


# So You're Married *Now What?*

A bald man with a friendly smile, wearing a light purple dress shirt and a patterned tie, stands with his arms crossed. He is positioned on the left side of the frame against a background of faint, stylized grey leaves.

*“Any fool can  
fall in Love,  
Staying in Love  
takes skill.”*

**Stephen van Basten**

Head Relationship Coach for The Real Success Club and Real Entrepreneur Institute.

**SO YOU'RE MARRIED,**

***NOW WHAT?***

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Stephen van Basten

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*“I am fully committed to assisting couples to get married and then STAY married!”*

*Stephen van Basten*

## About the Author

Stephen met his wife Jacqui twenty nine years ago in 1985. He openly admits that after a couple of false starts, he met “his JAX” and he will tell you with hand on heart, that he loves her more today than the day when they got married. Not only is their love more pure now, it’s also much more fulfilling and, what is hugely impressive, is how much work Stephen puts in to his marriage every day. He puts in the effort because he cherishes what he has with Jacqui and because he plans to make their marriage last forever.

Stephen and Jacqui married in 1982 and have a daughter, Victoria, who was born in 1995. Stephen affectionately refers to her as “a stunning kid, who passed matric with good grades, got her Protea colours for karate and is off to the USA this year (2014) to work the summer camps and then tour the world, breaking my heart in the process!”

Stephen has been performing weddings for 19 years and has taken hundreds of people through his Relationship Experience programme, *Future Proof your Marriage*. What Stephen is, is a specialist at helping couples to get married right and to then stay married.

The reason Stephen has poured so much passion in to this book is because as a little boy all he ever longed for was a beautiful meaningful relationship. Unashamedly searching for answers, he used to ask the older boys “Do you love your girlfriend?” They would always reply “Yes”, to which he would then enquire “And does she love you too?” Again the response would be “Yes”. “WOW!” was Stephen’s awestruck response.

However, as he looked around him, he noticed that most of these relationships did not last. He was astonished and shocked at how quickly their feelings moved from love to hate. All this got him thinking and as he reflects on all he has seen and experienced, he struggles to name even

one famous married couple who he believes serve as superb role models to society.

Given this, Stephen has always been hugely interested in understanding more about those married couples who do who make it and he has made it his business to extensively research this. What is their secret ingredient? What do they do differently? Why do they succeed where so many others fail?

His journey has taken him from gut wrenching heartache to moments of absolute bliss. He has counselled couples with all sorts of issues; money issues, sex issues, authority issues, mother in law issues, boredom issues, control freak issues, I-love-her-more-than-she-loves-me issues and many more. This journey has allowed him to understand what makes a successful relationship, and has also given him the know-how around what to do, valuable experience gained first-hand from his own marriage, a relationship which has in itself has provided many hard yet meaningful lessons.

Stephen firmly believes that the meaning of life is to grow, and, whilst his late mother Kathy Pierce (van Basten) always said that “Old age is not for sissies”, he asserts that marriage and parenthood is not for sissies. Both require immensely hard work but are oh so rewarding!

Not for one moment does Stephen claim to have ALL of the answers, but through this book he lovingly shares with you, some of his precious, marriage success insights.

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## From the author

Firstly please accept my sincere gratitude for buying or my book. Secondly accept my heartfelt congratulations for actually opening it and starting to read it. I highly regard anyone who makes the effort to learn and grow. Especially in this delicate area called MARRIAGE. And lastly, congratulations on your marriage, however long you've been married and even if you are not married as yet.

Now that you are married, the question from friends and family will change from, "When are you guys getting married?" to "Soooooooooooooooooooo, when are you having the first kid?" Jax and I managed this by simply saying that we were trying but Jax just did not seem to be able to get me pregnant and we would let them know as soon as she was successful. I suggest that you, arm yourself with a similarly well prepared answer.

And on a more humorous note, a lady was once asked what the key to her 80 year marriage was and she replied that it took a long time for them to really get happy. In her opinion, now that they are too old to see each other and too old to hear each other, they are finally happy.

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# Foreword

## **Is Stephen the real deal? Don't ask him, ask his wife:**

Many people ask me if my husband, Stephen, is the real deal - if, as the Marriage Expert, he 'eats his own dog food', the simple answer is yes. Yes he does.

We have been together for many years and married for more than half of my life, but this does not mean it's always been easy. Even being married to the most amazing man on earth is not without its difficulties. Our marriage has been a fantastic and interesting journey. We love each other and more importantly, we like each other. Marriage really is hard work. It's a daily decision and it's not always pretty.

Stephen is difficult to describe; deep, philosophical, focussed and sincere. He can also be challenging; overly sensitive, provocative, irritatingly idealistic and obstinate.

When Stephen claims that he loves learning and teaching, he means it. I have spent countless hours alone at home, while he has been at one course after the next. Fortunately for me, I am the first to benefit from his personal growth.

I have attended Stephen's seminars and talks. Everything he teaches, we do at home. In fact, everything he teaches, has been tried and tested in our marriage over many years.

You are very fortunate. When we got married we had no idea what we were getting into, we were young, carefree and in love and believed that that would be enough - forever! Believe me there have been moments over the last quarter of a century where it wasn't enough and we had to

dig deep. I wish there had been a book like this, or a seminar like the one Stephen presents before we got married, or during the early years. I know from the deepest part of my heart that it would have been a huge help to us, when times got tough. Fortunately, we made it anyway. Give yourself the gift of time and spend it by investing in your relationship - you won't regret it.

*Jacqui van Basten*

*Johannesburg, South Africa*

## **Is Stephen the real deal? Don't ask him, ask his daughter:**

I know that I am only a child myself, and I can only understand so much of parenthood, but my parents have set such an incredible example for me, and I am so proud of them. In retrospect, I can see how they always had my best intentions at heart and that they always did the best that they possible could have considering the circumstance of each situation. They loved and listened to me, they encouraged and guided me, they disciplined me and allowed me freedom to become my own person and for this, I am eternally grateful. I hope to be as good a parent to my child one day, as they were to me.

*Victoria van Basten*

*Johannesburg, South Africa*

## Tasks

I am 100% convinced that nothing worthwhile comes easily. We generally have to work for what we desire and often have to fight for it. I will thus be giving you opportunities all through the book to get actively involved. I strongly suggest that you do them. Yes. Get a pen out and write in this book ☺ or get a notepad that you can work in. The tasks may seem strange but I promise you they are based in success.

One of the traits of successful people is that they do what it takes, oft times feeling silly, oft times totally out of their comfort zones, but they do whatever it takes to succeed. **Please** be one of them. One of the famous T. Harv Eker sayings is, "How you do anything is how you do everything!" I assure you that the more you put into your marriage the more you will get out of it. And the more you put into this book, the more benefit you will reap!

In fact, for optimum results, have your copy and get a copy for your partner and agree on a series of dates and times when you can work on this together.

## Task 1: Complete the pledge below.

I ..... pledge to complete this book and all of the tasks. I am committed to my relationship with ..... and want to do all I can to ensure that we grow old together in a fulfilling meaningful way.

## Task 2: Show the following to your partner to read:

*Hi there.*

*Your partner has somehow gotten hold of this book on marriage and has pledged to do some exercises. Some of them are strange and some of them include you. We are both asking for your support with this. Your partner is going to come to you from time to time to ask you to complete some tasks. They are designed to enhance YOUR marriage. Please would you humour them when they ask you to?*

*Sincerely, Stephen van Basten.*

Seriously. If you did not do them, go back and do them. I promise you, you will get more out of it if you do.

As Jerry McGuire so aptly said, "Help me, to help you!"

# Check in

***What do you want to achieve by reading this book? Which areas of your marriage would you love to enhance?***

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Better communication		Understand human behavior		Accepting differences	
Know myself better		Insights into marriage		Make this marriage last	
Know my partner better		Managing conflict		Sort out some issues	
Sex in Relationships		Money in Relationships		Authority issues in Relationships	
Managing conflict		Expressing love better		Expressing regret better	

## Back to Basics

To me, marriage is about taking someone you love with you on this incredible journey called life. Pooling financial, emotional, physical, mental resources and reaching out to create a fulfilling existence. Having a constant companion, a friend to talk to, someone to use as a sounding board, someone to share your stresses with. Someone you can trust with your life and would give your life for. A best friend to grow old with.

I love these marriage vows. Read them and then share them with your partner. If you believe in affirmations, recite them to each other together a couple of times a month. To get the most out of this, sit cross legged on the sofa or bed facing each other, look into each other's eyes and take turns reading them to each other. If you had the tenacity to do this every day for the rest of your lives I PROMISE YOU, this and this alone would future proof your marriage?

### *10 Research based wedding vows - Article by Samantha Joel - Psychology Today*

No matter how long you have been married, these vows or affirmations are a great way of strengthening your relationship and creating a stronger marriage. I encourage you to read them and then share them with your partner. I KNOW that if you repeated them together every day or at least every week it would enhance your commitment to each other.

1. *I promise to respect, admire, and appreciate you for who you are, as well as for the person you wish to become.*
2. *I promise to support and protect your freedom; because although our lives are intertwined, your choices are still yours alone.*

3. *I promise to seek a deep understanding of your wishes, your desires, your fears and your dreams.*
4. *I promise to always strive to meet your needs; not out of obligation, but because it delights me to see you happy.*
5. *I promise to be there for you when you need me, whenever you need me.*
6. *I promise to nurture your goals and ambitions; to support you through misfortune and celebrate your triumphs.*
7. *I promise to keep our lives exciting, adventurous, and full of passion.*
8. *I promise to persevere when times get tough, knowing that any challenges we might face, we will conquer them together.*
9. *I promise to treat you with compassion over fairness, because we are a team, now and for always.*
10. *I promise to show you, every day, that I know exactly how lucky I am to have you in my life.*

See the full article here: <http://www.psychologytoday.com/blog/dating-decisions/201401/ten-research-based-wedding-vows>



## It's all about relationships

When you have a good long look at life, you eventually see that it's all about relationships. We have a plethora of relationships raging around us all the time. We have a relationship (good, bad or indifferent) with our maker, our parents, our siblings, our children, our friends, our bosses, our sub-ordinates, our colleagues, our government, other drivers on the roads, waitrons, tellers, suppliers, clients, customers and the annoying taxi driver in the yellow line during peak hour traffic.

So how do you think you are performing in all of those areas?

I believe we have all heard the saying that 50% of marriages fail (don't shoot the messenger hey!!)? That would mean that we fail at about 95% of relationships! Remember, we do not marry everyone we date. Personally I believe this is why 80% of new businesses fail but that is the subject of my next book "So you started a business, now what?" ☺. Go to [www.stephenvanbasten.co.za/author](http://www.stephenvanbasten.co.za/author) to see which of my complimentary books are currently available.

Interestingly enough, when Jax and I visited India, we were surprised to find that Indian arranged marriages beat the divorce statistics. Indian parents use astrology to pick partners for their children and it seems to work better than our chemical reaction (read lust) method here in the West. And here is a nice little challenge to all of you; someone once asserted that an enlightened being could be married off to anyone on earth and make the relationship work!

Then of course we get the common malady of searching for one's soul-mate. I believe we do this out of pure laziness! We think we want to find someone that is so perfect that we think the same, react the same, want the same, vote the same, say the right things, do the right things and fulfil every single need we have. Indeed you don't even need to talk because

you are automatically tuned into each other almost telepathically. What rubbish. In my opinion, your soul mate would be someone who is the exact opposite and COMPLETES you. They would challenge you to grow, call you on your shit, tell you when you are being stupid and force you to grow (and probably **grow up** too!).

That is why my favourite relationship symbol is the yin-yang symbol. Not for religious or spiritual reasons but because we are opposites that complete each other. The little “dots” are where we are the same and they anchor us. The black and white are how different we are. The beauty is that we COMPLETE each other! Whenever I work with a couple who are struggling, it’s usually because one partner wants the other partner to be more like them. Imagine the entire seven billion people on earth were exactly like you. The world would be a mess. My advice is to love yourself for who you are, then love your spouse for who they are and then don’t try to change each other! Throughout this book whenever I make a comment on how different we are, I will include a small yin-yang symbol to remind you of this concept. Deal?



## Task 3

Remember that success is a choice. You increase your chances of success if you actively participate...

***What (top) 5 things did you love about your spouse when you fell in love?***

[YOU]

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Now get your partner to do the same. Yes. Right here in the book (or in your notepad)!

Stephen van Basten

***What (top) 5 things did you love about your spouse when you  
fell in love?***

[YOUR PARTNER]

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Now sit facing each other and share. At the end, give each other a hug and say, “I love you and I intend making this relationship work”. If you do it properly, you may need a kleenex.

## The Key to Long lasting Relationships

In my opinion the most important aspect to a long lasting relationship is understanding and accepting Human Behaviour and more specifically, Axiology, the study of human values and how our values drive us.

Most often when a couple need counselling, it's because one partner cannot understand the behaviour of the other partner and has a belief or expectation that the partner should behave differently.

Dr. John Demartini speaks prolifically on Axiology and Teleology. I encourage you to go to all of his talks and seminars, especially The Breakthrough Experience. He is an absolute master of human behaviour. [www.drdemartini.com](http://www.drdemartini.com)

The second most important aspect is realizing that a successful relationship is a choice. It will not just happen and you will be tested. This is why I encourage couples to create a mission and vision statement for their marriage with short, mid and long term goals that they mutually agree on. I promise you, a joint vision will assist you immeasurably. Without it you leave your marriage to fate.

## Communication

In my opinion the yeast of a relationship is *communication*. It's the catalyst for growth and understanding. This is why most of my relationship seminars include lots of partner sharing. I split my 10 hour bootcamp into 3 sessions which I call 3 dates and I force you to relate. Likewise, I apply this in my marriage. It's so easy to get sucked into life and your separate routines. Jax and I have every Friday evening blocked out in our diaries for our date night. We have to get each other's permission to change it. We go out and spent time together, catching up and discussing current issues and planning our next step.

When you met your partner and went on your first set of dates, YOU TALKED. You may have been attracted to each other by looks but very soon you spoke. Then you probably sought sameness by chatting and questioning. Same kind of upbringing, same kind of background, same kind of culture, same kind of age. You checked each other out socially and spiritually. You found out where they worked, what they did for a living. Then you introduced them to your friends for approval and finally your parents. Your friends quizzed them and then your family quizzed them. Questions, communication, speaking, interacting.

Find ways to keep this up. Make sure you are chatting. Make sure you know what's going on in each other's lives. Make sure you express both your loving as well as your unhappiness feelings. If you are not fulfilled in an area, don't sit brooding and waiting for your partner to 'prove their love for you' by noticing and in some psychic way knowing your needs. Tell each other what you love and dislike, what you want more of and what you want less of.

This is another reason that I have included partner tasks in this book and I once again implore you to use this book as a way to improve your communication with each other.

Note: There is sometimes a fine line between expressing and nagging. See my chapter on Transactional Analysis communication modes (Parent – Adult – Child) and being in Rapport.

# Money, Sex and Power

Of all the things you will argue about, money, sex (relationships) and power (authority) will top the list. There is an esoteric teaching that these are the 3 human drives that create havoc in our lives. The drive (craving) for money. The drive (craving) for sex. The drive (craving) for power (significance). Apparently every human being experiences all 3 but one of them will be your biggest need, one your least and the other in the middle. In other words, you could rank them 1, 2 and 3 in importance.

## Money

- You will argue about how it gets spent and who pays for what
- Should we go on holiday or put it in the bond?
- Why can you spend R1500 on golf but I can't get my hair cut?
- One of you will earn more and probably feel you have more rights on how it's spent
- Money people eat, sleep and drink money. They talk about it and learn about it.
- I remember how Hansi Cronje (allegedly) fell to this temptation

Side note: Money is neither good nor evil but can be used for both. How you earn it and what you use it for make the difference. If you swindle pensioners out of their life savings, that is bad. If you donate R1m to the Nelson Mandela Children's Fund, that is good. In fact, there is a lovely teaching that money merely magnifies you. If you are nice, it will make you nicer. If you are horrid, it will make you worse.

## Sex

- You will argue about: how often, who initiates, whose on top, do you add toys etc etc
- One of you will wish you had more sex and the other less



- One of you will wish you were a bit more adventurous and the other less
- Sex people eat, sleep and drink sex and sexuality. They talk about it and learn about it and love doing it.
- I remember how Bill Clinton (seemingly) fell to this temptation

Side note: Sex is not evil either. It is how we practice it that makes the difference. In my opinion sex can be the most beautiful sharing and caring experience two human beings can ever share. Is possible to get any closer? It can be an incredibly spiritual experience if you wish. On the other hand if you are selfish or a bully it can be terrible for the other person. In my opinion your sexuality is a reflection of who you really are.

## Power

- You will argue about who makes the decisions and what gets done
- Where we will live, where the kids will go to school and what color to paint the house
- One of you will be more dominant and controlling than the other
- Power people have the need for significance. They always express their differing opinion.
- I can't help thinking of Malema and Zuma right now (ROTF) and Oprah fits nicely too!

Side note: Power is not evil either ☺. Without power we would be extinct. Once again it can be used for good or bad. Madiba showed us his beautiful power. All of the prophets of all of the religions were powerful. Oprah is powerful. If she loves your book, you sell a million copies the next day. So were Hitler and Idi Amin. Actually this is one of my favourite subjects, "Domination and Suppression". Sometimes we dominate others and sometimes others dominate us.

## Task 4

Rank what you think your money, sex and power drives are. 1 being your number one drive and 3 being your least. You may want to rank what you think your partners are and then ask them to rank themselves.

YOU	DRIVE	PARTNER
	Money	
	Sex	
	Power	

Now have a very candid discussion on all of these drives, how they influence you and how you perceive them to influence the marriage. Tell each other how you want to work with money. Who pays for what? Do you have separate bank accounts or a joint one? How much can you spend without consulting and agreeing? How you would love the sex to be. How often you would love to make love. Share your most intimate fantasy that you know will never happen. How you would ideally want to manage major decisions.

## The meaning of life and how marriage fits into the grand scheme of things

There are 7 areas of life according to some experts. Physical, Mental, Spiritual, Vocational, Financial, Societal and Family. Marriage specifically relates to the Family area. I am of the belief, which I will expound on in more detail below, that the meaning of life is to grow. To grow in all areas of life. And I am totally convinced after 27 years of being with Jax (1992) that marriage and parenthood are designed to do exactly that. To grow us and bring us every experience we need to fulfil our mission on earth.

Like Dr. Demartini, I believe that the meaning of life is balance, once again depicted in the yin-yang symbol and espoused by Isaac Newton when he asserted in his 3<sup>rd</sup> law of Physics, "For every action, there is an equal and opposite action". The meaning of marriage is no different. Marriage is not meant bring happiness, it's meant to bring balance and growth.

Have you ever noticed how your spouse balance you out? When you come home all depressed she bolsters your spirit and when you get all egotistical he brings you down to earth?

So please humour me and read this chapter from my second book: The meaning of Life.

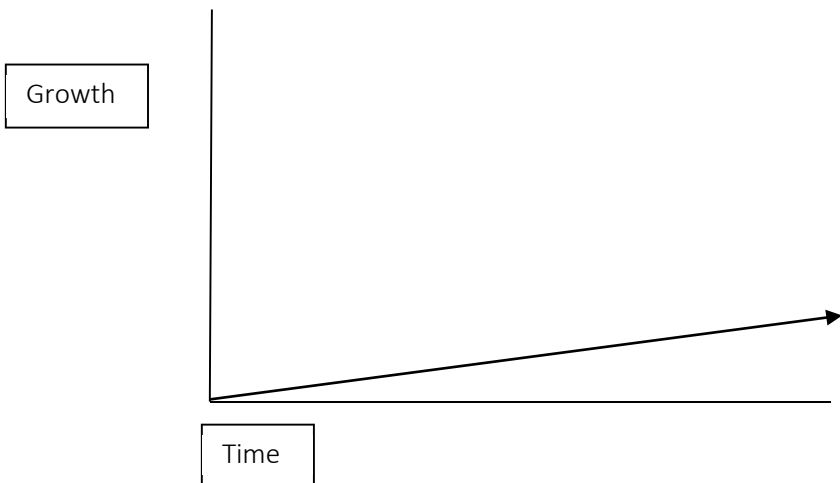
The first question I love asking anyone or any audience is, "What is the meaning of life?"

