

Harmony in Family

**Understanding Relationship
– Respect**

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 गौरव
8. Gratitude कृतज्ञता
9. Love प्रेम COMPLETE VALUE

Respect (सम्मान)

Respect = Right Evaluation

सम्मान = सम् + मान
 ↓ ↓
 सम्यक् मापना
 ↓ ↓
 ठीक ठीक ऑकलन करना

Over evaluation

अधिमूल्यन

– to evaluate for more than what it is

अधिक आंकलन करना

Under evaluation

अवमूल्यन

– to evaluate for less than what it is

कम आंकलन करना

Otherwise evaluation – to evaluate for other than what it is

अमूल्यन

अन्यथा आंकलन करना

Disrespect

अपमान

Whenever the evaluation is not right, it is disrespect

Check for yourself in every interaction with others whether it is respect or disrespect

If we observe, we find in our day to day relationship, we tend to do one of the above three, which is disrespect

Respect: Right Evaluation – on the basis of the Self (I)

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

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

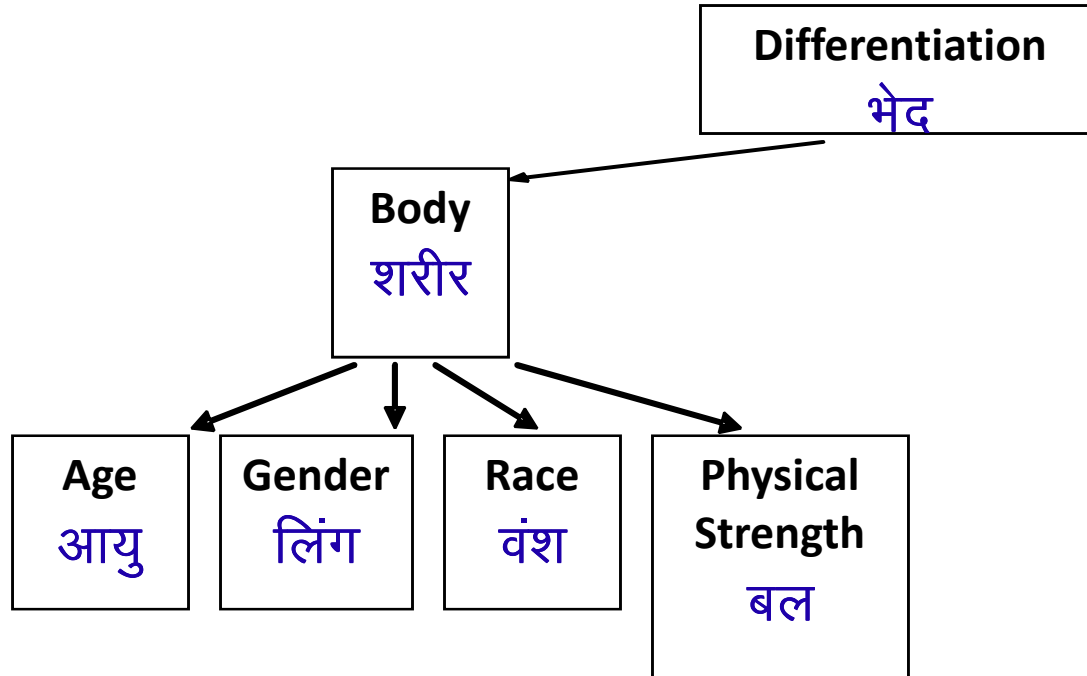
Our potential is same



The Other is Similar to Me

दूसरा मेरे जैसा है

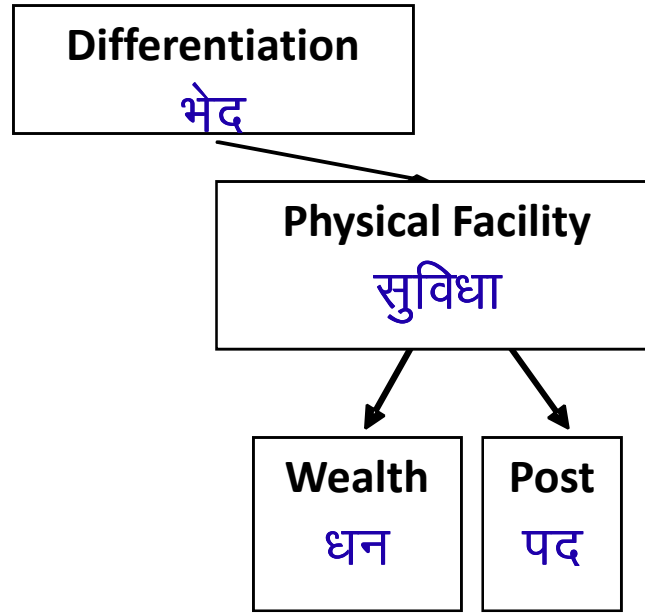
Differentiation भेद



The Gross Misunderstanding is
“Human Being = Body”

