



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

Understanding Harmony and Living in Harmony at all Levels

Harmony in the Human Being



Harmony in the Family

Harmony in the Society

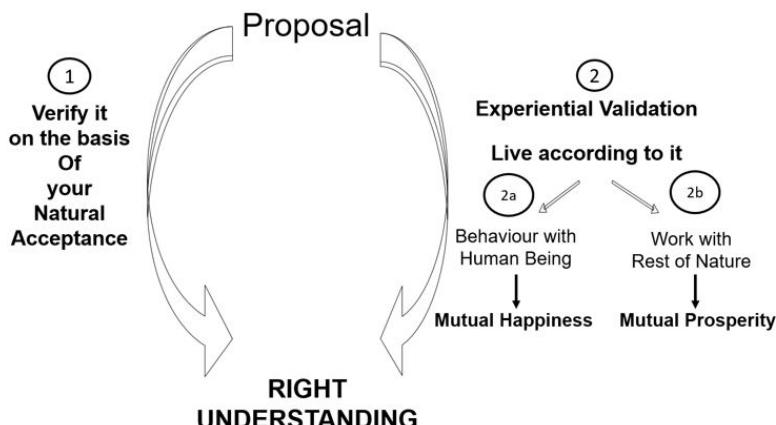
Harmony in Nature/Existence

Process of Understanding

Self Exploration

Whatever is stated is a **Proposal** (Do not assume it to be true/ false)

Verify it on your own right



What is my role (value) in the family?



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...

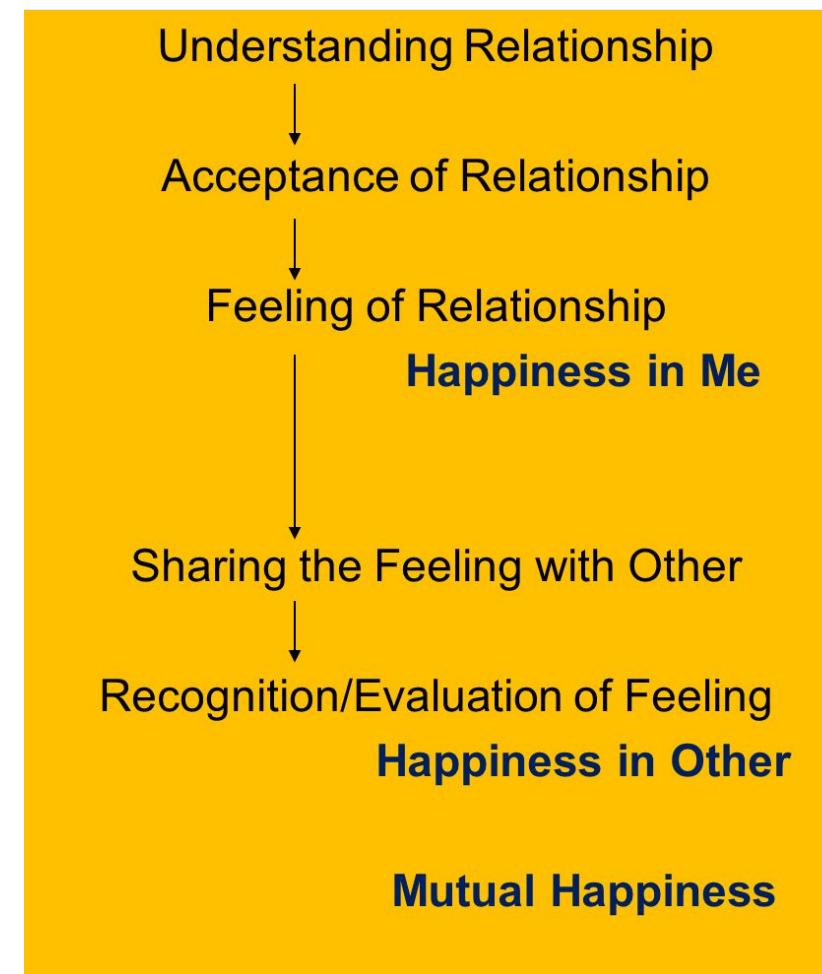
Harmony in the Family

1. Relationship is – between one self (I_1) and another self (I_2)
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 fo"okl FOUNDATION VALUE | 6- Reverence J)k |
| 2- Respect lEeku | 7- Glory xkSjo |
| 3- Affection Lusg | 8- Gratitude —rKrk |
| 4- Care eerk | 9- Love izse COMPLETE VALUE |
| 5- Guidance okRIY; | |

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





'Trust' – the Foundational Value in Relationship

Trust (fo”okl)

Trust = to be assured (vk”oLr gksuk)

= to have the clarity that the other wants to make me
happy & prosperous

= nwIjk esjs lq[k] le`f) ds vFkZ esa gS] ,slk Li’V gksuk

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

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 (Σ 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

??

Intention – Natural Acceptance

What is Naturally Acceptable to You

Competence

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

About the Other

About Myself

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 not improve

The glass broke by accident

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

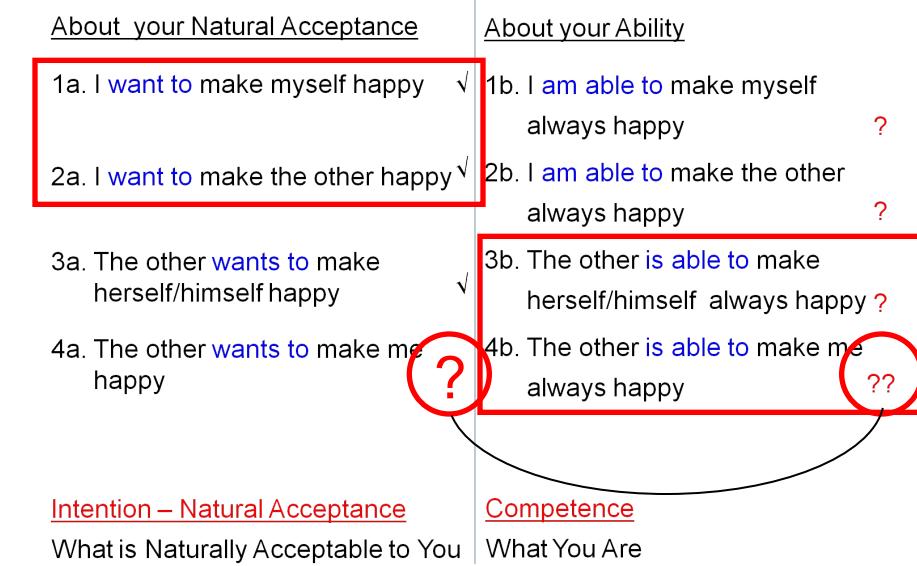
Common Mistake in Relationship

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...

