



Other Feelings in Relationship

Justice

**Love – The basis for Undivided
Family**

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

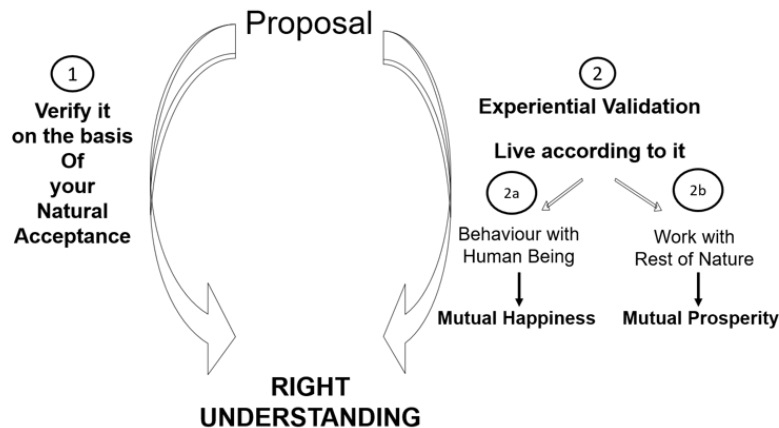
Harmony in the Society

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



Harmony in the Family

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
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8. Gratitude कृतज्ञता
9. Love प्रेम COMPLETE VALUE

Affection (स्नेह)

The feeling of being related to the other

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

दूसरे को संबंधी के रूप में स्वीकारने का भाव । निर्विरोधिता ।

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

Opposition, jealousy... are an indication of the absence of affection

Care (ममता)

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

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

संबंधी के शरीर के पोषण, संरक्षण की स्वीकृति का भाव।

Guidance (वात्सल्य)

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

संबंधी को समझदार व जिम्मेदार बनाने की स्वीकृति का भाव।

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 (श्रद्धा)

The feeling of acceptance for excellence

श्रेष्ठता की स्वीकृति का भाव ।

Excellence (श्रेष्ठता) : Completeness of Right Understanding

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)

Unconditional relationship

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)

Conditional relationship

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 (गौरव)

Feeling for those who have made effort for excellence

जिन्होंने श्रेष्ठता के लिए किए प्रयास किया है, उनके प्रति भाव।

Gratitude (कृतज्ञता)

Feeling for those who have made effort for my excellence

जिन्होंने मेरी श्रेष्ठता के लिए प्रयास किया है, उनके प्रति भाव।

Gratitude (कृतज्ञता)

Feeling for those who have made effort for my excellence

जिन्होंने मेरी श्रेष्ठता के लिए प्रयास किया है, उनके प्रति भाव।

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 (श्रेष्ठता)

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

Affection (स्नेह) – The feeling of being related to the other
(acceptance of the other as one's relative)
दूसरे को संबंधी के रूप में स्वीकारने का भाव ।

Love (प्रेम) – The feeling of being related to all (Complete Value)
= हर एक को संबंधी के रूप में स्वीकारने का भाव ।

Preconditioning Related to Love – Common misunderstandings

Excitement (from sensation, preconditioning) is confused for feeling

Sensation –

Lust, getting from the other

Continuity not possible

Preconditioning –

Infatuation

1. Love at First Sight?
2. By this age, I must have GF/BF?
3. The other has 4 GF/BF; I have only one?

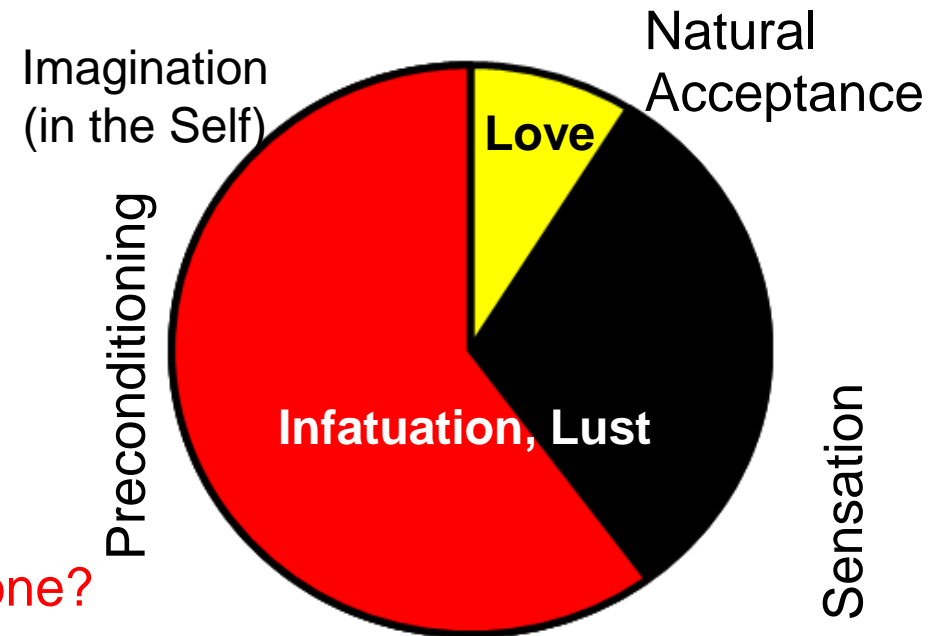
Continuity not possible

Right understanding (natural acceptance) –

Love (प्रेम) = **feeling** of being related to all, responsible towards all, giving to all

