



Harmony in the Family

'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

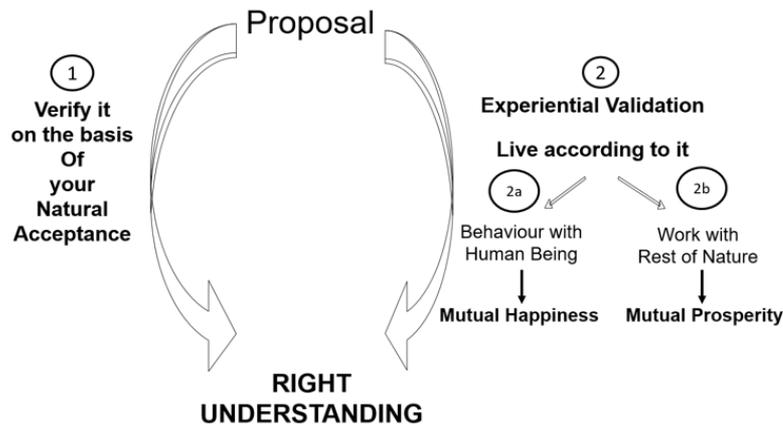
Harmony in Nature/Existence

Process of Understanding

Self Exploration

Whatever is stated is a **Proposal** (Do not assume it to be true/ false)

Verify it on your own right



Need to Explore Relationship

We had explored “can we live in relationship without understanding relationship?”

Having right understanding about relationship is necessary for fulfillment in relationship

We had also explored "the unhappiness in our families is more due to lack of physical facility or more due to lack of fulfillment in relationship?"

The major issue in family is that of relationship; physical facility (and body) is used as a means

As long as we consider human being to be body, it is not possible to understand relationship; and without understanding relationship, it is not possible to fulfill relationship, even though we do want to fulfill relationship. 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

Now we can explore relationship with the clarity of human being, as co-existence of self and body

Relationship



1. Relationship is – between one self (I_1) and other self (I_2)
2. There are feelings in relationship – in one self (I_1) for 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 विश्वास FOUNDATION VALUE
2. Respect सम्मान
3. Affection स्नेह
4. Care ममता
5. Guidance वात्सल्य
6. Reverence श्रद्धा
7. Glory गौरव
8. Gratitude कृतज्ञता
9. Love प्रेम COMPLETE VALUE

Now, we will explore

1. What is Trust?
2. Will trust be there for only few persons or for all?
3. Will trust be conditional or unconditional?
4. Can we trust anybody in continuity?



Trust (विश्वास)

- Trust = to be assured (आश्वस्त होना)
= to have the clarity that the other wants to make me
happy & prosperous
= दूसरा मेरे सुख, समृद्धि के अर्थ में है, ऐसा स्पष्ट होना

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...

Evaluating Trust – Between 2 Individuals

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 ($\sum D, T, E$)

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

Intention – Natural Acceptance

What is Naturally Acceptable to You

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1b. I **am able to** make myself always happy ?

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4b. The other **is able to** make me always happy ??

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...

