



Lecture 14

'Trust' – the Foundational Value in Relationship

Basic Human Aspiration

Continuous Happiness and Prosperity

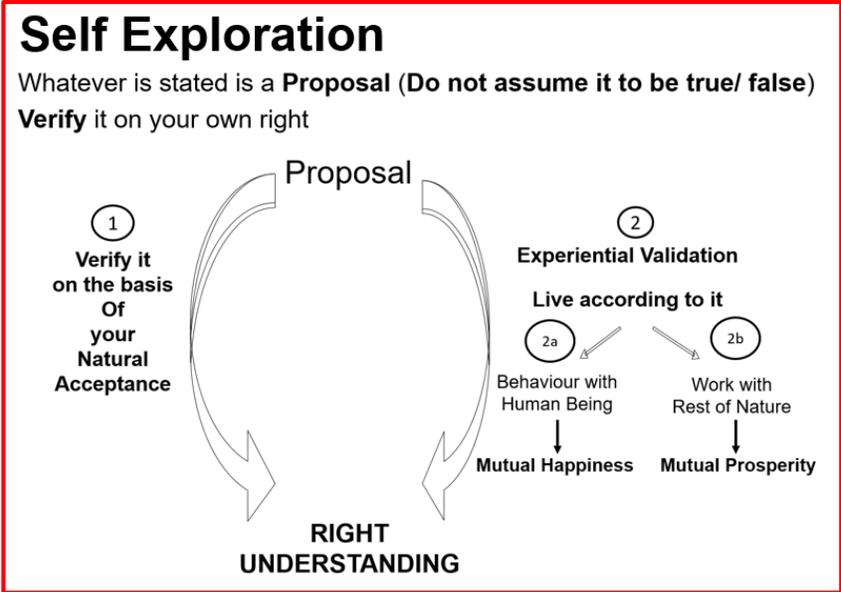
Happiness is to be in Harmony

Program for Fulfilment of Human Aspiration

Understanding Harmony and Living in Harmony at all Levels

- Harmony in the Human Being ✓
-  **Harmony in the Family**
- Harmony in the Society
- Harmony in Nature/Existence

Process of Understanding



What is my role (value) in the family?



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

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

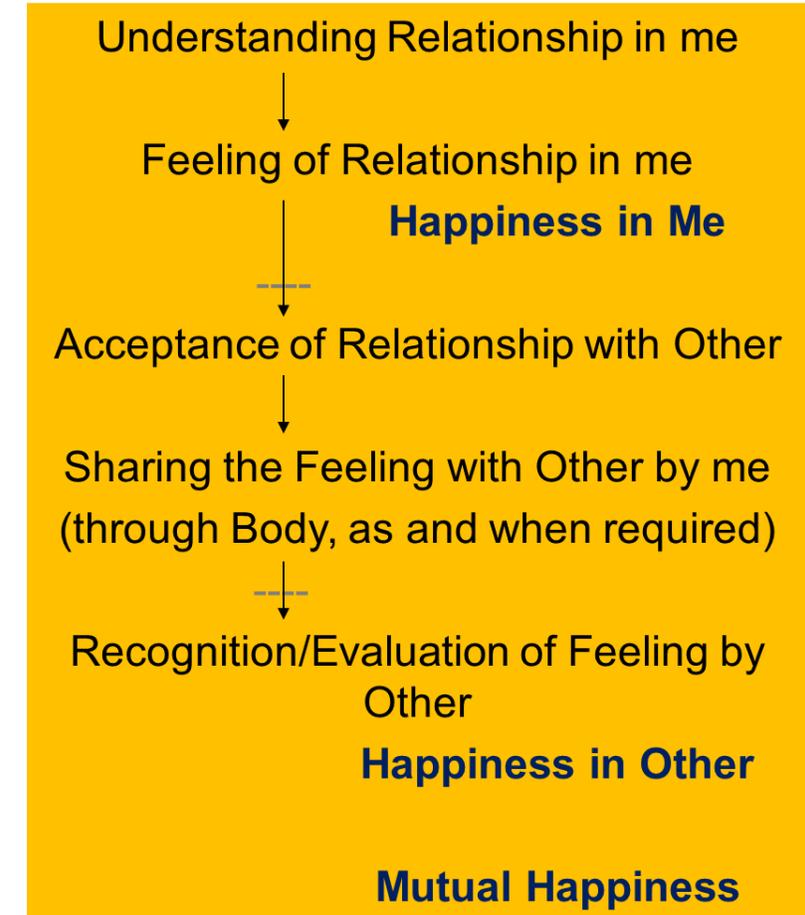
Now we can explore relationship with the clarity of human being, as co-existence of self and body

