



Lecture 14

'Trust' – the Foundational Value in Relationship

Continued...

FAQs on Trust contd...

- How can we trust everybody, even people we have never met? Isn't it blindly trusting everyone?
- Don't you think that if we keep trusting others and quietly keep accepting their behaviour, then they will keep taking advantage of us?
- 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	Reaction
<p>You decide your feeling on your own right</p> <p>It is based on right understanding You always have the right feeling It is definite and unconditional</p> <p>The behavior of the other is only an indicator of the state of the other</p> <p>With that input you decide your behaviour to ensure mutual happiness</p>	<p>You decide your feeling based on the behaviour of the other</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"> - If the other behaves properly, you have a right feeling and may behave properly - If the other misbehaves, you have a wrong feeling and you may also misbehave
<p>You decide your own behaviour You are self-organised</p>	<p>Your “remote control” is with the others You are enslaved</p>
<p>Your conduct is definite</p>	<p>Your conduct is indefinite</p>

Practice Session after Lecture 14

- Make a list of your family members and friends. Take the eight questions regarding evaluation of trust and reflect on the answers for each person in your list, one person at a time. First reflect on the four questions about natural acceptance (intention):

- 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.

Next, reflect on the four questions about competence – your competence and their competence:

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

From this reflection, how many people are there with whom you have a feeling of trust on intention? Is the feeling unconditional and continuous? The indicators of unconditional, continuous trust on intention are:

- You never get irritated or angry with them
- You never have a feeling of opposition for them
- You are always thinking and making effort for their development

Practice Session after Lecture 14...

Now in your class group, share your findings and discuss:

- What you have understood about intention and competence – do you evaluate them separately?
- How you evaluate yourself and how you evaluate others – do you evaluate yourself on the basis of your intention and evaluate others on the basis of their competence?
- What is the result of such evaluation?
- What would be the result if you evaluated the intention and competence separately? Will it lead to a feeling of trust for each other?
- Reflect on some instances where you got irritated or angry with someone. What was the result of it? Can you recollect that you had a doubt on their intention? Try to call them and share your reflections with one or more of them.

Write down your conclusions from this exercise.

Practice Session after Lecture 14...

- Show the video “Right Here Right Now”. It is a short film directed by Anand Gandhi about human behaviour and its propagation.

(Source: Part 1: <https://www.youtube.com/watch?v=OVAokeqQuFM> Part 2: <https://www.youtube.com/watch?v=gIYJePEEnvUY>).

Discuss:

- a. Specific interactions shown in the video – are these interactions showing reaction or response?
- b. Reflect on your own interactions – what percentage of your interactions are reactions and what percentage are response?
- c. Is it desirable to have 100% response (and no reaction)? What effort is required for it?

Expected Outcome

- The students are able to see that the natural acceptance (intention) of everyone is to be happy and make others happy! It is the competence that is lacking – it is lacking in themselves and it is lacking in others also.
- Whenever they evaluate themselves on the basis of their intention and others on the basis of their competence, whenever they doubt the intention of the other, there is a feeling of opposition, irritation or anger. They conclude that I am a good person and other is a bad person! This is a major problem in their relationship with their family and friends.
- As soon as they are able to see their own natural acceptance (intention), they are able to see that the other also has the same natural acceptance (intention), they have a feeling of being related and they start thinking in terms of mutual development. This is relieving for them and also relieving for the other.
- They are able to distinguish between reaction and response; appreciate the need for 100% response in human-human interaction and make effort towards it.



Lecture 15

'Respect' – as the Right Evaluation

Part I

Basic Human Aspiration

Continuous Happiness and Prosperity

Happiness is to be in Harmony

Program for Fulfilment of Human Aspiration

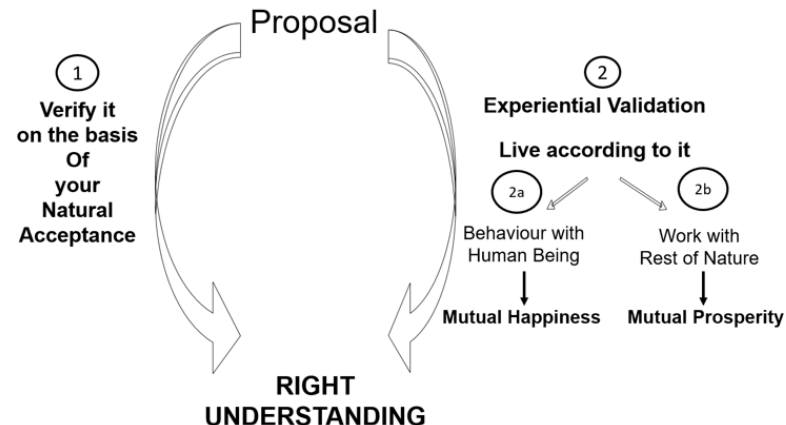
Understanding Harmony and Living in Harmony at all Levels

