



Lecture 16

Justice in Human-to-Human Relationship

Other Feelings

Basic Human Aspiration

Continuous Happiness and Prosperity

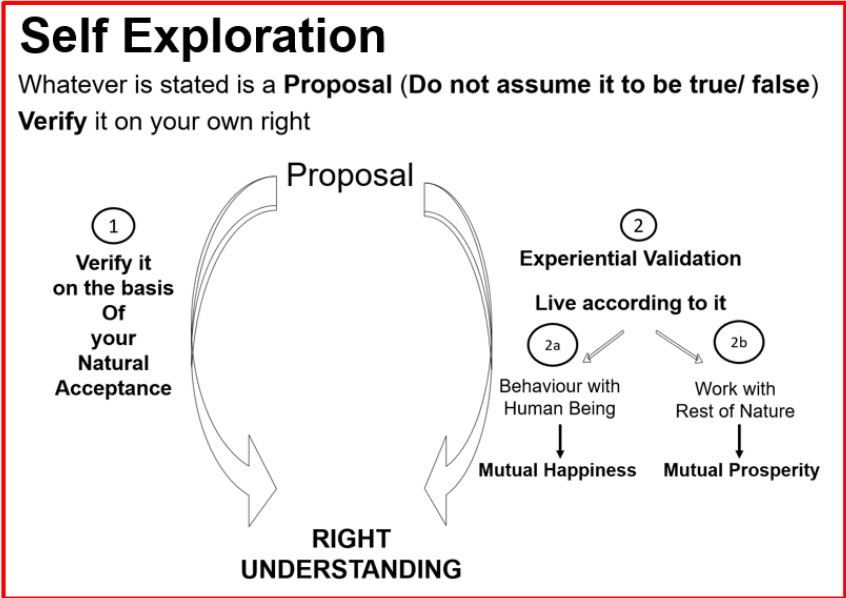
Happiness is to be in Harmony

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?

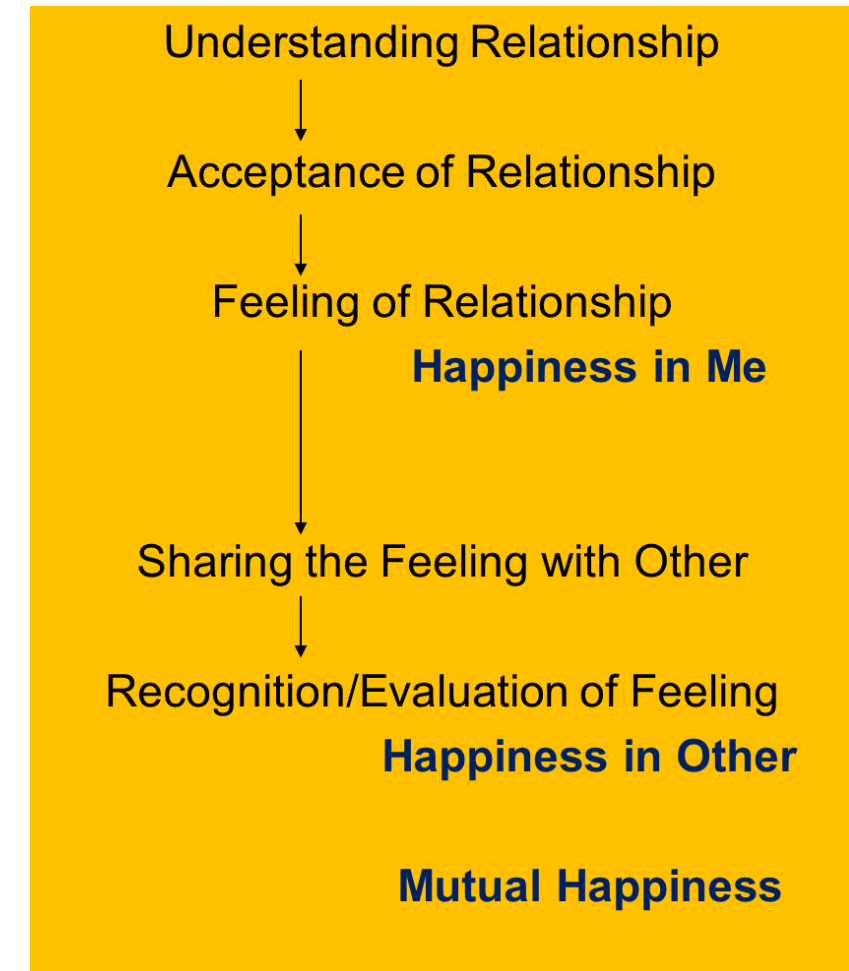


Harmony in the Family

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

Feelings in relationship:

- | | |
|----------------------------------|-----------------------------|
| 1- Trust fo"okl FOUNDATION VALUE | 6- Reverence J)k |
| 2- Respect IEeku | 7- Glory xkSjo |
| 3- Affection Lusg | 8- Gratitude —rKrk |
| 4- Care eerk | 9- Love izse COMPLETE VALUE |
| 5- Guidance okRIY; | |



