



# **UHV-II: Universal Human Values – Understanding harmony and Ethical Human Conduct**

Module 3 – Harmony in the Family and Society

# Module 3 – Harmony in the Family and Society (6 lectures & 3 tutorials/ practice sessions)

**Lecture 13:** Harmony in the Family – the Basic Unit of Human Interaction

**Lecture 14:** 'Trust' – the Foundational Value in Relationship

**Tutorial 7: Practice Session PS7**      *Exploring the Feeling of Trust*

**Lecture 15:** 'Respect' – as the Right Evaluation

**Tutorial 8: Practice Session PS8**      *Exploring the Feeling of Respect*

**Lecture 16:** Other Feelings, Justice in Human-to-Human Relationship

**Lecture 17:** Understanding Harmony in the Society

**Lecture 18:** Vision for the Universal Human Order

**Tutorial 9: Practice Session PS9**      *Exploring Systems to fulfil Human Goal*



# Lecture 13

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

# Basic Human Aspiration

Continuous Happiness and Prosperity

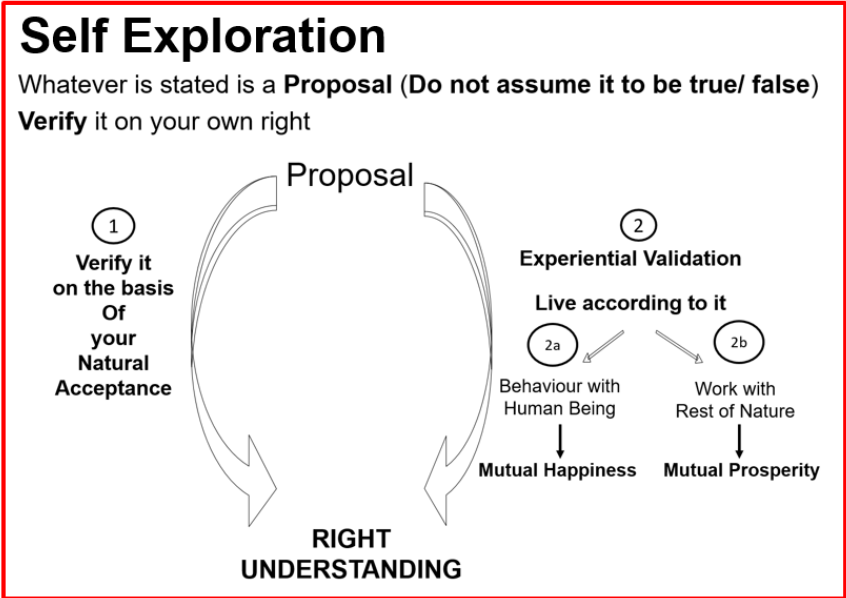
## Happiness is to be in Harmony

### 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



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...



# Relationship

These are the four aspects to understand about relationship

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

We will explore each of these aspects one by one



# 1. Relationship is

We are related to each other – whether we understand it or not

The relationship is already there, we only need to understand it

When we understand relationship

- We are able to see that relationship is there
- We are able to accept the relationship and
- think in terms of fulfilling the relationship

When we don't understand it, the relationship is still there but:

- We are not able to see the relationship
- We are not able to accept the relationship and therefore
- We are not able to fulfill the relationship

# 1. Relationship is – between one self ( $I_1$ ) and other self ( $I_2$ )

Of course the relationship is between one human being and another human being

Now if you look at the human being,

who is recognising the relationship – the self or the body?

who is having feelings in the relationship – the self or the body?

The Self is playing a central role in recognising the relationship... and fulfilling the relationship

So, in that sense,

**Relationship is between one self ( $I_1$ ) and other self ( $I_2$ )**

**The body is used as an instrument in expressing – as an when required**



## 2. There are Feelings in Relationship – in one Self ( $I_1$ ) for the other Self ( $I_2$ )

Feelings are fundamental to relationship

Feelings play a central role in relationship

Check if feelings are of significance in relationship

These feelings are in the Self (not in the Body)

Check if feelings are in the self or body?

We can understand these feelings only when we understand the Self

If we do not understand the Self, we do not understand the feelings... nor the relationship

And when we do not understand relationship, we are unable to fulfil the relationship

The major crisis we are facing in relationship today is because of the failure to understand the Self... and the feelings in the Self

We are trying to assume relationship on the basis of Body and trying to fulfill relationship on the basis of Body; and it does not work, inspite of all good intentions

### 3. These feelings can be recognized – they are definite (9 Feelings)

We can recognise them, investigate them and understand that they are naturally acceptable to us in relationship with the other human being

These are the 9 feelings

- |                                  |                             |
|----------------------------------|-----------------------------|
| 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;               |                             |

Are these feelings naturally acceptable to you?

Are these feelings naturally acceptable to the other? ... to everyone?



