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MUSINGS

Official Newsletter - BY MHAH

PC: Rohan Somkuwar

Does Love Exist After Marriage?

BY RANJITHA RAJ

We often hear people ask, "Does love really exist after marriage?" or "Is this what marriage is supposed to look like?" These questions usually arise not because love has disappeared, but because reality doesn't resemble the story we were promised.

From childhood, many of us have been raised on stories that end with, "...and they lived happily ever after." Fairy tales, movies, television serials, and even social media often present marriage as the finish line. The wedding is portrayed as the grand climax—the point where all struggles end and permanent happiness begin.

But real life doesn't end at the wedding. In many ways, it begins there.

Movies often spend two hours showing how two people fall in love. We watch the excitement, the

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longing, the sacrifices, and the dramatic reunion. Then comes the wedding, the screen fades to black, and the audience assumes they remain happy forever. What we rarely see are the thousands of ordinary mornings that follow—the disagreements over finances, the stress of careers, parenting challenges, caring for ageing parents, household responsibilities, changing dreams, and learning to grow alongside another imperfect human being. When these realities arrive, many people begin to wonder whether they have fallen out of love.

The problem is not that love has disappeared. The problem is that we often mistake the excitement of romance for the entirety of love.

The butterflies of courtship naturally settle with time. Novelty gives way to familiarity. Grand gestures become less frequent. But if a relationship is nurtured, something deeper has the opportunity to grow—trust, companionship, emotional safety, respect, shared memories, and unwavering support during life's most difficult moments. This quieter form of love may not make for

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- RANJITHA RAJ





dramatic movie scenes, but it is often far more meaningful.

Marriage is not where love ends; it is where love changes its language.

Love after marriage may sound like, "Did you eat?" It may look like making tea when your partner is exhausted, sitting silently beside them after a difficult day, compromising when you'd rather win an argument, or staying committed even when life is not exciting. These moments rarely go viral on social media, but they are often the true expressions of lasting love.

Unfortunately, today's media can create another illusion. Social media is filled with carefully curated anniversary posts, surprise vacations, expensive gifts, and smiling photographs. We compare our everyday reality with someone else's highlight reel and conclude that something must be wrong with our own relationship.

The healthiest marriages are not the ones without conflict. They are the ones where two

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where love ends;
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- RANJITHA RAJ



Marriage

legal union of a

people continue choosing each other through change, disappointment, growth, and imperfection.

Perhaps we need a new ending to our stories.

Instead of saying, "They lived happily ever after," we could say, "They chose to keep building love, every single day."

Because marriage is not the destination where love is guaranteed. It is the place where love is continuously created, tested, repaired, and rediscovered.

The question is not, "Does love exist after marriage?"

The better question is, "Are we willing to nurture love after the wedding is over?"

That is where the real story begins.

The Hardest Part of Learning Is Unlearning

BY RANJITHA RAJ

We often celebrate learning as the path to growth. We read books, attend workshops, collect certifications, and gain experience.

"Marriage is the place where love is continuously created, tested, repaired, and rediscovered."

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LEARN To UNLEARN

But there is a quieter, more difficult process that receives far less attention—**unlearning**.

Unlearning is the willingness to question what we have always believed, to let go of outdated assumptions, and to make room for new understanding. It requires humility because it asks us to admit that what once seemed true may no longer be helpful.

Many of us have experienced this in everyday life. Imagine someone who learned as a child that "crying is a sign of weakness." They grow into adulthood believing that emotions should be hidden. Years later, they struggle to comfort a grieving friend because their old belief prevents them from seeing tears as a healthy expression of pain. The problem is not a lack of knowledge—it is the inability to unlearn an old narrative.

This becomes even more important in professions that involve people's lives, especially counselling. Counsellors bring their education, experience, and personal values into the therapy room. While these are valuable, they can also become barriers if they are held too rigidly.

Consider a counsellor who strongly believes that every marriage should be preserved at any cost.

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NEVER STOP
LEARNING!

