

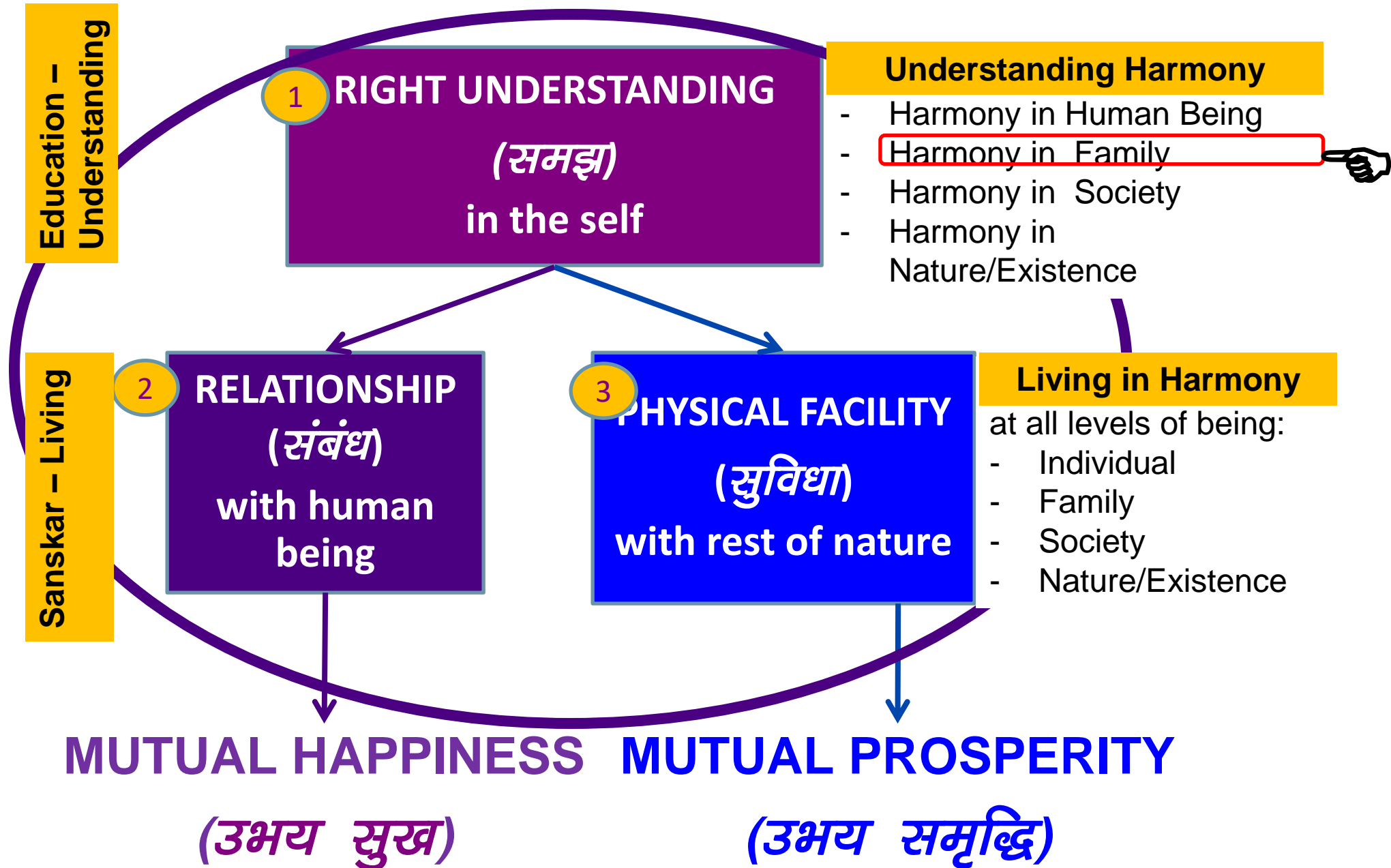


A Glimpse into Harmony in the Family

'Trust'