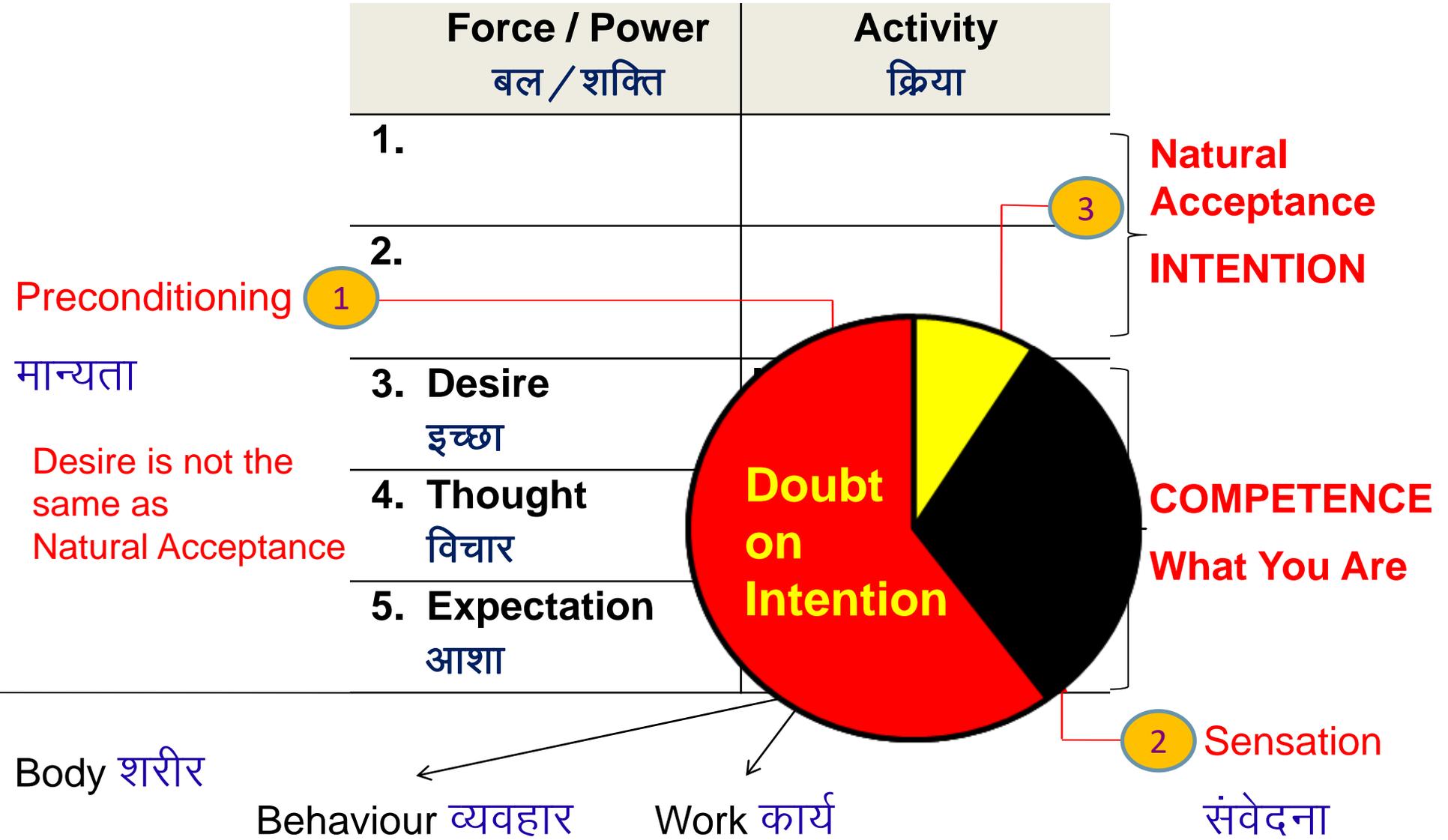
I may not speak to the other for days... or even breakup the relationship... One may have lost many good friends like this...

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

State of Imagination – Random and Disorganised



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) } Trust on Intention → Response
 - b) Get irritated
 - c) Get angry
 - d) Have a feeling of opposition
- } 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...

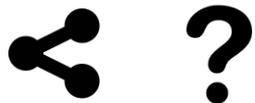
Sharing & Questions regarding your Self Reflection



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

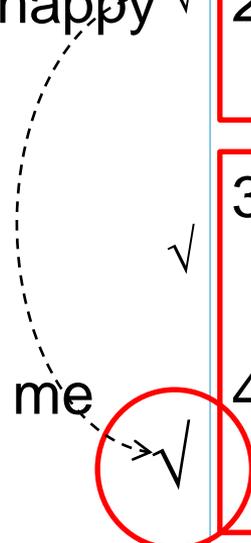
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- a) Try to improve his competence
(and also improve your competence) } Trust on Intention → Response
- b) Get irritated
- c) Get angry
- d) Have a feeling of opposition } Doubt on Intention → Reaction