A client comes seeking help because they are experiencing years of emotional abuse. Instead of exploring the client's feelings, safety, and choices, the counsellor repeatedly encourages them to "adjust," "forgive," or "save the relationship." Here, the counsellor's personal belief overshadows the client's reality. Rather than helping, the counsellor unintentionally causes harm.

Even outside counselling, we see the effects of rigid thinking. A manager insists that employees must work only from the office because "that's how productivity happens." A teacher believes that quiet children are less capable because they rarely speak in class. A parent continues to compare siblings because they believe competition builds character. These beliefs may have made sense at one point, but when they are never questioned, they limit growth and relationships.

The danger is not in having beliefs. We all need frameworks to understand the world. The danger begins when our beliefs become so fixed that we stop listening, stop questioning, and stop learning. When certainty replaces curiosity,

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I am
good enough!

growth comes to a standstill.

The best professionals are often those who are comfortable saying, "I may not know enough. Let me learn." They read new research, seek supervision, reflect on their biases, and remain open to perspectives that challenge their own. They understand that expertise is not measured by how firmly one holds an opinion, but by how willing one is to refine it.

Unlearning is not about discarding everything we know. It is about examining our knowledge with honesty. Some beliefs will remain strong because they are supported by evidence and experience. Others may need to be updated, softened, or completely replaced. This process is uncomfortable because it challenges our identity and our sense of certainty. Yet it is also the pathway to wisdom.

Perhaps the greatest mark of a lifelong learner is not the number of books they have read or the degrees they have earned. It is their ability to remain curious, humble, and open to change.

After all, learning fills the mind. Unlearning frees it.

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ALGORITHMS

When the Algorithm Becomes Your Reality

BY RANJITHA RAJ

Have you ever noticed this?

You watch one video about a crime, and suddenly your entire feed is filled with stories of violence.

You search for symptoms of a headache, and before long you're convinced you have a serious illness because every post is about medical emergencies.

You read one article about layoffs, and now it feels like everyone is losing their job.

It doesn't take long before your mind quietly concludes:

"The world is becoming dangerous."

"No relationship is trustworthy."

"Nobody is happy anymore."

"Everything is falling apart."

But is that really reality?

Not necessarily.

What you're experiencing is often the work of

"The algorithm isn't trying to give you a balanced picture of life. It is trying to predict what will keep you scrolling."

-RANJITHA RAJ





social media algorithms. Their job is simple: keep your attention. They notice what you stop to read, watch, comment on, or react to, and then they give you more of the same.

The algorithm isn't trying to educate you. It isn't trying to give you a balanced picture of life. It is trying to predict what will keep you scrolling.

Over time, this creates a digital echo chamber. You begin seeing one version of the world repeatedly until it starts feeling like the only version that exists.

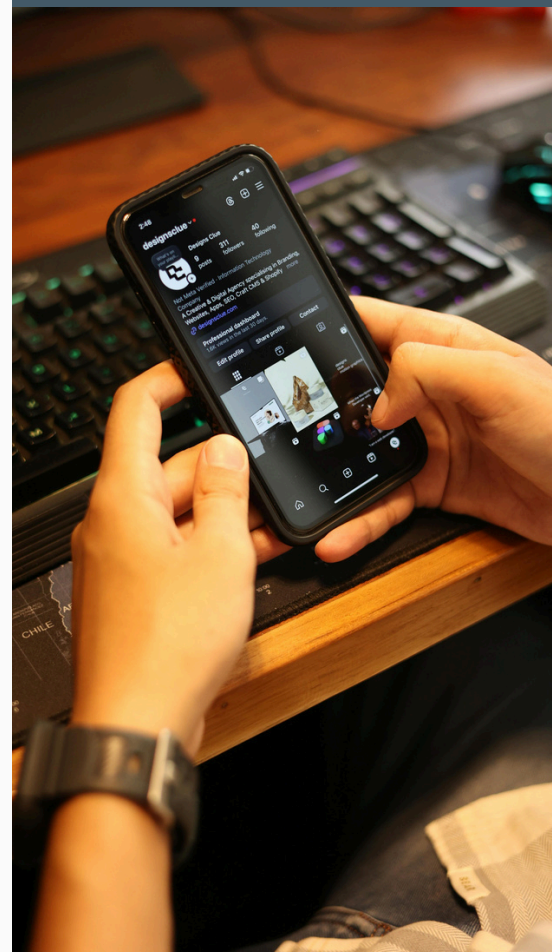
Psychologists call this the availability heuristic—our brain assumes that whatever comes to mind easily must be happening frequently. When we repeatedly see stories about betrayal, accidents, scams, conflicts, or illness, our brain begins to overestimate how common they are.

