

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

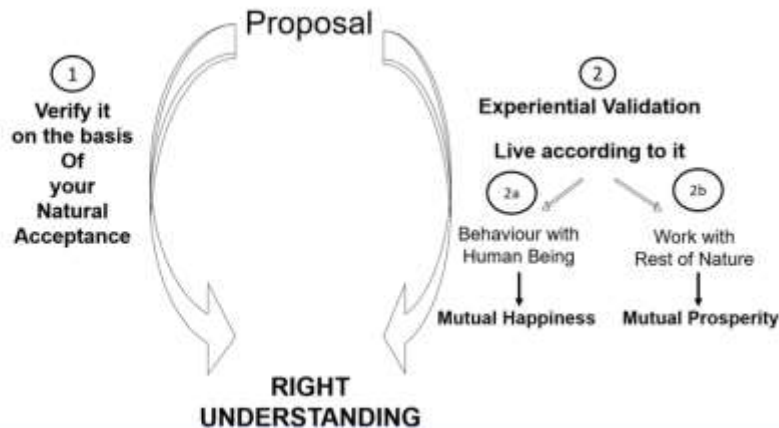
Harmony in the Society

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
6. Reverence श्रद्धा
7. Glory गौरव
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 naturally feels related to the other when one has the feelings of trust and respect for the other

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

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

Interaction

How do you feel when a relative/ friend come to your family?

- We feel happy about it. We want to share many things with them and also listen from them. This exchange of feelings and words satisfy all of us. That is interaction

(Here, we feel concerned with them, take care of their immediate needs and facilitate them to set their things in order....)

Ragging

- When we are not able to see this relationship with the newcomers, then we may tease them, make fun of them just for the sake of fun. We are not concerned about its impact on the newcomer. Of course, it hurts others. That is ragging.
- Can you recall, how does it feel, when you are hurt by someone? For how many days/ months/ years, it disturbed your mental conditions?
- Is it wise/ a normal mental status to seek enjoyment by hurting others?

Interaction and Ragging

Of course, a welcoming healthy interaction is a must, because we are a member of the same institute family, will be staying together for 3-4 years. Thus, we want to know each other, related to other, so that we can be of help for each other in the process of understanding and learning together

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)

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

Excellence and competition are not similar.

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

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

Worship (पूजा)

Effort made to achieve excellence. श्रेष्ठता के लिए किया गया प्रयास ।

(inspiration from the revered)

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

Is prosperous – Rightly utililises,
shares, nurtures

Absolute (definite completion point)

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

Is deprived – Hoards, accumulates,
exploits

Relative (no definite completion point)

Competition and Collaboration/Cooperation

- When we feel related to each other, we cooperate. On the other hand, when we have a feeling of opposition, we compete.
- Our natural acceptance is for relationship and cooperation and not for opposition
- Our perception depends upon our world-view
- In today's world view, we assume there is "Struggle for survival and survival of the fittest"; rather than a relationship of mutual fulfillment in nature.
- Just ask yourself- When does our mutual growth/ competence becomes better-
 - When we help each other wherever needed
 - When we work separately in isolation

- When we oppose/ misguide each other
Wrong impacts of feeling of competition-
- On our own happiness and prosperity
 - On other human beings with whom we are interacting
 - On the society and nature
 - We feel unhappy, whenever we have a feeling of competition within
 - Hinders the growth of others and make them unhappy
 - Promotes struggle, war etc in the society
 - Over-consumption and therefore exploitation of natural resources

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।

I can see that the other has a feeling of care, affection, trust.. in behaviour with me. I can see that the other

- a) Has helped me in developing right understanding & right feeling
- b) Has provided me with the necessary physical facility

Gratitude is significant in the development of relationship

Gratitude (कृतज्ञता)

Feeling for those who have made effort for my excellence

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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

Gratitude for all the Help we Receive

Help we are receiving from family, friends, teachers, society (related to food, shelter etc..) and nature