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?

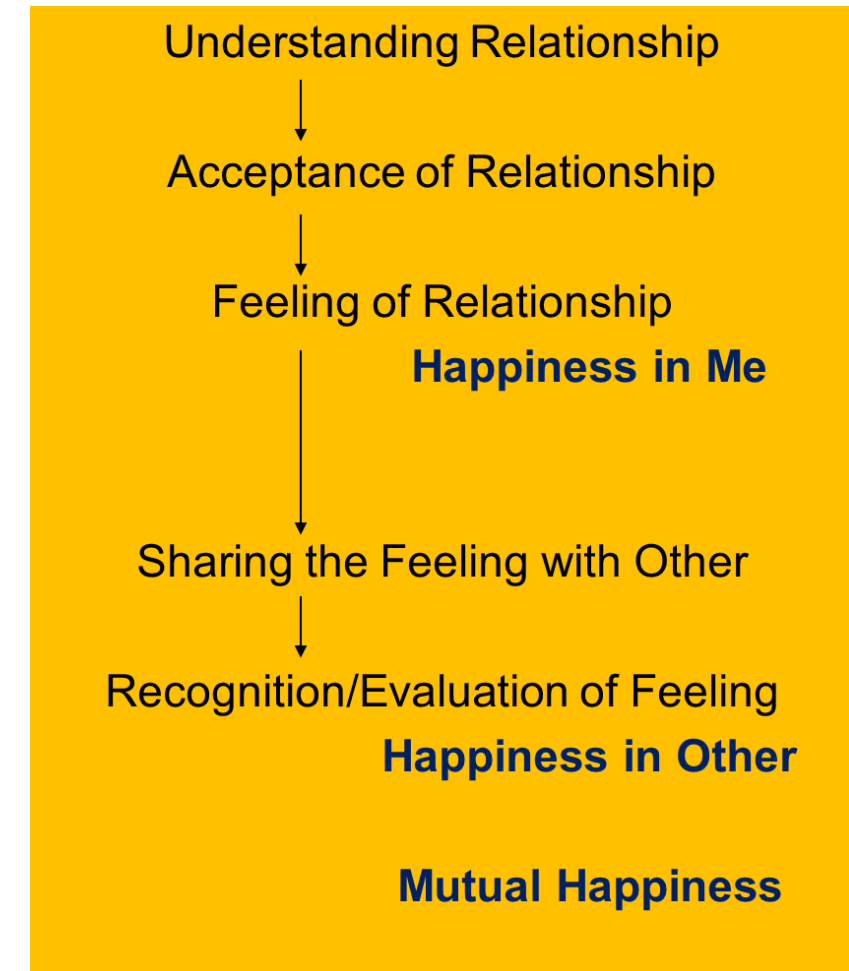


Harmony in the Family

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 विश्वास FOUNDATION VALUE | 6. Reverence श्रद्धा |
| 2. Respect सम्मान | 7. Glory गौरव |
| 3. Affection स्नेह | 8. Gratitude कृतज्ञता |
| 4. Care ममता | 9. Love प्रेम COMPLETE VALUE |
| 5. Guidance वात्सल्य | |



Respect (सम्मान)

