

# **Lecture 10**

## **Harmony in the Family**

**Family – the Basic Unit of Human  
Interaction**

**Values in Human-to-Human  
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

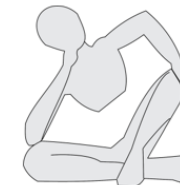
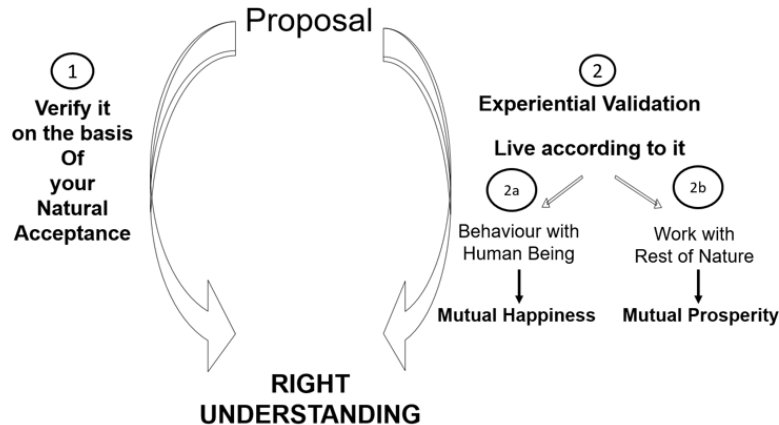
Harmony in Nature/Existence

## 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



# Human Being

Human Being is co-existence of Self and Body

The Self is central to human existence

The Body is used as an instrument by the Self

The need of the Self is continuous happiness. For this, the program of the Self is:

To understand harmony &  
To live in harmony

} 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

Physical facility is required only for the nurturing, protection and right utilisation of the body

# Family

The family is the next larger order – it is the basic unit or building block of human organisation

In the family, there are parents, grandparents, brothers, sisters, children, old people, uncles, aunts, cousins; and so many relatives and friends...

**Our basic grooming for living in relationship begins in the family**

**The major issue in family is that of relationship**

**To live in relationship, it is essential to understand relationship**

Without understanding relationship, isn't possible to fulfil relationship...  
e.g. Not speaking to each other... for days... opposition, divorce...

# Relationship

These are the four aspects to understand about relationship

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 (9 Feelings)
4. Their fulfilment, evaluation leads to mutual happiness

We will explore each of these aspects one by one

# 1. Relationship is – between one self ( $I_1$ ) and other self ( $I_2$ )

Of course the relationship is between one human being and another human being

Now if you look at the human being, who is recognising the relationship – the self or the body?

One self is recognising the relationship with another self

So, in that sense,

**the relationship is between one self ( $I_1$ ) and other self ( $I_2$ )**

**The body is used as an instrument by both of them**

# 1. Relationship is – between one self ( $I_1$ ) and another self ( $I_2$ )

We can see that the relationship is something which is there, not that we have to make relationship

We are related to each other – whether we understand it or not

The relationship is already there, we only need to understand it

When we understand relationship

- We are able to see that relationship is there
- We are able to accept the relationship and
- think in terms of fulfilling the relationship

When we don't understand it, the relationship is still there but:

- We are not able to see the relationship
- We are not able to accept the relationship and therefore
- We are not able to fulfill the relationship

## 2. There are feelings in relationship – in one self for the other self

Feelings are in the self or in the body?

So there are feelings in relationship  
– in one self ( $I_1$ ) for the other self ( $I_2$ )

We can see that the core thing in relationship are the feelings  
And one can understand this only when one can understand the self

So if one does not understand the Self, one can not understand the relationship

The major crisis we are facing in relationship today is because of the failure to understand the Self

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, inspite of all good intentions



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

These are the 9 feelings

- |                                  |                             |
|----------------------------------|-----------------------------|
| 1- Trust fo"okl FOUNDATION VALUE | 6- Reverence J)k            |
| 2- Respect lEeku                 | 7- Glory xkSjo              |
| 3- Affection Lusg                | 8- Gratitude —rKrk          |
| 4- Care eerK                     | 9- Love izse COMPLETE VALUE |
| 5- Guidance okRIY;               |                             |

We can identify them, investigate them and understand that these are the feelings naturally acceptable to us in relationship with the other human being

### 3. 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, opposition?
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?

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

Feeling in relationship:

- |                                  |                             |
|----------------------------------|-----------------------------|
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Are these feelings naturally acceptable to you?

Are these feelings naturally acceptable to the other?

## 4. Their fulfilment, evaluation leads to mutual happiness

These feelings are naturally acceptable to me. Therefore having these feelings in myself leads to my happiness

These feelings are naturally acceptable to the other, therefore their fulfilment leads to happiness of the other

Can you see that problems in relationship are due to the absence of one or more of these feelings? We try to compensate with physical facility..

When you have these feelings in you, does it lead to your happiness?

When you express them to the other, does it lead to happiness of the other?

Evaluation is required to verify

- whether I have these feelings or not
- whether I have expressed these feelings to the other or not
- whether it has reached to the other or not... and ultimately
- whether the result is mutual happiness or not

## Analysis of Current Situation

Generally, we are unhappy because these feelings are not in us  
(since we have not understood relationship, feelings in relationship)

We try to get feelings (like respect) from the other in so many ways  
(build big houses, wear fashionable clothes, get special haircuts, etc.)

- If the other expresses these feelings to us, we feel happy
- If the other does not express these feelings to us, we feel unhappy

The other is also trying to get these feelings from us!

It is like everyone is begging for feelings (like respect) and everybody's bowl is empty

# The Way Forward

The most fundamental thing is to understand these feelings. If I understand these feelings then I have these feelings in me

If I understand the feeling of respect, I have feeling of respect within me

If I have feeling of respect, I am comfortable (in harmony) within myself.  
This leads to my happiness

When I am happy, I naturally express the feeling of respect to the other.  
This makes the other happy

In this way, understanding the feeling, having the feeling, expressing the feeling and its right evaluation leads to mutual happiness

# Harmony in the Family

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Feelings in relationship:

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From the next lecture, we can start exploring each of these feelings one by one...

# Self Reflection



# Self Reflection

1. Reflect on your notion of relationship – is it based on the self or on the body?
2. When you think about relationship, what is central
  - Feelings or
  - sensation and physical facility
3. Do you think about
  - Ensuring these feeling in yourself and expressing them to the other or
  - Getting these feelings from the other
4. When you think of relationship, do you think of it within your family or also outside your family? (What is the scope of relationship for you)
5. Find out what effort is being made in our school and college education to understand relationship, and then to practice living in relationship? Then find out what is required to be done starting from home... to school... to college and in society...

**Questions?**

1. I can see that it is possible to understand relationship. if I understand it, but my spouse does not, then... How to go about it?
2. What about the negative feelings like anger? These are also there
3. What is the difference between feelings and emotions?
4. One more possibility is to live separately, not have to worry about relationship. Like when I lived in the hostel, I did not have to worry about the family. So isn't being independent another solution?