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 (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



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

We 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 (विश्वास)

Trust = to be assured (आश्वस्त होना)
= to have the clarity that the other wants to make me happy and 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 ?



Intention – Natural Acceptance

What You Really Want to Be

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 ??



Competence

What You Are (Your Imagination)

About the Other

The other broke a glass

If the other makes a mistake even once...

- I doubt his intention
- 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 by accident

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



Doubt on Intention: Mistrust

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

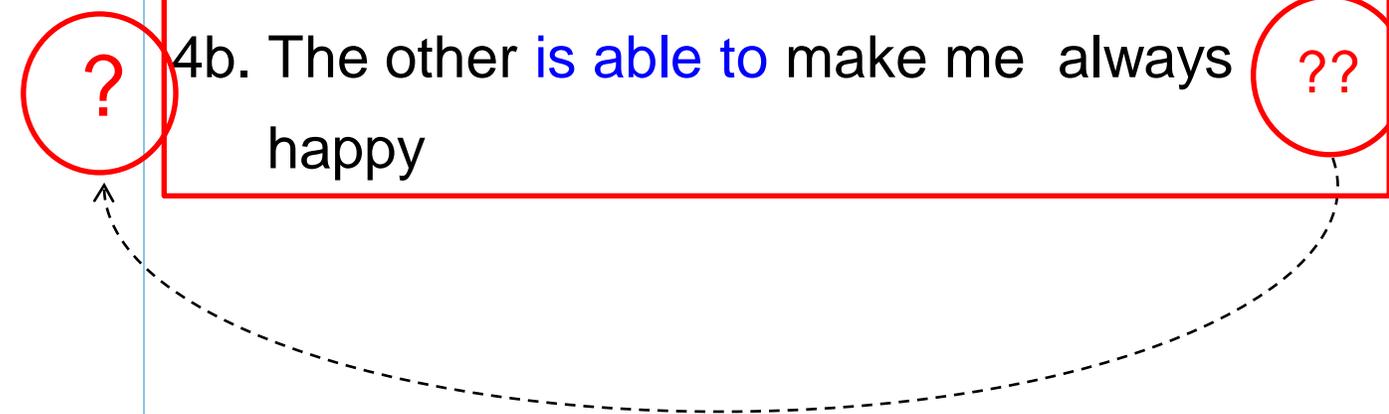
- 1b. I **am able to** make myself always happy ?
- 2b. I **am able to** make the other always happy?
- 3b. The other **is able to** make herself/himself always happy ?
- 4b. The other **is able to** make me always happy ??

Intention – Natural Acceptance

What You Really Want to Be

Competence

What You Are (Your Imagination)



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...

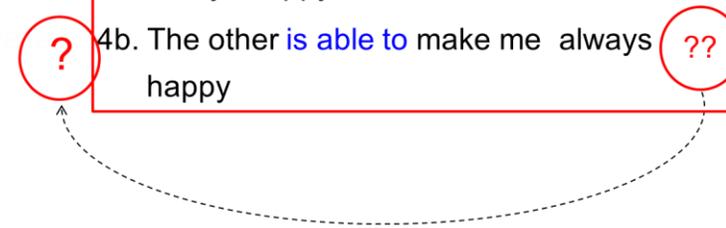
I may not speak to the other for days... or even breakup the relationship... One may have lost many good friends like this...

