Topic:TRUST

- Subject : **Universal Human Values 2 : Understanding Harmony**

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Need to Explore Relationship

We had explored “can we live in relationship without understanding relationship?”

Having right understanding about relationship is necessary for fulfillment in relationship

We had also explored "the unhappiness in our families is more due to lack of physical facility or more due to lack of fulfillment in relationship?”

The major issue in family is that of relationship; physical facility (and body) is used as a means

Need to Explore Relationship

As long as we consider human being to be body, it is not possible to understand relationship; and without understanding relationship, it is not possible to fulfill relationship, even though we do want to fulfill relationship. We are trying to assume relationship on the basis of body and trying to fulfill relationship on the basis of body, and it does not work, inspite of all good intentions

Now we can explore relationship with the clarity of human being, as co-existence of self and body

Harmony in the Family

1. Relationship is – between one self (I_1) and another self (I_2)*
2. There are feelings in relationship – in one self (I_1) for the other self (I_2)
3. These feelings can be recognized – they are definite
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

These feelings can be recognized – they are definite (9 Feelings)

Each of us can investigate if these feelings are naturally acceptable to us or not

What is naturally acceptable to you?

Feeling of	trust	or mistrust?
Feeling of	respect	or disrespect?
Feeling of	affection	or jealousy?
Feeling of	care	or exploitation?
Feeling of	guidance	or misguidance, confusion?
Feeling of	reverence	or irreverence?
Feeling of	glory	or inglorious feelings?
Feeling of	gratitude	or ingratitude?
Feeling of	love	or hatred?

Trust

What is Trust?

2. Will trust be there for only few persons or for all?

3. Will trust be conditional or unconditional?

4. Can we trust anybody in continuity?

Trust

Trust = to be assured (आश्वस्त होना)
= to have the clarity that the other wants to make me happy & prosperous
= दूसरा मेरे सुख, समृद्धि के अर्थ में है, ऐसा स्पष्ट होना

Now, let us explore this feeling of trust between two individuals

- You are the first individual
- Think of the other as someone in your family… close friends

And let us ask some simple questions…

Evaluating Trust – Between 2 Individuals

About your Natural Acceptance

1a. I want to make myself happy

2a. I want to make the other happy

3a. The other wants to make herself/himself happy

4a. The other wants to make me happy

About your Competence

1b. I am able to make myself always happy

2b. I am able to make the other always happy

3b. The other is able to make herself/himself always happy

4b. The other is able to make me always happy

About the Other

The other broke the glass!

The other is a born late comer!

If the other makes a mistake even once…

- I doubt his/her intention
  - S(he) makes mistakes intentionally
  - I have a feeling of opposition, get irritated, angry…
  - I reinforce “The other is bad”, can not improve

About Myself

The glass broke accidentally!

I got late again, such a heavy traffic!

Even if I make the same mistake 100 times…

- I never doubt my intention
- I make mistakes by accident
- I have a feeling “I am special”
- I reinforce “I am good”. I do not make effort to improve my own competence

Common Mistake in Relationship

I evaluate myself on the basis of my intention

I evaluate the other on the basis of their competence

I doubt their intention. I assume their lack of competence to be their lack of intention → I feel opposed to the other, I get irritated, angry…

I may not speak to the other for days… or even breakup the relationship… One may have lost many good friends like this…

Self Reflection

If you have unconditional, continuous trust on intention (natural acceptance) of the other and if the other is lacking competence, what will you do:

a) Try to improve his competence
(and also improve your competence)
b) Get irritated
c) Get angry
d) Have a feeling of opposition

How many persons, in your family and friends, do you have trust on intention (natural acceptance) – unconditional, continuous?

This is fundamental. Trust on intention is the foundation of relationship

You can get an idea of the state of your understanding about relationship from this exploration

Sharing & Questions regarding your Self Reflection

How many persons, in your family and friends you have trust on intention (natural acceptance) – unconditional, continuous?

If you have unconditional, continuous trust on intention (natural acceptance) of the other and if the other is lacking competence, what will you do:

a) Try to improve his competence (and also improve your competence)
b) Get irritated
c) Get angry
d) Have a feeling of opposition

Trust: The Foundation of Relationship

With trust on intention, I feel related to the other (I accept the relationship)

When I make a program with the other

- I evaluate his competence as well as my competence and
- I make the program in accordance with our current mutual competence

I am consistently making effort to learn, to improve my competence

If the other is lacking in competence, I am committed to help the other to improve his competence, without becoming irritated…

Understanding Trust

Being able to see that all human beings have the same natural acceptance (intention) as me

Trust on intention is founded on understanding (not based on events)

It does not keep changing with time or person. So it can be unconditional and continuous

Of course, the competence may or may not be there – in me or in the other

SUMMARY

Trust is to have the clarity that the other wants to make me happy & prosperous.
Trust is the foundation of relationship

If I am aware of my natural acceptance, I have trust on intention
I feel related to the other (I accept the relationship)
When I make a program with the other, it is based on right evaluation of our mutual competence

- In case the other is lacking in competence
  - I make effort to assure the other
  - I make effort to improve his competence once he is assured in relationship (and not before that)
- If I lack competence, I become ready to take help from the other to improve my competence

If I am unaware of my natural acceptance, I may have doubt on intention

- I evaluate the other on the basis of his competence and assume the lack of competence to be the lack of intention; and thus feel opposed to him (while I evaluate myself on intention)
- This feeling of opposition shows up as irritation or anger (and it may further lead to fighting, struggle and war)