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

ढीकढीक आंकलन करना
Over evaluation – to evaluate for more than what it is
अधिमूल्यन

Under evaluation – to evaluate for less than what it is
अवमूल्यन

Otherwise evaluation – to evaluate for other than what it is
अमूल्यन

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

Will the right evaluation be on the basis of the Self (I) or the Body?
1. Purpose लक्य
   - 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 (Individual, family, society and nature/existence)
   **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**

MINIMUM CONTENT of RESPECT

The Other is Similar to Me दूसरा मेरे जैसा है
The Gross Misunderstanding is “Human Being = Body”

While the reality is “Human Being is co-existence of self & Body”
The Gross Misunderstanding is “Physical Facility = Happiness”

While the reality is “Happiness is being in a state of Harmony”
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 = Disrespect
Not Naturally Acceptable… Opposition… Movement…

भेद = अपमान
सहज स्वीकार्य नहीं होता... विरोध... आन्दोलन...
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 and fulfill it:
   - 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)

COMPLETE CONTENT of RESPECT

The Other is Similar to Me. We are complementary to each other
# Self Confidence, Ego & Depression

<table>
<thead>
<tr>
<th>Right Evaluation</th>
<th>Over Evaluation</th>
<th>Under / Otherwise Evaluation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Self Confidence</td>
<td>Ego</td>
<td>Depression</td>
</tr>
<tr>
<td>I am self referential</td>
<td>The other is my reference</td>
<td>The other is my reference</td>
</tr>
<tr>
<td>(स्वतंत्रता)</td>
<td>(परतंत्रता)</td>
<td>(परतंत्रता)</td>
</tr>
<tr>
<td>Definite Conduct</td>
<td>Indefinite Conduct</td>
<td>Indefinite Conduct</td>
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</tbody>
</table>

- Assumptions...
  - Disharmony within
  - Tension
  - Frustration
  - Depression
  - ......
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 same
2. Our program is same
3. Our potential is same

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)
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, he 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)
1. What is the basis of respect?
   - Is it on the basis of the self (I)?

2. Observe your interaction with others:
   - Are you evaluating the other? Is your evaluation of the other right evaluation, over evaluation or otherwise evaluation?
   - Are you also evaluating yourself? Is your evaluation of the other right evaluation, over evaluation or otherwise evaluation?