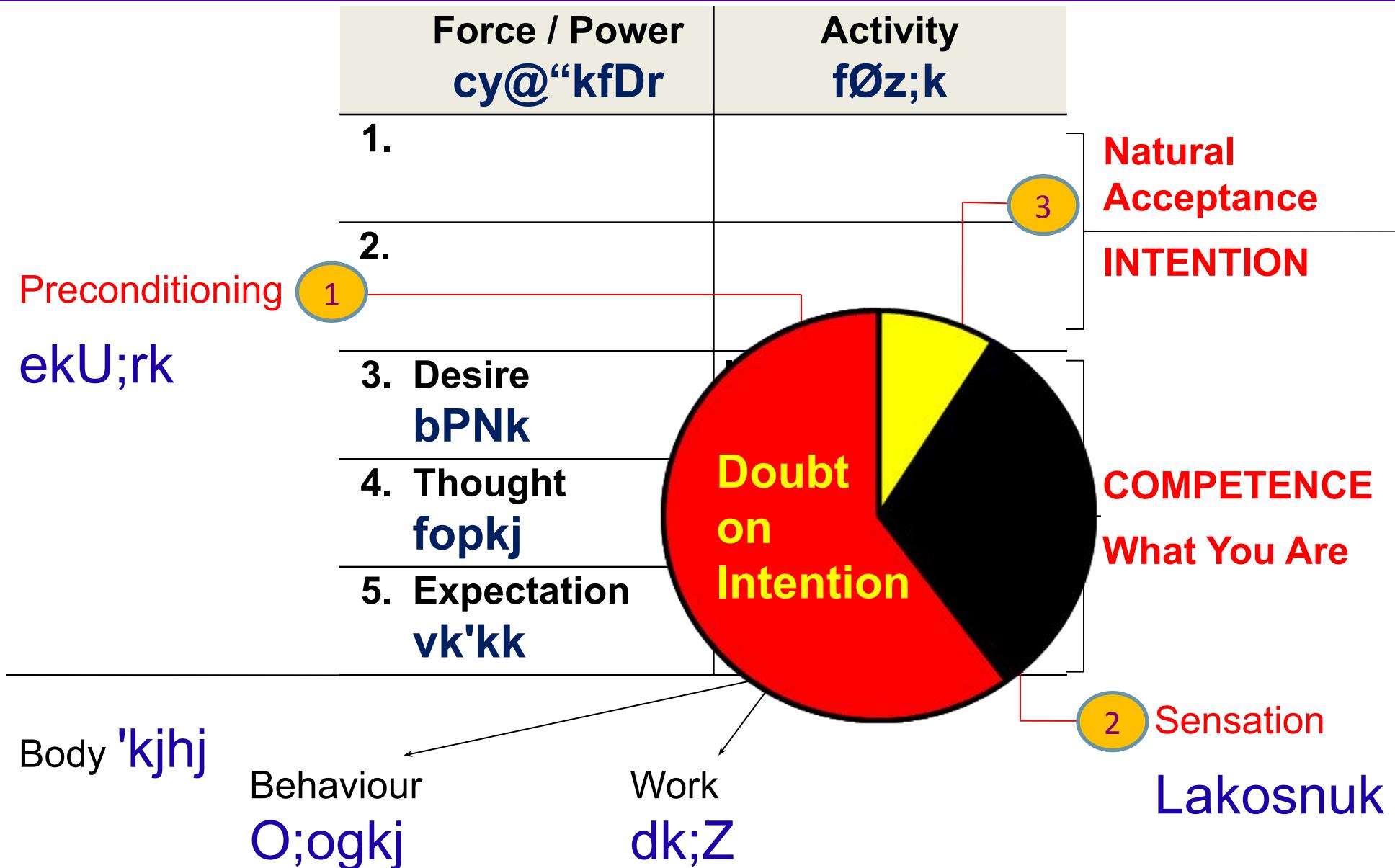
I may not speak to the other for days... or even breakup the relationship... One may have lost many good friends like this...



Doubt on intention is a major reason for problems in relationships

Distinguishing between Intention (Natural Acceptance) and Desire

Desire is not the
same as
Natural Acceptance



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 ??

Intention – Natural Acceptance

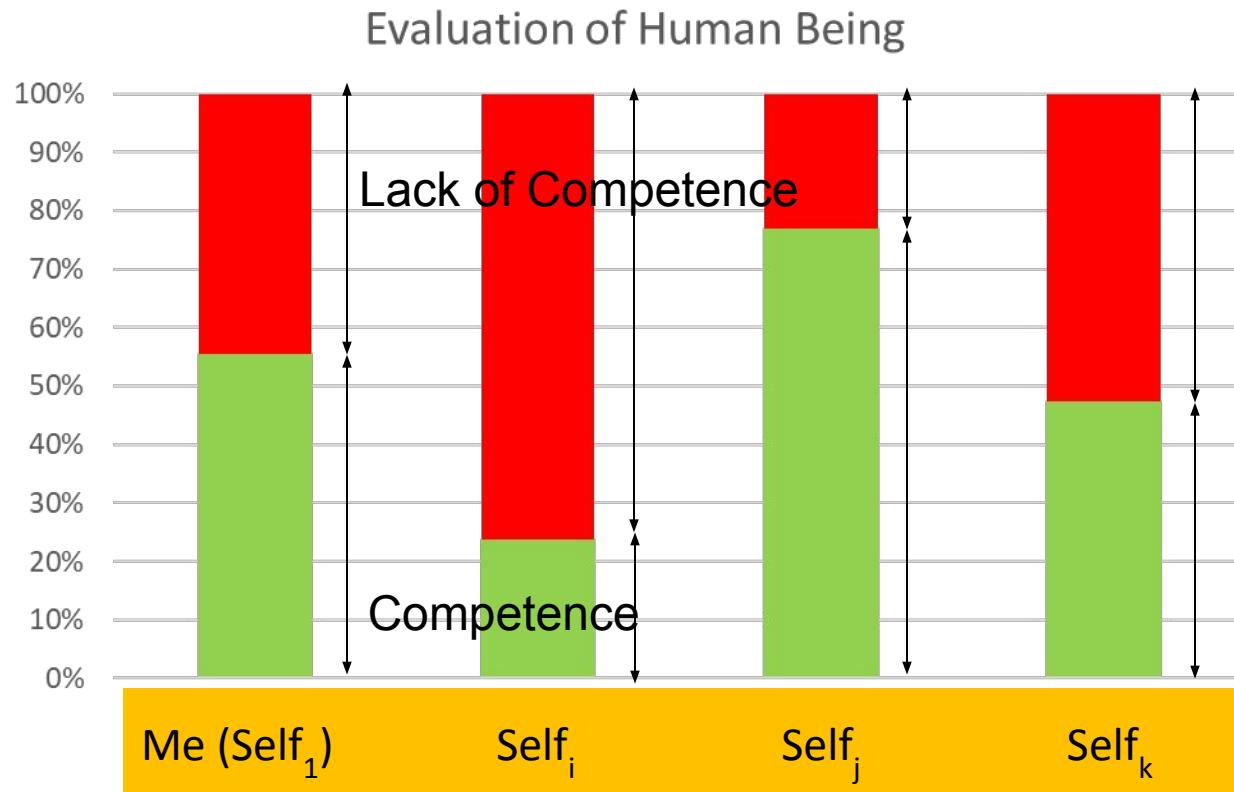
What is Naturally Acceptable to You

Competence

What You Are (Σ 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...

