

WHO IS THE “NEW BRIDE?”

Who is the “New Bride?” The “New Bride” approaches relationships realistically and with a healthy desire for equality. She wants to love and is willing to ask for the love she needs. She approaches conflict directly in order to establish trust and boundaries. Her positive self-perception demands respect and takes responsibility for her own personal development. She can openly acknowledge her accomplishments.

The “New Bride” has understood and grieved the tragic influences of cultural demands. She is bold about re-examining her life; her feelings; her values; and her priorities in order to enjoy a full life. She is mentally alert to the traps that could paralyze her life and resists them without guilt. She, therefore, speaks on her own behalf whenever necessary. She will not allow the voices of others to silence her own voice.

When our inner spirit is found, we have a stronger immune system; lower blood pressure; fewer doctors’ visits; and a general feeling of well-being. In a recent study that received a lot of media attention, journaling and connectedness significantly reduced symptoms of rheumatoid arthritis and asthma. Dr. Candace Pert notes that “when emotions are expressed ... all systems are united and made whole.”