



## Lecture 14

# 'Trust' – the Foundational Value in Relationship

# About this Material and Effort on Universal Human Values

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We consider the efforts towards integrating value education in the present education system and moving towards holistic value-based education as a worthy mission for the wellbeing of all. In this spirit and to enable widespread usage, no royalty or fee is charged on this work.

We acknowledge, with deep gratitude, the existence, the entire nature and effort by generations of human beings for understanding and living by truth, love and compassion. The UHV effort is in continuation of this human tradition.

Guidelines for this effort and further efforts in this direction:

1. Universal – the content must be universal – applicable to all human beings and be true at all times, in all places  
**Should not depend on sect, creed, nationality, race, gender, etc.**
2. Rational – the content must be amenable to logical reasoning  
**Should not be based on blind beliefs**
3. Verifiable – the student should be able to verify the values on his/her own right (on the basis of their natural acceptance and experiential validation)  
**Should not be asked to believe just because it is stated in the course**
4. Leading to Harmony – the values have to enable us to live in peace and harmony within our own self as well as with others (human being and rest of nature)  
**Should not lead to contradiction, differentiation, sectarianism, struggle, chaos, etc.**



## Basic Human Aspiration

Continuous Happiness and Prosperity

Happiness is to be in Harmony

## Program for Fulfilment of Human Aspiration

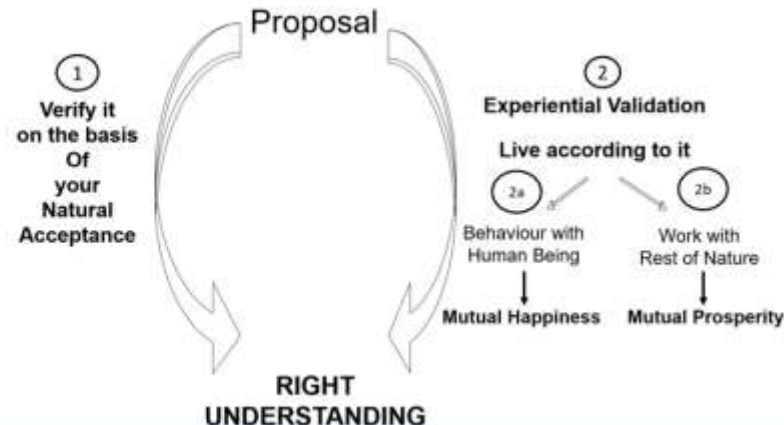
Understanding Harmony and Living in Harmony at all Levels

Harmony in the Human Being ✓  
 **Harmony in the Family**  
Harmony in the Society  
Harmony in Nature/Existence

## Process of Understanding

### Self Exploration

Whatever is stated is a **Proposal** (Do not assume it to be true/ false)  
**Verify** it on your own right



What is my  
role (value) in  
the family?



## Need to Explore Relationship

We had explored “can we live in relationship without understanding relationship?”

Having right understanding about relationship is necessary for fulfillment in relationship

We had also explored "the unhappiness in our families is more due to lack of physical facility or more due to lack of fulfillment in relationship?"

The major issue in family is that of relationship; physical facility (and body) is used as a means

As long as we consider human being to be body, it is not possible to understand relationship; and without understanding relationship, it is not possible to fulfill relationship, even though we do want to fulfill relationship. We are trying to assume relationship on the basis of body and trying to fulfill relationship on the basis of body, and it does not work, inspite of all good intentions

Now we can explore relationship with the clarity of human being, as co-existence of self and body

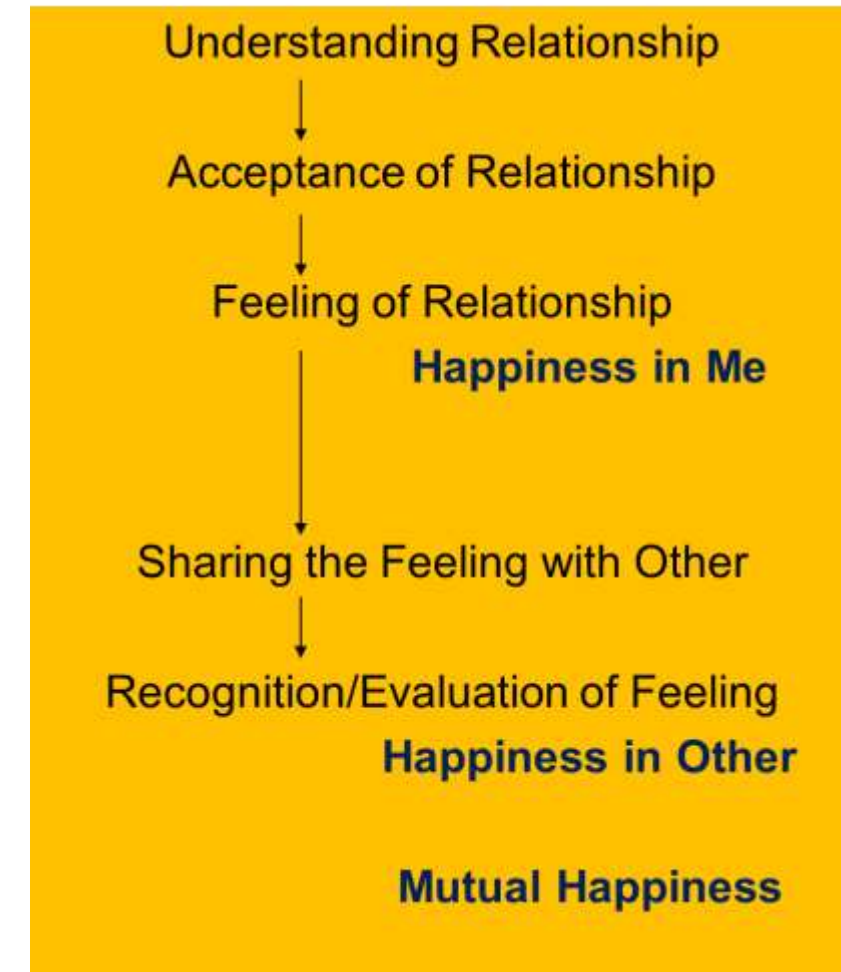


# Harmony in the Family

1. Relationship is – between one self ( $I_1$ ) and another self ( $I_2$ )
2. There are feelings in relationship – in one self ( $I_1$ ) for the other self ( $I_2$ )
3. These feelings can be recognized – they are definite (9 Feelings)
4. Their fulfilment, evaluation leads to mutual happiness