About your Natural Acceptance

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Intention – Natural Acceptance

What is Naturally Acceptable to You

Competence

What You Are

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 intention is founded on understanding (not based on events)

It does not keep changing with time or person.
So it can be unconditional and continuous

Of course, the competence may or may not be there – in me or in the other

“Trust” on competence is based on events – can keep changing

The last 5 times I lent her money, she returned it on time... so I can trust her

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?

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

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Feelings in relationship:

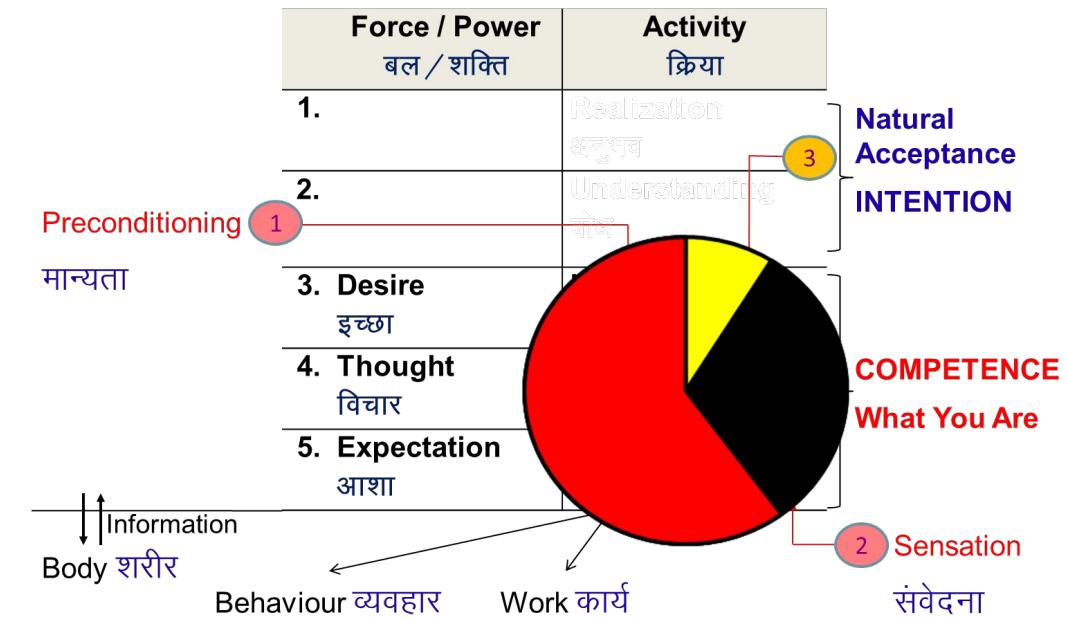
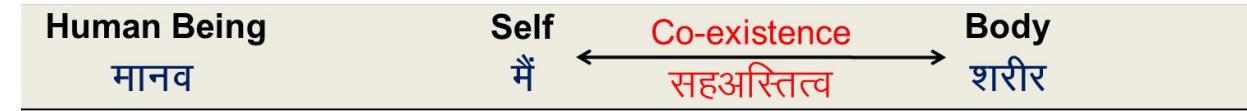
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Respect (IEeku)

Respect = Right Evaluation

IEeku ¾ le~ \$ eku
 ↓
 IE;d~ ekiuk
 ↓
 Bhd Bhd vkadyu djuk



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

vf/kewY;u vf/kd vkaadyu djuk

Under evaluation – to evaluate for less than what it is

voewY;u de vkaadyu djuk

Otherwise evaluation – to evaluate for other than what it is

vewY;u vU;Fkk vkaadyu djuk

Disrespect
vieku

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.

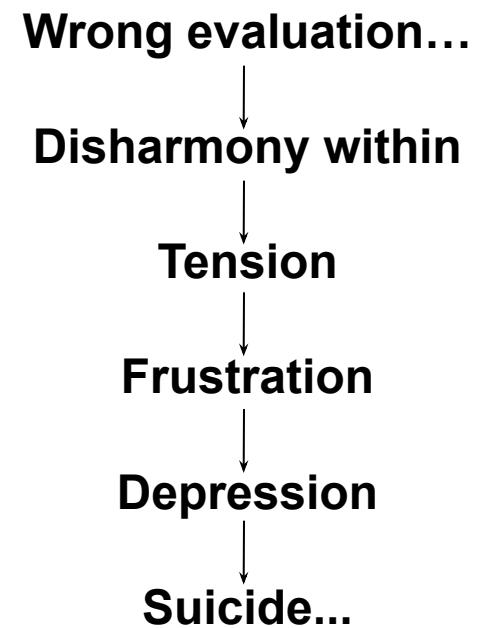
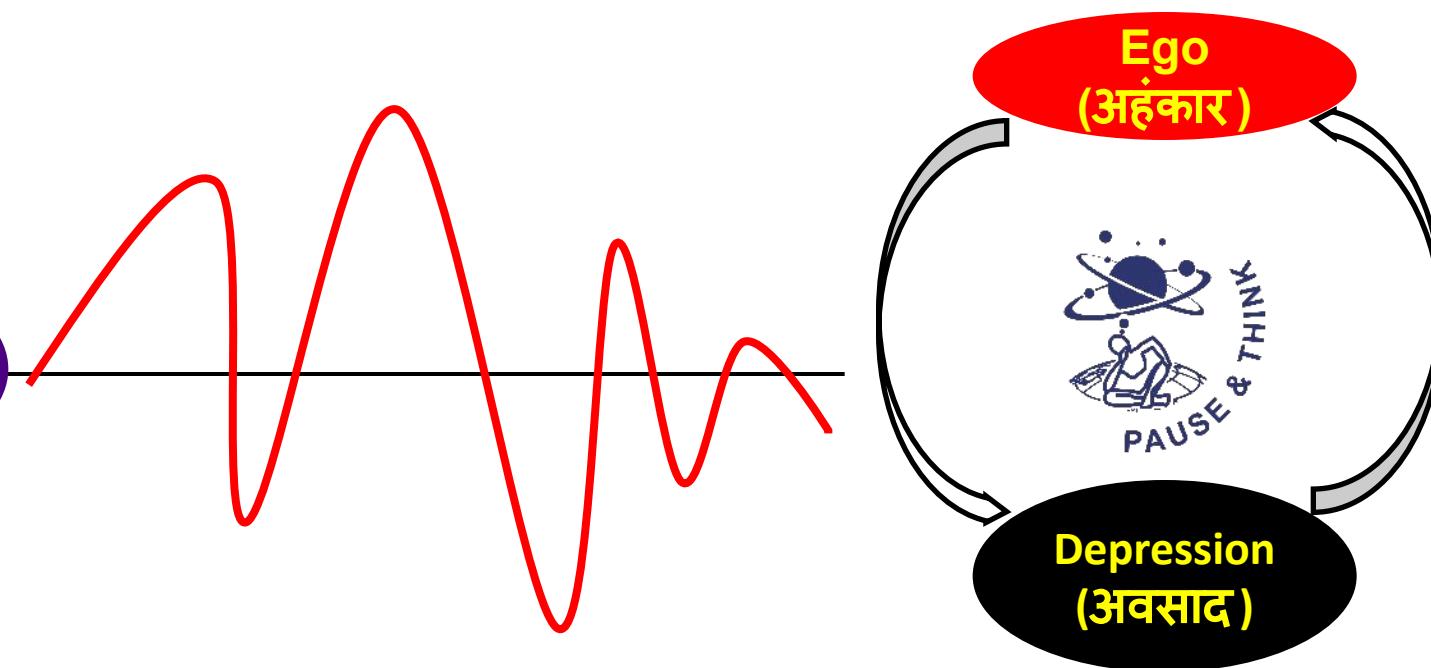
- It is right evaluation or
- It is over / under / otherwise evaluation



