

Lecture 16 Justice in Human-to-Human Relationship



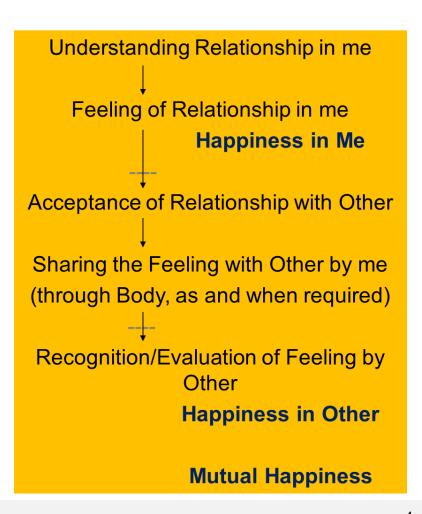
Harmony in the Family

- 1. Relationship is between one self (I₁) and another self (I₂)
- There are feelings in relationship in one self (I_1) for the other self (I_2)
- These feelings can be recognized they are definite (9 Feelings)
- Their fulfilment, evaluation leads to mutual happiness

Feelings in relationship:

- 1. Trust विश्वास FOUNDATION VALUE 6. Reverence श्रद्धा
- 2. Respect सम्मान
- 3. Affection स्नेह
- 4. Care ममता
- 5. Guidance वात्सल्य

- 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 has the responsibility and commitment for mutual fulfilment in the relationship

Opposition, jealousy... are an indication of the absence of affection reaction (instead of responsibility)

Care (ममता)

Guidance (वात्सल्य)

Feeling of responsibility toward the **body** of my relative

Feeling of responsibility toward the **self** of my relative

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

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

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

संबंधी को समझदार व जिम्मेदार बनाने की स्वीकृति का भाव।

Care & Guidance are a natural outcome of Affection

Do we ensure both care as well as guidance or are we mostly focused on care?



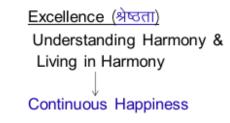
E.g. while taking care of the body, like while feeding the child, are we concerned about both the body as well as the self?

Reverence (श्रद्धा)

The feeling of acceptance for excellence

श्रेष्ठता की स्वीकृति का भाव।

Excellence (श्रेष्टता) : Completeness of Right Understanding



at all levels of being

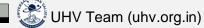
- 1. As an individual human being
- 2. As a member of the family
- 3. As a member of society
- 4. As an unit in nature/existence

Working for Excellence and competing with each other is not the same thing.

In excellence, one helps to bring the other to his level In competition, he hinders the other from reaching to his level







Effort for Excellence

Effort for Competition

The other is like me

We are complementary

Feelings are based on right understanding

(definite, unchanging)

Feeling of relationship – unconditional

Nurtures others

Helps the other to come to his level

Not other – only me

I am different/more than the other

Feelings are based on preconditioning

(indefinite, keeps changing)

Feeling of opposition – relationship is conditional

Exploit others

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

Absolute (definite completion point)

Relative (no definite completion point)

Glory (गौरव)

Gratitude (कृतज्ञता)

Feeling for those who have made effort for excellence

Feeling for those who have made effort for my excellence

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

जिन्होंने मेरी श्रेष्ठता के लिए 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।

I can see that the other has a feeling of care, affection, trust.. in behaviour with me. I can also see that the other

- a) has helped me in developing right understanding & right feeling in me
- b) Has provided me with the necessary physical facility

Gratitude is significant in the development of relationship

Self Reflection

Check whether you have a feeling of gratitude for those who have made effort for you in your life...

Are you able to appreciate both –"what has been done" as well as "what has not been done" (the complete picture)?
 or
 are you mostly focused on "what has not been done"?

- Do you have a feeling of gratitude for the other continuous
 or
 the feeing of gratitude comes and goes?
- 3. Are you making effort for "ensuring the right feelings in yourself and expressing them to the other" or are you "expecting these feelings from the other"?