The result?

Anxiety quietly grows.
We become suspicious of strangers.
We begin questioning our relationships.
Parents become fearful for their children.
Young adults worry constantly about the future.

“You begin seeing one version of the world repeatedly until it starts feeling like the only version that exists.”

- RANJITHA RAJ





Couples begin doubting each other's intentions because every other reel is about infidelity.

People start believing that happiness is rare because sadness seems to dominate their feed.

The truth is, while you are scrolling through stories of conflict, millions of ordinary moments are happening around the world.

Someone is helping an elderly stranger cross the road.

A teacher is encouraging a struggling student.

Neighbors are sharing food.

A child is laughing uncontrollably.

A family is eating dinner together.

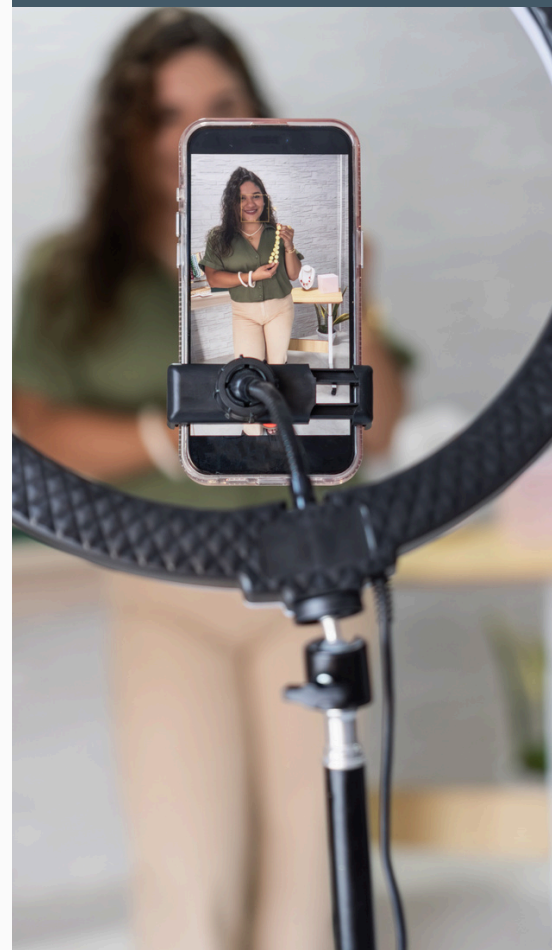
Friends are supporting each other through difficult times.

None of these moments go viral because peace is quiet. Kindness doesn't compete with outrage for attention.

Our brain has another tendency called **negativity bias**.

“People start believing that happiness is rare because sadness seems to dominate their feed.”

- RANJITHA RAJ





We naturally pay more attention to threats than to safety because our ancestors survived by noticing danger. Social media unknowingly amplifies this tendency. The combination can leave us feeling emotionally exhausted without us even realizing why.

This doesn't mean we should ignore difficult realities or stop being informed. It simply means we should remember that our feed is not the world.

The world is much bigger than what an algorithm chooses to show us.

So, every once in a while, pause and ask yourself:

"Is this what is happening everywhere, or is this simply what my feed has learned that I'll watch?"

Step outside.