Common Implications of Disrespect

Over evaluation – evaluating more than what it is
vf/kewY;u & vf/kd vkaadyu djuk

Right
Evaluation
IEku



Under evaluation – evaluating less than what it is

voewY;u & de vkaadyu djuk

Otherwise evaluation – evaluating other than what it is

vewY;u & vU;Fkk vkaadyu djuk

Self Confidence, Ego & Depression

Under / Otherwise Evaluation	Over Evaluation	Right Evaluation
Depression	Ego	Self Confidence
The other is my reference $\frac{1}{4}ijra=rk\frac{1}{2}$	The other is my reference $\frac{1}{4}ijra=rk\frac{1}{2}$	I am self referential $\frac{1}{4}Lora=rk\frac{1}{2}$
Indefinite Conduct	Indefinite Conduct	Definite Conduct

Assumptions...

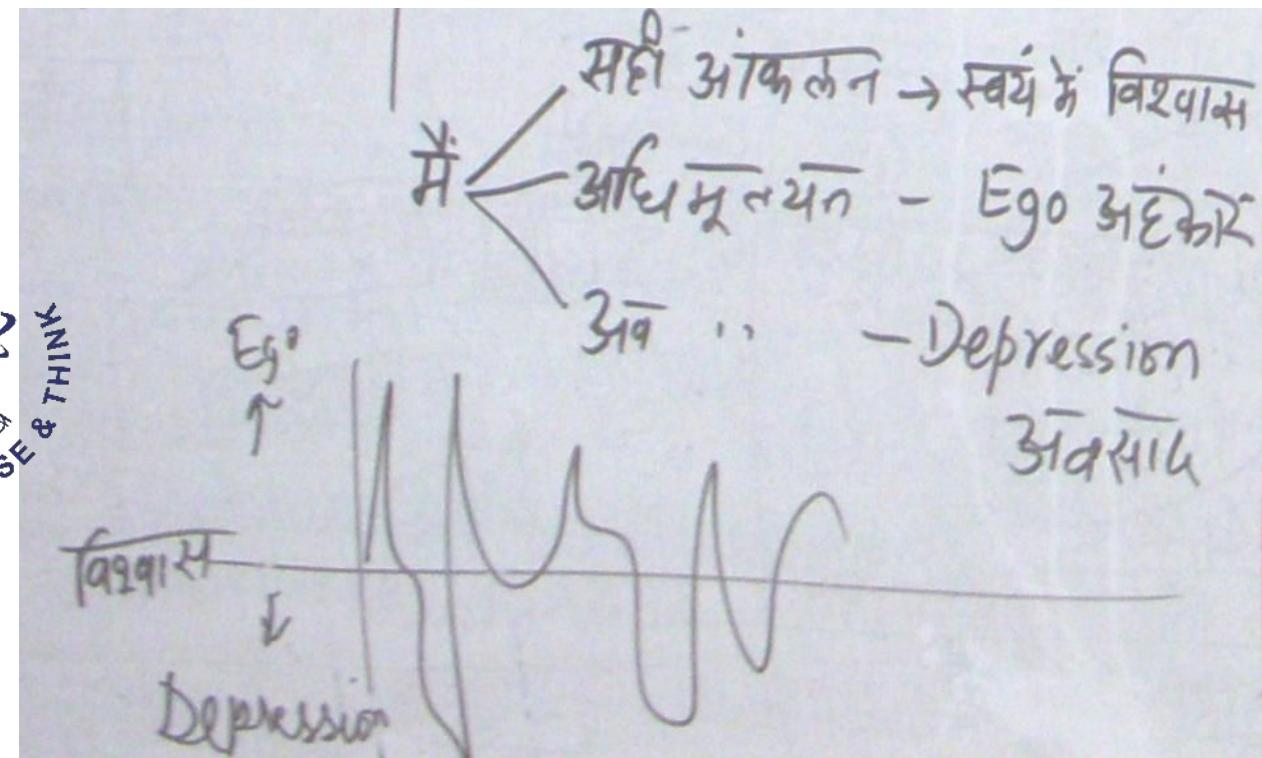
↓
Disharmony within

↓
Tension

↓
Frustration

↓
Depression

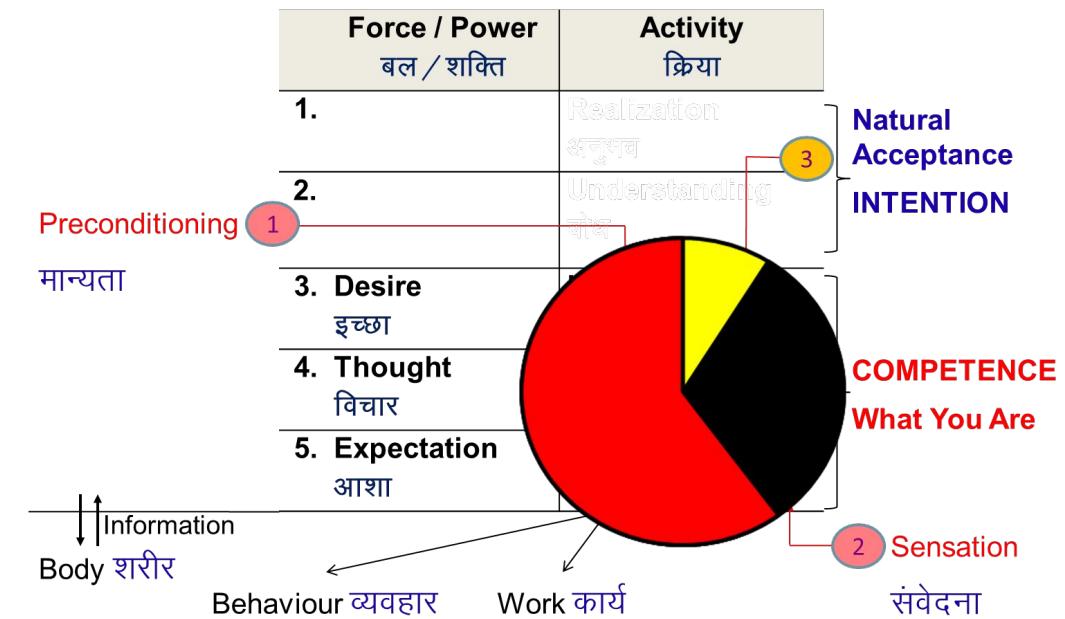
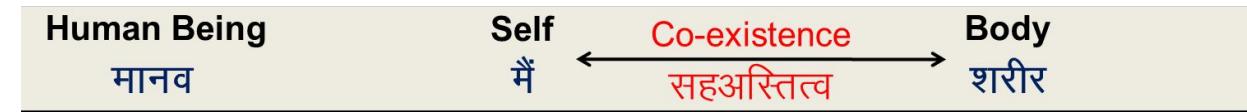
↓
Suicide etc.



