

List the members in your family (in class may be with your friends). 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 wants to make herself/ himself happy ?

4a. Does the other wants 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.

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)
Can you see that the problems in relationship have more to do with lack of understanding relationship rather than with lack of physical facility?
2. When you have a feeling of opposition, irritated or angry, observe your desire, thought, expectation – can you observe the doubt you have on the intention of the other?
3. Can you see your own intention (natural acceptance) clearly? [Then you can conclude about the intention of the other also]
4. What is the basis for trust on intention (of Human Being, Human Relationship..)
Right understanding of Human Being
Experience of events
5. Feeling based on right understanding can be unconditional, continuous...
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

Do self-exploration, write your reflections in your journal and submit the softcopy same in the lms.