

Harmony in the Family – the Basic Unit of Human Interaction

Basic Human Aspiration

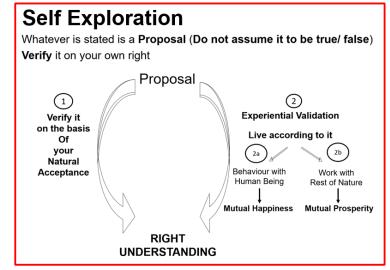
Continuous Happiness and Prosperity

Happiness is to be in Harmony

Program for Fulfilment of Human Aspiration



Process of Understanding







Harmony in the Family

The family is the basic unit or building block of human organisation

The major issue in the family is relationship... fulfilment in relationship

To live in relationship, for fulfilment in relationship, it is essential to understand relationship

Without understanding relationship, it isn't possible to fulfil relationship... e.g. Not speaking to each other... for days... opposition, divorce...



Harmony in the Family

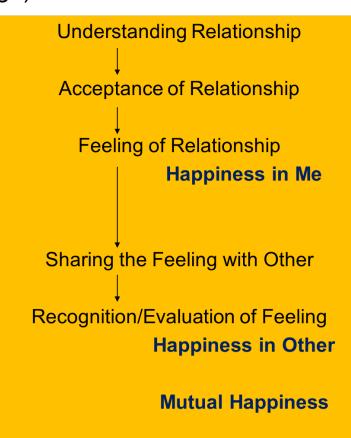
- 1. Relationship is between one self (I₁) and another self (I₂)
- 2. There are feelings in relationship in one self (I_1) for the other self (I_2)
- 3. These feelings can be recognized they are definite (9 Feelings)
- 4. Their fulfilment, evaluation leads to mutual happiness

Feelings in relationship:

- 1. Trust विश्वास FOUNDATION VALUE 6. Reverence श्रद्धा
- 2. Respect सम्मान
- 3. Affection स्नेह
- 4. Care ममता
- 5. Guidance वात्सल्य

- 7. Glory गौरव
- 8. Gratitude कृतज्ञता
- 9. Love प्रेम complete value

From the next lecture, we can start exploring each of these feelings one by one...







'Trust' – the Foundational Value in Relationship

Trust (विश्वास)

- Trust = to be assured (आश्वस्त होना)
 - = to have the clarity that the other wants to make me happy & prosperous
 - = दूसरा मेरे सुख, समृद्धि के अर्थ में है, ऐसा स्पष्ट होना

Now, let us explore this feeling of trust between two individuals

- You are the first individual
- Think of the other as someone in your family... close friends

And let us ask some simple questions...



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



<u>Intention – Natural Acceptance</u>

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 (∑ D, T, E)



Doubt on Intention: Mistrust

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

<u>Intention – Natural Acceptance</u>

What is Naturally Acceptable to You

Competence

What You Are (∑ D, T, E)



About the Other

About Myself

The other broke a glass

The glass broke by accident

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 not 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 effort to improve my own competence



