

CHAPTER 3 :- Understanding Harmony in the Family and Society - Harmony in Human-Human Relationship

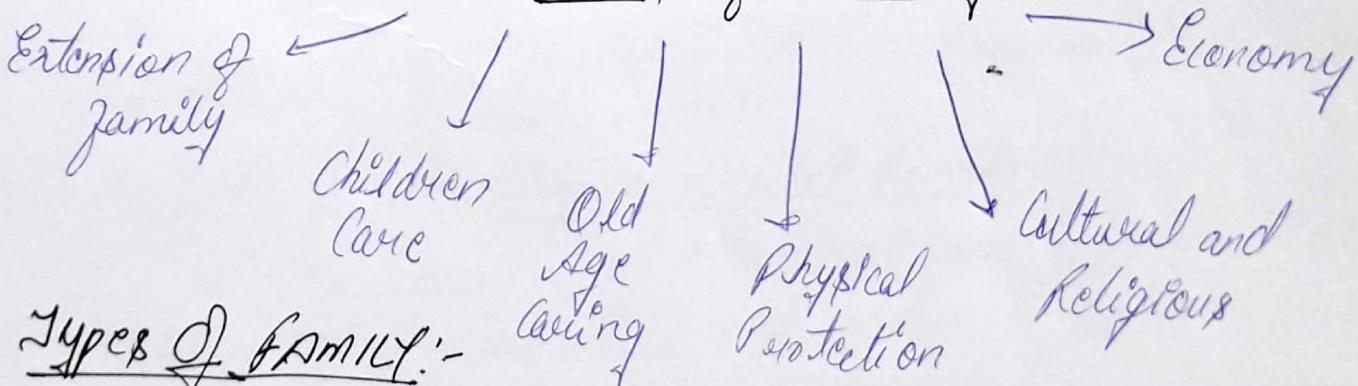
"If there is harmony in the home, there will be order in the nations. When there is order in the nations, there will be peace in the world." - **Confucius**

Harmony:- The definition of harmony is things that go well together, or people and things that get along well!

Understanding Harmony in the Family:-

A family is a social group characterized by common economic residence, co-operation and reproduction. Family is a set of people living together attached to each other.

Functions of a family



Types of family:-

- 1) On the basis of marriage
- 2) On the basis of nature of residence
- 3) On the basis of Ancestry or Descent family
- 4) On the basis of size or structure and the depth of Generations
- 5) On the basis of nature of relations.

3) On the basis of Marriage:-

- a) Polygamous or Polygynous Family :- Polygamy, where a person has more than one spouse at the same time
Polygyny :- when a man has more than one wife
- b) Polyandrous Family :- Refers to a form in which a woman is married to two or more husbands at the same time
- c) Monogamous family :- Refers to single spouse family

2) On the basis of Nature of Residence:-

- a) Matrilocal Residence :- husband residing with wife's parents after marriage
- b) Patrilocal Residence :- Structured by a rule that a man remains in his father's house after reaching maturity and brings his wife to live with his family after marriage.
- c) Changing Residence :- family keeps on changing their residence after marriage.

3) On the basis of Ancestry or Descent family:-

- a) Matrilineal Family :- A matrilineal family follows its ancestry and descendants through maternal (mother's) line.
- b) Patrilineal Family :- One's nearly infinite line of father's ones ~~and~~ patriline is one's father and his father and his father ad infinitum.

4) On the basis of size or structure and the Depth of Generations:-

- (a) Nuclear family (small family unit)
- b) Joint Family (Complex family)

