

UHV-I

Session 8

The Foundation of Relationship – Trust

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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Introduction

Just to recall, in previous sessions we had explored:

- For human being, physical facility is necessary but relationship is also necessary
- **To live with fulfillment in relationship, right understanding of relationship is also necessary**
- Human Being is co-existence of Self and Body
- **The need of the Self is continuous happiness which is fulfilled by right understanding and right feeling.**
- Physical facility is required only for the nurturing, protection and right utilisation of the body

We will start our exploration on relationship (right understanding of feelings in relationship) in this session

Relationship

The family is the basic unit or building block of human organisation. It extends beyond the blood relationships – to friends, classmates and teachers in school, and now batch mates and faculty in college.

How do we want to live with them? With mutual fulfilment, mutual happiness or some other way?

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

In order to fulfil relationship, it is necessary to understand relationship

These are the four aspects to understand about relationship:

1. Relationship is

- Relationship is already there (whether we recognise it or not)
- Relationship is between one self (I_1) and another self (I_2)
- The Body is used for expression

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

4. Their fulfilment leads to mutual happiness

Feelings in Relationship

What is naturally acceptable to us?

Feeling of	trust	or mistrust?
Feeling of	respect	or disrespect?
Feeling of	affection	or jealousy?
Feeling of	gratitude	or ingratitude?
Feeling of	love	or hatred?



When we **have(own)** these feelings in us, does it lead to our happiness?

When we express them to the other, does it lead to happiness of the other?

Can we see that our **complaints** in relationship are due to the absence of one or more of these feelings?

&

We try to compensate with **physical facility**... Does it work?

Analysis of Current State

Today we are unhappy because we have not understood these feelings and we assume that they are not in us

We only expect the other to express these feelings to us. If the other expresses these feelings to us, we feel happy. If the other does not express these feelings to us, we feel unhappy

In this situation, to get respect, we try many things

- e.g. we relate respect(feeling) with physical facility
- e.g. we copy appearance, language, lifestyle, etc. opted by others



Today, people are not able to express feeling of respect to others (because they don't have it), but they are trying hard to get it from others

It is like everyone is begging for respect and everybody's bowl is empty

The Way Forward

The most fundamental thing is to understand these **feelings**.

In this way, understanding the feeling, ensuring the feeling, expressing the feeling and the right evaluation of the feeling leads to mutual happiness

We will try to understand the feeling of **TRUST** first (as foundational feeling)

Trust

(FOUNDATIONAL VALUE)

Trust (fo''okl)

Trust = to be assured (vk''oLr gksuk)

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

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

gksuk

Exploring Trust – Between 2 Individuals

About our Natural Acceptance

- 1a. I **want to** make myself always happy ✓
- 2a. I **want to** make the other always happy ✓
- 3a. The other **wants to** make herself/himself always happy ✓
- 4a. The other **wants to** make me always happy ?

About our 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 (Imagination)

Doubt on Intention: Mistrust

About our Natural Acceptance

- 1a. I **want to** make myself always happy ✓
- 2a. I **want to** make the other always happy ✓
- 3a. The other **wants to** make herself/himself always happy ✓
- 4a. The other **wants to** make me always happy ?

About our 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 (Imagination)

About the Other

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

About Myself

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

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

Self Reflection

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

- a) Try to improve his competence
(and also improve my competence) } If Trust on Intention → Response
 - b) Get irritated
 - c) Get angry
 - d) Have a feeling of opposition
- } If Doubt on Intention → Reaction

How many persons do you have trust on intention (**natural acceptance**) – unconditional, continuous?

This is fundamental. **Trust on intention is the foundation of relationship**

You can get an idea of the state of your understanding about relationship from this exploration...

Feeling born out of understanding can be definite, unconditional, continuous...



Trust: To have the clarity that the other intends to make me happy

About our Natural Acceptance

- 1a. I **want to** make myself always happy ✓
- 2a. I **want to** make the other always happy ✓
- 3a. The other **wants to** make herself/himself always happy ✓
- 4a. The other **wants to** make me always happy ✓

About our 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 (Imagination)

About the Other

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 they have difficulty in understanding... and also, I may have difficulty in explaining..."

About Myself

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)

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

Anger – Reason

Anger arises, when we are not able to differentiate between the **intention** and **competence** of the other. Based on lack of competence of the other, we doubt over their intention

Once, we have a doubt on the intention of the other, then instead of relating to the other, we feel in opposition to the other

Thus, any small unfavourable incidence may lead to irritation or even anger

Anger – Solution

If I understand the human being correctly, then I am able to see-
“The other is a human being like me (self and body)”

The other self has the intention, i.e. natural acceptance (to be happy and make other happy) just like me

The other may be lacking in competence to fulfil their intention, just like I am lacking in competence

Anger – Reason

When our desire does not get fulfilled and we perceive that it is due to the other, then we get irritated or angry

Anger – Solution

If I can see that the other has the right intention, but lacks competence, then instead of getting angry, I re-examine my desire/expectation and action:

- Is my expectation right or not?
- Is the program to fulfill the desire correct or not?
- Have I developed the necessary competence in myself ?
- What effort have I made to help the other in improving his/her competence?

Trust

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

If I have trust on intention, I accept the other (I am assured of the other) and we are able to make effort for mutual development

I make a program with the other 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 have doubt on intention

- I evaluate myself on the basis of my intention and others on the basis of their competence
- I have a feeling of opposition with the other which shows up as irritation or anger (and it further leads to fighting, struggle and war)

Home Assignment

Home Assignments

8.1. How many persons, in your family and friends, do you have trust on intention (natural acceptance) – unconditional, continuous?

You always make effort to improve mutual competence

(your own competence as well as the competence of the other)

rather than getting irritated, angry or having a feeling of opposition

(even for a moment)

8.2. In case you get angry/irritated:

- Do you feel happy when you get angry? And when you express your anger?
- What is the outcome when you express your anger? Is it mutual happiness?
- What is the reason for your anger? Is it the other or you?

8.3. Talk to 2 close friends you may have lost, due to lack of trust. Tell them you have realised the difference between intention and competence... and that you want to reconnect. What is their response or reaction?

Questions?