Doubt on intention is a major reason for problems in relationships



Common Mistake in Relationship

I evaluate myself on the basis of my intention

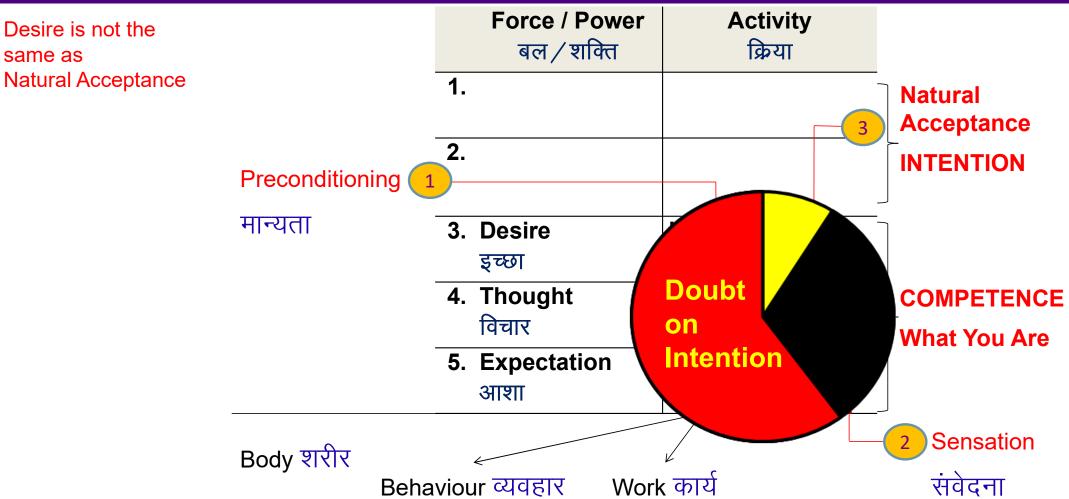
- I evaluate the other on the basis of their competence
- I doubt their intention. I assume their lack of competence to be their lack of intention → I feel opposed to the other, I get irritated, angry...
- I may not speak to the other for days... or even breakup the relationship... One may have lost many good friends like this...



Doubt on intention is a major reason for problems in relationships



Distinguishing between Intention (Natural Acceptance) and Desire





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 Competence

- 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

<u>Intention – Natural Acceptance</u>

What is Naturally Acceptable to You

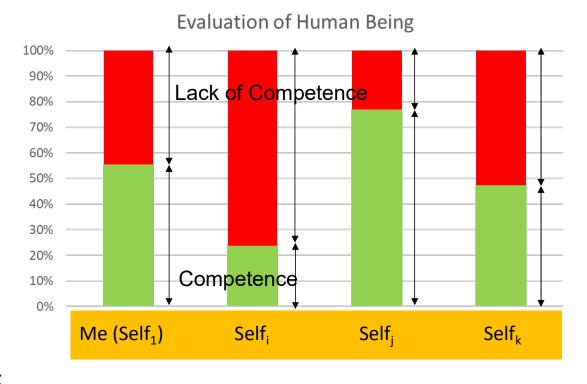
Competence

What You Are (∑ D, T, E)



Trust

Intention (natural acceptance) is same for all



Competence of various people may be quite different

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



About the Other

About Myself

The glass broke by accident

Even if the other makes the same mistake 100 times...

- I am clear about his intention
- I know the mistake is due to lack of competence, not a lack of intention
- I make effort to help improve his competence with a feeling of affection
- I know that "he may have difficulty understanding... and also, I may have difficulty in explaining..."

The glass broke by accident

When I make a mistake even once...

- I am clear about my intention
- I know the mistake is due to lack of competence, not a lack of intention
- I make effort to improve my own competence (I am willing to learn)



Trust on intention is the starting point for mutual development

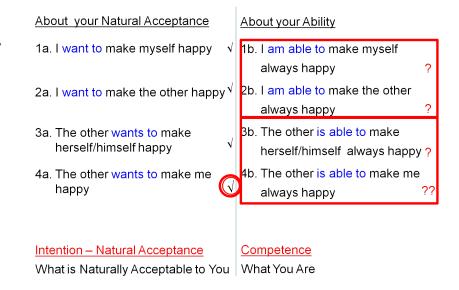


Trust: The Foundation of Relationship

With trust on intention, I feel related to the other (I accept the relationship)

When I make a program with the other

- I evaluate his competence as well as my competence and
- I make the program in accordance with our current mutual competence
- I am consistently making effort to learn, to improve my competence
- If the other is lacking in competence, I am committed to help the other to improve his competence, without becoming irritated...



Trust on intention is the starting point for mutual development





Understanding Trust	Assuming Trust
Being able to see that all human beings have the same natural acceptance (intention) as me	"Trust" on competence is based on events – can keep changing
Trust on intention is founded on understanding (not based on events)	The last 5 times I lent her money, she returned it on time so I can trust her
It does not keep changing with time or person. So it can be unconditional and continuous	He said he will reach at 11, but look it is after 12 now he always comes late so how can I trust him to be on time?
Of course, the competence may or may not be there – in me or in the other	Here we are not looking at the natural acceptance (intention). We are only seeing the competence



Sum Up

Trust is to have the clarity that the other wants to make me happy & prosperous.