Affection (Lusq)

The feeling of being related to the other

(acceptance of the other as one's relative, the other is like me)

nwljs dks laca/kh ds :i esa Lohdkjus dk HkkoA fufuZj®f/krkA

One has the responsibility and commitment for mutual fulfilment in the relationship



Opposition, jealousy... are an indication of the absence of affection
reaction (instead of responsibility)

Care (eerk)

Feeling of responsibility toward the **body** of my relative

The responsibility & commitment for **nurturing** and **protection** of the Body of my relative

laca/kh ds "kjhj ds iks'k.k] laj{k.k dh
LohÑfr dk HkkoA

Guidance (okRIY;)

Feeling of responsibility toward the **self** of my relative

The responsibility & commitment for ensuring **Right Understanding** and **Right Feeling** in the self of my relative

laca/kh dks le>nkj o ftEesnkj cukus dh
LohÑfr dk HkkoA

Care & Guidance are a natural outcome of Affection

Do we ensure both care as well as guidance or are we mostly focused on care?

E.g. while taking care of the body, like while feeding the child, are we concerned about both the body as well as the self?

Reverence (J)k

The feeling of acceptance for excellence

Js'Brk dh LohÑfr dk HkkoA

Excellence $\frac{1}{4}$ Js'Brk $\frac{1}{2}$: Completeness of Right Understanding

Excellence (श्रेष्ठता)

Understanding Harmony &
Living in Harmony



Continuous Happiness

at all levels of being

1. As an individual human being
2. As a member of the family
3. As a member of society
4. As an unit in nature/existence

Working for Excellence and competing with each other is not the same thing.

In excellence, one helps to bring the other to his level

In competition, he hinders the other from reaching to his level



Effort for Excellence

The other is like me

We are complementary

Feelings are based on right understanding (definite, unchanging)

Feeling of relationship – unconditional

Nurtures others

Helps the other to come to his level

Absolute (definite completion point)

Effort for Competition

Not other – only me

I am different/more than the other

Feelings are based on preconditioning (indefinite, keeps changing)

Feeling of opposition – relationship is conditional

May nurture or exploit others

Stops the other to come to his level - effort to accentuate the difference, to dominate, manipulate, exploit

Relative (no definite completion point)

Glory $\frac{1}{4}xkSjo\frac{1}{2}$

Feeling for those who have made effort for excellence

ftUgksaus Js'Brk ds fy, fd, iz;kl fd;k gS]
muds izfr HkkoA

Gratitude $\frac{1}{4}d`rKrk\frac{1}{2}$

Feeling for those who have made effort for my excellence

ftUgksaus esjh Js'Brk ds fy, iz;kl fd;k gS]
muds izfr HkkoA

Gratitude ¼d`rKrk½

Feeling for those who have made effort for my 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 behaviour 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



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”?

Respect, Reverence, Glory and Gratitude

Basic human aspiration = Continuous happiness
= To achieve excellence

Excellence $\frac{1}{4}$ Js' Brk $\frac{1}{2}$

Understanding Harmony &
Living in Harmony



Continuous Happiness

} at all 4 levels

1. In the Human Being
2. In Family
3. In Society
4. In Nature/Existence

Trust, Respect– For **all**

Reverence – For those who have **achieved excellence**

Glory – For those who have **made effort for excellence**

Gratitude – For those who have **made effort for my excellence**

Opposition, Affection and Love

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

None	X	→ The feeling of being related to none	– in opposition to all
One	✓	→ The feeling of being related to one	} Affection
Many	✓	→ The feeling of being related to many	
Everyone	✓	→ The feeling of being related to all	} Love

Affection (**Lusg**) – The feeling of being related to the other
(acceptance of the other as one's relative)

nwljs dks laca/kh ds :i esa Lohdkjus dk HkkoA

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



Love $\frac{1}{4}$ izse $\frac{1}{2}$

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

$\frac{3}{4}$ iw.kZrk esa jfr & iw.kZrk esa jr gksuk & gj ,d ds lkFk laca/k esa fufgr jl (Hkkoksa)
dh vuqHkwfr djukA

It all starts with identifying that one is related to other human being (Affection - Lusg) and it slowly expands to the feeling of being related to all human beings and then to all, each & every unit in nature (human being as well as other units) (Love - izse)

,d → vusd → gj ,d dks laca/kh ds :i esa Lohdkjuk

Feeling of Love is expressed in the form of kindness (n;k), beneficence (—ik) and compassion (d#.kk). The feeling is for all, and it is expressed to those who come in contact

The feeling of Love is the foundation of Undivided Society

Justice is the recognition, fulfilment and evaluation of human-human relationship, leading to mutual happiness

Recognition

- Unconditionally accepting the relationship. Accepting the other with their full possibility (potential) and with their current level of competence

