



UHV-I

Session 10

Fulfilment in Relationship – Respect

Shifting from differentiation to complementarity...

Prepared by NC-UHV, AICTE in collaboration with UHV Foundation
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Interaction Before Main Session

Hear from participants about their exploration from previous day(s)

Q&A

Place some expected conclusions, find out if they also came to these/similar conclusions

Home Assignments

9.1. Note your behaviour throughout the day

- At home
- In the school/college/workplace

List how many times you responded in your behaviour and how many times you reacted. Calculate the percentage of reaction and response in your behaviour.

9.2. Note any two situations where you reacted. Now explore to see what would have been your 'response' in those two situations everything else remaining the same.

9.3. Make a 3-5 member team and record on mobile a 1-3 minute skit about what you all understand about reaction-response



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Fulfilment in Relationship – Respect

Shifting from differentiation to complementarity...

Introduction

In previous sessions, we explored the feeling of trust

My natural acceptance (intention) is to be happy and make the other happy

The natural acceptance of the other is also the same

However, we both may be lacking in competence

So, we make a program with each other, essentially on the basis of our present level of competence, with trust on the natural acceptance (intention)

For this, it is essential to make right evaluation of our mutual competence – the competence of the other as well as my own competence



Respect = Right Evaluation

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

On the Other Hand... Other Types of Evaluation... Common Mistakes

Over evaluation अधिमूल्यन	– to evaluate for more than what it is अधिक आंकलन करना	Disrespect अपमान
Under evaluation अवमूल्यन	– to evaluate for less than what it is कम आंकलन करना	
Otherwise evaluation अमूल्यन	– to evaluate for other than what it is अन्यथा आंकलन करना	

Not naturally acceptable. Whenever the evaluation is not right, it is disrespect

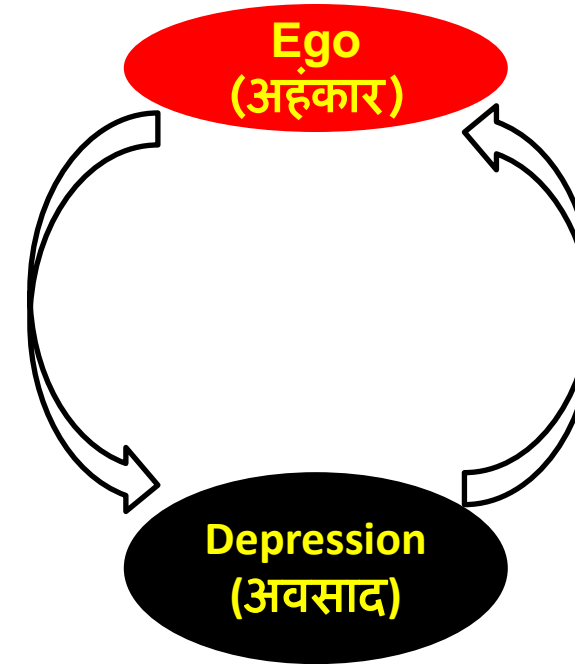
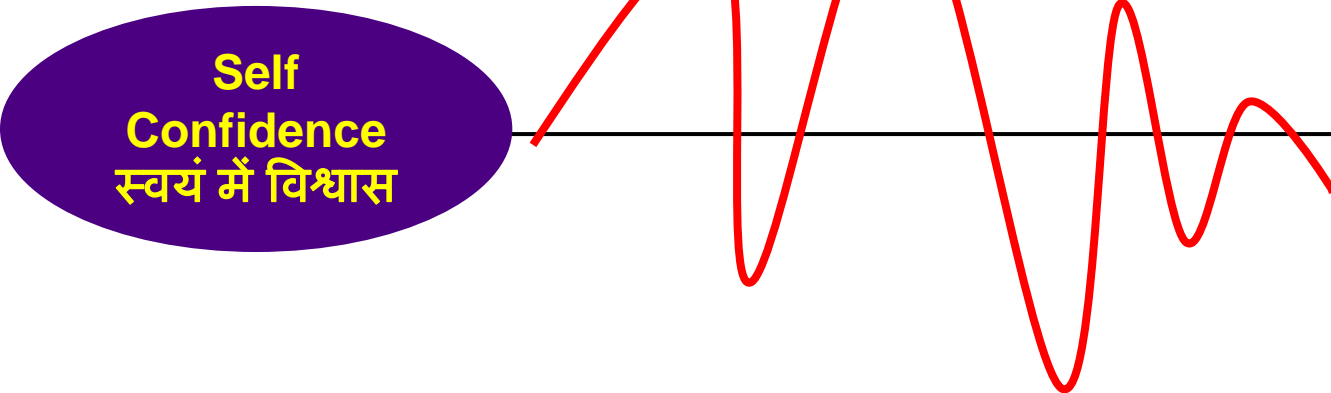
Do you feel comfortable/uncomfortable when you are over evaluated?
... under/otherwise evaluated?



Common Implications of Disrespect

Over evaluation – evaluating more than what it is
अधिमूल्यन – अधिक आंकलन करना

Right
Evaluation
सम्मान



Wrong evaluation...

Disharmony within

Tension

Frustration

Depression

Suicide...