The Foundational Value in Relationship

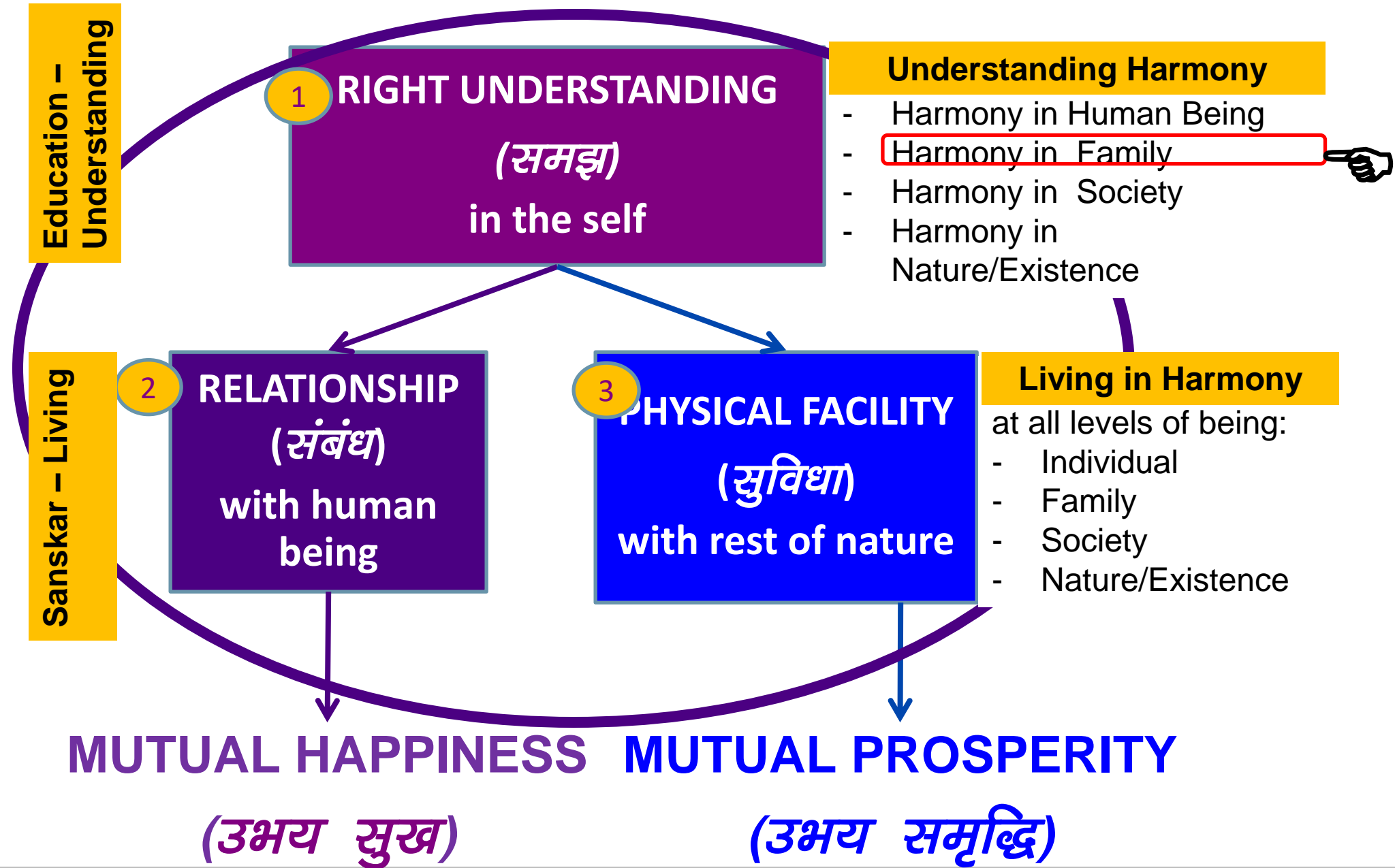
Human Being Living with Human Consciousness



