

Module 3

Understanding Harmony in the Family

Understanding Harmony in the Family

- Every human being is born in a family and is part of a family. The family is the basic unit or building block of human organization.
- It provides a base for appreciating, accepting, understanding and practicing to live in relationship and harmony (order).

Feeling of Relationship as the Basis for Harmony in the Family

- The harmony in the family has primarily to do with the fulfilment of relationship between one human being and the other human being.
- In order to fulfil relationship, it is necessary to understand relationship.

Understanding Relationship

- We will now explore into the four important aspects of relationship:
 1. Relationship is – between one Self (I1) and another Self (I2)
 2. There are feelings in relationship – in one Self (I1) for the other Self (I2)
 3. These feelings can be recognized – they are definite
 4. The fulfilment of these feelings and their right evaluation lead to mutual happiness

1. Relationship is – between one Self (I1) and another Self (I2)

- When we talk about relationship, we can make 2 important observations.
- The first is that Relationship is already there.
- We do not have to construct or create relationship.
- All we need to do is to understand relationship and fulfil it.
- We are producing, processing, packaging, marketing, delivering, repairing, servicing all the things we use.
- There are a lot of people who depend on us – for the goods and services that we produce or provide.
- When we recognize the relationship and see that it is there, we think in terms of accepting it and fulfilling it.
- So it is Naturally Acceptable, to live in relationship.
- It indicates that relationship is already there, it is a part and parcel of human existence and existence as a whole.
- We only need to understand it to fulfil relationship.

- The second is that relationship is between one Self and the other Self.
- However, understanding human being, we can easily see that it is the Self which is recognizing the relationship, not the Body.
- It is the Self which has feelings in relationship, and not the Body.
- Also, these feelings are recognized by the other Self and not the Body.
- It is the Self that is able to see or understand relationship, accept relationship and fulfil relationship.
- The Body may be used as an instrument in the process of fulfilling the relationship by both Human Beings.

2. There are feelings in relationship – in one Self (I1) for the other Self (I2)

- The important issue in human relationship is that of the feelings.
- We can see that feelings are in the Self, not in the Body.
- It is the Self which has the feelings and which recognizes the feelings.
- To understand relationship, one has to understand the Self and the feelings in the Self.
- Feelings like Respect and Affection are more important rather than merely the exchange of Physical Facility.
- (Eg: Mother's cooking Vs Hostel food)
- The major crisis we are facing in relationship today is because of the failure to understand the Self.

3. These feelings can be recognized – they are definite

- These feelings can be recognized, they are definite.
- There are nine feelings in relationship.
- These are the feelings which we can understand, which we can ensure within ourselves, which we can share with others and thus ensure mutual fulfilment in relationship.
- These are the feelings which are naturally acceptable to us in the relationship with the other human being.

- Feelings (values) in relationship:
- 1. Trust (foundation value)
- 2. Respect
- 3. Affection
- 4. Care
- 5. Guidance
- 6. Reverence
- 7. Glory
- 8. Gratitude
- 9. Love (complete value)

4. Fulfilment of feelings in relationship and their evaluation leads to mutual happiness

- When we have these naturally acceptable feelings in the Self, we share them with the other and when we are both able to evaluate the feelings rightly, it leads to mutual happiness, i.e. the happiness of oneself as well as the happiness of the other.
- (Eg: feeling of Respect)

Appraisal of the Current Status

- The problem today is that we assume ourselves to be the Body and we assume the relationship on the basis of the Body (and not the feelings).
- We, therefore, fail to understand relationship and consequently, we fail to fulfil it, despite all our good intentions.
- The problems are due to absence of one or more of the right feelings in the Self.
- And we try to make up this gap by physical facility or by trying to demand these feelings from others, rather than ensuring these feelings in ourselves and sharing it with others.
- (Eg: Couple going for walking, Wearing an exclusive dress)

The Way Ahead

- **First**, we need to rightly recognize the relationship, identify the naturally acceptable feelings in relationship, understand these feelings and ensure that these feelings are there in us.
- This will ensure happiness in us.
- **Secondly**, we have to share these feelings with the other. Because this is naturally acceptable to the other as well, it will lead to happiness in the other also.
- Thus, it will lead to mutual happiness. And that is how the fulfilment in relationship takes place.
- (Eg: Father - Son)

'Trust' – the Foundational Value in Relationship

- Trust is “to be assured”.
- **Trust is to be assured that the other intends to make me happy and prosperous.**
- In order to understand trust, examine these eight statements:
 - 1a. I want to make myself happy
 - 2a. I want to make the other happy
 - 3a. The other want to make himself/herself happy
 - 4a. The other wants to make me happy

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

- The questions 1a to 4a relate to **natural acceptance, the intention**.
- Questions 1b to 4b relate to the **competence, the ability**.
- By and large, as far as the statements about the intention, i.e. natural acceptance, are concerned, there is a tick mark in 1a, 2a and 3a, and there is a question mark in 4a.
- When we look at the competence, at the ability, there is a question mark, right from the beginning – there is a question mark on 1b, 2b, 3b; on 4b there is a big question mark.