Trust is the foundation of relationship

If I am aware of my natural acceptance, I have trust on intention

I feel related to the other (I accept the relationship)

When I make a program with the other, it is based on right evaluation of our mutual competence

- In case the other is lacking in competence
 - I make effort to assure the other
 - I make effort to improve his competence once he is assured in relationship (and not before that)
- If I lack competence, I become ready to take help from the other to improve my competence

If I am unaware of my natural acceptance, I may have doubt on intention

- I evaluate the other on the basis of his competence and assume the lack of competence to be the lack of intention; and thus feel opposed to him (while I evaluate myself on intention)
- This feeling of opposition shows up as irritation or anger (and it may further lead to fighting, struggle and war)





'Respect' – as the Right Evaluation

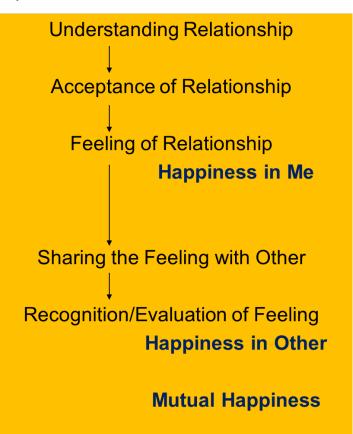
Harmony in the Family

- 1. Relationship is between one self (I_1) and another self (I_2)
- There are feelings in relationship in one self (I_1) for the other self (I_2)
- These feelings can be recognized they are definite (9 Feelings)
- Their fulfilment, evaluation leads to mutual happiness

Feelings in relationship:

- 1. Trust विश्वास FOUNDATION VALUE 6. Reverence श्रद्धा
- 2. Respect सम्मान
- 3. Affection स्नेह
- 4. Care ममता
- 5. Guidance वात्सल्य

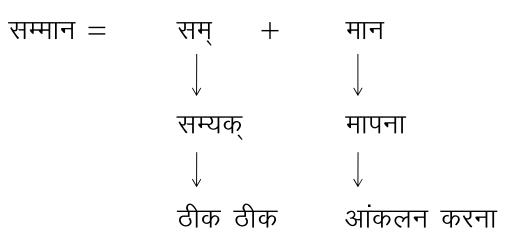
- 7. Glory गौरव
- 8. Gratitude कृतज्ञता
- 9. Love प्रेम complete value



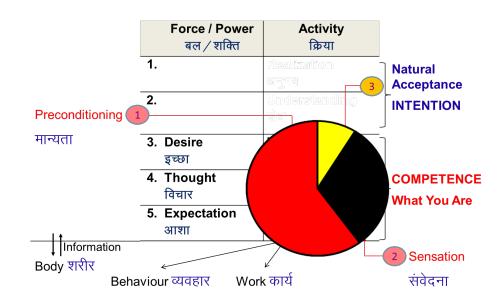


Respect (सम्मान)

Respect = Right Evaluation







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



Other Types of Evaluation

Over evaluation — to evaluate for more than what it is

अधिमूल्यन अधिक आंकलन करना

Under evaluation – to evaluate for less than what it is

अवमूल्यन कम आंकलन करना

Otherwise evaluation – to evaluate for other than what it is

अमूल्यन अन्यथा आंकलन करना

Disrespect अपमान

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

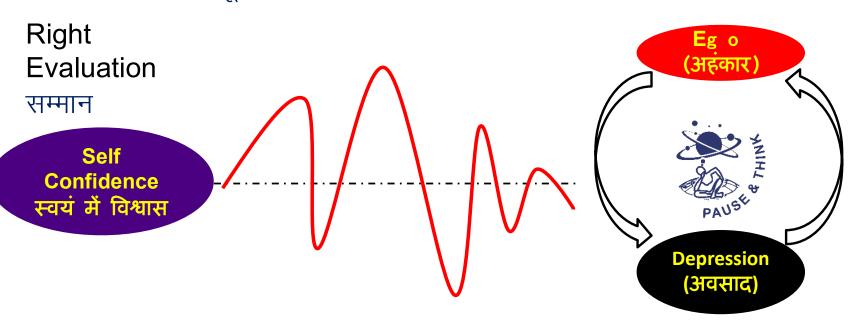
Check for yourself in every interaction with others whether it is respect or disrespect. i.e.