Human Being मानव	Self मैं	← Co-existence सह-अस्तित्व →	Body शरीर
Need आवश्यकता	Happiness (e.g. Respect) सुख (जैसे सम्मान)		Physical Facility (e.g. Food) सुविधा (जैसे भोजन)
In Time काल में	Continuous निरन्तर		Temporary सामयिक
In Quantity मात्रा में	Qualitative (is Feeling) गुणात्मक (भाव है)		Quantitative (Required in Limited Quantity) मात्रात्मक (सीमित मात्रा में)
Fulfilled By पूर्ति के लिए	Right Understanding & Right Feeling सही समझ, सही भाव		Physio-chemical Things भौतिक-रासायनिक वस्तु
Activity क्रिया	Imagination (Desire, Thought, Expectation)... कल्पनाशीलता (इच्छा, विचार, आशा)...		Eating, Walking... खाना, चलना...
In Time काल में	Continuous निरन्तर		Temporary सामयिक
	↓ Consciousness चैतन्य		↓ Material जड़

There is harmony in the human being when both types of needs are understood, fulfilled

Human Being Living with Human Consciousness



Need to Understand Relationship... to Fulfill our Aspirations

We want to make our family happy...

We want to make our family happy... even at the cost of our happiness

Yet, some family members consider us to be the reason for their unhappiness... Why?

We live together for years...
but there are times when we feel that the other is not able to understand us... Why?

हम सभी अपने परिवार को सुखी करना चाहते हैं..

हम अपने परिवार को सुखी करने के लिए स्वयं दुःख उठाने को भी तैयार रहते हैं...

फिर भी परिवार के कई लोग हमको, अपने दुःख का कारण क्यों मानते रहते हैं...?

हम वर्षों से एक दुसरे के साथ रहते हैं...

फिर भी कई बार हमको ऐसा लगता रहता है कि दूसरा हमको समझ नहीं पा रहा है... क्यों ?

Need to Understand Relationship... to Fulfill our Aspirations

Even though we don't want to, we keep getting angry, fight... separate, divorce, etc. Why?

Let us together explore into the answers to these questions...

In the family, in the workplace, in the society...
Our Natural Acceptance is to live in relationship or in opposition....

ना चाहते हुए भी एक दुसरे पर गुस्सा, झगडा, लड़ाई... बटवारा, तलाक आदि होता रहता है...क्यों?

आइये आज हम सब मिलकर इन प्रश्नों का उत्तर खोजने का प्रयास करते है....

परिवार में, कार्यस्थल पर, समाज में...
हमारी सहज स्वीकृति संबंध पूर्वक जीने की है या विरोध पूर्वक...

Is Human Relationship Important?

क्या मानवीय संबंध महत्वपूर्ण है?

1. Relationship is – between one self (I_1) and another self (I_2)*
2. There are feelings in relationship – in one self (I_1) for the other self (I_2)
3. These feelings can be recognized – they are definite
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

*the Body is used in expressing the relationship...

1. What is Trust?

विश्वास क्या है ?

2. Is it possible to Trust all or it is only on few individuals?

विश्वास केवल कुछ व्यक्तियों पर होगा या सभी पर होगा ?

3. Trust is conditional or Unconditional?

विश्वास सशर्त होगा या बिना शर्त होगा?

4. Is it Possible to have continuous trust on some one?

क्या हम निरंतरता में किसी पर विश्वास कर सकते हैं?



Trust (विश्वास)

Trust = to be assured

विश्वास = 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

Now, let us explore this feeling of trust between two individuals

- You are the first individual
- Think of the other as someone in your family... close friends... your colleague at work...

And let us ask some simple questions...