Respect, Reverence, Glory and Gratitude

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Basic human aspiration = Continuous happiness
                      = To achieve excellence
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Excellence (श्रेष्टता)

Understanding Harmony & Living in Harmony

Continuous Happiness

Trust, Respect – For all

at all 4 levels

- 1. In the Human Being

- In Family
 In Society
 In Nature/Existence

Reverence For those who have achieved excellence

Glory For those who have made effort for excellence

Gratitude For those who have made effort for my excellence



Development of the Feeling of Relationship

Verify on the basis of your natural acceptance if you want to be related to:

```
None
One X

→ The feeling of being related to none – in opposition to all

→ The feeling of being related to one
→ The feeling of being related to many

→ The feeling of being related to all

Love
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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 – Common misunderstandings

Excitement (from sensation, preconditioning) is confused for feeling

Sensation –

Lust, getting from the other

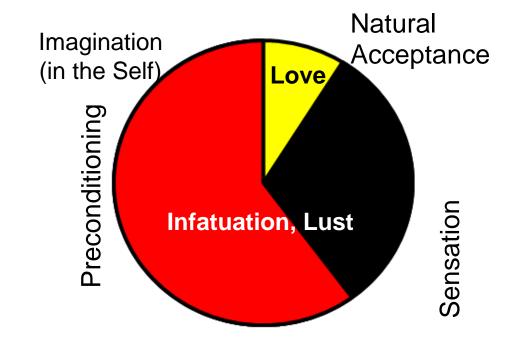
Continuity not possible

Preconditioning –

Infatuation

- 1. Love at First Sight?
- 2. By this age, I must have GF/BF?
- 3. The other has 4 GF/BF; I have only one?

Continuity not possible



Right understanding (natural acceptance) –

Love (प्रेम) = **feeling** of being related to all, responsible towards all, giving to all Continuity

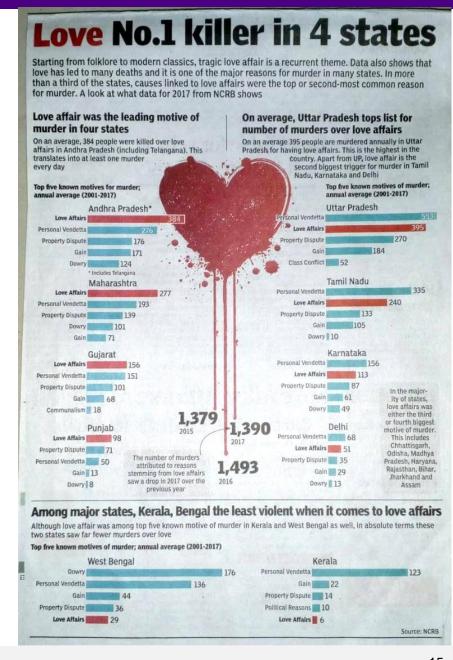
Once trust, respect, affection, care, guidance... are ensured within, then the feeling of being related to all follows naturally

Preconditioning Related to Love

This is certainly not Love!

Do we need to understand the feeling of love?

Do the youth also need to understand the feeling of love?



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 रित 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 - रनेह) and it slowly expands to the feeling of being related to all human beings and then to all, each & every unit in nature (human being as well as other units) (Love - प्रेम)

 $var{r} \rightarrow aaa \rightarrow evar{r} + evar{r}$

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

The feeling of Love is the foundation of Undivided Society

Justice

Justice is the recognition, fulfilment and evaluation of human-human relationship, leading to mutual happiness

Recognition

 Unconditionally accepting the relationship. Accepting the other with their current level of competence but aware of their full possibility (potential)

Fulfilment

- Ensuring the naturally acceptable feeling in oneself and sharing it with the other
- Living with responsibility with the other unconditionally. This makes the other comfortable and assured
- Making effort for mutual development, i.e. development of one's own competence and being of help to the other in developing their competence

Evaluation

 Verifying that the right feeling has reached to the other and that the other is able to make out that it is the right feeling

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

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9. Love प्रेम complete value

- 5. Guidance वात्सल्य
- Justice = Recognition, Fulfillment & Evaluation of Human-Human Relationship, leading to Mutual Happiness
- Justice → from Family to World Family
 - → Undivided Society (अखण्ड समाज)

Understanding Relationship in me Feeling of Relationship in me **Happiness in Me** Acceptance of Relationship with Other Sharing the Feeling with Other by me (through Body, as and when required) Recognition/Evaluation of Feeling by Other **Happiness in Other Mutual Happiness**



Self Reflection

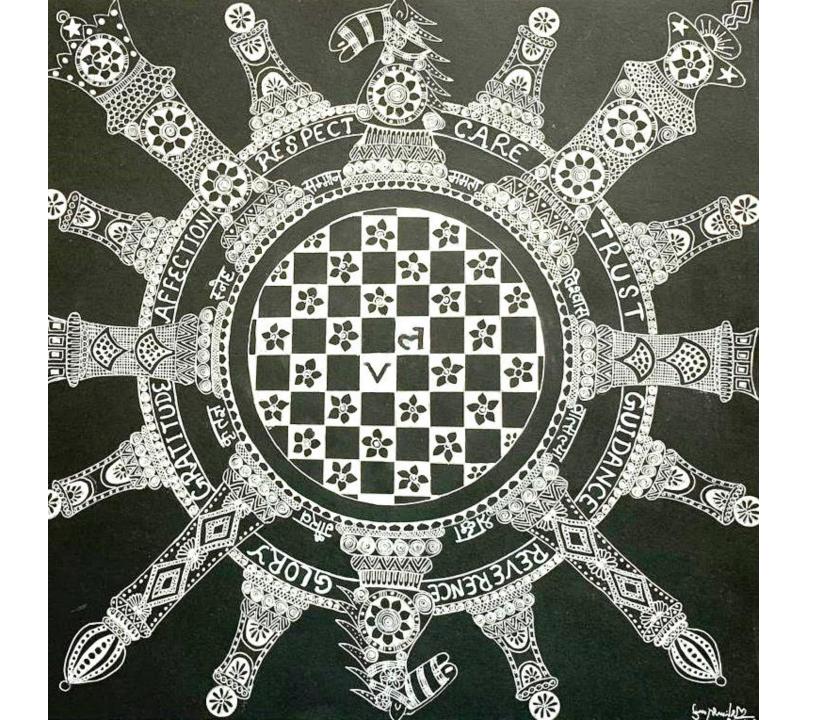




Self Reflection

Check whether you have a feeling of gratitude for those who have made effort for your excellence in your life...

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Assignment for Today

Each person has a different level of competence. There are many differences. But with these differences, what program can you make to ensure complementariness with every member of the family?

(Write a letter of Gratitude)

What program can you make in the institution to promote the effort for excellence in the students (and not competition)?