→ On the Basis of Nature of Relations:-

a) Conjugal family

Family consists of adult members among them opposite sex relationship

b) Consanguine family

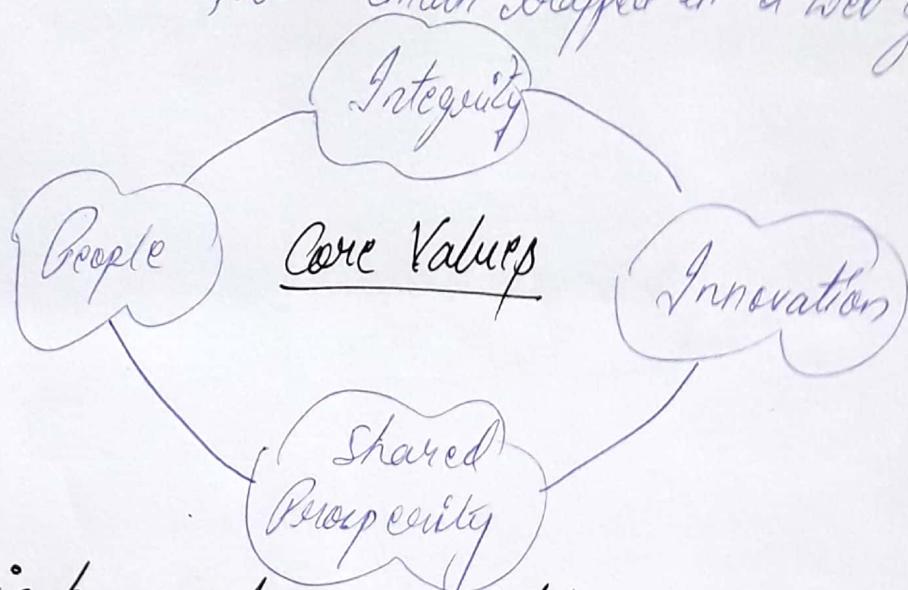
This type of family consists of member among whom there exists blood relationship brother & sister, father & son.

Harmony in Family Relations :- Simple rules for avoiding family feuds in to family

- Parents are very important element of family.
- Children need strong emotional support along with adequate monetary support.
- Old generations like grandfather & mother are the real assets of the family.
- Learn to respect each other thoughts.
- Never take relations for granted.
- Take out some time with every family member.
- Every individual carry its own personality.
- The dreams are very important for every person but not of the rest of family.
- The problem with relations is that even if you do not like you have to live with them.
- Family harmony is the basic foundation on which the entire edifice (edifice) of social harmony is built.

Values in Human-Human Relations

No individual or nation can live by holding itself apart from the community of others. The beauty of life is relationships. From birth till death, we remain trapped in a web of relations.



* Values in human-human relations are:-

- Fundamental Values
- What is Nyaya
- The way to Vishesas and Samman
- Values in Relationships

NYAYA (ऋग्वे) (Justice)

- Nyaya → Rational argument, focuses on logic
- Nyaya is the recognition of values in relationship, their fulfillment the eight evaluation & fulfillment resulting in mutual happiness to ensure justice there are four elements:-
- 1> Recognition of values
- 2> Fulfilment
- 3> Evaluation
- 4> Mutual happiness ensured

Vishwas - Trust

"It is better to be trusted than to be loved"

- David O. Mackay

Trust is

- Emotional
- logical

exposing your **vulnerabilities** to people
but believing they will not take advantage