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 ($\sum D, T, E$)

Distinguishing between Intention and Competence

- Now if you try to analyse your own responses, many things will get clarified.
- You'll find that while evaluating yourself, you evaluate on the basis of your intention (natural acceptance).
- You think that you are a good person as your intentions are good.
- On the other hand, when you evaluate the other, you evaluate him on the basis of his/her competence.
- You find that s(he) is not able to make you happy all the time.
- Many times, or most of the time he ends up making you unhappy.

- Therefore, you think that the other wants to make you unhappy. You have a doubt on other's intention.
- (Eg: A glass breaks)
- On the basis of lack of competence, we conclude about the lack of intention of the other.
- When we doubt their intention, instead of accepting the other as a relative, we have a feeling of opposition.
- This is the common mistake that we make in relationship today.
- (Eg: Wished him, Auntie - Uncle)

- Now that we have clarity about intention and competence, explore this question:
- If you have unconditional, continuous trust on intention, on the natural acceptance of the other and if the other is lacking competence, what will you do?
- a) Try to improve upon his competence
- b) Get irritated
- c) Get angry
- d) Have a feeling of opposition
- The answer is obviously (a). It is a response which indicates trust on intention.
- All other answers are reactions based on doubt on intention.
- Now with these indicators, find out how many people are there in your life on whom you have trust on intention (natural acceptance) which is unconditional and continuous.

Generally, we don't see intention and competence separately.

Since competence is generally lacking, the feeling of unconditional acceptance is almost completely missing; rather there is a feeling of opposition.

With that, we reinforce wrong assumptions like:

- Strangers can't be trusted (?)
- Trust is developed over a long-time (?)
- Never trust anyone (?)

Trust on Intention

- **Trust is to have the clarity that the other intends to make me happy.**
- Thus, if we are able to see intention and competence distinctly, we will be able to place a tick mark in 4a.
- We will be assured of the intention of the other human being.
- And with that, we will make a programme of interaction with right evaluation of our competence and their competence (so, this is not 'blind' trust).