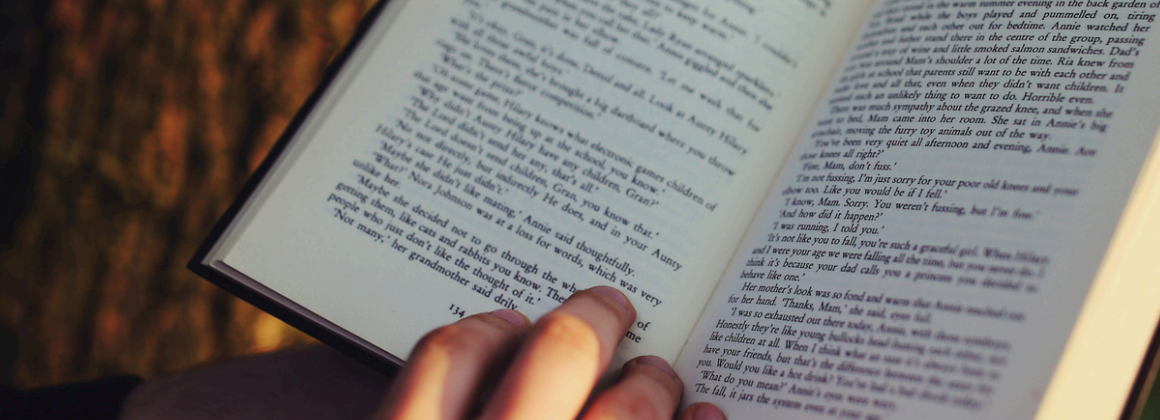
Talk to real people.

Notice acts of kindness in your neighbourhood.

"The world is much bigger than what an algorithm chooses to show us."

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Read books.

Spend time in nature.

Have conversations that aren't mediated by a screen.

Reality has a way of restoring perspective.

The healthiest mind is not the one that avoids bad news—it is the one that can hold both truths at the same time: yes, suffering exists, but so do compassion, resilience, generosity, hope, and love.

Don't let an algorithm decide what you believe about humanity.

Sometimes, the best way to reconnect with the real world... is to look up from your phone.

Why Do We Take People for Granted?

BY RANJITHA RAJ

"If I had known they would leave so soon, I would have spent more time with them."

"I wish I had listened more."

"I should have fulfilled that one wish they had."

These are some of the most common regrets

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people express after losing someone they love. The question is: **Why do these realizations come only after the person is gone?**

The answer lies not in a lack of love, but in a psychological illusion—the illusion of permanence.

Our minds naturally assume that the people we love will be there tomorrow. Parents will answer the next phone call. Friends will always be available for another coffee. Our spouse will understand if we postpone one more conversation. Because tomorrow seems guaranteed, today's opportunities quietly become tomorrow's intentions.

This is how people become "taken for granted."

Taking someone for granted rarely begins with neglect. It begins with familiarity. The more consistently someone is present in our lives, the less consciously we notice their presence. This is **habituation**—our tendency to stop appreciating what becomes familiar. Just as we stop noticing the ticking of a clock or the fragrance of our own home, we also stop noticing the quiet sacrifices, the daily kindness, and the emotional availability of those closest to us.

"Our minds naturally assume that the people we love will be there tomorrow."

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Ironically, we often reserve our best behaviour for strangers while giving our leftovers—our tiredness, impatience, and distractions—to the people who love us the most.

Another reason is the busyness of modern life. Careers, deadlines, finances, social media, and endless responsibilities create the belief that relationships can wait. We postpone simple acts of love—a visit, a phone call, an apology, a hug, or fulfilling a small wish—because there always seems to be a more "urgent" task.

But life has a way of reminding us that urgent is not always important.

When someone dies, something changes instantly. The opportunities disappear forever. The wish we intended to fulfil becomes impossible. The conversation we postponed can never happen. Suddenly, we realise that what we thought could wait was actually priceless.

Regret is often love that arrived too late.

Perhaps the greatest tragedy is that most people do not need grand gestures. They simply want to feel seen, heard, valued, and remembered while

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they are alive. A meal together. A walk. A genuine conversation. Visiting a place they always wanted to see.

Saying, "I'm proud of you." Listening without checking your phone. These moments become the memories that outlive us.

Maybe we need to stop living as though the people we love are permanent fixtures in our lives. Not because we should live in fear of losing them, but because remembering that life is temporary teaches us to love more intentionally.

Instead of asking ourselves after someone is gone, "**What more could I have done?**" perhaps we should ask today:

"If this were our last conversation, would I be satisfied with what I chose to say?"