Companionship

Friendship

Love

Comfort

Emotions associated
with trust

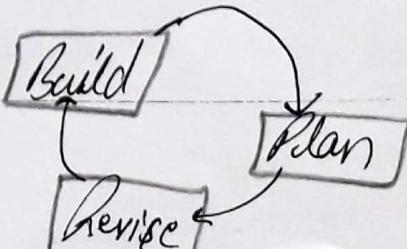
Agreement

Relaxation

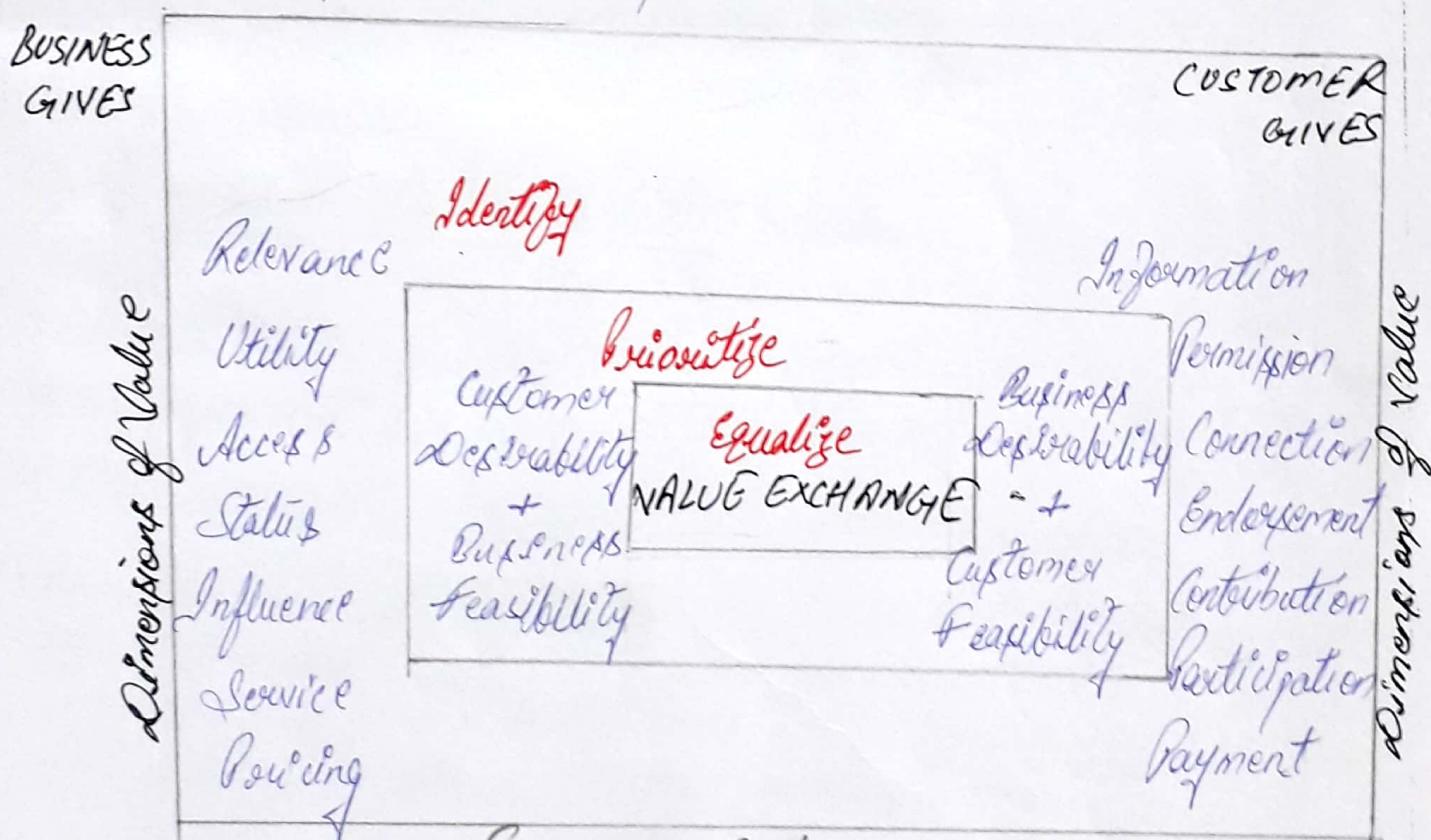
Dimensions of Trust

- 1) Predictability
- 2) Value Education Exchange
- 3) Delayed reciprocity
- 4) Exposed vulnerabilities

1) Predictability :- A normal part of human condition to be constantly forecasting ahead. We build internal models of the world based both on our experiences and what others tell us, & then use these to guess what will happen. This allows us to spot & prepare for threats and also make plans to achieve our longer term goals.



27 Value Exchange :- Most of what we do with other people is based around exchange, which is the basis for all businesses as well as simple relationships. At its simplest, it is exchange of goods. It is easy to calculate value in such material bargaining, things get more complex when less tangible forces come into play. A parent exchanges attention for love. This process of reciprocity is what binds societies together. Trust in value exchange occurs when we do not know fully whether what we are receiving is what we expect.



