been replaced by materialism. We can only move towards destruction as money can't buy happiness, comfort and respect. It might seem soothing for a while but in the long run it won't bring any peace to us at all. Our society started declining when we preferred modernism over modesty, selfishness over selflessness and money over morals.

We all live in a materialistic society where the majority of people are more worried about what we have than who we are. There is an emphasis on what brand you are wearing, what car are you driving? And just how many things you have in general.

People will look at someone with a lavish lifestyle filled with expensive things and think that they are living a much more blissful life than themselves. This is a view that society embeds into our brains to the point that people spend their whole lives striving for money over happiness. And this is a major flaw with our world.

There are people who spend a lifetime spending money they don't have because of the belief that an object will bring them more gratification. A main problem with this concept is the perception

people have. It's a dangerous cycle of seeing others with something and thinking they need the same thing to be happy or to fit in.

Our society is constantly brainwashing us to buy more of this or that, because we live in a society that works if people are

constantly spending. But if every person thinks about what they essentially need in life I think this cycle can stop.

Society wants people to strive to become so wealthy when, in reality, the wealth inequality is much more extreme than people realize. So, people are striving to be in a place that is virtually impossible. Though I'm not saying it's bad to have nice things, but if these are where your priorities lie, I think it is time to reevaluate. Our society puts value into our money and materials rather than accomplishments or people. Our accomplishments are measured by what we have, but why? If all this energy was put into making the world a better place, I could not imagine what kind of peaceful world we would live in.

Unfortunately, people will always be chasing money and power, and if they already have it, they will do anything to keep it or to gain more. "People were created to be loved. Things were created to be used. The reason the world is in chaos is because things are being loved and people are being used."

WHILE comparing present-day man with his ancestors, we find a marked difference in the way of living and being. In the past man's life was largely simple, unostentatious and dependent on nature.

Most people used to live in a rural set-up, close to each other with a passion to help one another. Their life was characterized mostly by ethical values.

In contrast to the past, modern man is largely materialistic. After years of development and growth, he has changed tremendously. He has changed not only in his way of living, but in his thoughts, habits, behavior, character and outlook as well. Present-day man is more concerned about his material well-being, and acquiring money seems to be the most dominating factor of his existence.

Fondness for money leaves no room for spiritual growth.

This has stimulated society and abetted it in living amidst the pandemic of corruption, philistinism and rogue competition. Many of this generation are finding difficulties withstanding the pressure of materialism, thus forsaking what has been valued in the past.

Islam does not disapprove of development and a good quality of life. It encourages and guides us towards holistic development. It wants us today to be better than our yesterday. This means that every individual should develop his material life, alongside the spiritual and ethical sides of human existence. But what is worrisome is the lopsided development of today that focuses only on material well- being. There is a constant slide of essential ethical values, which are supposed to govern the inner and outer aspects of life.

Many want to become rich overnight; they resort to illegal means of acquiring wealth forgetting that the Quran says: “And eat up not one

another’s property unjustly, nor give bribery to rulers, that you may knowingly eat up a part of the property of others sinfully” (2:188).

These people do not follow the natural course of hard work, discipline and other social values. They forget the principle which says that success does not come overnight; it comes in installments, bit by bit until the whole package is given out.

It is very unfortunate that our society is caught in the whirlpool of all- pervading anomie. We find black sheep in the noble professions of doctors, lawyers, teachers, engineers and builders who have made their foremost aim in life to collect as much money as possible by whatever means they can. They ignore the nobility of their professions just for this transient material life.

Recently, we heard that many restaurants used outdated and unhygienic material in preparing food for their clientele.

Butchers reportedly sold the meat of dead animals while in other instances students got degrees without appearing in exams and pilots went on strike with some controversial demands. Many businessmen get ill-gotten money through the evasion of taxes, black-marketing, smuggling, and other questionable means. This ubiquitous corruption corrodes the moral fiber of all strata of society.

The excessive fondness for money and heavy attachment with the material world leaves little room for spiritual growth. Nobody finds private moments to pray with concentration. At the social level, this lack of moral scruples undermines the application of Islamic values.

Ill-gotten money disturbs families, societies and communities, creates a gap between husband and wife, causes friction among brothers and demeans the value of self-sacrifice, empathy and altruism.

No doubt money is a fundamental requirement of life. No one can live without money but moderation in seeking wealth and living within ethical parameters helps one to be contented, rather than living like a king on a gold throne without inner peace.

Money acquired through illegal means cannot provide satisfaction. It soon disappears into the air, imposing immense unhappiness, worry and frustration. It is ironic how wealth can produce dissatisfaction and disillusionment in hearts.

Muslim history proves that the Holy Prophet (PBUH) ruled the state of Madina but lived a life of moderation. He gave us the religion of Islam for all times to come. Its value system is valid for the present, past and future and it is the collective responsibility of society to preach and propagate the eternal values of Islam.

An important Islamic value is that one should not live for

oneself alone, but work for the larger good of society. A person works hard for certain purposes — including social and national. This is the commitment one should have to whatever he/she is pursuing. The present generation seems to be a ‘me’ generation working for only oneself and not for others.

This generation needs to be sensible about money and realize it is not the be-all and end-all. One can buy medicines with money, but not

health; one can buy goods, but not inner peace, sleep and tranquility. Similarly, one can buy a beautiful home, but not spiritual harmony, love and affinity within the family. So, money should not be given value that it does not deserve.

In addition to this increasing demands and desires adds on to the stressors a person carries on daily basis. Obviously, no man can see his kids not going to school with confidence as they think they are inferior to their class mates having big cars and big houses. Apart from this a noble and wise man can't marry his daughter with respect as he cannot afford the over exaggerated tantrums and luxurious wedding functions being promoted by the society.

