

Harmony in the Family

**Values in Human-to-Human
Relationship**

‘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

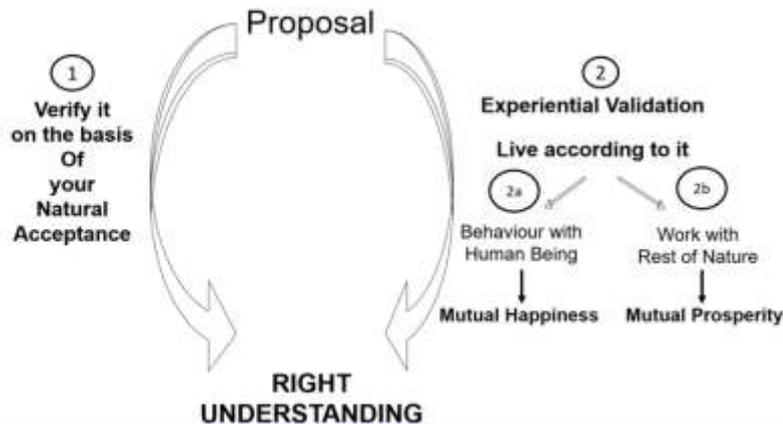
Understanding Harmony and Living in Harmony at all Levels

- 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



Recap

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, in spite 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

These feelings can be recognized – they are definite (9 Feelings)

Each of us can investigate if these feelings are naturally acceptable to us or not

What is naturally acceptable to you?

Feeling of	trust	or mistrust?
Feeling of	respect	or disrespect?
Feeling of	affection	or jealousy?
Feeling of	care	or exploitation?
Feeling of	guidance	or misguidance, confusion?
Feeling of	reverence	or irreverence?
Feeling of	glory	or inglorious feelings?
Feeling of	gratitude	or ingratitude?
Feeling of	love	or hatred?

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

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

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- 2a. I **want to** make the other happy ✓
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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

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 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

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- 1a. I **want to** make myself happy ✓
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- 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 ?
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- 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 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 ✓

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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 ?

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Competence

What You Are

Trust on intention is the starting point for mutual development

Understanding Trust

Being able to see that all human beings have the same natural acceptance (intention) as me

Trust on intention is founded on understanding (not based on events)

It does not keep changing with time or person. So it can be unconditional and continuous

Of course, the competence may or may not be there – in me or in the other

Assuming Trust

“Trust” on competence is based on events – can keep changing

The last 5 times I lent her money, she returned it on time... so I can trust her

He said he will reach at 11, but look it is after 12 now... he always comes late... so how can I trust him to be on time?

Here we are not looking at the natural acceptance (intention). We are only seeing the competence

Anger – Reason

- Anger arises, when we are not able to differentiate between the intention and competence of the other and based on lack of competence of the other, we doubt over their intention. Once, we have a doubt on the intention of the other, then instead of relating to the other, we feel in opposition to the other. Thus, any small unfavourable incidence may lead to irritation or even anger
- When our desire does not get fulfilled and we perceive the hindrance by the other in the process of fulfilling it, we get angry

Anger – Solution

- If I understand the human being correctly, then I am able to see that the intention of the other is right. The competence to fulfill the expectations may be missing.....
- We should re-examine our desire/expectations- whether they are right or not? Also, whether the program to fulfill the desire is correct or not? Whether we have developed the necessary competence to fulfill our goal/desire in our own self? Also, what effort have we made to help other in improving their 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

Self Reflection

1. How many persons in your family do you have trust on intention (natural acceptance) – unconditional, continuous?
You always make effort to improve mutual competence
(your own competence as well as the competence of the other)
rather than getting irritated, angry or having a feeling of opposition
(even for a moment)
2. Can you see that the problems in relationship have more to do with lack of understanding relationship rather than with lack of physical facility?
3. When you have a feeling of opposition, get irritated or angry, observe your desire, thought, expectation – can you observe the doubt you have on the intention of the other?
4. Can you see your own intention (natural acceptance) clearly?
[Then you can conclude about the intention of the other also]

Self Reflection

Check if your feeling of trust is based on understanding the human being or it is based on experience from events

Feeling born out of understanding can be definite, unconditional, continuous...

