

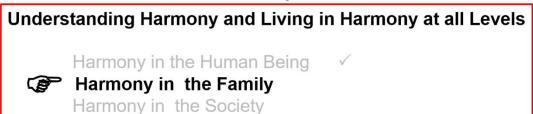
# Harmony in the Family – the Basic Unit of Human Interaction

### **Basic Human Aspiration**

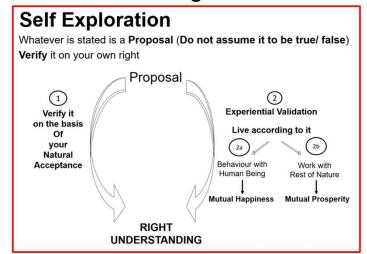
Continuous Happiness and Prosperity

## Happiness is to be in Harmony

## **Program for Fulfilment of Human Aspiration**



## **Process of Understanding**



Harmony in Nature/Existence





## 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

The harmony in the family has primarily to do with the fulfilment of relationship between one human being and the other human being.

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:

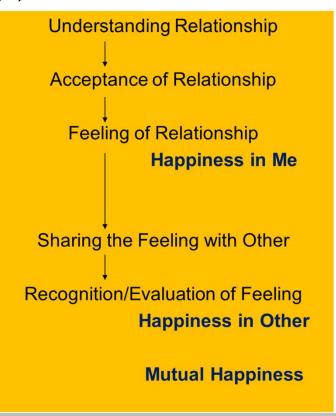
1- Trust 6- Reverence

2- Respect 7- Glory

3- Affection 8- Gratitude

4- Care 9- Love (COMPLETE VALUE)

5- Guidance







## 'Trust' – the Foundational Value in Relationship

## **Trust**

Trust = to be assured

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

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



## **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



- 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



What You Are (∑ D, T, E)



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## **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

## <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)



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	<ul> <li>Even if I make the same mistake 100 times</li> <li>I never doubt my intention</li> <li>I make mistakes by accident</li> <li>I have a feeling "I am special"</li> <li>I reinforce "I am good". I do not make effort to improve my own competence</li> </ul>





## **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

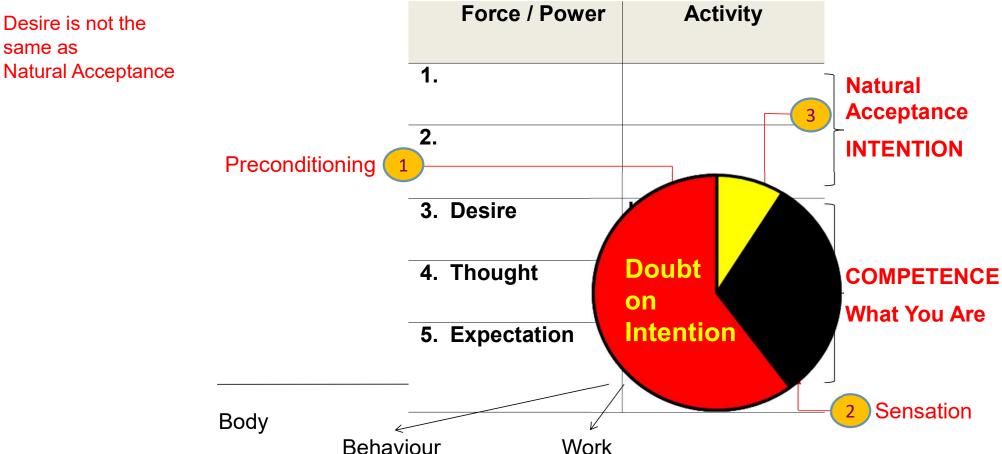


If you have unconditional, continuous trust on intention, on the natural acceptance of the other and if the other is lacking competence, what will you do?

- a. Try to improve upon his competence
- b. Get irritated
- c. Get angry
- d. Have a feeling of opposition
- If you have trust on intention, you will respond in terms of trying to improve upon the competence of the other. On the other hand, if there is doubt on intention then you will react in terms of getting irritated or angry or carrying a feeling of opposition.