## Feelings in relationship:

- |                                  |                             |
|----------------------------------|-----------------------------|
| 1- Trust fo"okl FOUNDATION VALUE | 6- Reverence J)k            |
| 2- Respect lEeku                 | 7- Glory xkSjo              |
| 3- Affection Lusg                | 8- Gratitude —rKrk          |
| 4- Care eerK                     | 9- Love izse COMPLETE VALUE |
| 5- Guidance okRIY;               |                             |



# Trust (fo"okl)

Trust = to be assured (vk"oLr gksuk)  
= to have the clarity that the other wants to make me  
happy & prosperous  
= nwljk esjs lq[k] le`f) ds vFkZ esa gS] ,slk Li`V gksuk

Now, let us explore this feeling of trust between two individuals

- You are the first individual
- Think of the other as someone in your family... close friends

And let us ask some simple questions...



# Evaluating Trust – Between 2 Individuals

## About your Natural Acceptance

- 1a. I **want to** make myself happy ✓
- 2a. I **want to** make the other happy ✓
- 3a. The other **wants to** make herself/himself happy ✓
- 4a. The other **wants to** make me happy ?



## Intention – Natural Acceptance

What is Naturally Acceptable to You

## About your Ability

- 1b. I **am able to** make myself always happy ?
- 2b. I **am able to** make the other always happy?
- 3b. The other **is able to** make herself/himself always happy ?
- 4b. The other **is able to** make me always happy ??



## Competence

What You Are ( $\sum D, T, E$ )

# Doubt on Intention: Mistrust

## About your Natural Acceptance

- 1a. I **want to** make myself happy ✓
- 2a. I **want to** make the other happy ✓
- 3a. The other **wants to** make herself/himself happy ✓
- 4a. The other **wants to** make me happy

## About your Ability

- 1b. I **am able to** make myself always happy ?
- 2b. I **am able to** make the other always happy?
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- 4b. The other **is able to** make me always happy ??

?

??

## Intention – Natural Acceptance

What is Naturally Acceptable to You

## Competence

What You Are ( $\sum D, T, E$ )





## About the Other

The other broke a glass

If the other makes a mistake even once...

- I doubt his intention
- He makes mistakes intentionally
- I have a feeling of opposition, get irritated, angry...
- I reinforce “The other is bad”, can not improve



## About Myself

The glass broke by accident

Even if I make the same mistake 100 times...

- I never doubt my intention
- I make mistakes by accident
- I have a feeling “I am special”
- I reinforce “I am good”. I do not make effort to improve my own competence

**Doubt on intention is a major reason for problems in relationships**

# Common Mistake in Relationship

I evaluate myself on the basis of my intention

I evaluate the other on the basis of their competence

I doubt their intention. I assume their lack of competence to be their lack of intention → I feel opposed to the other, I get irritated, angry...

I may not speak to the other for days... or even breakup the relationship... One may have lost many good friends like this...

About your Natural Acceptance	About your Ability
1a. I <b>want to</b> make myself happy ✓	1b. I <b>am able to</b> make myself always happy ?
2a. I <b>want to</b> make the other happy ✓	2b. I <b>am able to</b> make the other always happy ?
3a. The other <b>wants to</b> make herself/himself happy ✓	3b. The other <b>is able to</b> make herself/himself always happy ?
4a. The other <b>wants to</b> make me happy ?	4b. The other <b>is able to</b> make me always happy ??
<u>Intention – Natural Acceptance</u> What is Naturally Acceptable to You	<u>Competence</u> What You Are