It is so interesting to see how different people answer that. What is more interesting to me is how few people have even contemplated it, much less able to elaborate on it. To me this is the quintessential question – the question of questions. How can you plan to pass this great exam if you have no clue as to what the questions are? I once caused a stir by

suggesting that in order to attain heaven (or its equivalent) in the hereafter, possibly, we need to conquer life right here on earth.

Despite the many different answers I get, to me, the meaning of life is **growth**: personal growth, spiritual growth, soul unfoldment. Indeed, the top segment of Maslow's hierarchy of needs – Self-actualization.

So then, what is the meaning of life? I like to depict it as follows:



### The meaning of life is slow but steady growth over time

Someone once said that there are two things you cannot change: death and taxes. Well, I would say there are four: death, taxes, change and growth.

The universe actually supports this theory. Scientists tell us that the universe has continued to expand since the big bang 17 billion years ago. In fact, it is growing at 17 miles per second. Man! If the universe (EVERYTHING) is growing, and if God is EVERYTHING, then one could assert that God is growing. And if God is growing, **so are we!**

Is it not also true that in life there are;

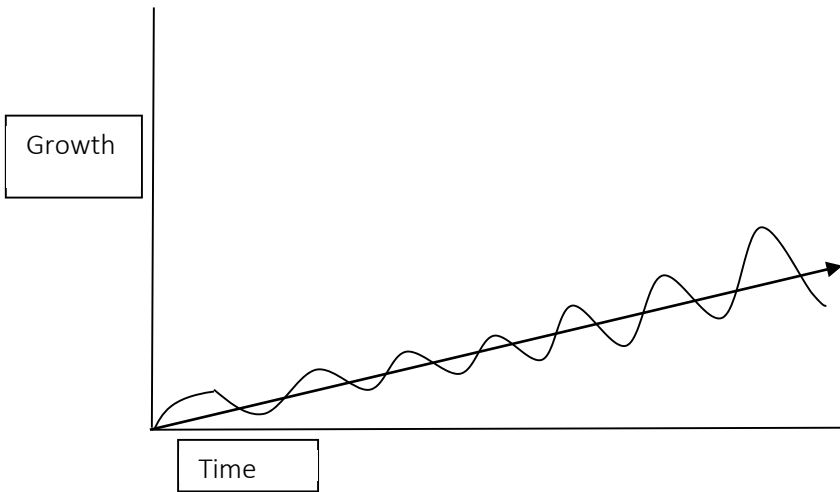
- Ups and downs?
- Easy times and difficult times?
- Good times and bad?
- Happy and sad?
- Flowing and restricted?

So life looks a bit like this then:



Now let me ask you the next question. When do we grow the most, during the easy, flowing, good times **or** the difficult, restricted, sad, down times? Correct. The difficult times. We could thus assert that in fact the DIFFICULT TIMES are the MEANING OF LIFE as they bring us the greatest growth!

We can therefore update our model to look like this:



**The meaning of life is slow but steady growth through difficult and easy times over time**

As we expand the model one step further, is it not also true, that every cloud has a silver lining? I have researched this over and over again and I am now 100% certain that every benefit has a drawback and every drawback has a benefit. That in fact your blessing is also a curse. And your curse is a blessing. Ask the rhino which his horn is! A blessing or a curse...

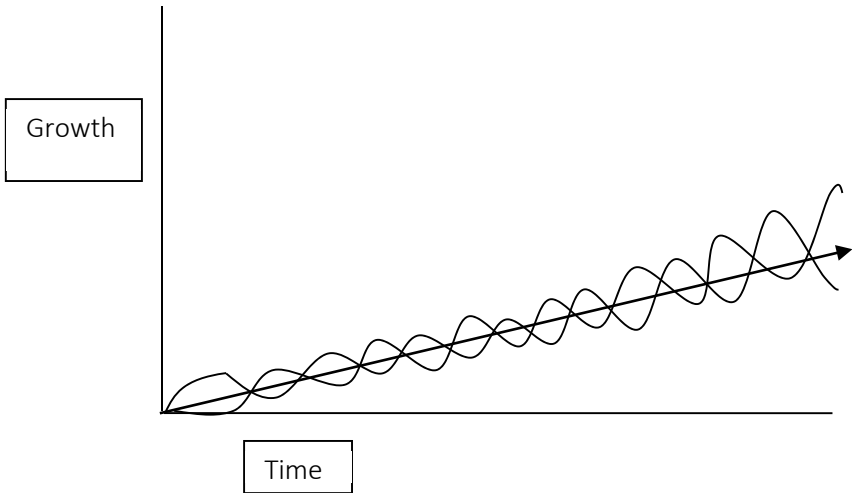
Did you know that most lotto winners are bankrupt after 7 years? That most popstars cannot 'pop' down to the café for fresh cream for the Irish coffees without being swamped with fans? That most billionaires fear kidnapping of their kids for the ransom? There is indeed a price to pay for the reality of every fantasy.

And on the other side, how many people do you know who have been retrenched or divorced only to be infinitely happier just 2 years later? I have a friend who genuinely states that she has been BLESSED with cancer. There ARE countless blessings in knowing that you are dying. I have another friend who divorced his wife for being unfaithful, which cleared the way for him to find the partner he deems to be his soul mate.

Isaac Newton expressed it, in 1642, when he stated his 3rd law of motion, "For every action, there is an equal and opposite reaction." and Dr John Demartini asserts that, "There is no event, situation, person, occurrence or human personality trait that is either 100% positive or 100% negative. In fact, they are always equally positive and negative. In other words, 100% balanced."

Would you then at least consider that the meaning of life is to experience slow but steady, BALANCED support and challenge over time, which together bring us the experiences we require to grow?

And update our model to look like this:



**The meaning of life is to experience slow but steady, BALANCED support and challenge over time, which together bring us the experiences we require to grow.**

I am quite certain that as humans we will all experience most of the same things at some stage during our lifetime. That we indeed go through the same trials and tribulations regardless of our so-called 'station' in life.

- We will fall in love with someone.
- We will make an enemy (and hate them).
- We will feel euphoria and depression.
- We will leave school with lofty expectations and feel like failures when we don't achieve them.
- We will lose someone we love and we will part ways with someone we dislike.



- We will have our hearts broken and break some too.
- We will have someone cheat on us (we may never find out) and have a faithful follower stick with us.
- We will lie to someone we love and be lied to by someone we trust.
- Our parents will annoy us and we will annoy our kids.
- We will feel the injustice of some authority and mistreat someone who looks up to us.

Dr Demartini asserts that there is a conservation of challenge and support no matter where you go or who you partner with. So the next time life sends you lemons, call for the tequila and salt and celebrate the lesson.

Please understand that marriage is not meant to bring you happiness. It's meant to bring you growth and balance.

## Task 4

***What (top) 5 things do you love about your spouse now?***

[YOU]

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***What (top) 5 things do you love about your spouse now?***

[YOUR PARTNER]

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Face each other, be present, share and at the end say something like, “I love you more now than when we met”. Then share a gentle long hug.

# A long lasting and fulfilling relationship is a choice

Millions of couples the world over will testify that the incredible feelings of falling in love do not last forever. While I do suggest that you do all you can to make that stage last as long as possible, I also encourage you to realise that it will settle. In my opinion, there are 5 stages to a long term relationship.

- **The Courtship Stage**

I like to call this the marketing or lying phase. It's when you both show each other how wonderful you can be when you are both trying your very very best one hundred percent of the time. It's fun. It's easy. It's sexy.

- **The Living together / Engagement / Honeymoon Stage**

This is also a really easy going time. Sporadic arguments but both of you are congruent and working at the relationship. There is lots of compromise and chivalry during this phase.

- **The Getting to know you Properly stage**

Now this is the real acid test. This is when you start to see glimpses of the other side of each other. Some resentment may set in. some power games may appear. This is the time when you start falling out of lust and into reality. That cute twitch with the sniff is not quite as cute anymore. Many couples who confuse love and lust start to feel that they are falling out of love and start looking around for the pure chemistry of the courtship phase. This is when you see each other for who you really are, warts and all, and make the decision to stay. I assume if you are reading this

book you chose to stay or you are wondering what went wrong and hoping to make the next one work.

- **Then the True Love / Friendship Stage**

Scott Peck defines Love as, “One’s willingness to expend energy for another’s Spiritual growth.”

Dr. Demartini defines love as occurring at the cusp of challenge and support – you see we need both unconditional as well as tough love in any relationship.

I define friendship as when you know someone fully, both their light and dark side, and are still able to accept them for who they are.

So the True Love Stage can only come with time, it’s when you fall out of infatuation into reality, when you see each other for what you really are, warts and all, and still remain friends through thick and thin.

I can honestly say that I love Jax more today than when we got married. This is because I know her better and we have become great friends. I often tell people to marry their best friend because when the dust settles from the chemical stage (oestrogen and testosterone) all that you have left is your friendship.

- **And finally Growing Old Together**

Well this is the ultimate goal right? When we get married we make commitments for life. What we really want is to still be happy together at 80 years old and I can assure you at 80, you had better have a great friendship, you are going to need it! My

role models here are Mr and Mrs Williams. Mr Williams was absolutely besotted with Dalene. He affirmed it all the time and she blushed so beautifully when he complimented her. Jax and I were privileged to have them at our wedding and to be at their 50<sup>th</sup> wedding anniversary. I aspire to be like them.

## Falling in love

Scott Peck in his famous book, "The road less travelled" essentially explained this phenomena as, "The body having a chemical reaction to or with another person in which the two temporarily seem to become one to such an extent that they get their clothes off and procreate". He essentially asserts that the falling in love period is a trick the body plays on us in order for us to get into the sack and ensure the longevity of the human race.

## Falling in Friendship

Someone once said, "Falling in love is easy, any fool can do that. Staying in love, however, takes real skill". Personally I believe that falling into friendship is more important than falling in lust or falling in love.

Do you believe you married your best friend?

Y		N	
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### ***This is my definition of friendship:***

John: Hey Steve. I was very bad this weekend. I snorted cocaine, drank 10 beers, got in my car and drove home.

Stephen: John, that's very bad. You shouldn't snort cocaine and you should never drive home drunk! BUT I STILL LOVE YOU.

Stephen van Basten

John: Steve. I have been really really bad! I went for a drink the other night, met a gorgeous barmaid, got chatting and ended up having sex in my car. My wife will kill me.

Steve: John. That's terribly. Mary would be devastated. That is SO wrong! BUT I STILL LOVE YOU.

Could you be that much of a friend to your partner 😊?

# GREAT PRODUCTS MEAN NOTHING WITHOUT GREAT FINANCIAL ADVISERS



You shouldn't ignore the value of sound financial advice. A professional financial adviser can help you to unpack the complex financial planning process by conducting a thorough analysis of your needs.



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## Task 5

***Describe the perfect marriage. [YOU]***

***What are your expectations of a marriage?***

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***Describe the perfect marriage. [YOUR PARTNER]***

***What are your expectations of a marriage?***

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Sit facing each other. Be present. Look into each other's eyes. Share. Discuss. Most importantly, accept that this is what your partner values in a relationship.



## Axiology and marriage

I will always be thankful to Dr John Demartini for this gift. Axiology is the study of values and what we as humans value and asserts that human beings are really just trying to do more of the stuff they like and less of the stuff they dislike. That we have things we love doing and things we hate doing. That we will spend our lives trying to get more pleasure and less pain. The fun begins when we realise one thing. WE ARE ALL DIFFERENT . One man's meat is another man's poison. One woman's success is another woman's failure. We each have a 100% individual set of values, needs and wants. You may love fishing while I abhor it. I may love gardening while you see it as a complete waste of time. You always have time, energy and money for the things you love doing. Mine is learning and teaching. I love speaking to big crowds and sharing my insights with them. Many people would rather die! Right at the bottom for me is washing dishes, filling in tax returns and shopping with my wife in a packed mall.

So if your husband loves rugby and you love visiting your family, don't schedule a visit during the Curry Cup Final! Rather grab a beer and sit with him. Shout when he shouts and get miserable when he does. Jump for joy when the final whistle goes. Then go visit mom.

And if your wife loves going to gym and you love the movies, book tickets after her gym session. Even better, go swipe your Vitality Card and get some extra Discovery miles. Then go to movies.

I strongly suggest you go to [www.drdemartini.com](http://www.drdemartini.com) and do his "Value Determination Exercise". Then get your spouse to do it. Then share your values with an open mind. I promise you, you cannot change him or her into something they are not.

I highly encourage you to **accept yourself for who you are, then accept your partner for who they are and then PLEASE, don't try to change each other.**

Whenever I work with marriages in trouble it's usually about one spouse wanting the other spouse to be more like them. Dr. Demartini would call this, "Having an unrealistic expectation of your spouse to live in your values". Expectations (realistic and unrealistic) are the root of many and even most of our problems. For an excellent insight into this, book yourselves on Dr. Demartini's Breakthrough Experience. It will strengthen your marriage tremendously.

Of course, your other option is to join me on one of my seminars. I invariably do the exercise then. You can email me on [speaker@stephenvanbasten.co.za](mailto:speaker@stephenvanbasten.co.za) for more info on my seminars or if you need assistance with the value determination exercise.

## 7 Areas

We have often been shown the wheel of life and told that to find happiness we need to live a balanced life. What a load of crap. Firstly there is no state of constant happiness. Happiness is always balanced with unhappiness and secondly, you cannot get them all in balance because one is more important to you than another. If you love building wealth and hate going to gym you will never balance those two extremes.


The wheel of life is comprised of 7 spokes or areas of life:

1. Physical – health, fitness, beauty, home (Brad Pitt and Angelina Joli).
2. Mental – learning and teaching (Einstein, Plato and Jesus).
3. Spiritual – your belief system (Gandhi, Mohammed, the Dalai Lhama).
4. Familial – your parents, siblings, spouse, children (Obama and Michelle).
5. Social – societal, charity, networking, social change (Oprah, Madiba, Obama).
6. Vocational – your passion, ideally how you make your money (St Theresa, Bill Gates).
7. Financial – building wealth (Donald Trump, Warren Buffet).

The truth is that one of those areas will be your most important area (#1); one will be your least important (#7); and the others will rank #2 to #6 between them. Here is the kicker: **YOU will make all of your decisions based on this hierarchy of YOUR needs.**

If you love your vocation (#1) and hate working out at the gym (#7) and you have the choice to do either on a Sunday morning, I guarantee you will have your laptop open on your lap.

If you love your family (#1) and dislike religion (#7) we will find you having breakfast at your parents, with your kids in tow, 50 Sunday mornings a year.

Once again. We are all different  and the chances are you are different to your spouse.

Would you love to know what really makes you tick? Rank the 7 areas above from 1 to 7. There is a handy table below. Now rank your spouse, and PLEASE, don't expect them to be the same as you! Ask your spouse to do the same. Then share your findings and discuss them.

Can you rank your kids? I am sure you will find that you have created a very balanced family. One of you may have mental high while another hates learning. One of you may love building wealth while another is rather spiritual instead. When you add it all up and analyse it carefully you will see that you all complement each other.

When people ask me why they are not rich, and we do this exercise we usually find 'Finance' as # 5, 6, or 7. When people ask me why they are fat or unhealthy, and we do this exercise we usually find 'Physical' as # 5, 6, or 7. When people ask me why they are not popular, and we do this exercise we usually find 'Social' as # 5, 6, or 7.

I have found the following to be true:

**Anything you say after the word "SHOULD" is usually a lie.**

I **should** go to the gym more often. Reality... you don't.

I **should** go to church more often. Reality... you don't.

I **should** eat more healthy meals. Reality... you don't.

I **should** be a millionaire. Reality... you are not.

I **should** be the MD of the company. Reality... you are not.

The same goes for nagging your partner:

You should eat healthier food. You should visit your mother more. You should spend less on your hair. Well they don't.

There are ways to change your values and make one area more important than the rest, but I believe it is healthier, wiser and simpler to accept yourself for who you are. I believe it is wiser to accept yourself as you are, rather than spend a lifetime of frustration, lamenting who you are not. Likewise, accept your family for who they are and stop trying to make them more like you.

Notes:

Stephen van Basten

Here is a helpful table to fill in. Rank your priorities from 1 to 7. Then get your partner to rank themselves. Then have a heart to heart discussion about why you ranked them that way. End off by saying, “My darling, I love you just the way you are. I don’t want to change anything about you”. Then hug and kiss.

	You	Your partner
Physical		
Mental		
Spiritual		
Financial		
Vocation		
Societal		
Family		

## Value

This is my favourite subject after relationships and is actually at the core of relationship of all types. Dr. Demartini loves to remind his students that we actually have no friends. We only have people who gain value out of being associated with us. He further teaches us that there is little loyalty either. We are loyal to ourselves and our High Values. If you are friends with someone, it's because you get something out of the relationship. If you married someone, it's because you believed you would gain more happiness, fulfilment and pleasure from being married to them rather than being single or marrying someone else.

In business it's no different. Your employer is loyal to its vision and mission statement. Not you. People who claim that they should not be retrenched because they have given 15 years of their life to the company are deluded. At the first sign of trouble you will get retrenched! The company will save itself before saving you. If you are employed here is my advice. Do more than is expected of you. Work harder than anyone else. Get a clear understanding of what the company wants (what they value) and keep delivering on that. This way you will get promoted first, get better increases and get retrenched last!

You are not loyal either! If your competitor company offered you double your salary and you only had to work half day (instead of full day) from home (instead of from the office) and double your leave days – you would be GONE!!!!

Customers are not loyal either. If your competitor offered your biggest customer the better service, a better product at half the price in half the time – they would be GONE!!! The only loyalty you would get is they would ask you if you could match the competitor offer.

YOUR MARRIAGE IS THE SAME. You represent value to your spouse. Your spouse represents value to you. Your greatest tool in making your relationship work (marriage, parenthood, business) is to understand what value you represent to your partner and KEEP DELIVERING ON THAT VALUE! Day after day, week after week, month after month, year after year, decade after fulfilling decade. If both of you do this your marriage becomes more and more bullet-proof.

One of the answers to the million dollar question, “why do couples stray?” is that we become complacent. Sometimes we believe that we have met our soul mate and interpret that as meaning that we will never have to work at the marriage because it’s perfect. It’s the ‘happily ever after’ syndrome which of course is a fallacy. We get selfish. We are more concerned about our personal fulfilment than our spouses. I actually suggest to my friends that they stay engaged for as long as possible. The courtship/engagement phase is superbly yummy. Both of you are trying hard. Either of you can easily walk out. This keeps us on our toes. Unfortunately over time and after marriage, this often changes. We become complacent and forget to put the energy into the relationship. We take each other for granted.



## Task 6

***List 10 positive traits that you believe you bring to the relationship.***

***What Value do you represent to your partner? Why did your partner marry you? [YOU]***

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Now take this to your **partner**. Sit on their lap. Give them a big smile and a loving kiss 😊 and ask them to do the same.

***List 10 positive traits that you believe you bring to the relationship.***

***What Value do you represent to your partner? Why did your partner marry you? [PARTNER]***

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Share with each other and check that this is correct. Have a discussion. Challenge each other. Add some things that you believe you bring to the relationship. Get clear on what your partner values so that you can deliver those values and always beat the competition to it!

I know you will probably not like this but another reason is that we all have different needs ☯. This is also true in the sexual area. You will probably find that one of you would like more sex and the other a bit less. One would like to be a bit more experimental and the other a bit more conservative. The person who would like more is the one who is most likely to stray. Sometimes we love someone dearly but they just don't fulfil all of our needs. Sometimes couples stray because they have a natural urge for something their partner cannot deliver. We need to ensure that we represent value to our partners in the areas that are important to THEM.