"If this were their last birthday, would I still postpone celebrating with them?"

"If they were no longer here tomorrow, would I regret not fulfilling that simple wish today?"

**"Love should
not become
louder only
after
silence."**

- RANJITHA RAJ





Love should not become louder only after silence.

The people we cherish do not need our flowers after they are gone as much as they need our presence while they are here. Appreciation delayed often becomes regret. Appreciation expressed becomes a memory that both people get to share.

The greatest tribute we can give the people we love is not what we say about them after they leave—it is how we treat them while they are still with us.

“The people we cherish do not need our flowers after they are gone as much as they need our presence while they are here.”

- RANJITHA RAJ



Good
Work
😊



PC: Rohan Somkuwar

AUGUST 2026 EVENTS

BY MHAI

1. Support Group Meet ONLINE

Date: 24-Aug-2026, Monday

Time: 6 PM to 7 PM

Topic: "If Death Is Certain, Why Is It So Difficult to Talk About?"

Hosted by MHAI

2. Human Books ONLINE

Date: 24-Aug-2026, Monday

Time: 7 PM to 8 PM

Hosted by MHAI

3. Diploma in Mental Health & Counseling Skills

Facilitated By: MHAI

Mode : Online

Date: 28th July 2026 - 28th Jan 2027

Days: Tuesdays & Thursdays

Duration: 6 Months

Time : 2 hrs, Twice a week,

Age Group: 18+ Yrs

To Register:
www.mhai.in

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+91 9880651010

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Bangalore -
560077, Karnataka,
India



DIPLOMA IN MENTAL HEALTH & COUNSELING SKILLS

Course Highlights:

- Foundations of Mental Health
- Understanding Emotions & Behaviour
- Counseling Techniques
- Crisis Management Essentials
- Integrative Therapies
- Field-Relevant Resources
- Real-World Practice