37 Delayed Reciprocity :- Exchange is not just about an immediate swapping. What makes companies and societies really work is that something is given now but the return is paid back some time in the future.

- The advantage of this is that we can create a more **flexible environment**, where you can get what you need when you need it, rather than having to save up for it.
 - Trust now becomes particularly important because otherwise we are giving something for nothing.
 - The delay we have placed in the reciprocal arrangement adds a high level of uncertainty which we need to mitigate through **trust**.
 - 'Do unto others as you would have them do unto you' This sets up the dynamic for my giving you something now with the hope of getting back some unspecified thing in the indeterminate future.
- 4) Exposed Vulnerabilities:- When we trust people, we expose self in a way that they can take advantage of our vulnerabilities. If I buy a car from you & I don't know a good price, you can lie to me so you get a better bargain.

Sannan (Attitude) Respect

Sannan means **Individuality**. The sense of individuality is prime object, it is the first basic step towards Sannan. Once we realize that we are individuals then only we can see ourselves different from others. Respect is the inner feeling.

Ego	Vf	Respect
→ Ego is negative		→ Respect is a positive feeling
→ Ego stops the progress		→ Respect is progressive
→ Ego brings down the higher by any means		→ Respect升 the lower to the level of the higher.

A very thin line separates **RESPECT** from **EGO**

Trust as the FOUNDATION VALUE of Relationships

- Trust (Intention) is the foundational value in Relationship.
- "To be assured that each human being inherently wants oneself and the other to be happy and prosperous."
- If we have trust, we are able to see the other as a relative and not as an adversary.

There are two(2) aspects in trust

Intention

- (Wanting to - our natural acceptance)
- (what one aspires for)
- We judge ourselves on the basis of INTENTION
- In Intention, every human being wants to do what is right

what we really want to be

- ↳ I want to be happy
- ↳ I want to make others happy
- ↳ The other wants to be happy
- ↳ The other wants to make me happy

Competence

- (being able to do)
- (the ability to fulfil the aspiration)
- We judge others on the basis of COMPETENCE
- Competence can be developed through proper understanding and practice to do what is right.

what we are

- ↳ I am always happy
- ↳ I make the other always happy
- ↳ The other is always unhappy
- ↳ The other makes me always happy.

You cannot have a problem in any relationship, unless you have ended up doubting the intention of the other person.

Samman/Respect :- respect means individuality.

Respect means RIGHT EVALUATION, to be evaluated as I am.

Difference between RESPECT and DIFFERENTIATION / Disrespect

RESPECT	DIFFERENTIATION
1) Respect is right evaluation	→ Differentiation is lack of understanding of respect
2) Respect for others is generated by the high evaluation and understanding which leads to fulfillment in relationships. This further creates a sense of respect among people.	2) Differentiation can take the form of: → Gender bias → Generation gap → Caste struggle → Power Play & domination → Communal violence → Clash of race, religion etc. → class struggle.
	3) This leads to escalation in the problems of society which further lowers the respect shown to others in society.

- * The other salient values in relationship:- There are certain basic and important values in maintaining relationship. These values are backbone of health and happy family relations. The feelings, emotions, sentiments & respect are of real importance.

These values lead to elimination of friction and establishment of total harmony in relationship on long term basis. Values that are important in any relationship are:-

- 1) Trust :- To be assured that each human being inherently wants oneself and the other to be happy & prosperous.
- 2) Respect :- The sense of individuality, right evaluation
- 3) Affection :- Is the feeling of being related to the other.
- 4) Care :- The feeling of care is the feeling to nurture and protect the body of our relative.
- 5) Guidance :- The feeling of ensuring right understanding & feelings in the other (my relative) is called guidance.
- 6) Reverence :- The feeling of acceptance of excellence in the other is called reverence.
- 7) Glory :- Is the feeling for someone who has made efforts for excellence.
- 8) Gratitude :- Is the feeling of acceptance for those who have made efforts for my excellence.
- 9) LOVE :- Love is a feeling of warm personal attachment or deep affection, as for a parent, a child, a friend.

