

**Title:**

## **Nurturing Relationships – 2**

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### **What was the session about?**

- The session about how one can care for relationships and protect it.
- In this session we were taught how an individual is related to another individual.
- What are the feelings in relationship – in one self for other self?
- On what activities the scope of relationship exists.
- How intention and competence, respect we show towards others affects the relationship or not?
- Harmony in the society.

### **What I liked about the session?**

- Doubt on intention is a major reason for problems in relationships.
- I liked the concept of intention and competence.
- Even if we make the same mistake 100 times. We never doubt our intention. We reinforce “we are good.” We make mistakes by accident and convince ourselves. We do not make effort to improve our own competence.
- If others did any mistake, we doubt their intention, we do not ask “why,” “how.” We jump to the conclusion “they make mistakes intentionally.” We condemn the other, reinforce the other is bad.
- We get irritated, angry and have a feeling of opposition.
- We conclude the other does not want to improve her/his competence.

### **Something I did not like about the session?**

- I did not like the way how humans differentiate themselves.
- We are differentiating based on Age, Gender, Race, Physical strength.
- We belong to same caste which is “HUMAN”.
- And our Global Food Production is 6 times requirement.
- Global Food Wastage is 1/3rd of production.
- Wastage is enough to feed 1300 crore people/year.

### **My takeaways from the session:**

- We should think a minute from others perspective. We should not judge them blindly.
- We should maintain Harmony in the society.
- Do not waste food.
- We should maintain right understanding and right feelings.

### **Justice-suraksha:**

- Justice – Recognition of Human-Human Relationship, its Fulfillment & Evaluation leading to Mutual Happiness.
- Suraksha – Recognition of Human-Rest of Nature Relationship, its Fulfillment and Evaluation leading to Mutual Prosperity or Mutual Enrichment.
  - Prosperity of Human Being.
  - Suraksha of rest of Nature (Enrichment, Protection & Right Utilization of rest of Nature)