Starts on : 7 JUL 2026

Duration: 6 months

Time: 2-hour classes — Tue & Thu

Mode: ONLINE

REGISTER NOW

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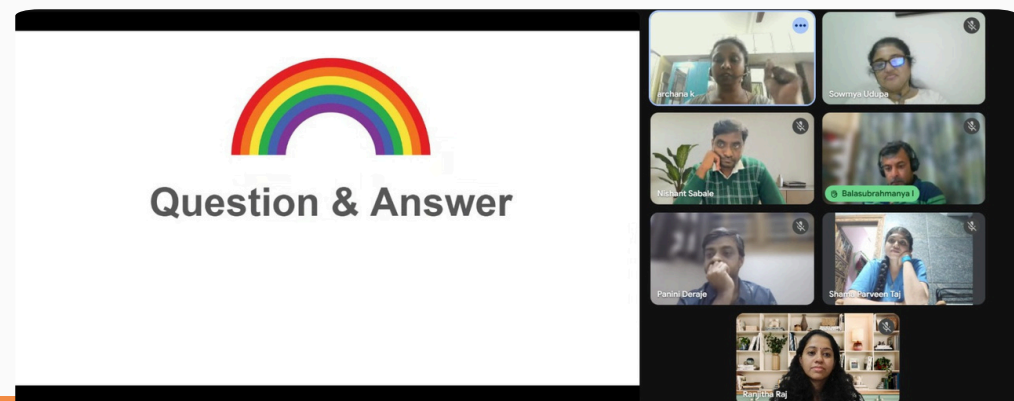
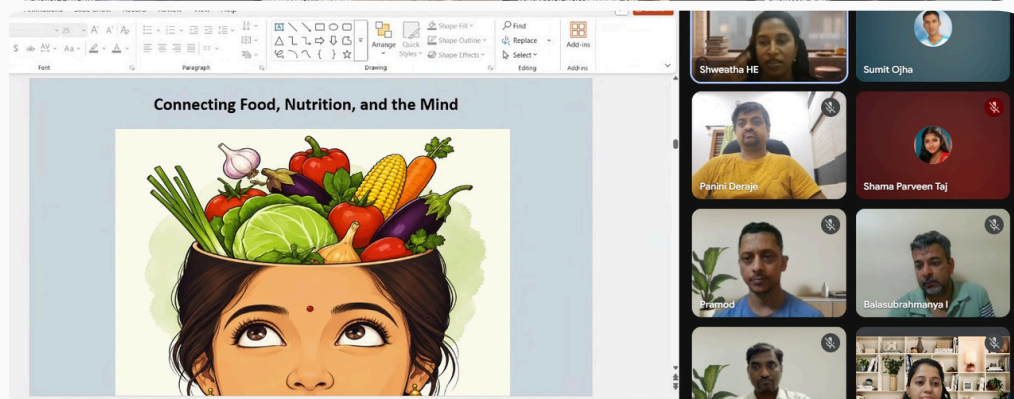
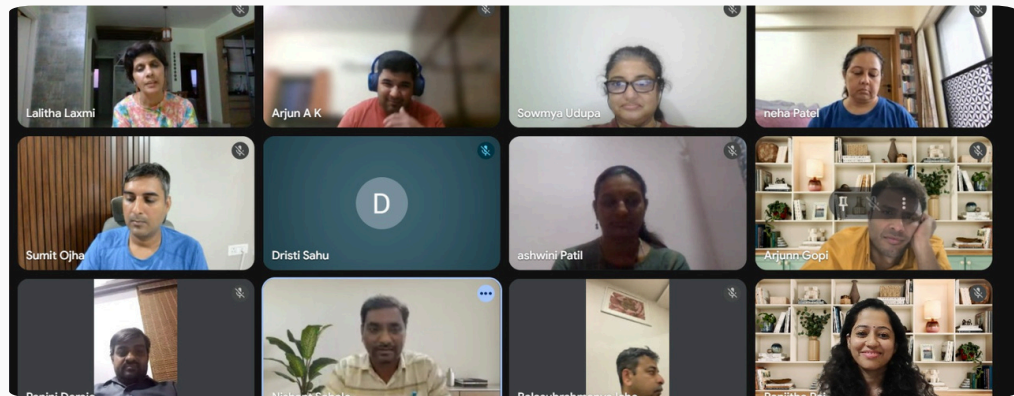
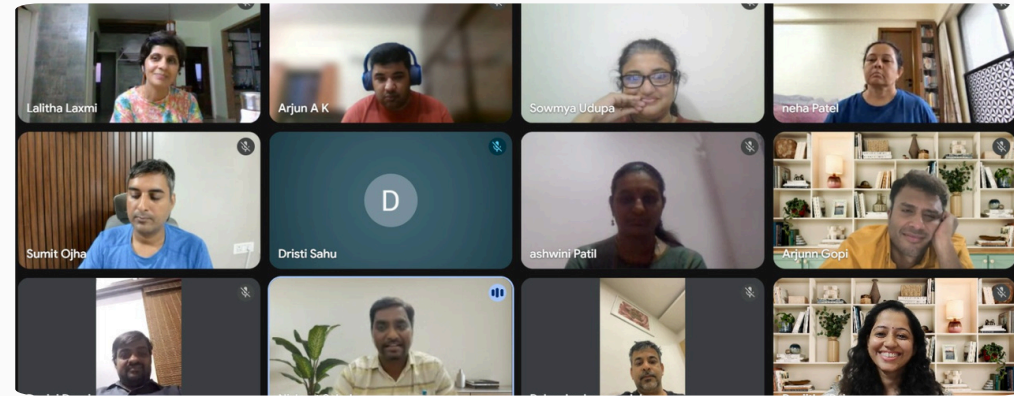
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PAST EVENT HIGHLIGHTS

MHAI - CREATING HEALTHY MINDS

Diploma in Mental Health & Counseling Skills July 2026 batch @ MHAI, Session on Nutrition and Mental Health and Session on Counselling LGBTQI+ community