### 3. These feelings can be recognized – they are definite (9 Feelings)

Each of us can investigate if these feelings are naturally acceptable to us or not

What is naturally acceptable to you?

Feeling of	trust	or mistrust, opposition?
Feeling of	respect	or disrespect?
Feeling of	affection	or jealousy?
Feeling of	care	or exploitation?
Feeling of	guidance	or misguidance, confusion?
Feeling of	reverence	or irreverence?
Feeling of	glory	or inglorious feelings?
Feeling of	gratitude	or ingratitude?
Feeling of	love	or hatred?

## 4. Their fulfilment, evaluation leads to mutual happiness

These feelings are naturally acceptable to me. Therefore when I have these feelings, I am happy

They are naturally acceptable to the other also. Thus, when I share these feelings with the other, it leads to happiness of the other... it leads to mutual happiness

Find out

If you feel happy when you have these feelings (like trust, respect...) in you?

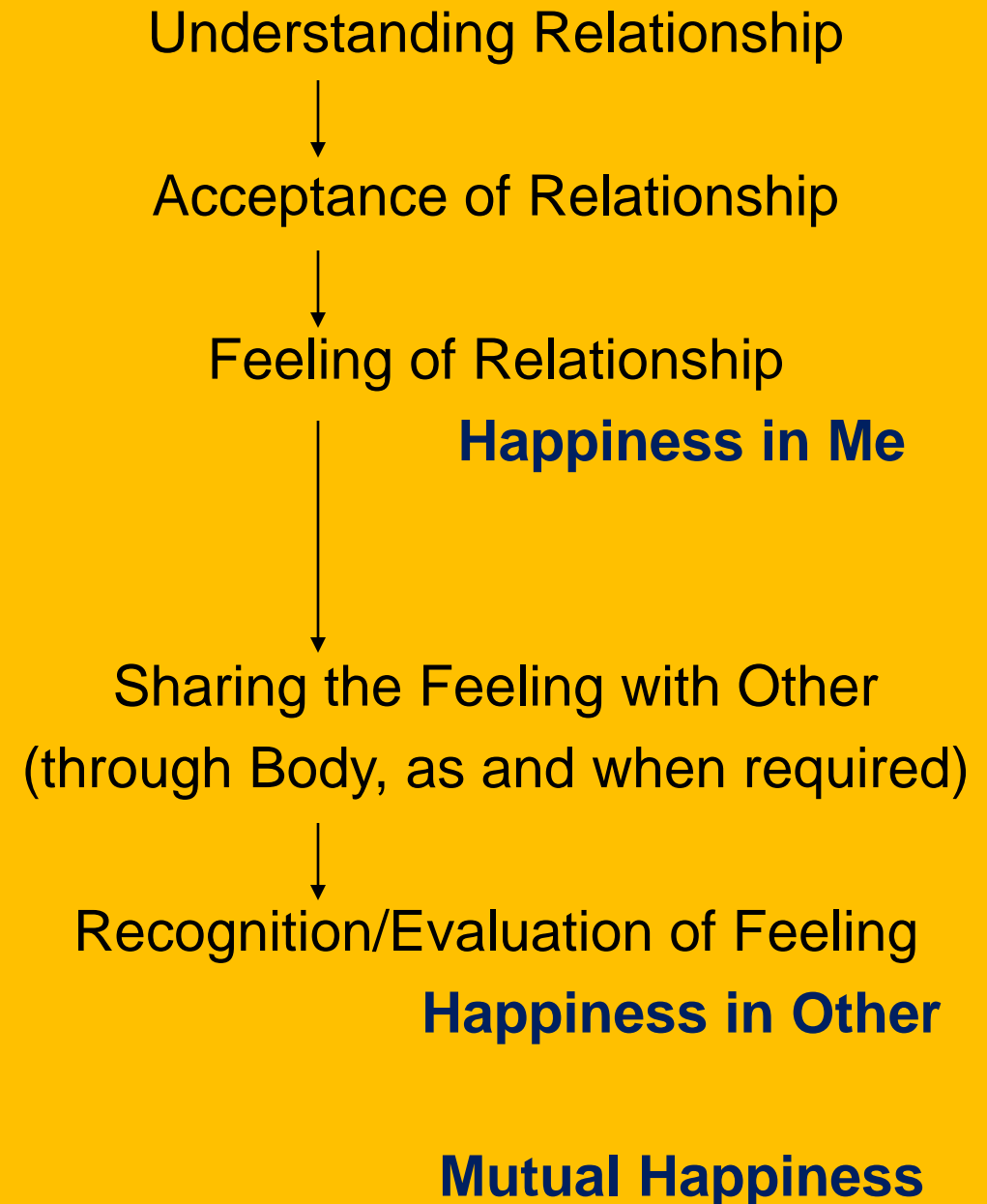
If the other feels happy when you express feelings like trust, respect... to the other?

