

HOW TO
MAGNIFY YOUR
Marriage MOJO



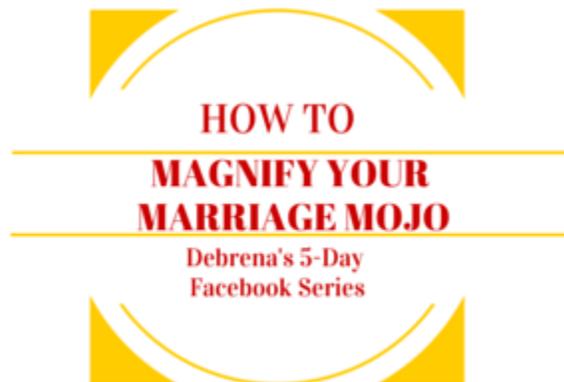
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How to Magnify Your Marriage Mojo

Based upon a popular 5-Day Series

Debrena initially posted on Facebook

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Day #1 How to Magnify Your Marriage Mojo

I remember writing in my high school journal at age 16 that, IF I got married, I didn't want my marriage to be ordinary, mediocre, and fall into a rut of boredom or taking each other for granted. At that young age, I didn't exactly know how to avoid befalling this future demise, but what I DID know was that I didn't want it happen to mine. I had observed it in too many marriages. I wasn't interested in "the norm."

After all, it's easy to consider something "normal" when the majority of other folks are doing it the same way (remember, "normal" doesn't mean what's powerful, sane, natural or even what works!)

A mojo is an ability or quality that causes one to excel or have good luck, with seeming magic. In this case, Wives, I'm talking about MAKING SOME fundamental SHIFTS in your thinking that can literally bring a seemingly magical quality to your marriage. I might even challenge some underlying beliefs that came with you into your marriage, that you are unknowingly operating from. It is these underlying beliefs that need examining, and most importantly, replacing. Otherwise, deep satisfaction and fulfillment can seem fleeting, elusive or like a frustrating pursuit.

I was operating from a set of underlying, faulty and damaging beliefs, aka Love Lies, and didn't even know it. If you grew up in the U. S., you, too, probably received the same "programming," as part of our "relationships and marriage" social conditioning. As I was to discover, It was this very conditioning that was keeping what I call the Four A's a concept in my head instead of a "lived reality" in my marriage.

I yearned for a JUICY marriage, one where what I call the Four A's were alive and well, and REAL (not a pipedream), ON-GOINGLY. What I desired from my husband was: Appreciation, Attention, Affection and loving touch, and Adoration, in ways that worked for my mind, body and spirit...but I didn't know how to actually bring them about and make them real in my marriage, not just as things that occurred on our anniversary or Valentine's Day.

Since the time when our marriage came through a very rough season, between years 10 and 15 (we're now in a juicy marriage of 22 years and counting), where it spiraled downward, and almost "crashed and burned," to become yet another divorce statistic, I've done a lot of growing up, maturing, and coming into a much more powerful, clear and insightful understanding of covenant marriage, my divine function as a wife (notice that I said function and NOT role), and the faulty, flawed beliefs I had to release, heal and replace that were causing me unnecessary frustration and irritation - beliefs that I didn't even realize I had, and that I certainly didn't realize were flawed and faulty. I feel more free, more loved, and more connected than ever before.

Over the course of this week-long series, I will be sharing with you some of the SHIFTS in my THINKING, beliefs, and in my level of maturity emotionally, spiritually and in my communication, that have resulted in a transformation of my marriage, to now being better than ever.

I wouldn't be planning to share any of this with you if I thought it was personal and specific to only my husband and me, because it isn't.

So plan to journey with me through five installments of *How to Magnify Your Marriage Mojo*. I'll be sharing a different concept each day, for a total of five. What I share here is based upon content from my newest book, *The Love Lies*. [You may order a copy on my website.](#)



Day 2: How to Magnify Your Marriage Mojo

Yesterday I shared about the Love Lies, the faulty and flawed UNDERLYING beliefs that can keep frustration, disappointment, and irritation alive and well in our love relationships and marriages. Today, I am introducing a concept that may require you to stretch a bit. I am going to challenge a commonly held belief that is widespread, and is perpetuated and reinforced in pop relationships culture, talk shows, movies, sit-coms, a majority of love relationship books, the marriage counseling culture, and even from the pulpit.

Here's the belief I am challenging, out of the gate, as we continue this conversation. The belief I'm challenging is this: "It takes two (both of you) to be able to bring about change and transformation in a marriage."