Adapting modern culture and values isn't an odd act but in doing it if one forgets the teaching of its religion and moral values that's absolutely not acceptable. The problem with elite class of Pakistan is that they have totally forgotten the basic difference between Morals, Modesty and Modernism. If you have adequate access to all the luxuries of life that doesn't makes you superior to those who are striving hard to survive.

Things are replaceable; people are not. But I am not going to tell you what exactly the best things in life are, that's for you to decide.

WORTHLESS AIM

For years I have been observing the fact that, lives we are living aren't for our own satisfaction and happiness. Our way of living and thinking is totally dependent on what others expect from us. The sad reality is that "Expectations only hurt, especially if they are being concerned with other humans"

I have been in close association with multiple people, have witnessed their tormented and miserable stories. What made me write on this specific subject is an incident that destroyed my friend's happy family.

Last year, while I was on vacations with my daughter and enjoying every bit of her cuteness and funkiness, for me everything was moving fine as my daughter whose my entire world was completely contented with the lifestyle I gave her, she was studying in one of the top most schools of the country, had all branded clothes and accessories along with every possible luxury of life. I was the best father, as I gave her all she has ever desired or asked for.

On the other side, I have seen so many people my friend's son committed to left home as his dad couldn't afford the regular fee of a school trip, he was being mocked all the way round in his school for not being able to participate in any extra-curricular activities, for not having any branded dressing, for having same school bag for last four years and for being simple. He never had the idea of how to operate smart phones, play stations, and laptops. He was only 9 years old; all these excessive luxuries weren't necessary for him. He could have gotten them at the right time; his parents were struggling from dawn to dusk to make both ends meet. All they wished was that their only son should have a privileged life, a life full of colors of joy. They wanted to see him flourishing irrespective of their mediocre life style. They could have got him everything but with the right time. Unfortunately, due to obnoxious norms of our society their son gave up on his life.

When I came to know about it, I couldn't resist tears of grief and pain as on some part I was also one of the culprits because having financial ease never means that we should make our children arrogant and proud so that they can look with pity on the ones who are hardly surviving. Is this the aim of our life? to run after materialistic stuff, to stop thinking about what sufferings our loved one are having and to make a generation of heartless money-making robots, who have no idea about values, morals, kind gestures and pious deeds.

I feel sorry to say that we are only heading towards destruction. I observe people running in chaos here and there for earning, for making more and more money, as no one is satisfied with what they have and this hierarchy extends from a labor to bureaucrats of our country. It's because needs and desires have no end, no matter how much we try to fulfill the needs of our loved ones still there will be something that won't be fulfilled at that time, the biggest dilemmas that the only one need that can't be fulfilled surpasses all other acts and what we remember is what wasn't done.

We are running in vain; this won't bring everlasting happiness to us, I agree with the fact that temporarily monetary benefits bring lots of calm and relaxation but it's something that will end one day.

Let me narrate an example, "A man works all day long so that his family can have all the possible luxuries, his kids can have remarkable academic career, his wife can have commendable life style, In doing so he can't manage time to spend with his family, his kids learn to live at their own, his wife gets busy in social life and when after years of struggle he retires, his family for whom he sacrificed all of his life has no time to look after him. Even they aren't at fault because when they needed his time, when they wanted him to be around on their special moments, he was busy in making more agreements as he was

enjoying having power and being able to make others jealous of his success. Success is like a poison that invades your roots slowly and spread toxicity of selfishness all around.

I often observe that acts of people aren't for their own contentment; they are more concerned about what others will say or think about it.

In case of weddings in Pakistan, the dilemma is that people don't marry the one with whom they can seek happiness, they prefer marrying the person who fits into so called standards of society. A man will prefer marrying a pretty and delicate lady no matter if she is capable of understanding his lifestyle and responsibilities or not. He can have a compromised and a life full of chaos but won't utter a word just to please the fake standards of societies and his family. On the other hand, women prefer marrying rich and well settled man, so what if he can't give her emotional comfort and sufficient respect she deserves, she will try to compromise as her financial needs are being fulfilled. But there is a question, for how long all this will keep them happy, after 4 to 5 years their patience will end, what will be the result than? They can't leave each other for the sake of fake respect they have in society, their life will be an everyday matter of fuss and disturbance. I feel pity for their children as their mental and emotional health will be distorted in a miserable manner.

We eat, wear and act as others want us to do as if we don't have our own thinking capacity. Is this the aim of our life to ruin our peace and self-satisfaction for people who don't even matter in our life, for fake standards that can't ever bring happiness to us, we are running after materialistic standards that are just adding more chaos in our life.

LIGHT OF DARKNESS

We weren't born to get lost in the charms of our world we were born to explore the miracles of our creator. It's even difficult to breathe these days as with every passing second the cost of living is increasing one has to live at the expense of his morals nowadays. I grew up listening to these significant lines that" Be diplomatic, don't open up your heart to others, try to fit into your surrounding" My question is why to fit in when you are born to stand out.

Why we just can't deal up with the things in a simple manner why we always opt sugar coated ways to express our real thoughts or dislikes. We all are different that's why our creator gave us different attires and looks if we were supposed to fit into someone else's shoe than we wouldn't have been blessed by separate identities. I seriously get astonished when people pass on offending and judgmental comments on someone's attire, personality or on their activities. We are no one to decide how others must behave all we are supposed to look after is our own perceptions and behaviors.

Humans are full of flaws and it's totally okay, I believe we learn from our mistakes not from what we are being taught on daily basis because in real worlds things are totally opposite to our perceptions what I have observed is that sanity prevails in demolished souls, cruel demons may possess beautiful hearts, people we adore the most may stab us with extremely painful wounds, people we ignored the most because of our inner perception might have cared with deepest sincerity. It's not about appearances it's all about souls.