- We are anyway related to the environment (human being as well as rest of nature) and dependent upon them to fulfill our basic needs of knowledge, feelings, physical facilities etc
- Make a list of needs (e.g. food) that you are using throughout the day. See, the people and natural environment which are immediately responsible to fulfill this need (e.g. cook)
- In the next level, see the list of people who have helped in growing the food, processing it, transporting it to your place etc.
- A similar thread could be seen for the utensils in which we are eating, machines which are used for cooking, furniture on which we seat while eating, construction of the dining hall etc.
- Can you count the total number of people who are directly or indirectly involved in ensuring just one meal for you?
- Can money provide it, if these people involved do not participate in the process?

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”?

Self Reflection

If you are mostly focused on “what has not been done”, then,

You need to broaden your vision to see the entire reality, and to evaluate both “what has been done” and “what has not been done”

If the feeling of gratitude comes and goes, then

If the other has shared right understanding, right feeling as well as physical facility and you are not able to see that, then you need to pay more attention on your own understanding and your own feeling. Then your expectations will also be set right

(If the other has primarily shared physical facility and is expecting gratitude in continuity, then that expectation may not be fulfilled – is an over expectation)

If you are “expecting these feelings from the other”, then

You need to make effort to ensure right understanding and right feeling in yourself. Then you would be able to live with responsibility with 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

Respect – For **all** (It is the right evaluation)

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**

Feeling in Relationship

1. Trust विश्वास FOUNDATION VALUE
2. Respect सम्मान
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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 ।

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

Justice – from Family to World Family – Undivided Society

We have natural acceptance for justice
(in the family, and also outside the family)

We have natural acceptance for justice – from family to world family

The feeling of acceptance of relationship from family to world family is
the mindset of an undivided family, an undivided society

That is where we want to reach

That is how we want to live

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

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3. These feelings can be recognized – they are definite (9 Feelings)
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Feelings in relationship:

- | | |
|-----------------------------------|------------------------------|
| 1. Trust विश्वास FOUNDATION VALUE | 6. Reverence श्रद्धा |
| 2. Respect सम्मान | 7. Glory गौरव |
| 3. Affection स्नेह | 8. Gratitude कृतज्ञता |
| 4. Care ममता | 9. Love प्रेम COMPLETE VALUE |
| 5. Guidance वात्सल्य | |

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

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

Sum Up: 9 Feelings

Trust विश्वास I am assured that the other intends my happiness & prosperity. The other is similar to me. I have a feeling of being related to the other

Foundation Value आधार मूल्य

Respect सम्मान Right evaluation. We can make effort together. We are complementary to each other. Fulfilling the responsibility in the relationship unilaterally from my side ensures my happiness

Affection स्नेह Acceptance of the other as one's relative

Care ममता Responsibility & commitment for nurturing and protecting the body of one's relative

Guidance वात्सल्य Responsibility & commitment for ensuring Right Understanding and Right Feeling in the self of one's relative

Reverence श्रद्धा Acceptance for Excellence

Glory गौरव Acceptance for those who have made effort for Excellence

Gratitude कृतज्ञता Acceptance for those who have made effort for my Excellence

Love प्रेम The feeling of being related to all

Complete Value पूर्ण मूल्य

Implications / Discussion

Feeling and Expression of Feeling

Feeling



Expression of Feeling

Can be continuous

Continuity is desirable for right feelings
e.g. Respect

Can't be continuous

We don't want continuity here!
e.g. Shaking hands

Feeling

Trust

Respect

Affection

...

