

Harmony in Family

Desire - Happiness, prosperity.

Program - process of achieving the desire.

we cannot live in relationship without understanding relationship.

unhappiness in our family is more due to lack of fulfillment in relationship.

Human is coexistence of self & Body

Self is seer, doer & enjoyer is central to human existence.

need of self is continuous happiness.

To understand harmony &

to live in harmony

consider human = body, relationship can't be understood.

explore into relationship:

1. Relationship is b/w one self & another self

2. Relationship - harmony in family.

Relationship is understood - if we understand self.

3. Four Aspects:

1. Relationship is between one self & another self.

2. There are feelings in relationship in one self for the other self.

3. These feelings can be recognized - they are definite (foundational) feelings - trust, respect, affection, care, guidance,

reverence, glory, gratitude & love. (complete value)

Not Acceptable Naturally:

mistrust, disrespect, jealousy, exploitation, misguidance, confusion, irreverence, inglorious feelings, ingratitude, hatred.

4. Their fulfillment, evaluation leads to mutual happiness.

These feelings are naturally acceptable to me.

Therefore having these feelings in myself leads to my happiness.

These feelings are naturally acceptable to the other, therefore their fulfillment leads to happiness of the other.

Thinking of taking revenge (2hrs) & dropped it. The 2 hrs leads to unhappiness.

Feelings in you — does it lead to happiness in me
Express the feelings to other — does it lead to happiness of the other

Evaluation is required to verify.

1. Whether I have these feelings or not.
2. Whether I have expressed these feelings to other or not
3. Whether it has reached to other or not... ultimately
4. Whether the result is mutual happiness or not

We expect the feelings from the other

We feel happy if we get it.

We don't think about having & sharing feelings

I want to make the other
happy ✓
The other wants to make
-her/himself happy ✓

The other wants to make
me happy ?

(Intention)

I evaluate myself on the basis of my intention
(natural acceptance)

I evaluate the other on the basis of their
competence.

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 improve.

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 efforts
to improve my own competence.

I am able to make the
other always happy?

The other is able to
make herself/himself
always happy?

The other is able to make
me always happy ??

(competence)

To get respect,

Build big house, wear fashionable clothes.

- it never give feeling of respect on others.

instead of getting respect, jealous will get because of the above activities. (They also don't understand the relationship.)

Major relationship is based on feeling not in physical facility.

understanding the feeling, having the feeling, expressing the feeling & right evaluation of feeling leads to mutual happiness.

Feelings in Relationship:

Fulfilment & evaluation of feelings (with Natural acceptance) leads to mutual happiness.

(Trust, Respect, Affection Gratitude, Love)

TRUST:

To be Assured.

when we have the clarity that the other wants to make me happy & prosperous.

About Your Natural Acceptance	About Your Ability Competence.
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I want to make myself happy. ✓

I am able to make me always happy ?

Doubt an intention is a major reason for problems in relationships.

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

Intention of other is same as mine. Only they are lacking in competence.

"Friend lost a purse and rushing to mess while I am wishing he did not reply."

Doubt on intention leads to feeling of opposition that leads to affect the harmony.

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

Try to improve his competence.

Trust on intention - Response

Doubt on intention - Reaction

Respect

Overevaluation - to evaluate for more than what

Under evaluation - ^{is.} to evaluate for less than what it is

Otherwise evaluation - to evaluate for other than what it

Whenever the evaluation is not right, it is disrespect

Right evaluation of human on the basis of self.
our purpose is same. (on the basis of Natural Acceptance).

I want to live with continuous happiness & prosperity.

The other also wants to live with continuous happiness & prosperity. ~~our purpose~~

Program is same

my program is to understand & to live in harmony at all 4 levels.

(individual, family, society & nature/existence).
our program is same. The other's program is also same as ^{me}
potential.

Desire, thought & expectation is continuous in me.
I am endowed with Natural Acceptance.

The other's potential also same as me.
our potential is same.

The other is similar to me.

Instead of seeing the similarities we focus on differences and discriminating - Disrespect.
Discriminating is on the basis - race, gender, age, physical strength.

Movement ~~of~~ of gender inequality
Movement against physical strength.

Harmony in Society

Families living together, in relationship of mutual fulfilment. (common goals) - society
people living together, but not in relationship of mutual fulfilment (differing goals) - crowd
people living separately, in opposition / struggle. (conflicting goals) - Battlefield

Fulfilment of relationship based on right understanding leads to mutual happiness.

The base of harmony in society is harmony in family for which the base is harmony in human being.

Assumption Wrong misunderstanding Money is everything (For Every individual)
Accumulation By any means. (for few individual)
Domination, exploitation, fear (for society)
Mastery & Exploitation (over nature)
↓
→ Obsession for consumption
Profit
Sensual pleasure
Terrorism
war
Resource Depletion
pollution

Human Goal. ①	②	③	④
Right understanding & Right feeling for Every individual	Prosperity in Every family	Fearlessness (Trust) in society	Coexistence Mutual enrichment for nature Existence

Human Order Five Dimensions

Right understanding - Wisdom/ clarity abt
what to do as a human

Education - sanskar (right understanding, ^{right feeling} in individual) ①
Health - sanyam (need of physical facility) ②
Production - work (producing more than what is required) (prosperity) ③
Justice - preservation (fearlessness, trust in society) (coexistence) ④
Exchange - storage. ensuring prosperity, ensuring trust

Education: to develop the right understanding of the harmony at all levels of our being, from self to entire existence. ② ③

Sanskar - the commitment, preparation & practice of living in harmony.