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 Competence

- 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

Evaluating Trust – Between 2 Individuals

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Competence

What You Are

Doubt on Intention: Mistrust

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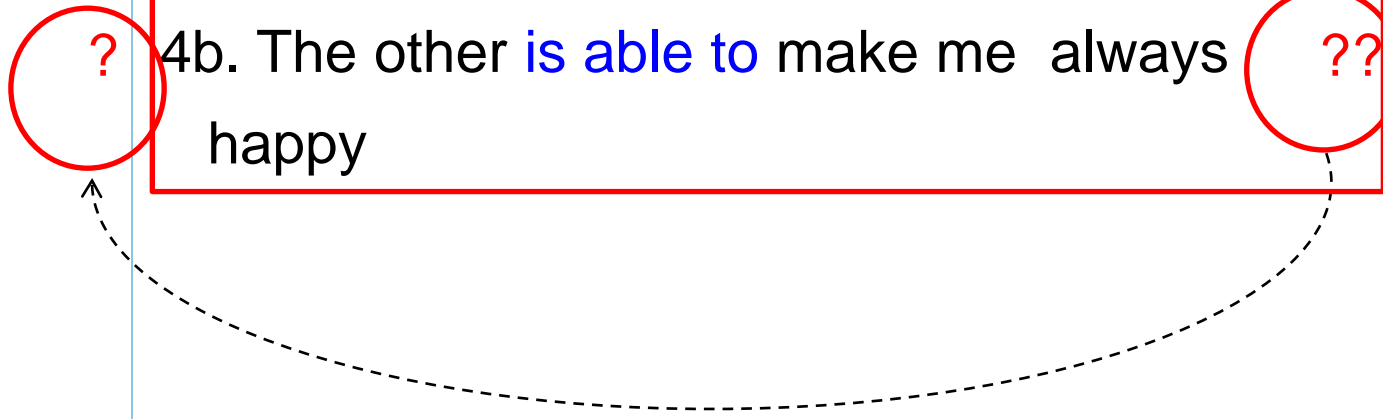
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Competence

What You Are



About the Other दूसरे के बारे में

The other broke the glass!

दूसरे ने गिलास तोड़ दिया!

The other is a born late comer!

ये तो हमेशा देर से ही आता है!

If the other makes a mistake even once...

- I doubt his/her intention
- S(he) makes mistakes intentionally
- I have a feeling of opposition, get irritated, angry...
- I reinforce “The other is bad”, can not improve

About Myself स्वयं के बारे में

The glass broke accidentally!

मुझसे गिलास टूट गया!

I got late again, such a heavy traffic!

मेरे को फिर देरी हो गयी, बहुत ट्रैफिक था!

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



दूसरे के बारे में

दूसरे ने गिलास तोड़ दिया

अगर दूसरे ने एक बार भी गलती की है ...

- मैं उसकी चाहना पर शंका करता हूँ
- वह जानबूझकर गलतियां करता है
- मैं विरोध के भाव में आ जाता हूँ, जिससे चिढ़ और गुस्सा आने लगता है ...
- इससे मेरा निष्कर्ष बनता है कि दूसरा गलत है, सुधर नहीं सकता



स्वयं के बारे में

मुझसे गिलास टूट गया

अगर मैं वही गलती १०० बार भी करता हूँ

- मैं अपनी चाहना पर कभी शंका नहीं करता हूँ
- मुझसे गलती हो जाती है
- मुझे लगता है कि "मैं विशेष हूँ"
- इससे मेरा निष्कर्ष बनता है कि "मैं तो अच्छा हूँ" इसलिये मैं अपनी योग्यता को सुधारने का कोई प्रयास नहीं करता

चाहना पर शंका होना संबंधों में समस्या का एक मुख्य कारण है

**How many persons, in your family and friends
you have trust on intention (natural acceptance)
– unconditional, continuous?**



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)
- b) Get irritated
- c) Get angry
- d) Have a feeling of opposition

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- a) Try to improve his competence (and also improve your competence)
 - b) Get irritated
 - c) Get angry
 - d) Have a feeling of opposition
- } Trust on Intention → Response
- } Doubt on Intention → Reaction

Trust: To have the clarity that the other intends to make me happy

About your Natural Acceptance

- 1a. I **want to** make myself happy ✓
- 2a. I **want to** make the other happy ✓
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About your Competence

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Intention – Natural Acceptance

What is Naturally Acceptable to You

Competence

What You Are





Self Reflection