We have been told from the day one that wounds heal with the passage of time actually they don't heal we get accustomed to pain. Revenge seems to be so fascinating at times but in reality, it completely deteriorates one's personality as rage sways all around and it's so toxic that it overcomes our own identity, we begin to treat others the way we were treated. No that's not the way, I don't agree with the thought that we must be nice to everyone if you dislike someone it's natural but we must take it normally and we must learn to live with it as a matter of routine rather than busting our brains with toxic thoughts. All we need is to learn how to let go the things. One thing is for sure we can't forget harsh experiences but when one learns to live with them a silver lining appears somewhere in the clouds and our heart begins to appreciate bells of happiness ringing faraway.

It's okay to live for your own happiness, to do your thing, to stay away from places and people that makes you uncomfortable. Live for your inner soul and do what makes you happy as at that very moment a wave of peace prevails over you. I guess happiness seems to be in harmony with your acts, though fears don't die but they are masked by your inner contentment, that screaming part of your soul gets calm for a while. A moment blesses you with realization that gathering up the courage to suppress haunting thoughts will surely bless you with the strength to get through them.

It's not you're surrounding that affects you, it's always a part of you that is full of negativity and hopelessness, that makes you fear off, wakes you up in the midnight, its strong enough to demolish the brighter aspect of your personality.

It's your faith and conviction that makes you fights through the

days of miseries and enraging darkness. Life seems unfair at times; it does bring unwanted traumas, unbearable pressures and tormenting incidents to us on daily basis. What should we do? We certainly can't surrender to these unuttered miseries; we must not give up on trying for a better life.

Every other day comes with new hopes; it's just this we need to look upon the options with optimism as our inner negativity that lead us to troubles and destruction.

I always wonder why we are worried about what will happen tomorrow, we always keep ourselves busy thinking about future. Why we can't have faith in our creator. One who gave us life will have surely made bigger and best plan for us. At some part of our life, things get messed up, every other day a new tension enters in our life, but this doesn't mean ever that Allah has stopped loving us. It's just this that he wants to test our patience and see that whether we can withstand his exam or not.

When we start complaining about our losses and our belief system gets affected by superstitions, that's the time when doors of optimism and blessing get closed upon us. That's the point where our faith begins to decline as we believe more what people's say rather than believing in our creator.

In every darkness of misery, there is a ray of hope supported by faith and conviction. We just need to hang in there with the firm believe that Allah will surely ease our suffering. He never adds the burden we can't tolerate.

A battle with your enraging soul is always a challenge one who conquers it, can surely conquer the world.

ROLE OF SPIRITUAL LEADERSHIP IN DIFFERENT SOCIETIES

When discussing relationships and how they should be dealt, we often forget the role of our spiritual leaders who have failed to provide an adequate guideline for a happy and a prosperous life.

Our religion preaches love, kindness, humbleness, dignity, piouness and most importantly how one should treat their family. Unfortunately, the standard spiritual leaders we have i.e. Islamic scholars and Mullah's hardly make any statement upon basic morals all they want to preach is the concept of hell and heaven. They play the game of fear though Allah is all love; he loves his creation to infinity.

Situations would have been really different if our people had proper Islamic guideline of how to treat their better halves. The problem with our people is that no one is completely aware of their rights and responsibilities as per Islam. Islam is the religion of love that never provokes aggression, social immortality, hatred and anarchy. Islam gave massive respect to women but if we see today, the men of our country have totally forgotten it all. They believe that their wives are servants having only job of serving them and their families. This kind of negative attitude prevails in our society because no spiritual leader comes ahead to address these basic issues of the society that are serving to be the devastating factor in relationships.

Our people need positive counseling and motivation from their role models for improvising their miserable lives. A spiritual guideline at such moment of chaos will certainly bring one good change in them.

FEAR AND TEAR

Fear of losing snatches every possible happiness and contentment from a person. This fear could be of anything for instance, fear of losing loved ones, family, precious assets, career or any favorite belonging of an individual. Fears lead to pessimism and ultimately failure. There is a law of nature, “we attract what we think” if we’ll think about some horrifying nightmare it will only keep on coming close to us. Fears destroy our personality as we don’t fight to win; we fight because we are afraid to lose. Fear of failure is the worst way of destroying and individual’s peace as they keep on anticipating about their future. What does this fear do? This fear forces the one to do all kinds of miserable acts just to avoid their negative suspicion. Fear of losing a mother whose ondeath bed will force a poor young boy to attempt an act of theft, fear of losing a child’s happy face will force a father to accept bribery as he wants to get his child a new I-pad, fear of losing husbands faith will force a wife to hide her past from him and its vice versa. The dilemma triggers when all that was done because of the fear gets highlighted, if this fear wouldn’t have been there and a bit of positive reinforcement in any form would have been present at that moment these acts would have been different rather than doing wrong these people could have faced reality and could have given their best to do things in the right eousmanner.

At the end the losses one had to bear because of this these killing fears will only bring tears in their lives.

EMOTIONAL ABUSE

We hear the term emotional abuse tossed about quite a bit these days. So, lest we make it a dumping ground for every negative emotional encounter, we must get clear on what is and is not emotional abuse.

First, let's talk about what emotional abuse is not. It is not emotionally abusive to break up with a partner. It is not emotionally abusive to argue with your partner. It is not emotionally abusive when someone reacts to what you have done with hurt. People react out of their own perceptions, so their reactions do not define your behavior. It is also not emotional abuse to speak one's mind with blunt honesty. Perhaps the statement lacks tact, but it is not emotionally abusive. Again, just because someone reacts to what has been said with hurt does not mean that one has been emotionally abused.

It is not emotionally abusive to yell at your partner — this is one that quite often gets blurry. So, let's stop and talk about it for a moment. Everyone yells sometimes. Everyone Frankly, I would be more concerned about someone who could not ever let himself yell than I am about someone who sometimes raises his voice to higher and louder octaves in order to express his emotions. So, something that everyone does cannot be considered to be emotionally abusive. Now screaming at someone hysterically in an emotional verbal assault is considered to be emotional abuse. Yelling as the first and only

response might also ultimately be called emotionally abusive as well. But when a husband and wife, or parent and child, occasionally yell at each other, this is just a normal expression

of emotion. Once the emotion has been expressed, it probably would be a good idea to sit down and talk it out to find a solution to the problem.