Questions?

FAQ

1. Now I can see the problem with my spouse – he does not trust my intention! So what should be the next step to get my spouse to understand relationship?
2. What about thieves – is it a good idea to trust them also?
3. There should be a question mark for “I want to make the other happy” because I don’t want to make the other happy – not always. So is that OK?
4. Yes, if I start trusting everyone, I will get cheated. I don’t think we should start trusting right away. So my question is, for how long should we observe someone before trusting them?
5. What do you mean by competence? I mean I can find out their skills – is that their competence?
6. For how long should you help the other to improve their competence? 10 times? What if the other does not really want to improve?
7. What is the main difference between reaction and response?
8. I am not clear about the difference between desire and intention. I thought they are the same thing. So what exactly is the difference?

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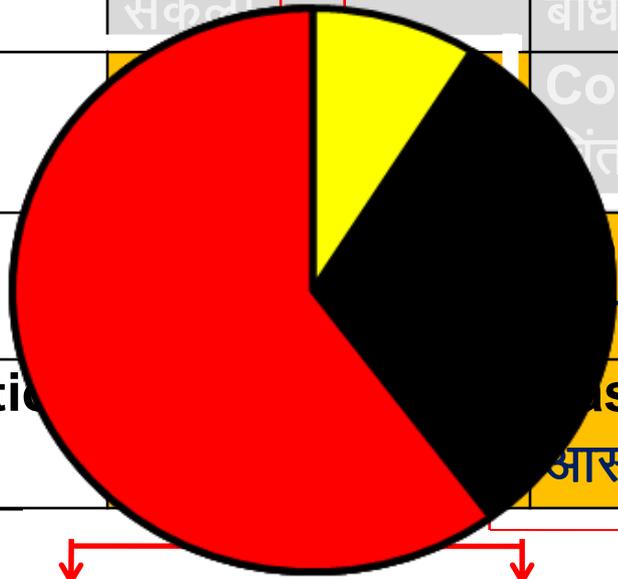
Deluded Self: Imagination on basis of Sensation & Preconditioning

	Power शक्ति	Dynamic Activity गति क्रिया	State Activity स्थिति क्रिया	
1.		Authentication प्रमाण	Realization अनुभव	B1
Preconditioning मान्यता	1	Determination संकल्प	Understanding बोध	3
3. Desire इच्छा			Contemplation चिंतन	
4. Thought विचार			Comparing तुलना	B2
5. Expectation आशा			Craving आस्वादन	
Body शरीर		Behaviour व्यवहार	Work कार्य	2
Other दूसरा	Human मानव		Rest of Nature मनुष्येतर प्रकृति	Sensation संवेदना

Self verification on the basis of Natural Acceptance

Unguided Senses, Health, Profit

Unguided Sensation



Pure Self: Imagination on basis of Realisation, Understanding & Contemplation

Space शून्य

	Power शक्ति	Dynamic Activity गति क्रिया	State Activity स्थिति क्रिया	
Self (I) ऋ	1.	Authentication प्रमाण	Realization अनुभव	B1 Co-existence सह-अस्तित्व
	2.	Determination संकल्प	Understanding बोध	Harmony in Nature व्यवस्था
	3. Desire इच्छा	Imaging चित्रण	Contemplation चिंतन	Participation in Larger Order, Relationship व्यवस्था में भागीदारी
	4. Thought विचार	Analysing विश्लेषण	Comparing तुलन	B2 Co-existence, Harmony, Justice Guided Senses, Health, Profit
	5. Expectation आशा	Selecting चयन	Tasting आस्वादन	Goal, Value Guided Sensation

Body शरीर

↓ Behaviour व्यवहार

↓ Work कार्य

↓ Participation भागीदारी

Other दूसरा

Human मानव

Rest of Nature
मनुष्येतर प्रकृति

in larger Order व्यवस्था में