- 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



Wrong evaluation...

Disharmony within

Tension

Frustration

Depression

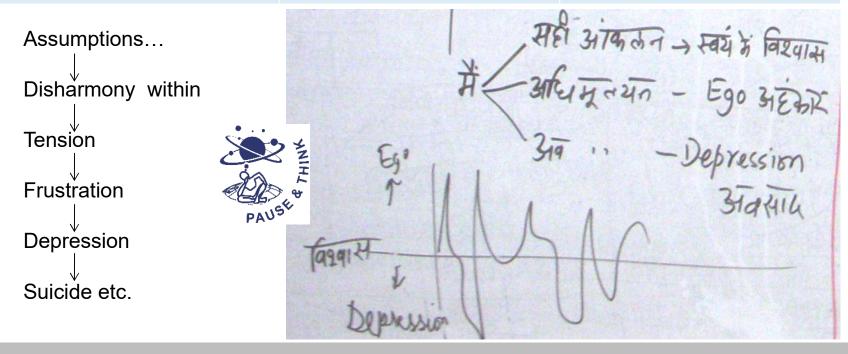
Suicide...

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 Confidence, Ego & Depression

Under / Otherwise Evaluation	Over Evaluation	Right Evaluation
Depression	Ego	Self Confidence
The other is my reference (परतंत्रता)	The other is my reference (परतंत्रता)	I am self referential (स्वतंत्रता)
Indefinite Conduct	Indefinite Conduct	Definite Conduct



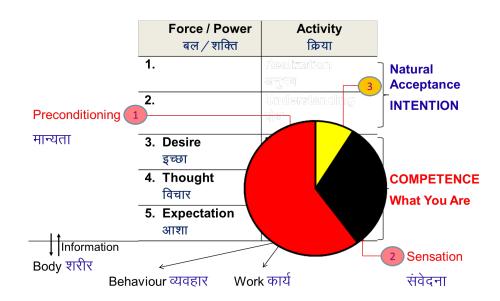


Self Reflection

Human being = Self + Body...

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

Human Being	Self	Co-existence	Body	
मानव	में 🚡	सहअस्तित्व	शरीर	







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

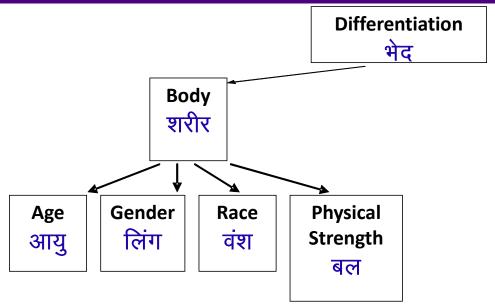
While there are similarities at the level of the Self, in our day-to-day living:

We accept the other as being similar to us? or

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





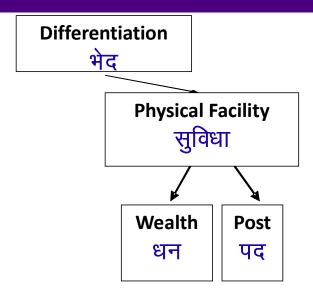


The Gross Misunderstanding is "Human Being = Body"

While the reality is "Human Being is co-existence of Self & Body"





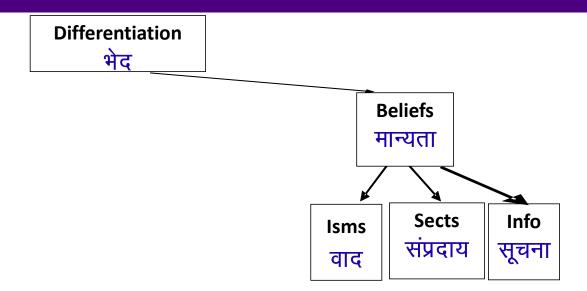


The Gross Misunderstanding is "Physical Facility = Happiness"