Dr. Demartini also speaks about every relationship having an underdog and an overdog. The overdog represents more value to the underdog. Thus the underdog is more addicted to the relationship, more 'in-love' if you please. Generally the underdog wants to get married sooner while the overdog is evaluating all options. It's the overdog that would be more prone to stray. Frankly, I suggest you do not discuss this too deeply. The underdog will feel resentful.

## Task 7

Go back to the things you loved most about each other when you met and what you love about each other now. Share them again. Have a discussion. These are the things you value in your partner. This is also a great way of rekindling the love feelings you experienced when you met and reminding you why you got married.

### 5 love languages

On a scale of 1 – 10 how full is your (relationship) <b>love tank</b> in general?	/10
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Jacqui and I were exposed to these about 15 years into our relationship. It changed our lives and our relationship. Gary Chapman in his book, The Five love Languages, teaches that there are 5 love languages. Every human being will have one that is more prominent than the others. We express love in this language and sub-consciously want to be shown love in that specific language too. This is all good and well until we fall in love with someone who has a DIFFERENT  love language. Here they are: Words of affirmation. Quality time. Physical touch. Acts of service. Gifts.

My love language is 'words of affirmation' and Jacqui's is 'quality time'. I naturally express my love for her in words while she show her love by spending time with me. I wake up every morning and thank her for still being my wife. She invites me to go shopping together 😊😊 (go figure).

This is where the concept of choice and of ACTIVE vs. Passive love comes in. Passive love is when you express love in YOUR love language. Active love is when you learn your partners love language and actively get out

of your comfort zone to speak in THEIR love language. Now, when I get home at night, I run us a bath and we spend an hour together chatting. Jaxie sends me beautiful WhatsApp's during the day. When she does, I know she is going out of her comfort zone and into ACTIVE LOVE (she is a keeper).

The 5 love languages were a great healing for me. I had an interesting father and often felt unloved (which of course I wasn't). I confronted him one day and he was devastated, "Stephen, I work two jobs to give you a roof over your head, clothes on your back and food on the table!" he responded angrily. I saw that as entry level behaviour for a parent. What I wanted was for him to tell me! To say, "Stephen, I love you and am proud to be your dad". He seldom did. I NOW Acts of Service and he was showing me love his way for years! Thank you Gary Chapman this teaching is priceless.

## Task 8

Go to [www.5lovelanguages.com](http://www.5lovelanguages.com) . Do the love language survey. Get your spouse to do the same. Remember to do the married one!

List your love languages in ranked order.

	Mine	#	Spouses	#
1				
2				
3				
4				
5				

I was recently exposed to a concept that blew me away. Are you sitting down for this?

### WE TEACH PEOPLE HOW TO TREAT US

This is your opportunity to tell your spouse EXACTLY how you prefer to be shown love and to learn what they prefer. A long lasting fulfilling marriage is a choice. I implore you to practice **active** love.

Explain to your spouse how this #1 (and possibly #2) love language works in your life.

Give specific examples from the past of what you love and how you love it to happen.

Now remember and recognize when your spouse showed you love in their love language:

Stephen van Basten

Even though you may want it expressed in your love language, understand that when they express love in their love language, it's STILL LOVE. [YOU]

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

5. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

[PARTNER]

1.
2.
3.
4.
5.



***How can you find ways of talking in your spouse's love language?***

***In other words, how can you improve your ACTIVE love ability? [YOU]***

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_
5. \_\_\_\_\_  
\_\_\_\_\_

***How can you find ways of talking in your spouse's love language?***

***In other words, how can you improve your ACTIVE love ability? [PARTNER]***

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_

5. \_\_\_\_\_  
 \_\_\_\_\_

I ..... promise to do more of the above and  
 show my partner active love in their Love Language. [partner 1]


Signed..... date .....

I ..... promise to do more of the above and  
 show my partner **active** love in **their** Love Language. [partner 2]

Signed..... date .....

## 5 languages of apology

Thank once again to Gary Chapman. He continued with his brilliance and brought us the 5 Languages of Apology too. This is such an important area in relationships. Unfortunately we are not great at this either. We seem to live in a world where mistakes are anathema and yet mistakes are so normal. Everyone makes mistakes and yet admitting it is a mortal sin and actually apologizing, unheard of. GUYS, if you can master this, you can change the 7 days of pouting and cold shoulder after an argument to 7 hours or even 7 minutes. Seriously, life is too long and too short for petty crap. Admit you made a mistake, apologise, move on.

It turns out that there are 5 different apology languages too and yes, no prizes for guessing, you probably have a different  one to your partner. Here they are: I am sorry. I was wrong. Please will you forgive me? What can I do to make it better? I promise never to do it again.

Mine are very simple. You could to just about anything to me and simply say, "Stephen, I am sorry. I was wrong" and I would forgive you. Of course Jax's is more complex (to me), she wants me to say, "Jax, I will never do it again!" In fact, this is an area we argue about. I claim she never apologises and she claims likewise. The truth is, as a norm and out of habit, we apologise in our apology languages (passive love) and to Jax, when I say "I am sorry" it simply seems insincere.

## Task 9

On a scale of 1 – 10 how well does your spouse apologise?	/10
How <b><i>authentic</i></b> do you feel your spouse's apologies are?	

Go to <http://www.5lovelanguages.com/profile/> and complete the "Apology Language" profile. Fill in yours below. Get your spouse to do the same.

Actual words to be used	Apology Language
I am sorry	Express Regret
I was wrong	Accept Responsibility
What can I do to make it better	Making Restitution
I will never do it again	Genuine Repentance
Please forgive me	Requesting Forgiveness

	Mine	#	Spouses	#
	Actual words to be used		Actual words to be used	
1				
2				
3				
4				
5				

I was recently exposed to a concept that blew me away. Are you sitting down for this?

## WE TEACH PEOPLE HOW TO TREAT US

This is your opportunity to tell your spouse EXACTLY how you prefer to be apologised to and to learn what they prefer. A long lasting fulfilling marriage is a choice. I implore you to practice **active** love.

Remember and recognize when your spouse apologized to you in their apology language.

Even though it is not your apology language, THEY ARE STILL APOLOGISING.

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Think of something SMALL that your spouse did wrong that you would like an apology for.

Tell them exactly what it was. Get your spouse to tell you something SMALL that you did wrong that they would like an apology for. Write an apology to each other in *their* respective apology languages.

Remember an apology does not contain a justification not explanation of why you did it!

Here is a bad example. "My darling, I am sorry I got angry with you and walked out the room but you know I hate it when you argue with me....."

Here is a good example, "My darling, I am sorry that I got angry with you and walked out of the room, I promise never to do that again".

Write your apology to your partner below (remember to use their number 1 and ideally their number 2 apology sentences e.g. I am sorry...):

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Share and test on each other. Get and give each other feedback.

Think of something ELSE SMALL that your spouse did wrong that you would like an apology for. Feedback to them exactly what upset you. Do the same in return.

Write another apology to your spouse in their apology language (I assure you that you need practice with this):

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Share and test. Get/give feedback. Work on this diligently, it will pay dividends for decades.

Note. This is Gary Chapman's work not mine. I hope you went to his website and did the tests. I also suggest that you buy both books to get even deeper insights into yourself and your partner. Then when you have kids, get them to do the profiles too. You need to express love to them in an ACTIVE way too. Make a chart and have the families love and apology languages strategically placed for everyone to be reminded. You could even have

Love-Language-evenings where you take turns in practicing. Man! If you did this it would change your family dynamics in profound and meaningful ways. THEN, if you or manage people, go back to the website and get your sub-ordinates to complete the recognition language exercise and start showing appreciation in their appreciation language. Before you know it

you will be the best spouse, parent and boss in the world and I promise,  
"It don't get betta than that!"

I ..... promise to apologise in my partners  
Apology Language. [YOU]

Signed..... date .....

I ..... promise to apologise in my partners  
Apology Language. [PARTNER]

Signed..... date .....



# Money

Did you know that it is said that more marriages end due to money issues than for anything other reason? I therefore strongly recommend that you get a great financial advisor to assist you. I must be honest, I love Discovery. Partially because we have been with them, and indeed grown with them, from when they first started and partially because my wife works for them 😊. I cannot believe how much money we get back from them every month!

According to research there would seem to be 4 money personalities. You will be one and there is a good chance your partner is different 🌀. You may also remember that I asserted that there will be 3 things you will argue about in your marriage. Money, Sex and Power. Here are some thoughts on Money and the four money personalities:

## ***Money Personality #1 – The Hoarder***

While others see money as a means to buy nice things, Hoarders see it as a means to obtain security. No matter how much money a hoarder has, he will always fear that one false move or unexpected disaster will make him poor.

### **Common behaviours of Hoarders:**

You sneak your own popcorn into movies and save the money for a rainy day.

Balancing your check book is fun, you get to see how much savings you've amassed from month to month.

You love a great bargain and love to share with friends about your latest discoveries at the mall.

## **Advice for Hoarders**

To improve your financial future, take baby steps toward loosening up. Take a few risks in your investments. Seeing that such “risky” behaviour doesn’t necessarily lead to disaster will help you become more comfortable with exploring other investment options that can grow your nest egg and allow you to enjoy your hard-earned cash.

## ***Personality #2 – The Spender***

Buying things is a common behaviour that helps Spenders feel important, loved, and validated. Spenders’ inner voices tell them, “I deserve this; I won’t be denied anymore.” The biggest spenders are status seekers who equate extravagant possessions with self-worth. Whether or not they can afford it, that Louis Vuitton bag makes them feel respected.

### **Common behaviours of Spenders:**

Who cares if you have a closetful of handbags? You deserve that new Louis Vuitton tote bag!

You like to wow your friends with fabulous gifts, but wowing them with your gorgeous home and luxury car is even better.

You’ve never met a credit card offer you didn’t like.

### **Advice for Spenders**

To get your spending under control, you must set – and stick to – certain limits. Keep a diary of all your purchases so you can see where you’re leaking cash and cut back. Devise a budget, then put away your credit cards and give yourself a weekly cash allowance. And if you’ve got serious debt, carry a balance on your credit card each month so that you won’t exceed more than the minimum due.

### ***Personality #3 – The Avoider***

Avoiders are not comfortable with the subject of money due to their lack of interest or they feel that there are other more important issues. They might not even know how much is in their bank account and planning for retirement feels too far away to worry about. The Avoider takes a “see no evil, hear no evil” approach to managing their financial affairs. But by not staying informed about their finances, Avoiders are missing out on opportunities to set the foundation for a more financially secure future.

#### **Common behaviors of Avoiders:**

- When it comes to making a financial decision, you will avoid the situation and find all kinds of reasons for avoiding it. In fact, the less you know about your finances, the better
- You get uncomfortable talking or even thinking about money
- You let your bills stack up because you feel a sense of dread opening them up

#### **Advice for Avoiders**

Change your state of mind! Compared to life's other unpleasantnesses, managing the day-to-day details of your finances aren't so bad after all. Take up courses on financial education and write down 5 goals for your near-term future. Then map out a simple savings plan and use it to guide you towards your goals, not avoiding them!

### ***Personality #4 – The Money Monk***

Handling money in any way makes a Money Monk feel like he's giving in to its seductive power. Often, Money Monks were raised with deep religious or political convictions – their parents taught them that money is the root of evil, or that rich people are “capitalist pigs”.

#### **Common behaviours of Money Monks**

### Stephen van Basten

- You'd never ask for a raise – needing money makes you feel greedy.
- You believe the desire for money chips away at people's moral values, so you try to avoid dealing with your finances as much as possible.
- When you have a windfall, you can't wait to get rid of it, so you donate to charities or help cash-strapped friends.

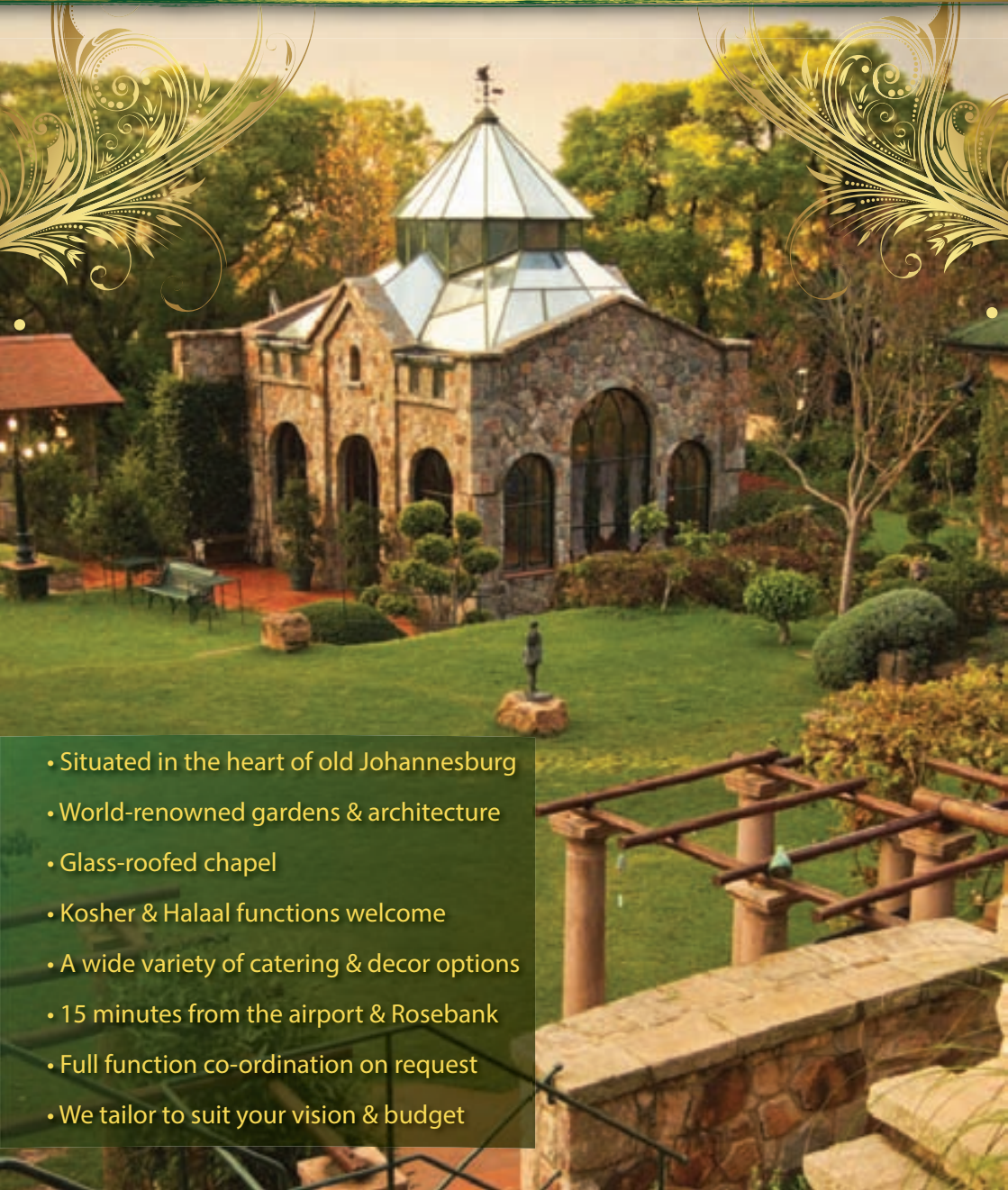
### **Advice for Money Monks**

Remind yourself that money isn't all bad – it allows you to keep a roof over your head, help friends, and support charitable causes. To make dealing with money easier, put your finances on autopilot as much as possible. Have pay checks deposited directly into your bank account, and set up automatic deductions for monthly bills, savings, and investments.

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## Task 10

Rank yourself and then rank your partner. You could use 1, 2, 3, 4 or even better use percentages. Then have a discussion with your partner. Explain how your money personality functions and what it is that is frustrating about theirs.

	Rank yourself	Rank your partner	Example
<b>Hoarder</b>			20%
<b>Spender</b>			50%
<b>Avoider</b>			20%
<b>Money Monk</b>			10%

If you would love to gain more insights into this, please go to the Success Resources website: <https://www.srpl.net/there-are-4-money-personalities-whats-yours/>

In fact I highly recommend you attend T Harv Eker's Millionaire Mind Intensive course managed by success sources. I have attended twice and can't wait to do it again! Email me on [sales@stephenvanbasten.co.za](mailto:sales@stephenvanbasten.co.za) and I will put you in touch with them.

For married couples, I suggest you have a very specific monthly budget. List both your incomes and the family expenses. Then put one evening a month into your diaries around the 5<sup>th</sup> of the month to review your spending.

I suggest that you agree EVERYTHING including how much you can each spend on yourselves. I also suggest that you have very specific financial goals. Take out a monthly investment policy at the birth of each of your children and give it to them on their 18th birthday. Make it a habit to pay

yourselves first. By that I mean, get into the habit of saving and investing. Invest a set percentage of your income. Save a set percentage into 2 types of saving; Saving for major purchases (e.g. Deposit on a house), Saving to build wealth (This never gets spent. Ever. It's for your great, great, great grandchildren).

This is a repeat of the sage advice from Adam Helper from my previous book, "So you're engaged, now what?":

Okay so you're engaged, congratulations, **mazeltov** – most importantly, well done! It was a huge decision to make and you've done well for taking the plunge. Being born into the Jewish faith, I was told that when I step on that glass under the altar on my wedding day, and break it - that this will be the last time I ever put my foot down. And almost 11 years later, I can understand that this indeed is the truth.

To be 'successfully-married' it takes lots of planning, just like any other big decision in life. Obviously step one is to make sure that your gut tells you it's right. I'm big on gut-feelings. So much so, that I only dated Taryn, my wife, for 2 weeks before popping the question. Thankfully I wasn't wrong. We were both working at the time, not really earning much money, but enough to pay for our own living costs. Quite frankly we didn't really care where we landed up, all we wanted was to be together, even if it was in a shack. And the truth is, no matter how much one plans a wedding or a marriage – one can't plan to the point of guarantee – one can only plan to a certain point and the rest is up to Him / The Universe / God or whatever Higher Power you might believe in. The romantic element of eloping or taking the plunge, irrespective of the financial outcome is cute, but let's get real - it doesn't have to be as difficult as it sometimes is financially, for newlyweds or newly 'committed/beloved'. Being in the physical world that we all live in, we have a certain element which happens to make it go round – money. I know it sounds cliché, but

due to the fact that money does make the world go round, part of 'planning' for your big day, for the start of your unified journey.

"Authenticity is about being true to who you are, even when everyone around you wants you to be someone else", said the great basketball legend, Michael Jordan. When it comes to dealing with money and dealing with financial planning, like anything else in life, you cannot adopt the same methods which might have worked decades or even years ago and expect them to yield the same awesome results they did back then. Times change, people change, needs change and expectations change, and financial planning needs to keep being refreshed around that. The nice thing with money is that it isn't really that complicated to make the right decisions. When I started this business, almost 9 years ago, I was not called a financial adviser, I was your everyday insurance-salesman. These days - due to the very reason I mention about times changing, the regulatory bodies and legislation makes it very difficult to just be the salesman. This is all in the best interests of the client, as thankfully it has cleaned up the industry. The only problem I had at the time with being referred to as a financial adviser, was that it was like as if we had all the answers, which is not necessarily the case.

What I can guarantee you is that, if you start planning financially when you are meant to start and stay in the minority who actually do it properly from the get-go, with somebody (a 2013 qualified financial adviser) of your similar age-group or life-stage who is in it for the long-haul you really can't go wrong these days.

The abc of what one would look at financially when committing to their other half for the rest of their lives, in sickness and in health, until death do them part would firstly be the insurance element. There is the proof, straight out of the mouth of the minister/priest/rabbi/universalist in every religion on your big day - in sickness and in health till death do you



part. Meaning, that any of these instances could happen throughout the marriage.