We are bombarded with messaging that tells us that a marriage can get better, experience a turn-around or be transformed ONLY IF both the husband AND the wife are on-board, and are an explicit yes to putting forth the necessary effort.

As compelling as this sounds, the TRUTH of the matter is this: It only takes ONE of the two of you, WILLING TO BE the agent of transformation in a marriage, to begin to bring about a transformation in your marriage. You are already interconnected by nature of being married, so when one partner shifts/changes/matures/wakes up/gets committed to a breakthrough, then, BY DESIGN, the other is affected/impacted/influenced. And yes, you are THAT powerful.

This was driven home for me years ago, during a season when my marriage was in the midst of a breakdown, and heading toward divorce. I was convinced until I was blue in the face, that "my husband" was the issue. If he would just get his "*ish*" together, then

this marriage could work. He was the problem; his behavior was the problem. He, he, he was the problem. Not me.

At that time, God challenged me to be the agent of transformation in my marriage. Not only was I NOT interested in this, at the time, I also didn't believe that ONE person could bring about change. I had been convinced by my relationships conditioning that it took TWO. I believed at the time: It wasn't possible for me, alone, to impact/affect/influence ANYTHING in my marriage. I had to get buy-in and agreement from my husband first and also, otherwise it couldn't work.

What the journey of our marriage turn-around showed me, in living color is this: When you shift, he shifts. He can't NOT shift. Deep change aka transformation in one of the two of you in a marriage can be the catalyst for transformation of the marriage. Whether we realize it or not, Men are constantly RESPONDING to us, as the wives - noting our voice inflection, facial expressions, gestures, energy, tone, etc. We train them with all of the above, as well as the words we speak, and the behaviors we demonstrate. When you truly shift, not just on the inside, but it is showing up on the outside, too, I promise you - he'll shift.

This can be a hard pill to swallow because we want to INSIST that it takes two. And this is what is the widely held message. No, it doesn't have to take TWO - only one willing to make the shift is needed. Marriage is (supposed to be) based upon a spiritual reality called love, and love is not of the physical dimension *(though it can be expressed in the physical dimension) but it is of the 4th dimension, the spiritual dimension. This is why your shift creates a shift in your marriage. This is why ONE of the two of you can be an agent of transformation for the marriage, that begins with you and then expands to affect your marriage and shift the dynamics, and how you two interact. Just consider this for now...Don't argue against it...just consider it.....Being able to consider this as your NEW truth, your NEW belief, sets the stage for miracles in your marriage.

And Tomorrow, we'll talk about how the old belief works hand in hand with Love Lie #10. If you don't yet have a copy of my new book, The Love Lies, you can order it through [my website](#).



Day #3 How to MAGNIFY YOUR MARRIAGE MOJO

Unless you intentionally detoxed yourself of the female Love Lies, the faulty and flawed UNDERLYING beliefs that can keep frustration, disappointment and irritation alive and well in your marriage, BEFORE you got married then they've been there since Day 1 and entered your marriage with you. Today's conversation is specifically about Love Lie #2, that accompanies most women right across the threshold into married life. Love Lie #2 states: A Man Completes Me.

The messaging that we are continually bombarded with from a very young age, PRIOR to kindergarten, tells us that we are INCOMPLETE until we've found "The One," who has an alias of The Soul Mate or A Husband. This persistent and consistent messaging tells us: We're lacking, partial, not able to experience the fullness of life...and as a result, many of us "wait to exhale" until we have found "our other half."

Even this familiar phrase, "my other half, " reveals the insidious workings of Love Lie #2...It has us believe, and BEHAVE in such a way that operate as if $1/2 + 1/2 = 1$ whole relationship, while actually accurate and healthy relationships math (which is different from regular math) truthfully tells us that 1 (whole person) + 1 (whole person) = 1 whole relationship. So $1 + 1 = 1$. No place else does the math add us this way except in the arena of love relationships.

As a woman and a wife, the truthful antidote to Love Lie #2 is Love Truth #2: I am the Completion of Creation and a Living Gift. If quietly you've relegated yourself to a slightly diminished position, slightly less important status, have felt a little inferior, haven't been fully self-expressed, or your husband has also been "infected" by Love Lie #2, in his perception and behavior, it's understandable. This delusion is widespread.

HOWEVER, all we have to do to know the truth is to look at the Creation Story, and most importantly, the SEQUENCE of Creation. It was intentional and purposeful. "It's clear from a closer reading of the biblical creation sequence that woman was not only the crowning glory and the apex of ALL creation; she was the COMPLETION of creation (not man), and created AND presented as a living gift to man.

