

**Harmony in Family**

**Understanding Relationship  
– Justice**

## 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

## Affection (स्नेह)

The feeling of being related to the other

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

दूसरे को संबंधी के रूप में स्वीकारने का भाव। निर्विरोधिता।

One naturally feels related to the other when one has the feelings of Trust and Respect in oneself for the other

Responsibility and commitment for mutual fulfilment

**Absence of Affection = Opposition, Jealousy**

## Care (ममता)

Feeling of responsibility toward the body of my relative

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

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

## Guidance (वात्सल्य)

Feeling of responsibility toward the self(I) of my relative

The responsibility & commitment for ensuring **Right Understanding** and **Right Feeling** in the self(I) of my relative

संबंधी को समझदार व जिम्मेदार बनाने की स्वीकृति का भाव।

Care & Guidance naturally follow Affection

Are you ensuring both – care as well as guidance?

Or mostly focused on care?

While taking care of the body, are you also concerned about the self? Eg. While feeding the child

## Reverence (श्रद्धा)

The feeling of acceptance for Excellence

श्रेष्ठता की स्वीकृति का भाव ।

### Excellence (श्रेष्ठता)

Understanding Harmony &  
Living in Harmony

at all 4 levels

1. In the Self, as an Individual
2. In Family
3. In Society
4. 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 (पूजा)

Effort made to achieve excellence. श्रेष्ठता के लिए किया गया प्रयास ।

(inspiration from the revered)

# Excellence

Excellent = Having **Right Understanding** and **Right Feeling**

श्रेष्ठ = समझदार व जिम्मेदार

Excellence (श्रेष्ठता)

Understanding Harmony &  
Living in Harmony

at all 4 levels

1. In the Self, as an Individual
2. In Family
3. In Society
4. In Nature/Existence

## Working for Excellence

The other is like me –  
we are complementary

Helps the other to come to his level

Operates on the basis of his Natural  
Acceptance (that is definite) –  
swatantra, self driven by clarity of  
human purpose

Trust, respect... In relationship

Is Prosperous – Rightly Utililises,  
Shares, Nurtures

Absolute (definite completion point)

## Competing to be Special

Not other – only me

I am different/more than the other

Stops the other to come to his level -  
effort to accentuate the difference,  
to dominate, manipulate, exploit

Operates on the basis of his  
preconditioning (that changes) –  
driven by other on the basis of  
reward / fear of punishment

Conditional relationship, over-  
evaluation of self & under-  
evaluation of other

Is Deprived – Hoards, Accumulates,  
Exploits

Relative (no definite completion point)

## Excellence (श्रेष्ठता)

The other is like me – we are complementary

Rights – Happiness, Prosperity → Continuity

Goals – 4 Human Goals

Responsibility – To understand harmony & to live in harmony at all levels of being

Self development

Development of Other

## To Be Special (विशेषता)

Not other – me

I am different from the other

Rights – Happiness, Prosperity → Continuity

Goals – Accumulation of Physical Facility, maximisation of sensation...

Responsibility – ?

Self Development – ?



## श्रेष्ठता

दूसरा मेरे जैसा है

सहज स्वीकृति

निरपेक्ष – निश्चित तृप्ति बिंदु

स्वतंत्रता – सहज स्वीकृति के आधार पर स्व-अनुशासित रहता हूँ

संबंध – जिम्मेदारी

दूसरो को अपने जैसा बनाने का प्रयास

## विशेषता

मैं दूसरे से अलग हूँ

मान्यता जो बदलती रहती है

सापेक्ष – अनिश्चित तृप्ति बिंदु

परतंत्रता – दूसरा संचालित करता है उसकी मान्यता के आधार पर

विरोध – ऊँच-नीच, मनमानी

दूसरा अपने जैसा न बनने पाए

## Glory (गौरव)

Feeling for those who have made effort for excellence

जिन्होंने श्रेष्ठता के लिए किए प्रयास किया है, उनके प्रति भाव।

## Gratitude (कृतज्ञता)

Feeling for those who have made effort for my excellence

जिन्होंने मेरी श्रेष्ठता के लिए प्रयास किया है, उनके प्रति भाव।

Gratitude is significant in the development of relationship

Reverence – For those who have achieved Excellence

Glory – For those who have worked for Excellence

Respect – For All

Goal = To achieve Excellence

Gratitude – For those who have worked for My Excellence

## Feeling 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

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  |                        | } Affection |
| ✓ Many     | → The feeling of being related to many |                        |             |
| ✓ Everyone | → The feeling of being related to all  |                        | } Love      |