Self Reflection

Human being = Self + Body...

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



Respect: Right Evaluation – on the basis of the Self

1. Purpose y{;

- 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 dk;ZØe

- 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 {kerk

- Desire, Thought & Expectation ¼bPNk] fopkj] vk"kk½ is continuous in me. I am endowed with Natural Acceptance
- Desire, Thought & Expectation ¼bPNk] fopkj] vk"kk½ 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

nwljk esjs tSlk gS

Self Reflection

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

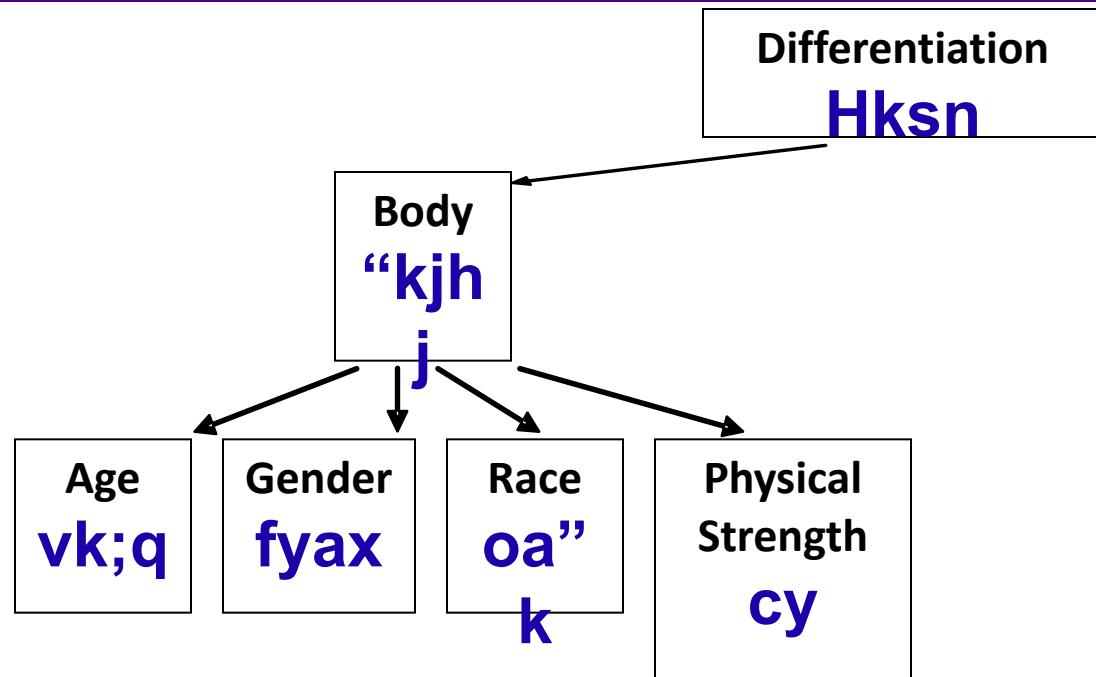
We accept the other as being similar to us?

or

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



Differentiation Hksn

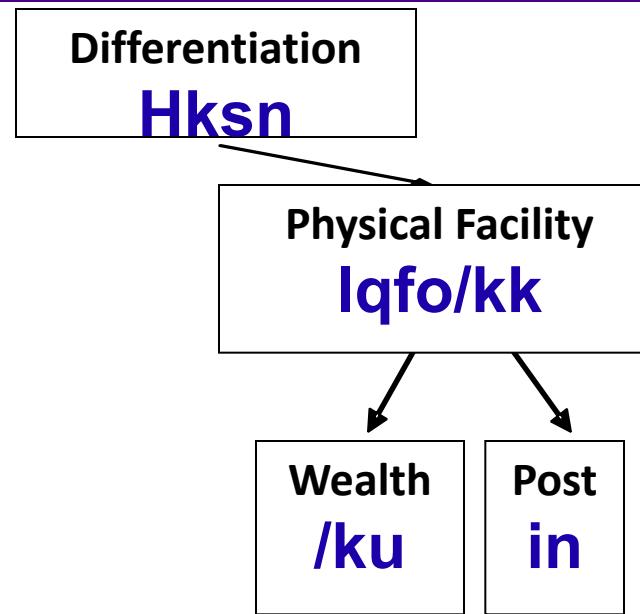


The Gross Misunderstanding is
“Human Being = Body”