## 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)



## 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**

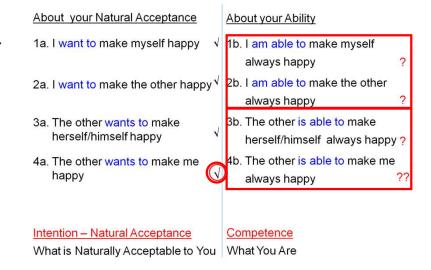
With trust on intention, I feel related to the other (I accept the relationship)

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)



## Activity 5

Reflect five instances where you got irritated or angry with someone. What was the result of it? Can you recollect that you had a doubt on their intention? Try to call and share your reflections with one or more of them. What is your observation from this exercise.





## 'Respect' – as the Right Evaluation

## **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 FOUNDATION VALUE

2- Respect

3- Affection

4- Care

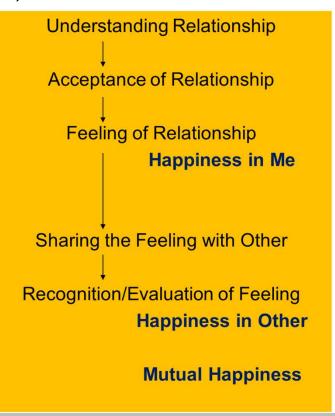
5- Guidance

6- Reverence

7- Glory

8- Gratitude —

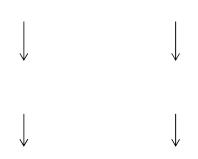
9- Love COMPLETE VALUE



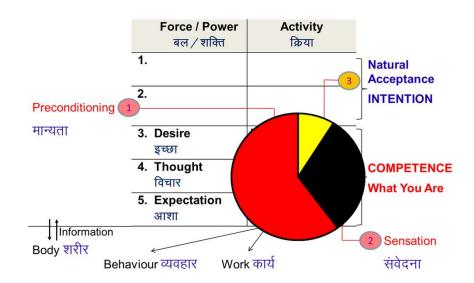


## Respect (IEeku)

## Respect = Right Evaluation







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



## **Other Types of Evaluation**

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

Disrespec t

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.

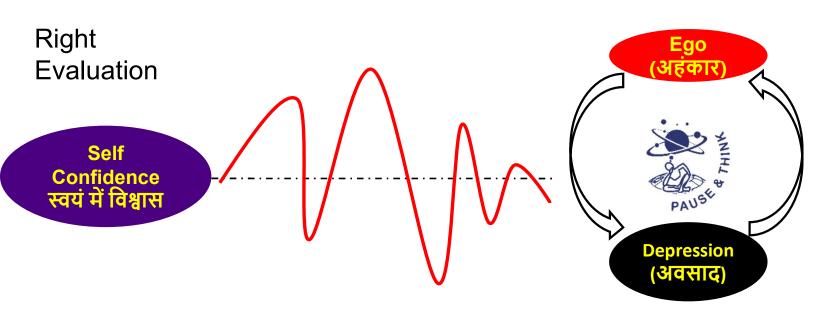
- It is right evaluation or
- It is over / under / otherwise evaluation





## **Common Implications of Disrespect**

Over evaluation – evaluating more than what it is



Wrong evaluation...

Disharmony within

Tension

Frustration

Depression

Suicide...

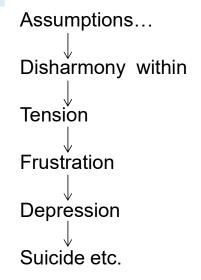
Under evaluation – evaluating less than what it is