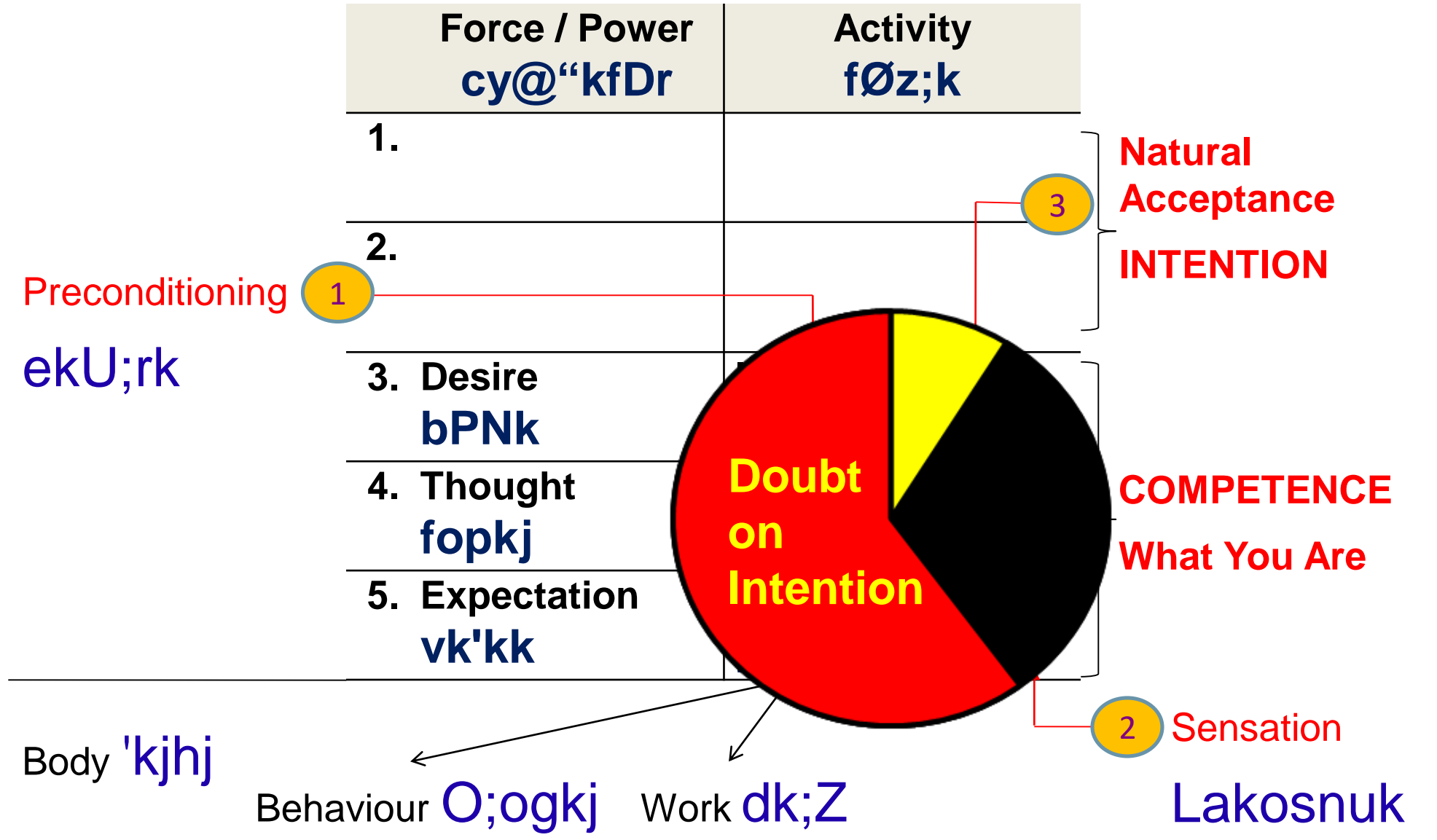
**Doubt on intention is a major reason for problems in relationships**

# Distinguishing between Intention (Natural Acceptance) and Desire

Desire is not the same as Natural Acceptance

(only a small set of Desires may be guided by Natural Acceptance...

A larger set of desires may be motivated by Preconditioning or Sensation)



# Self Reflection

If you have unconditional, continuous trust on intention (natural acceptance) of the other and if the other is lacking competence, what will you do:

- |  |   |                               |
|--|---|-------------------------------|
| a) Try to improve his competence<br>(and also improve your competence) | } | Trust on Intention → Response |
| b) Get irritated   |   |                               |
| c) Get angry   | } | Doubt on Intention → Reaction |
| d) Have a feeling of opposition  |   |                               |



How many persons, in your family and friends, do you have trust on intention (natural acceptance) – unconditional, continuous?



This is fundamental. Trust on intention is the foundation of relationship

You can get an idea of the state of your understanding about relationship from this exploration...

# Trust: To have the clarity that the other intends to make me happy

## About your Natural Acceptance

1a. I **want to** make myself happy

2a. I **want to** make the other happy

3a. The other **wants to** make herself/himself happy

4a. The other **wants to** make me happy

✓

✓

✓

✓

## About your Ability

1b. I **am able to** make myself always happy ?

2b. I **am able to** make the other always happy?

3b. The other **is able to** make herself/himself always happy ?

4b. The other **is able to** make me always happy ??