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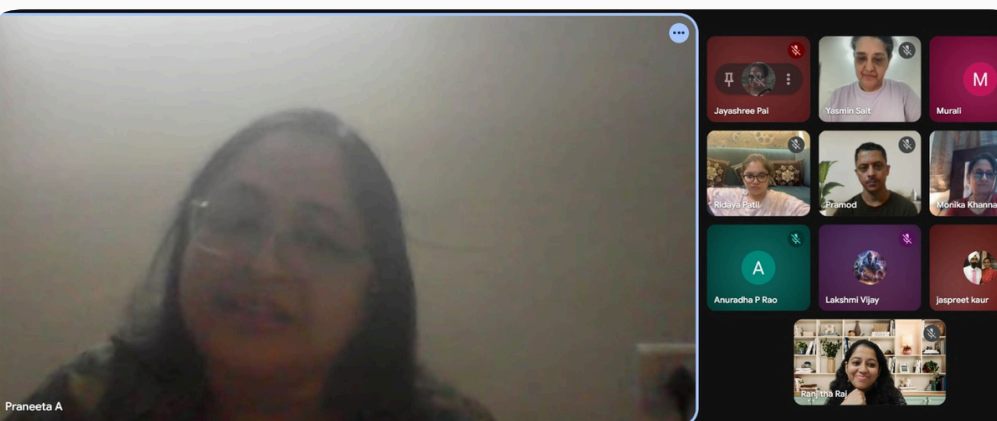
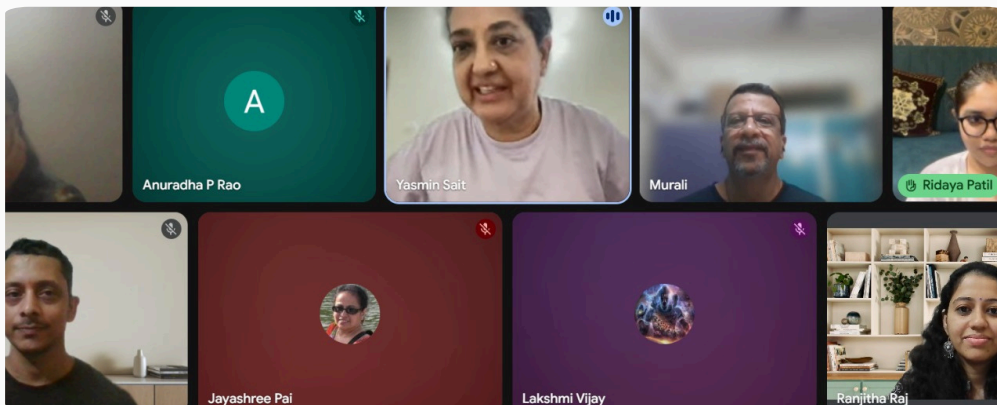
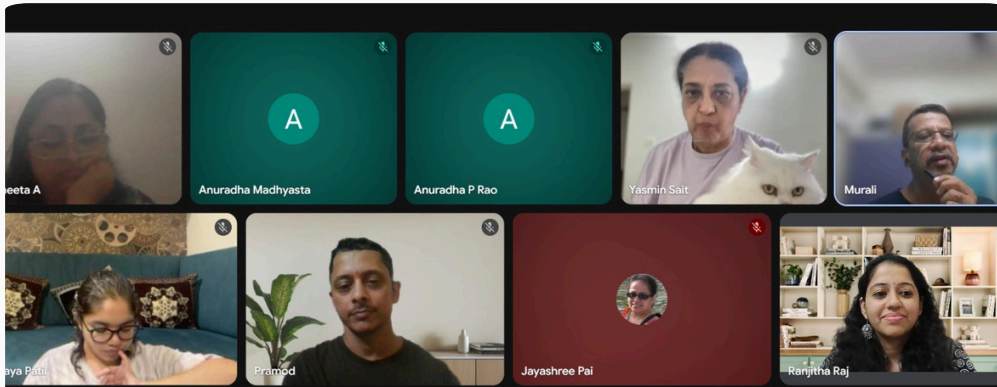


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PAST EVENT HIGHLIGHTS

MHAI - CREATING HEALTHY MINDS

SUPPORT GROUP & HUMAN BOOKS SESSION



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MHAI Services

CREATING HEALTHY MINDS

- **Diploma in Life Skills**
- **Diploma in Mental Health and Counselling Skills**
- **Certificate Course in Suicide Prevention Skills**
- **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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