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 Ability

- 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 ??



Doubt on intention is a major reason for problems in relationships

Self Reflection

If you have unconditional, continuous trust on intention (natural acceptance) of the other and if the other is lacking competence, what do 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 on Intention → Response
- } Doubt on Intention → Reaction

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... and plan for your further self-development



Some Common Misunderstandings about Trust

Confusing trust and dependability

Trust is based on understanding – is definite, does not change with time or person

Dependability is based on events – can keep changing

Confusing intention and competence

Intention = natural acceptance

Competence = imagination guided by natural acceptance

and many others...

Trust: To have the clarity that the other intends to make me happy

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 ??

Intention – Natural Acceptance

What You Really Want to Be

Competence

What You Are (Your Imagination)

About the Other

The glass broke by accident

Even if the other makes the same mistake 100 times...

- I am clear about his intention
- I know the mistake is due to lack of competence, not a lack of intention
- I make effort to help improve his competence with a feeling of affection

I know that “he may have difficulty understanding (due to lack of his competence) ... and also, I may have difficulty in explaining (due to lack of my competence)...”

About Myself

The glass broke by accident

When I make a mistake even once...

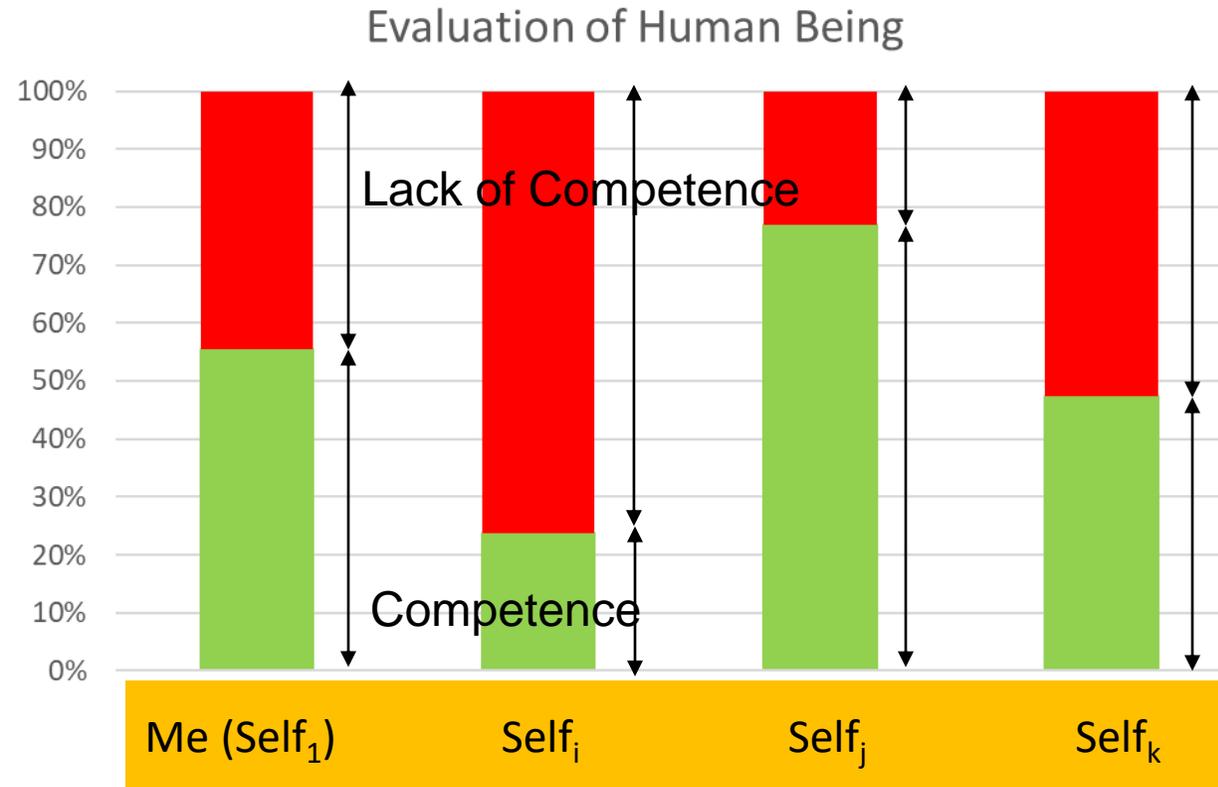
- I am clear about my intention
- I know the mistake is due to lack of competence, not a lack of intention
- I make effort to improve my own competence (I am willing to learn)