Preparation includes learning the skills & technology for living in harmony at all levels.

(individual, family, society, nature/ existence)

Education - sanskar

Education - developing right understanding

Sanskar - Commitment/ preparation/ practice for right living
preparation includes learning right skills & Technology.

Development of competence to live with definite human conduct - Discipline to Self discipline.

1. Right understanding in every child.

(develop the right view of self, family, society, nature & existence).

2. The capacity to live in relationship with other human being. (with practice while in the family)

School, College, Community).

Skills of ensuring prosperity.

The capacity to identify the need of physical facility.

The skills & practice for sustainable production of more than what is required (by feeling of prosperity).

Human society, human education - sanskar is available. People with human consciousness participate in the systems to develop/maintain the harmony in society. The education system has major responsibility for preparing people, developing into a living model of humane society.

Right education - Sanskar \rightarrow right participation in society. (right understanding & right feeling ensured)

Health - Sanyam.

Sanyam - Feeling of responsibility of nurturing, protection & right utilization of the body.

Health - Body acts according to self, parts of the body are in harmony (in order)

\rightarrow recognising what is needed as physical facility

Sanyam in the self:

Intake, Daily routine, Labour, exercise, Asan, pranayam, Medicine & Treatment.

responsibility of self towards to body, nurture, protect & right utilization - sayam.

work - the labour of human being does on the rest of nature.

production - physical facility obtained out of work.

what to produce?

required physical facility necessary for nurturing, protection & right utilisation of body.

How to produce?

Mutually enriching, cyclic process. - Eco friendly.

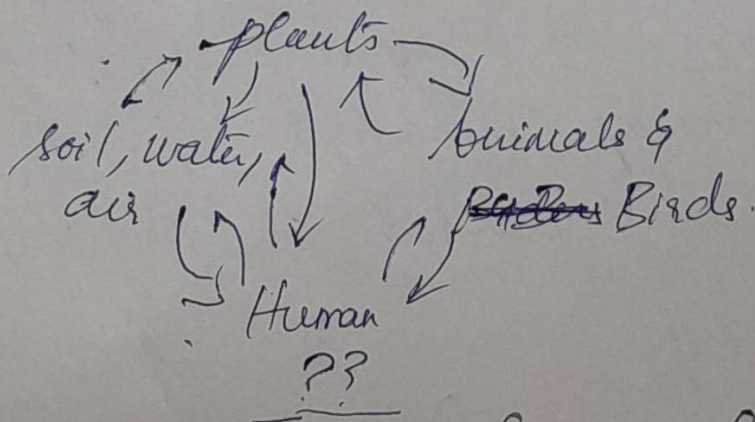
Ensuring justice - people friendly.

cyclic

Every unit in the process is enriched.

Human have to understand mutual fulfillment in nature & to live accordingly.

To update the man made processes to be cyclic & mutually enriching.



Justice - recognition of human-human relationship, its fulfillment & evaluation leading to mutual Happiness.

Justice - from family to world family &
undivided society - (fearless - Trust)
Recognition, of human-human relationship,
fulfilment & evaluation.

Rela leading to mutual happiness.

Preservation - Recognition of human - Rest of nature.
Relationship, its fulfilment & evaluation leading to
mutual prosperity or mutual Enrichment.

1. prosperity of human being.
2. Enrichment, protection & right utilisation of rest of nature.

Coexistence with nature.

Exchange - of physical facility with a view of
mutual fulfilment.

(not with obsession for profit / of exploitation)

Storage - of physical facility with the view of mutual
fulfilment.

(^{not with} obsession for profit / of accumulation)

Scope - from family order to World family order.
Family, family cluster, village - village cluster - Nation
- world family.

Full fill the human goals.

Gross misunderstanding -

Human being = body $\left\{ \begin{array}{l} \text{race} \\ \text{gender} \\ \text{physical strength} \end{array} \right.$
reality is human being is coexistence of self & body.

physical facility - Differentiation.

wealth post

Compare, compete & differentiate

Misunderstanding:

physical facility = Happiness.

reality: Happiness is being in a state of Harmony
(in relationships).

Differentiation. — Beliefs
isms sets info

Communism Vs Capitalism

respect doctors not engineers like.

misunderstanding is

If the preconditioning of the other
matches my preconditioning, then the other is like
while the reality is,

Every human being is like me.

4. Competence - on the basis of right evaluation
of our mutual competence. I recognise our
complementarity & fulfill it.

I understood something and other is not
I can help the other by vice versa.

We are complementary to ~~the~~ ^{each} other.

The other is similar to me.