## Intention – Natural Acceptance

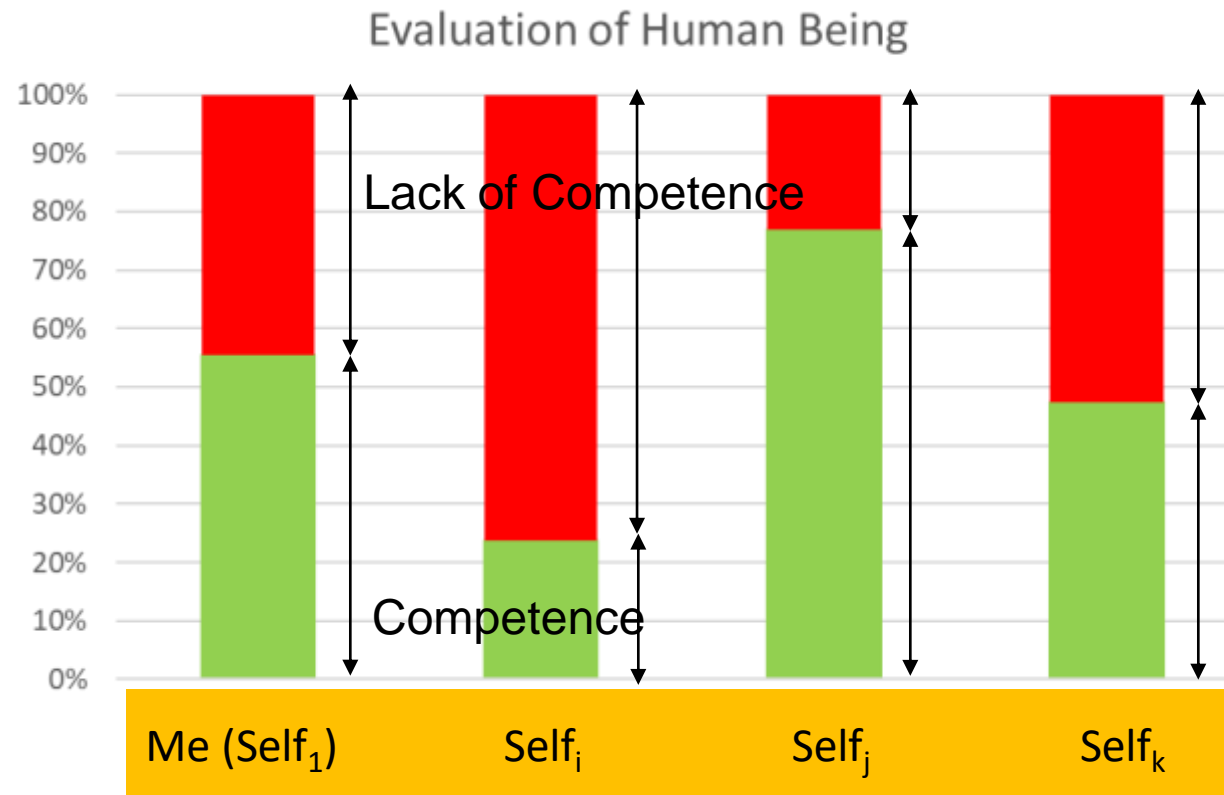
What is Naturally Acceptable to You

## Competence

What You Are ( $\sum D, T, E$ )



The Natural Acceptance (Intention) is same in every human being



Competence = the % of imagination guided by Natural Acceptance

Competence of various people may be quite different

Take-away:

**Trust on Intention (Natural Acceptance)**

**I am able to see that**

**the other has a natural acceptance (intention) to make me happy  
s(he) may or may not have the competence to do so**

## About the Other

The glass broke by accident

Even if the other makes the same mistake 100 times...

- I am clear about his intention
- I know the mistake is due to lack of competence, not a lack of intention
- I make effort to help improve his competence with a feeling of affection

I know that “he may have difficulty understanding... and also, I may have difficulty in explaining...”

## About Myself

The glass broke by accident

When I make a mistake even once...

- I am clear about my intention
- I know the mistake is due to lack of competence, not a lack of intention
- I make effort to improve my own competence (I am willing to learn)

**Trust on intention is the starting point for mutual development**



# Trust: The Foundation of Relationship

With trust on intention, I feel related to the other (I accept the relationship)

When I make a program with the other

- I evaluate his competence as well as my competence and
- I make the program in accordance with our current mutual competence

I am consistently making effort to learn, to improve my competence

If the other is lacking in competence, I am committed to help the other to improve his competence, without becoming irritated...

## About your Natural Acceptance

- 1a. I **want to** make myself happy ✓
- 2a. I **want to** make the other happy ✓
- 3a. The other **wants to** make herself/himself happy ✓
- 4a. The other **wants to** make me happy ✓

## Intention – Natural Acceptance

What is Naturally Acceptable to You

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- 1b. I **am able to** make myself always happy ?
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## Competence

What You Are

**Trust on intention is the starting point for mutual development**





## Understanding Trust

Being able to see that all human beings have the same natural acceptance (intention) as me

Trust on intention is founded on understanding (not based on events)

It does not keep changing with time or person. So it can be unconditional and continuous

Of course, the competence may or may not be there – in me or in the other

## Assuming Trust

“Trust” on competence is based on events – can keep changing

*The last 5 times I lent her money, she returned it on time... so I can trust her*

*He said he will reach at 11, but look it is after 12 now... he always comes late... so how can I trust him to be on time?*

Here we are not looking at the natural acceptance (intention). We are only seeing the competence



# Sum Up

Trust is to have the clarity that the other wants to make me happy & prosperous.

Trust is the foundation of relationship

If I am aware of my natural acceptance, I have trust on intention

I feel related to the other (I accept the relationship)

When I make a program with the other, it is based on right evaluation of our mutual competence

- In case the other is lacking in competence
  - I make effort to assure the other
  - I make effort to improve his competence once he is assured in relationship (and not before that)
- If I lack competence, I become ready to take help from the other to improve my competence

If I am unaware of my natural acceptance, I may have doubt on intention

- I evaluate the other on the basis of his competence and assume the lack of competence to be the lack of intention; and thus feel opposed to him (while I evaluate myself on intention)
- This feeling of opposition shows up as irritation or anger (and it may further lead to fighting, struggle and war)





# Self Reflection

## Assignment for Today

List the members in your family. Now ask the eight questions regarding trust for each person and evaluate. Get into dialogue if required.

- 1a. Do I want to make myself happy?
- 2a. Do I want to make the other happy?
- 3a. Does the other want to make himself/herself happy?
- 4a. Does the other want to make me happy?
  
- 1b. Am I able to make myself always happy?
- 2b. Am I able to make the other always happy?
- 3b. Is the other able to make himself/herself always happy?
- 4b. Is the other able to make me always happy?

Now evaluate your  
intention (natural acceptance) and  
level of competence



# Self Reflection

1. How many persons, in your family and friends, do you have trust on intention (natural acceptance) – unconditional, continuous?  
    You always make effort to improve mutual competence  
        (your own competence as well as the competence of the other)  
    rather than getting irritated, angry or having a feeling of opposition  
        (even for a moment)
2. Can you see that the problems in relationship have more to do with lack of understanding relationship rather than with lack of physical facility?
3. When you have a feeling of opposition, get irritated or angry, observe your desire, thought, expectation – can you observe the doubt you have on the intention of the other?
4. Can you see your own intention (natural acceptance) clearly?  
    [Then you can conclude about the intention of the other also]
5. What is the basis for trust on intention...
  - Right understanding (of Human Being, Human Relationship...)
  - Experience of events

## Self Reflection

What is the basis for trust...