Trust on intention is the starting point for mutual development



Same Natural Acceptance in All, Differences only in Competence

The Natural Acceptance (Intention) is same in every human being



Competence = the % of imagination guided by Natural Acceptance

Competence of various people may be quite different

Take-away:

Trust on Intention (Natural Acceptance)

I am able to see that

**the other has a natural acceptance (intention) to make me happy
s(he) may or may not have the competence to do so**

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...

<u>About your Natural Acceptance</u>		<u>About your Ability</u>
1a. I want to make myself happy	✓	1b. I am able to make myself always happy ?
2a. I want to make the other happy	✓	2b. I am able to make the other always happy?
3a. The other wants to make herself/himself happy	✓	3b. The other is able to make herself/himself always happy ?
4a. The other wants to make me happy	✓	4b. The other is able to make me always happy ??

Trust on intention is the starting point for mutual development



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)

Assignment for Today

Find a quiet hour with your family or friends... and discuss what we explored about trust

Do ask the eight questions to at least one person (your spouse, family member or friend)

1a. Do I want to make myself happy?

1b. Am I able to make myself always happy?

2a. Do I want to make the other happy?

2b. Am I able to make the other always happy?

3a. Does the other want to make him happy?

3b. Is the other able to make him always happy?

4a. Does the other want to make me happy?

4b. Is the other able to make me always happy?

Also recall what you have been doing when the other was lacking competence with her/him

a) Try to improve his competence
(and also improve your competence)

b) Get irritated
c) Get angry
d) Have a feeling of opposition

What is your inference about your state? Your feeling of trust from this exercise?

Would you like to continue with the same state?

Make a broad plan of action to re-connect with at least one dear to you whom you lost due to mistrust



Some More Details

Some Common Misunderstandings about Trust

Confusing between trust and dependability

Assuming trust vs understanding it

Disclarity of intention and competence

Distinguishing intention from desire

Trust

Trust is based on understanding – is definite, does not change with time or person

I can see that the natural acceptance (intention) of the other is to be happy and make me happy even if the competence is absent

Same is true for me

I rightly evaluate my own competence and the competence of the other before making a program

During/after the program, I re-evaluate our mutual competence for future programs

My acceptance of the other is definite, unconditional

If the other is lacking in competence and I have more competence, I am ready to help the other (and vv)

It leads to mutual happiness and mutual development

Dependability

Dependability is based on events – can keep changing

The last 5 times I lent her money, she returned it on time... so I can depend on her

He said he will reach at 11, but look it is after 12 now... he always comes late... so how can I depend him to be on time?

I evaluate the competence of the other before making a program

I may re-evaluate the competence of the other for future programs

My acceptance of the other is conditional

If the other is lacking in competence, I may reject the other (and vv)

It does not necessarily lead to mutual happiness or mutual development

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

Assuming Trust

“Trust” on competence is based on events – can keep changing

The last 5 times I lent her money, she returned it on time... so I can trust her

He said he will reach at 11, but look it is after 12 now... he always comes late... so how can I trust him to be on time?