Wealth creation before wealth protection is totally incorrect, in my opinion. What I mean is, “what’s the point of saving for the long term, if something like death, disability or severe-illness happens to you along the way?”

That accumulated ‘saved’ value will be nowhere near the cover amounts which would pay out, should you need them. One of the more experienced brokers of my time always says, “***Insurance is the only thing you can’t buy when you need it most***”. When we look at starting a financial plan, we should be looking at immediate risks as a priority verses the risks we face towards the later stages of our lives. Healthcare should not be negotiable, for so many different reasons. The bottom line is, that depending on your specific requirements and needs, you don’t necessarily have to be on the top-end plan from the start. What I’m saying is that, even a hospital plan which covers all major in-hospital incidents in full would be a good grounding as the first step, especially for a young healthy couple who is only starting their financial journey as a unit. Step two would then be to look at the risks we could face at any point, which could have far more detrimental effects if not planned around. The fact is we are all human. There is no arguing that we are not immortal and anything could happen to us at any given time. The fear of what would

happen in a tragic event can be reduced by simply having the peace of mind that the financial side of things will be unchanged. The bigger your bank account, the bigger your needs. Short-term insurance would be next, the need to insure your cars, household and the new gifts you’ve received and are mostly likely going to be receiving over the coming months / weeks. The first specified items most couples would mention in a short-term insurance policy, would be the beautiful engagement ring!

Everything with financial planning is working around your ever-changing life-stages. Once your boundaries are covered, i.e. all your insurance needs – we can start looking at creation instead of protection. Again, when you're towards the end stages of your working life, i.e. your late 40's to mid 50's – it's already too late to START planning for retirement. You will need to work until you're 95 years old if you only start to save then. So of course, saving for your old age will ensure that you and your spouse will have something to show for the beautiful and toiling years you spend working. You will genuinely fulfil the promise to each other, of growing old together.

What we are essentially saying is that part of the "I do" is making sure that should you or beloved encounter a life-changing event, that financially your journey together this world is smooth. Again, we can't stop it from happening, but we can certainly provide you the peace of mind, knowing that your significant other is truly going to be okay, in sickness and in health, till death do them part. Throughout your life you need to remember, that we can only work with the facts we have before us. We don't know what tomorrow brings. In fact we just need to enjoy every day of our lives. A day is actually your entire life, in miniature. The fact is that you are human, sometimes you're ahead, sometimes you're behind, the race is long - but in the end it's only with yourself.

Do it right, and do it with somebody who can provide you the best value for your hard-earned income. No matter what your needs are financially.

## Depression

Dr. Demartini defines depression as; **when you compare REALITY with your fantasy or expectation of what you believe should have happened.**

One of the keys to this teaching is actually accepting reality. You may think that things SHOULD have turned out differently – well they didn't. Believing that someone SHOULD be different to what they are is also not accepting reality. So your husband is a buffoon when he gets drunk. So your wife snores. That's reality.

Here is the real truth. A leopard does not change its spots and no matter how you try, you cannot change someone against their will for a long period of time. It would seem then that it is actually our expectations that cause us our pain, grief and sorrow. Every time you have an expectation, you run the risk of disappointment. I remember a time I was late and we were going out. I was speeding home, Whatsapping Jax how far I was every 2 minutes, fully expecting her to run out the door when I arrived. Imagine my surprise when I got in and she was reading on the bed!

Whenever I am asked to assist a couple who are going through strife in their marriage, it's generally about the same thing. One person feels the other person should be behaving differently. In other words, they have an expectation that their spouse should behave in a different manner.

The next exercise is really an exercise in personal development. It's designed to highlight your expectations and wave the red flag as to where you will naturally create strife in your life. I will give you some examples from my life to assist you along the way.

## Unrealistic expectations

One of your biggest enemies in life and in your marriage will be your unrealistic expectations of yourself, your partner and the other people in your life. I highly recommend Dr. Demartini's The Breakthrough Experience to fully understand this. [www.drdemartini.com](http://www.drdemartini.com)

- You have unrealistic that others must always be perfect.
  - Always positive, honest, up-beat, healthy, obedient, generous, caring, saintly, hard working
- You have unrealistic expectations that others will be congruent with what you value instead of their own values.
  - Family, Social, Mental, Vocational, Financial, Spiritual, Physical
- You have unrealistic that you must always be perfect.
  - Always positive, honest, up-beat, healthy, obedient, generous, caring, saintly, hard working
- You have unrealistic expectations that you will be congruent with what society and others deem important rather than your own inherent values.
  - Family, Social, Mental, Vocational, Financial, Spiritual, Physical

This is when the horrible word, **“Should”** starts creeping in:

You “Should” go to church more often. You “Should” eat more healthy food. You “Should” go to gym more.

You “Should” earn more money. You “Should” visit your parents more. You “Should” work less after hours. You “Should” give more to charity.

Frankly, anything you say after should is a lie.

You “Should” go to church more often. You “Should” eat more healthy food. You “Should” go to gym more.

You “Should” earn more money. You “Should” visit your parents more. You “Should” work less after hours. You “Should” give more to charity.

Well you don’t!!!!!!

***Where do you have unrealistic expectations of yourself?***

I should be wealthier.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

***Where do you have unrealistic expectations of others in general?***

People should obey the rules of the road.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Share with each other

***It's all about perspective:***



Sometimes your expectations seem like this to your spouse!!!!

***Where do you have (unrealistic) expectations of your marriage?***

***What are your expectations of your marriage and relationship?***

Honesty. Faithfulness. Flirting. Forgiveness. Apologizing. Working late. Family. Money. Authority. Friends of opposite sex. Checking each other's cell phones and sms's. Boys and girls nights out. Drinking. Smoking. Drugs. Washing dishes. Call when late. Keep in touch. Chat every day.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

***What are some of your UNREALISTIC expectations of your spouse?***

Money | Sex | Power | Other?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

***In your opinion, what are some of your spouse's  
UNREALISTIC expectations of you?***

Money | Sex | Power | Other?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Share these with your spouse.

***How can you change/improve some of these (unrealistic)  
expectations self/ others/ spouse/ marriage?***

***What can you take out of this exercise? How can you use  
this to improve your life / marriage?***

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

I ..... pledge to do more of this from now on.

Signed ..... [YOU]

I ..... pledge to do more of this from now on.

Signed ..... [PARTNER]



## Communication skills in marriage: transactional analysis

There are 3 states of communication according to this well-known model.

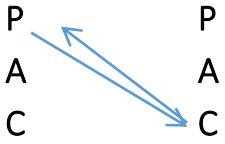
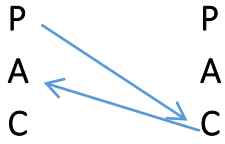
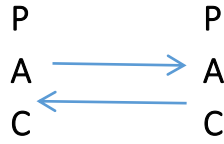
1. Parent to Child
2. Child to Parent
3. Adult to Adult

The ideal is to have Adult to Adult conversations. This is when you have a neutral relationship in terms of power and authority and it is more of an equal partnership than a hierarchy.

The theory is that when one partner speaks 'down' to the other  $P \rightarrow C$  the other partner will usually react like a child  $C \rightarrow P$ . Example "A" below.

Ideally when this happens, the enlightened spouse would come back Child  $\rightarrow$  Adult as in Example B.

Example C represents the ideal Adult / Adult state.

A	B	C
		

<b>A</b>	<p>P-&gt;C: "How many times do I have to ask you to clean the pool. You'd think after 10 years of living here that you'd know it has to be done every week"</p> <p>C-&gt;P: "And you'd think that after 20 years of marriage you'd do it yourself"</p>
<b>B</b>	<p>C-&gt;A: "I have remembered to clean the pool and I will do it once I have eaten"</p>
<b>C</b>	<p>A-&gt;A: Darling, please remember to have the pool cleaned before Sunday as we're having visitors and it embarrasses both of us when the pool is yucky"</p> <p>A-&gt;A: "Sure thing honey! Remember last time how awkward it was?"</p>

**Another set of examples:**

<b>A</b>	<p>P-&gt;C: What? You want more money? What for? Do you think money grows on trees?</p> <p>C-&gt;P: No it doesn't but I wish it did!</p>
<b>B</b>	<p>C-&gt;A: "I know money doesn't grow on trees. I need some to replace my worn tires.</p>

C	<p>A-&gt;A: Phew. Cash flow is tight right now. What do you need the money for?</p> <p>A-&gt;A: My tires are quite worn but can last another 2 weeks till pay day. Shall we do them then?</p>
---	---

### ***Task .....***

Here is a challenge. Can you find a way of practicing this with your spouse? Practice examples C above. In other words the Adult -> Adult states. Then agree that whenever one of you feels patronised, you can simply say, "Parent-Child?" with a slightly raised eyebrow and the other partner must try again in Adult -> Adult mode. You asked for communication skills. This one is a beaut. Use it in an Adult -> Adult manner and it will change your lives forever.

### ***communication in marriage: rapport:***

Being in rapport is one of the most powerful states you can be in. When you met, you were in massive chemical rapport. Remember the first words you shared, asking for the first date, the first kiss, the first everything. That yummy togetherness is rapport? You can rekindle the old rapport with practice as well as enhance your present relationship by actively being in rapport. Once again, you can choose to be in ACTIVE love or Passive Love. You can use this in sales and business too. In fact in any relationship you value. The real professionals even use body language mirroring and other techniques to enhance this.

Here are some examples.

Partner 1	Hey darling it's so nice to see you	Not in Rapport
Partner 2	The gem squash at PicknPay is R7/kg at the moment	
Partner 1	Hey darling it's so nice to see you	In Rapport
Partner 2	Thank you. Yes. Isn't it lovely to be together like this?	

Partner 1	How wonderful that the DA did so well!	Not in Rapport
Partner 2	It did not do well. The ANC did well.	
Partner 1	How wonderful that the DA did so well!	In Rapport
Partner 2	They did very well all things considered. I just wish they had done better	

Partner 1	Hello sweetheart, I made dinner	Not in Rapport
Partner 2	Yes I can see that. The kitchen is a mess.	
Partner 1	Hello sweetheart, I made dinner	In Rapport
Partner 2	Awesome. Thank you. I am starving. Let's eat and then I'll help you tidy up.	

Partner 1	I am having such an issue with my boss	Not in Rapport
Partner 2	You should be more assertive with him	
Partner 1	I am having such an issue with my boss	In Rapport
Partner 2	Aish. It's horrible to be unhappy at work. Shout if you need some assistance *hug and kiss on forehead*	

## Task 11

I suggest you take turns reading the above to each other a couple of times. You read “partner 1” and your partner replies with “partner 2”. Feel what it feels like when you are not in rapport. Now create your own examples below.

Partner 1		Not in Rapport
Partner 2		
Partner 1		In Rapport
Partner 2		

Partner 1		Not in Rapport
Partner 2		
Partner 1		In Rapport
Partner 2		

### ***Communication in marriage – arguments***

Despite the best intentions and honed inter-personal skills, you will argue. This is normal. The classic stages of group dynamics hold in marriage too. Forming, storming, norming and performing except in a marriage the cycle never ends, storming, norming and performing, storming, norming and performing, storming, norming and performing, storming, norming and performing. When a married couple tell me that they have been married for 40 years and have never had an argument I am immediately sceptical. In my opinion they are either being dishonest

(to create a good image) or they have a VERY hierarchical marriage and one of them is totally dominant and the other totally subservient.

My advice here is two-fold.

- a) Don't bottle things up. I often ask to Jax after a heated discussion why she allowed her feelings to get to explosion stage instead of sharing earlier. Express your feelings (ideally in Adult -> Adult mode).
- b) Warning. This is incredibly difficult for both of you. It takes a lot of self-control.
- c) Make two appointments with your spouse 24 hours apart. For example, at 8pm on Wednesday night and 8pm on Thursday the next night.
- d) Tell your partner that you have something you want to share that is bothering you.
- e) On the first appointment you tell them what is bothering you. THEY ARE NOT ALLOWED TO RESPOND. Just listen.
- f) On the second appointment, they report back with their thoughts and feelings relating to the issue. YOU ARE NOT ALLOWED TO RESPOND. Just listen.

I love this because it forces good communication. What we as humans do when someone gives us feedback is we instinctively react with our point of view. We want to defend ourselves. We react so quickly that we do not honour our partners sharing, opinion and feelings. This leaves them feeling un-heard and frustrated.

Here is the truth about most arguments: YOU ARE BOTH RIGHT. From her perspective she is right and from his perspective he is right. Reality is very grey. Truth is very grey. Who decides what is right and wrong? Is one man's meat not another man's poison? Who is right about religion? The

Buddhist, the Muslim or the Christian? Who is right about politics? The Socialist or the Capitalist?

In my opinion, there are two types of arguments:

1. Both parties are interested in the truth and want to sort the issue out no matter who is right and who is wrong ;try to be like this]
2. Both parties want to prove their point and they will even lie or hide the truth to achieve win the argument. They are obstinate that their way is correct [try to avoid these. No one can win].

I believe this sentence is very enlightened and emotionally mature way of expressing an issue with a partner: "Stephen, sometimes the things you do annoy me. I am not asking you to change because I accept you as you are, but please understand that when you do them, I will generally react badly"

When you are not able to manage the discussion in ADULT mode and you find yourself in a big fight, have your argument, say what you need to but try your best not to get nasty. Then make up as quickly as you can. Apologise if you need to and get on with life.

Sometimes when Jax is angry with me after an argument I will ask her if she can imagine a time in the future when she will be friends with me again. The second she says, "Yes" I suggest with my naughty grin that she starts immediately and not waste the time in between 😊!

### ***Marriage and the little voice***

I was recently exposed to an amazing new teaching. It relates to the brain and that little voice in our minds. It would seem that the major task of the brain is to keep us safe. To protect us. Interestingly enough, I learnt this at a financial seminar (T Harv Eker's Millionaire Mind Intensive) and also at a presentation seminar (T Harv Eker's Train the Trainer).

We are largely empty when we are born. You can teach a child any language on earth. We are essentially programmed by our parents, our siblings, our culture, our society, our friends. The politics and religion of our parents usually become ours. We learn about money from our parents and they were probably our first examples of marriage too. The brain is like an air-conditioners thermostat. If you program an air-conditioner for 22 degrees, it will warm up when the room hits 20 degrees and cools down when it hits 24. We are the same. According to Harv, we have a financial blueprint which keeps us limited. He and others in this field assert that you will never earn more than your self-image (what you believe you are worth). It is the brain and THE LITTLE VOICE that holds us back. The same is true for marriage. Man, there are so many negative beliefs surrounding marriage. When I told one of my acquaintances that I was getting married he suggested I take an aspirin and I would feel better in the morning. There are so many paradigms associated with marriage:

- Another one bites the dust
- Another good man gone
- 50% of marriages fail
- Men are all bastards, they all cheat on their wives
- She is lovely now but she will turn into a bitch in 5 years' time
- Women are controlling and husbands are hen-pecked
- Love is blind
- Rod Steward is claimed to have said, "Whenever I feel the urge to get married, I find a strange woman and give her my house. That's the eventual outcome of marriage".

These are all examples of the little voice. Warning you against marriage. Trying to keep you safe from heartache.



Your little voice will re-enforce your paradigms during marriage too:

- She is bossy
- He love work more than me
- She is a nag
- He would rather play golf than spent time with me. You see. He does not love me.
- She always .....
- He always .....
- She just spends money without thinking
- He is such a miser
- She hates my friends
- He hates my mother

### ***Goal setting – creating a shared vision***

I believe that having a shared vision makes the world of difference. You could liken your marriage to a business. Most successful businesses have a vision and a mission statement and then short, mid and long term goals. Why not emulate that in your marriage? Dr. Demartini asserts that any area you are not empowered in, someone will overpower you in. I love taking my couples through this exercise.

Set two individual Marriage goals for the next 2 years (where do you want to be 2 years from now):	
Family	Immediate and extended
Financial	Building Wealth
Vocational	How you make money – your passion

**Notes:**

Agree two individual Marriage goals for the 2 years (where do you want to be 2 years from now):	
Family	Immediate and extended
Financial	Building Wealth
Vocational	How you make money – your passion
Societal	What can you do for society? How can you maximize your social network?
Mental	Learning and Teaching
Spiritual	Your belief system
Physical	Health and well-being – home, cars, clothing

Set two individual Marriage goals for the next 5 years (where do you want to be 5 years from now):	
Family	Immediate and extended
Financial	Building Wealth
Vocational	How you make money – your passion
Societal	What can you do for society? How can you maximize your social network?
Mental	Learning and Teaching
Spiritual	Your belief system
Physical	Health and well-being – home, cars, clothing

Agree two individual Marriage goals for the 5 years (where do you want to be 5 years from now):	
Family	Immediate and extended
Financial	Building Wealth
Vocational	How you make money – your passion
Societal	What can you do for society? How can you maximize your social network?
Mental	Learning and Teaching
Spiritual	Your belief system
Physical	Health and well-being – home, cars, clothing

Set two individual Marriage goals for the next 10 years (where do you want to be 10 years from now):	
Family	Immediate and extended
Financial	Building Wealth
Vocational	How you make money – your passion
Societal	What can you do for society? How can you maximize your social network?
Mental	Learning and Teaching
Spiritual	Your belief system
Physical	Health and well-being – home, cars, clothing

Agree two individual Marriage goals for the 10 years (where do you want to be 10 years from now):	
Family	Immediate and extended
Financial	Building Wealth
Vocational	How you make money – your passion
Societal	What can you do for society? How can you maximize your social network?
Mental	Learning and Teaching
Spiritual	Your belief system
Physical	Health and well-being – home, cars, clothing

Discuss and AGREE Marriage goals for 50 years from now. (where do you want to be 50 years from now)	
Family	
Financial	
Vocational	
Societal	
Mental	
Spiritual	
Physical	

If you did this properly, you will now have a really cool agreed set of short, mid, long and very long relationship goals. Of course they will change. Ideally you should review and tweak them annually.



## ***15 imperatives for a lasting marriage***

1. Make it your mission to be the best spouse in the world
  - a. when you both have that attitude your marriage becomes more resilient
2. Become each other's best friend
  - a. Make sure you take time to chat and keep updated on what's happening in each other's lives.
  - b. Share your thoughts and opinions
  - c. Share your dreams and fantasies  
Side note: ii. Only act out on about 20% of your fantasies, some things are best kept in the realms of the mind. But be brave enough to share them and mature enough to receive them.....
3. Allow your partner to be who they really are.
  - a. Don't try to make them more like you.
  - b. At the end of the day, don't we all just want to be loved and respected for who we are?
  - c. And while we may change for those we love, over time, don't we always default back to who we really are?
4. Facilitate growth in each other.
  - a. Personal,
  - b. Spiritual,
  - c. Emotional.
  - d. Intellectual.
  - e. Recognise that marriage is one HUGE growth experience

5. Find new ways to please each other
  - a. Don't get complacent
  - b. Don't rest on your laurels
  - c. Keep things spicy everywhere, not only in the kitchen.
6. Learn to communicate:
  - a. Learn and respect each other's values
  - b. Recognise how your differences make you a team
  - c. Learn and talk in each other's love language
  - d. Learn and talk in each other's apology language
  - e. And then actually express your love
  - f. And actually apologise when you are wrong
7. And forgive graciously and quickly
  - a. we are all human and we will make mistakes
8. Resist temptation
  - a. Temptation is real and we are all susceptible
  - b. Temptation is not only sexual
  - c. Could also be Financial (overspending an agreed budget)
  - d. or being overly Controlling or Selfish
  - e. Usurping each others authority
  - f. And this gets even harder when the kids arrive
9. Trust each other
  - a. Trust until you are given reason not to rather than assert that trust must be earned
  - b. You are going into this marriage with trust, so always expect the best of each other
  - c. Always give each other the benefit of the doubt

10. Manage change over time

- a. 20 years later I am not the man Jacqui married and she is not the woman I married
- b. You will both change
- c. Right now you are attracted to the things that make you the same
- d. As you move through time you will not only grow & change but you will get to see each other's full personality
- e. The good and the bad will emerge

11. Power struggles

- a. To be honest, I don't know how to address this topic properly, It has proven to be the most difficult area of my marriage
- b. Who is the head of the family, when?
- c. Managing different parenting styles
- d. How do we spend the money?
- e. Apologising
- f. Pouting/Cold Shoulder
- g. Withholding time/ sex / favours / words

12. Be realistic in your expectations of

- a. Yourself
- b. your spouse,
- c. your relationship
- d. and your marriage

13. Recognize that you are responsible for your own happiness
  - a. It is not your partners duty to make you happy
  - b. Only you can achieve that
  - c. You are choosing to find happiness together
  - d. But not abdicating responsibility to the other
  
14. Celebrate occasions
  - a. Buy each other cards and gifts on:
  - b. Wedding anniversary
  - c. Valentine's day
  - d. Christmas
  - e. New Year
  - f. Birthdays
  - g. Mother's day
  - h. Father's day
  
15. Have a common Vision
  - a. Agree on short, mid and long term goals in all 7 areas of life (Physical, Mental, Spiritual, Social, Familial, Vocational, Financial)
  - b. How many children you will have?
  - c. Where you want them to go to school?
  - d. How you will discipline them?
  - e. To spank or not to spank?
  - f. How you will spend the money?
  - g. How much you will save and invest?
  - h. Where you would like to end up living (and retiring)?
  - i. Will you go to church? And when the kids arrive?
  - j. Can you afford to have mom at home when the ids arrive?