- Right understanding of Human Being
- Experience of events

Feeling based on right understanding can be unconditional, continuous...

## Self Reflection

What is the role of physical facility

- in understanding trust
- in expressing the feeling of trust

Like this we can find out the role of physical facility in the fulfillment of relationship

Except for the feeling of care, the role of physical facility is not there or is just symbolic

# Self Reflection

Where would you start

- expect or demand trust from the other
- make effort to develop the feeling of trust in yourself and to express it to the other





# Key Points

Lecture 14: 'Trust' – the Foundational Value in Relationship

## Basic Human Aspiration

Continuous Happiness and Prosperity

Happiness is to be in Harmony

## Program for Fulfilment of Human Aspiration

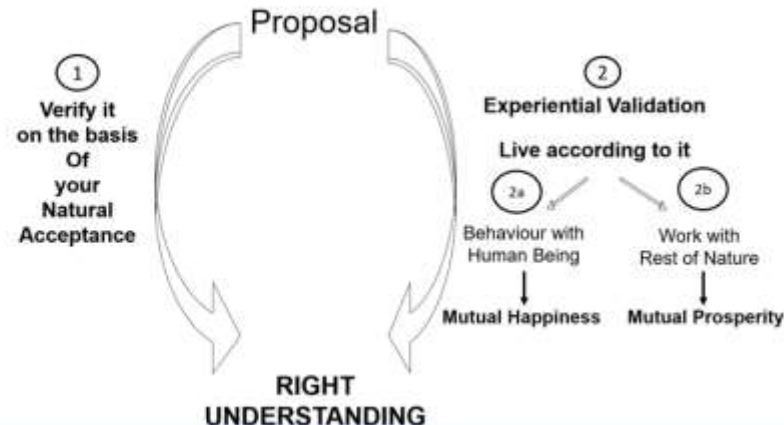
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What is my  
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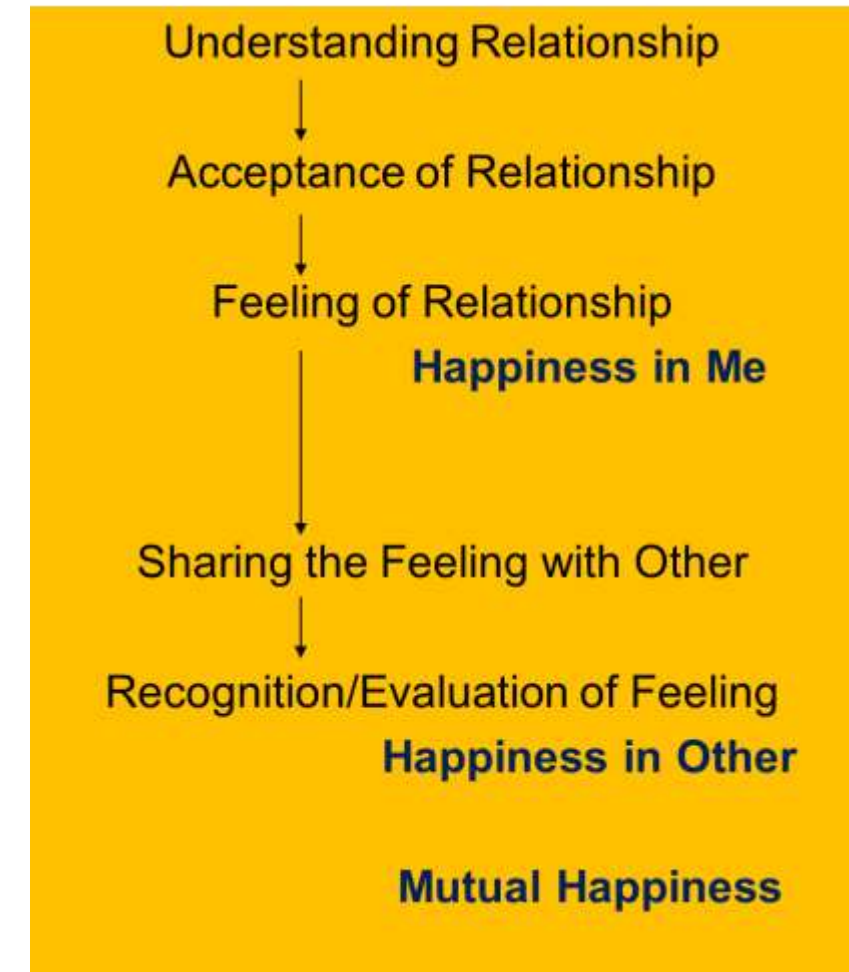


# Harmony in the Family

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## Feelings in relationship:

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= to have the clarity that the other wants to make me  
happy & prosperous

= nwljk esjs lq[k] le`f) ds vFkZ esa gS] ,slk Li`V gksuk

# Doubt on Intention: Mistrust

## About your Natural Acceptance

- 1a. I **want to** make myself happy ✓
- 2a. I **want to** make the other happy ✓
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### Intention – Natural Acceptance

What is Naturally Acceptable to You

### Competence

What You Are ( $\sum D, T, E$ )



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Trust is to have the clarity that the other wants to make me happy & prosperous.

