

MUSINGS

Official Newsletter - BY MHAI

PC: Rohan Somkuwar

Marry What You See, Not What You Hope to See

BY RANJITHA RAJ

Many relationships begin with hope. Hope that love will grow deeper, hope that differences will reduce with time, and often, hope that the other person will change.

Hope is beautiful in many ways. It allows people to believe in possibilities. But when it comes to choosing a life partner, hope can sometimes become a blindfold.

One of the most common mistakes people make in relationships is marrying **potential** instead of **reality**.

Marrying Potential vs Marrying the Present

When two people fall in love, they often see the best version of each other. They imagine who the other person **could become**. They believe that with time, maturity, or love, certain habits or behaviors will naturally change.

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Marry What You See, Not
What You Hope to See

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Statements like these are very common in early relationships:

- He is short-tempered now, but he will become calmer after marriage.
- She is careless with money now, but she will learn once we start a family.
- He doesn't communicate well, but once we live together things will improve.

These beliefs come from optimism, but they also carry an assumption — that the other person will eventually become someone different.

The truth is, most people do not fundamentally change after marriage.

Marriage does not transform personality. It simply reveals it more clearly.

Habits that existed before marriage usually continue after marriage. In many cases, they become stronger because daily life removes the filters people maintain during courtship.

Why People Believe They Can Change Their Partner

There are several psychological reasons why people believe they can change their partner.

“Marriage does not transform personality. It simply reveals it more clearly.”

- RANJITHA RAJ





1. The Power of Love Illusion

Many people grow up with the idea that love can transform people. Movies, stories, and cultural narratives often reinforce this belief — that patience and devotion will eventually change someone.

But in reality, change happens only when a person **wants** to change.

2. Emotional Investment

Once someone is emotionally invested in a relationship, it becomes difficult to acknowledge uncomfortable truths. Accepting a partner's limitations may feel like accepting that the relationship itself may not work.

So the mind chooses a more comforting belief: **things will improve later.**

3. Fear of Loss

Sometimes people see red flags but convince themselves they are temporary. The fear of losing the relationship becomes stronger than the courage to question it.

The Red Flags We Ignore

Interestingly, the very behaviors people overlook

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- RANJITHA RAJ





in the beginning often become the reasons relationships struggle later.

If someone is dismissive of your feelings while dating, it is unlikely they will suddenly become emotionally attentive after marriage.

If someone avoids responsibility before marriage, that pattern may continue afterward.

If someone struggles with honesty, respect, anger management, or empathy in the early stages, those patterns rarely disappear without conscious effort and willingness from that person.

Ignoring red flags does not make them disappear. It only postpones the moment we have to face them.

Many couples later say something very revealing:

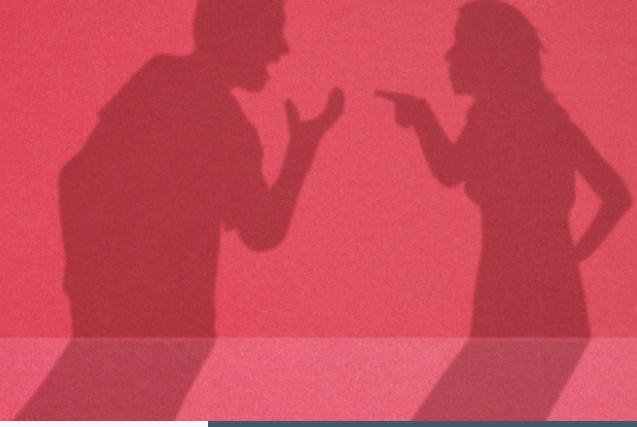
"I noticed this in the beginning, but I thought it would change."

Marriage Magnifies, It Does Not Repair
Marriage does not fix problems that already exist in a relationship. In fact, it often

“Ignoring red flags does not make them disappear. It only postpones the moment we have to face them.”

- RANJITHA RAJ





magnifies them.

Daily routines, responsibilities, financial pressures, and family expectations create situations where underlying personality traits become more visible.

Qualities like patience, emotional maturity, respect, and communication become even more important in long-term relationships.

If these foundations are weak before marriage, marriage itself cannot repair them.

Accepting People as They Are

This does not mean people cannot grow. Growth is possible in any relationship. But genuine growth happens when a person **chooses it for themselves**, not because someone else expects it.

