

UHV-I

Session 11

Gratitude and Love

Document prepared by UHV Team (uhv.or.in) and adopted by AICTE NCC-IP Sub-committee for Mentor Manual and related Materials for UHV-I

Suggestions for improvement are welcome

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Gratitude ¼d`rKrk½

Feeling for those who have made effort in terms of providing help in the process of my development (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 behavior 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.

Gratitude for all the Help we Receive

Let us **list down the help we are receiving** from family, friends, teachers, society (related to food, shelter etc..) and nature

- Make a list of needs (e.g. food) that you are using throughout the day. See, the people and natural environment which are immediately responsible to fulfill this need (e.g. cook)
- In the next level, make the list of people who have helped in growing the food, processing it, transporting it to your place etc.
- A similar thread could be seen for the utensils in which we are eating, machines which are used for cooking, furniture on which we sit while eating, construction of the dining hall etc.
- **Can you count the total number of people who are directly or indirectly involved in ensuring just one meal for you?**
- **Can money provide it**, if these people involved do not participate in the process?



Gratitude for all the Help we Receive

So, now we can see that

We are anyway related to the environment (human being as well as rest of nature) and dependent upon them to fulfill our basic needs of

- Knowledge (सही समझ),
- Right Feelings (सही भाव),
- Physical facilities (सुविधा) etc.

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”?



Self Reflection

If you are mostly focused on “what has not been done”, then,

- You need to broaden your vision to see the entire reality, and to evaluate both “what has been done” and “what has not been done”

If the feeling of gratitude comes and goes, then

- If the other has shared right understanding, right feeling as well as physical facility and you are not able to see that, then you need to pay more attention on your own understanding and your own feeling. Then your expectations will also be set right
- If the other has primarily shared physical facility and is expecting gratitude in continuity, then that expectation may not be fulfilled – is an over expectation

If you are “expecting these feelings from the other”, then

- You need to make effort to ensure right understanding and right feeling in yourself. Then you would be able to live with responsibility with the other

Love (प्रेम)

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

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

✓ One → Many → Everyone - The feeling of being related to all } Love



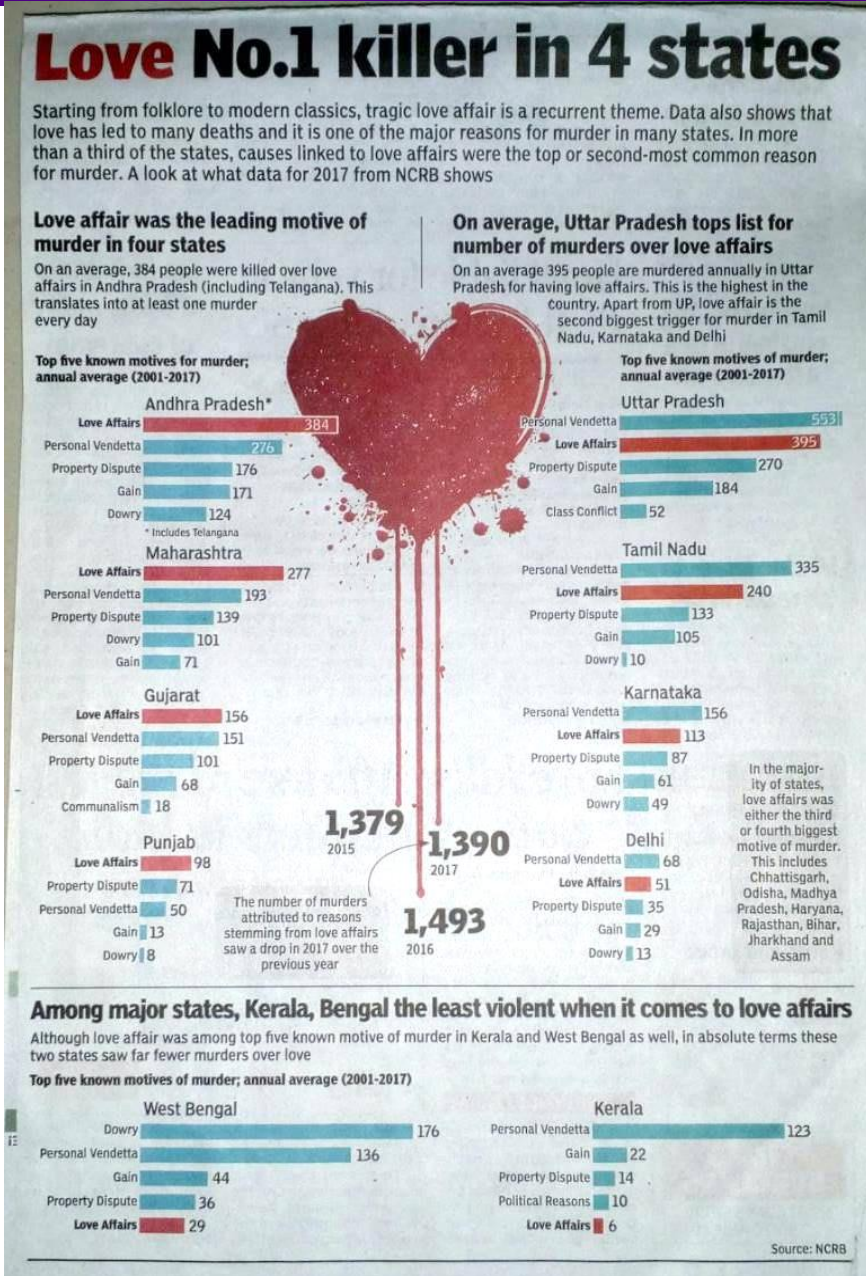
Love $\frac{1}{4}$ izse $\frac{1}{2}$ – The feeling of being related to all **(Complete Value)**