While the reality is "Happiness is being in a state of Harmony"





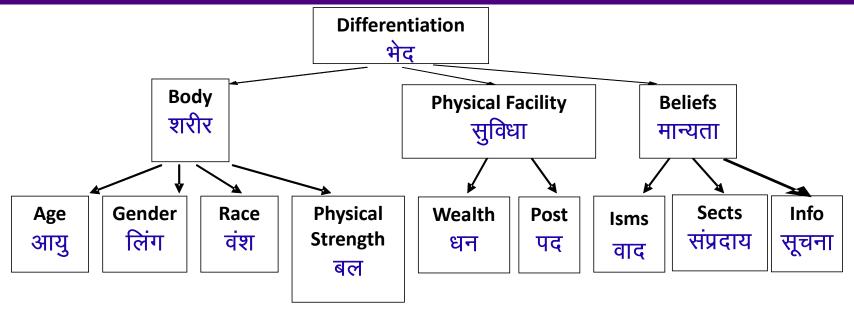


The Gross Misunderstanding is "If the pre-conditioning of the other matches my preconditioning, then the other is like me"

While the reality is "Every Human Being is like me"







Differentiation = Disrespect

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

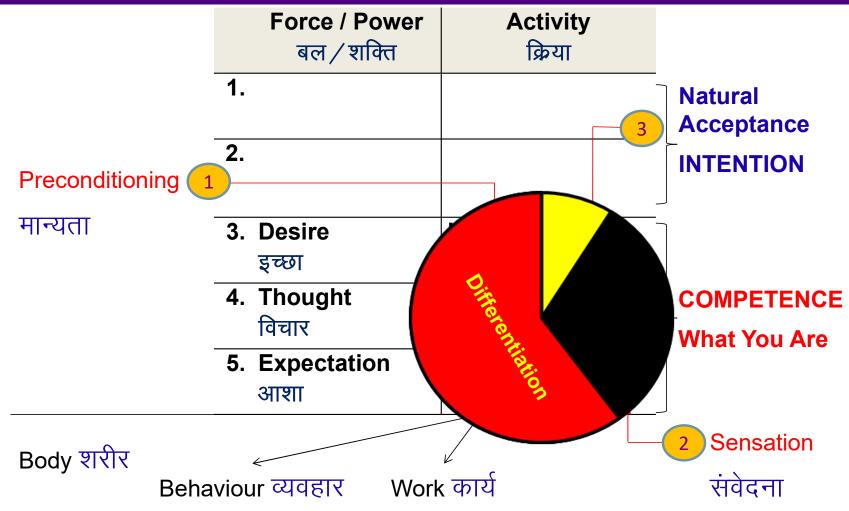
भेद = अपमान

सहज स्वीकार्य नहीं होता... विरोध... आन्दोलन...





Preconditioning: "I am special, unique, different from the other"





Minimum Content of Respect: The Other is Similar to Me

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



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

- 1. Purpose Our purpose (Natural Acceptance) is same
- 2. Program Our program is same
- 3. Potential Our potential is same

The Other is Similar to Me

4. Competence – On the basis of right evaluation of our mutual competence, I recognise our complementarity and fulfill it:

If the other has more understanding, is more responsible than me

I am committed to understand from the other

If I have more understanding, I am more responsible than the other

- 1. I live with responsibility with the other, unconditionally, unperturbed by the behaviour of the other
- 2. I am committed to facilitate understanding in the other (once the other is assured in relationship, and not before that)

COMPLETE CONTENT of RESPECT

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



Take-away re. Respect

The feeling of Complementariness

All the specific characteristics at the level of Body, physical facility, belief etc. can be used to express that complimentarity

e.g. a person with greater physical strength can do the heavy work

e.g. a person at a higher post can take responsibility for harmony of the larger order, for the development of more people...