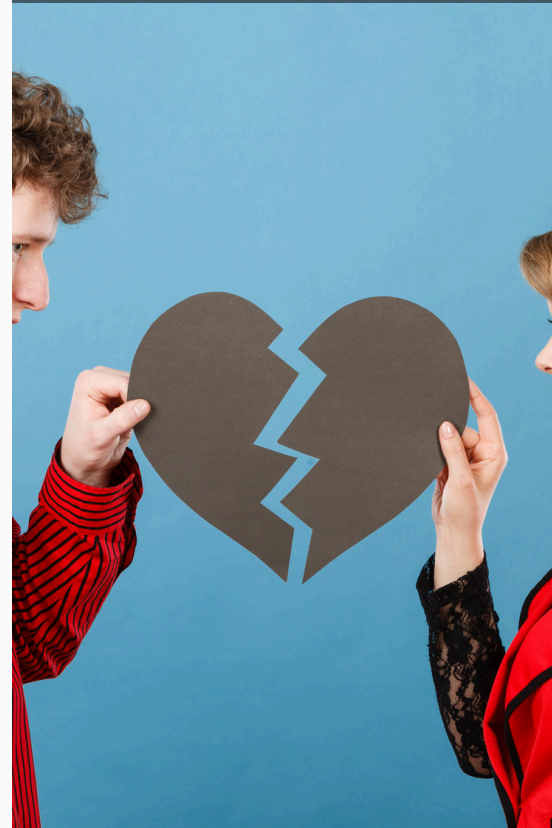
Healthy relationships are built on acceptance of the present reality of the other person — their strengths, limitations, habits, and patterns.

Before committing to a life together, an important question to ask is:

If this person never changes, can I still respect, accept, and live with who they are today?

“Genuine growth happens when a person chooses it for themselves, not because someone else expects it.”

- RANJITHA RAJ





If the answer depends entirely on future change, the relationship may be built more on hope than reality.

Choosing Clarity Over Hope

Choosing a partner is one of the most significant decisions in life. It deserves clarity, not just emotion.

Love should not require ignoring your own intuition.

Sometimes the most caring thing we can do for ourselves is to see people as they truly are — not as we wish them to be.

Because in the end, long-term relationships survive not on imagined potential, but on the reality two people bring into each other's lives every day.

Marry what you see, not what you hope to see.
Marry the present, not the potential.

“Sometimes the most caring thing we can do for ourselves is to see people as they truly are — not as we wish them to be.”

- RANJITHA RAJ





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BY BALASUBRAHMANYA ICHE

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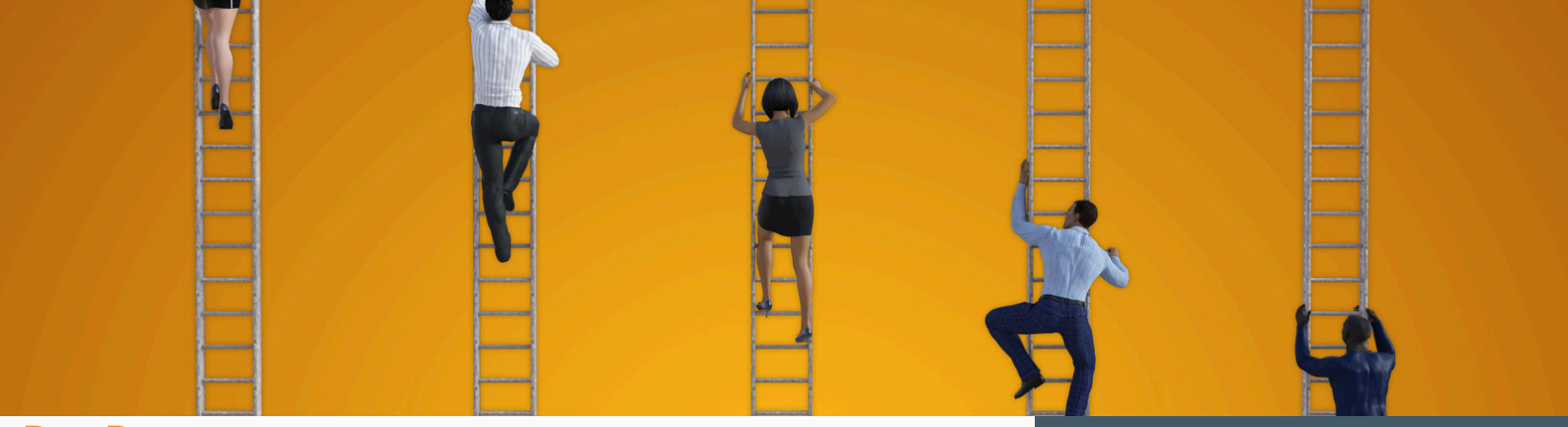
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“Marry what
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Rat Race

