



Practice Session 4

Right Here Right Now

Watch the video Right Here Right Now

A short film about human behavior and its propagation. It is directed by Anand Gandhi

Source:

Part 1: <https://www.youtube.com/watch?v=OVAokeqQuFM>

Part 2: <https://www.youtube.com/watch?v=gIYJePEnvUY>

We will discuss your observations:

1. Interactions with each other – reaction or response
2. The basis of deciding
 - motivated by preconditioning
 - motivated by sensation
 - by self verification based on their natural acceptance
3. Are the actions indicating right understanding, trust?

Even a single happy person has an impact on others
Similarly an unhappy person has an impact on others

Response

Reaction

You decide your feeling on your own right

You decide your feeling based on the behaviour of the other

It is on the basis of your natural acceptance, right understanding

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

You always have the right feeling

- If the other behaves properly, you have a right feeling and may behave properly

It is definite and unconditional

- If the other misbehaves, you have a wrong feeling and you may also misbehave

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

Your “remote control” is with the others

You are self-organised

You are enslaved

Your conduct is definite

Your conduct is indefinite

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Self Reflection

In your own interactions, find out

- the % time you are responding
- the % time you are reacting

What is the effort required to progress from reaction to response?

- To develop the right understanding (at least about relationship)
- To be aware of the other's natural acceptance and evaluate their competence while interacting
- To live with responsibility with the other unconditionally

What do the events indicate – lack of Intention or lack of Competence?

Event: The boy shouts back at his mother

Find out if it is

Lack of intention – He intended to make his mother unhappy, so he shouted back
or

Lack of competence – He was disturbed, his natural acceptance (intention) was to make his mother happy but he lacked the competence to communicate properly, so he shouted back (lack of competence)

Event: The doctor did not reach on time to where Shruti was waiting

Find out if it is

Lack of intention – He intended to make Shruti unhappy, and help the accident victim

Lack of competence – He intended to make Shruti happy, and he also intended to help the accident victim. He lacked the competence to inform Shruti in such an emergency. He had to choose between a and b, and in the situation, he choose b

a) Reaching Shruti on time and ignoring the accident victim

b) First taking care of the accident victim, then reaching Shruti and sharing his rationale

On what basis are people deciding – Preconditioning, Sensation or Natural Acceptance?

Decisions are motivated by preconditioning

Decisions are motivated by sensation

Decisions are on the basis of self verification based on their natural acceptance

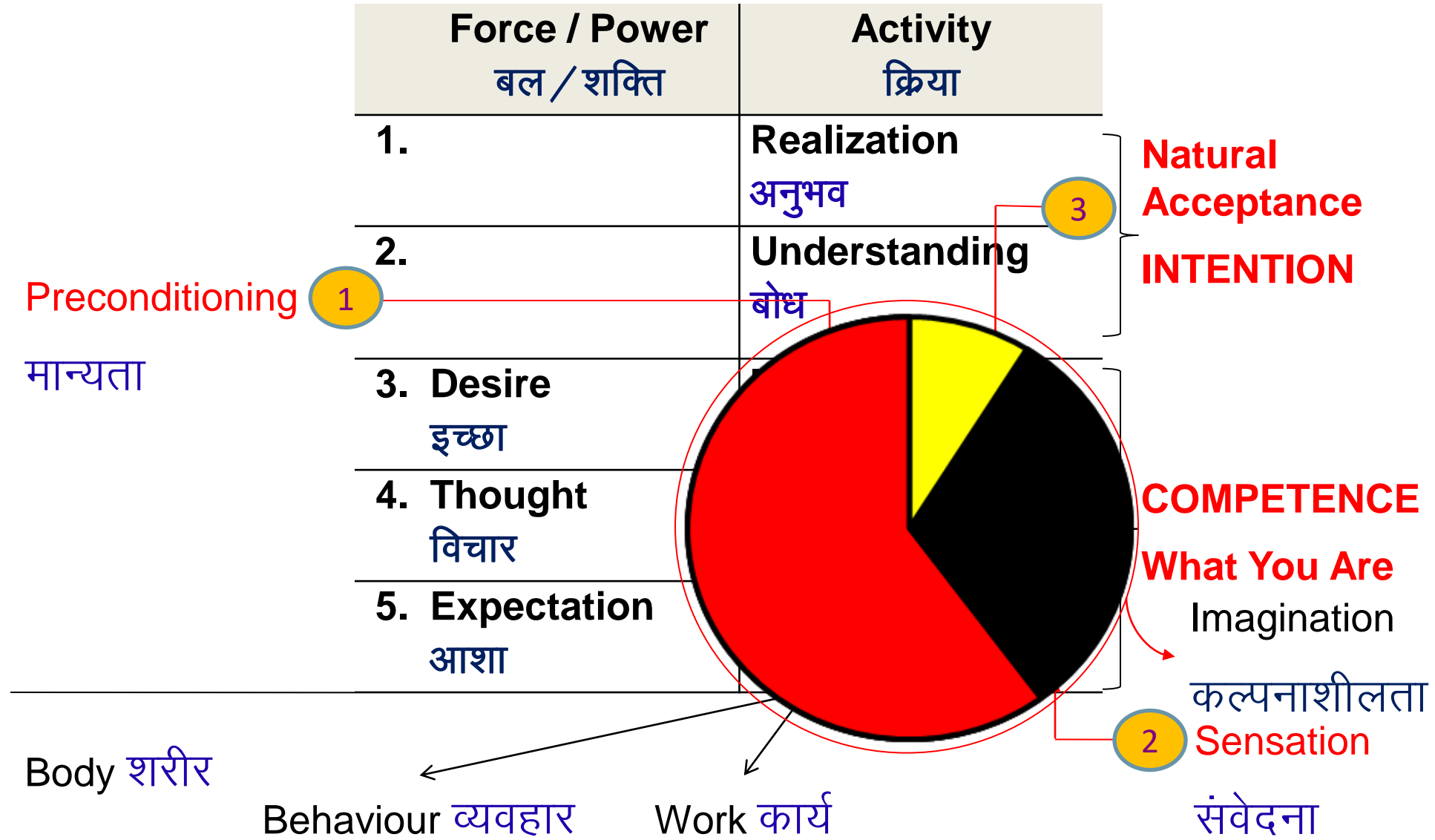
Eg.

On what basis did the grandmother decide that it is OK for Shruti to marry the doctor?

Why did the boy say “I love you” to Chahat

Why did the doctor decide to pick up the accident victim, even though he was getting late to meet Shruti?

Intention and Desire not same. Desire is a part of Competence. Intention = Natural Acceptance



All desires are not motivated by natural acceptance (most are motivated by preconditioning or sensation)

Similarly analyse these events:

Event: You came late to the workshop

Analysis: You wanted to come late (intention or desire?)
You could not reach on time (lack of competence)
You want to understand what is right and do what is right (intention)

Event: Someone takes away your mobile

Analysis: She wanted to take your mobile (intention or desire)
She thinks the main source of happiness is physical facility
and she does not see her relationship with you (lack of competence)

Event: A terrorist kills some people

Analysis: He wanted to kill people (intention or desire)
He could not find a way to resolve his contradictions
inspite of 20 years of education (lack of competence)

How do you decide?

Are your decisions motivated by preconditioning? What %?

Are your decisions motivated by sensation? What %

What % of your decisions are on the basis of self verification, based on your natural acceptance?

Do you want that all your decisions should be motivated by your natural acceptance? What do you need to do to ensure it?