

*“Let us take the first step to provide for our household a nourishing and pure diet, avoiding those foods injurious to healthy living.*

*Let us take the second step to develop physical, mental, and spiritual powers.*

*Let us take the third step to increase our wealth by righteous means and proper use.*

*Let us take the fourth step to acquire knowledge, happiness, and harmony by mutual love and trust.*

*Let us take the fifth step so that we are blessed with strong, virtuous, and heroic children.*

*Let us take the sixth step for self-restraint and longevity.*

*Finally, let us take the seventh step and be true companions and remain lifelong partners by this wedlock.”*