Harmony in the Family

‘Respect’
Human Being Living with Human Consciousness

1. **RIGHT UNDERSTANDING**
   - (समझा)
   - in the self

2. **RELATIONSHIP**
   - (संबंध)
   - with human being

3. **PHYSICAL FACILITY**
   - (सुविधा)
   - with rest of nature

- **Understanding Harmony**
  - Harmony in Human Being
  - Harmony in Family
  - Harmony in Society
  - Harmony in Nature/Existence

- **Living in Harmony**
  - at all levels of being:
    - Individual
    - Family
    - Society
    - Nature/Existence

**MUTUAL HAPPINESS**
- (उभय सुख)

**MUTUAL PROSPERITY**
- (उभय समृद्धि)
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 गुण
3. Affection स्नेह
4. Care ममता
5. Guidance वात्सल्य
6. Reverence श्रद्धा
7. Glory गौरव
8. Gratitude कृतज्ञता
9. Love प्रेम COMPLETE VALUE
Respect (सम्मान)

Respect = Right Evaluation

सम्मान = सम् + मान

↓     ↓
सम्यक् मापना

↓     ↓
ठीक ठीक आंकलन करना
On the other hand

Over evaluation – to evaluate for more than what it is
अधिमूल्यन अधिक आंकलन करना

Under evaluation – to evaluate for less than what it is
अवमूल्यन कम आंकलन करना

Otherwise evaluation – to evaluate for other than what it is
अमूल्यन अन्यथा आंकलन करना

Whenever the evaluation is not right, it is disrespect
Disrespect अपमान
Disrespect (अपमान)

Over evaluation – evaluating more than what it is
अधिमूल्यन – अधिक आंकलन करना

Right Evaluation
सम्मान

Wrong assumptions…
Disharmony within
Tension
Frustration
Depression
Suicide etc.

Ego (अहकार)

Depression (अवसाद)

Under evaluation – evaluating less than what it is
अवमूल्यन – कम आंकलन करना

Otherwise evaluation – evaluating other than what it is
अमूल्यन – अन्यथा आंकलन करना

Self Confidence
स्वयं में वश्वास
Respect: Right Evaluation

Will the right evaluation be on the basis of the Self or the Body?
Respect: Right Evaluation – on the basis of the Self

1. Purpose लक्ष्य
   - I want to live with continuous happiness & prosperity
   - The other also wants to live with continuous happiness & prosperity
   **Our purpose is same (on the basis of Natural Acceptance)**

2. Program कार्यक्रम
   - My program is to understand and to live in harmony at all 4 levels
   - The program of the other is also to understand and to live in harmony at all 4 levels (Individual, family, society and nature/existence)
   **Our program is same**

3. Potential क्षमता
   - Desire, Thought & Expectation (इच्छा, विचार, आशा) is continuous in me. I am endowed with Natural Acceptance
   - Desire, Thought & Expectation (इच्छा, विचार, आशा) is continuous in the other. The other is also endowed with Natural Acceptance
   **Our potential is same**

**MINIMUM CONTENT of RESPECT**

The Other is Similar to Me
Differences

So there are similarities at the level of the self

In living, are we:

Trying to accept the other as being similar to me
or
Trying to show that we are different from the other?
The Gross Misunderstanding is “Human Being = Body”

While the reality is “Human Being is co-existence of Self & Body”
The Gross Misunderstanding is “Physical Facility = Happiness”

While the reality is “Happiness is being in a state of Harmony”
The Gross Misunderstanding is “If the pre-conditioning of the other matches my preconditioning, then the other is like me”

While the reality is “Every Human Being is like me”
Differentiation = Disrespect
Not Naturally Acceptable... Opposition, Movements...

भेद = अपमान
सहज स्वीकार्य नहीं होता... विरोध... आन्दोलन...
<table>
<thead>
<tr>
<th>Force / Power</th>
<th>Activity</th>
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<tbody>
<tr>
<td>बल / शक्ति</td>
<td>क्रिया</td>
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<td>1.</td>
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<td>3. Desire</td>
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<td>इच्छा</td>
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<td>4. Thought</td>
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<td>विचार</td>
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<td>5. Expectation</td>
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<td>आशा</td>
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**Preconditioning**: मान्यता

**Body**: शरीर

**Behaviour**: व्यवहार

**Work**: कार्य

**Sensation**: संवेदना

**Natural Acceptance**: INTENTION

**Competence**: What You Are

**Differentiation**
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   **Our potential is same**

**MINIMUM CONTENT of RESPECT**

The Other is Similar to Me  
दूसरा मेरे जैसा है
Respect: Right Evaluation – on the basis of the Self

1. Purpose – Our purpose (Natural Acceptance) is same
2. Program – Our program is same
3. Potential – Our potential is same

The Other is Similar to Me

4. Competence – On the basis of right evaluation of our mutual competence, I recognise our complementarity and fulfill it:
   - If the other has more understanding, is more responsible than me
     - I am committed to understand from the other
   - If I have more understanding, I am more responsible than the other
     1. I live with responsibility with the other, unconditionally, unperturbed by the behaviour of the other
     2. I am committed to facilitate understanding in the other (once the other is assured in relationship, and not before that)

COMPLETE CONTENT of RESPECT

The Other is Similar to Me. We are complementary to each other
Right Evaluation

Intention (natural acceptance) is same for all. Purpose, Program and Potential Same for all.

Take-away:
The feeling of Complementarity
The Other is Similar to Me. We are complementary to each other

With the feeling of complementarity, other feelings naturally follow.

Evaluation of Human Being

- Competence
- Lack of Competence

Competence of various people may be quite different.

Respect = Right evaluation (of intention and competence)
Take-away re. Respect

The feeling of Complementariness

All the specific characteristics at the level of Body, physical facility, belief etc. can be used to express that complimentarity

e.g. a person with greater physical strength do the heavy work
e.g. a person at a higher post can work for the development of more people and so on
All with a feeling of complementariness, giving and responsibility in relationship

With the feeling of complementariness, other feelings naturally follow
I evaluate on the basis of body, physical facilities or belief (preconditioning). I compare, compete, differentiate...

I am different from the other

We are competitors

I make effort to accentuate the difference, to manipulate, exploit the other

Differentiation

Respect – on the basis of Self

1. Our purpose (Natural Acceptance) is same
2. Our program is same
3. Our potential is same

The other is similar to me

We are complementary to each other

If the other has more understanding than me
- I am committed to understand from the other

If I have more understanding
1. I live with responsibility with the other
2. I am committed to facilitate understanding in the other (once the other is assured in relationship, and not before that)
Assignment for Today

In your interaction with others in the family or institution over the past six months, list any five incidences of your interaction.

Now check if it was the right evaluation, over-evaluation, under-evaluation or otherwise-evaluation?

We discussed about differentiation today. Give one example each of the differentiation on the three bases, and suggest a solution to each on the basis of right understanding.
Sum Up

Respect = Right Evaluation (with a feeling of trust on intention)

Under evaluation, over evaluation or otherwise evaluation is disrespect
Differentiation is disrespect

Respect on the basis of Self – The other is like me and we are complementary to each other

The only difference is in our level of understanding (how much of our desire, thought & expectation is on the basis of our Natural Acceptance). Fulfilling the relationship from my side leads to harmony (happiness) within me:

If the other has more understanding, he is more responsible than me
  – I am committed to understand from the other

If I have more understanding, I am more responsible than the other
  – I live with responsibility with the other, unconditionally, unperturbed by the behaviour of the other
  – I am committed to facilitate understanding in the other (once the other is assured in relationship, and not before that)
Self Reflection