With the feeling of complementariness, other feelings naturally follow



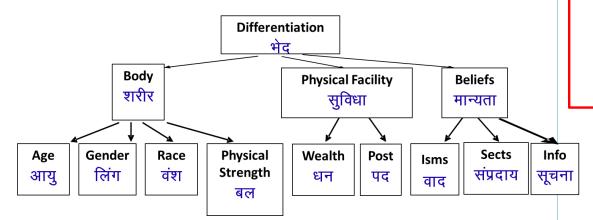
Differentiation

I evaluate on the basis of body, physical facility or belief (preconditioning). I compare, compete, differentiate...

I am different from the other

We are competitors

I make effort to accentuate the difference, to manipulate, exploit the other



Respect – on the basis of Self

- 1. Our purpose (Natural Acceptance) is same
- 2. Our program is same
- 3. Our potential is same

The other is similar to me

We are complementary to each other

If the other has more understanding than me

- I am committed to understand from the other

If I have more understanding

- 1. I live with responsibility with the other
- 2. I am committed to facilitate understanding in the other (once the other is assured in relationship, and not before that)



Sum Up

Respect = Right Evaluation (with a feeling of trust on intention)

Under evaluation, over evaluation or otherwise evaluation is disrespect

Differentiation is disrespect

Respect (on the basis of Self) – The other is like me, we are complementary to each other

The only difference is in our level of understanding (how much of our desire, thought and expectation is on the basis of our Natural Acceptance)

If the other has more understanding, he is more responsible than me

I am committed to understand from the other

If I have more understanding, I am 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 understanding in the other
 (once the other is assured in relationship, and not before that)





Justice in Human-to-Human Relationship

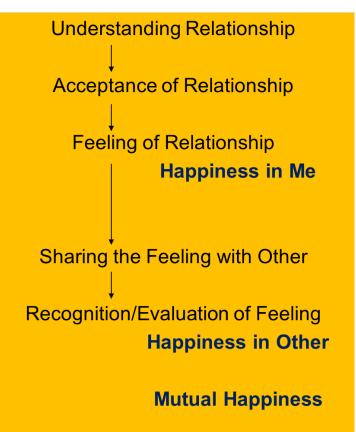
Harmony in the Family

- 1. Relationship is between one self (I_1) and another self (I_2)
- There are feelings in relationship in one self (I_1) for the other self (I_2)
- These feelings can be recognized they are definite (9 Feelings)
- Their fulfilment, evaluation leads to mutual happiness

Feelings in relationship:

- 1. Trust विश्वास FOUNDATION VALUE 6. Reverence श्रद्धा
- 2. Respect सम्मान
- 3. Affection स्नेह
- 4. Care ममता
- 5. Guidance वात्सल्य

- 7. Glory गौरव
- 8. Gratitude कृतज्ञता
- 9. Love प्रेम complete value





Affection (स्नेह)

The feeling of being related to the other (acceptance of the other as one's relative, the other is like me)

दूसरे को संबंधी के रूप में स्वीकारने का भाव। निर्विरोधिता।

One has the responsibility and commitment for mutual fulfilment in the relationship

Opposition, jealousy... are an indication of the absence of affection reaction (instead of responsibility)



Care (ममता)	Guidance (वात्सल्य)
Feeling of responsibility toward the body of my relative	Feeling of responsibility toward the self of my relative
The responsibility & commitment for nurturing and protection of the Body of my relative	The responsibility & commitment for ensuring Right Understanding and Right Feeling in the self of my relative
संबंधी के शरीर के पोषण, संरक्षण की स्वीकृति का भाव।	संबंधी को समझदार व जिम्मेदार बनाने की स्वीकृति का भाव।

Care & Guidance are a natural outcome of Affection

Do we ensure both care as well as guidance or are we mostly focused on care?



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?