(In excellence, one helps to bring the other to his/her level, in competition, s(he) hinders the other from reaching to his/her level)

What efforts can be made in the institution to help the students understand the true meaning of love?

Self Reflection

- 1. In education, which feelings are essential in the teacher and in the student?
- 2. Make a list of people you have a feeling of gratitude.
- 3. Is love about sensation or about feeling in relationship?
- 4. What is justice? Is it to be ensured between 2 persons, then in family and so on or can it be enforced from outside?
- 5. What is the role of physical facility in understanding the right feelings and in the fulfillment of right feelings?
- 6. In relationship, where would you start?
 - Expect right feelings from the other
 - Take responsibility to understand relationship, ensure right feelings in yourself and express them to the other

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Observing, Understanding Relationship, Feeling

When we pay attention to human-human relationship, the focal point is feeling, so we will pay attention to the feeling

- 1. Is the feeling that we are paying attention to
 - Spontaneous or forced?
 - Natural or unnatural?
 - We want its continuity or not?
- 2. Has this feeling been ensured within me?
 - Have I understood it? Seen it?
 - Has this feeling been ensured in me or not?
 - Is there continuity of this feeling in me or not?
 - Explore if I have these feelings towards individual members of the family to start with, then with friends, with people we live with in the society, and ultimately with every human being
- 3. Am I able to express this feeling to the other in relationship?
- 4. Is my feeling reaching the other or not? Are they able to receive it or not? Are they able to rightly evaluate the feeling or not?
- 5. With all that, is mutual happiness taking place or not? Is mutual satisfaction being ensured or not?



Key Points

Lecture 16: Justice in Human-to-Human Relationship



Basic Human Aspiration

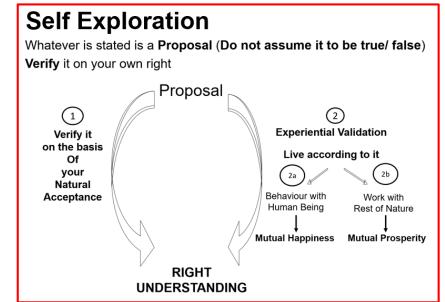
Continuous Happiness and Prosperity

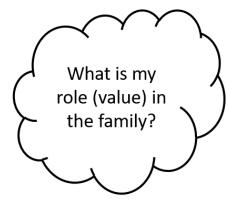
Happiness is to be in Harmony

Program for Fulfilment of Human Aspiration



Process of Understanding







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

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Feelings in Relationship: Expression of Truth, Love and Compassion

Trust विश्वास I am assured that the other intends my happiness & prosperity. The other is similar to me. I have a feeling of being related to the other

Foundation Value आधार मूल्य

Respect सम्मान	Right evaluation. We can make effort together.
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We are complementary to each other.

Affection रनेह 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 of one's relative

Reverence প্রার Acceptance for Excellence

Glory गौरव Acceptance for those who have made effort for Excellence

Gratitude কুনল্লনা Acceptance for those who have made effort for my Excellence

Love प्रेम The feeling of being related to all

Complete Value पूर्ण मूल्य

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FAQs for Lecture 16

Justice in Human-to-Human Relationship



Response

 Isn't affection the same as attachment to one or few people? Affection is the feeling of being related to the other. Attachment, however, indicates that we have over-evaluated the relationship and we have become dependent on the other for our happiness. Affection is born out of my understanding of relationship and this makes us self-dependent and having commitment for the other.

 How would we recognise that someone has a feeling of affection for us? Could you give us some indicators of affection? • When we have feeling of affection for someone, we have the commitment for the fulfillment towards him. This commitment shows up in the form being responsible towards the wellbeing of the relative, both at the level of self as well as body. So, we work for ensuring right understanding and feeling in the self (guidance) and for ensuring the health of the body (care) of my relative.

You are saying lack of affection is jealousy but I find that there are some people for whom I don't have a feeling of affection, but I am not jealous of them either. What would you call this?