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

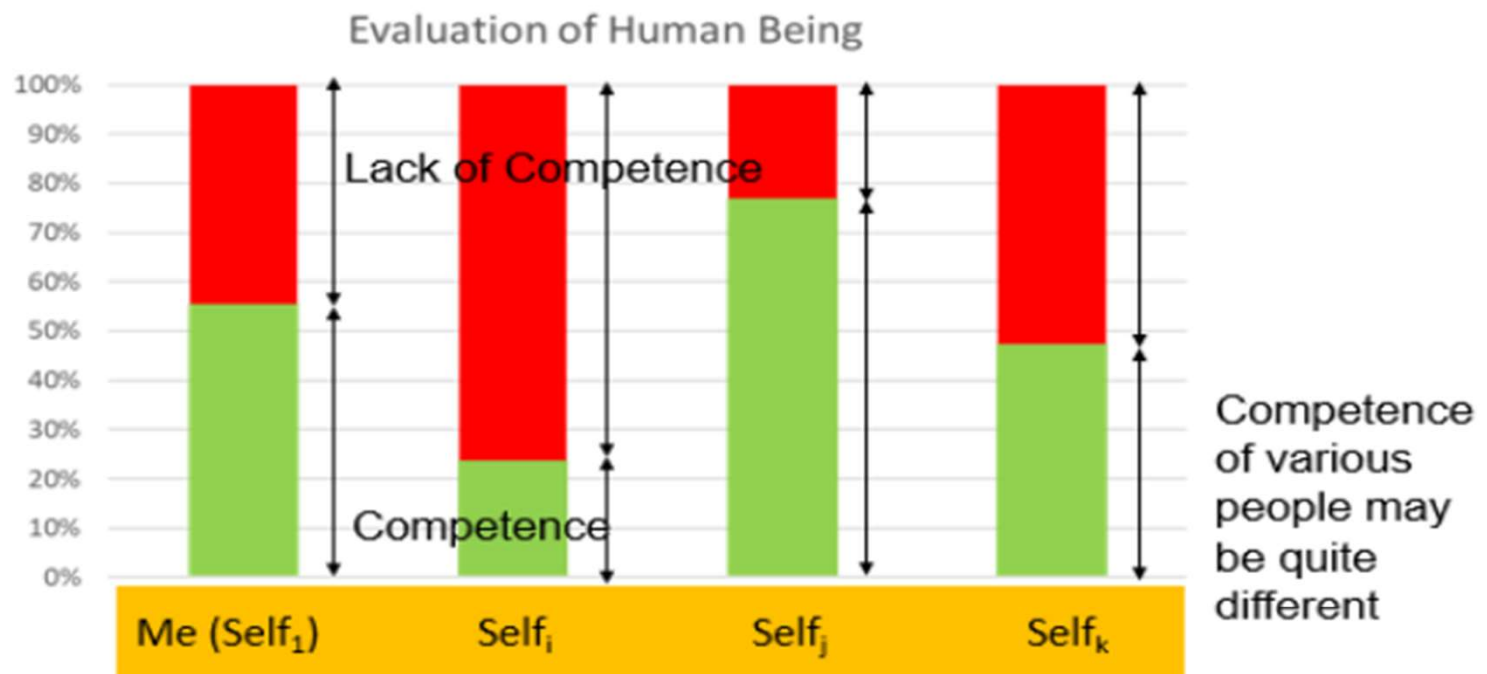
Competence

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

With the feeling of trust, one is able to see it clearly that the intention is same for all, to be happy and make other happy. The only difference lies in the level of competence

Trust

Intention
(natural
acceptance)
is
same for all



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

The Crux

- If I can evaluate myself on the basis of my NA (intention) and I can evaluate the other on the basis of his NA (intention), I will have trust on intention of every human being.
- Because deep down everyone wants to be happy and make others happy.
- Trust on intention is founded on the understanding of human being and the NA of the human being; it would be definite, unconditional and continuous for every human being.
- (Eg: Human Values class, Acceptance of the other - improve the others competence)

Respect— As the Right Evaluation

- Out of the nine feelings in relationship, we tried to understand the feeling of Trust.
- With trust on intention, the relationship starts.
- We will now explore the feeling of respect. Let us see, when do we feel respected? How do I respect others?
- Respect is right evaluation.
- When we are rightly evaluated, we feel respected. When we are not rightly evaluated, we feel disrespected.

Disrespect - Types

- Disrespect can take place in three ways:
- Over evaluation – evaluating for more than what it is
- Under evaluation – evaluating for less than what it is
- Otherwise evaluation – evaluating for other than what it is
- If we look at our day-to-day behavior, we generally tend to do one of these three – over evaluation, under evaluation or otherwise evaluation.
- If any of these three takes place, the other person feels uncomfortable, disrespected.
- (Eg: With a child, Mother - Daughter)

(Eg: Parents - 3 children)

Disrespect (अपमान)

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

Right
Evaluation
सम्मान

**Self
Confidence**
स्वयं में वश्वास

Wrong assumptions...

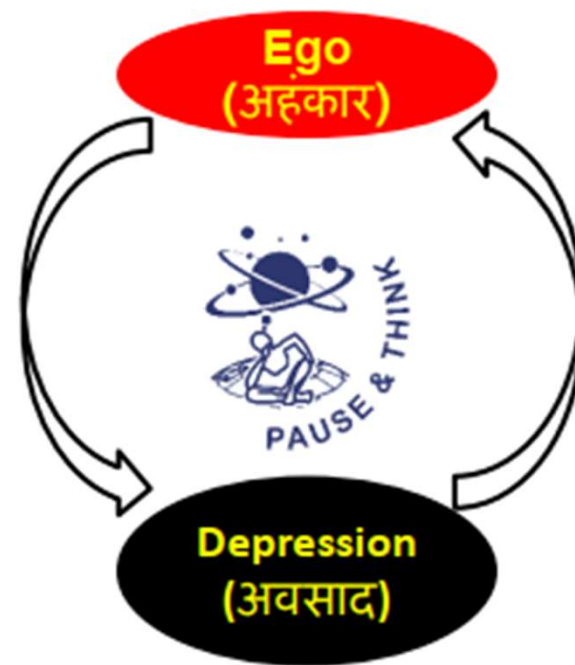
Disharmony within

Tension

Frustration

Depression

Suicide etc.