Respect = Right Evaluation

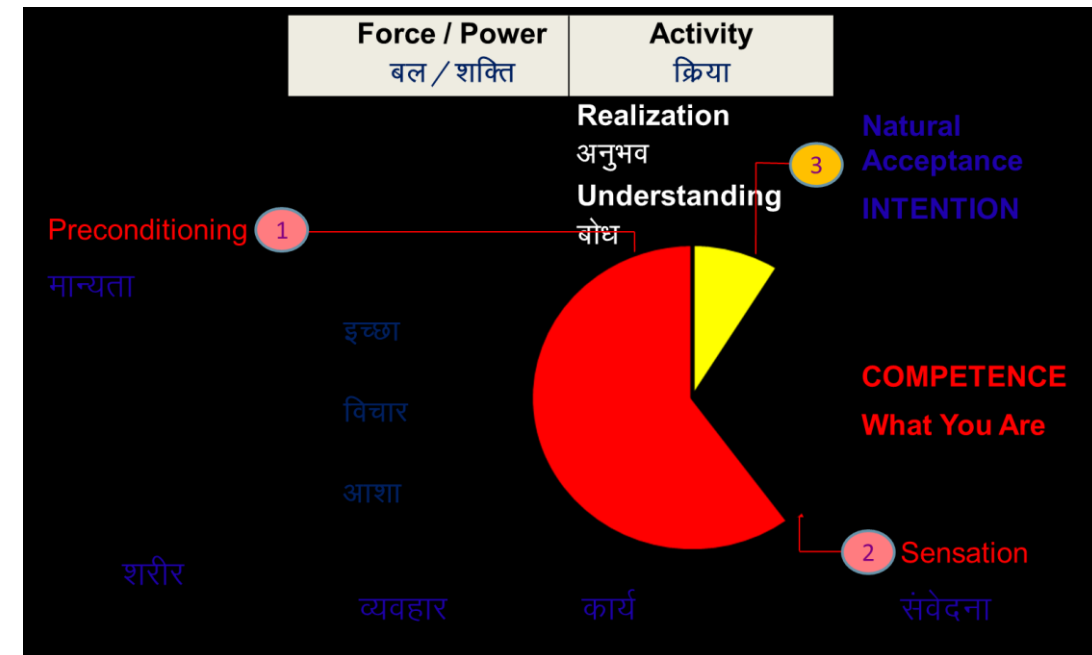
सम्मान = सम् + मान

↓ ↓

सम्यक् मापना

↓ ↓

ठीक ठीक आंकलन करना



Right evaluation of human being... the intention (natural acceptance) and competence...

Other Types of Evaluation

Over evaluation अधिमूल्यन	– to evaluate for more than what it is अधिक आंकलन करना	Disrespect अपमान
Under evaluation अवमूल्यन	– to evaluate for less than what it is कम आंकलन करना	
Otherwise evaluation अमूल्यन	– to evaluate for other than what it is अन्यथा आंकलन करना	

Not naturally acceptable. Whenever the evaluation is not right, it is disrespect

Check for yourself in every interaction with others whether it is respect or disrespect. i.e.

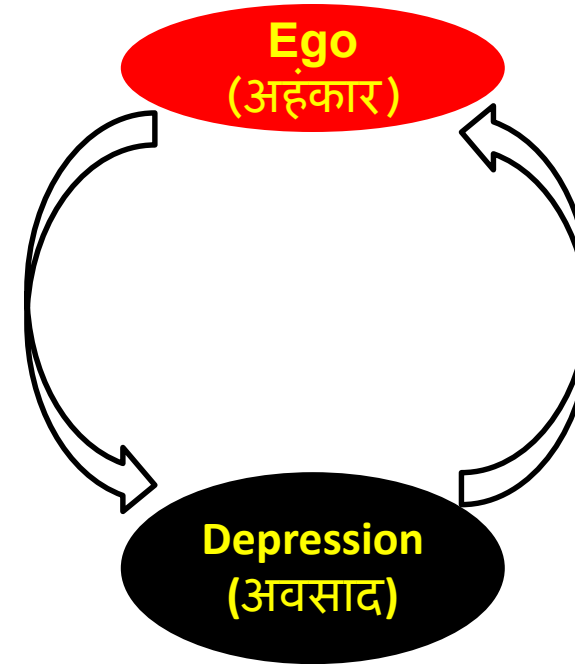
- It is right evaluation or
- It is over / under / otherwise evaluation



Common Implications of Disrespect

Over evaluation – evaluating more than what it is
अधिमूल्यन – अधिक आंकलन करना

Right
Evaluation
सम्मान



Wrong evaluation...

Disharmony within

Tension

Frustration

Depression

Suicide...

