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

1. Verify it on the basis of your Natural Acceptance

2. Experiential Validation
   2a. Behaviour with Human Being
       - Mutual Happiness
   2b. Work with Rest of Nature
       - Mutual Prosperity

RIGHT UNDERSTANDING

What is my role (value) in the family?
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 गोरव
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)

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

Opposition, jealousy... are an indication of the absence of affection
<table>
<thead>
<tr>
<th>Care (ममता)</th>
<th>Guidance (वात्सल्य)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feeling of responsibility toward the <strong>body</strong> of my relative</td>
<td>Feeling of responsibility toward the <strong>self</strong> of my relative</td>
</tr>
<tr>
<td>The responsibility &amp; commitment for <strong>nurturing</strong> and <strong>protection</strong> of the Body of my relative</td>
<td>The responsibility &amp; commitment for ensuring <strong>Right Understanding</strong> and <strong>Right Feeling</strong> in the self of my relative</td>
</tr>
</tbody>
</table>

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

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
<table>
<thead>
<tr>
<th>Effort for Excellence</th>
<th>Effort for Competition</th>
</tr>
</thead>
<tbody>
<tr>
<td>The other is like me</td>
<td>Not other – only me</td>
</tr>
<tr>
<td>We are complementary</td>
<td>I am different/more than the other</td>
</tr>
<tr>
<td>Feelings are based on right understanding (definite, unchanging)</td>
<td>Feelings are based on preconditioning (indefinite, keeps changing)</td>
</tr>
<tr>
<td>Unconditional relationship</td>
<td>Conditional relationship</td>
</tr>
<tr>
<td>Nurtures others</td>
<td>May nurture or exploit others</td>
</tr>
<tr>
<td>Helps the other to come to his level</td>
<td>Stops the other to come to his level - effort to accentuate the difference, to dominate, manipulate, exploit</td>
</tr>
<tr>
<td>Absolute (definite completion point)</td>
<td>Relative (no definite completion point)</td>
</tr>
<tr>
<td>Glory (गौरव)</td>
<td>Gratitude (कृतज्ञता)</td>
</tr>
<tr>
<td>--------------</td>
<td>---------------------</td>
</tr>
<tr>
<td>Feeling for those who have made effort for excellence</td>
<td>Feeling for those who have made effort for my excellence</td>
</tr>
<tr>
<td>जिन्होंने श्रेष्ठता के लिए किए प्रयास किया है, उनके प्रति भाव।</td>
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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

\[
\text{at all 4 levels} \\
1. \text{In the Human Being} \\
2. \text{In Family} \\
3. \text{In Society} \\
4. \text{In Nature/Existence}
\]

Continuous Happiness

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
- One → The feeling of being related to one
- Many → The feeling of being related to many
- Everyone → The feeling of being related to all

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
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), beneficience (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

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