BY BALASUBRAHMANYA ICHE

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ಭಕ್ತಿ

BY BALASUBRAHMANYA ICHE

“ಸಂಕಟಬಂದಾಗ ವೆಂಕಟರಮಣ”
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How the notion of death shapes up in our culture!

BY DR NISHANT SABALE

The mystery surrounding the event, fact and aftermath of death is justified as we have no

“Marry the
present, not
the
potential.”

- RANJITHA RAJ



Death

clue as to what lies beyond death. Relentless use of human intelligence has led to a great deal of predictability in many things of vital importance for us. We have been able to tame the forces of nature to our benefit and predict and bring about a future with our material well being and hence live a relatively less burdensome life than every other living creature on this planet. The unpredictability and uncontrollable nature of death, therefore, naturally creates a huge amount of anxiety and fear among us. In order to bring some sort of psychological cushioning our culture winds up with stories and narratives which are full of speculations and fantasy about what death might be in its essence and, of course, what happens after death! That is perhaps why mythology has been a primary and eternal medium through which the discourse about death has always been expressed historically.

Death is the Black Hole for human mind. Nobody knows, at least for now, as to what lies within the Black Hole. Some people who claim to have experienced near death experiences are some of those rare people who reached up until the Event Horizon, sadly (or may be thankfully for them) just to return back without

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actually entering into it. It's difficult to know anything conclusively about it either unless we enter into it and experience everything with our own senses. We don't even know if it is black in the first place. Just because we can't see anything inside it, even with the best of the telescopes, we believe it must be black! But is it really so? I wonder!

In our routine discourse, intellectual or otherwise, what we see, hear and conclude about death is more or less influenced by what happens before someone dies. More often than not it is a painful process. Whatever may be the manner of death, natural or unnatural, we see people in some sort of pain and discomfort of varying degrees. Right from the prehistoric human beings, who might have been killed by wild animals or a natural calamity, to more sophisticated Homo Sapiens of today, dying is seen, and hence, assumed to be associated with extremely undesirable sequence of events. That is before someone dies and not after they are dead. And this is where our perception about the death starts to build up culturally.

We begin by assuming that death has to be an inevitably painful experience. It must be

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- DR NISHANT SABALE





something horrendous like being driven over by a truck and losing a limb or two or a debilitating disease where you go through a prolonged period of gradual shut down of most of your bodily functions and so on! But if we can allow our restless minds to calm down we can see that all of these painful experiences are a part of Life and not Death. These events may precede the event of death but they may not be an essential or even an inseparable part of that inevitable fact, namely death.

As science is making progress we are finding cures to various diseases which invariably led to death previously. We have found cure to some of the commonest known diseases like Pneumonia and Diarrhoea which used to kill millions in the past. We have found cures to even more dangerous infectious diseases like Tuberculosis, people can live with HIV nowadays. Many cancers can be cured if detected in time.

What I am trying to say here with this burst of epidemiological-ish information is that death is a phenomenon which may be independent of pain and disease. Human

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ingenuity can find a cure for many things, or perhaps anything that we are fond of labelling as a disease today. That's our gift. So contrary to what we have been conditioned to believe, pain and disease are not necessarily associated with death. We feel pain and suffer from diseases as long as we are alive.

This is not an effort to absolve death of the ultimate emotional harm that it does to those who survive the deceased yet it is a fact of immense importance which can allow us to contemplate about the fact of death dispassionately along with a lesser degree of disdain towards it.

Question still remains though, is the experience of death actually painful for the one who is dying? Or this question becomes too trivial once we remove the overemphasis on the element of physical pain! After all should the fact of physical pain be so overwhelmingly overpowering that the person suffering from it would actually wish that s/he were dead and in possible peace rather than alive and in excruciating pain?