Emotional abuse is an attempt to control; in just the same way that physical abuse is an attempt to control another person. The only difference is that the emotional abuser does not use physical hitting, kicking, pinching, grabbing, pushing, or other physical forms of harm. Rather the perpetrator of emotional abuse uses emotion as his/her weapon of choice.

Commonly, the perpetrator of emotional abuse does not know that she is being abusive. Rather, she may be aware that she feels insecure about whether or not her partner loves her, so she feels compelled to accuse him of cheating, blame him for her unhappiness, or constantly check his voice and text messages, etc. The accusations, the blame, and the constant checking up are forms of emotional abuse.

He may think that he knows what's best for his partner or what looks correct to the outside world, so he is constantly trying to control her every move, criticizing her harshly when she doesn't do it his way or threatening her when she seems to go outside the lines. He may verbally attack her when she argues with him because her arguing is convincing evidence to him that he is not in control of her. He may criticize her talking, her walking, her dressing, her interactions with

others, her style of living and coping in order to gain and keep control over her.

This type of psychological torture is really tormenting for both partners and ultimate result is separation.

WOUND OF THE HEART

Imagine a young girl living one highly reckless and miserable life where she hardly finds any moment of happiness. Since her childhood she has suffered torture in different forms, as a daughter she did every possible effort to please her parents, to give them sufficient comfort and to obey all that they ever said. As a sister she supported her siblings, loved them and helped them in every moment of stress but what she was going through no one could ever get, her heart used to bleed at every night, pain ran in her veins like blood, her stressors and burdens were acting like a slow poison and with every passing day she was dying but no one could notice, no one appreciated her untiring struggles and in reward all she ever got was heart burning taunts, killing words and miserable blames. At this point of no return the only hope she had was the one day her life partner will come with roses of love and her life will be blessed with joy and happiness.

But the worst thing she suffered was that her husband turned out to be a new trouble, he brought more torture to her life, never loved her the way she deserved.

In the end she was only left with deprivation and her craving for love and affection stayed the same even it got worse with passing time.

All he prays at the time is for grave and paradise, because that's the only place where no one will bother her.

SO MANY REASONS OF MISUNDERSTANDING IN RELATIONSHIPS

Some women's have complaint about their husbands who will listen to me "NO one is listens to me in this house"

It's so hard to satisfy a woman, to make her happy as she always comes up with one complain" No one listens to me". A man spends his entire life listening to his lady of love yet he listens to the same complain every other day, you never listen with concern "NO ONE LISTENS TO ME"

Meaning less arguments and useless fights arise when negative feelings are suppressed, positive feelings get suppressed as well and love dies. Avoiding arguments and fights certainly is healthy in a relationship but keeping things inside your heart and abandoning the emotions that make you feel bad your own self is way much harmful for your relationship. In this particular chapter we will learn how to avoid arguments without suppressing our feelings.

Always try best to avoid fights when there isn't any particular reason.

ACCEPT YOUR LIMITS

The first thing you need to do is to accept that you need to pull away and have nothing to give. No matter how loving you want to be, don't try to listen when you can't listen attentively and you aren't in a normal state of mind.

FREEDOM

A question often ponders my mind that what kind of freedom basically women want?

A Woman wants freedom from her married life, she wants to support her parents after marriage that's a genuine right though, she wants the right to get separate after getting financially stable, sometimes she isn't happy with the idea to have kids as she wants to pursue her career.

ANALYZING AND DECISIVE POWER

Women are considered to be emotionally weak since eternity; they are always confused about their choices as they lack the power of critical appraisal. Some of them know what's good for them but others get carried away by fake and superficial importance they receive from cunning people and their decisions never reflect their own thinking. They always look upon others to decide what they are supposed to do and as negativity has more power than positivity, they get influenced by toxic and cunning people.

Life destroys those women who aren't capable of shaping their own identity by using their aesthetic sense and power of critical judgment.

THINK FIRST

Here it goes, we may belong from a rich or poor family, we may be fit or unfit, healthy or unhealthy, satisfied by our career and having a happy love life but one factor that decides about our circumstances in how we think about a certain aspect, the only reason where we are standing today is our thinking, it's our mind setup that decided why and where we are. Person you should blame for your success or failure is your own self. Some people don't want to accept this reality because it's really easy to blame others for their loses and they never like to be accountable for their own acts. We should learn and admit our flaws, we must seek happiness in small acts, we should work hard and stay positive about having happydays.

The key to a happy life is to think before you practice, keep on searching for ways that may lead you to a better life, don't be stagnant as it will kill your growth. Your thoughts lead your actions.

All of your habits are the result of your thoughts, these thoughts develop your behaviors and these behaviors shape your circumstances in life.

For example: when you are getting low income than you deserve, you eventually start to blame your economy and your employer rather than feeling bad about it just work hard and look for the way that will bring betterment in your life.

Don't waste time, get up and see what you can change today for having a better life.

RELATIONSHIP STANDARDS

People do setup different standards and ideas regarding their partner and they keep on searching for that perfect one who certainly will fall on the criterion they did desire. The most important factor here is to upgrade standards within your own self.

You must know who you are and love yourself; you are far less likely to find yourself in a relationship with someone who doesn't appreciate you and show you the respect you deserve. We always hear people say, treat others as you would like to be treated which is true but in addition to that you should treat yourself as you would like others to treat you.

I will suggest people to raise their own standards, love their own existence and they will surely have a better and a happy life.