While the reality is
“Human Being is co-existence of self & Body”

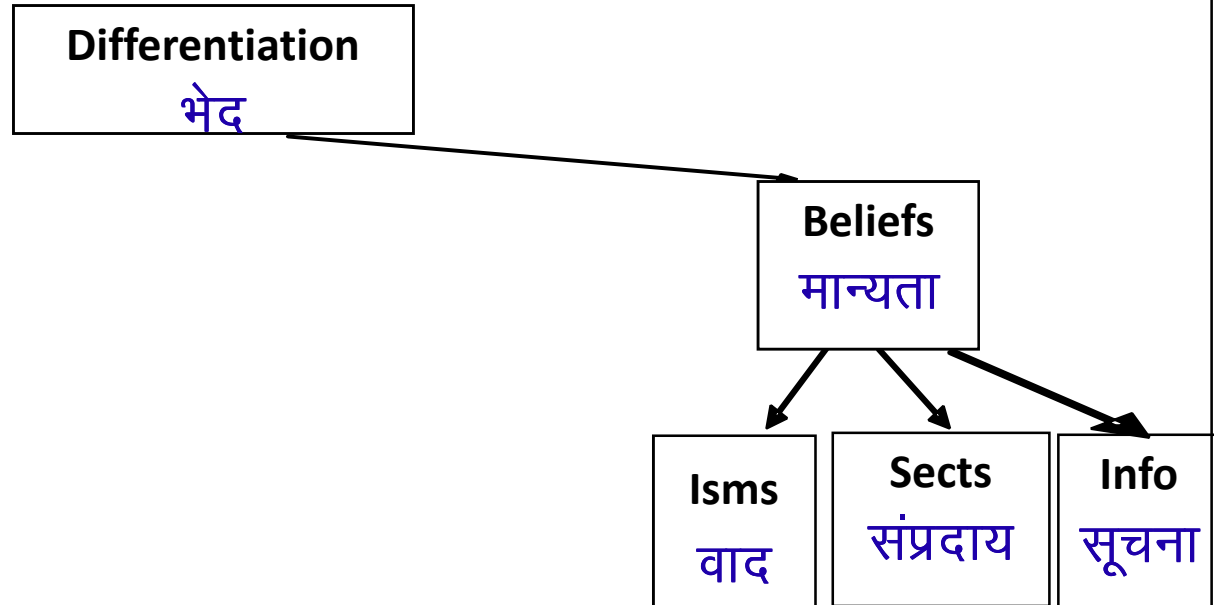
Differentiation भेद



The Gross Misunderstanding is
“Physical Facility = Happiness”

While the reality is
“Happiness is being in a state of Harmony”