“We feel pain and suffer from diseases as long as we are alive.”

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There are perhaps no easy answers to these questions. Those answers can be allowed to be subjective and statistically meaningless for any kind of rational research on death if someone was actually experiencing that degree of pain. But can we at least make an effort in trying to uncouple the fact of death from the physical pain that we see preceding it?

I think we can give it a chance at least. That's perhaps the only way we can try and bring death out of the culturally conditioned perception and find out various possibilities that lie beyond those conditioned understandings and consequent traditional responses.

The Importance of Rigour in Communication

BY RANJITHA RAJ

Why saying what needs to be said — and stopping there — matters

Communication is one of the most powerful tools we have.

It shapes relationships, builds trust, and allows ideas to move from one mind to another. Yet, despite how often we communicate, many people struggle with one simple skill: **getting to the point.**

“Rigour in communication means clarity, structure, and intentionality in the way we express ourselves.”

- RANJITHA RAJ





We often encounter people who take a long route to say something simple. They explain excessively, repeat the same idea in different ways, over-justify their actions, or continue talking long after their point has already been understood. While the intention may not be negative, the result can be exhausting for the listener.

This is where **rigour in communication** becomes important.

Rigour in communication means **clarity, structure, and intentionality** in the way we express ourselves. It means knowing what you want to say, saying it clearly, and allowing space after that.

Why Do People Over-Explain?

There are several psychological reasons why people struggle to be concise.

1. Fear of being misunderstood

Many people worry that if they do not explain everything in detail, others may misinterpret them. This fear pushes them to add more and more information, even when it is unnecessary.

“Many people worry that if they do not explain everything in detail, others may misinterpret them.”

- RANJITHA RAJ





2. The need for validation

Some individuals feel the need to justify every decision or opinion. They believe that unless they fully defend their reasoning, their viewpoint may not be accepted.

3. Anxiety in social situations

Silence can feel uncomfortable. For some, continuing to speak becomes a way to manage that discomfort.

4. Lack of internal clarity

When people are not clear about their own thoughts, it shows in their communication. They speak in circles, trying to discover their point while speaking rather than before speaking.

The Cost of Poor Communication Rigour

When communication lack structure and focus, it has several consequences.

It drains attention.

Listeners have limited cognitive bandwidth. Long explanations can make people lose focus, even if the message is important.

“Long explanations can make people lose focus, even if the message is important.”

- RANJITHA RAJ





It reduces impact.

Ironically, the more we talk, the weaker our message becomes. Powerful communication is often brief and precise.

It creates emotional fatigue.

Constant over-explaining can make conversations feel heavy. Over time, people may start avoiding such interactions.

It blurs the actual message.

The core idea gets buried under layers of explanation.

The Power of Saying Less

Good communicators understand a simple truth: clarity is kindness.

When we communicate with rigour, we respect the listener's time, attention, and emotional space. Instead of overwhelming them with information, we offer what is necessary.

A clear communicator typically follows three simple steps:

- 1.State the point
- 2.Provide essential context if needed
- 3.Pause

“Ironically, the more we talk, the weaker our message becomes.”

- RANJITHA RAJ





The pause is important. It allows the other person to process, respond, or ask questions if they need more information.

Choosing Peace Over Being Right

Sometimes people keep talking because they feel the need to **prove** something. They want to ensure their point wins the conversation. But not every moment requires us to explain ourselves fully.

There are times when brevity protects both the relationship and our own peace.

We can choose to say:

"This is my perspective."

"This is what I have decided."

"This is how I feel."

And leave it there.

Practicing Rigour in Everyday Conversations

Developing disciplined communication is a skill that can be cultivated.

Before speaking, ask yourself:

- What is the main point I want to convey?
- Is the extra explanation necessary?
- Am I explaining to clarify, or explaining because I feel the need to defend myself?

“Not every moment requires us to explain ourselves fully.”

- RANJITHA RAJ





Sometimes, the most powerful sentence in a conversation is simply the one that ends it.

The Quiet Strength of Clarity

Rigour in communication is not about being abrupt or dismissive. It is about being **clear, thoughtful, and intentional**.

When we learn to communicate with precision, we reduce noise, create understanding faster, and make conversations more meaningful.