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



Differentiation Hksn

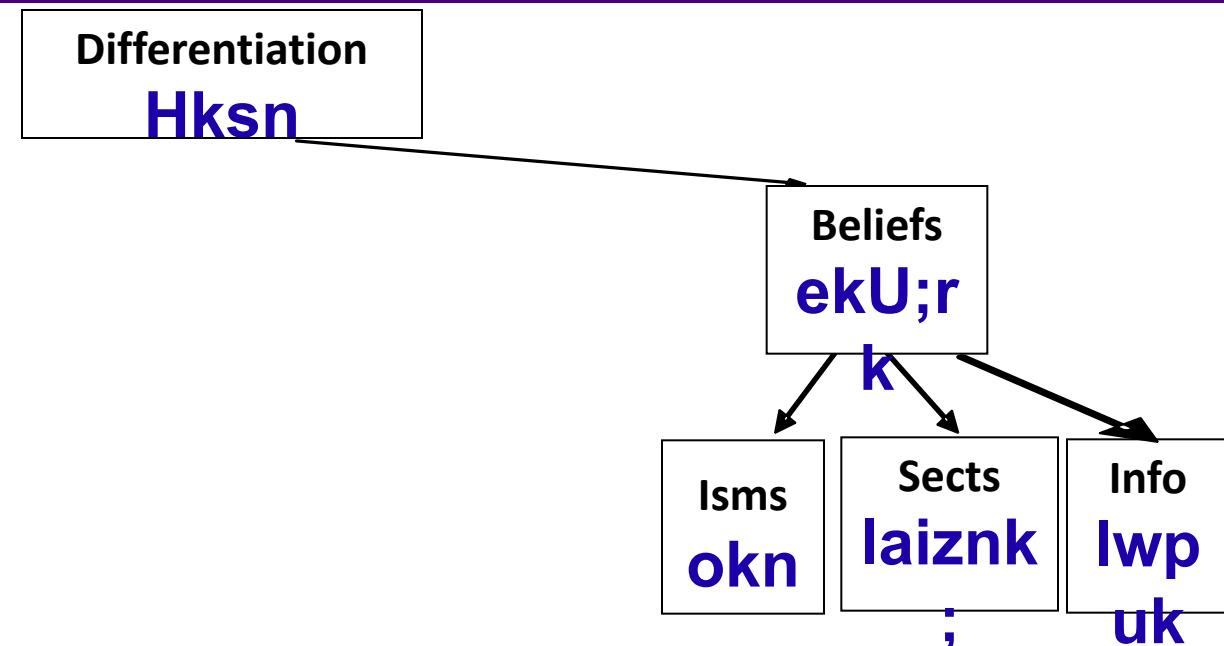


The Gross Misunderstanding is
“Physical Facility = Happiness”

While the reality is
“Happiness is being in a state of Harmony”



Differentiation Hksn

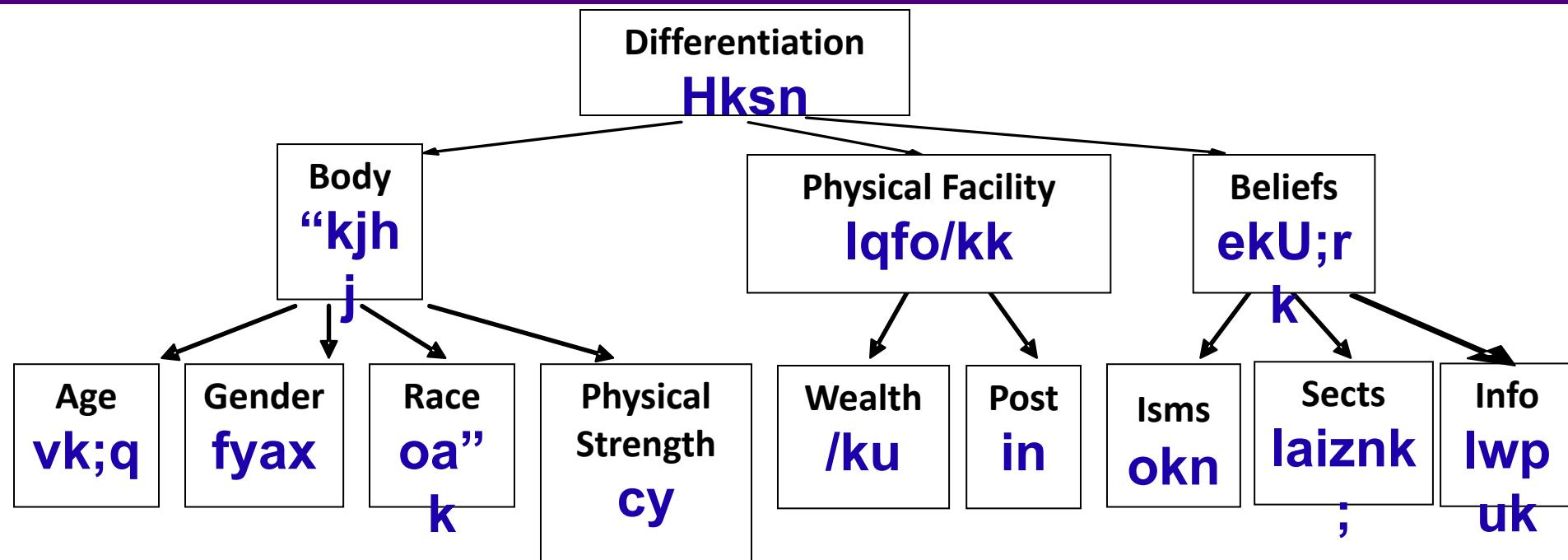


The Gross Misunderstanding is
“If the pre-conditioning of the other matches
my preconditioning, then the other is like me”

While the reality is
“Every Human Being is like me”



Differentiation Hksn



Differentiation = Disrespect

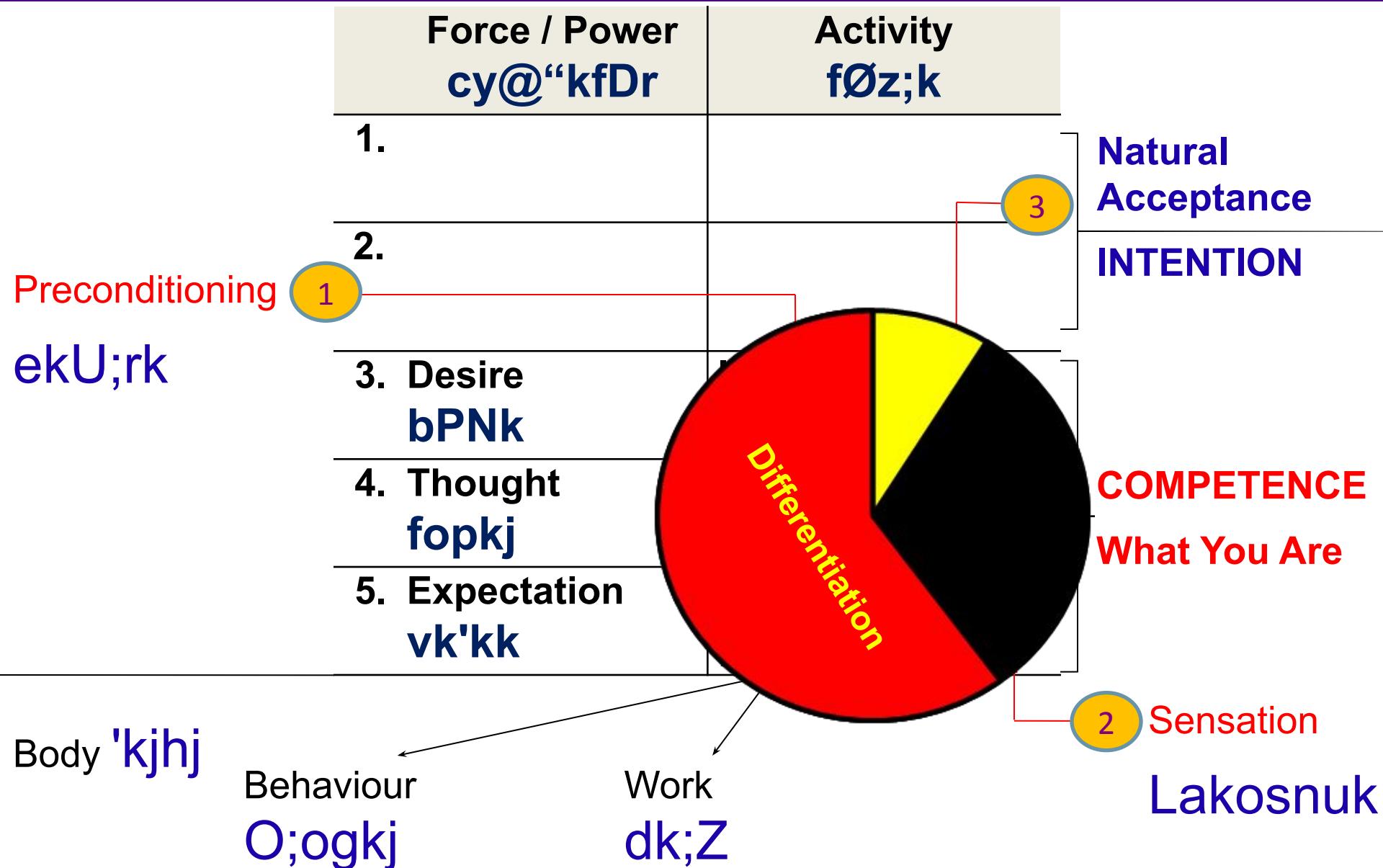
Not Naturally Acceptable... Opposition, Movements...