Under evaluation – evaluating less than what it is
अवमूल्यन – कम आंकलन करना

Otherwise evaluation – evaluating other than what it is
अमूल्यन – अन्यथा आंकलन करना



Minimum Content of Respect: The Other is Similar to Me

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 levels of being
- The program of the other is also to understand and to live in harmony at all levels of being (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



Differences

There are similarities at the level of the self in terms of purpose, program and potential

There are also differences between one human being and another:

- a) On the basis of the body: age, gender, race, strength...
- b) On the basis of the physical facility: wealth, post
- c) On the basis of beliefs: isms, sects, information...

In living, are we:

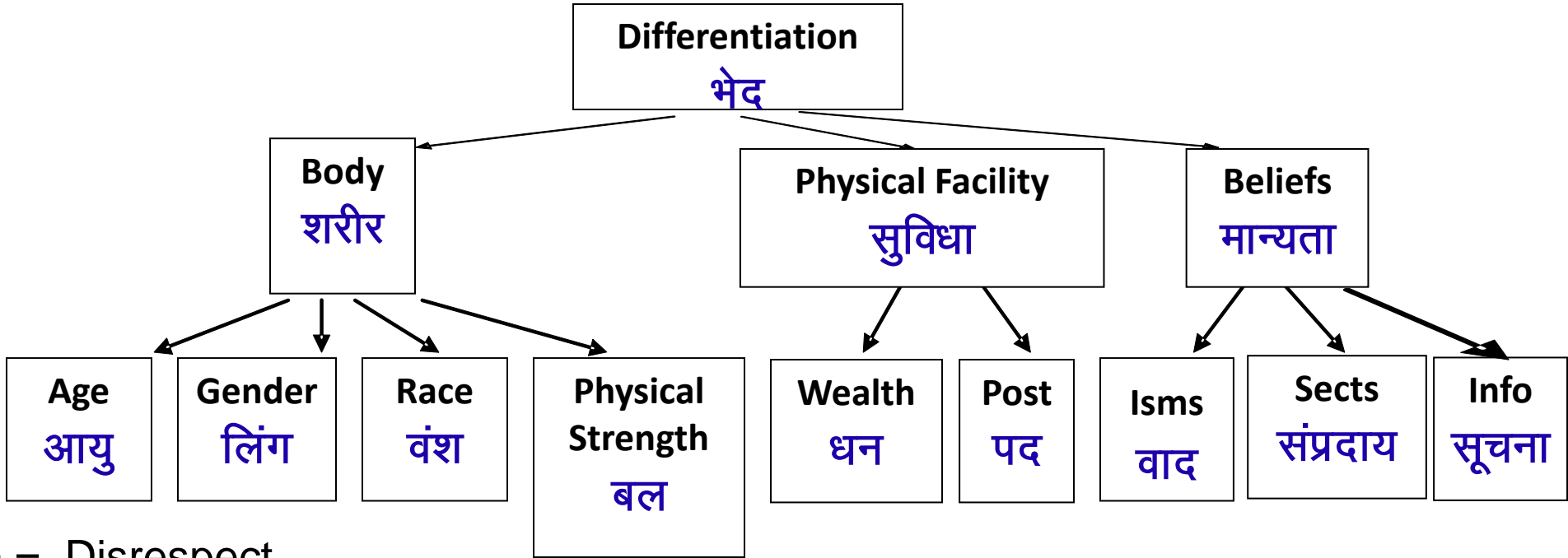
A. Trying to accept the other as being similar to me?

or

B. Trying to show that we are different from the other?



In place of doing right evaluation, we often differentiate on various grounds...



Differentiation = Disrespect
Not Naturally Acceptable... Opposition, Movements...

भेद = अपमान
सहज स्वीकार्य नहीं होता... विरोध... आन्दोलन...



Differentiation may become a major concern in our imagination, which we would like to resolve
Verify: Are you also differentiating (or a victim of differentiation)?

Resolution of Concern – Understanding Respect in Completeness

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

Differentiation – with improper evaluation

Differentiation on the basis of

- Language
- Accent
- Skin colour
- Caste, creed, sect, race, region...
- ...

Differentiation often leads to groupism, rivalry, fights...

Complementarity – with right evaluation

With complete understanding of the feeling of respect, we will complement each other

There will be a major shift in focus, from

- Body to Self-Body
- Fault finding to empathy
- Language to feeling
- Showing off wealth to its right utilization
- Skill to value-based skill
- Mere intelligence to wisdom-guided intelligence
- ...

In living, are we:

A. Trying to be complementary to the other?

or

B. Trying to show that we are different from the other?



Respect = Right Evaluation (with a feeling of trust on intention)

Under evaluation, over evaluation or otherwise evaluation is disrespect

Differentiation is disrespect

Respect (on the basis of Self) – The other is like me, **we are complementary to each other**

The only difference is in our level of understanding

(how much of our imagination is on the basis of our Natural Acceptance)

If the other has more understanding, s(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

- I live with responsibility with the other, unconditionally, unperturbed by the behaviour of the other
- I am committed to facilitate understanding in the other
(once the other is assured in relationship, and not before that)

Note: The feeling can be universal, the expression can be different, based on local, cultural, geographical, social, family practices, etc.



Home Assignment

Home Assignments

10.1. Write down what would be the right evaluation of yourself. Mention any five points. Recall when you were over-, under-, otherwise evaluated in the past. How did you feel in each case? Share an example of each case.

10.2. How do you feel when the other differentiates in relationship with you? How do you feel when you differentiate, or try to show you are special, different? Share one or two incidents of these situations

10.3. What have you been able to explore regarding complementarity in your close relationships? Give one or two examples of how you can be complementary to a person from a different age, region, sect, belief, etc.



Questions?