What is the difference between affection and love

Response

 You want to say that you are being indifferent. Are you seeing this at the level of feeling or at the level of its fulfillment. At the level of its fulfillment, you may not be doing it with many people, even those for whom you have feeling of affection, but, at the level of feeling, it is important whether you have the feeling of affection or not. If you have the feeling of affection, it leads to harmony and happiness within, if not it leads lack of harmony, lack of happiness, somewhere deep down you have the feeling of fear with him. Observe this.

 Affection is the feeling of being related to one or many, while, love is the feeling of being related to all.

- When I am feeding my child, I realise I am paying more attention to the body, but then this is necessary to keep the child healthy – he does not know what is good for him, how much is required etc.
- We also care about other people's feeings. Is that not care? What would you call that?

Response

- This is fine. But, we have to make sure that we are talking of the self also, atleast not violating it. For example, when we are force feeding the child, are we taking care of the self also or violating it?
- In the general use of the word 'care', it is so.
 But, here, we have defined the feeling of
 care as feeling of responsibility towards
 body. Taking care about other people's
 feelings can be called as expression of
 feeling of affection.

Response

• Is there any difference between being a good teacher in a particular subject and guidance?

 Guidance as defined here, has to do taking the responsibility of development of the self. This means ensuring right understanding and right feelings in the self of the relative. This is very broad and teaching a subject may be a part of it.



 Can we not achieve excellence through competition? After all good colleges and good jobs are so limited, so there has to be competition

• I can understand what you said about competition. But to grow, should there not even be healthy competition? Or at least competing with myself?

 Without competition what would be the motivation for innovation and growth?

Response

- For excellence, we have to ensure understanding of harmony and living in harmony at all levels of our being. For this we don't have to compete, there is provision for everyone to do this in this nature, in existence. We only have to develop a proper system of education which will make it available to all.
- To grow, we have to work for excellence, and in the process we cooperate and not compete. When you say 'competing with myself', it would essentially mean working for excellence.

 Motivation for innovation and growth comes from working for excellence, as mentioned above.

We seek "name and fame" like movie actors or sports persons. Should we not have feeling of glory for such people?

- Can one have glory for oneself? Is glory same as pride?
- Where would national pride fit in with these feelings?

Response

- If they are working for excellence, then yes;
 if not, you ask your natural acceptance.
- We can have. If pride has a sense of ego, then it is not same as glory, if not then, we can call it self-pride.
- A society or a nation which is working for excellence, we will have a feeling of glory for it, and if it does not include ego, we can call it pride.

• Is gratitude the same as being thankful to someone or for something?

 Our students seem to be grateful for some time but then they tend to forget about it.
 Even our own children, we do so much for them, but there are times when they are so ungrateful. How to make them feel this gratitude?

Response

 Gratitude is the feeling for any help that we have received for our self development. This would include being thankful to someone or for something

 If we are giving them something which has continuity, then they will have the the feeling of gratitude in continuity. Ultimately, we have help them ensure right understanding and right feeling in them and then they will have continuity of feeling of gratitude.

Question(s):

 Love, falling in love, having boy/girl friends is a major issue for my students. It often distracts them from studies. How can that be resolved?

- Do we still have the feeling of affection when we have the feeling of love?