Hksn ¾ vieku

Igt Lohdk;Z ugha gksrk--- fojks/k--- vkUnksyu---



Preconditioning: “I am special, unique, different from the other”



Minimum Content of Respect: The Other is Similar to Me

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Our purpose is same (on the basis of Natural Acceptance)

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Our program is same

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- Desire, Thought & Expectation ¼bPNk] fopkj] vk"kk½ 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

nwljk esjs tSlk gS

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

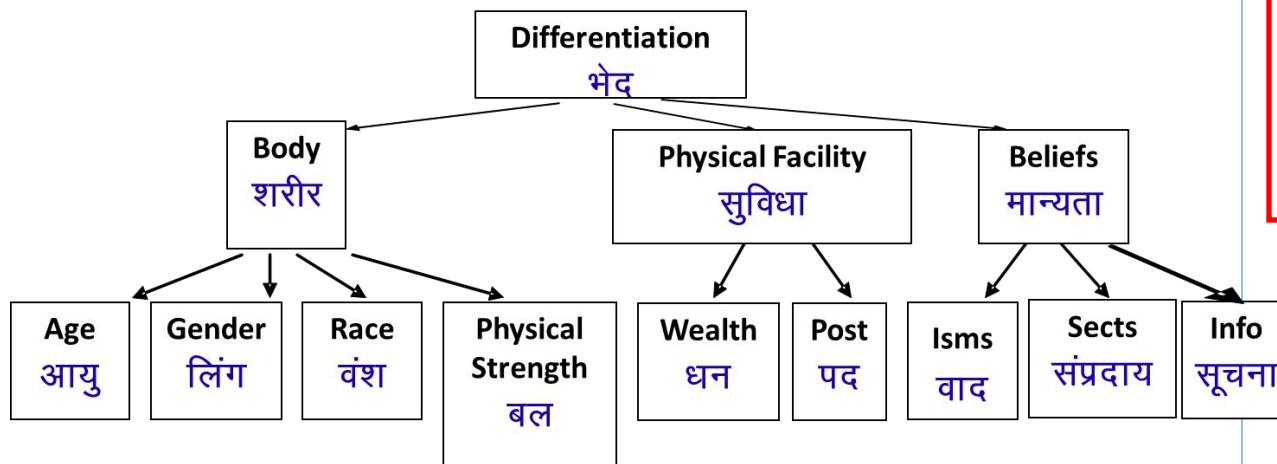
Respect – on the basis of Self

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



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

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Affection (Lusg)

The feeling of being related to the other

(acceptance of the other as one's relative, the other is like me)

nwljs dks laca/kh ds :i esa Lohdkjus dk HkkoA fufoZj®f/krkA

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 (eerk)

Guidance (okRIY;)

Feeling of responsibility toward the **body** of my relative

The responsibility & commitment for **nurturing** and **protection** of the Body of my relative

laca/kh ds “kjhj ds iks’k.k] laj{k.k dh
LohÑfr dk HkkoA

Feeling of responsibility toward the **self** of my relative

The responsibility & commitment for ensuring **Right Understanding** and **Right Feeling** in the self of my relative

laca/kh dks le>nkj o ftEesnkj cukus dh
LohÑfr dk HkkoA

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?

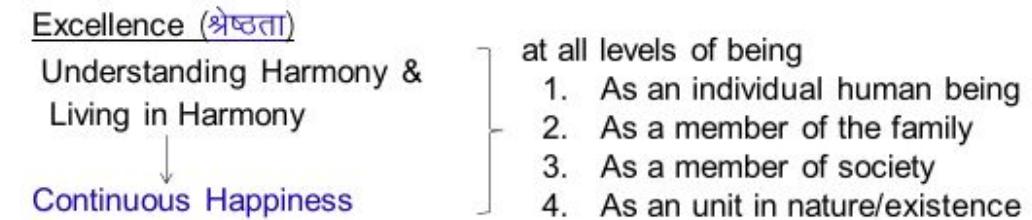


Reverence (J)k

The feeling of acceptance for excellence

Js'Brk dh LohÑfr dk HkkoA

Excellence ¼Js'Brk½ : 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

The other is like me

We are complementary

Feelings are based on right understanding (definite, unchanging)

Feeling of relationship – unconditional

Nurtures others

Helps the other to come to his level

Absolute (definite completion point)

Effort for Competition

Not other – only me

I am different/more than the other

Feelings are based on preconditioning (indefinite, keeps changing)

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

Relative (no definite completion point)

Glory ¼xkSjo½

Feeling for those who have made effort for excellence

ftUgksaus Js'Brk ds fy, fd, iz;kl fd;k gS]
muds izfr HkkoA

Gratitude ¼d`rKrk½

Feeling for those who have made effort for my excellence

ftUgksaus esjh Js'Brk ds fy, iz;kl fd;k
gS] muds izfr HkkoA

Gratitude ¼d`rKrk½

Feeling for those who have made effort for my excellence

ftUgksaus esjh Js'Brk ds fy, iz;kl fd;k gS] muds izfr HkkoA

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...