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

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

Minimum Content of Respect – The Other is Similar to Me

When we evaluate the human being on the basis of Self, we are able to see that:

1. Our purpose is the same – As I have a natural acceptance to live with continuous happiness and prosperity, it is same with the other. So, on the basis of our natural acceptance, we have the same purpose.

2. Our programme is same – As my programme to achieve continuous happiness and prosperity is to understand the harmony and live in harmony at all levels of my being (from human being to the entire existence), it is same with the other. In that sense, our programme to fulfil our purpose is also same.

3. Our potential is same – As I am endowed with natural acceptance and the activities of desire, thought and expectation are going on continuously in me, it is the same with the other. So, our potential is also same.

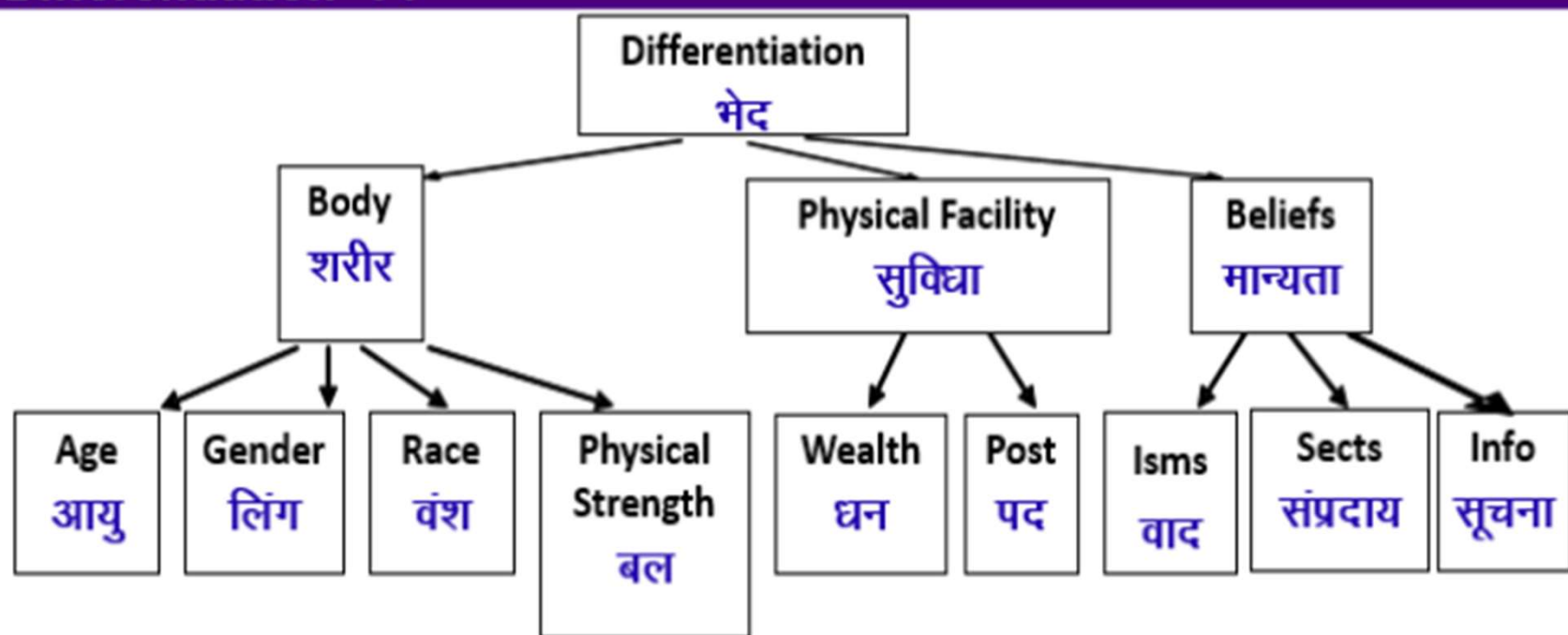
- Thus, we can see that the other (Self) is similar to me. This is the minimum content of respect for a human being.

Disrespect Arising out of Differentiation leading to Discrimination

- In general, what we are doing in the name of respect today is differentiating and discriminating.
- **First set of differentiation is on the basis of body**— on the basis of age, gender, race and physical strength.
- This is based on the gross misunderstanding that human being = Body. The truth is that human being = co-existence of the Self and the Body.
- **The second set of differentiation is made on the basis of physical facility** – on the basis of wealth and post.
- The gross misunderstanding here is that physical facility = happiness. The truth is that happiness is to be in a state of harmony.