- Can you explain the feeling of love in more detail, as there are many confusions related to this.

Response

- They have to understand the feeling of love, atleast feeling of affection and see that it is related to the self and not to the body. Then they will be able to be responsible towards themselves (including their studies) and others.
- Feeling of affection is contained in the feeling of love.

Preconditioning Related to Love – Common misunderstandings

Excitement (from sensation, preconditioning) is confused for feeling

Sensation –

Lust, getting from the other

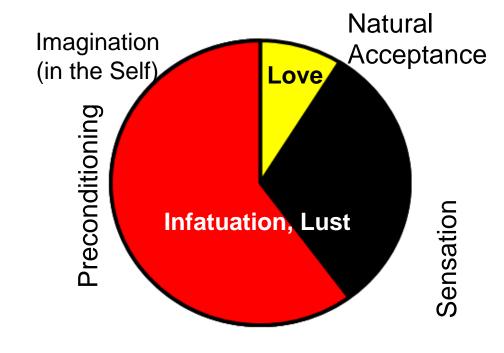
Continuity not possible

Preconditioning –

Infatuation

- 1. Love at First Sight?
- 2. By this age, I must have GF/BF?
- 3. The other has 4 GF/BF; I have only one?

Continuity not possible



Right understanding (natural acceptance) –

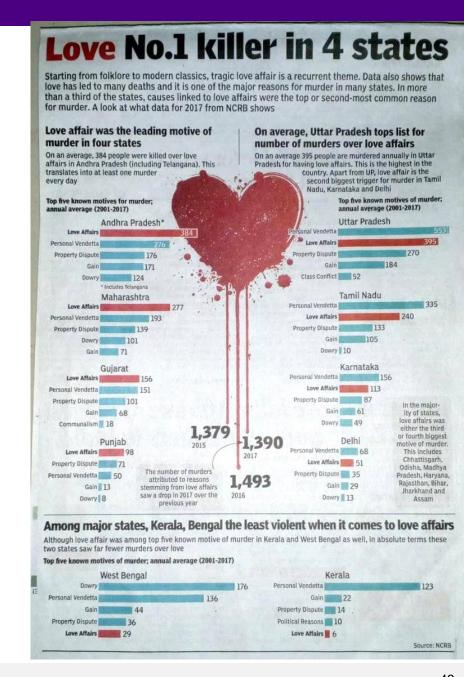
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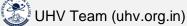
Once trust, respect, affection, care, guidance... are ensured within, then the feeling of being related to all follows naturally

Preconditioning Related to Love

This is certainly not Love!

The feeling of love needs to be understood rightly by all, particularly by youth





Happiness = Right understanding & right feeling in the self

Happiness = sensation (through the body) & feeling from other

Love = feeling in the Self

Love = sensation

Based on relating to the other self unconditionally

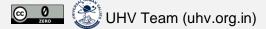
Infatuation, Attraction, Liking, Lust, Vasna, based on getting sensation / feeling from the other

Continuity is possible

Continuity is not possible

Response

• What is the difference between ragging and interaction?



Ragging

Interaction

 When we are not able to see this relationship with the newcomers, then we may tease them, make fun of them just for the sake of fun. We are not concerned about its impact on the newcomer. Of course, it hurts others. That is ragging.

- Can you recall, how does it feel, when you are hurt by someone? For how many days/ months/ years, it disturbed you?
- Is it wise/ a normal mental status to seek enjoyment by hurting others?

How do you feel when a relative/ friend come to your family?

 We feel happy about it. We want to share many things with them and also listen from them. This exchange of feelings and words satisfy all of us. That is interaction

(Here, we feel concerned with them, take care of their immediate needs and facilitate them to set their things in order....)

Interaction and Ragging

Of course, a welcoming healthy interaction is a must, because we are a member of the same institute family, will be staying together for 3-4 years

Thus, we are related to each other, we want to know each other so that we can be of help for each other in the process of understanding and learning together

Response

• What is the difference between feeling and expression of feeling?



Feeling and Expression of Feeling

Feeling Can be continuous

Continuity is desirable for right feelings

e.g. Respect

Expression of Feeling Can't be continuous

We don't want continuity here!

e.g. Shaking hands

Feeling Expression of Feeling

Trust Cooperation

free from complaints, irritation, anger

Respect Mutual development

Affection Commitment- responsibility towards relative

- -

Love Compassion, Unconditional commitment

free from struggle

The important thing is to understand the feelings, to ensure the feelings within

Competition and Collaboration/Cooperation

 What is the difference between Competition and Collaboration/Cooperation When we feel related to each other, we cooperate. On the other hand, when have a feeling of opposition, we compete.
 Our natural acceptance is for relationship

and cooperation and not for opposition In today's world view, we assume there is "Struggle for survival and survival of the fittest"; rather than a relationship of mutual fulfillment in nature.

Just ask yourself- When does our mutual growth/ competence becomes better-

- When we help each other wherever needed
- When we work separately in isolation or
- When we work separately in opposition

Right Feeling Within

Feeling from Other

You have the right understanding (of relationship, harmony and co-existence)