- k. Would mom actually want to stay home?
- l. Know where you want to be 50 years from now in all 7 areas (Physical, Mental, Spiritual, Social, Familial, Vocational, and Financial)!



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# THE ENNEAGRAM

On our wedding day we are determined to keep our vows to love, respect and honour each other. However, we all know that a relationship of honesty, openness, holding and generosity is not easy. Individuals change as they mature and develop and this has an impact on any relationship. The Enneagram is a personality map that not only shows what strengths each type brings to a relationship but also the potential trouble spots and stressors that might occur.

The Enneagram helps us:

- Recognise our own and our partner's motivations and needs.
- Resolve conflict by revealing how you and your partner deals with stress and anxiety.
- To 'show up' when our partner most needs our support and encouragement.

For an introduction to the Enneagram system contact:


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# SEX

Remember that there are 3 things you will struggle with in life and argue about in marriage. Money, sex and Power (authority)? With sex it will be, how often, who initiates, who is on top, who decides when, do we add toys, do we dress up and a million other permutations? I am still 100% certain that there is no couple on earth that are perfectly matched in this area. Generally one of you would like more sex. One of you (probably the same one) would love to be a bit less conservative (read kinky). One of you will prefer one position and the other another. This is normal. How you manage the DIFFERENCES  is very important. Don't be fooled people, this is an important area and I fully encourage you to be very open and very communicative with each other. The rest of this chapter is a direct transcript of one of my sex talks.

*Please be warned it is very graphic.*

## How to improve your relationship using advanced sexual techniques.

### ***The Tantric Sex Experience***

Have you read 50 shades of grey? Would you willingly be Anastasia? Is that for the kinky sex or the Audi R8? I think most of us men would gladly be Christian Grey – rich, handsome and wanted by a beautiful woman.

I am fully aware that I have a very mixed audience reading this book.

I know that some of you are married.

That some of you are single.

Others of you single wishing you were married.

Some of you are married wishing you were single.

And of course, there are those of you who are married and acting single  
😊.

Ladies, are you single and just waiting for that perfect partner? Well I have excellent news for you. I have a foolproof piece of advice for you. If all else fails, LOWER your standards. And guys, finally someone wrote a user manual for women. I assume that most of you are familiar with them: *Fifty Shades of Grey*; *Fifty Shades Deeper*; and *Fifty Shades Freed*. Yes. I read them all. My wife read the first one and passed it on to me when she started the second. I must say that we had a lot more sex during the reading of those 3 books.

Sex is one of my favourite subjects and I seriously hope that you will have a marvellous time as we explore this rather delicate subject.

I have a simple plan for this chapter:

Let's talk about sex,

Men and women's sexuality and how we differ,

Sexual tips and techniques – basic to advanced.



## Let's talk about sex.

### ***Firstly, sex is NATURAL.***

- We all want to try it out and we all want to be fulfilled.
- We ideally want to do it with someone else but failing that we sort ourselves out.
- And if we have a choice and are 100% honest, we prefer to have an orgasm or two.

### ***Secondly, sex is NORMAL.***

Don't let anyone tell you how your body should react – we are all sexual beings but with differing sex drives and needs.

### ***Finally, sex is HEALTHY.***

I am sure I don't need to tell you the health benefits of sex. I have sex 3 times a day and you have to admit I look good for 69 ..... years old! I am actually waiting for the day when Discovery Vitality gives me an orgasmatron (instead of a pedometer) to measure the amount and size of my orgasms and give me money back based on that!

### ***Everyone is DIFFERENT* 🌀 .**

I believe that, if there are 7 billion people on earth, there are:

- 7 Billion individuals,
- 7 Billion paths to God,
- 7 Billion religions,
- 7 Billion skin colours,
- **AND 7 Billion sexual preferences.**

Don't let ANYONE tell you what is right and wrong in this area. Or how often YOU should make love, or for how long or with what number of people (simultaneously or in series).

What feels good to you is OK. You may struggle to find a partner who agrees and is willing to accommodate you, but that is a totally different subject!

### ***Sex is COMMUNICATION***

Sex can be the highest form of communication or the lowest form of hatred. Sex is actually quite like having an itch and asking someone to scratch your back. Firstly, you have a need.

Secondly, you communicate that need and what you want. Thirdly, you give directions, "Lower, to the left, aaaaah yes, that's it. No you moved off. To the left. A little harder. Not that hard. Yes, yes, yes. That's it. Don't stop ooooooooooh..." So girls, if you can direct us to the itchy spot on your back, surely you can direct us to your sexual spots too?

### ***Sex can be SPIRITUAL***

I love the concepts of Tantric Sex. To me, Tantric Sex is simply the practice of prolonged sex for pleasure and includes a very spiritual aspect. It's almost enlightened sex – sex without guilt. It's the exploration and the surrendering of oneself to absolute pleasure. It can be one of the highest forms of intimacy and communication between two human beings. Let's face it, you can't get much closer to someone than when they are deep inside you.

I am of the belief that it is one of the paths to enlightenment, and there are cultures that perform tantric group sex as a form of praise and prayer. Jong! Right now I am wondering why I pulled the short straw and landed in South Africa!

Of course, the best way to learn Tantric Sex is to have a great Tantric Sex lover to teach you.

If you are already in a relationship, this may be tricky... You can then get some good explicit DVDs and watch them together. Then try the stuff out. Get a book on sexual positions and take turns on choosing a new position to try. Or take turns in randomly opening the book on any page and attempting to do that. Just remember you may need to clear some of the positions with your doctor or do yoga for 27 years to get into some of them!


I am of the belief that courage and communication are the two main ingredients of great sex.

- Courage to try new things and experience something different.
- Communication is paramount for obvious reasons.

Funnily enough, sometimes it takes A LOT of courage to simply communicate what we want sexually.

### ***A quick look at LOVE and LUST***

Consider this: If 50% of marriages fail, then 90% of love relationships fail (we don't marry every person we date).

One of the biggest issues with SEX is that so many people confuse it with LOVE. So let's break this myth. Love and lust are two different  things.

Due to our conservative, Calvinistic, Christian Western upbringing we (and especially girls) are taught that sex is something only to be done with someone you love. That you will find someone you love and then progress to sexuality. Or that you should save it for someone special that you love. Maybe that is true in an ideal world but the reality is more like the hypothesis Scott Peck, the famous psychiatrist, advanced.


Scott Peck defines LOVE as, “One’s willingness to expend energy for another’s spiritual growth”. I love this definition as it excludes sex and chemistry totally. It points to LOVE being a caring friendship thing, rather than a chemical reaction with someone. Scott Peck further defines the phenomenon of ‘falling in love’ as a very powerful and pleasurable chemical reaction between two people. Essentially, a short-lived trick the universe plays on two people in order for them to lower their inhibitions, get naked, have sex and ensure the longevity of the human race.

Let’s face it, if God (whoever and whatever God may be) didn’t make sex incredibly pleasurable, the human race would be too lazy to do it and we would be extinct right now!

### ***A quick look at RELATIONSHIPS and WHY THEY FAIL***

Firstly, when the lust subsides, we think we are falling out of love! Actually, this is when we have the true opportunity to demonstrate true love.

Secondly, I don’t know of any couple that is 100% compatible sexually. In any sexual relationship there is usually one person who would like more sex than they are getting and the other could do with a bit less. One will generally be more adventurous and the other more conservative. Generally it’s the former in both cases that’s susceptible to an affair or finding someone else.

Thirdly, we all have a different  set of values. What is important to US. When we speak to our partners in terms of our values they get bored. When we speak to them in terms of THEIR values, they stay interested.

## Some sexual differences between Girls and Boys

One classic thought to introduce this section: When girls are undressing for sex with someone new they are thinking, "Will he notice my left boob is smaller than the right one? Will he think my bum is big? Would he like bigger boobs? Will he notice my nail damage? I am so pleased I put on the matching bra, panties, earrings and eyeliner!" He is thinking, "OMG! I'm gonna see her naked! Is she really gonna let me shag her? I wonder if she is into oral sex. Surely I am the luckiest man alive."

Like everything in life, we just have to come to terms with the fact that men and women are different 🌀. The world would be a disaster if we were all the same. Imagine there were only men? It would be one huge orgy! And if we were all women, we would all end up best friends or arch rivals – neither of whom you really want to have sex with.

So, here is the low-down: Men are like microwaves and women are like ovens. To cook a roast in an oven you have to pre-heat it, cook and then the oven cools down. Microwaves are on and off. They just cook. And then stop cooking.

Don't you sometimes think that God has a strange sense of humour? Sometimes I think that he was bored up in heaven. So he made earth and put males and females on it. He made them sexually attracted but emotionally and mentally different 🌀. And if that is not enough, he made men peak sexually between 18 and 25 and women peak around 40 to 45... Then he sat back and he has never been bored again! It's been centuries of drama! He doesn't need 200 channels on DSTV. He simply watches Earth.

Who of you went to see, *Defending the Caveman*? If you haven't, it's relationship therapy. Jax and I have seen it at least 10 times. From a sexual perspective *Defending the Caveman* got it right.

Instruction to men: You have to go to Johannesburg via Durban with a stop off in Bloem, Kimberly, Nelspruit, Maseru and Beitbridge before you even think of going near the ..... basket. For women, foreplay starts days before sex. BBm's, whatsapps, flowers, compliments, dinner, movies and **talking**! And it gets worse. Us guys can work for days and mess it up with one stupid comment just 10 minutes before the big moment.

Instruction to women: Go straight for the arrow.

Have you noticed that men can pause an argument, have a quick shag, and continue the argument? NOOOOT women... The major point is that men and women are wired differently.

Women have 100s of erogenous zones. Hands, feet, knees, shoulders, thighs, inside of elbow, neck, ears, lips, bum cheeks, garden path, breasts. Basically anywhere that there is skin! It's like a roadmap to ecstasy, but you have to follow the map. And it just so happens that God wired men to intensely dislike maps!

- a) Girls, we really are so easy:
- b) Just grab us by the crotch and say, "I'm not wearing any underwear" and we are all yours.
- c) Remember we are not like you. We are boys. Our penis is the man! It's our main and biggest and nicest and most grateful erogenous zone.
- d) Most of us have a name for it.
- e) When you rub our backs we are thinking, "She's on the wrong side of my body."
- f) When you rub our chest, we like it, but we are thinking, "She's half a meter too high."
- g) When you suck our big toe we think, "Oh I wish that was my cock."

- h) When you grab our asses when we hug we like it because it pushes our penis closer and harder into you.

### ***Let's talk about ORGASMS***

1. Generally men come quickly and women take longer.
2. Men generally come once and it's OVER, while women are able to have many orgasms in any given session and if that's not unfair enough, they can have different 🌀 types of orgasms too!

Yes, women got multiple orgasms and men got to pee standing up and to be FULLY fulfilled after sex.

There is a hypothesis that centuries ago, men had to essentially rape and come quickly before a wild animal or angry husband happened along. This ensured the longevity of the human race by impregnating women quickly. So sex was pleasurable for men and a nightmare for women. It has taken a long time for women to feel OK with sex and sexuality, and actually having and even demanding orgasms. Let's face it, there is still a stigma attached to a woman who expresses her sexuality with many partners, while it's still considered cool for men to do it.

Men are also very goal oriented. They hunt their own and their partner's orgasm. Women enjoy the entire time: the closeness, the kissing, feeling wanted, being close to the one they love and pleasuring the one they love. They are also more forgiving of themselves and their partners if they don't come every single time. And so they may sporadically fake an orgasm to appease the hunter in their spouse and avoid the cross-questioning afterwards.

Before we move on let's just be sure we know where to locate the clitoris, G-spot, and who has heard of the A-Spot? At this time, could I ask for one of the women to come forward, and take her clothes off? Joking, joking!

1. **Clitoris** at top of vagina just inside the outer lips.
2. **G-spot** just inside and on top/roof (The perfect Cremora – it is inside AND on top).
3. To find: insert finger half way and perform the ‘come here’ gesture.
4. **A-Spot** fully inside, all the way in, at the beginning of the cervix.
5. And there are some serious nerves **just inside the vagina** even before the G-Spot. Gentle stroking probing movements are very appreciated. Especially during foreplay.

The male G-Spot. Yes girls. We ALSO have one. Not as lekker as yours but we have one. The prostate. Rule number one with anuses – approach with care. Many men associate the bum with being gay. I am just going to say this straight out – a finger in the bum, massaging the prostate can heighten the male pleasure dramatically. Massaging the prostate during sex also prolongs orgasm because we can’t multitask and the finger in the bum is hard to ignore...

### ***Some men struggle to come***

Find out what they like but if all else fails try a hand job with oil. Increase the speed slowly until he finishes. It’s really about pressure and friction.

### ***Other men struggle not to come***

You can use a condom to desensitize the penis. There are also creams that do this. I used to enjoy Pi Yong Tong. Sometimes you can get into a really deep penetrating position, touching the A-Spot with the tip of the penis and then just do very short strokes that please her and just keep you erect. But the best is probably the cock ring with a little vibrator. Get on your back, put it on, get her on top and inside with her clitoris on the vibrator. She will make little moves while the ring inhibits your orgasm. R100 at all leading sex stores.



### ***Some men struggle to get an erection***

Find out what he likes. I cannot stress communication and trust enough. Please ladies, I have heard a woman tell the entire dinner table that her husband can't get it up. Man-Oh-Man, that sure ain't gonna help the cause! He may like some roll play. Let him pretend he's an insurance salesman if it works... Put on the crotchless panties if it helps. Tie him up and spank him if it does not offend you too much.

Remember, it's essentially blood that makes him erect. So warm him and it up. A warming oil is great. Personally, I find oral sex works a treat. If all else fails, consider watching a porn movie together.

### ***A quick note on PORN***

Men are into variety. Sorry. I could lie to you but I'm not going to. A 70-year-old man who has sex 3 times a year will shag 4 prostitutes in one afternoon given the chance. It's just the way we are wired. We are hunters and enjoy the game. We enjoy variety. Porn gives us the chance to be with someone new every now and again without being physically unfaithful. Girls, your main rival is the internet, not his secretary. Porn requires no foreplay or afterplay. It's quick and fulfilling.

### ***Let's talk about BREASTS***

Some women like a bit of pain. Others don't. Some love them squeezed hard, others softly, and others medium pressure.

Tip: The ENTIRE breast is an erogenous zone. Don't focus on the nipples. Massage the entire breast.

Another tip: Women's breasts are a bit like our testicles in that they love to be released from their underwear and then adjusted. It's a kind of a lifting movement. Score brownie points by doing that sporadically.

Some women like their nipples licked gently. Others sucked reasonably hard. Others like gentle nibbles. Others like them bitten hard (don't try this one at home without express requests).

Another tip: Even if you don't like breasts, they are the key to the front gate. Girls like them being played with. Always show your manners by introducing yourself to the girls appropriately.

### **Let's have a quick quiz:**

How many of you who have female partners know EXACTLY what level of pressure she likes?

And the rest of you? Have you thought to ask?

Ladies, would any of you mind your partner asking you how hard they should squeeze or suck?

### ***Let's talk about BUMS***

Guys, the bum cheeks are very erogenous. A nice butt massage is awesome. In fact, your greatest seduction technique is not 'roofies' or a stun gun but a lovely oily neck, back, bum and leg massage. Add candles and some incense and it's a winner!

Tip 1: Monitor her breathing for falling asleep, there is a fine line between relaxation and arousal. Don't let her cross that line!

Tip 2: While the chocolate starfish (anus) is extremely sensitive, sensual and sexy, don't even think of touching it during pre-foreplay (unless you are in a relationship and both into that already). Don't even think of it in the first couple of months unless you get the go-ahead. The rules of

bedroom golf say it well, "Don't play the back 9 unless you have express permission from the course owner."

## Tantric Sex tips and techniques

### ***Men can have multiple orgasms and women can ejaculate***

Let's define both terms:

An orgasm is a set of pleasurable spasms.

Ejaculation is the emission of fluid – squirting.

The essence of Tantric Sex is to make sex a beautiful spiritual experience:

- It is to sometimes be the giver and sometimes be the receiver of incredible pleasure.
- It is to honour the god and goddess within your partner.
- It is to totally embroil yourself in the spiritual healing aspects of sex.
- It is to allow yourself to enter an altered state/a higher state/a meditative state through sex.
- It is finding absolute and exquisite pleasure using sex.
- It is an opportunity to trust.
- It is an opportunity to allow yourself and your partner to be, to experience, and to let go in a non-judgmental way.

Let's face it, to a Martian, sex would probably look very strange. We are naked and exposed, sometimes grunting, screaming and gyrating and pulling the most awful faces.

This state is essentially achieved by the man holding back his ejaculation and having lots of pleasurable spasms (multiple orgasms); and the woman having lots and lots of orgasms and ejaculations. Very much like extended foreplay.

Part of the theory, is that women are receivers of energy (semen) and men are givers. This is why a woman is re-energized after sex and a man needs a little snooze. If the man can control his ejaculation, he can go on all day. There is also a belief that if the man saves his ejaculation, the semen re-circulates into his body and is very healthy.

Benefits for girls: lots of pleasure, lots of foreplay, lots of orgasms and maybe even a good old squirt! Shall I even bother asking if any of you are brave enough to admit to squirting?

There is a scientific method to achieve squirting. How to make a woman ejaculate? Search “How to make a woman ejaculate” on [www.redtube.co.za](http://www.redtube.co.za). It’s a great video even though it’s on a porn site. I have tried it and it works. If that fails, my number is 083 ...

Benefits for guys: You get to last longer, you get to play longer, you get to have lots of peaks (without ejaculation) and you have a fully satisfied partner who adores you in bed and wants more because it’s fantastic! You get to reduce your woman to a heaving senseless wreck and hear her say, “WOW, no-one ever did THAT to me!”

So the idea of Tantric Sex is for the man to control his ejaculation and experience orgasmic spasms while he takes the woman through the various stages of arousal, orgasm, possibly ejaculation and she may even move into full body orgasm. The man may or may not ejaculate at all.

This is where communication and teamwork come in. You cannot achieve this without both knowing what you are trying to achieve. You need to have a common objective. You have to both know some tricks and have the same objective in mind. How many household activities can boast the same togetherness?

### ***More about the male orgasm***

When a man climaxes, there are a few things that occur:

1. His breathing gets faster and quicker.
2. His testicles move closer to his body – contract.
3. Semen shoots out of his penis – ejaculation.
4. And of course urban legend tell us that his toes curl up – there is no conclusive evidence of this yet!