Continuity

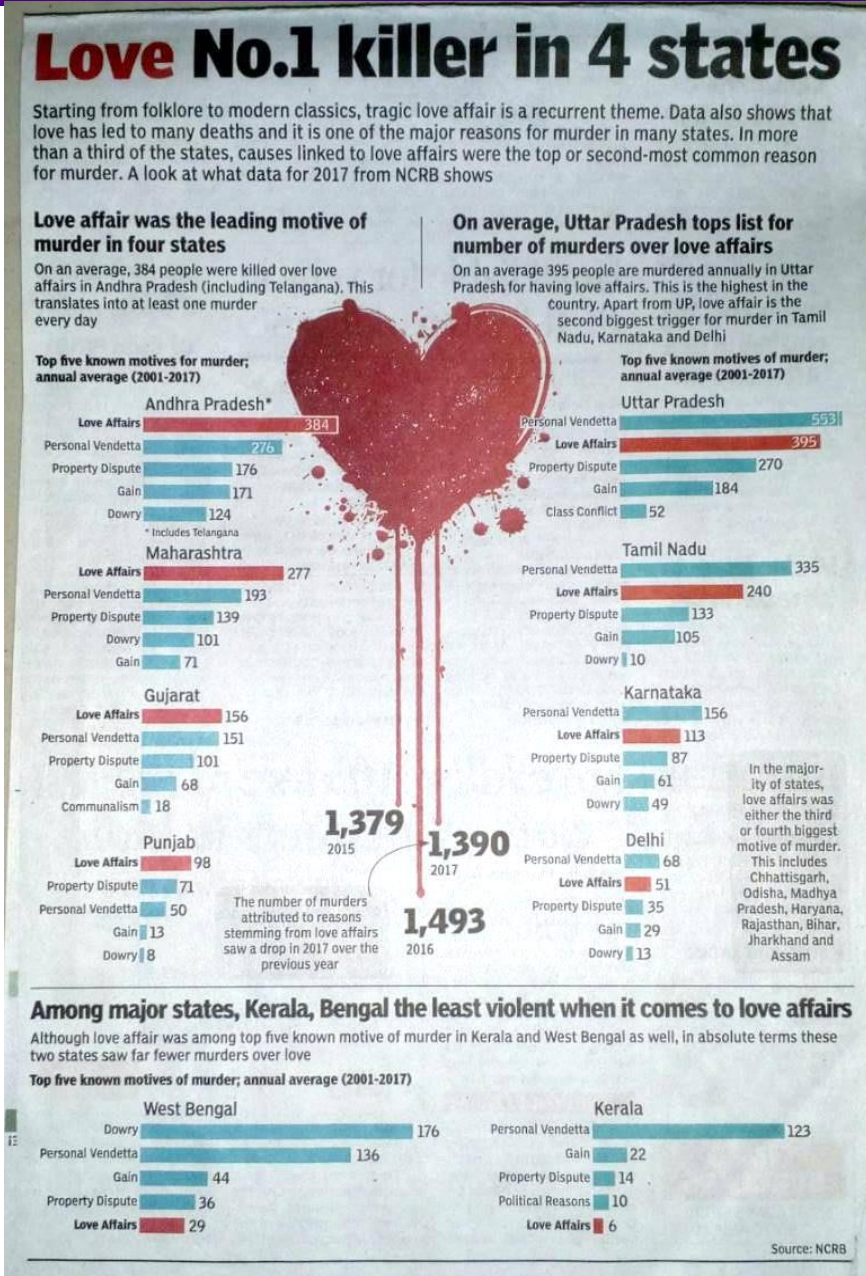
Once trust, respect, affection, care, guidance... are ensured within, then the feeling of being related to all follows naturally



Preconditioning Related to Love

This is certainly not Love!

The feeling of love needs to be understood rightly by all, particularly by youth



Love (प्रेम)

Love (प्रेम) – The feeling of being related to all (Complete Value)

= हर एक को संबंधी के रूप में स्वीकारने का भाव ।

= पूर्णता में रति – पूर्णता में रत होना – हर एक के साथ संबंध में निहित रस (भावों) की अनुभूति करना ।

It all starts with identifying that one is related to other human being (Affection - स्नेह) 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 - प्रेम)

एक → अनेक → हर एक को संबंधी के रूप में स्वीकारना

Feeling of Love is expressed in the form of kindness (दया), beneficence (कृपा) and compassion (करुणा). 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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Justice = Recognition, Fulfillment & Evaluation of Human-Human Relationship, leading to Mutual Happiness

Justice → from Family to World Family → Undivided Society (अखण्ड समाज)



Assignment for Today

Each person has a different level of competence. There are many differences. But with these differences, what program can you make to ensure complementariness with every member of the family?

What program can you make in the institution to promote the effort for excellence in the students (and not competition)?

(In excellence, one helps to bring the other to his/her level, in competition, s(he) hinders the other from reaching to his/her level)

What efforts can be made in the institution to help the students understand the true meaning of love?





Self Reflection