- The third basis of differentiation is on the basis of beliefs – on the basis of different isms (thought systems like socialism, capitalism, etc.), different sects, and different sets of information prevalent in the society.
- This is founded on the misunderstanding that if the pre-conditioning of the other matches with mine, then the other is respectable, otherwise not.
- The truth is that preconditioning and right understanding are two different things.

Differentiation भेद



Differentiation = Disrespect

Not Naturally Acceptable... Opposition, Movements...

Complete Content of Respect – We are Complementary to Each Other

- At the level of the Self, only the competence could be different.
- Competence means how much of the potential of the Self has been realized.
- One Self may have realized more of its potential, while another may have realized less of its potential.
- This difference in competence is to be complementary to each other (not to discriminate and exploit each other).
- The complete content of respect is to be able to see that ‘the other is similar to me and we are complementary’

Defining one's complementarity

- If the other has more understanding, is more responsible than me, I'm committed to understand from the other
- If I have more understanding than the other, I'm more responsible than the other.
- I live with responsibility with the other, unconditionally, unperturbed by the behaviour of the other.
- I am committed to facilitate the understanding in the other, once the other is assured in relationship and not before that.

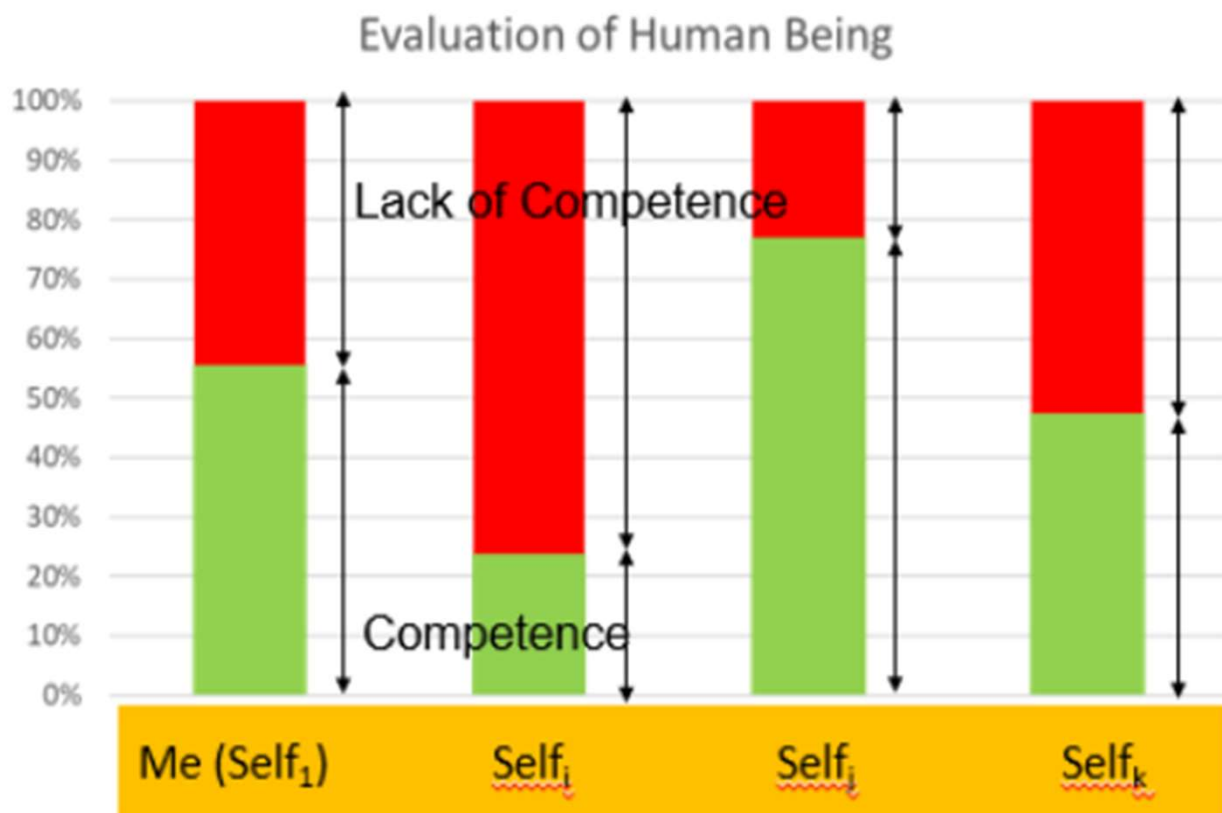
The complete content of respect is

- The other is similar to me in terms of purpose, programme and potential and
- We are complementary to each other in terms of competence.
- Respect is right evaluation at the level of the Self.
- Over evaluation, under/otherwise evaluation and discrimination are disrespect.
- Small incidents of disrespect can have long-lasting consequences – from not speaking to each other, to opposition, break in relationship, divorce, fights and even war.