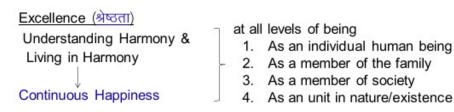


Reverence (श्रद्धा)

The feeling of acceptance for excellence

श्रेष्ठता की स्वीकृति का भाव।

Excellence (श्रेष्टता) : Completeness of Right Understanding



Working for Excellence and competing with each other is not the same thing.

In excellence, one helps to bring the other to his level In competition, he hinders the other from reaching to his level





Effort for Excellence	Effort for Competition
The other is like me We are complementary Feelings are based on right understanding (definite, unchanging)	Not other – only me I am different/more than the other Feelings are based on preconditioning (indefinite, keeps changing)
Feeling of relationship – unconditional Nurtures others Helps the other to come to his level	Feeling of opposition – relationship is conditional May nurture or exploit others 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)
	1 4

Glory (गौरव)	Gratitude (कृतज्ञता)
Feeling for those who have made effort for excellence	Feeling for those who have made effort for my excellence
जिन्होंने श्रेष्ठता के लिए किए प्रयास किया है, उनके प्रति भाव।	जिन्होंने मेरी श्रेष्ठता के लिए प्रयास किया है, उनके प्रति भाव।



Gratitude (कृतज्ञता)

Feeling for those who have made effort for my excellence

जिन्होंने मेरी श्रेष्टता के लिए प्रयास किया है, उनके प्रति भाव।

I can see that the other has a feeling of care, affection, trust.. in behaviour with me. I can also see that the other

- a) has helped me in developing right understanding & right feeling in me
- b) Has provided me with the necessary physical facility

Gratitude is significant in the development of relationship



Self Reflection

Check whether you have a feeling of gratitude for those who have made effort for you in your life...

Are you able to appreciate both –"what has been done" as well as "what has not been done" (the complete picture)?

are you mostly focused on "what has not been done"?

- 2. Do you have a feeling of gratitude for the other continuous or the feeing of gratitude comes and goes?
- 3. Are you making effort for "ensuring the right feelings in yourself and expressing them to the other" or

are you "expecting these feelings from the other"?



Respect, Reverence, Glory and Gratitude

Basic human aspiration = Continuous happiness

= To achieve excellence

Excellence (श्रेष्टता)

Understanding Harmony &

Living in Harmony

Continuous Happiness

Trust, Respect – For all

at all 4 levels

- 1. In the Human Being

- 2. In Family
 3. In Society
 4. In Nature/Existence

Reverence For those who have achieved excellence

 For those who have made effort for excellence Glory

Gratitude For those who have made effort for my excellence



Opposition, Affection and Love

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

```
None

One X

→ The feeling of being related to none – in opposition to all

→ The feeling of being related to one
→ The feeling of being related to many

→ The feeling of being related to all

Love
```

```
Affection (रनेह) – 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।
```



Love (प्रेम)

Love (ਸ਼ੇਸ) – The feeling of being related to all (Complete Value)

- = हर एक को संबंधी के रूप में स्वीकारने का भाव।
- = पूर्णता में रित पूर्णता में रत होना हर एक के साथ संबंध में निहित रस (भावों) की अनुभूति करना।

It all starts with identifying that one is related to other human being (Affection - रनेह) and it slowly expands to the feeling of being related to all human beings and then to all, each & every unit in nature (human being as well as other units) (Love - प्रेम)

एक \rightarrow अनेक \rightarrow हर एक को संबंधी के रूप में स्वीकारना

Feeling of Love is expressed in the form of kindness (दया), beneficience (कृपा) and compassion (करुणा). The feeling is for all, and it is expressed to those who come in contact

The feeling of Love is the foundation of Undivided Society



Preconditioning Related to Love – Common misunderstandings

Excitement (from sensation, preconditioning) is confused for feeling

Sensation –

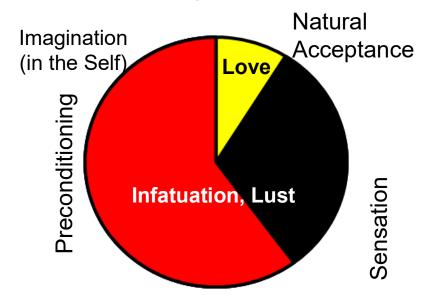
Lust, getting from the other Continuity not possible