A relationship with someone should be significant and wonderful because they add laughter, love and support to your life. They expand your mind and challenge you emotionally and intellectually and make you feel beautiful internally and externally-because you can go on adventures together, embrace the vulnerability and beauty that comes with intimacy and take joy in sharing in the love and laughter already in each other's lives. All of closest friendships and relationships in my life are a constant reminder of how the best connections are between complete people-that is ultimately a far more fulfilling relationship. It is a celebration of differences and similarities and the electrifying beauty of and complexity of human connection.

WOMEN PSYCHOLOGY

It's really easy to influence a woman as she can be molded the way you want to mold her that's how she has been created. Her opinions and thoughts can be altered with ease provided that she is weak in her choices and decisions. Women are too hasty in their decisions and they take no time to jump onto serious conclusions. They usually depend on others and talk in the light of their views and thoughts.

Women lack contentment, they always seek for more, a woman who isn't independent socially, financially and emotionally feels insecure all the time. Women who work aren't always practical, they manage time to think about the resource have others, they keep on comparing their life style with other. In desire of having more they never pay attention on what they are having and as a result they end up in complete loss. It's absolutely normal to dream for a better life but getting insane and toxic after it isn't acceptable.

On the other hand, there is that generous and great class of women who are considered as the nation builder and reformer. They work and accept harsh circumstances; they withstand all odds with their partner. They always understand the critical aspect of situations. They make their home heaven with love, care and concern. They always find contentment and satisfaction in what they are having. These women are the actual and genuine gems our society has.

NO MORE

Some women believe in it

Power is in money

Power is in being violent

Power is in being out of control No ladies, that's not
true

Power is in having a pious heart

Power is in being honest and modest.

ABOUT THEIR PERSONAL ACTIVITIES

Modern women don't like to be interrogated about their personal activities, job timings, they don't like to share their cell phone and the worst part is they avoid their family when they are into wrong activities, it's all about the charms they are being showed off but they certainly forget that every glittering stuff isn't gold

On contrary there are modest women who are totally happy with their family life in limited resources, she is never in need of more money and is completely contented with her family.

SELF-OBSESSION

I came across women of different natures and asked about their perceptions regarding their married life. Their answers were totally impressive.

I came to the conclusion that the root cause of broken relationships and divorce is mismatch of ideas, differences in living style and having different expectations. Some women are highly beauty conscious that's appreciable but sometimes their overtly conscious nature and self-obsession ruins their life as they always look for a handsome partner who can match with their looks. Sometimes living in a joint family setup does, as there are multiple influencing factors and lack of communication between newly wedded couples lead them to destruction as they believe in others more than their partner.

LOOK AROUND YOURSELF

A woman thinks that it's her beauty that makes her strong and powerful.

Beauty is a weapon that's been used badly in our environment.

It's a controversial subject and serves to be an important factor in molding a woman. Some men in our society play the psychological game by highlighting the beauty of a lady and tell her to refrain from family life and to avoid her husband because a beautiful woman like her deserves someone much better and handsome. They use such down the table tactics to gain personal benefits.

A woman thinks that it's her beauty that makes her strong and powerful, she enjoys social freedom and considers it as an element of contentment and power. The modern women of our society wish to be social but they certainly don't want to act like a social worker.

There are women whose eyes twinkle, piousness radiates through their attire they are confident and beautiful without any cover of makeup. They know that real beautiful lies in simplicity.

A DAY

It's pretty awful to admit but she might get bored with family life she might not find her husband loveable and valuable when she starts enjoying the life outside her home with friends.

ONE TOXIC CONVERSATION

Many husbands are being respected they have right to ask his woman, what kind of a woman you are, despite of having your own husband and kids around you are wandering along with other men. I can't understand your job it has no peculiar timing, you have to go early and you have to come late, is every employ there has the same routine. I feel ashamed to call you a woman, you don't even know the dignity of your gender, you aren't aware of the family values. It's because of women like you that pious and dignified women of our society are being seen ridiculously and are questioned for their every act. They pay for the sins women like you do, they are the ladies for whom their husbands can say with confidence that our wives are pious but just because of women like you they are being looked with disgust.

These tears are so fake and you know what, they depict your dishonesty and cunningness.

FINAL DISCUSSION

The fuss is not about being a house wife or a working woman it's all about perceptions, thoughts, attitude and concern.

Every woman has two worlds one at home and one at her work place but like men she can't keep dire balance between two and for opting one life perfectly she has to quit the other one. She takes an exit from one world and enters into another. The desire to have a new life always stays inher.

One cruel night (Low or High income is destruction life charm) As she came late from office as usual and his patience was at the verge of explosion. He had been noticing her attitude for last two months but now it was too difficult for him to stay silent. He just tried to inquire her normally about coming late but she started yelling at him.

Her: Behave yourself, I am your wife how can you just accuse me of such off the table things? You doubt my character, you are blaming me.

Him: I am sure about it as I am getting aware what you are into these days, what are your job timings??

Her: Stay in your limits, I am not answerable to you, it's all up to my will when to come and when to go you don't have to tell me. I am earning and bearing my expenses you aren't doing anything for me so please from next time don't you dare to ask me such questions.

Hah! She starts moaning and yelling along with throwing things on the floor and a simple question turns into a pathetic fight.

A DREAM THAT WAS BEAUTIFUL

Love is first. It's the more powerful feeling of the world that makes us strong enough to face all the odds. It's like a dream that never wants you to wake up. When we step into practical life we get the chance to meet different people and among them we find that one individual who leads us to the path of happiness and we consider that one person as our secret keeper, one with whom we can share our heart easily.

Men and women are so complicated but once they have strong chemistry in between and they have understood each other's life and conditions completely they start living like one soul in two bodies, they promise to stay together through thick and thin and their life seems so peaceful and serene.

It's was high time to flow in love, they get so much fond of each other that even a second without their loved one is so difficult, life seems incomplete without love but when the bells of separation rings at their door they have to cry alone in the miseries of darkness.

