



## Lecture 14

# 'Trust' – the Foundational Value in Relationship

# Basic Human Aspiration

Continuous Happiness and Prosperity

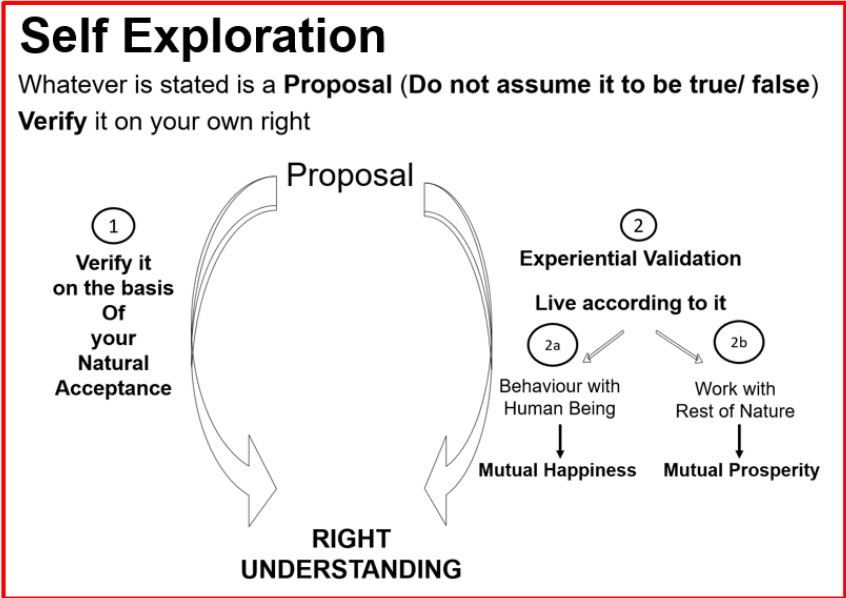
## Happiness is to be in Harmony

### 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?



# 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

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

And let us ask some simple questions...



# 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

## 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 ??

### Intention – Natural Acceptance

What is Naturally Acceptable to You

### Competence

What You Are ( $\sum D, T, E$ )

## 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**

# 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...

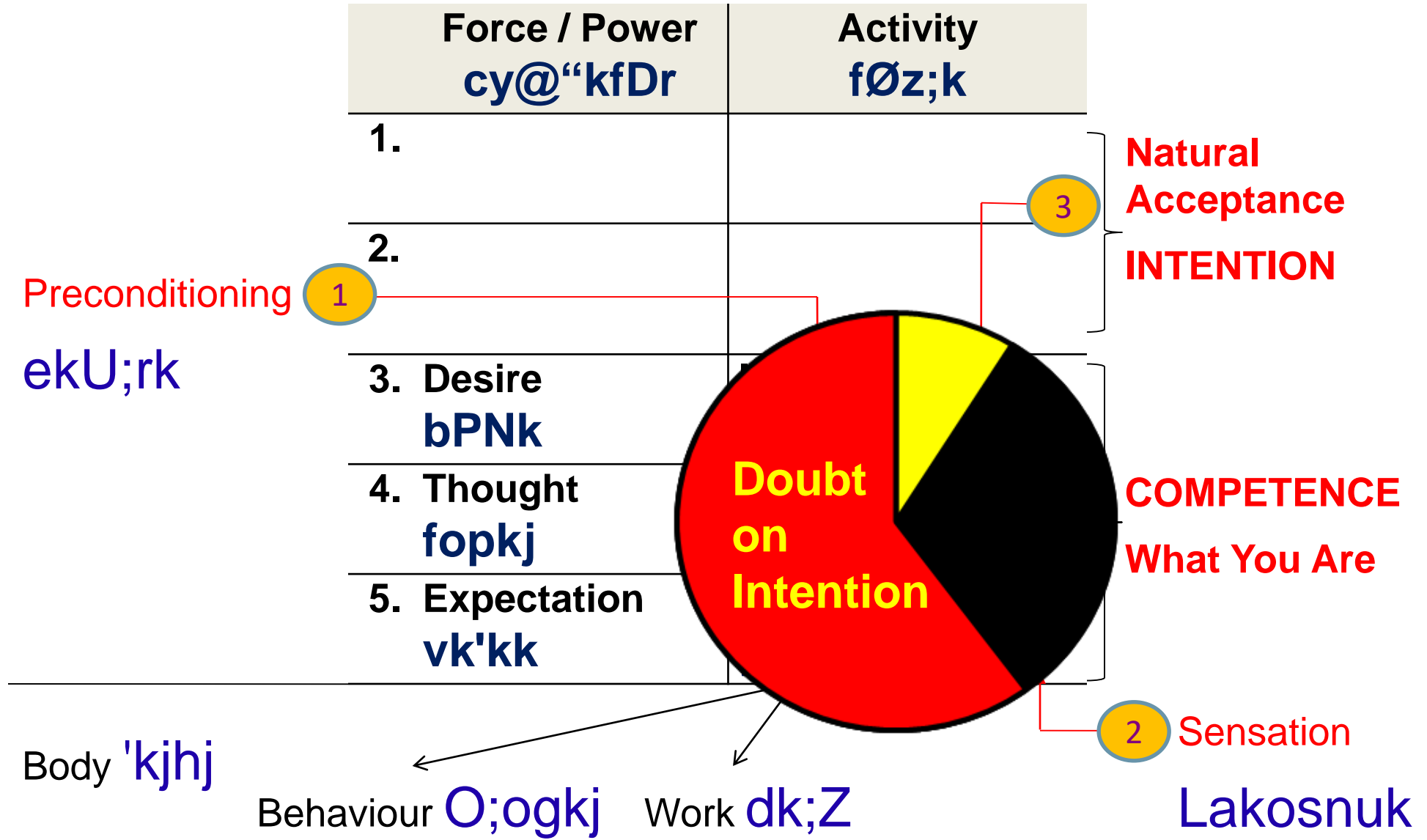
<u>About your Natural Acceptance</u>	<u>About your Ability</u>
1a. I <b>want to</b> make myself happy ✓	1b. I <b>am able to</b> make myself always happy ?
2a. I <b>want to</b> make the other happy ✓	2b. I <b>am able to</b> make the other always happy ?
3a. The other <b>wants to</b> make herself/himself happy ✓	3b. The other <b>is able to</b> make herself/himself always happy ?
4a. The other <b>wants to</b> make me happy	4b. The other <b>is able to</b> make me always happy ??