Right Evaluation

Intention
(natural
acceptance)
is
same for all

**Purpose,
Program
and
Potential
Same for all**



Competence
of various
people may
be quite
different

**Respect =
Right
evaluation**

(of intention
and
competence)

Take-away:

The feeling of Complementarity

The Other is Similar to Me. We are complementary to each other

With the feeling of complementarity, other feelings naturally follow

3. Affection

- **Affection is the feeling of being related to the other**
- Affection is the feeling of acceptance for the other as one's relative.
- Lack of affection is seen in the form of opposition, jealousy, etc.
- The feelings of trust and respect are essential to have the feeling of affection.
- When we have the feelings of trust, we feel related to the other; otherwise we may feel opposed to the other.

4. Care

- **Care is the feeling of responsibility and commitment for nurturing and protection of the Body of my relative.**
- With the feeling of affection, one naturally takes the responsibility for development of the relative – both at the level of Self as well as at the level of Body.
- Being responsible to the Body of one's relative is Care

5. Guidance

- **Guidance is the feeling of responsibility and commitment for development of Self by ensuring the right understanding and right feeling in the Self of my relative.**
- Being responsible to the Self of my relative is Guidance.
- Generally, our focus is mostly on care because we have come to assume that human being is Body.
- We are not even aware of the Self.
- Therefore, we are not aware that we have to take care of the Self as well.

Care (ममता)	Guidance (वात्सल्य)
<p>Feeling of responsibility toward the body of my relative</p> <p>The responsibility & commitment for nurturing and protection of the Body of my relative</p> <p>संबंधी के शरीर के पोषण, संरक्षण की स्वीकृति का भाव ।</p>	<p>Feeling of responsibility toward the self of my relative</p> <p>The responsibility & commitment for ensuring Right Understanding and Right Feeling in the self of my relative</p> <p>संबंधी को समझदार व जिम्मेदार बनाने की स्वीकृति का भाव ।</p>
<p>Care & Guidance are a natural outcome of Affection</p> <p>Do we ensure both care as well as guidance or are we mostly focused on care?</p> <p>E.g. while taking care of the body, like while feeding the child, are we concerned about both the body as well as the self?</p>	



6. Reverence

- **Reverence is the feeling of acceptance for excellence.**
- Excellence is to be in a state of continuous happiness with the completeness of understanding of harmony and living in harmony at all levels.
- Once we achieve excellence, it continues.
- Excellence is something definite, something absolute.
- There is a basic difference between working for excellence and competition.
- If you have achieved excellence, you would naturally make effort for helping others to achieve excellence.
- On the other hand, in competition, we not only do not help rather we hinder the other to reach to our level

Effort for Excellence	Effort for Competition
The other is like me	Not other – only me
We are complementary	I am different/more than the other
Feelings are based on right understanding (definite, unchanging)	Feelings are based on preconditioning (indefinite, keeps changing)
Unconditional relationship	Conditional relationship
Nurtures others	May nurture or exploit others
Helps the other to come to his level	Stops the other to come to his level - effort to accentuate the difference, to dominate, manipulate, exploit
Absolute (definite completion point)	Relative (no definite completion point)

7. Glory

- **Glory is the feeling of acceptance for those who have made effort for excellence.**
- For all those people whom we call great people, when we accept the effort made for excellence by them, to whatever extent they are able to achieve it, we naturally have a feeling of glory for them