In a world where everyone is speaking, **the people who communicate clearly are the ones who are truly heard**.

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APRIL 2026 EVENTS

BY MHAI

1. Dance Movement Therapy

Facilitated By: Haripriya V

Location : MHAI

Time : 10 AM- 1 PM

Date: 11 April 2026

Cost : INR 1,500

2. Support Group Meet ONLINE

Date: 27-Apr-2026, Monday

Time: 6 PM to 7 PM

Topic: "Comparison: The Silent Thief of Joy"

Hosted by MHAI

3. Human Books ONLINE

Date: 27-Apr-2026, Monday

Time: 7 PM to 8 PM

Hosted by MHAI

4. Diploma in Life Skills

Facilitated By: MHAI

Mode: Online

Start Date: 06th May 2026 - 06th Sep 2026

Duration: 4 Months

Time : 2 hrs, Twice a week

Age Group: 18+ Yrs

To Register:
www.mhai.in

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PAST EVENT HIGHLIGHTS

MHAI - CREATING HEALTHY MINDS

FIELD WORK AT MHAI - For Kristu Jayanti University - PG students (Psychology)



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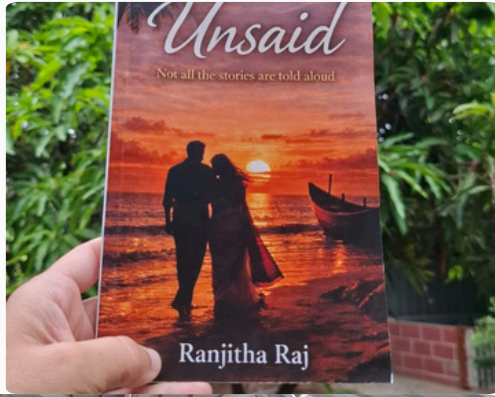
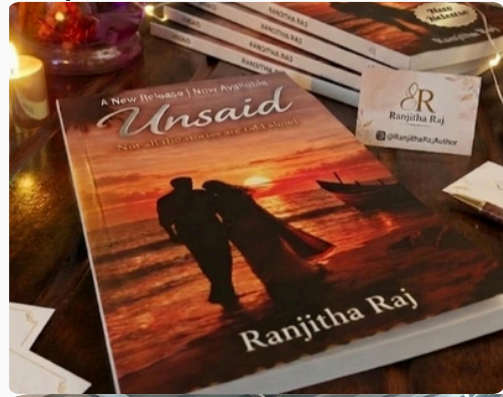