Trust is the foundation of relationship

If I am aware of my natural acceptance, I have trust on intention

I feel related to the other (I accept the relationship)

When I make a program with the other, it is based on right evaluation of our mutual competence

- In case the other is lacking in competence
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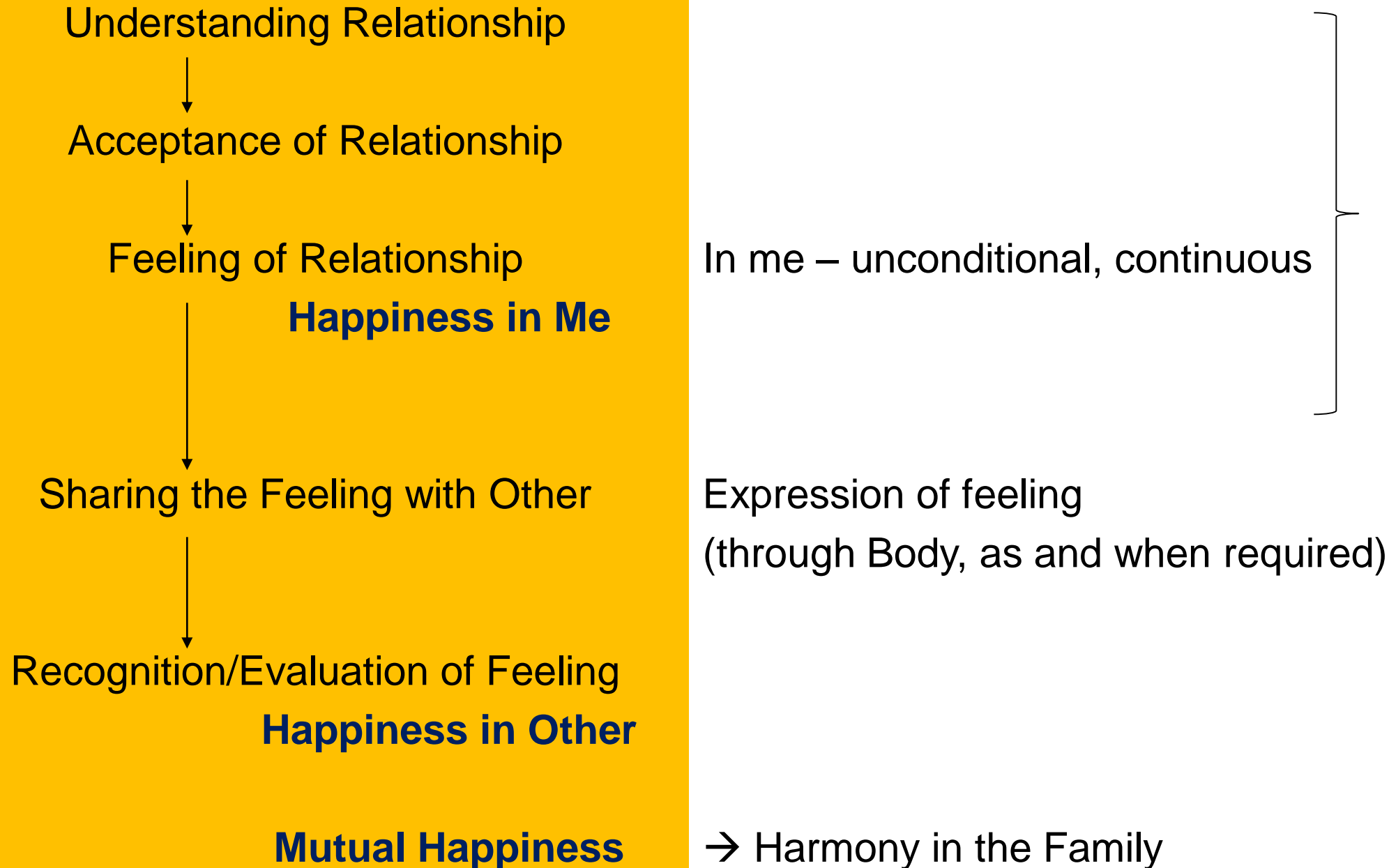