So there are 3 ways to help the man to last longer, and let's face it, thinking of cool grass, puppy dogs' noses and your mother-in-law, to take your mind off how nice it feels, is no fun at all...

So when you feel you are starting to approach the point of no return, basically, when your horny level rises above your IQ level...

1. You start breathing deeply and slowly (and the opposite is true if you are struggling to end – then you need to pant).
2. And/or one of you pulls the scrotum and testicles away from the body.
3. And/or one of you grabs the base of the penis and squeezes VERY tightly – you can use a cock-ring for this too.
4. Of course, pulling out and straightening his toes manually will definitely stop him climaxing!

You can continue this for as long as it works but eventually the man will want to cum. This is where the fun and communication start. Men, before you get to the point of no return, say, "STOP" and then both of you **STOP**. Now girls, stop means stop. Not just another stroke or suck. It means stop. Even if you are mid stroke. You will know it's imminent by his breathing and the stupid look on his face. Stop and grab the base of the penis and squeeze HARD. You have so much power now. 2 strokes and he is done and snoring next to you. FULLY content with a silly grin on HIS face. Stop and allow him to recover and you get to play for another while and YOU end up with the grin on YOUR face.

This will take some time to get used to. You will have a mishap or two. Just laugh, go to sleep, wake up and try again.

Another exercise, especially during sex, is to stop and pull out. Go make a cuppa tea for both of you. Drink it and then start again. Or go to dinner or movies and start again when you get home.

A lovely exercise is to have the guy sitting cross-legged with the woman on top. When the man is about to shoot, STOP and have a chat with him still inside. Talk about your day or your plans for tomorrow and when he is ready, start again.

The interesting thing here is that when you get it right during sex, the male reaches a point when his penis goes a bit numb and he could actually carry on for ages. The down side is that he may struggle to cum when you want to end. At this point you may need to use the position that makes him cum easiest and pant like a dog. [Girls, getting up and curling his toes manually would **not** be appreciated at this juncture.] Appreciative gyrations and low moaning noises would be much more appropriate.

If you don't cum, as a man, you retain that energy and can go all night. 10 times a day.

The belief is that the semen gets re-absorbed into your body and is actually very healthy.

The ideal here is to recognize that the spasms (orgasms) just before ejaculation, and having to stop, are the pleasure. The longer time in her hand, mouth and vagina etc. are the pleasure.

A note to the ladies: This can be frustrating. There will be times when you are about to cum when he needs to stop. It will take extreme effort on both your parts to stop. Don't get angry with him. He will be doing this for you. Do you have any idea what a turn-on it is to see your naked

partner riding your penis, a look of ecstasy on her face, her breathing getting deeper, louder, faster, her moaning getting more guttural, her thrusting more insistent and meaningful and her vagina contracting and tightening around you. Enough to push any man right over the edge! So you are just going to have to delay gratification, smile sweetly, pull his balls and squeeze that base hard. I promise you, when you build again, it will be even more intense.

### ***Stroking tips and techniques for penises:***

1. Start off slowly.
2. You can manage our orgasm by speed.
  - Faster and we get there faster.
  - Slower and we recover.
  - Dead slow and we percolate.
  - Too fast and it's painful.
  - Add oil and go fast for long enough and we cum.
  - Add oil and use two hands ultra-slowly and we are literally writhing in pleasure.
  - Add some sexy twisty movements for show.
  - Watch our eyes and pupils for tell-tale signs of orgasm and STOP when necessary.

### ***Blow job tips and techniques:***

1. Rule number one – mind the teeth.
2. The penis head and spot just below the head on the underside are most sensitive.
3. We do so appreciate it if you are able to get it all in, there is something so special about being sucked around the base (I've never felt that of course...).
4. Use your hand to create the illusion that you're getting it all in.
5. Hand and mouth working together is a beauty to behold.

6. None of us expect you to swallow, but we are always grateful if you do as it does not break the rhythm at the most intense moment.
7. Personally I love oral sex but only as foreplay.
8. I suppose this is the place to mention rimming. Some will, most won't, but a tongue in the bum is exceptionally sensitive and erotic.

### ***For guys/girls doing girls***

1. Remember she is a girl and different to you. Don't go straight for the basket.
2. Be very aware of pressure, her sensitive spots are... well... sensitive.
  - Ask her how hard she likes it.
  - Ask her if you are hitting the spot.
  - Ask her if it's nice.
  - Ask her to show you how!
3. Take your time, the best thing about a massage is that it hits all her erogenous spots. Just think of her entire skin as one huge erogenous zone.
  - a. Take note of when she moans or squirms or gyrates and go back there. OFTEN
  - b. Listen. She will moan when it's nice.
  - c. Watch. She will react when it's nice.
  - d. Feel. She will react when it's working.
  - e. Remember the body, the neck, the legs, the breasts and then the clitoris and the g-spot and then back to the breasts. She won't mind.
4. Don't forget to kiss her. Not like a washing machine but with skill. Girls love being kissed. I wish I could teach this, but kissing is an art...



5. Tip:
  - a. Remember she can cum often and they will build in intensity.
  - b. Don't be scared to allow her to cum a few times during foreplay.
6. Here is the tip of tips:
  - a. When she is about to cum, don't change anything.
  - b. Don't go faster.
  - c. Don't go harder.
  - d. Don't change direction.
  - e. If it's your finger or tongue, DON'T stop and think you have to shove your penis into her! You will just spoil the moment, chase the orgasm away and disappoint her.
  - f. Just keep on keeping on, let her cum, then try something new...

### ***Sexy things to try***

1. Blindfold him/her.
  - Then use yogurt, ice, vibrator, oils, fruits, vegetables, a spoon to drive him/her wild. The blindfold intensifies his/her sensitivity as the sight is taken away.
2. Tie him/her up.
  - This gives you carte blanche to explore and tease. There is a clear cut line of who is dominant and who is submissive. Both roles are scrumptious and require huge amounts of trust.
3. You may even try blindfold and tied up. Who knows?

I believe that every person should experience the beauty of a deliciously sexual relationship. Make sure your partner experiences it with YOU!

I wish you many hours of delicious, sexy pleasure. May *most* of your fantasies come true. And may you be and find, the perfect sexual partner.

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## To stay or not to stay, that is the question?

Please. I am the first to agree that marriage is often tough. There may be times when you feel like throwing in the towel. I even concede that sometimes you can love someone but are just not able to live with them. And I would never advocate staying married and been eternally miserable. I do want to suggest that if you are struggling to make your relationship work, the problem lies with both of you. You may find another spouse, and I guarantee you will get to the same point with them too. Sometimes you just need to push through the bad times and then be joyous as the good times return.

Before you do anything rash, do give me a call and let's see if we can straighten things out: [stephen@stephenvanbasten.co.za](mailto:stephen@stephenvanbasten.co.za)

### ***My favourite relationship poem - by Bob Marley:***

*"He's not perfect.*

*You aren't either, and the two of you will never  
be perfect.*

*But if he can make you laugh at least once,  
causes you to think twice,*

*and if he admits to being human and making  
mistakes,*

*hold onto him and give him the most you can.*

*He isn't going to quote poetry, he's not thinking  
about you every moment,*

*but he will give you a part of him that he knows  
you could break.*

*Don't hurt him, don't change him, and don't  
expect for more than he can give.*

*Don't analyze.*

*Smile when he makes you happy, yell when he  
makes you mad,*

*and miss him when he's not there.*

*Love hard when there is love to be had.*

*Because perfect guys don't exist, but there's  
always one guy that is perfect for you."*

When I heard this was Bob Marley, I wondered if we should all smoke some of the green stuff every now and again. It certainly seems to have made him wise. 😊

For those of you who know me, I love learning and teaching. The Mental and Social areas of life are my high values. I have been researching human behaviour for decades. I have been particularly interested in relationships. I am also an advocate of mentor and mentoring. I am so grateful to my personal mentors without whom I don't know where I would be today. When we are sick we go to a health mentor (doctor), when we have toothache we got to a tooth mentor (dentist) those of us why ever tried to learn golf would have gone to a golf mentor.

### **Here is the story of my 3 mentors:**

The story starts in 1969 when my father started teaching me karate at the tender age of 5. I was a strange lad. Bright eyed, bushy tailed, complex

and incredibly idealistic. And while karate taught me so much, my father is NOT one of the masters I will be speaking about today.

The first master is Gogen Yamaguchi 8<sup>th</sup> Dan. Current head of Goju Kai Karate worldwide. The year is 1989 and I am 24 years old. I arrive in Japan. A second dan black belt and soon realize I am out of my depth. I feel like a green belt and am totally humbled by Yamaguchi's knowledge, skill and ability to teach. The best way of describing it would be like been an amoeba in Albert Einstein's advanced science class.

7 months later, after much blood sweat and some tears, I was invited to grade for my 3<sup>rd</sup> dan.

The second Master in the saga is a man called Keith Milton Rhinehart. The founder of an international Universalist church. Without touching too deeply on the taboo subject of religion, suffice to say that he officially introduced me to the concept of Universalism which holds that all religion leads to the same God. I say "officially" introduced me because it is something I have felt deep within me for decades.

I have been a member of this church for almost 25 years now and have been exposed to some incredible insights and teachings.

My 3<sup>rd</sup> Master is none other than the relatively famous Dr. John Demartini. Human behaviour specialist, researcher and teacher. I met John in 2010 when I attended one of his talks. He literally blew me away. Since then I have spent many hours at his talks and courses. And today I stand here, more authentic, more inspired and infinitely more successful.

The reason I pay homage to my masters today is partially gratitude. I truly believe that we should remember those who assisted us upon our path and remember to thank them every now and again. More importantly to highlight the importance of mentors in our lives. Without mentors we would take much longer to get where we are going.

Let me briefly elaborate on the effect of my masters, my mentors, in my life.

In 2009, I became a world champion in karate. In fact, I currently hold a gold and silver medal in my style and division. There is no doubt in my mind that there is a direct relationship between *that* and training with the best karate teacher in the world for 7 months.

I currently perform weddings, funerals and baptisms for a Spiritual segment I call, “Believers not Churchgoing” or for those who consider themselves more Spiritual than Religious. This is a huge and growing market and I am handsomely rewarded ministering to them. I assist Atheists, Agnostics, Pagans, Wiccans and members of every faith to bury their dead respectfully and marry their children appropriately. Due to my Universalist background I am *perfectly* and rather uniquely placed to do so.

*Dr Demartini* gave me the courage to believe in myself. For 25 years I earned a fortune in sales but felt like an intruder in someone else’s business. I hated corporate life but could not escape the golden handcuffs.

**Now** for the first time in my life, I am living **MY** dream. I know what and who I am and I know exactly where I am going. Because I do what I love, every day is a vacation for me. I am healthier, happier and my wife and daughter love me **even** more!!!

Why do I mention this? Because sometimes you really need a RELATIONSHIP MENTOR. Sometimes you need a life coach. Sometimes you just need a plain old fashioned kick in the rear end. I can help.

## ***My Relationship seminars***

These are the seminars I hold throughout the year:

- 2 hour relationship **crash course** (group)
- 6 hour relationship **seminar** (group)
- 4 hour relationship **enhancer** (on-on-one with a couple)
- 10 hour relationship **bootcamp** (on-on-one with a couple)
- 2 day future-proof-your-marriage **couples retreat**
- Tantric sex 101
- Personal Mastery: Manage your emotions, focus your thoughts, create your future
- The life skills experience

Watch the intro video on my YouTube Channel – Stephen van Basten

I have never been more convinced that the key to a long lasting relationship is knowledge. Let me share what I have learnt with you.

Email me for more information on my upcoming seminars: [sales@stephenvanbasten.co.za](mailto:sales@stephenvanbasten.co.za) and receive a 10% discount on your booking.

Contact details



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## Closing thoughts

Thank you once again for reading my book. I sincerely hope that you found it interesting, insightful and most importantly incredibly helpful. I am 100% committed to assisting couples to get married and stay married. If this book has assisted you in doing so, my life becomes more complete.

And congratulations on finishing it. I find that most successful people are able to do what it takes to achieve what they want. Very often, when they really don't feel like it. The book was not meant to be easy reading. Well done winner.

As always, I am very interested in your feedback. Why don't you pop me a quick email telling me what you loved and what you hated. How I can improve and what was particularly enjoyable. Of course, if you found it meaningful, forwarded it to all of your friends who are in a relationship. A long lasting, fulfilling relationship could be the very best gift you can pass on to those you care for. [author@stephenvanbasten.co.za](mailto:author@stephenvanbasten.co.za)

And lastly. I encourage you to join me at one of my relationship seminars. I am fully aware that there is a stigma attached to marriage counselling. I don't do that. This is about human behaviour in relationships. I know that one of you will want to do this and the other won't. Be assertive, it's only 2 hours for goodness sake. If you are the one that does not want to go, would you consider humouring your partner and honouring their wish to enhance your relationship. And I know that guys don't really want to take directions from other guys (it's a boy thing). Offer him something VERY nice in return for the two hours we all spend together. I guarantee you, he will express his gratitude on the way home. If he does not, I will give you your money back. Remind him that I am also a boy and it will probably feel like I am slightly biased in favour of the men (which is absolute rubbish of course!).



Stephen van Basten

I wish you a lifetime of beautiful growth. May your marriage be blessed with ups and downs, passionate storms and tranquil peace. May your kids challenge your ability to love unconditionally. May you be blessed with the wisdom to know when to stand up to bullies and when to submit. When to fight authority and when to accept your place in the hierarchy of life. When to say no to the kids and when to allow them their freedom and growth. May you sit on the proverbial 'stoep' one day, still in love, still holding hands, with a glass of red, fulfilled in the knowledge that despite the odds, you did good. That your marriage and children were the ultimate teachers, and that given the chance, you would not change all that much.

Thank you, I love you.

Stephen van Basten

## Additional Resources

I have put together some great resource articles for you, read them, share them and enjoy.

To your relationship and marriage success.

## Wise words from a wise woman

**Charisse Tyrer**

*So I won't offer all of you beautiful and loyal followers another exciting 50 Shades of whatever colour. I'm simply not cut out for that and my writing abilities are slightly limited. But I'm going to share with you all - my little bit of Heaven here on earth! I'm going to somewhat spice up your read of the day. Gonna give you all a little 'pick me up' - a little bit of bedroom talk. Some relationships, most these days, become stale shortly after they begin. Far too familiar. Time is rushed and life and living just have the nasty habit of getting in the way. But if you find something good, something that pretty much feels like it is out of this world - if you find your 'forever', the way I eventually found mine, then WORK at it. Look after it. No relationship is easy. It takes work from both sides, but keep the work fun. Keep the romance alive and burning steaming hot. Let the flames leap and lick high upon the body of your soul mate. Remember, it takes two to tango and sometimes three! No I'm not kinky so to speak, but a little bit of fantasy never hurt anyone. Now I'm not saying rush out and order a catalogue third party, but understand this, the bedroom is probably THE most important part of a successful relationship. Let your imagination run wild if you will, popping in a boundary line here and there. Know where to draw the line - and always have a safe word! Allow your lover to take you places that you have never been before, the way mine does. And people, I sure as hell don't mean Paris or Venice. I mean Heaven. Let him touch your soul in a way that he reduces you to tears. Go out of your way to perfect your part in love making. You will never look back and you will surely celebrate golden years together. Bring out the tiger and tigress in each other. Consensual sex between two adults is absolutely beautiful and God given and don't let skeptics tell you otherwise. Keep it sacred though, but NOT boring. Walk on sunshine. Float on a cloud. Fly to*

Stephen van Basten

*the moon. Peeps - my day is over - but before my eyes close, my good man is calling. I will leave up to your imagination, the destination he takes me to tonight and I trust your choice of country or planet can be like mine. A little bit of Heaven right here on earth.*

*God Bless. Charisse.*

## For better / for worse - contributed by Siobhan Marie du Toit

I was a girl whose heart had been broken enough times to know that I was going to be a single parent for the rest of my life... Marriage was just not an option for me.

The idea of being married made me ill and anyone who knows me will know that before meeting my husband (Yes, now I am married) marriage was a swear word. I can't say for sure what it was about a marriage or a wedding that had me running for the hills but the thought of searching for 'wedded bliss' was not a treasure hunt I was willing to participate in.

That said, I've had some pretty good examples of loving marriages in my life time. My great grand parents were married so long that they got an anniversary card from the queen. My grand parents have been married for over 50 years and we share an anniversary month, only we are way behind. I have known a few people who've been married for a very long time who are still in love, little old lovebirds. Sadly, a long marriage does not always mean a happy one. I'm certain that there are many couples in the world still married because of the stigma attached to divorce and the effect it has on people like me.

I was 12 years old when my own parents got divorced, very young and it affected me pretty badly (As any one who knew me then could vouch for). My parents were divorced and I was too young too understand why. I watched many couples separate and end marriages thereafter... Friends parents, family, just so many people ending the sham that was their lives. Little to inspire any hope in the sanctity of marriage.

I met my husband the most common way possible in this day and age. Facebook to be exact. Mutual friends had decided that we should befriend each other via social networking and get chatting that way. I did

add him as a friend and lo and behold, he was still 'married'. Immediately I wanted to stop chatting to him but he quickly came clean about going through a separation which was verified by the mutual friends... One thing led to another and we started dating. I became a stupid, gushing girl and truth be told for the first time in my life, I fell in love.

We were only together for a very short time when I fell pregnant. Definitely unplanned and definitely out of the blue... Hubby moved in and within a few months we'd found a place of our own and started to build our life together. After what felt like forever (but was actually only a year and a bit after we met) he finally proposed over breakfast in October and we were married by the July of the following year. We had the most beautiful wedding despite him not wanting a second 'big' wedding and that was that (And yes. Stephen van Basten married us!). What I spent my whole life thinking I didn't want, I craved with someone so badly and once it happened it was the best thing that could've happened to me!

I'm not a very religious person so the biblical idea of marriage is not something I really worry too much about. What I do think about is the vows I said and the promises that were made and how I try my human best to honor them, almost every day.

Marriage is tough... Oh em gee it can be tough. Up until you sign those papers or walk down that aisle, no matter how committed you are there will always be an invisible trap door waiting to be used. Don't get me wrong, there are people content to never be married and live in partnership their entire lives and it works for them... Going so far as buying houses, having children and opening businesses all sans a marriage certificate. I always thought I'd be one of those peoples and yet here I am, truly knowing that there definitely is a mind shift change that happens subconsciously when you get married. In my personal experience, those I do's sealed the deal.

What you have to understand when you get married is that you're not only marrying a person. You are marrying a lifestyle, a personality, a family. You are marrying values, traditions and certainly some bad habits. You have to be prepared to take on baggage... Marriage comes with two people's histories merging to create a future involving each other. We haven't yet been married for two years and those good times and bad times that our reverend spoke of in our service have been experienced ten fold. We have had breaking times and times near cracking but at the same time, we love each other and neither of us would be here if we didn't.

I intend on being married for the rest of my life, until death do us part. To do that means that every now and again, I have to suck it up, put on big girl panties and move forward. That means learning to shut up sometimes and knowing when to nag at others. It means knowing when to agree, when to disagree and when to agree to disagree presenting a united front... It's the unspoken rule book of marriage that will ensure we do have a healthy marriage for as long as we are willing to stick it out, even when sh1t gets rough.

I have friends getting married soon who I love dearly and so I thought, as the wise old wife I am, I'd share my thoughts for them to claim as their own one day... Copyright not required.

- Times will get tough. What you think is tough isn't tough, that's a walk in the park compared to the times you guys may or may not face. Guess what, if you can get past it together, you will survive.
- The wedding is the easy part :) And that's what everyone says is so stressful.
- No matter what, you're partners. To the world, you're a unit. Your behavior does not only reflect who you are but reflects your partner as well. If one of you cracks, you both crack. Make sure

your husband or wife has a safe place to crack when it happens, we are human.