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

1. Love at First Sight
2. The Other has 4 GF/BF; I have None
3. If a girl smiles and talks to a boy, why does the boy assumes something else
4. FOSLA
5. If a boy & girl speak to each other, why do people assume it is wrong

## Preconditioning Related to Love

Common misunderstanding – The sensation & feeling is mixed up

Sensation – Liking, Lust, Vasna, based on getting from the other, no continuity is possible

Feeling – Love, Prem, based on giving to the other, continuity is desirable and possible

Love is a feeling – once Trust, Respect, Affection, Care, Guidance... are ensured, the feeling of being related to all follows naturally

Revisit:

1. Physical Facility = Happiness?
2. Sensation = Happiness?                      Tasty-Necessary... Intolerable
3. Excitement = Happiness?

## 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 (Love - प्रेम) and then to all, each & every unit in nature (human being as well as other units)

एक → अनेक → हर एक को संबंधी के रूप में स्वीकारना

Feeling of Love is expressed in the form of kindness (दया), beneficence (कृपा) & compassion (करुणा). The feeling is for all, and it is expressed to all those who are in regular contact

The feeling of Love is the foundation of Undivided Society



# Family

***Group of individuals living in relationship of mutual fulfilment ensuring right understanding & prosperity for all***

Family is a training ground:

1. To understand relationship & to live in relationship → happiness
2. To understand need of physical facility & to produce more than required physical facility → prosperity
3. To participate in larger order (contribute toward human tradition in the family... human society) → Continuity of fulfilment of human goal as a family... human society

The natural outcome of this grounding is:

1. The competence, commitment & practice to live in relationship of mutual fulfilment with other human beings i.e. for Justice – from Family to World Family → The mindset of Undivided Society (अखण्ड समाज)
2. The competence, commitment & practice to live in relationship of mutual enrichment with all units of existence i.e. for Order – from Family Order to World Family Order → The mindset of Universal Human Order

(सार्वभौम व्यवस्था)

# Marriage

## **Marriage has 3 key responsibilities**

1. To live with all 9 feelings with each other
2. The responsibility to generate body for the next generation
3. The responsibility to ensure right education of next generation – to facilitate the development of the competence of the children to live with all 9 feelings

Check if you have over evaluated the sensation part of 2 and under evaluated 1, 3 and the responsibility part of 2

## Check for yourself –

In relationship, what is the priority

- of right understanding & right feelings (needs of self(I))
- of physical facility (needs of body)

What is the role of physical facility in the fulfillment of right feelings?

In relationship, where would you start:

1. Expect right feelings from the other
2. Take responsibility to understand relationship, ensure right feelings in yourself and express them to the other

## 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 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; or to get sensation (sound, touch, sight, taste, smell) and so on...

<b>Established Value</b> (sthapit mulya)	<b>Expressed Value</b> (sisht mulya)	<b>Absence/Confusion of Value</b> (mulya ka abhav)
Trust (vishwas)	Complimentariness (saujanya)	Fear (bhay)
Respect (sammaan)	Compliance (arahta) aadar	Ego (ahankar), Depression (avasad)
Affection (sneh)	Commitment (nishtha)	Opposition (virodh), Jealousy (dwesh)
Care (mamta)	Generosity (udarata)	Exploitation (shoshan)
Guidance (vatsalya)	Spontaneity (sahajata)	<b>Misleading (gumrah karna), Reaction (pratikriya)</b>
Reverence (shraddha)	Obidience (pujyata)	To be special (visheshta), Dominance (shashan)
Glory (gaurav)	Ease (saralta)	<b>Mad, ahankaar, Deenta, heenta, krurta</b>
Gratitude (kratagyata)	Self-restraint (saumyata)	Thanklessness (kritaghnata)
Love (prem)	Unanimity (ananyata), dheerta veerta udarta	vaasna - Kaam, krodh, lobh moh mad matsarya

## Sukh ke srot

Samvedna se milne wala sukh

Manyata se milne wala sukhmanyata puri ho jaye/ddsra usko support  
kar de

doosre se milne vala bhav,

Apne mein bhav se milne wala sukh

## Aavesh (excitement)

Sammohanatmak aavesh - Inko sukh maan lete hain

Kaam = samvedna ko sukh maan lete hain, priya drishti ki ati, vaasna, lust, par-nari/par-purush

