

Lecture 13

Other Feelings in Relationship

**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

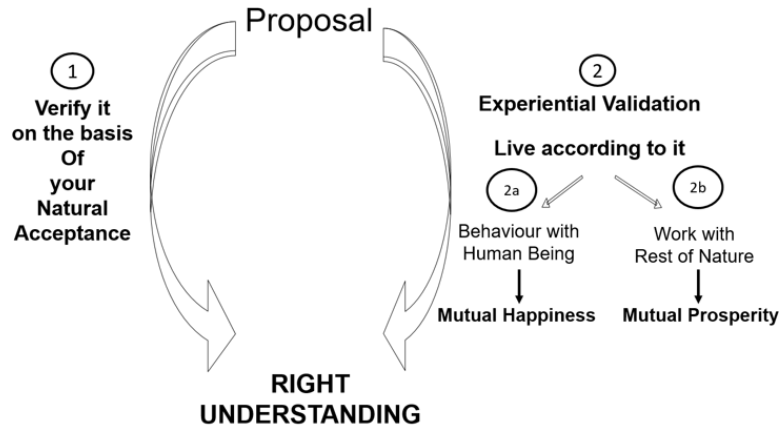
Harmony in Nature/Existence

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 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; | |

Affection (Lusq)

The feeling of being related to the other

(acceptance of the other as one's relative, the other is like me)

nwljs dks laca/kh ds :i esa Lohdkjus dk HkkoA fufoZj®f/krkA

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

Care (eerk)

Feeling of responsibility toward the body of my relative

The responsibility & commitment for **nurturing** and **protection** of the Body of my relative

laca/kh ds "kjhj ds iks'k.k]
laj{k.k dh LohÑfr dk HkkoA

Guidance (okRIY;)

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

laca/kh dks le>nkj o ftEesnkj
cukus dh LohÑfr dk HkkoA

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 (J)k

The feeling of acceptance for excellence

Js'Brk dh LohÑfr dk HkkoA

Excellence $\frac{1}{4}$ Js'Brk $\frac{1}{2}$

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 $\frac{1}{4}$ iwtk $\frac{1}{2}$

Effort made to achieve excellence. Js'Brk ds fy, fd;k x;k iz;kIA

(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)

Glory $\frac{1}{4}xkSjo\frac{1}{2}$

Feeling for those who have made effort for excellence

ftUgksaus Js'Brk ds fy, fd, iz;kl
fd;k gS] muds izfr HkkoA

Gratitude $\frac{1}{4}d`rKrk\frac{1}{2}$

Feeling for those who have made effort for my excellence

ftUgksaus esjh Js'Brk ds fy,
iz;kl fd;k gS] muds izfr
HkkoA

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

Respect, Reverence, Glory and Gratitude

Basic human aspiration = Continuous happiness
= To achieve excellence

Excellence $\frac{1}{4}$ Js' Brk $\frac{1}{2}$

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

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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 (**Lusg**) – The feeling of being related to the other
(acceptance of the other as one's relative)

nwljs dks laca/kh ds :i esa Lohdkjus dk HkkoA

Love $\frac{1}{4}$ **izse** $\frac{1}{2}$ – The feeling of being related to all (Complete Value)

$\frac{3}{4}$ gj ,d dks laca/kh ds :i esa Lohdkjus dk HkkoA

Love $\frac{1}{4}$ izse $\frac{1}{2}$

Love $\frac{1}{4}$ izse $\frac{1}{2}$ – The feeling of being related to all (Complete Value)

$\frac{3}{4}$ gj ,d dks laca/kh ds :i esa Lohdkjus dk HkkoA

$\frac{3}{4}$ iw.kZrk esa jfr & iw.kZrk esa jr gksuk & gj ,d ds lkFk laca/k esa fufgr jl (Hkkoksa) dh vuqHkwfr djukA

It all starts with identifying that one is related to other human being (Affection - **Lusg**) 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 - **izse**)

,d → vusd → gj ,d dks laca/kh ds :i esa Lohdkjuk

Feeling of Love is expressed in the form of kindness (**n;k**), beneficence (**—ik**) and compassion (**d#.kk**). 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

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 $\frac{1}{4}v[k.M$
lekt $\frac{1}{2}$

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

Expression of Feeling

Cooperation

free from complaints, irritation, anger

Mutual development

Care, guidance

Compassion, 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*)

Response

You decide your feeling on your own right

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

You decide your own behaviour

You are self-organised

Your conduct is definite

Reaction

You decide your feeling based on the behaviour of the other

It depends on whether you like or dislike the (taste of the) behaviour of the other

- 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

Your “remote control” is with the others

You are enslaved

Your conduct is indefinite

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

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

Self Reflection

Self Reflection

1. In education, which feelings are essential in the teacher and in the student?
2. Make a list of people you have a feeling of gratitude.
3. Is love about sensation or about feeling in relationship?
4. What is justice? Is it to be ensured between 2 persons, then in family and so on or can it be enforced from outside?
5. What is the role of physical facility in understanding the right feelings and in the fulfillment of right feelings?
6. In relationship, where would you start?
 - Expect right feelings from the other
 - Take responsibility to understand relationship, ensure right feelings in yourself and express them to the other

Self Reflection

Check whether you have a feeling of gratitude for those who have made effort for your excellence 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”?

Observing, Understanding Relationship, Feeling

When we pay attention to human-human relationship, the focal point is feeling, so we will pay attention to the feeling

1. Is the feeling that we are paying attention to
 - Spontaneous or forced?
 - Natural or unnatural?
 - We want its continuity or not?
2. **Has this feeling been ensured within me?**
 - Have I understood it? Seen it?
 - Has this feeling been ensured in me or not?
 - Is there continuity of this feeling in me or not?
 - Explore if I have these feelings towards individual members of the family to start with, then with friends, with people we live with in the society, and ultimately with every human being
3. Am I able to express this feeling to the other in relationship?
4. Is my feeling reaching the other or not? Are they able to receive it or not? Are they able to rightly evaluate the feeling or not?
5. With all that, is mutual happiness taking place or not? Is mutual satisfaction being ensured or not?

Questions?

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

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)