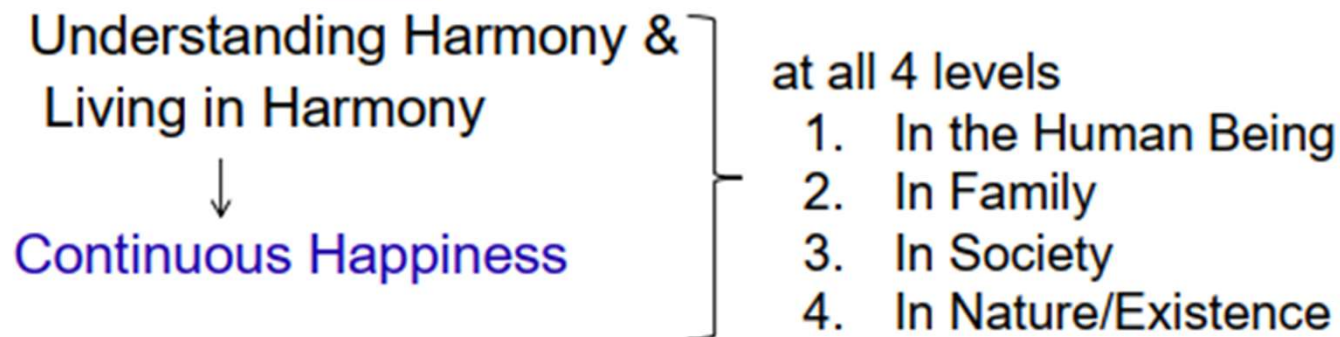
8. Gratitude

- **Gratitude is the feeling of acceptance for those who have made the effort for my excellence.**
- In our life, there may be so many people who have been of help to us in the process of understanding harmony and living in harmony.
- So, we have this feeling of gratitude for them.
- Gratitude is a significant feeling in the development of relationship.

Respect, Reverence, Glory and Gratitude

Basic human aspiration = Continuous happiness
= To achieve excellence

Excellence (श्रेष्ठता)



Trust, Respect– For **all**

Reverence – For those who have **achieved excellence**

Glory – For those who have **made effort for excellence**

Gratitude – For those who have **made effort for my excellence**

9. Love

- Love is the feeling of being related to everyone, to all.
- It starts from affection, which we have already explored.
- If this feeling expands to many and ultimately to all, it is the feeling of love.
- So, we begin with the feeling of affection, and complete it with the feeling of love.
- That is why, Love is called complete value.
- **Love is the feeling of being related to all.**
- Love is expressed in the form of compassion.
- The feeling of love is for all and it is expressed to whosoever comes in contact.

Opposition, Affection and Love

Verify on the basis of your natural acceptance if you want to be related to:

✗ None	→ The feeling of being related to none – in opposition to all	
✓ One	→ The feeling of being related to one	} Affection
✓ Many	→ The feeling of being related to many	
✓ Everyone	→ The feeling of being related to all	} Love

Affection (स्नेह) – The feeling of being related to the other
(acceptance of the other as one's relative)
दूसरे को संबंधी के रूप में स्वीकारने का भाव ।

Love (प्रेम) – The feeling of being related to all (Complete Value)
= हर एक को संबंधी के रूप में स्वीकारने का भाव ।

The feeling of love is expressed in the form of Kindness, Beneficence and Compassion

Kindness: It is to provide a resource that the other needs but for which he does not have the competence - the other could be in need of some physical facility or fulfillment in relationship or Right Understanding.

Beneficence: It is to provide something that the other requires, but has not felt the need for it. (Eg: One may require RU, but not felt the need and the other person who has feeling of beneficence may try to help him)

Compassion: It means that one is willing to extend help to other unconditionally, whether the other has felt the need or not, has the resources or not - without any conditions put on her/him.

Distinguishing Between Love and Infatuation

- The feeling of love is not something which is based on sensation.
- If there is a feeling on the basis of sensation, this is the case of infatuation where the sensual pleasure becomes the major goal.
- Infatuation is conditional – it may last only as long as you are able to get the sensation or you have hope of getting happiness through sensation.
- It is very temporary; it does not last for long.
- Once the effect wears off, then the long-term issues of feelings become prominent.