- There will be people who test you, challenge you, disagree with you and even doubt your marriage. Honestly, who cares!!! The marriage is yours and your partners alone, what everyone else says is irrelevant.
- There is no time frame on love, life, marriage etc. If you marry after 1 month, 2 years or 10, it's your choice.
- Always know where you stand with each other, which is something both of you should know before everyone else does. If people around you know more about your marriage than you do, something is wrong.
- Heated discussions and debates make for a healthy, intelligent marriage. If conversations stay interesting, so will your marriage.
- Learn how to be together and do nothing. Even better, learn how to do something for yourself while you are together. I can read a book, he can work on the computer, we are still in the same room together :)
- Then for goodness sake get some time apart. 24/7 was not in my vows and the time we spend apart is healthy. There is truth in the saying that absence makes the heart grow fonder.
- Never lose who you are for the sake of being someone you think your spouse wants you to be. I'm difficult, always have been and always will be but he married me this way and knows I will never change.
- Your husband or wife is going to come with bad habits. My OCD means half of what my hubby does annoys me but I choose my battles and sometimes have to overlook the ring in the bathtub or the half glasses of water all over the house... I'm certain when asking what my bad habits are, the list is pretty long.



- When asking my husband what his marriage advice would be, his answer is 'Just say YES boss'.
- Compromise, compromise, compromise... The only thing you shouldn't compromise on is yourself.
- If you do not love yourself you cannot expect to love someone else. If you're not happy with yourself, ask your partner to help you and support you so that you can be happy with yourself. The more confident, sassy and sexy you feel, the more you'll want to share with your partner.
- Remember you are human. We get angry, we say nasty things, we push buttons and we sometimes let our ugly streaks out... If your spouse doesn't love that ugly side, who will. The habit we need to get out of as a human race is saying things we don't mean. It's not a very nice trait to break someone down when that's the person you should spend time building up.

I hope everyone gets to have that 50 year long marriage filled with love and happiness. If it's not work, it's not a marriage. When you stop working at it is when you've given up.

See the original blog and more from Siobhan here:  
<http://theshevster.com/2014/01/22/for-better-for-worse/>

## Parenthood

I do believe that this topic warrants a full book of its own, "So you're a parent, now what?" and despite producing one awesome kid, I actually feel it was more luck than anything else.

Victoria is currently in North Carolina in the USA at Camp Tonnawanda working as a camp councillor. She passed matric with flying colours and was awarded her Protea colours for karate for representing SA in Canada. She is a beautiful teenager who has really given us very little grey hair. I said to Jax today that she has achieved much much more than I ever expected.

Once again, I must re-iterate that parenthood is not for sissies. When newlyweds ask me my honest opinion about having kids I tell them the following, "Children will mess up your whole life..... but it's WORTH IT!" I always smile knowingly when a couple expecting their first child utter those immortal words, "We won't let the kid change our lifestyle". Yeah right!

One of the best pieces of advice we got was during ante-natal classes. We were advised to have an agreed strategy on as much as we could BEFORE Victoria was born. It is not possible to make decisions on how you are going to parent your child in the heat of the moment. Decide and agree up front on how you will discipline your child. Will you breastfeed or not. Will you spank or not. Decide and agree upfront to always support each others decisions. Your kid will play you up against each other and tie you up in knots if you are not very careful. If one of you makes a decision, the other agrees. You can argue about it later and fix it later but don't let the kid divide and conquer you.

Next, let your yes be yes and your no be no. Kids need boundaries. They will push until they find your boundaries. Be consistent. We were given sage advice by our Psychiatrist, Debbie Collaros; you need to break the will but not the spirit. As a parent, I believe you need to win the showdowns. While the youngster lives in your house, they live by your rules. For punishment, find their most treasured item or pastime and take that away. We took the Vixta's i-Phone away frequently. Of course as she grew older, we gave her more responsibility, pocket money and freedom.

Kahlil Gibran's poem on children always brings a tear to my eyes, "Your children are not your children. They are life's longing for itself. They come through you but are not of you. Seek not to make them like you for life goes not backward. Seek rather to be like them. Give them your love, but not your thoughts..... ". Please note that that was paraphrased on purpose and I know it is incorrect. Feel the message and even better google it yourself and read it all.

Here are some more random thoughts on parenthood:

When Victoria was a baby, we always spoke to the adult in her. I used to teach her stuff before she could talk. Little things like, "That's mom. That's a flower. That is red. This is your hand. I am your dad." She listened intently and soon started pointing at stuff so that I would tell her more.

When a kid says they are bored. Shut up and wait for 20 minutes. They will soon find something to do. Before you know it they will be colouring in or playing in the garden.

When they can speak. Let them answer the questions they are asked. So many parents answer for their kids. In fact, go away and let them interact with other people without you.

When they are content and busy, LEAVE THEM ALONE. Don't get involved. Don't speak to them. Just let them be. We called this "Rule

number 1". So often the kids are completely engrossed in something and the parent pulls them out of it by asking what they are doing or getting involved.

Sometimes you need to lie to your kids. I lied to Victoria. I told her I loved school [I hated it], I told her how awesome school was [it was atrocious]. Victoria loved school and got great marks and results.

When you are out at friends, give the kid 10 minutes warning before you leave so it's not a surprise when you do leave. It gives them time to prepare and makes them feel included and special.

Keep your promises. If you warn your kid that you will punish them if they do something, and they do it, you simply HAVE to carry out the punishment. You owe it to them. They need it.

We always held that Vix had the right to her opinion and feelings and was allowed to express her disapproval of us and anything we did. We did help her to express this in a loving and acceptable way.

I believe that children have the right to privacy. If a kid has a diary, I hold that a parent may not read it without their express permission.

After taking some great advice, we eventually agreed with the Vixta that her room was, hers. We stopped nagging her about tidying up and what should be where. This really tested us! It is important however, that a kid has a space that is theirs and theirs alone. I am pleased to report that since she left for her world conquering tour, her bedroom is nice and neat!

Sex. The right time to talk to your kid about sex is WHEN THEY ASK. Our little Vixie was 5. A full 7 years earlier than we expected! She had been with a friend who had an older sister and had told them about sex. So we sat her down and told her everything. If you don't, then the school playground will become their authority. For the record, she was soooooo

bored with it all, she could not wait to move onto more exciting things like chasing the fairies outside (fire-flies).

Money. I suggest you get your kids into the habit of working well with money as soon as possible. Vix always had a savings piggy bank and later on we assisted her to set up an infinity account where she deposit money that is purely for building wealth and will never be spent. We also took out an investment policy for her when she was born and actually GAVE it to her to do with what she wanted at 18.


Dr. Demartini would probably assert that your kids need a balance of unconditional love and tough love. Challenge and support. Too much support and they get precocious. Too much challenge and they burn out. And if you over-protect them, you will attract a bully to balance that out. We held onto this principle when the Vixta broke the news that she wanted to take a gap year and tour the world at 18 years old. We supported her every step of the way while quietly dying inside....

Another awesome piece of advice we followed was around the time she turned 16. We gave her a huge increase in pocket money. I mean HUGE! She then paid for her own extra clothing, toiletries, birthday pressies, movies and entertainment. We actually saved money and she learnt the value of money. Very clever, Thank you Jenny.

In my opinion, the job of a parent is to facilitate the growth required to simply allow your child to become who they truly are. Too many parents force their kids to be what they think they should be and try to live vicariously through them. We want our children to make us proud. To be perfect. To achieve what we couldn't. I often say, "Show me a perfectly behaved kid and I'll show you a kid who has had the spirit beaten out of them!" Let your kids play. Let them get dirty. Let them dress themselves and look ridiculous. Let them be themselves. In fact, just let them be. Who gives a shit about what the strangers in Pick n Pay think???

Have you noticed that despite your criticism of your friends and family's parenting skills, 99.999999% of kids turn out OK. There is very little you can do to mess this up.

The most influential book I ever read on parenthood is probably out of print. It was called, "How to speak so kids will listen and listen so kids will speak". I implemented these concepts into my parenting and I love how it worked for us. I am sure you could find a copy somewhere if you really wanted to. By the way, it works on spouses and bosses too!

I also highly recommend getting your children to complete Dr Gary Chapman's Love and apology language profiles and then interact with them in this manner. Another invaluable tool was a book called, "Wild at heart" specifically if you have boys. This is especially helpful for moms. Boys need danger, intrigue and tests of skill and courage. Please don't try to bring up your boys to be girls. Girls balance boys out . They are nurturing, caring and loving. Dr Demartini will tell you that about 75% of males and 25% of females will have Financial, Vocation and Mental high on their values. 75% of females and 25% of males will have Family, Societal and Physical high on their values.

I do need to mention karate here. I don't know what it is (and I don't really care) but in my 45 years of karate I have noticed that karateka are generally really well balanced and turn out well. Karate is very hierarchical. There is a very clear system. You know who is higher than you and who is lower. You know who is better than you and who isn't. It is an all over physical workout like swimming. It is exceptionally cardio vascular and gives you a sense of self-worth. An inner knowing that you have a reasonable chance of defending yourself should you need to. For boys, you get your aggression out in a safe manner. You spar with others and get rid of the need to prove yourself aggressively. In my opinion,

karate kids ☺ stay out of the malls and don't easily get into snorting their pocket money.

My final thought is about schooling. Guys, 12 years is a long time to be unhappy!! Victoria went to a Warldorff school. She started in Cape Town and when we move to Johannesburg we (mostly Jax) drove 80km round trip to get her to Michael Mount in Bryanston. It cost us a small fortune but is money well spent. I could share a lot on the Warldorff system but encourage you to research it yourself, suffice to say that Rudolf Steiner was an early genius on human behaviour especially in the field of children's education. Google it. They are all over the world.

Parenthood is such a responsibility. I recently attended the Millionaire Mind course, with T. Harv Eker, where I realised how my parent's financial example became my money blueprint. This is true for everything. We are their programmers. They are born into our milieu. Our society. Our culture. Our politics. Our language. Our religion. When they are born they are basically empty and we fill them. Fill carefully my friends. Fill carefully.

## Victoria's van Basten's advice to parents

An unknown man once said: "Those privileged enough to touch the lives of children should constantly be aware that their impact on a single child may affect a multitude of others, a thousand years from now." I wish that I had had the privilege of meeting this man, so that I could shake his hand, and thank him for his words. For his insight, as the children of today are the future of our world, and they will be the people who ensure its survival. You, on the other hand, the parents of today, have the incredible duty of raising these leader's of tomorrow and nurturing them so that they can rise up, and reach their full potential.

I believe that a child needs to be given a few simple things in order for them to grow to be the best version of them selves, that they can possibly be:

### **They need love.**

It is a natural reaction buried with a parent to love their child, and for a child to love their parents, so this is an easy gift to give but is one of the most valuable. It is almost so easy and so natural that it is forgettable, but it must never be forgotten and should be displayed whenever possible. Now love comes in many different forms: a hug, a kind word, guidance, a little gift, a smile, and none is felt less than another by a child, and all are stored in a special place in their hearts.

### **They need someone to listen to them.**

Children are tiny people in a huge world, and although their characters are strong, they sometimes feel small. As Crystal DeLarm Clymer once said "when your child is talking, turn off the world" as they are talking for a reason, and they are talking to you for an even greater reason! You are their home, their safe space, and even if they are saying something that



may not mean much to you in the grand scheme of things, it means the world to them in that moment. When a child feels comfortable talking to you about the little things, they will know that they can come to you with the big things as well.

### **They need encouragement.**

A child will believe anything that their parents tell them for the first few years of their life, without a doubt. That may alter slightly as he or she grows, but the foundations you lay will be the root of that child's belief and confidence in him or herself. If you lead your child to believe, with everything that they are, that they can achieve anything that they put their mind to, you will be able to sit back and watch them do more than you ever thought was possible. They will believe it, and they will grow to surpass even their biggest goals. They will go so far in life, and they will learn to grasp every moment and utilize it, to the best of their ability.

### **They need discipline.**

You are moulding and shaping this little being, into someone who will one day make choices that will alter the future. He or she needs to know the difference between right and wrong and the only way to enforce that is through discipline. Not only is it something they need but it is something they secretly want too. I recall telling someone as a child that I needed more discipline and structure in my life at that point, and the lady told my parents this, boy did they listen. But what was interesting was that even at the age of twelve, I knew that I needed an external force to help keep me on the right path until it became second nature, and I needed it from people that loved me. I do believe, however, that over disciplining you child can be just as harmful as under disciplining. You need to learn to pick your battles and the moments that you want to modify behavior, carefully. He or she is just a kid and is still learning where the boundaries

are, sometimes they deserve some slack, but to always let things slide is a disservice and will come back to haunt you later on.

### **They need freedom.**

Children also need to be held and guided, but at the same time, they need enough room to explore and discover, and to make mistakes. It is so important to allow this to happen, to ignite a curiosity in them and let them run free into a life consuming thirst for knowledge and adventure. To be strong enough allow them room to make mistakes, as a parent, I assume will be one of the harder things to do as it is instinctual to protect them, but mistakes are the best way to learn about cause and effect, and as long as you are there to catch them when they fall and to help them back onto their feet, they will be perfectly fine, and grow to be so strong.

### **They need guidance.**

A child is experiencing life for the first time, and as he or she grows, they endure new challenges and joys. It is true that "there are no seven wonders of the world in the eyes of a child, there are seven billion" and with the discovery of these wonders, there will come mistakes. They will look to you for help, they will need you to take their hand and to lead them down a path that will help them grow and learn. Children are always watching their parents. You are their first role models and they truly model their behavior on how you react and interact with situations. Be the person that will make them proud, and in that way they will strive for the same level of decency, and grow to make you proud in return.

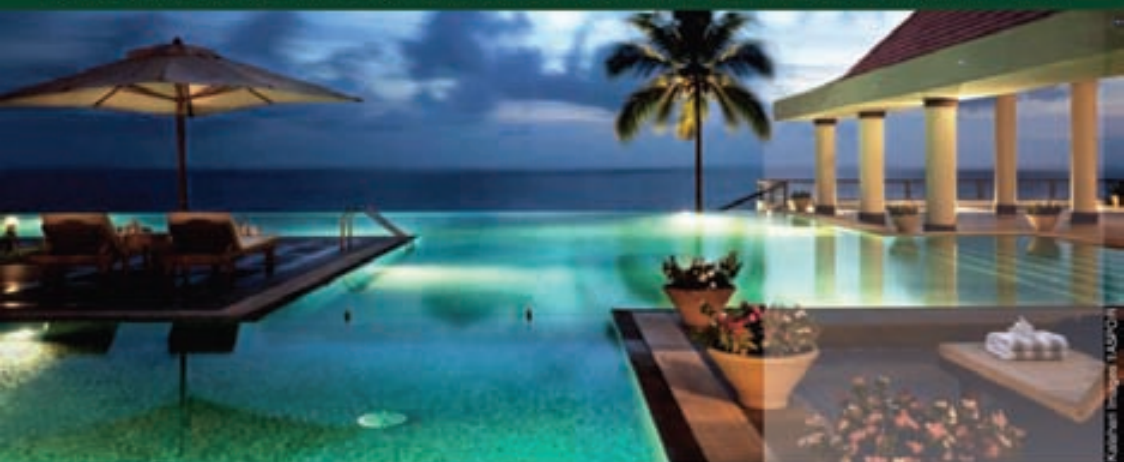
In essence, in order to raise a child who is well rounded and capable of handling anything that life throws their way, I suggest you strive to find a balance between support and challenge. This is a very strong concept and it will take time to fully understand, and even more practice to execute and to recognize opportunities to use it. Elbert Hubbard suggests that "where parents do too much for their children, the children will not do

much for themselves." Give them what they need and allow them to discover the world beyond that.

I know that I am only a child myself, and I can only understand so much of parenthood, but my parents have set such an incredible example for me, and I am so proud of them. In retrospect, I can see how they always had my best intentions at heart and that they always did the best that they possible could have considering the circumstance of each situation. They loved and listened to me, they encouraged and guided me, they disciplined me and allowed me freedom to become my own person and for this, I am eternally grateful. I hope to be as good a parent to my child one day, as they were to me.

*Victoria van Basten (19 years old - 2014)*

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## 10 Life imperatives

***(They relate to marriage too)***

***I am that I am that I am***

Always strive to be yourself. Live your dreams and not anyone else's.

Realize that you are unique. Don't try to be like anyone else on earth.

***I am authentic***

Strive to tell the truth. Especially when it is easier to lie.

Your word is all you have. Be true to it.

***Life sucks***

Life is NOT meant to be easy. It's designed to challenge and reward you.

Challenge and reward come in different seasons. Be at peace with the season you are in.

***True Friends are hard to come by***

Most of the people who befriend you do so because you add some value to their lives.

Take away that value and they leave.

Don't allow this to make you despise your friends, just recognize that they will come and go and be at peace with that.

***The universe owes you nothing***

You are not entitled to anything. Go out and earn it.

You are responsible for your own life and your own happiness.

Stephen van Basten

***Life is a game of trial and error***

Go out and PLAY!!!!!! Experiment. Reach for more.

Fail often. Fail again. Fail until you succeed.

Do more of what works and less of what does not.

There is no shame in failure. Only in giving up.

***The meaning of life is to GROW***

Personal development, Soul Unfoldment, Self Actualization

We grow more in the hard times. Relish the lessons.

***Accept that you are fully human***

There are 4628 human traits ranging from love, generosity, energetic, honest through hate, selfish, lethargic, liar.

You own all of the traits. So do your parents, so does your spouse, so do your kids, so does your boss.

Accept them when they are lovely and understand them when they are ugly.

***Never lie, steal, cheat, or drink (from Hitched).***

But if you must lie, lie in the arms of the one you love.

If you must steal, steal away from bad company.

If you must cheat, cheat death.

And if you must drink, drink in the moments that take your breath away.

## A note to potential parents from a teenager

***Uuril Mothiba***

I as a teenager I would like to say this to potential parents out there. It is never always easy for parents to have the potential of getting married and taking care of their kids inside of wedlock. Many parents decide to care for their kids out of wedlock. So for you to take the big step of getting into marriage shows that you have the potential of making a home a better place for your kids to grow in, a home full of love and laughter. A home as such is a healthy environment for kids to grow in. A home as such is a dream of every kid, every kid has the dream of living with his/her married parents whereby they will all be happy together but they don't find that opportunity as other parents are not prepared to take the big step of marriage.

I am also one of those who never had that opportunity to live with married parents, so I so adore those parents who are married and trying to make their homes a better place for their kids to grow in. As a married couple there are always ups and downs but the best you can do is to resolve your issues without your kids realising that there is tension between you, by doing that you give them the opportunity of being happy knowing that everything at home is perfect. But if you fight to the edge that the kids realise that there is tension between you, it's going to be a very hard situation for them because they are used to seeing you happy, so that is going to affect their studies and even their health. Remember: stress is not good for children especially when they are still growing up, we would not want to see a kid being stressed to the edge that he/she wants to run away from home or even worse committing suicide because of the way things are at home.

You are parents and you brought this kids to the world to give them love and care, so do that. Take care of them in the right way, let them know how special they are to you and I am not saying that this is a work of an individual parent. It's both your work as parents who are married and who always want to maintain the happiness of your children. By doing that you are also inspiring them to become good parents tomorrow. They are looking up to you as their role models and so wish that one day they become good parents like you. Don't let your kids down, keep on doing your best as a married couple to always show that you are still having that potential in you.

