

Report: Promoting Happy Families

Heidi Mayr, Prag, European Assembly 2017, March 10

Heidi Mayr started out with a quote from True Father:
"The family is the starting point where God's ideal can be manifested, as well as the happiness of humanity."
... and every human is striving for happiness.
That is the first sentence in the black Divine Principle book.



This is our ideal. But how do we get there?
The first question I should ask myself: Where do I come from?
Because every one of us is formed by our parents through inherited beliefs, values and traditions.
Therefore, we as a couple have to set **together** our goals for life.

That means, to understand each other and adapt to:

- the different world of gender of husband and wife
- a different character of our spouse
- the background and upbringing of our partner
- different preferences of your spouse
- a different understanding of many things, e.g. money management, children education etc.

But most importantly,
we have to learn to grasp the feelings of our partner.

That means in any given life situation we have to move from the "me" to the "we".
This is the point where each of us has to accept our own responsibility and go the way of restoration.

Heidi pointed out that loving someone is a decision,
not a romantic feeling.

Then we saw a short corresponding video clip from Tony Robbins:
How do build up a relationship? - Focus on our partner.
Because real love is unconditionally giving, while we focus on our partner's happiness, not our own.

Then Heidi explained how to bring harmony into our life in a healthy way.
That is balancing our:

- a) life for a higher purpose (mission concentrated)
- b) our job and
- c) a good family life

Every couple will face problems and challenges; therefore we need good communication skills and self-control.

Three steps:

Understand -> clarify -> solve

At last a good advice:

"The life of the parents is the book in which children read." Means a good example as parents is the best education.

To sum it up:

What children need most importantly are parents who love each other. And this we can learn.

Immediately, I realised that Heidi is not speaking out of theory, but she could draw out of her rich experience as a partner and family counsellor. Her education is in Youth and Family counselling and Heidi has been working in a governmental Youth and Family Office for eight years.

Besides she is blessed with Manfred Mayr as 6000 Couples for 35 years and they have together five wonderful children. Again we recognize that she has practical, hands on experience as a mother of five.

A round of questions and answers had been a good finish of her very informative and inspirational presentation.

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