Here we are not looking at the natural acceptance (intention). We are only seeing the competence

Intention

Intention is not the same as expectation

Intention is not the same as desire

Intention = Natural Acceptance

We have a natural acceptance for

- Relationship
- Harmony (order)
- Co-existence

Competence

Competence is not the same as intention

Competence = Imagination guided by natural acceptance

Our imagination may also be motivated by preconditioning and sensation

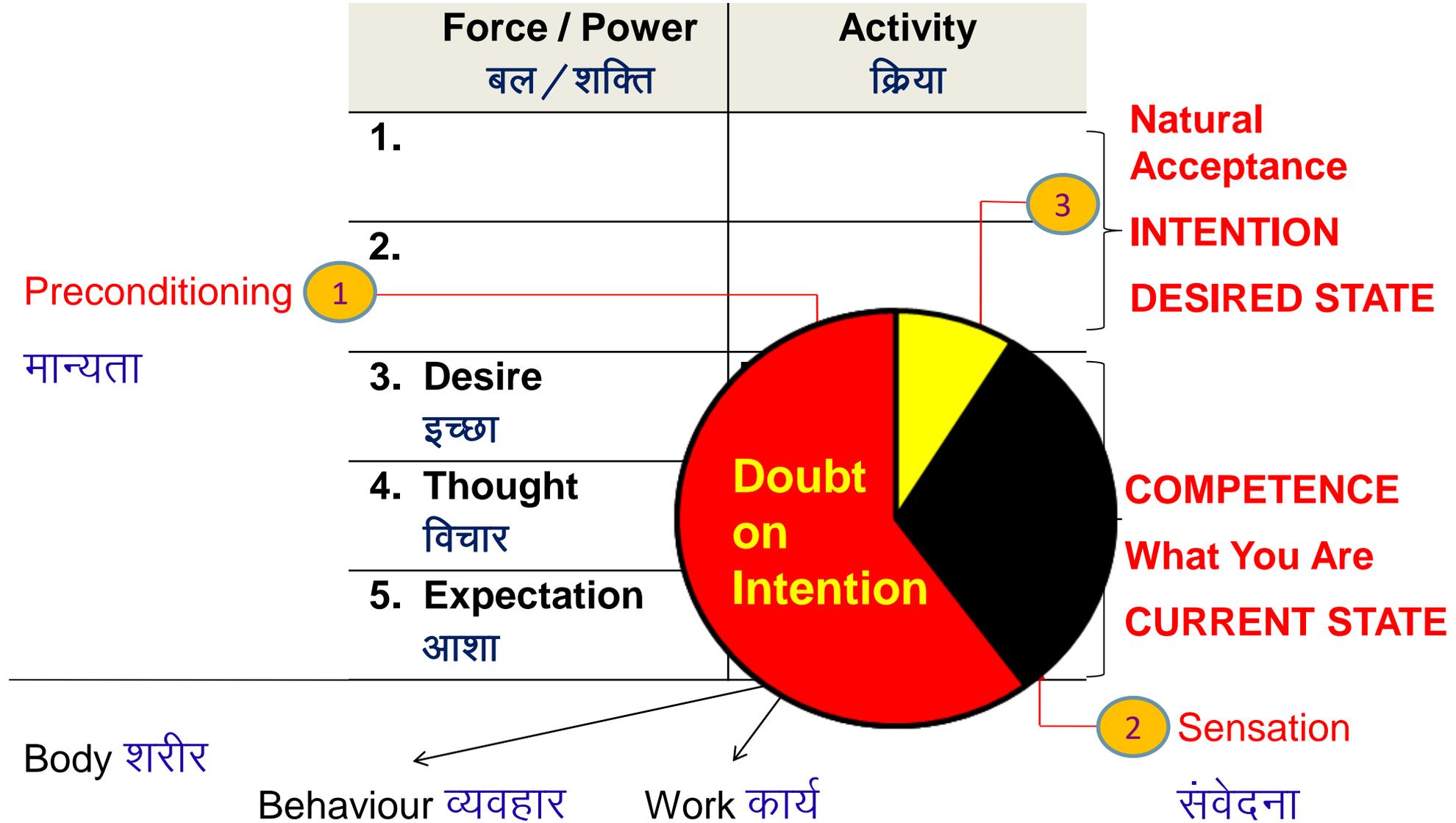
e.g., opposition, jealousy, revenge, struggle, conflict... may be a part of our imagination even though these are not naturally acceptable to us