Can you see that

The absence of one or more of these feelings leads to problems in relationship?

Physical facility can not compensate for lack of feelings? (It is definitely required for the Body)

[try to observe what happens to you when the other ignores you, contradicts you, opposes you...]



## Analysis of Current Situation

If I do not have these feelings, I am unhappy

(I do not have these feelings if I have not understood the Self, not understood relationship, not understood the feelings in relationship)

If I do not have these feelings in me, I try to get them from the other in so many ways

(agree with the other, do their bidding, wear fashionable clothes, get a special haircut, climb a mountain peak, etc.)

- If the other expresses right feelings to me, I am “happy”
- If the other does not express right feelings to me, I am “unhappy”

If the other also does not have these feelings, then s(he) is also trying to get these feelings from me!

(It is like we are begging for feelings from each other – and our bowls are empty!)

# The Way Forward

The most fundamental thing in relationship is to understand these feelings. If I understand these feelings, then I have these feelings in me

If I understand the feeling of respect, I have feeling of respect in me

If I have feeling of respect, I am comfortable (in harmony) within myself. I am happy

When I have the feeling of respect within, I naturally express it to the other. This feeling is naturally acceptable to the other... it makes the other also happy

In this way, understanding the feeling, having the feeling, expressing the feeling and its right evaluation (by both) leads to mutual happiness

Right evaluation is required to verify

- whether I have these feelings or not
- whether I have expressed these feelings to the other or not
- whether it has reached to the other or not... and ultimately
- whether the result is mutual happiness or not

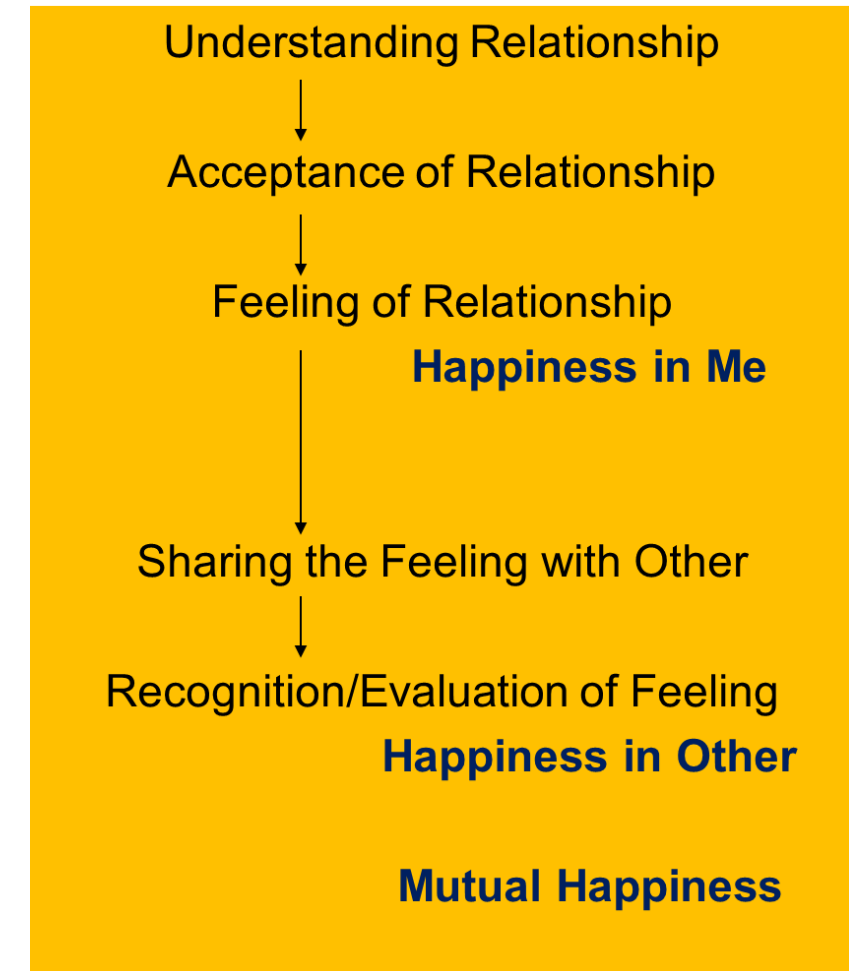
# Harmony in the Family

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## Feelings in relationship:

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





# FAQs for Lecture 13

Harmony in the Family – the Basic Unit of Human Interaction



# Questions

- The major issue in relationship is fulfillment in relationship. But for that physical facility (and money) is definitely required. Why are you saying that feeling is the most important thing in relationship?
- In relationship, we must have mutual understanding or adjustment. And sometimes we even have to compromise and sacrifice. What is the role of adjustment, mutual understanding, sacrifice and compromise?
- I can see that it is possible to understand relationship. if I understand it, but my spouse does not, then... How to go about it?
- ...



# Self Reflection