As a wife, when you recognize, in your thinking, posture, and behavior where you've been operating from Love Lie#2, and then truly know and truly GET Love Truth #2, it is a game-changer.

When you GET that you are a living gift, as a woman and a wife, then you can take responsibility for your value, power, and contributions at a wholly new level. You become an even more powerful force in your own life, in your marriage, in your family, household, community, workplace, church, etc.

Tomorrow we'll be discussing Love Lie #8: The HSAK Syndrome



Day #4 HOW TO MAGNIFY YOUR MARRIAGE MOJO

Today is about Love Lie #8...the Love Lie that ESPECIALLY befalls Married women. It is the HSAK Syndrome. H-S-A-K stands for He Should ALREADY Know.

The HSAK Love Lie is the source of tremendous amounts of frustration and communication "collisions" in marriages, for BOTH wives and husbands...As well as the negative by-product of husbands feeling that they can never measure up to the bars we set, they're always falling short, can't get it right, or can't satisfy us. (Trust me - husbands admit this and more in my men-only MEN-tality seminars.)

The underlying FALSE premise that fuels the HSAK Syndrome is based upon a twisted notion of "conditional love" (though there's no such thing.) Unknowingly, your female Love Lies programming tells you that it is the "job" of your husband to "MAKE" you happy, do what YOU want him to do, and WHEN and HOW you want him to do it - and if he doesn't, then we get an attitude, or withdraw our approval or love.

As wives, we can come into marriage (based upon our relationships social conditioning) thinking our husbands are supposed to ALREADY know a myriad of things...what we like or dislike; OR what we want him to know or do without having to tell him. We have adopted warped thinking (love lies-infected) that suggests that "I shouldn't have to tell him. I want him to know without me telling him or asking him. If I have to tell him or ask him, it isn't romantic." And this also can apply to how we want to be touched or kissed, what we want him to STOP doing, START doing, or do differently.

Furthermore, our female Love Lies messaging has us want him to do it without us articulating it to him (and in Manese, NOT in Womanese, as 99% of us tend to do...more on Manese in my book.), and articulating it to him in a way that he, as a man, understands.

But the HSAK Syndrome "infection" doesn't stop there. If he doesn't do it WHEN and HOW we want it, then we can easily draw erroneous conclusions such as "He doesn't care. He doesn't love me. He's not as invested in this relationship as I am." All of these types of thoughts can cause us to close our hearts, and to withdraw emotionally.

So you can see how the HSAK Syndrome can create quite a frustrating mess in marriage (and it DOES), and also causes on-going communication breakdowns and "MISSED-communications. that can spiral downward into what I call The Insanity Cycle.

Love Truth #8: He Probably Doesn't Know, is a truth that can help us RELEASE the chick-flick, movie-based and rom-com fantasies in our heads, the telepathy we expect him to have, and the desire to have our needs anticipated, without us having to SAY anything. Because WE, as women, are socialized to anticipate other's needs, doesn't mean that's how men are socialized (by the way - it isn't how they're socialized). And furthermore, we want to cease making them wrong for thinking and behaving differently than WE do. Going forward, NOTICE where you've been operating from the HSAK Syndrome.....

Lower your blood pressure, release yourself from unnecessary stress, and cure yourself of Love Lie #8 by stepping into Love Truth #8. He'll thank you for it. Or based upon the even MORE positive ways he's responding to you, you'll be able to SEE the difference.

Tomorrow's last entry for this MARRIAGE MOJO series is on Love Love #10, and feminine/wife leadership in marriage.



Day #5 of HOW TO MAGNIFY YOUR MARRIAGE MOJO!

Okay wives (and aspiring wives) out there, this is the FINAL entry for this particular series - and we are topping it off by sharing a Love Lie and then a Love Truth that might ruffle some feathers. I will be quoting directly from my newest book, The Love Lies, throughout most of this entry.

What we are exposing today (a long entry, but WORTH THE READ) is the final FEMALE Love Lie exposed in my book, that is MOST relevant to wives and those in Covenant Marriage.

Love Lie #10 is: I am the Follower.

"As much as I want to be able to say that Christian marriages are exempt from the Love Lies, or are faring better than non-Christian marriages, I'm not able to. Unfortunately, the 51 percent divorce rate among Christian marriages matches and mirrors that of secular marriages. As a Christian, it grieves my heart to have to acknowledge that Christian marriages are faring no better.