Similarly, the love I had in my life was necessary for my existence, it brought me way closer to my lady but life was planning something else for us, our promises of staying together went into vain just because of monetary and materialistic stuff. I never knew that the tears and smile with which I was writing the story of my life will let me write the chapter our separation. Love survives only when it is supported by money though I knew what would be the end but still I have no regret of the beginning.

The room where we used to live it's so horrifying now as her voices echo all over, it's so suffocating there that I have to leave it so that your voices, your dishonesty must not follow me. I

remember your promises; the words you used to say that only death can part us else than that we won't even get apart we can't live without each other.

Hey! life listen, the love we shared, the feelings we lived are now all yours, keep them safe, you promised to be mine forever, you owed your life and love to me only, I used to shower all of my love and concern over you. Those soul-to-soul loving individuals who promised to stay together have changed their paths.

Nowadays love is just like a mobile network, who so ever will offer you a better package you shift your data to that network

Those wet eyes reflecting my entire existence, who were only mine, who knew they will be made someone else's destiny. Now you can't blame me for anything as it's you who left me in the middle of no- where.

We should be strong enough to face all the heartaches, accept them with ease and live with them.

It's useless to cry over spilt milk, I told you in the starting that I am empty handed I have nothing to give you part from love, care and honesty but that wasn't sufficient for you.

COME AND SEE

You need to realize and sort out your differences, clashes in your relationship. You should focus on your wife and her demands and the wife must know what her husband expects? It's always a two-way relationship, in order to make both ends meet. They have to see into each other's heart. That's the only key to have a smooth life.

MONEY PROBLEMS

She had a good reason to get upset as they didn't have a lot of money from day first.

It's my personal analysis that this one factor known as "money" is literally lethal for our relationships. Let me share my view in the form of an abstract.

"I am completely confused. When we got married, we were financially weak. We both worked hard and we barely had enough money for the rent. Sometimes we did complain with each other about how hard our life was. I could understand it. But now we are rich enough, we both have successful careers. How can she still be unhappy and complain? Other women would have given anything to be in her situation or to be at her place. All we do is to quarrel about every single stuff more resources lead you to more greed. We were happy when we were poor, now this lavish and luxurious life has killed every single feeling left and we have started thinking like so called practical individuals who hardly value their emotions; we are so much done with each other that now we are planning to get divorce.

All of you must be aware of this toxic situation and to avoid this type of harsh stuff you need to understand that

Money doesn't matter but emotional needs does matter its love and struggle that make ends meet. When they were poor, money was the major focus of her pain but as they attained financial Stability she became more aware of what she wasn't getting to fulfill her emotional needs. This progression is natural, normal and more predictable.

As her financial needs are satisfied, she becomes more aware of her emotional needs.

TOWARDS DESTRUCTION

Baseless doubts can kill a healthy relation but when this doubt acquire true meanings it leads you towards destruction only, we must not let these doubts intrude our contented lives.

Sometimes, we have to express the extent of our honesty and love though life moves us to the edge where we aren't in a situation to even utter a word yet! We do it in order to soothe down our loved one but at certain point we snatch this right from them just to cherish our selfish needs. Always play a positive and pious role for protecting your relationships.

ARGUMENTS CREATE CHALLENGES

What they kept inside their heart is, she was in need of care and he was in need of trust.

One of the most difficult challenges in our loving relationships is handling differences and disagreements. Mostly when couples disagree their discussions can turn into arguments and then without any warning they suddenly stop talking in a loving manner and automatically start hurting each other, blaming, complaining, accusing, demanding, resenting and doubting. This type of argument not only hurt them but also harms their relationship in a miserable manner. Some couples fight all the time and gradually their love dies. On the other extreme, some couples suppress their honest feelings in order to avoid conflict and not to argue. As a result of suppressing their true feelings they lose touch with their pious and loving feelings as well. One couple is having a war while other is having a cold war. It is best for a couple to find a balance between these two extremes. By remembering we have different natures and thus developing

good communication skills, it is possible to avoid arguments without suppressing negative feelings, conflicting ideas and desires.

ARGUMENTS ALWAYS HURT

For instance, couples may fight when they move into a new home, redecorate, and attend a graduation ceremony, a religious celebration or a wedding. At all of these special occasions one or both partners may suddenly experience unexplainable moods and reactions. It's because they might be having a flashback of some bad memories that can kill their peace and contentment.

It's a natural phenomenon that can't be ignored by any of the partner.

SUNDAY DIARIES

Every Sunday I have to listen to same pessimistic and hopeless thoughts of my lady. She has signature sentences such as, "there is always something more important than me, I want to feel that you love me, I feel hurt that you do not care about me, I don't feel special, I am afraid that you don't like me, I am sorry if this sounds demanding, let's have some special moments together.

And I am not allowed to tell her that I am tired, I need some appreciation for my efforts I understand she needs more of my concern and time, she isn't wrong but she should also realize what I am up to I need some space for my own relaxing activities. If I will tell her all this she will end up with the

particular sentence” you don’t love me” I find it as an emotional torture at times. I get angry on her overtly emotional and insecure nature. I do love her I want things to be normal but still can’t say her anything as I know the outcome for sure. Unuttered emotions hurt the most.

EMOTIONS

A loving man is always taken for granted. People who know the art to live in accordance with the society and are practical they never suffer from any heartache. They certainly don’t live in the world of feelings and charms they always stay happy.

On the other hand people who are emotional and believe in love are always of the view that no matter what ever so might come in their way love must not die but with such type of thinking they always stay in pain.

Women certainly get tired of this kind of love and man as they find it too irritating and annoying if they are being looked after for their every need.

Always refrain from woman who aren’t the ones having soft heart and are always selfish lost in their own thoughts. They are women like men physically and you must not feel for them.