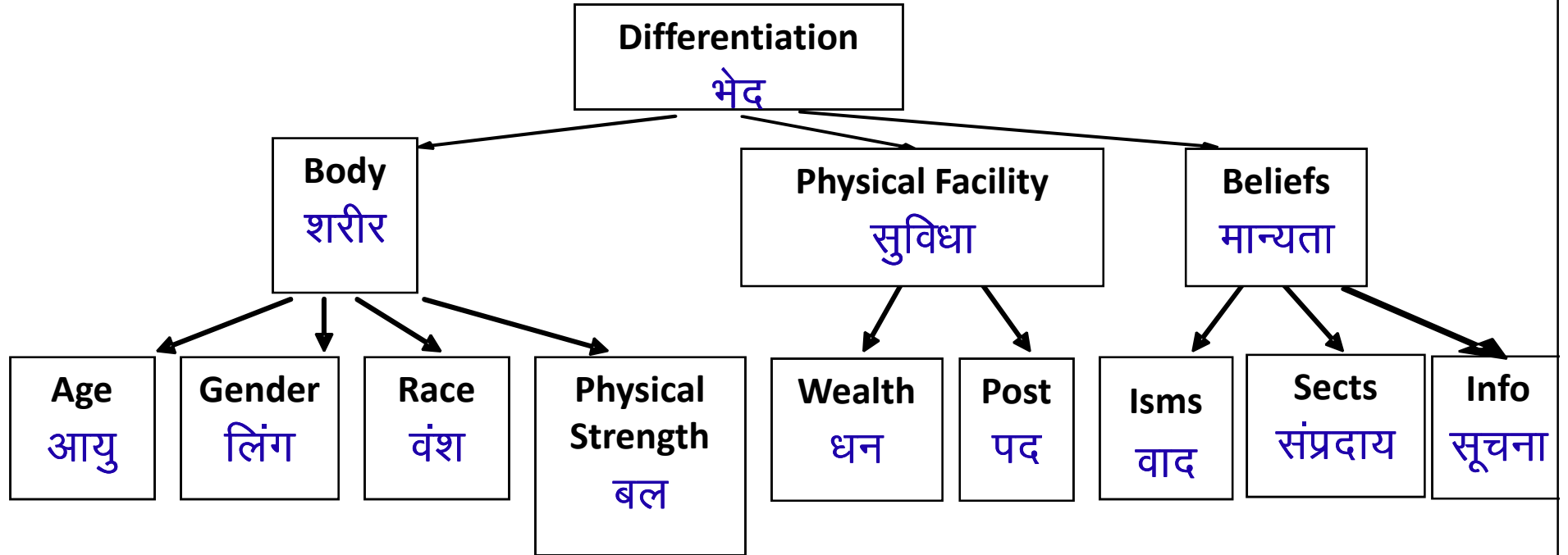
Differentiation भेद



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 भेद



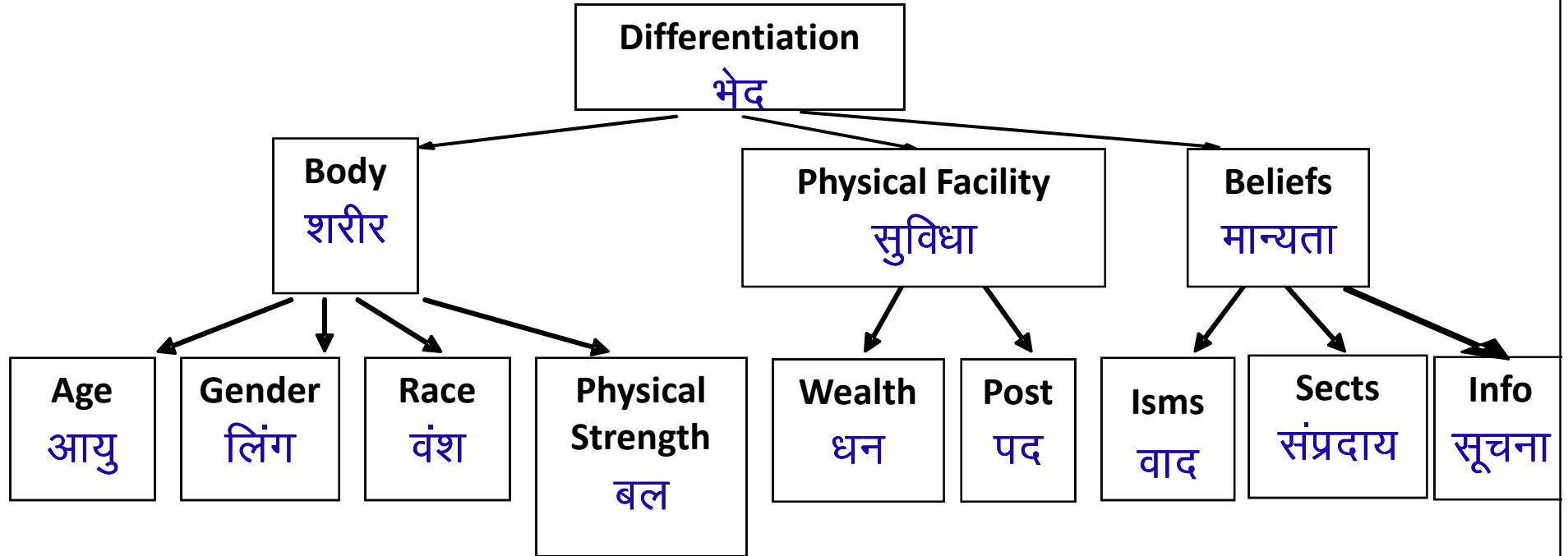
Differentiation = Disrespect

Not Naturally Acceptable... Opposition... Movement...

भेद = अपमान

सहज स्वीकार्य नहीं होता... विरोध... आन्दोलन...