"COULD our equally high marriage failure rate be because there are some key biblical misinterpretations about covenant marriage that contribute to toxic relationship dynamics and have a majority of Christian marriages failing, too? COULD it be that there is a misunderstanding about spiritual partnership and the divine assignments AND functions of husband and of wife, that contribute to Christian marriages failing at the same 51% rate?

My observation over 20 years of doing empowerment and transformation work around the country with thousands, my study of scripture, insights from the Holy Spirit, and first-hand experience, provide evidence that the answer is YES and YES."

"I'm suggesting that the equally high failure rate of Christian marriages is NOT because covenant marriage doesn't work, as it is designed by God and defined in the Bible, but that it doesn't work because we are operating from a partial, inaccurate, imbalanced, and incomplete understanding, that in turn, establishes a false and faulty belief in male superiority and female inferiority and subordination, as if they are condoned by God. Which they aren't."

"Traditionally, from the pulpit, there's been a MAJOR OMISSION. The INTERPRETATION of the divine assignments of husband and wife of acknowledged the headship of the husband and have excluded, whether intentionally or out of ignorance, the divine assignment of the feminine leadership of the wife. Traditionally, in the specific context of the husband/wife inter-relationship (NOT the context of the entire family unit or household), headship has been used synonymously with leadership. They are NOT one and the same. They are two very separate and distinct functions, that are to work TOGETHER. The absence of the understanding of the divine function of feminine leadership within a marriage, and thus it's absence in the dynamics of covenant marriage have produced disastrous and imbalanced results."

The LOVE TRUTH is: I am the natural leader and the leader naturally

"The reality of feminine leadership in covenant marriage is a critical element that has been missing in our interpretation of scripture. Its absence in mention, teachings, and thus practice, has both diminished and handicapped our ability to achieve and experience mature, spiritual partnership in Christian marriages."

If the reality of feminine leadership as a compliment and corresponding counterpart to masculine headship, specifically inside of the covenant marriage context, is missing and absent, it creates confusion, dysfunction, and disharmony. It suppresses BOTH husband and wife coming into the fullness of what God intended for covenant marriage. A wife will find it hard to submit (which, by the way, is a powerful choice and powerful act, if we UNDERSTOOD it - which we don't); she won't ALLOW her husband to be the head of the marriage; and the husband will constantly be frustrated because she "won't listen, is resisting, is hardheaded, etc."

You will have control, domination, fear, withholding, distrust and subjugation INSTEAD OF love, full self-expression of BOTH husband and wife, growth, intimacy, union, expansion, and trust.

This misinterpretation and dangerous imbalance can lead to a misunderstanding and thus, the erroneous conclusion that covenant marriage is a hierarchy, with the husband OVER the wife. NOT SO, and also a misunderstanding of the divine assignment of headship and also a misunderstanding of how to "walk it out."

Headship inside of covenant marriage, as walked out by the husband, is about POWER WITH, and NOT POWER OVER. This is a major, major, major, major misapplication and abuse of headship when we interpret it and then share it as POWER OVER.

Headship and leadership are distinct functions, EQUAL in importance, with distinct purposes in covenant marriage, that work IN HARMONY (not conflict), and alongside each other.

Without BOTH present, in play, and distinctly provided by each partner, your relationship will most likely tip, flip or capsize.

Remember, you need BOTH the captain's WHEEL (metaphor for husband) working IN CONJUNCTION with the RUDDER (metaphor for wife) for a ship to successfully sail. (see below for more metaphors). You MUST have both.

Suffice it for now to say that, here, I will share some basic metaphors to help us BEGIN to understand these two critical distinctions (this is an ADVANCED concept, and thus why is it Love Lie #10. You are to move through the preceding NINE love lies FIRST).

You can get my book, [The Love Lies](#), for a MUCH more detailed discussion about husband-headship, wife-leadership, and how they work together beautifully and harmoniously, to create a powerful foundation for the possibility of moving to the level of divine partnership.

Here are some metaphors to help you grasp this Love Lie and understand the LOVE TRUTH: I am the natural leader and the leader naturally.

Husband-Headship is mentioned first, and the metaphor for the wife-leadership is mentioned alongside it.

Pilot - Radar
Head - Heart

Electric - Magnetic
Ship's Wheel - Ship's Rudder
Giver - Receiver
Seed - Soil
Mission - Vision,

to name a few.

HOPE YOU'VE ENJOYED this series of entries. For more resources for your personal growth, relationships growth and spiritual development, please visit my website and select "[Gifts of Gratitude](#)" for some FREE goodies.

You can also request to schedule an [Exploratory Conversation](#) about my private relationships coaching through my website, under Coaching.

In gratitude,

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