Preconditioning Related to Love – Common misunderstandings

Excitement (from sensation, preconditioning) is confused for feeling

Sensation –

Lust, getting from the other
Continuity not possible

Preconditioning –

Infatuation

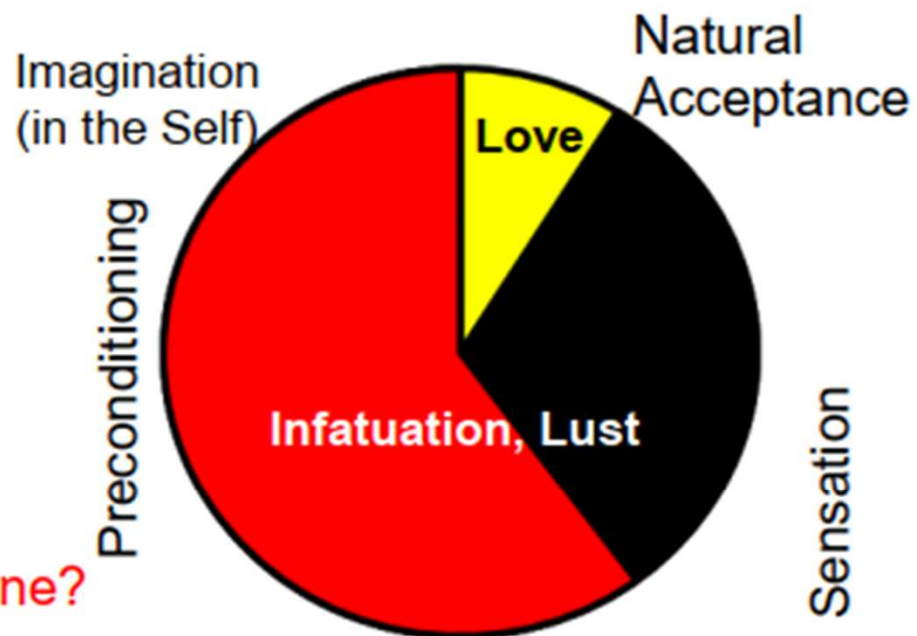
1. Love at First Sight?
2. By this age, I must have GF/BF?
3. The other has 4 GF/BF; I have only one?

Continuity not possible

Right understanding (natural acceptance) –

Love (प्रेम) = **feeling** of being related to all, responsible towards all, giving to all
Continuity

Once trust, respect, affection, care, guidance... are ensured within, then the feeling of being related to all follows naturally



Right Feeling – within Myself or from the Other?

- With this background, we can ask ourselves which can have continuity:
 - Right feeling in myself or
 - Getting right feeling from the other
- The answer is quite obvious that there can be continuity of right feeling, if it is from within and based on right understanding.
- But generally, we do keep making effort for getting right feeling from the other in continuity

Role of Physical Facility in Fulfilment of Relationship

- You can now see that physical facility has a limited role to play in the fulfilment of the feeling in humanhuman relationship.
- To fulfil the feeling of care, physical facility is certainly required.
- For other than the feeling of care, **physical facility only has a symbolic role** to play.

Response and Reaction in Behaviour

- An important implication of understanding relationship, particularly trust on intention, is the clarity about problems in living in reaction and the possibility of living with response.
- **With response, your conduct is definite** while with reaction, the conduct is indefinite.

Understanding Justice

Justice is the recognition, fulfilment and evaluation of human-human relationship, leading to mutual happiness

Recognition

- Unconditionally accepting the relationship.
 - Accepting the other with their full possibility (potential) and with their current level of competence

Fulfilment

- Ensuring the NA feeling in oneself and sharing it with the other
- Living with responsibility with the other unconditionally. This makes the other comfortable and assured
- Making effort for mutual development, i.e. development of one's own competence and being of help to the other in developing theirs.

- **Evaluation**
- ■ Verifying that the right feeling has reached to the other and that the other is able to make out that it is the right feeling
- When the recognition, fulfilment and evaluation are right from my side, I feel happy.
- When the other is able to evaluate the expression of my feeling rightly, then (s)he also feels happy.
- Developing this competence may take time.
- Justice is desirable in the family and beyond the family, all the way to the world family

Harmony in Family – Justice, From Family to World Family (Undivided Society)

1. Relationship is – between one self (I_1) and other self (I_2)
2. There are feelings in relationship – in one self (I_1) for 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 |
| 5. Guidance वात्सल्य | | COMPLETE VALUE |

Justice = Recognition, Fulfillment & Evaluation of Human-Human Relationship, leading to Mutual Happiness

Justice → from Family to World Family → Undivided Society (अखण्ड समाज)



My Participation (Value) in Family

- My participation (value) vis-à-vis my family is to ensure harmony in the family, ensure mutual happiness, ensure justice in the family by way of:
- Ensuring right feelings (trust, respect, affection, care, guidance, reverence, glory, gratitude and love) in myself – this leads to my happiness.
- Expressing (sharing) these feelings with the other.
- When the other is able to make the right evaluation of these feelings, it leads to his/her happiness, thus leading to mutual happiness.
- My participation is to be of help to the other in their self-evolution, self-development.
- With this preparation in the family, I have the ability to participate meaningfully in the larger society – in the neighbourhood, in the community and so on.