Lobh = suvidha ko sukh maan lete hain, greed of physical facility

Moh = doosre se bhav paa kar sukh milega, aisa maan lete hain. shareer sapeksh sambandh ka adhimulyan

Virodhatmak aavesh - Inko dukh maan lete hain

Krodh = apni askhamta ka pradarshan, shreshtha ke abhav main

Mad = ni-shreshtha ka bhav, jisko ham sweekar nahi paa rahe, doosre ke saamne adhik bata rahen hain, apne baare kuch maane hue hain, evaluate karne ko tayyar nahin hain

Matsarya = doosre ke ahit ki kaamna (Algaav = Sambandh ki sweekriti ka abhav)

स्थापित मूल्य	शिष्ट मूल्य	मूल्य का अभाव
विश्वास	सौजन्यता	भय
सम्मान	अर्हता	अहंकार, अवसाद
स्नेह	निष्ठा	विरोध, द्वेष
ममता	उदारता	शोषण
वात्सल्य	सहजता	गुमराह करना, प्रतिक्रिया
श्रद्धा	पूज्यता	विशेषता, शासन
गौरव	सरलता	दीनता, हीनता, क्रूरता
कृतज्ञता	सौम्यता	कृतघ्नता
प्रेम	अनन्यता, (दया), (कृपा), (करुणा)	वासना – काम, क्रोध, लोभ, मोह, मद, मात्सर्य, संग्रह, अविद्या, रहस्यता



भ्रमित मानव	जागृत मानव	भ्रमित मानव	जागृत मानव
काम(सम्मोहनपूर्वक) –	शिष्टतापूर्ण लज्जा	अविद्या –	विद्या
क्रोध(विरोधवश) –	धैर्यपूर्ण साहस	द्वेष –	स्नेह
लोभ(संग्रहवश) –	उदारतापूर्वक दया	संग्रह –	समृद्धि
मोह(रहस्यतावश) –	अर्हतापूर्वक अपेक्षा	रहस्यता, दिखावा –	सरलता
मद(अभिमानवश) –	सम्मान सहित कृतज्ञता	भय –	अभय
मात्सर्य(असहअस्तित्ववश)–	सहअस्तित्वपूर्ण अभयता		

भ्रमित मानव	जागृत मानव
स्वभाव – दीनता, हीनता, कूरता	धीरता, वीरता, उदारता
दृष्टि – प्रिय, हित, लाभ	दया, कृपा , करुणा
प्रवृत्ति – विषय(आहार, निद्रा, भय, मैथुन)	अखण्ड समाज, सार्वभौम व्यवस्था, सर्वशुभ

## Harmony in Family – Justice, From Family to World Family (Undivided Society)

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

Justice = Recognition, Fulfillment & Evaluation of Human-Human Relationship, leading to Mutual Happiness

Justice → from Family to World Family → Undivided Society (अखण्ड समाज)

## 9 Feelings

Trust	विश्वास	To be assured that the other intends my happiness & prosperity
<b>Foundation Value</b>	<b>आधार मूल्य</b>	
Respect	सम्मान	Right evaluation (with the basis that the other is like me and we are complementary to each other)
Affection	स्नेह	Acceptance of the other as one's relative
Care	ममता	Responsibility & commitment for nurturing and protecting the body of one's relative
Guidance	वात्सल्य	Responsibility & commitment for ensuring Right Understanding and Right Feeling in the self (I) of one's relative
Reverence	श्रद्धा	Acceptance for Excellence in the other
Glory	गौरव	Acceptance for those who have made effort for Excellence
Gratitude	कृतज्ञता	Acceptance for those who have made effort for my Excellence
Love	प्रेम	The feeling of being related to all
<b>Complete Value</b>	<b>पूर्ण मूल्य</b>	

# Justice

Recognition, Fulfillment & Evaluation of Human-Human Relationship,  
leading to Mutual Happiness

Necessary condition

$E11 = E21$

$E22 = E12$

Complete condition

$E11, E12, E22, E21$  are Naturally Acceptable to both 1 & 2

$E11$  – I have a feeling of opposition

$E21$  – He is opposed to me

$E11 = E21$ , but not NA to either 1 or 2

Ghatna se doosre ki sahaj sweekriti nahin dikhti (keval karna dikhta hai)

**Domination – not giving other the option to share his evaluation about you**