Otherwise evaluation – evaluating other than what it is

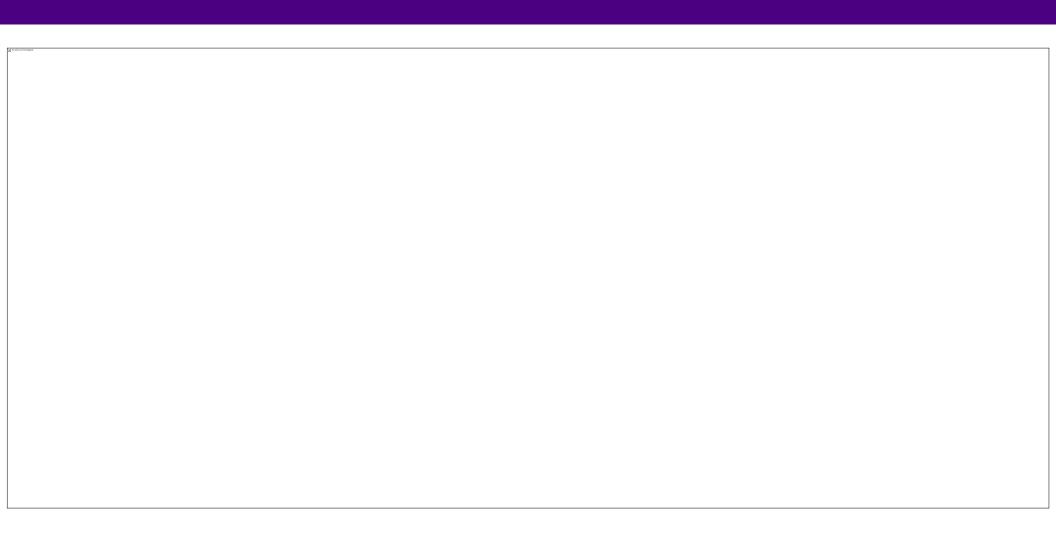


## **Self Confidence, Ego & Depression**

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









- Incidents are happening all around in the families are not rightly evaluated. Now what is the solution?
- Right evaluation of oneself will lead to being self-referential, rather than being dependent on others for evaluation.
- Right evaluation will lead to self-confidence that is not shaken up by others.
- When the other over/ under/otherwise evaluates me, I will not be affected; rather I will be able to affectionately contribute to helping the other to set right their evaluation of me.

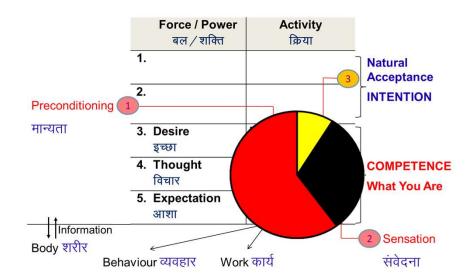


## **Self Reflection**

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	<b>गरीर</b>







## Respect: Right Evaluation – on the basis of the Self

• Think in terms of evaluating the human being on the basis of Self, and ensuring the right evaluation. If we go about doing this, three things are required:

## 1. Purpose;

- 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

- 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

- Desire, Thought & Expectation is continuous in me. I am endowed with Natural Acceptance
- Desire, Thought & Expectation 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



- When we are able to see the human being is the co-existence of Self and Body, we can see that the **other (Self) is similar to me** because our purpose is same, programme is same and potential is same.
- This is the minimum content of respect for a human being.



## **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

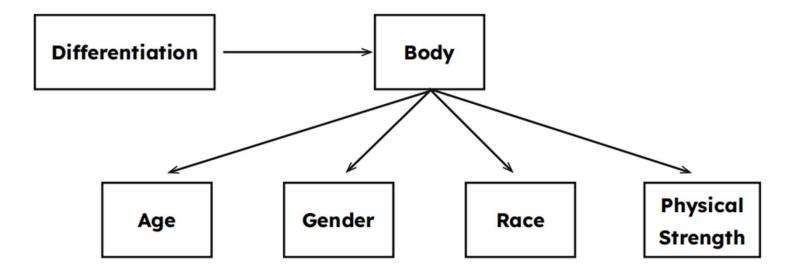
We try to show that we are special, unique, different from the other?





## Disrespect Arising out of Differentiation

Instead of trying to see both the similarity as well as the differences, are we primarily trying to focus on the differences?