Differentiation भेद



Evaluation on the basis of Body, Physical Facility or Beliefs (preconditioning) turns out to be differentiation and therefore disrespect

Differentiation like this has led to resentments and protests. Eg Women's Lib, Generation Gap, Black vs White, Powerful vs Opressed, Rich-Poor, Communism-Capatalism, Hindu-Muslim and so on

Respect: Right Evaluation – on the basis of the Self (I)

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:

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)

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

Competence

1. Understanding
2. Feeling (How much of the desire, thought & expectation is on the basis of Natural Acceptance)
3. Skill, Expression

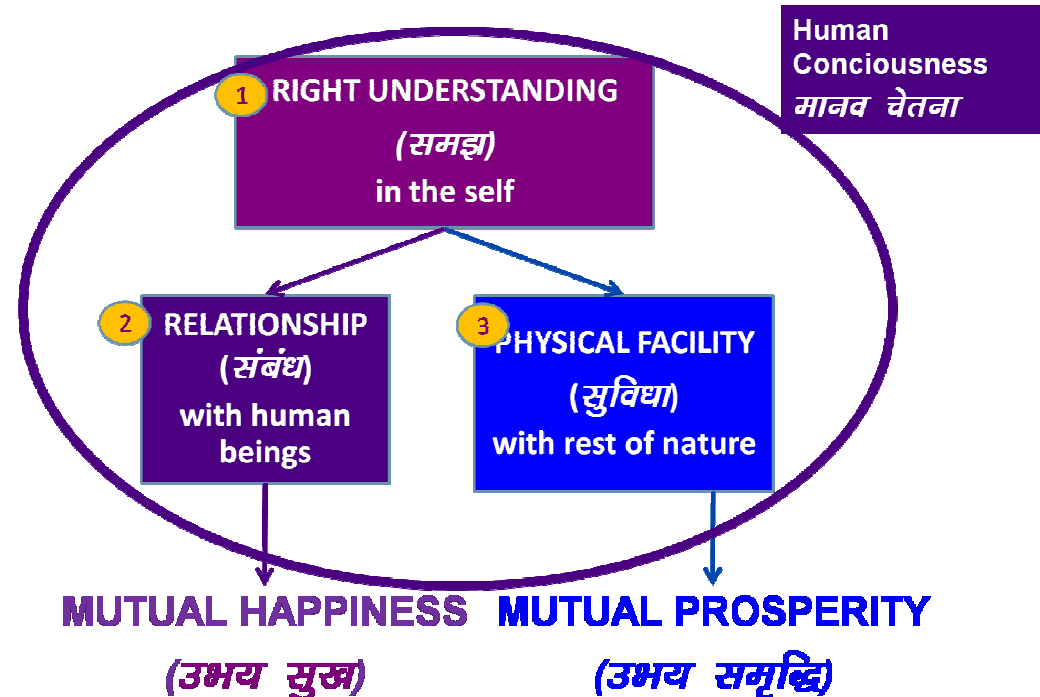
Feeling

(Definite, Universal)