Understanding HARMONY in the SOCIETY :-

- Harmony in society begins from individual.
- Need to ensure right understanding in the individual as the foundation of HARMONY in the SOCIETY.
- When every individual is able to live harmoniously & the needs of family are ensured, happiness (natural law) in society will naturally follow.

ABHAY (अभय) - Gesture of FEARLESS

→ Fear is a delusion created by mind, lack of fear is also a delusion created by the mind. Mistaking one thing for another leads to fear, recognizing the mistake and rectifying it, leads to the removal of fear.

Bhaya :- associated with fear

Nirbhaya :- associated with freedom from fear

The Way for Abhaya (अभय)



Fig:- way for abhaya.

Factors of Fear:-

- Ignorance and distorted perception of the world
- Fear of the unknown
- Fear of the future is insecurity
- Fear of the past is due to guilt feelings attached to own past actions.
- Death is another major cause of fear for many people.

Overcoming FEAR! - a) Fear of death can be overcome if one accepts the fact that this body is meant to be perishable but the soul is immortal.

b) Fear of past:- can be overcome if we take responsibility for our actions & stop doing things which will add to guilt.

c) Insecurity can be overcome if we accept our limitations & perceive the wonderful cosmic order as a humble spectator.

SAM-ASTITVA (समाजता): CO-EXISTENCE AS

- Co-existence means learning to live together, Comprehension
Human Groups
- to accept diversity
- positive relationship with others
- When relationships (personal, group, interstate) are positive and equal, it enhances dignity & freedom & independence. Whereas when relations are negative & destructive this undermines human dignity and our own self worth.

Dr. Jawaharlal Nehru outlined co-existence in terms of five principles or Pancha Shila (पञ्चशिला):-

- 1) Mutual respect for territorial integrity & sovereignty
- 2) Non-aggression
- 3) Non-interference in one another's internal affairs
- 4) Equality
- 5) Mutual benefit.

Co-existence between people has become an imperative in the next phase of evolution of civilization.

Visualizing A Universal Harmonious Order in Society - Undivided Society (AKHAND SAMAJ) & Universal Order (SARVABHAUM VYAWASTHA) with other from FAMILY to WORLD FAMILY

With the understanding of values in human relationship, we are able to recognize the connectedness with every individual correctly and fulfill it.

1) AKHAND SAMAJ (अक्षण्ड समाज) :- is the state of society where all people of different religion and thought processes live together and work towards betterment of the society. AKhand Samaj is achieved when every human-being realizes established values and expression values.

Roadblock to Akhand Samaj :- Following negative values are direct roadblocks for Akhand Samaj:-

- a) Fear
- b) Hate
- c) Selfishness
- d) Egoism
- e) Humility

2) SARVABHAUM VYAWASTHA (सर्वभाउम व्यवस्था) :-

- It is the state of realizing the freedom of individual in context of this universe.
- All human beings on this EARTH should be covered by one law and follow the same set of VALUES.
- Universal values should be the governing principle
- Every individual should feel good & secured.
- Equality and Justice should prevail.

PROGRAMS Needed to Achieve the COMPREHENSIVE HUMAN GOAL

- 1) Education - Right Living (सिक्षा तथा संकार आदि)
- 2) Health - Self Regulation (Swasthya - Sanyam)
- 3) Justice - Preservation (Nyaya - Swarajya)
- 4) Production - Work (Utpadan - Kriya) (उत्पादन - क्रिया)
- 5) Exchange - Storage (Viniyaya - Kosh) (प्राप्ति - कृषि)

Society TODAY in Terms of Fulfillment of Comprehensive Human Goal

- 1) Right Understanding in Individual:- Today we are ignoring the need of right understanding.
 - 2) Prosperity in Family:- We are only concerned with generation of more & more wealth.
 - 3) Fearlessness (त्रुटि) in Society:- We are working for strategic power in the name of fearlessness.
 - 4) Co-existence with nature:- We are busy fighting out better ways to exploit nature.
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