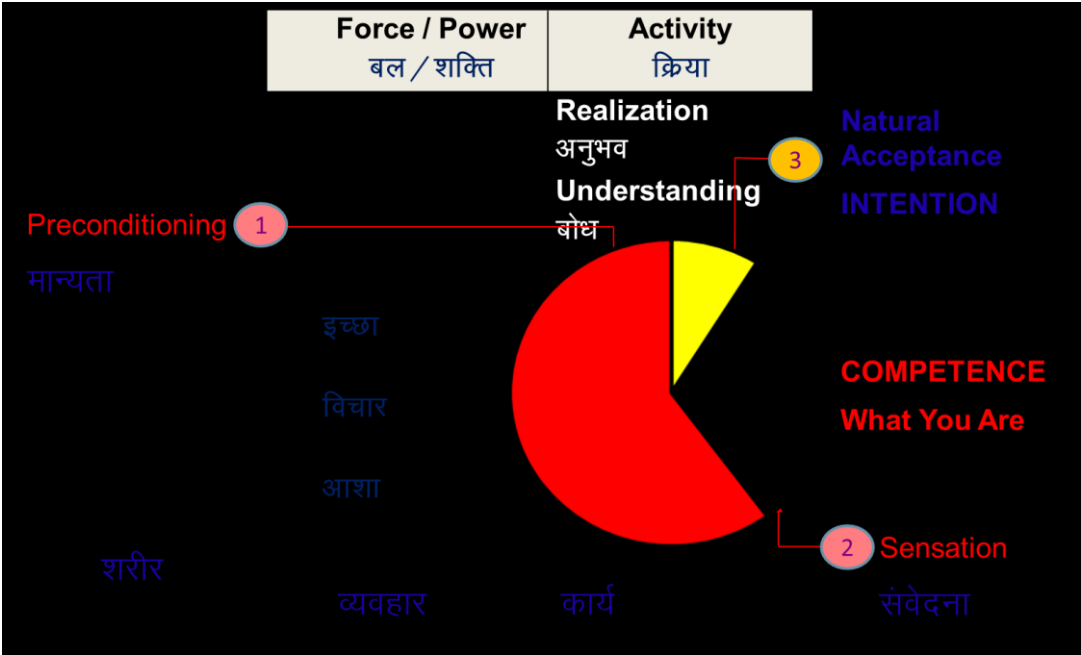
Under evaluation – evaluating less than what it is
अवमूल्यन – कम आंकलन करना

Otherwise evaluation – evaluating other than what it is
अमूल्यन – अन्यथा आंकलन करना

Self Reflection

Human being = Self + Body...

Will the right evaluation be on the basis of the Self or the Body?



Respect: Right Evaluation – on the basis of the Self

1. Purpose लक्ष्य

- I want to live with continuous happiness & prosperity
- The other also wants to live with continuous happiness & prosperity

Our purpose is same (on the basis of Natural Acceptance)

2. Program कार्यक्रम

- My program is to understand and to live in harmony at all levels of being
- The program of the other is also to understand and to live in harmony at all levels of being (Individual, family, society and nature/existence)

Our program is same

3. Potential क्षमता

- Desire, Thought & Expectation (इच्छा, विचार, आशा) is continuous in me.
I am endowed with Natural Acceptance
- Desire, Thought & Expectation (इच्छा, विचार, आशा) is continuous in the other.
The other is also endowed with Natural Acceptance

Our potential is same

MINIMUM CONTENT of RESPECT



The Other is Similar to Me

दूसरा मेरे जैसा है



Self Reflection

While there are similarities at the level of the Self,
in our day-to-day living:

We accept the other as being similar to us?

or

We try to show that we are special, unique, different from the other?

Minimum Content of Respect: The Other is Similar to Me

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MINIMUM CONTENT of RESPECT



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FAQs for Lecture 15

'Respect' – as the Right Evaluation

Questions

- We normally respect good people but not bad people, like criminals. One person is successful on the basis of his hard work – he has done his PhD, has a good job... Another person is a loser... So, how can we respect both of these people equally?
- How do I ensure right evaluation? How do I know that my evaluation is right?
- I am doing so much work at home (looking after my child also) and I am working outside the home also. In spite of this, if my husband doesn't respect me, my mother in law doesn't respect me, won't I feel bad? How will I feel like respecting them?
- ...





Self Reflection