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

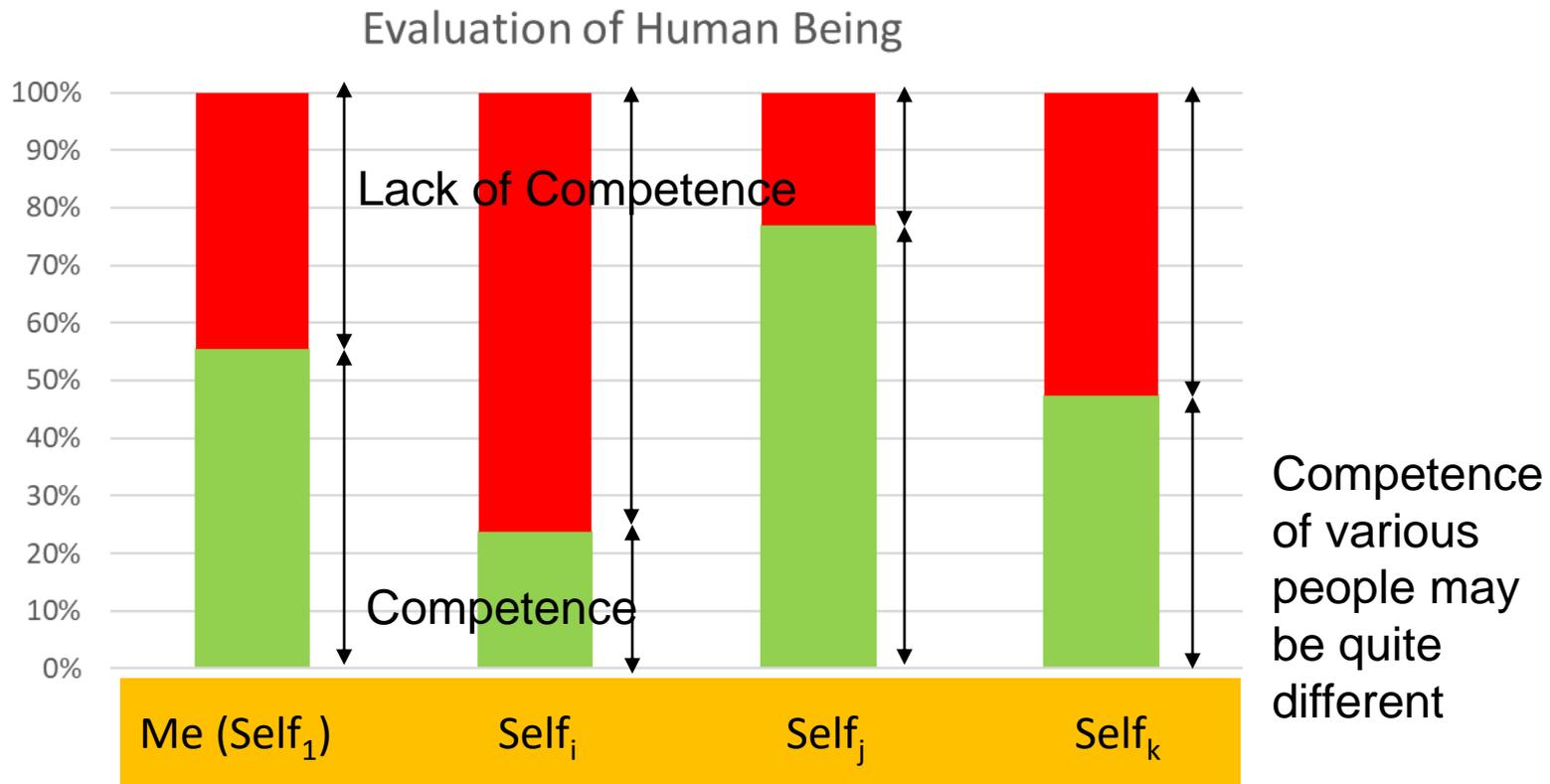
What is Naturally Acceptable to You

Competence

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

Trust

Intention
(natural
acceptance)
is
same for all



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

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

Assignment for Today

List the members in your family. Now ask the eight questions regarding trust for each person and evaluate. Get into dialogue if required.

- 1a. Do I want to make myself happy?
- 2a. Do I want to make the other happy?
- 3a. Does the other want to make himself/herself happy?
- 4a. Does the other want to make me happy?

- 1b. Am I able to make myself always happy?
- 2b. Am I able to make the other always happy?
- 3b. Is the other able to make himself/herself always happy?
- 4b. Is the other able to make me always happy?

Now evaluate your
intention (natural acceptance) and
level of competence

Sum Up

Trust is to have the clarity that the other wants to make me happy & prosperous. It is the foundation of relationship

If I have trust on intention, I feel related to the other. 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 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)
- The feeling of opposition shows up as irritation or anger (and it may further lead to fighting, struggle and war)





Self Reflection