

Tutorials and Practice Sessions

Right Here Right Now

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Watch the video Right Here Right Now

A short film about human behavior and its propagation. It is directed by Anand Gandhi

Source:

Part 1: <https://www.youtube.com/watch?v=OVAokeqQuFM>

Part 2: <https://www.youtube.com/watch?v=gIYJePEnvUY>

We will discuss your observations:

1. Interactions with each other – reaction or response
2. The basis of deciding
 - motivated by preconditioning
 - motivated by sensation
 - by self verification based on their natural acceptance
3. Are the actions indicating right understanding, trust?

Even a single happy person has an impact on others
Similarly an unhappy person has an impact on others

Response	Reaction
<p>You decide your feeling on your own right</p>	<p>You decide your feeling based on the behaviour of the other</p>
<p>It is based on right understanding You always have the right feeling It is definite and unconditional The behavior of the other is only an indicator of the state of the other With that input you decide your behaviour to ensure mutual happiness</p>	<p>It depends on whether you like or dislike the (taste of the) behaviour of the other</p> <ul style="list-style-type: none"> - If the other behaves properly, you have a right feeling and may behave properly - If the other misbehaves, you have a wrong feeling and you may also misbehave
<p>You decide your own behaviour You are self-organised</p>	<p>Your “remote control” is with the others You are enslaved</p>
<p>Your conduct is definite</p>	<p>Your conduct is indefinite</p>

Self Reflection

In your own interactions, find out

- the % time you are responding
- the % time you are reacting

What is the effort required to progress from reaction to response?

- To develop the right understanding (at least about relationship)
- To stop reacting in future
- To “repair” the damage from past reactions

How are people deciding?

Decisions are motivated by preconditioning

Decisions are motivated by sensation

Decisions are on the basis of self verification based on their natural acceptance

Eg.

How did the grandmother decide that it is OK for Shruti to marry the doctor?

Why did the boy say “I love you” to Chahat

Why did the doctor decide to pick up the accident victim, even though he was getting late to meet Shruti?

How do you decide?

Are your decisions motivated by preconditioning? What %?

Are your decisions motivated by sensation? What %

What % of your decisions are on the basis of self verification, based on your natural acceptance?