Fulfilment

- Ensuring the naturally acceptable feeling in oneself and sharing it with the other
- Living with responsibility with the other unconditionally. This makes the other comfortable and assured
- Making effort for mutual development, i.e. development of one's own competence and being of help to the other in developing their competence

Evaluation

- Verifying that the right feeling has reached to the other and that the other is able to make out that it is the right feeling

Harmony in Family – Justice, From Family to World Family (Undivided Society)

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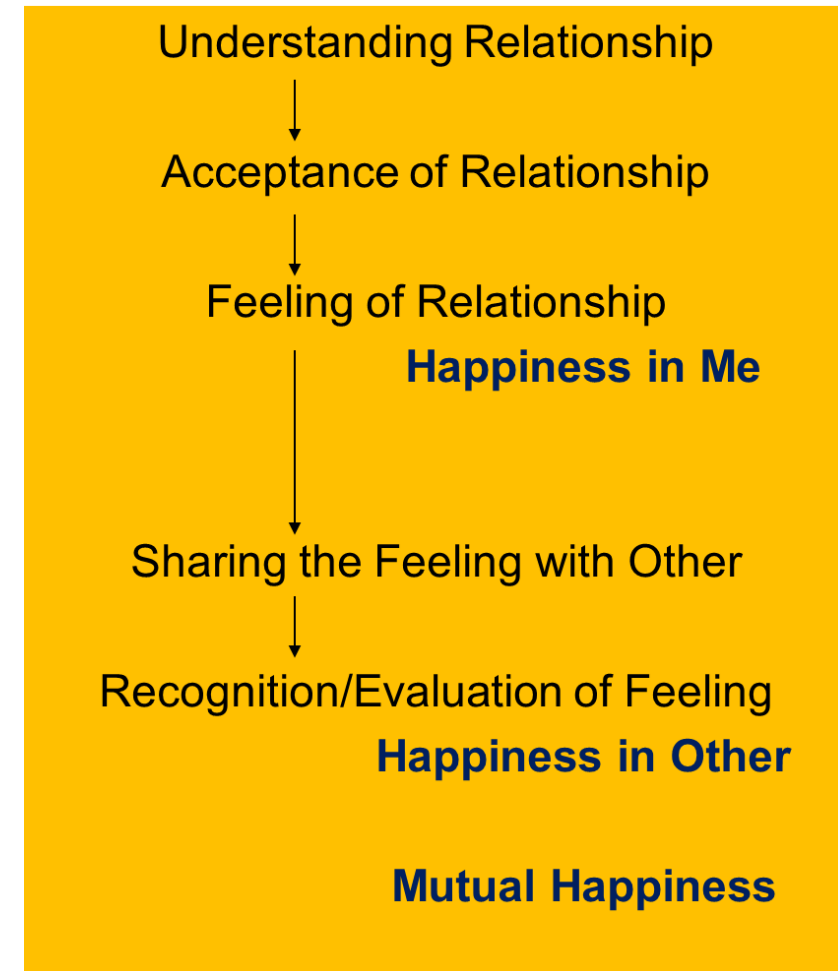
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Justice = Recognition, Fulfillment & Evaluation of Human-Human Relationship, leading to Mutual Happiness

Justice → from Family to World Family

→ Undivided Society $\frac{1}{4}v[k.M \text{ lekt} \frac{1}{2}$





FAQs for Lecture 16

Questions

- Isn't affection the same as attachment to one or few people?
- What is the difference between affection and love?
- Can we not achieve excellence through competition? After all good colleges and good jobs are so limited, so there has to be competition
- Love, falling in love, having boy/girl friends is a major issue for my students. It often distracts them from studies. How can that be resolved?
- ...

Day 3 Session 1-4

- Relationship is – between one self (I_1) and another self (I_2).
- Naturally acceptable feelings in relationship: Trust ([foundation value](#)), Respect, Affection, Care, Guidance, Reverence, Glory, Gratitude and Love ([Complete Value](#))
- **Trust** - to have the clarity that the other wants to make me happy & prosperous.
- **Respect** - Right Evaluation (The other is similar to me in terms of purpose, program and potential, and we are complementary to each other).
- **Affection** – The feeling of being related to the other
- **Care** – The responsibility & commitment for nurturing and protection of the Body of my relative
- **Guidance** - The responsibility & commitment for ensuring Right Understanding and Right Feeling in the self of my relative
 Excellence - Understanding Harmony & Living in Harmony at all levels.
- **Reverence** - The feeling of acceptance for excellence.
- **Glory** - Feeling for those who have made effort for excellence.
- **Gratitude** - Feeling for those who have made effort for my excellence.
- **Love** - The feeling of being related to all. Expressed in the form of kindness, beneficence and compassion
- **Justice** - Recognition, Fulfilment & Evaluation of Human-Human Relationship, leading to Mutual Happiness





Self Reflection