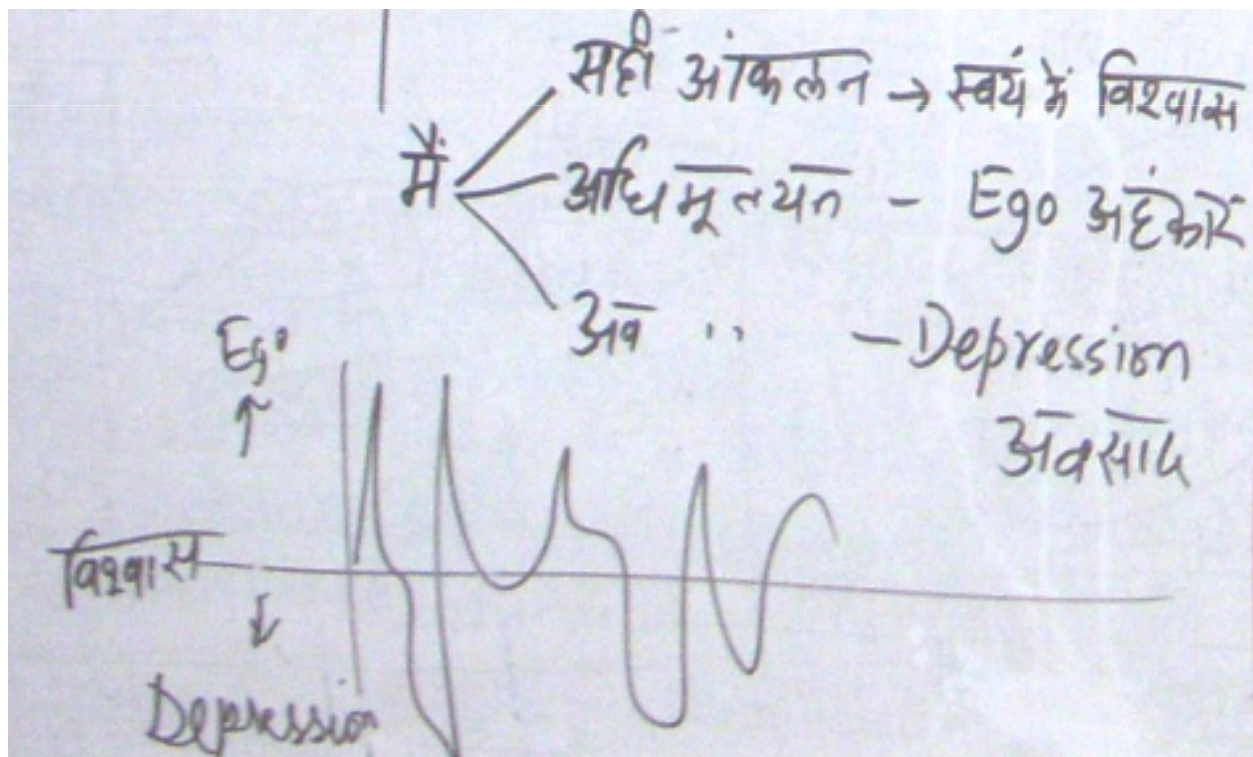
Expression of Feeling

(Creativity, Variety, Local)



Self Confidence, Ego & Depression

Right Evaluation	Over Evaluation	Under / Otherwise Evaluation
Self Confidence	Ego	Depression
I am self referential (स्वतंत्रता)	The other is my reference (परतंत्रता)	The other is my reference (परतंत्रता)
Definite Conduct	Indefinite Conduct	Indefinite Conduct



What would be the basis for respect – Body or Self?

What effort are you making

- the other is similar to me – my effort is to be in accordance with my natural acceptance
- the other is not like me – my effort is to be special, to be different from the other

Current basis of respect is differentiation

If we understand this, we can live with a feeling of respect toward one, toward all

What is natural

- the other is similar to me, to live with a feeling of respect?
- differentiation, to live with a feeling of dis-respect?

So these feelings need to be ensured in me or

These feelings are to be expected from the other?

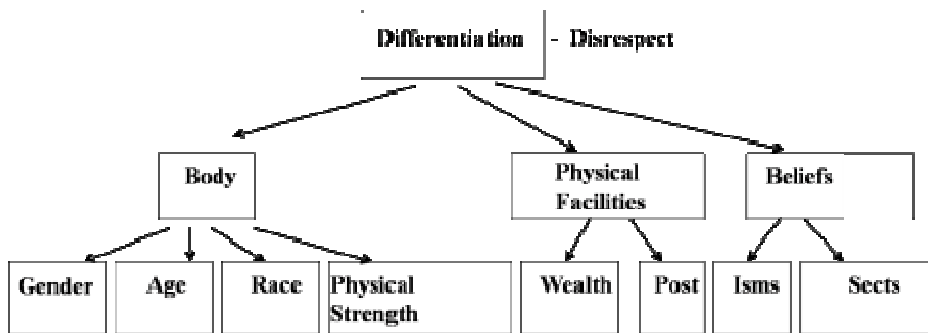
Differentiation

I evaluate on the basis of body, physical facilities or belief (pre conditioning). 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



Respect – on the basis of Self (I)

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

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)

Trust & Respect – on the basis of Self(I)

Right Evaluation (with Trust on intention, the acceptance that **the other is like me** & the understanding that **we are complementary** to each other)

If I have more understanding than the other:

- 1. I interact with perseverance and responsibly with the other, knowing that he/she may live with reaction, uncertain conduct**
2. facilitate understanding in the other once the other is assured in relationship (and not before that)

If the other has more understanding than me:

1. I become ready to understand from the other

Beginning of Development

From what has been covered so far, right evaluation can include:

- Priority (Right Understanding, Relationship, Physical Facility)
- % desires motivated by Preconditioning, Sensation, Natural Acceptance
- Clarity, harmony in the Self (vs confusion...)
- Trust on Intention (vs doubt, irritation...)
- % response (vs reaction...)

Sum Up

Respect is Right Evaluation

Under evaluation, over evaluation or otherwise evaluation is disrespect

Differentiation is disrespect

Respect on the basis of Self(I) – The other is like me. 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)

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)