Kids may be too loud sometimes, but they don't really need you to shout at them, talking to them nicely will help as you don't want your kids to say you are bad parents. Teenagers don't want you to shout at them, they want you to sit them down as parents and explain what you know about being a teenager to them, explain to them the dangers being a teenager might come with, the challenges they are going to face. This will help your children to open up to you whenever they encounter difficulties in their lives. For teenagers sometimes is the problem of trying to fit in with a certain group of people, well, try talking to them about how to deal with situations as such because you have also been there. At least tell them how you dealt with the situation, how you ended up feeling comfortable, I know sometimes to our parents they feel that they can't do it, they can't talk to teenagers about other stuff but hey, being parents can sometimes be a hard job but the fact that you also became a teenager and now you are past that stage can come in handy sometimes. Opening up with the children about what you have been through when growing up and telling them different stories about what they are still going to face in life will make you the best parents they can ever ask for. You will be the best because they will consider the love you give them, the advice you give them and always being there for them, trying to put yourself in their shoes. Now let us see what those parents can do in order to keep their



marriage going strong. They should always remember why they got into marriage at first; remember their vows in front of the pastor and everyone who was at their wedding. They should look at the way their children live now and think about how it is going to be for the children if they divorce. Having your parents' divorce can devastate the kids so much that might affect their lives in a very bad way. Sometimes the kids might even blame their selves for divorce of parents. Think about who you will hurt before taking decisions as such, your kids may end up taking their lives because of that. You would not want to carry that burden over your shoulders right? That's what I thought too, so as I say you are potential parents I believe you can do it as parents to keep those around you happy.

Potential parents who are also married, you can do it by showing parents out there how it is done, sharing with them how you do it and giving those tips on how you maintain happiness in your homes. Sharing with other parents can help the world to be a better place and will increase the number of potential parents.

As you can do it, so can they. All you have to do is share how you manage to do it. Potential parents are out there but not many, but if you share how you do it, we can have as many potential parents as ever and the world will be a different place to live in for many children who are the future.

The world needs potential parents like you to make the change that will be good for the kids of the world. Remember: this is a note from me as a teenager to you as potential parents.

## A note to potential parents

### ***Kirsten Marquadt, Babysitter, 19 years old***

So you are a potential parent, I am currently working as a babysitter and I think you are slightly mad so I have some things to tell you! So here I go.

As children we are young and naive. We are like butterflies, our thoughts hop from one to the next. We forgive and forget, we are easily distracted. We can walk up to another child and simply ask 'what's your name' and there's a new friend for the day, no hormonal emotions and no worries.

As a parent you are able to shape and mould the young mind of your child. Teach them manners, show them right and wrong. Children may often look up to their parents with respect and are not afraid to admit and show they love you. This is the time in their lives they are most likely to listen to you. Take advantage of the moment!

Of course it's not as easy as it sounds. We all had different personalities when growing up. Some of us were shy, some outgoing, some loud, some quiet or just plain stubborn. A personality already shines through at the youngest of ages.

Time will fly by in the blink of an eye. Enjoy every moment with your unique child. Every up and every down. It will not last forever. Take your child out and show him/her what there is in the world. It doesn't have to be the Eiffel Tower but it can certainly be the zoo. Have fun and play games. Create a bond that will stick. Create lasting memories.

Watch your child. Children can teach you more than you'd think. I can't tell you what, you'll have to watch and learn for yourself.

However, as the years roll by, your little angel will grow into a teenager.

As children we listened to you, some of the time, you could teach us and love us, but now as teenagers the opposite happens. We listen to you none of the time. You cannot teach a teenager anything because we already 'know everything'.

Remember that a teenager is changing in many ways. We can no longer walk up to a stranger and become friends for the day. Physical changes and sometimes mental and spiritual are happening within us. There will be a new energy. Keep in mind the cauldron of emotions that bubble in teenagers, especially girls. Guys are often more chilled, though I believe they are also very good at hiding what they don't want you to see. Let them stay that way. Give a teenager their privacy.

We may grow up, we may become more immature. I cannot tell you what to expect because as humans we are all unique. What I can tell you is that you cannot force a teenager the same way you can try to force a child, such as when it comes to eating vegetables. Odds are the teenager will win the battle as we tend to do what we want anyway.

Avoid fighting, you don't want to be the enemy.

My main word of advice would be to lead us in the right direction rather than force us, both as teenagers and children. This can be something small and insignificant in the grand scheme of things, or even an event that could have a few different outputs. When you see, or think you see, us going down the 'wrong' path. Let us walk and find out for ourselves what you meant during the 'warning speech'. You would probably want the satisfaction of being right anyway. Children and teenagers may learn more anyway by themselves and their experiences rather than their parents words. But, do not rub it in your teenager or child's face that you were right, rather just laugh inside and support on the outside. You would rather be some kind of support pillar for your teenager.

We were and never are as clueless as you may think when you spot us doing something peculiar, sometimes we have an idea that you just haven't seen yet.

Having and raising a child is probably, as I have been told, one of the most exiting yet challenging things you could do. You will go through a real rollercoaster ride! Best part is it's a rollercoaster ride that never ends and it has no brakes!

## A message to parents from a youngster

*Claire Zelstra*

What I liked about my mother's parenting was that she chose Friday night meal times to be family time – she would put on the music and keep us all in the kitchen and made things lively and fun. It was such a treat because we all got to do our share in the preparation of the meal, and we got turns to pick which Cranberries song was to be played next.

This is something I value – the family time she chose to create after a long week which really makes home feel like home and a safe special place to be in.

Another thing about my mums parenting was that she never spoon-fed me. I am the last born and I cannot account for my brother and sister, but whenever I had a question she would refer me to the Pictionary, and when I could read better she referred me to the oxford dictionary. As a child I did feel a little neglected that she did not interact with me beyond this point – but it taught me that I can find things out for myself. I think a parent would do well to interact through the entire process and eliminate any self-doubt the child would have with that experience initially.

The experience of my mother's parenting was probably very different from what my siblings had. By the time I was there it felt like she hurried up what I had to learn. And I became accustomed to it – and with her encouragement I learnt a lot on my own, and from my siblings and others around me. Sometimes she would try explain something to me and I would get impatient at this because – “I Know Mom!” I would say this with such disappointment – how could she not know that I already looked it up? This did create a huge gap in my experience of life. My life was either books and facts – or books and faery tales. SO my world was either about knowing facts and what things were as per dictionary terms OR the

complete opposite faery tale where everything ends perfectly and happily. In reality it is neither.

My mom missed out on some of the practical things – and some of the things I still struggle with today. But that is ok, I am figuring it out, she did the best she could with what she had. And I will never know what her circumstances truly were like.

Self-care. One of the things I think vitally important about parenting – is teaching your children how to look after themselves, and enable them to be independent. At the age of 8, if I had a sore throat my mom did not hear about it as I already knew what I had to do. I knew how to look after myself physically, and knew that hygiene was just a part of life. My mom also taught me how to sew at the age of five – so any tear or hem that needed to be done in my clothing was never worried about – all I had to do was ask for the sewing kit. I learnt how to look after myself in all of those aspects.

The upside to that is I learnt to take initiative on practical things and do what needs to be done. The downside I felt like I couldn't ask for help, because she had already shown me, or the answer was in that dictionary. I would do things on my own, and insist I knew what was right because I had to know already. This has not helped me in my later life as it has taken a long time to be comfortable with asking for help. But the hardest of all is seeing that I do not know everything and having to accept that it is o.k. to still be figuring things out.

Sure my mom was a single parent. She taught us everything she felt was necessary to equip us to survive in case she was not there.

The thing about parenting for me is that unless we have acknowledged and seen ourselves clearly, we will not have acknowledged and seen how our parents parenting affected us, and in turn we will not know where and how this will affect our children.

This might seem intimidating, but I feel that whether you have children already, or are going to have children, you should find your true self. See you for who you are inside – Your character defects, your positive character traits, and your ability to function as an adult and especially in circumstances that are difficult for you, your ability to be honest and your ability to look after you first, then another person.

Unless you look after you first, love you first, be happy with you first – it will be harder to remove irrational emotions from situations with a partner, and more especially with your children. As adults, we have come to have certain expectations and needs, and it is not for the child to fill your expectations or needs.

Your child is there because you choose to be there for a little being, and you choose to be privileged in enriching their life, as well as have your life enriched by them. Choosing to become a parent should be done knowing that when the little person you have is there, they are their own person. And it is important to teach them that there are tools in life for all situations, and that they be show how to use those tools. But all of this must be with patience, sincerity and honesty and most importantly Love.

I feel that as a parent one should get to know their child as an individual and learn to be there for love and support in a healthy way. Never pushing too hard or too little. Time is what children need, and unless have the space to make time to get to know a little person, and have the space to make time for everything in-between without creating a crazy household, hold out on becoming a parent too soon.

If you are already a parent. Set boundaries, let your child know who you are and learn about them. But LISTENING is important for both the parent and the child. Be patient, and if you have truly had a hard day – let them know. But make time to catch up and create that safe space for them. Many children develop fears and self-doubt because of how their parents

Stephen van Basten

have treated them, or reacted to their way of reaching out or the situations they create.

Children pick things up a lot easier from what example you set, rather than what example you want them to portray.



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## Facebook feedback

I asked my friends on Facebook what the key to their marriage success is and how they define love. This is what they had to say:

**Kim Cooke** communication!!

**Leanne Williams** Doing as much together as possible....even work!

**Janine Meyer-Hoffmann** Be tolerant nobody is perfect. Live, love and laugh together always. Never ever go to sleep angry.

**Lyn Rafferty** Making decisions together; never going to bed or away from each other without resolving conflicts; humour; never expecting the other party to change but learning to compromise.

**Tony Davis** We decided to get married just once. Then we managed that decision for 25 years and did all we needed to fall deeper in love every year.

**Nadine De Mello Koch** Being totally true & honest - giving to your partner without expecting anything in return.

**Andre Duif** Communication and trust. To say "I love you" every day and mean it. Making sure special days and moments are remembered and celebrated.

**Rita Olivier Annandale** Trust. And giving each other space...

**Andrea Marques** And have a jolly good laugh at the absurdity of the crazy things you do argue about, rejoice in the many things that define you as a couple and love each other for the kooky things that make you unique and special xx

**Suzanne Styles** It takes a decision, the decision to make it work. It is not easy, Chris and I have faced every single marriage breaking event

imaginable. Betrayal by family, friends, financial ruin, infidelity, death of a parent and subsequent fall out..... It's all about choice and making a decision!

**Tanya Moffat** Respect each other, have fun together, and communicate constantly - and when words aren't working, try physical communication. Never under-estimate touch!!!

**Kerry-Anne Van der Spuy** Allowing each other to 'be' and supporting each other whole-heartedly. Also agreeing to disagree - then moving on. Not bringing up the past

**Audrey O'Brien Wilson** Facing challenges together, love, support, understanding, a sexy sex life and telling each other how much you love each other every day.

**Andrea Marques** Actually the most important thing to create a successful marriage is probably not to expect marriage to change anything, or create a fairy tale from nothing. So many people have asked me how married life is since you married us 6 months ago Stephen, and I'm so happy to say it hasn't changed anything!!

**Brett Wayne Lewis** Understanding your partner's 'love language' is a great help too.

**Katleho Mojaki** Respect loyalty communication

**Cathy Heaton** Friendship

**Taryn Bruwer** Choosing the right person for the right reasons

**Brett Fitzgerald** Trust above all

**Taryn Bruwer** Choose personal goals and goals for the two of you - and work together on them. Inspire, support, nurture. Always hold a safe

space without judgement and criticism so that your partner can speak his/her mind.

**Andrea Marques** Forgiveness, patience, awareness of your own failings ... and be best friends as well as lovers

**Charisse Tyrer** So long you always let him/her believe he/she is ALWAYS right - you will, share eternal happiness. Hee! Hee! Just kidding - just making light. Xxx

**Angela Swart** I think it is about allowing each other to be individuals within your union. Accepting that each other is not perfect and respecting each other, always remembering the reasons you fell in love with that person especially during the tough times.

**Oj May** Effective Communication!!!!

**Sonet De Bruin** communication and give and take not just take

**Debbie Collaros Knocker** When there are THREE parties in it...and God is central to it

**Hartley Dafe!** You got to work damn hard at it

**Wendy Stopford** Good sex

**Alexandre Emery** Love is when 2 people who can be independent from each other decide to live together (I got this quote from the book 'the road less travelled' from Scott Peck)

**Anne-Marie Kleynhans** Love is friendship that caught fire

# The Marriage Expert:

## ***Blogs from Stephen van Basten***

**5 conversations you should have with your partner before getting married**

**Are you 100% sure you love me and want to spend the rest of our lives together?**

Marriage is a commitment for life. It is a serious step which should not be taken lightly. Most people get married in their later twenties and we are living up 90 years and longer. If you think of how you have changed from when you were a baby to now around 30, Imagine how you will both change over the next 60 years. While there is no guarantee of future happiness, at least be very sure the answer to this is a resounding, "YES!"

**Are you realistic about marriage and do you know that our commitment will be tested?**

While you are courting and in the honeymoon stage, things are easy and congruent. It's like the two of you have become one. This changes over time. Life happens. Humans make mistakes. Fortunes come and go. Parenthood adds pressure. You both meet new people and have different needs. You will have to forgive each other for lots of minor and some major transgressions.

**Do you want children and if so, how many and how soon?**

I assure you that after you get married the question will change from, "When are you getting married?" to "When are you having your first kid?" It would seem that women have an intrinsic trigger to become moms and the older they get, the more urgent it becomes. I feel that men have a more romantic idea about parenthood but are not aware of the time and

effort required to bring children up. This is an area of difference very often with couples I work with before marriage. I suggest you agree this one up front with very clear communication.

What is your vision for the future?

Successful business usually have a very clear mission and vision statement with short, mid and long term goals to achieve them. Added to that, the management team are all committed. I believe that creating and sustaining a long lasting fulfilling marriage is the same. It is a choice rather than a mere outcome. Have a frank discussion about the future. Where would you like be 20 years from now? Where would you love to live? How do you both earn money? Where do the kids go to school? Where do you love to travel? What do you love to do most? What is your real passion, your meaning in life?

### **How do we manage money?**

The greatest cause of divorce is money. Not who makes it, but how we decide to spend it and who makes the decisions. There is nothing more demeaning than for one spouse to have to ask the other spouse for money. There are actually 4 money personalities and your spouse will probably be different. Agree on a system that works for you

# 1 major lesson from my parrot and 4 questions that could totally change your life

“Beep, beep, beep beep”, sounds the alarm keypad as we prepare to leave home.

“Skwaak, Skwaak”, chirps Victoria’s bright yellow Ringneck parrot, “Skwaak, Skwaak”.

“By-bye, Bud Bud”, we all reply in unison, smiling ridiculously at each other at the daily ritual.

Bud Bud is not clever. *He is programmed.* When he hears the alarm beeping and the sound of our keys, he skwarks his reply automatically. In fact, he cannot help it.

It struck me recently that we are the same. Have you noticed how you routinely answer certain questions in exactly the same way? How you tell the story of your mishap using the same words? You probably react to stupid drivers the way your parents did. You are almost certain to have the same religious and political ideals as them.

Despite us intellectually understanding the adage that a definition of insanity is doing the same thing, the same way and expecting a different outcome, we generally do the same thing in the same way and marvel at our lack of significant progress.

A privileged few of us recently learnt from **T. Harv Eker** that we have a financial blueprint. A financial programming that regulates our income. Seriously, it’s like the air-conditioner set at 22 degrees. When the room warms up, it cools it down. When the room cools down, it warms it up. Most humans will operate in more-or-less the same financial milieu as

their parents. In my opinion, it is probably as difficult to move up a caste in India as it is to move significantly up the social/financial ladder.

Here is the insight of insights from T. Harv's seminar: You can never earn more than your self-image. In other words, you can never earn more than you believe you deserve.

If this be true (and I believe it is) then where else are we programmed? EVERYWHERE. In every single area of our lives. Peter Sage highlighted this again for me yesterday when he spoke about our self-image. How we see ourselves. The truth is, we can never be more or less than what we believe ourselves to be. And Blair Singer expounder on this when he taught us about, "The little voice" that guides us.

There are 4 questions that if answered properly will dramatically change your life:

1. Who am I right now?

Knowing who you are is a major step. Accepting who you are is a blessing.

2. Who do I want to become?

What you aspire to is what you become. Without a vision for the future, you are like a rudderless ship on a stormy ocean.

3. What do I most love doing and am at my happiest when doing?

Find your passion and you find your genius. Apply your genius to your vocation and you never work a day in your life.

4. How can I make a million US\$ a year doing what I love?

The brain is brilliant. Simply ask the relevant questions enough times and it will find an answer.

Thankfully there is hope. It is possible to change your programming. This is the conundrum I have contemplated for decades. In fact, there was a



time when I would have asked God (given the audience), **“Sir. How does one change?”** And while I do not claim to have all the answers, I do know that I have found some solutions. My life reflect it. Jacqui, my wife, and I come from a poor family. She from a broken family. We have changed our programming to step many rungs up the social/financial ladder and created a marriage that many people envy.

## Relationship thoughts for the businessman

***(show this to your husband 😊)***

*You run a successful business. You have strategic sessions on how to achieve your company's goals. Your business has strategies and plans to achieve its mission and vision statements. You manage huge budgets. You effectively communicate with 100's of people daily.*

You can use those exact same tools to create and sustain a fantastic marriage!

*Marriage and business are more similar than you think and you can have BOTH working for you. You already know how. You just need to implement it.*

Firstly, like your golf swing, your marriage can always be improved. A little tweak to your grip could easily keep you out of the rough or at least on the fringe of the fairway. And while I cannot guarantee to keep you out of the bunkers, I sure can get you out of them quicker!

Successful marriages have all of the elements of a successful marriage:

- Vision and Mission statement
- Strategies
- Agreed short, mid and long term goals
- Weekly and monthly meetings
- Swot analysis
- Enhanced communication skills
- Understanding the competitive 'market' and the environment
- Agreed levels of authority

## Stephen van Basten

- Cycle through the classic forming, storming, norming and performing cycles
- Sometimes even needing facilitation from outsiders on sticky issues
- Stakeholder feedback
- PR, Marketing and Sales

A successful marriage is a choice. It is not a rudderless ship on a stormy sea. If you simply left your business to run with no leadership, it would eventually fail. Your marriage is no different.

The biggest objection I get from men regarding my relationship course is, “Going to a relationship course is essentially admitting we have a problem”. NO. It really means that you are willing to show your partner that you value her and your relationship enough to spend a couple of hours working on it.

Interestingly enough, AFTER my seminars, it’s the MEN who thank me the most. Being male myself, I probably have a slight bias toward our side of the story.

I have been in sales and marketing my entire life. Worked for Shell SA and the BTG Group to namedrop a few. I have also been with my wife for 28 years, married for 22 and have a stunning 19 year old daughter. In other words I have been there and back,

My seminars are workshops where I facilitate discussion between couples and give them the insights I have gained and mastered in my marriage. Essentially 5 hours of communication.

To humour the business mind-set (which 75% of males have) and to appeal to the segment that resists my course the most, I have structured it in business terms.

## Would you assist my CSI initiative?

I lead a very privileged life and my favourite giving-back project is "Vegetize Kliptown Soweto". I am working with two past offenders who registered an NGO to assist the youth in Soweto. While working with Khulisa Social Solutions and the NYDA in Kliptown and Orlando, I got angry when I saw a guy watering his lawn. It just struck me as one of the most stupid things to do. "Martin", I enquired, "Can you eat grass?" From that day on we have a VERY cool motto. SOWETO NEEDS CARROTS NOT GRASS! And a million permutations like, "SOWETO NEEDS VEGGIES NOT ROSES". We have worked so hard to change the poverty paradigms. The knee-jerk reaction to simply give as charity. How often have you heard the famous words, "Give a man a fish and he eats for a day, but teach him how to fish and he will eat forever?" Well when do we start TEACHING? **Vegetize Kliptown Soweto** is teaching them to grow their own veggies and also to sell them in order to buy more seeds.

**If you have enjoyed this book and would love to thank me, you can do so by buying some seeds for my friends in Soweto.** A packet of seeds only costs R20. Then 'like' the page on facebook. <https://www.facebook.com/vegetizekliptown/>. You can use "seeds" as a reference and please pop me an email with your details. I would love to honour you on the page too. (Feel free to set up a monthly payment if you feel moved to!)

My banking details are:

Mr. ST van Basten

Standard Bank (Private Banking)

Account Number: 071001778

Branch: Sandton, Branch Code: 019205