# FAQs for Lecture 14

'Trust' – the Foundational Value in Relationship



# Feelings based on Understanding – Feelings in Me



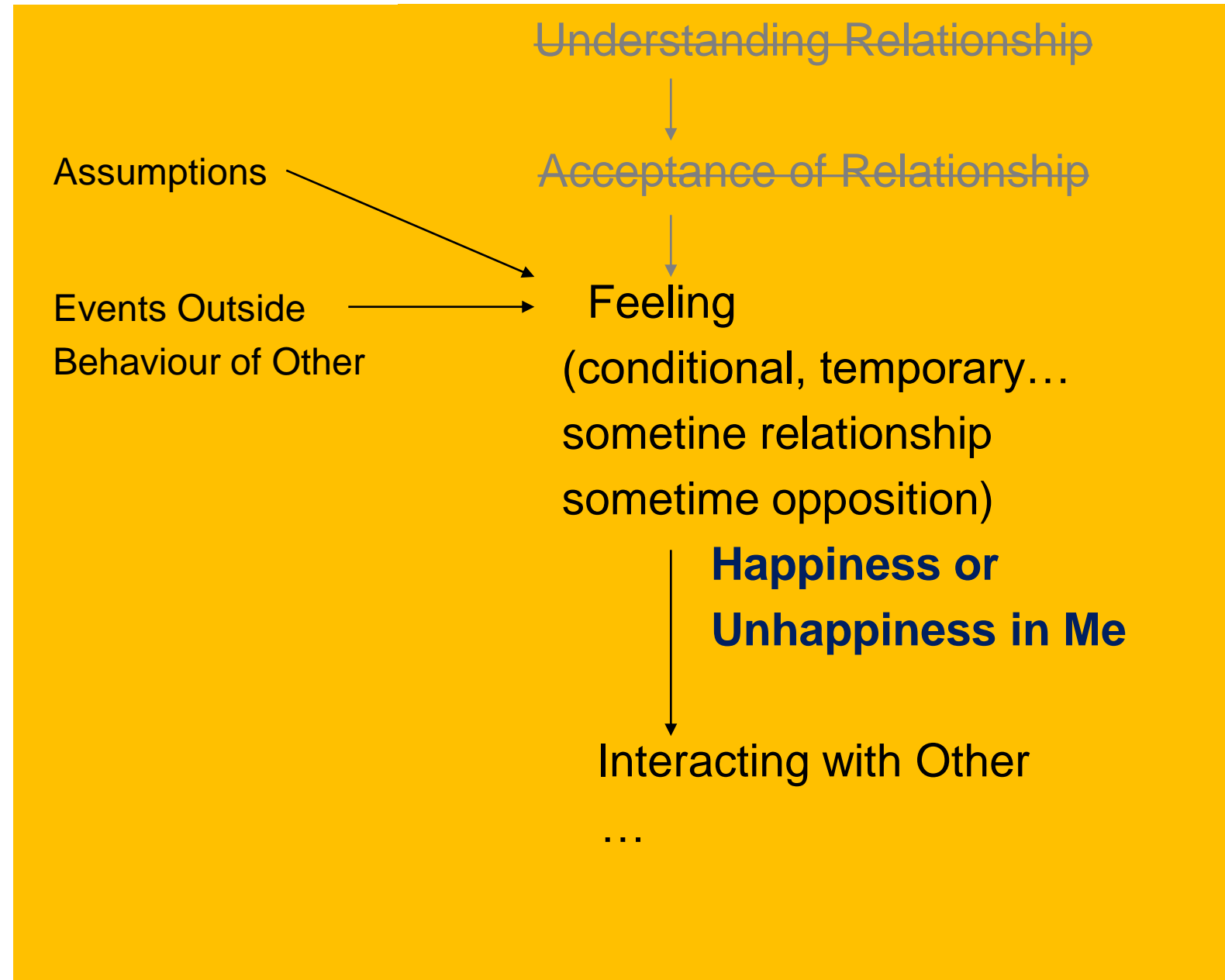
Role of Education

# Feelings based on Assumptions, Events – Feelings borrowed from Other

My feelings are conditional,  
may change from time to time...

My feelings are decided by  
my own assumptions or  
outside events / behaviour of other

My state (happiness/unhappiness)  
is decided/dictated by the other  
(I am in a state of enslavement)



## Question(s): Intention

## Response

- Does everybody really have the right intention – they could be corrupt people... thieves, rapists, murderers... terrorists...

• Intention has to do with natural acceptance, and we can see that every human being has same natural acceptance, hence, right intention. However, their competence may be different i.e. their desire, thought, expectation may be different. For example, one may have desire to fulfill others while the other may have desire for exploiting other (at that level they could be corrupt people... thieves, rapists, murderers... terrorists). So, at the level of desires, there may be difference. What we are saying is that we have to have trust on intention but, when it comes to making a program with him, we evaluate our mutual competence and decide for the program on the basis of it.



## Question(s): Intention

## Response

- How can we trust everybody, even people we have never met? Isn't it blindly trusting everyone?
- If a person is making the same mistake again and again, even after drawing his attention to the mistake, can we say his intention is right?

- What we are saying is that we have to have trust on intention but, when it comes to making a program with him, we evaluate our mutual competence and decide for the program on the basis of it. So, it is not a question of blindly trusting the other, deciding the program on the basis of proper evaluation of the competence of the other.
- Yes. There is problem with his competence; this we can verify for our own case, we have right intention but we keep making many mistakes again and again. Now, we both have to work to improve upon his competence.

## Question(s): Trust

- Don't you think that if we keep trusting others and quietly keep accepting their behaviour, then they will keep taking advantage of us?
- If I start trusting everyone, I will get cheated. I don't think we should start trusting right away. So my question is, for how long should we observe someone before trusting them?

## Response

- Quite likely. This may happen to begin with, but slowly the other person will accept your feeling and there will be some space created in the other, then the dialogue can begin and we can together explore into the proposals regarding relationship. Sometime, we may have to be very tough to draw the attention of the other, but that is making the program based on our mutual competence with the feeling of trust on intention. For example, a mother will stop the child from putting his hand in fire by force, but with a feeling of affection.
- Till we are able to evaluate his competence properly.

## Question(s): Trust

- If someone you rely on or believe in breaks your trust, how can we keep trusting them continuously? And what to do with them?

## Response

- As we said, we have to make the program on the basis of proper evaluation of our mutual competence. It is possible that our evaluation may not be correct, and it may have problem. So, we have to work on reevaluating our mutual competence.

## Question(s): Helping Other

- Now I can see the problem with my spouse – s(he) doubts my intention! So what should be my next step?
- I have the right intention and I want to help the other to improve his competence, but he does not listen. What should I do?
- How many times, for how long should you help the other to improve their competence? 10 times? What if the other does not really want to improve?

## Response

- An interesting case in a workshop- ‘now, I understand, the problem is that my wife doubts my intention!’ the next step is to have trust on intention of your spouse, and the process may start with it.
- You have the intention, but you have to develop the competence. Only when your behaviour is fulfilling for the other that he will feel assured of you and a dialogue will start. Then, he will be ready to listen to you.
- It depends on competence of both. If, you find that presently, there is problem with your competence (sanskar) as well as the competence of the other, then it may be better to give time and work on improving one’s own sanskar



## Question(s):

- What is the difference between reaction and response?