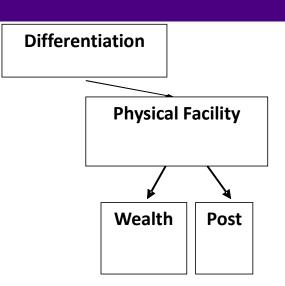


- In general, what we are doing in the name of respect today is differentiating and discriminating. One criterion for the differentiation is on the basis of body.
- One set of our basic criteria for giving respect is related to body on the basis of age, gender, race and physical strength



## **Differentiation**

- The one who has more wealth is given respect over the one who is not having as much of wealth.
- Similarly, the one with the higher post is given respect over the one who does not have higher post.



The Gross Misunderstanding is "Physical Facility = Happiness"

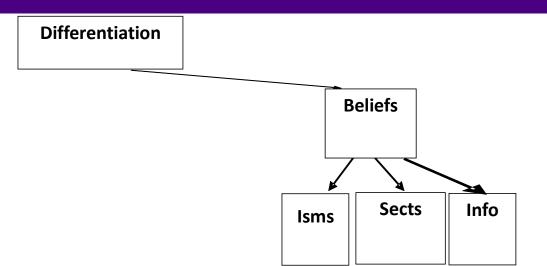
While the reality is "Happiness is being in a state of Harmony"





## **Differentiation**

- This differentiation is what we can call beliefs.
- There are different isms (thought systems like socialism, capitalism, etc.), different sects, and different set of information available. Depending upon which particular set of beliefs you have, you are given respect or not given respect.

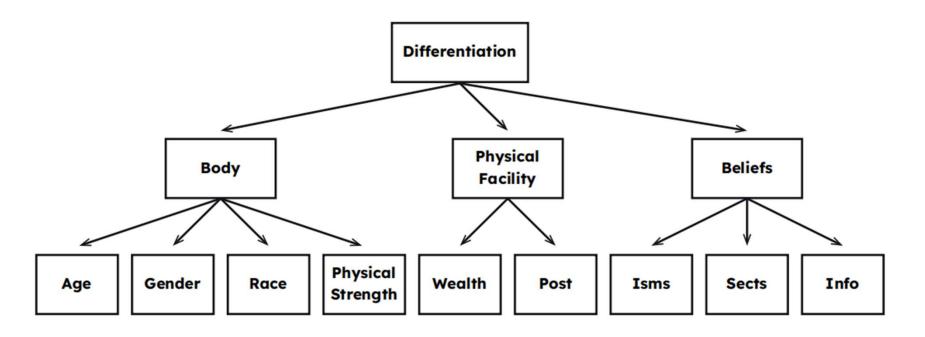


The Gross Misunderstanding is "If the pre-conditioning of the other matches my preconditioning, then the other is like me"

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







Differentiation = Disrespect

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



## Complete Content of Respect

- In addition to the purpose, programme and potential of the Self, there is the competence.
- Having understood that our purpose is same and our potential is also same, we use the difference in competence to help each other in further developing our competence.
- By this assumption, we are complementary to each other



## **Details of 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 the 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



## 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

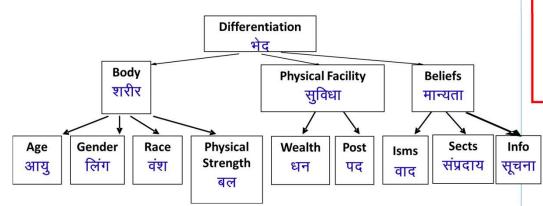
## **Differentiation**

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
- 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 other is assured in relationship, and not before that)



## **Activity**

- List out ten or more of your interactions with other people in your family and friends in the last one week. Now analyse these interactions:
  - a. From your side, was it over evaluation, under/otherwise evaluation or right evaluation of the other? In each interaction, were you comfortable within, uncomfortable within or unaware of your state?
  - b. Did they evaluate you rightly or they over evaluated or under/ otherwise evaluated you? In each interaction, were you comfortable within, uncomfortable within or unaware of your state?