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

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



2. Do you have a feeling of gratitude for the other – continuous
or

the feeling 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 ¼ Js' Brk½

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**

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

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

Many ✓

Everyone ✓

✓

- 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

Affection

Love

Affection (**Lusg**) – The feeling of being related to the other
(acceptance of the other as one's relative)

nwljs dks laca/kh ds :i esa Lohdkjus dk HkkoA

Love ¼izse½ – The feeling of being related to all (Complete Value)

¾ gj ,d dks laca/kh ds :i esa Lohdkjus dk HkkoA

Love ¼izse½

Love ¼izse½ – The feeling of being related to all (Complete Value)

¾ gj ,d dks laca/kh ds :i esa Lohdkjus dk HkkoA

¾ iw.kZrk esa jfr & iw.kZrk esa jr gksuk & gj ,d ds lkFk laca/k esa fufgr jl (Hkkoksa)
dh vuqHkwfr djukA

It all starts with identifying that one is related to other human being (Affection - **Lusg**) 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 - **izse**)

,d → vusd → gj ,d dks laca/kh ds :i esa Lohdkjuk

Feeling of Love is expressed in the form of kindness (**n;k**), beneficence (**—ik**) and compassion (**d#.kk**). 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?

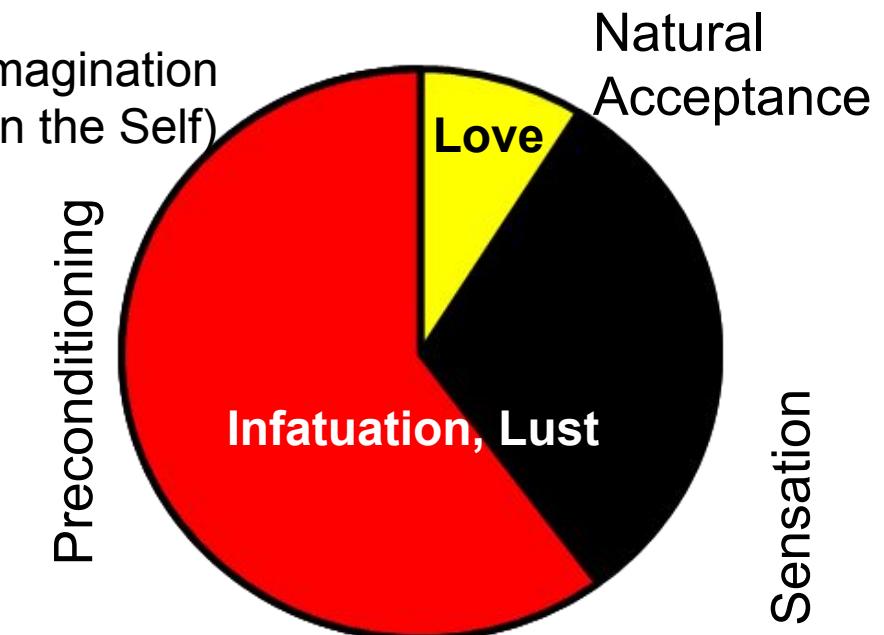
Continuity not possible

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

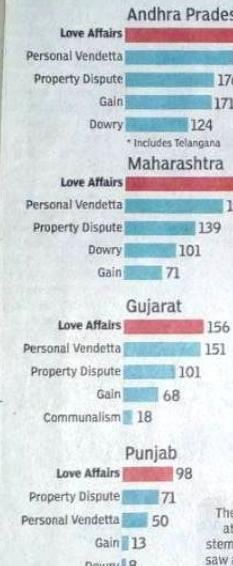
Love No.1 killer in 4 states

Starting from folklore to modern classics, tragic love affair is a recurrent theme. Data also shows that love has led to many deaths and it is one of the major reasons for murder in many states. In more than a third of the states, causes linked to love affairs were the top or second-most common reason for murder. A look at what data for 2017 from NCRB shows

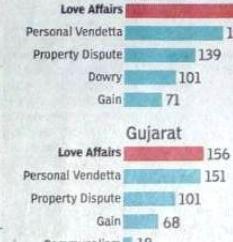
Love affair was the leading motive of murder in four states

On an average, 384 people were killed over love affairs in Andhra Pradesh (including Telangana). This translates into at least one murder every day

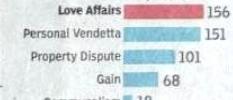
Top five known motives for murder; annual average (2001-2017)



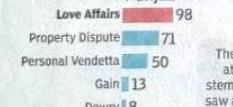
Top five known motives for murder; annual average (2001-2017)



Top five known motives for murder; annual average (2001-2017)



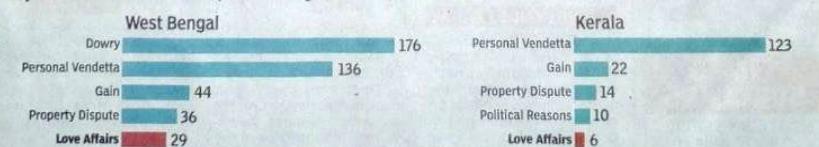
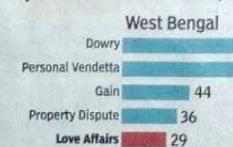
Top five known motives for murder; annual average (2001-2017)



Among major states, Kerala, Bengal the least violent when it comes to love affairs

Although love affair was among top five known motive of murder in Kerala and West Bengal as well, in absolute terms these two states saw far fewer murders over love

Top five known motives of murder; annual average (2001-2017)



Source: NCRB

Love

Infatuation

Happiness = Right understanding & right feeling in the self

Love = feeling in the Self

Based on relating to the other self unconditionally

Continuity is possible

Happiness = sensation (through the body) & feeling from other

Love = sensation

Infatuation, Attraction, Liking, Lust, Vasna, based on getting sensation / feeling from the other

Continuity is not possible

Feelings in Relationship: Expression of Truth, Love and Compassion

Trust fo"okl 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 **vk/kkj ewY;**

Respect lEeku Right evaluation. We can make effort together.
We are complementary to each other.

Affection Lusg Acceptance of the other as one's relative

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

Guidance okRIY; Responsibility & commitment for ensuring Right Understanding and Right Feeling
in the self of one's relative

Reverence J)k Acceptance for Excellence

Glory xkSjo Acceptance for those who have made effort for Excellence

Gratitude —rKrk Acceptance for those who have made effort for my Excellence

Love izse The feeling of being related to all

Complete Value **iw.kZ ewY;**

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 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 fo"okl FOUNDATION VALUE | 6- Reverence J)k |
| 2- Respect IEeku | 7- Glory xkSjo |
| 3- Affection Lusg | 8- Gratitude —rKrk |
| 4- Care eerk | 9- Love izse COMPLETE VALUE |
| 5- Guidance okRIY; | |

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

Justice from Family to World Family
 Undivided Society $\frac{1}{4}v[k.M lekt\frac{1}{2}$