Intention – Natural Acceptance      Competence  
What is Naturally Acceptable to You      What You Are

**Doubt on intention is a major reason for problems in relationships**

# Distinguishing between Intention (Natural Acceptance) and Desire

Desire is not the same as Natural Acceptance



# 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 your competence)
  - b) Get irritated
  - c) Get angry
  - d) Have a feeling of opposition
- } Trust on Intention → Response
- } Doubt on Intention → Reaction

How many persons, in your family and friends, 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...





# 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 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 ??

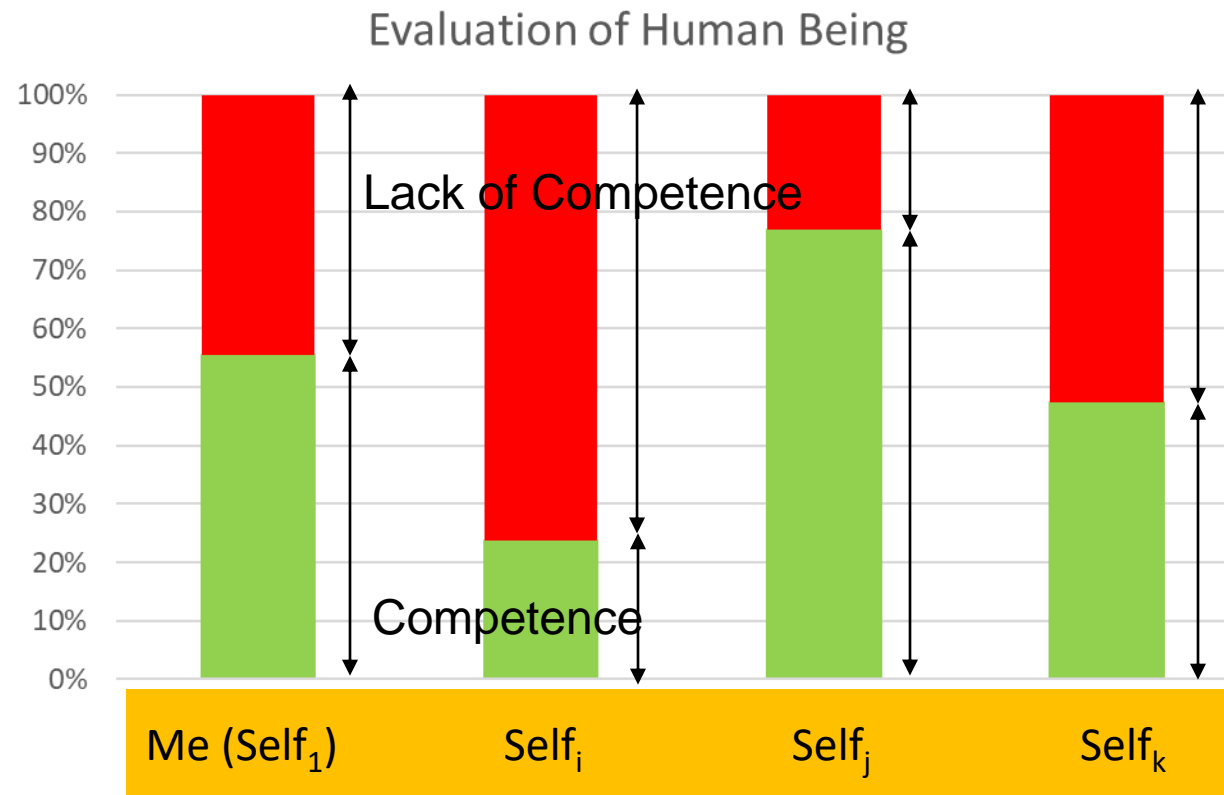
## Intention – Natural Acceptance

What is Naturally Acceptable to You

## Competence

What You Are ( $\sum D, T, E$ )

Intention  
(natural  
acceptance)  
is  
same for all



Competence  
of various  
people may  
be quite  
different

Take-away:

**Trust on Intention (Natural Acceptance)**

**I am able to see that**

**the other has a natural acceptance (intention) to make me happy  
s(he) may or may not have the competence to do so**

## 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 that “he may have difficulty 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)

**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...

## 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 ✓

## Intention – Natural Acceptance

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

**Trust on intention is the starting point for mutual development**

# 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)



# FAQs for Lecture 14

'Trust' – the Foundational Value in Relationship

# Questions

- Does everybody really have the right intention? There could be corrupt people... thieves, rapists, murderers... terrorists...
- If a person is making the same mistake again and again, even after drawing his attention to the mistake, can we say his intention is right
- I have the right intention and I want to help the other to improve his competence, but he does not listen. What should I do?
- ...







# Self Reflection