[You are aware of it, guided by it]

This ensures

You have the right feeling within (happiness)

definite, continuous, unconditional

(Right understanding and right feeling is your property;

not dependent on other;

You are in a state of self-organisation or swatantrata)

Within, you don't have any definite feeling (it keeps fluctuating)

- If the other expresses right feeling, you feel "happy"
- If the other expresses wrong feeling, you feel "unhappy"

This indicates

You don't have the right understanding

(In terms of feeling, you are dependent on the other;

you are in a state of enslavement or partantrata)



The expression of feeling is only an indicator of the state of being

The other is not expressing the right feeling

You are not perturbed by itCheck own past misbehaviour

The other does not have the right feeling (is unhappy)

You express right feeling only, try to assure the other

The other does not have the right understanding

You are committed to help the other develop right understanding (as and when (s)he feels assured of you, your behaviour)

The other has a natural acceptance to make you happy and prosperous

You have trust on intention of the other. You feel related to the other. You feel responsible in the relationship, unconditionally

[but (s)he is not aware of it, is not guided by it]

+

Role of Physical Facility in Fulfilment of Relationship

Physical facility is only useful for nurturing the body, its protection and its right utilisation

Of course, it includes using the body for fulfilment in relationship

- In the expression of the feelings

In that context, only for fulfilling the feeling of care there is a role of physical facility (for nurturing, protection and right utilisation of the body)

Family

People living together in a relationship of mutual fulfillment with a common family goal (happiness, prosperity → continuity)

Family is a training ground:

- To understand relationship & to live in relationship
 Developing the right feeling (trust, respect... love) → happiness
- To understand the need of physical facility & together produce more than required physical facility → prosperity
- 3. To participate in the larger order (in the family... in the society) → continuity of happiness, prosperity... generation after generation



Competition and Collaboration/Cooperation

When we oppose/ misguide each other Wrong impacts of feeling of competition-

- On our own happiness and prosperity
- On other human beings with whom we are interacting
- On the society and nature
- We feel unhappy, whenever we have a feeling of competition within
- Hinders the growth of others and make them unhappy
- Promotes struggle, war etc in the society
- Over-consumption and therefore exploitation of natural resources

- When we feel related to each other, we cooperate. On the other hand, when have a feeling of opposition, we compete.
- Our natural acceptance is for relationship and cooperation and not for opposition
- Our perception depends upon our world-view
- In today's world view, we assume there is "Struggle for survival and survival of the fittest"; rather than a relationship of mutual fulfillment in nature.
- Just ask yourself- When does our mutual growth/ competence becomes better-
 - When we help each other wherever needed
 - When we work separately in isolation or
 - When we work separately in opposition

- आप प्रेम की बात कर रहे हैं और हमारे पड़ोसी देश हमारे देश पर आए दिन हमला बोलते रहते हैं, हमें गुलाम बनाने की तयारी करते रहते हैं | अगर आपकी बात मान लें तो इसका मतलब तो फिर बार्डर से army भी हटा देनी चाहिए | तो ऐसा लगता है के आप के काल्पनिक बात कर रहे हैं।
- अगर आज समाज की स्थिति की बात करें तो लगभग-लगभग पूरी धरती के संसाधनों को चंद हाथों ने कंट्रोल कर लिया है | ऐसे में एक शिक्षक जो ईमानदारी से अपने बच्चों का पालन-पोषण कर रहा है, वो क्या कर सकता है|

 How about other feelings like truth, honesty, hard work, integrity, sympathy, empathy...
 These are also valueable. Can we call these also values?

- Had it not been for disciplinary committees and anti-ragging enforcement, we would have had lot of ragging on our campus. Do you think justice can be managed without strict enforcement?
- Today we go to court for justice. What would be the role of courts in serving justice?
- What is the role of punishment and atonement (prayaschit) in justice?