

VOWS

Over forty years as a psychotherapist, I have had the privilege of learning from my clients. I have had the opportunity to observe and study what makes love last. The following is a list of the kind of vows that lead to happy and lasting unions:

We will provide safety to be honest and true to ourselves

We will choose love instead of fear and attack thoughts

We will treasure our connection and maintain an open heart to one another

We will treasure our children and grandchildren

We will be there when our family needs us

We will move away from chaos toward unity and healing

We will take turns serving as leader

We will maintain spiritual practices that open our hearts and minds to love and transcend our egos

We will make a conscious choice at moments of aggravation to step back, cool off and not lose sight of the pain of the other

We will remember that true strength is not mean spirited but calm and clear

We will respect that love partakes of the soul and that our soul is vulnerable

We will celebrate everyday and guard the happiness of one another

We will tell the truth with love

We will allow negative feelings to flow through us without becoming attached to them

We will invite the presence of God into our life

We will focus on joy, love and miracles

We will support one another's dreams

We will seek inspiration and wisdom about relationships

We will not expect perfection in a changing world, instead we will perfect our love

We will remember May Sarton's caution to be gentle with one another in this brief time for we shall die in exile far from home

We will remember Linda's near death realization that what matters in life is how much we have loved

We will set goals together that are life-enhancing for us and our family

We will be love finders rather than fault finders

We will both be givers in our marriage

We will kindle the spirit of the other

We will encourage one another's individual interests

We will share magical moments of love and laughter

We will help one another face fears and pain and use them for transformation

We will help one another find joy amidst suffering

We will help the other remember the song of the heart

We will model joy, love and meaning in a marriage for our children and grandchildren

--Dr Linda Miles

www.DrLindaMiles.com