$\frac{3}{4}$ gj ,d dks laca/kh ds :i esa Lohdkjus dk HkkoA

Preconditioning Related to Love

This is certainly not Love!

Is it important to understand the feeling of love?



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?

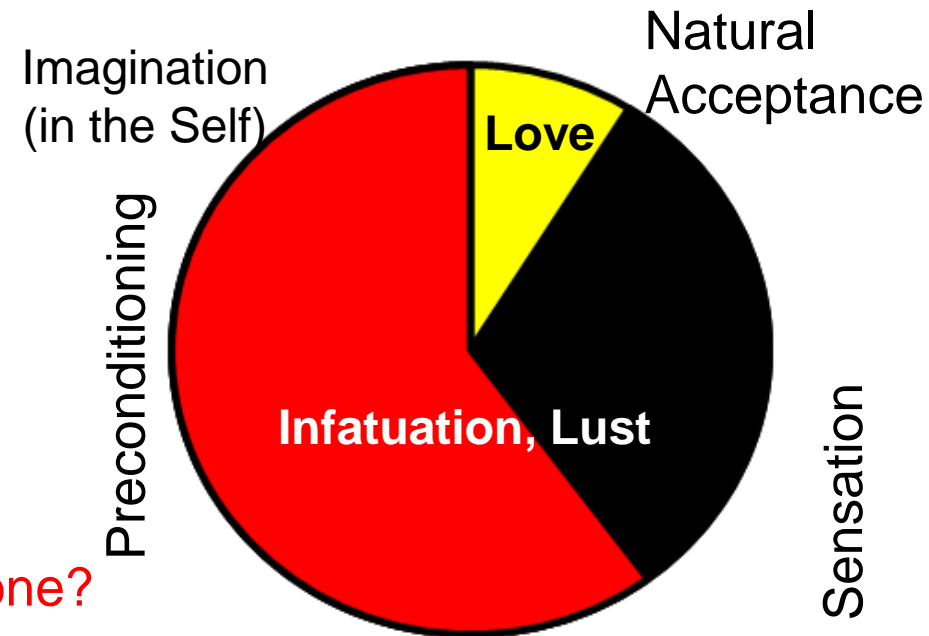
Continuity not possible

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



Love (प्रेम)

Love $\frac{1}{4}$ is $\frac{1}{2}$ – The feeling of being related to all **(Complete Value)**

$\frac{3}{4}$ gj ,d dks laca/kh ds :i esa Lohdkjus dk HkkoA

The feeling of Love is the foundation of Undivided Society

Home Assignment

Home Assignments

- 11.1. Make a list of people in your family, in the college and in the larger society who are directly and indirectly responsible to fulfill your needs.

- 11.2. What is your feeling for them, what is your interaction with them, what is your contribution (in terms of understanding, feeling and physical facility) to them?

Questions?