Love

Expressed Feeling

Complementariness

Compliance

Commitment

Compassion

Expression of Feeling

Cooperation

free from complaints, irritation, anger

Mutual development

Care, guidance

Unconditional commitment

free from struggle

The important thing is to understand the feelings, to ensure the feelings within

Right Feeling Within

You have the right understanding
(of relationship, harmony and co-
existence)

[You are aware of it, guided by it]

↓ This ensures

You have the right feeling within
(happiness)
definite, continuous, unconditional

(Right understanding and right
feeling is your property;
not dependent on other;
You are in a state of self-
organisation or *swatantrata*)

Feeling from Other

Within, you don't have any definite
feeling (it keeps fluctuating)

- If the other expresses right
feeling, you feel "happy"
- If the other expresses wrong
feeling, you feel "unhappy"

↓ This indicates

You don't have the right
understanding

(In terms of feeling, you are
dependent on the other;
you are in a state of enslavement
or *partantrata*)

The expression of feeling is only an indicator of the state of being

The other is not expressing the right feeling

----> You are not perturbed by it
Check own past misbehaviour

↑
The other does not have the right feeling (is unhappy)

----> You express right feeling only, try to assure the other

↑
The other does not have the right understanding

----> You are committed to help the other develop right understanding (as and when (s)he feels assured of you, your behaviour)

+

The other has a natural acceptance to make you happy and prosperous

[but (s)he is not aware of it, is not guided by it]

----> You have trust on intention of the other. You feel related to the other. You feel responsible in the relationship, unconditionally

I can see my own natural acceptance

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>

Role of Physical Facility in Fulfilment of Relationship

Physical facility is only useful for nurturing the body, its protection and its right utilisation

Of course, it includes using the body for fulfilment in relationship

- In the expression of the feelings

In that context, only for fulfilling the feeling of care there is a role of physical facility (for nurturing, protection and right utilisation of the body)

People living together in a relationship of mutual fulfillment with a common family goal (happiness, prosperity → continuity)

Family is a training ground:

1. To understand relationship & to live in relationship
Developing the right feeling (trust, respect... love) → happiness
2. To understand the need of physical facility & together produce more than required physical facility → prosperity
3. To participate in the larger order (in the family... in the society)
→ continuity of happiness, prosperity...
generation after generation

Love

Happiness = Right understanding
& right feeling in the self

Love = feeling in the Self

Based on relating to the other self
unconditionally

Continuity is possible

Human Consciousness

Infatuation

Happiness = sensation (through
the body) & feeling from other

Love = sensation

Infatuation, Attraction, Liking, Lust,
Vasna, based on getting
sensation / feeling from the
other

Continuity is not possible

Animal Consciousness

Self Reflection

Home Work

1. Do you interact the same way with a person wearing a dhoti and a person wearing a suit?
2. What is the basis of respect?
 - Is it on the basis of the self (I) or body?
3. What is naturally acceptable – to differentiate or to relate, to be complimentary? With
 - Other people (including those from other states, other countries than your own)

Self Reflection

4. Are you working for excellence or for being special or for domination? What are your underlying assumptions about happiness and about relationship?
5. Is love about sensation or about feeling in relationship?
6. Is justice to be ensured between 2 persons, then in family and so on or can it be enforced from outside?

Self Reflection

Check whether you have a feeling of gratitude for those who have made effort for you in your life...

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Questions?

1. If we don't have competition, the what will happen to development?
2. In today's world we have to bribe to get simple things done – how can we respect people taking bribe? Or respect terrorists!
3. We have always understood excellence as the “best”. It is relative. How can we evaluate excellence on some absolute scale?
4. Love is the feeling between two – a boy and a girl. You say that love is the feeling of being related to all. Then what will the feeling between the boy and girl be called? Affection?
5. How can I have gratitude for someone who has given me physical facility but he has never been affectionate?
6. What is the basic difference between respect, glory and reverence? I tend to confuse between these respect and these two.

Review the Exchange in Relationship

This depends on the assumption about human being, about relationship, about common purpose...

Right understanding, right feelings & physical facility, in that order

Primarily physical facility*

The explicit understanding is that **human being is co-existence of self & body**

The implicit assumption is that **human being = body = resource**

Our common purpose is **mutual development**. The exchange of physical facility is only a small part of this program

The goal is **maximisation of profit, sensation**

The focus is on exchange of right understanding & right feelings

* physical facility is used as a means or a tool, body is used for sensation (sound, touch, sight, taste, smell)