But on the same hand they will complain of not being cared and

loved, they have to do everything at their own. To conclude woman are too complicated and you can't judge ever what they want.

PIOUS THOUGHTS

I always used to think how people can create heaven on earth but now I have learned it's all about brought up, about having moral support from your loved ones that can make your life heaven.

Women who are pious and believe in honest earning no matter where they are, they think for their family and similarly their men are always loyal to them such couples always have an amazing and happy life. Women who refrain from strange men are can win laurels in both worlds and men who refrain from women other than their wives and are loyal make their way to Heaven for sure.

DON'T INTERRUPT & FORGET

The most important thing is to avoid what others say about your relationship. We must not allow anyone to intrude into our personal life.

For instance, a common practice in our society is that mothers rather than telling their daughters to live with patience and contentment tell them do no cooperate on your needs, we didn't make you study for the sake you should just give birth to children, serve your husband and his family. Ask your husband to get you a servant, don't ruin your beauty and figure. As a result, she starts arguing on every little stuff and they both

quarrel ever day which eventually ends in divorce,

If in such situation they are blessed with a kid we all can realize his/her life.

We must understand about our shortcomings and we should wait with patience indeed hard time flies off all we need to do is wait with patience.

LOVE AND VALUES

It's difficult to judge people, to know who's better for us and who isn't we are badly entangled among gadgets and this social media craze is killing our family values and standards. It's taking us away from reality.

Let's consider another common practice in our society, nowadays husbands hardly get time to praise their wife on her looks obviously they have been together for years and it's not necessary that he might tell her daily about her beauty but when she uploads any new profile picture on face book, she will enjoy appreciation from the opposite gender, sometimes a single person comments so much that he gets the way to your inbox and for that to your personal contact number. This is where the destruction begins as he'll keep on soothing her by saying how do you manage everything at your own, your job, family and kids. Life is so tough for you, I can feel your pain, he praises her every day and that's what she enjoys he starts to intrude in her personal affairs and sympathize her on every act making her feel as if she is been traumatized, he plays with her psychology convinces her to meet him, he isn't her well-wisher, he just use her distortions for his greed. She keeps on telling him about her

sufferings and wishes whereas that man will keep on pleasing her by telling what she wants to listen and that takes her way from family life. She starts complaining, yelling and declares open war which eventually ends up in a disaster.

We all appreciate beauty that's visible but no one values piousness of character.

WORLD SOCIAL WAR

3rd world social war will be of social gadgets instead of nuclear war or war with killing weapons, as we have seen the impact of nuclear war how it devastated nations and destroyed innocent lives. This war of social gadgets and social crisis is no less than the miserable nuclear war it's destroying our nations, our peace, our values and our humane thoughts.

This social media fever has given birth to anarchy and aggressiveness, people have started devaluing their loved ones and piousness of relations has been lost. Our society is promoting wrong values, why is it so?

This social anarchy is due to extremely low mobile phone packages, these companies must be punished for this corruption just to expand their business they are ruining our young generation. This overt use of social media is producing more psychological problems in our society, kids have forgotten how to respect and follow their parents. The urge to have freedom is killing our moral values. People love to chat for the whole day but when they are asked to find out sometime for their loved ones, they won't be having it. We certainly aren't heading towards socialization and development but we are moving towards destruction.

Let's highlight the importance of misunderstanding that takes

birth due to wrong use of cell phone by any of the partner, this gives place to doubt between them and then they start doubting each other for every single act. It will lead to un-resolvable fights that will eventually end into divorce and destruction of the entire family. The most awful part of this dilemma is that it hurts the future generations, this separation of their parents kill their innocent hearts and make them psychologically upset.

On the other hand our young generation is ruining their physical and mental health by being way much involved in social media and social apps. They have forgotten their moral values and getting indulged into cheap activities and illegal relationships. This gadget mania is harming our generations and snatching their creative powers.

There are certain men in our society who can't stop their wives or sisters from getting into this cheap stuff as they want to live with respect and they don't want the world to be aware of their family problems so they just feel ashamed of it but don't utter a word.

Successful people are passionate about innovations and they know well how to use them for betterment not for destructions.

Everything has positive and negative aspects, it depends on us what we opt for our self.

WHO LOVES YOU LOOKS AT YOU?

Watch carefully, what your partner's eyes reflect, their eyes look at you with appreciation, fascination, possessiveness and can speak volumes of love.

When you wear something that your partner enjoys you will notice how his/her eyes will scan you up and down, admiring what they find beautiful about you, during moments of intimacy let their help you embrace your perfections and imperfections.

When you wake up and notice that your partner has been watching you sleep, it's only because they appreciate the shared moment of how you appear at rest and that you have created this happiness together.

When you are feeling uneasy, worried or need support your partner's eyes will reflect extremes of concern making you believe that they surely know about your condition and are there to stay by your side. When you will share your personal secrets, their eyes will not judge you.

A PROMISE

I promise to do my best to understand the validity of your feelings, to accept our differences, to respect your needs as I do my own and to appreciate that you are doing your best to communicate your feelings and love. I am willing to listen to your feelings because I do care and I trust that we can work this out It's a promise that needs to be fulfilled from both sides in order to have a happy life.

REASONS, I HAVE NO INTEREST IN HAVING CHILDREN

Some women claim to lack the “maternal instinct”. It’s usually something that can’t be taught. It’s either there or it isn’t. You either have it or you don’t. I have never had a particular attachment to babies or children in general. This doesn’t mean that I don’t like children because I do, but it means that I have never had the desire to RAISE one myself.

My biggest dream, since I was a little kid, has been to perform on Broadway. Although this may or may not happen, at any rate I am certain that I want to at least pursue this crazy dream of mine. This will require a lot of sacrifices, however, including investing a significant amount of time and money into myself for auditions, appearance etc.