# Justice in Human-to-Human Relationship

# **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 FOUNDATION VALUE

2- Respect

3- Affection

4- Care

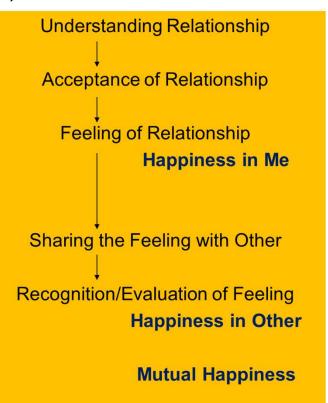
5- Guidance

6- Reverence

7- Glory

8- Gratitude

9- Love COMPLETE VALUE





## **Affection**

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

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

The feeling of affection is essential for the fulfilment of any relationship.

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



- The acceptance of the relationship and the feelings in the relationship are based on understanding. They are not based on expectations from the other.
- Affection between any two human beings (between a husband and wife, between a father and son, a mother and daughter, a brother and sister, a teacher and student and so on), will be continuous and unconditional.
- So, the feeling of acceptance of the other as one as a relative is called affection.



- when we have a feeling of affection then the responsibility and commitment comes naturally
- This starts reflecting in terms of the feeling of care and guidance.



Care	Guidance
Feeling of responsibility toward the <b>body</b> of my relative	Feeling of responsibility toward the <b>self</b> of my relative
The responsibility & commitment for <b>nurturing</b> and <b>protection</b> of the Body of my relative	The responsibility & commitment for ensuring Right Understanding and Right Feeling in the self of my relative
Care 9 Children are a potural outcome of Affection	

Care & Guidance are a natural outcome of Affection

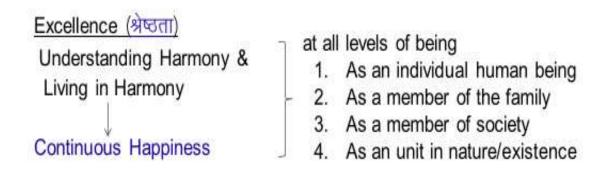
Do we ensure both care as well as guidance or are we mostly focused on care?

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

- The feeling of acceptance for excellence
- Excellence: Completeness of Right Understanding
- Excellence is something definite, something absolute.
- If someone has achieved this state of excellence, we naturally have an acceptance for such a person. This feeling of acceptance for excellence is called reverence.





- Working for Excellence and competing with each other is not the same thing.
- If you have achieved excellence, what would you like to do for the other? To differentiate and dominate over them or to make effort to help them to come to your level?

- In excellence, one helps to bring the other to his level
- In competition, 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)

Glory	Gratitude
Feeling for those who have made effort for excellence	Feeling for those who have made effort for my excellence
N. HURGG	



## **Gratitude**

Feeling for those who have made effort for my excellence

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"?

- 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

Understanding Harmony &

Living in Harmony

Continuous Happiness

at all 4 levels

- 1. In the Human Being
- In Family
   In Society
- In Nature/Existence

Trust, Respect – For all

 For those who have achieved excellence Reverence

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

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 many

The feeling of being related to all

The feeling of being related to all
```

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

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



#### Love

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

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

Feeling of Love is expressed in the form of kindness, beneficience and compassion. 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 -

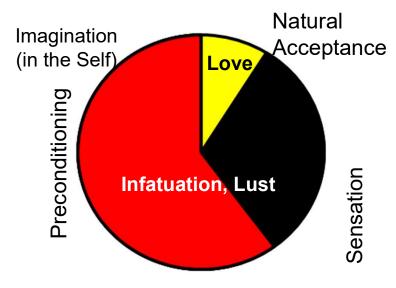
Lust, getting from the other Continuity not possible

## 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** 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;

**Respect** Right evaluation. We can make effort together.

We are complementary to each other.

**Affection** Acceptance of the other as one's relative

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

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

in the self of one's relative

**Reverence** Acceptance for Excellence

**Glory** Acceptance for those who have made effort for Excellence

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

**Love** The feeling of being related to all

Complete Value



## 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)

- Relationship is between one self (I<sub>1</sub>) and other self (I<sub>2</sub>)
- 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 FOUNDATION VALUE 6- Reverence

2- Respect 7- Glory

3- Affection 8- Gratitude —

4- Care 9- Love COMPLETE VALUE

5- Guidance;

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

Justice → from Family to World Family

→ Undivided Society