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PAST EVENT HIGHLIGHTS

MHAI - CREATING HEALTHY MINDS

BOOK Release - *Unsaid* by Ranjitha Raj and *Columbus* by Sowmya Udupa



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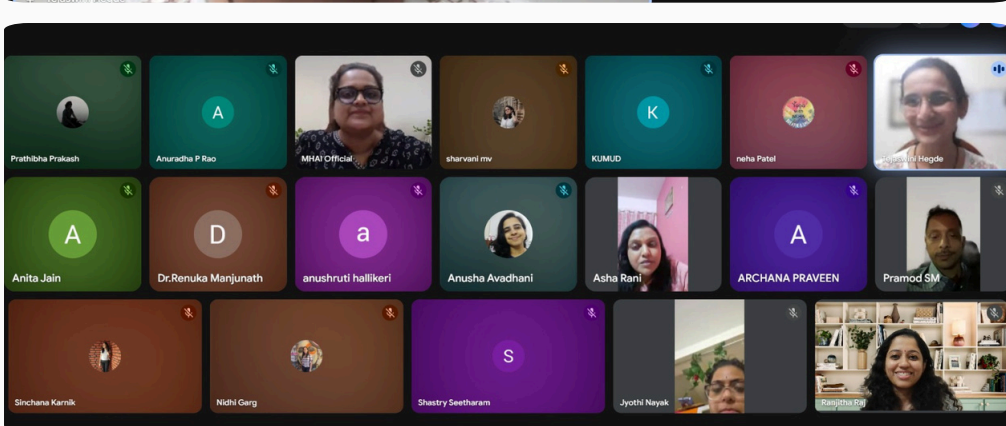
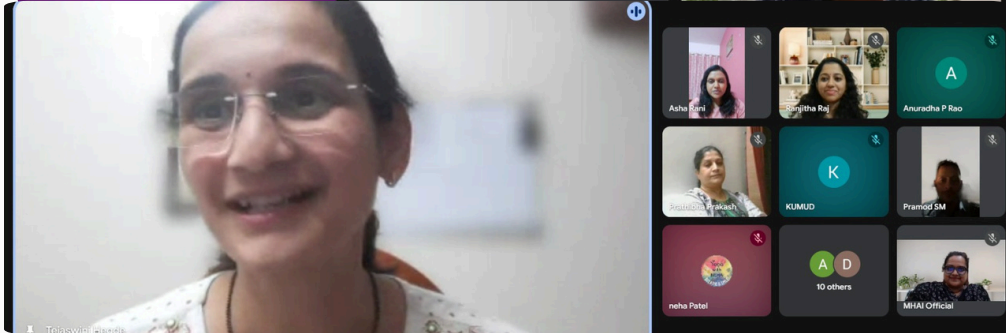
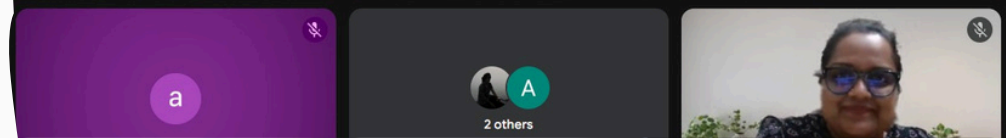
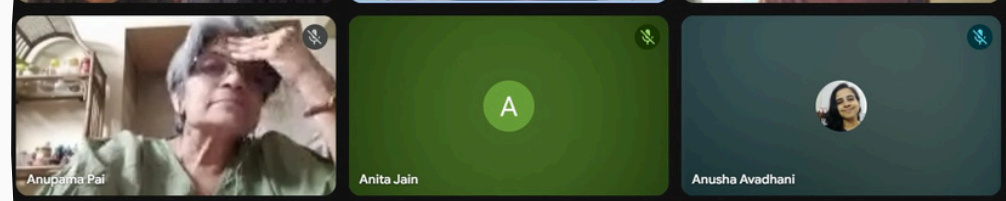
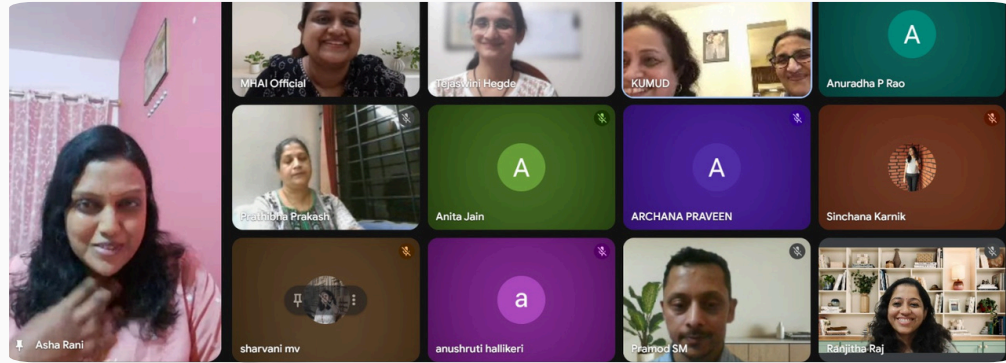


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PAST EVENT HIGHLIGHTS

MHAI - CREATING HEALTHY MINDS

SUPPORT GROUP & HUMAN BOOKS SESSION



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MHAI Services

CREATING HEALTHY MINDS

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- **Diploma in Mental Health and Counselling Skills**
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- **Certificate Course in Non-Suicidal Self-Injury (Self- Harm) Prevention**
- **Workshops - On Invite**
- **Human Books**
- **Support Group Meet**
- **Holistic Health Rural Training in collaboration with Mental Strides, Australia**
- **Eco Therapy/Shinrin Yoku (Forest Bathing)**
- **Emotional Counselling**
- **Mentoring and Internships (Teens and Adults)**
- **Mental Health Awareness Programs**
- **Harmony/Mann-Thann - The Journey Within - Outdoor Workshops**
- **Kaadu Harate - Expressive Art Therapy (EAT)/The Sound Mind - Sound Healing and more..**

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