Elaborating on #2, having a career in the arts usually means struggling to pay rent and provide for one person, never mind having a family. In other words about my chose profession would be conductive to raising children. Although some of you might ask why I would not be willing to sacrifice my career aspirations for motherhood, you needn’t be so evasive. The answer is simple. I want to live a life for me where I am my own first priority. I think this is an incredibly powerful concept.

Call me selfish but I don’t think the physical turmoil of pregnancy and childbirth is worth it if you don’t have a strong maternal instinct.

I have no desire to get married. For a women married to a man, marriage almost involves turning your world upside down for a man, giving up time alone, giving up career aspirations, etc. It makes absolutely no sense for me to have a kid if I am not married.

I want to travel. This becomes increasingly difficult with

children for a variety of reasons.

Ask anyone who knows me and they'll tell I am particularly not responsible. I am also not always the most "to be together" sort of person.

I can barely take care of myself.

I am not mentally and emotionally stable, and I don't think it would be fair to pass these characteristics on to a child.

I would rather spend any spare time I have on travel, social work and activism and I would rather donate any spare money I have to charity.

I hate when people tell me I will change my mind. I have never particularly wanted kids. I have never been able to envision myself as a mother and I have known since middle school that motherhood wasn't for me. Just baby-sitting a kid for an hour felt exhausting to me. I couldn't imagine doing that^{24/7}.

I want my greatest contribution to be something larger than myself, than my own body. I want to contribute something bigger to the society than simply replicating my chromosomes. I feel that I can do this through volunteer work, activism, humanitarian aid and most importantly performing. Although some would say that musical

theatre is primarily a commercial art room. I would argue that it also has the ability to ignite the mind and lift the soul.

Self-confidence, I struggle with it frequently and wouldn't want to pass on this on to a child. My mask has never really felt secure; as a matter of fact, I have always felt as if I am holding it together with a bunch of glue guns for dear life.

I want to be the star of my own life story, rather than a secondary character or to sum it all up as my good friend say, "I want cats, not rug rats".

LET'S IMAGINE

Don't hurt anyone as someone can hurt you as well and that wouldn't be bearable for you.

Character is the mirror reflection of your soul. One having eyes must look into his/her own self. Hate is the madness of heart.

Our society has two kinds of people, one who teases and one who are being teased.

Woman is a trouble and her education is extreme of trouble.

A woman is the biggest enemy of another woman

The biggest blessing for a man is to have a pious and honest wife.

It's as impossible to stop the precious tears of a woman as to stop a sea storm.

Our eyes get happy by seeing a pretty woman and our heart by seeing a pious woman as a result beautiful woman is a gem but a pious woman is a treasure.

A woman is proud of her beauty.

If you want to raise your character with dignity then you must tolerate your sufferings and suppress your wishes with patience.

Soft voices and beautiful faces attract us towards sin.

A woman's heart always rules her mind.

If you want peace keep your eyes and ear aware of realities but keep your mouth shut.

A woman is the sight of man's eye, scent of his life.

If your words can save others then keep up with the good job.

The brought up begins in the lap of mother and it's the place that plays vital role in character building of a child, both parents must appreciate this fact.

THE TRUE SECRET OF HAPPINESS

2011, November was the year when happiness knocked at my door again and unknowingly, I got carried away. We all live in pursuit of happiness, love and comfort. No one has ever defined its limits, boundaries and restrictions. There are multiple love stories all around but the best part is that everyone feels theirs is the best, a complete fairy tale. It's not necessary that every tale of love finds an eternal destiny but every tale of love lasts till eternity.

It's not easy to jot down feelings or to encapsulate emotions into words as even the most beautiful collection of words in vocabulary might not justify what we both had in between. I remember that sudden meeting and our first ambiguous phone call through social media. That evening I didn't know it would last this long. Your charismatic presence broke the ice of sadness and loneliness. Your

memories ponder my mind now and then. I am astonished to see how far we have come, how different our lives got, how distant we are today yet so connected. You are the precious most happening of my life. A girl busy and lost in her simple life having no idea about colors of life yet capable of doing wonders. I never came across a wonderful lady as you are extremely talented, creative, organized, disciplined, career oriented, determined and beautiful inside out. You were always devoted to me, no matter whatever the situation was, you prioritize my opinion, took my advice seriously and acted upon it. It was always a pleasure listening to you, with passing time I got fond of you. You made your way to my heart in a way I couldn't even realize. Your simplicity and purity always attracted me. I am the sole witness of your loyalty, character and morals. You have never disgraced limits imposed by your religion and have always protected your respectable attire. In my defense all I can say is that, our bond is eternal even if our

souls got apart. Some relations don't need a name to survive they are free of restrictions and reservations. I know every desire can't be fulfilled but I am writing my heart to you,

To conclude, Destiny has its own way of uniting people and I believe one day I might see you again round the globe, till then keep growing, learning and let go of the things that have ever pained you.

Stay blessed and enjoy a prosperous life. You will be the most important asset of my prayers till the day I am alive.

CONFLICT ARISES

We are moving rapidly towards aggressive arguments. Most often, conflict arises due to inability of listening to others' opinion rather one person tries to impose his/her thought/s on other person, which leads to a conflict. This lack of listening is due to the lack of tolerance and patience. Even in religious thoughts, both parties rather than trying to convey the message with wisdom, they started to impose their thoughts and try to convince which ultimately leads to a fight. It has also been seen that in order to win an argument people start giving extreme examples which has sometimes nothing to do with the broader topic, in general.

Some time by listening to others opinion and by not taking things very personal, we can become tolerant. If someone advises, we need to listen to it rather gets offended. Importantly, civil societies and our leaders show tolerance towards each other. Teachers in the class and parents at home play vital role in building tolerance in the society.

I would like to conclude by saying that despite of all what I learned, went through, achieved and lost. I still consider myself as an unsuccessful individual who is in constant need of Allah's mercy and guidance to take every second step in my life.

Thank you.