## Response

- Reaction and response- described in the next slide



Response	Reaction
You decide your feeling on your own right	You decide your feeling based on the behaviour of the other
<p>It is based on right understanding</p> <p>You always have the right feeling</p> <p>It is definite and unconditional</p> <p><b>The behavior of the other is only an indicator of the state of the other</b></p> <p>With that input you decide your behaviour to ensure mutual happiness</p>	<p>It depends on whether you like or dislike the (taste of the) behaviour of the other</p> <ul style="list-style-type: none"> <li>- If the other behaves properly, you have a right feeling and may behave properly</li> <li>- If the other misbehaves, you have a wrong feeling and you may also misbehave</li> </ul>
<p><b>You decide your own behaviour</b></p> <p><b>You are self-organised</b></p>	<p><b>Your “remote control” is with the others</b></p> <p><b>You are enslaved</b></p>
<b>Your conduct is definite</b>	<b>Your conduct is indefinite</b>



## Question(s):

- I always thought that desire and intention are exactly the same. Also there is confusion between desire and natural acceptance. Can you clarify these 3 words?
- What do you mean by competence? I mean I can find out their skills – is that their competence?

## Response

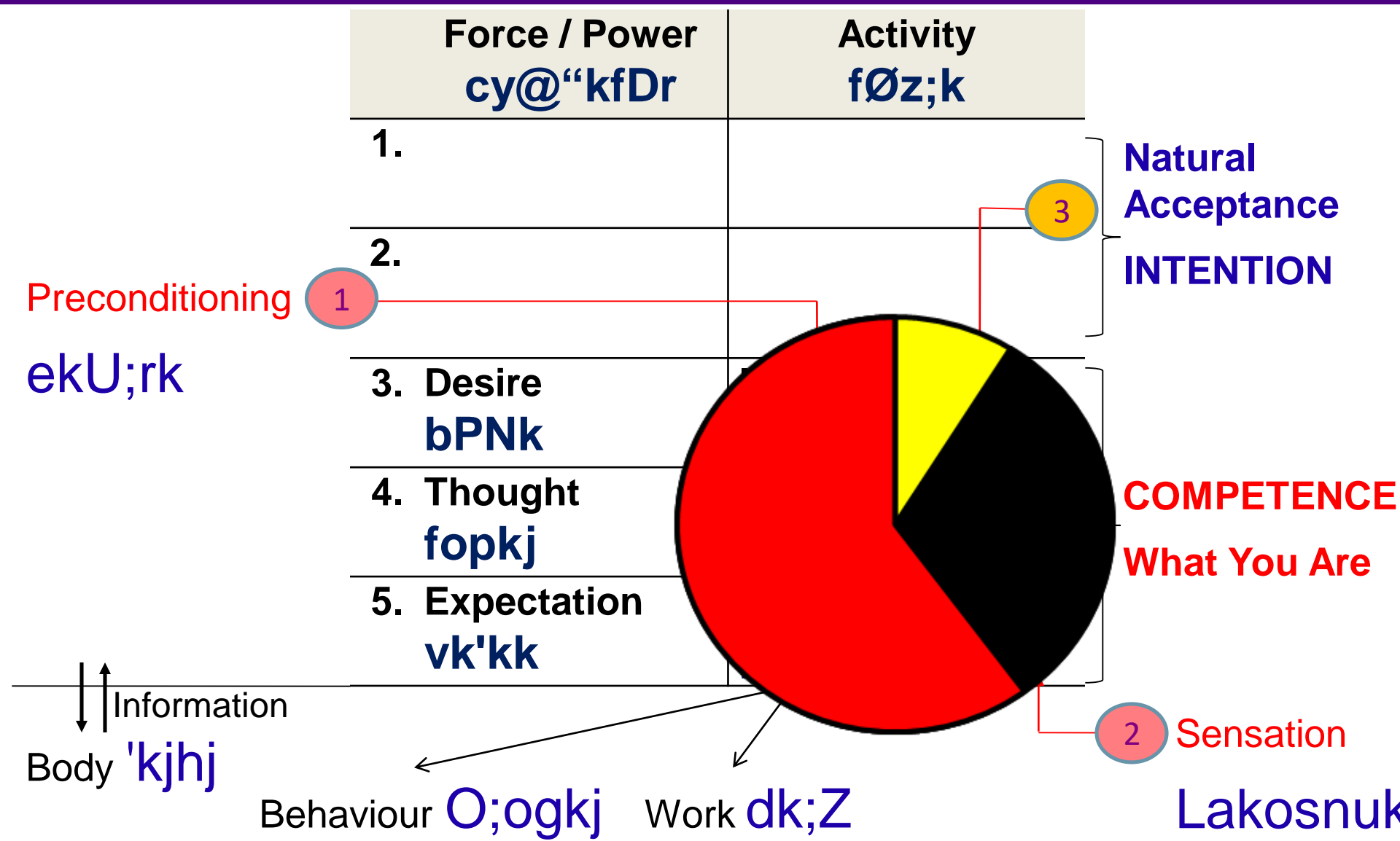
- We have already clarified about these there-natural acceptance, intention and desire. Intention has to with natural acceptance, and we can see that every human being has same natural acceptance, hence, right intention. However, their competence may be different i.e. their desire, thought, expectation may be different.
- Competence means your desire, thought and expectation that you have accumulated as discussed in the session. Skill is a part of it.

# Intention and Desire may be quite different

Intention (natural acceptance), pure

Desire (part of competence) could be motivated by three sources...

Only a fraction of the desires may be in line with intention (natural acceptance)



# Competence

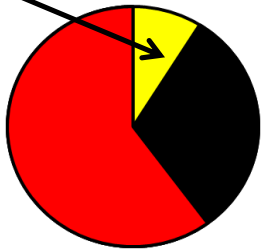
Competence = Accumulated imagination (desire, thought and expectation)...

(skill is a part of competence, not all of it)

Right evaluation of competence

evaluation of how much of the imagination is motivated by natural acceptance

It includes evaluation of the skills related to work



Contemporary evaluation of competence

evaluation of skill

+

evaluation of attitude / likeability

Reflect: How would you evaluate someone who is highly skilled, but poor at teamwork?  
moderately skilled, but good at teamwork?

