

## Therapeutic Effect of an Atomic Model of Family on Bringing Peace in the Family - The Spousal Harmony and Children's Good Physical and Mental Health

**Tapan K Chaudhuri<sup>1\*</sup>, Tushar K Chowdhury<sup>1</sup>, Tandra R Chaudhuri<sup>1</sup>, Sree Taposh K Chowdhury<sup>2</sup> and Srimati Bulu R Chowdhury<sup>3</sup>**

<sup>1</sup>Professor, Chaudhuri Spiritual Research Center, Hampton, Virginia, USA

<sup>2</sup>Spiritual Guru and Divine Mentor, Chaudhuri Spiritual Research Center, Hampton, Virginia, USA

<sup>3</sup>Spiritual Intern, Disciple and Devotee, Chaudhuri Spiritual Research Center, Hampton, Virginia, USA

**\*Corresponding Author:** Tapan K Chaudhuri, Professor, Chaudhuri Spiritual Research Center, Hampton, Virginia, USA.

**E-mail:** tkchaudhuri44@gmail.com

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God created everything in the Universe with Atom and the Universe is stable and peaceful. The basic concept of God's recipe of creation is - Something in the center and Something in the orbit. For example, in the atom -Proton and Neutron are in the center and Electron is in the orbit. Another example of this creative design of God is Solar System - Sun is in the center and Planets are in the orbit.

In the current society, the human family is in chaos with high incidence of spousal disharmony, high incidence of divorce, high incidence of unstable and unpeaceful family and high incidence of children being in disarray with high incidence of mental health problems and crime.

If humans can copy God's recipe in the creation of Family - i.e., an "Atomic Model of Family" - then there would be "Peace in the Family" and good physical and mental health of the children.

Therefore, an Atomic Model of family should be composed of one spouse (analogous to Proton) and God (analogous to Neutron) in the center of the family and the other spouse (analogous to Electron) in the orbit of the family. The Figure 1 shows the concept of an Atomic Model of Family.

A preliminary small pilot research study was conducted in twenty five families. Eighteen families followed the atomic model. No divorce and no mental health problem of the child occurred in these eighteen families (72%). Seven families did not follow the atomic model. Divorce and mental health problem of the child occurred in these seven families (28%).

Interestingly enough, one person from each of the two divorced families married second time and still did not follow the atomic model, and divorce occurred a second time.

A further large scale research study is needed to corroborate the findings of pilot study.

In conclusion an "Atomic Model of Family" appears to have a beneficial therapeutic effect in maintaining spousal harmony thereby "Peace in the Family" and in maintaining good physical and mental health of children.

**Figure 1:** An Atomic Model of Family Mimicking an Atom of Matter

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