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

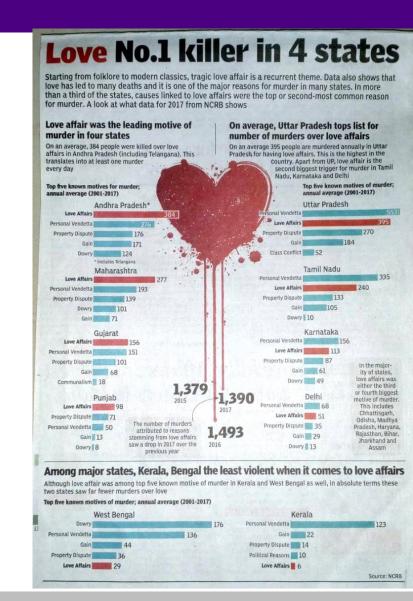
Once trust, respect, affection, care, guidance... are ensured within, then the feeling of being related to all follows naturally



Preconditioning Related to Love

This is certainly not Love!

The feeling of love needs to be understood rightly by all, particularly by youth





Love	Infatuation
Happiness = Right understanding & right feeling in the self	Happiness = sensation (through the body) & feeling from other
Love = feeling in the Self	Love = sensation
Based on relating to the other self unconditionally	Infatuation, Attraction, Liking, Lust, Vasna, based on getting sensation / feeling from the other
Continuity is possible	Continuity is not possible



Feelings in Relationship: Expression of Truth, Love and Compassion

Trust विश्वास I am assured that the other intends my happiness & prosperity. The other is similar to me.

I have a feeling of being related to the other

Foundation Value आधार मूल्य

Respect

सम्मान Right evaluation. We can make effort together.

We are complementary to each other.

Affection स्नेह Acceptance of the other as one's relative

Care ममता Responsibility & commitment for nurturing and protecting the body of one's relative

Guidance वात्सल्य Responsibility & commitment for ensuring Right Understanding and Right Feeling

in the self of one's relative

Reverence পদ্ধা Acceptance for Excellence

Glory गौरव Acceptance for those who have made effort for Excellence

Gratitude কুবারাবা Acceptance for those who have made effort for my Excellence

Love ਪ੍ਰੇਸ The feeling of being related to all

Complete Value पूर्ण मूल्य



Feeling and Expression of Feeling

Feeling Can be continuous

Continuity is desirable for right feelings

e.g. Respect

Expression of Feeling Can't be continuous

We don't want continuity here!

e.g. Shaking hands

Feeling Expression of Feeling

Trust Cooperation

free from complaints, irritation, anger

Respect Mutual development

Affection Commitment- responsibility towards relative

. .

Love Compassion, Unconditional commitment

free from struggle

The important thing is to understand the feelings, to ensure the feelings within



Right Feeling Within

You have the right understanding (of relationship, harmony and co-existence)

[You are aware of it, guided by it]

This ensures

You have the right feeling within (happiness)

definite, continuous, unconditional

(Right understanding and right feeling is your property;

not dependent on other;

You are in a state of self-organisation or swatantrata)

Feeling from Other

Within, you don't have any definite feeling (it keeps fluctuating)

- If the other expresses right feeling, you feel "happy"
- If the other expresses wrong feeling, you feel "unhappy"

This indicates

You don't have the right understanding

(In terms of feeling, you are dependent on the other;

you are in a state of enslavement or partantrata)



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 naturally acceptable 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 their competence

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



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
- 3. Affection स्नेह
- 4. Care ममता
- 5. Guidance वात्सल्य

- 7. Glory गौरव
- 8. Gratitude कृतज्ञता
- 9. Love प्रेम COMPLETE VALUE
- Justice = Recognition, Fulfillment & Evaluation of Human-Human Relationship, leading to Mutual Happiness
- Justice → from Family to World Family
 - → Undivided Society (अखण्ड समाज)