Distinguishing between Intention (Natural Acceptance) and Desire

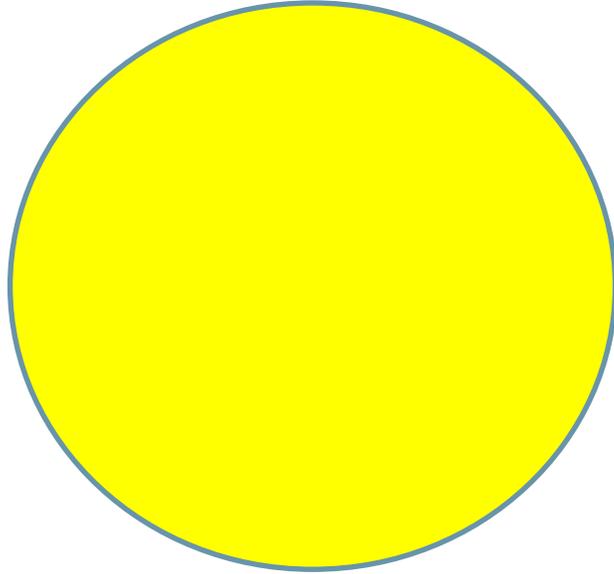
Desire is not the same as Natural Acceptance

(only a small set of Desires may be guided by Natural Acceptance...

A larger set of desires may be motivated by Preconditioning or Sensation)



Fully Competent Self



Imagination fully guided by natural acceptance,
right understanding

Self in Harmony – Happy Self

Partially Competent Self



Imagination partially guided by natural acceptance

Self in Disharmony – Partially Happy Self



Self Reflection

Assignment for Today

List the members in your family. Now ask the eight questions regarding trust for each person and evaluate. Get into dialogue if required.

- 1a. Do I want to make myself happy?
- 2a. Do I want to make the other happy?
- 3a. Does the other want to make himself/herself happy?
- 4a. Does the other want to make me happy?

- 1b. Am I able to make myself always happy?
- 2b. Am I able to make the other always happy?
- 3b. Is the other able to make himself/herself always happy?
- 4b. Is the other able to make me always happy?

Now evaluate your
intention (natural acceptance) and
level of competence

Self Reflection

1. How many persons, in your family and friends, do you have trust on intention (natural acceptance) – unconditional, continuous?
You always make effort to improve mutual competence
(your own competence as well as the competence of the other)
rather than getting irritated, angry or having a feeling of opposition
(even for a moment)
2. Can you see that the problems in relationship have more to do with lack of understanding relationship rather than with lack of physical facility?
3. When you have a feeling of opposition, get irritated or angry, observe your desire, thought, expectation – can you observe the doubt you have on the intention of the other?
4. Can you see your own intention (natural acceptance) clearly?
[Then you can conclude about the intention of the other also]
5. What is the basis for trust on intention...
 - Right understanding (of Human Being, Human Relationship...)
 - Experience of events

Self Reflection

What is the basis for trust...

- Right understanding of Human Being
- Experience of events

Feeling based on right understanding can be unconditional, continuous...

Self Reflection

What is the role of physical facility

- in understanding trust
- in expressing the feeling of trust

Like this we can find out the role of physical facility in the fulfillment of relationship

Except for the feeling of care, the role of physical facility is not there or is just symbolic

Self Reflection

Where would you start

- expect or demand trust from the other
- make effort to develop the feeling of trust in yourself and to express it to the other



Key Points

Lecture 14: 'Trust' – the Foundational Value in Relationship

Basic Human Aspiration

Continuous Happiness and Prosperity

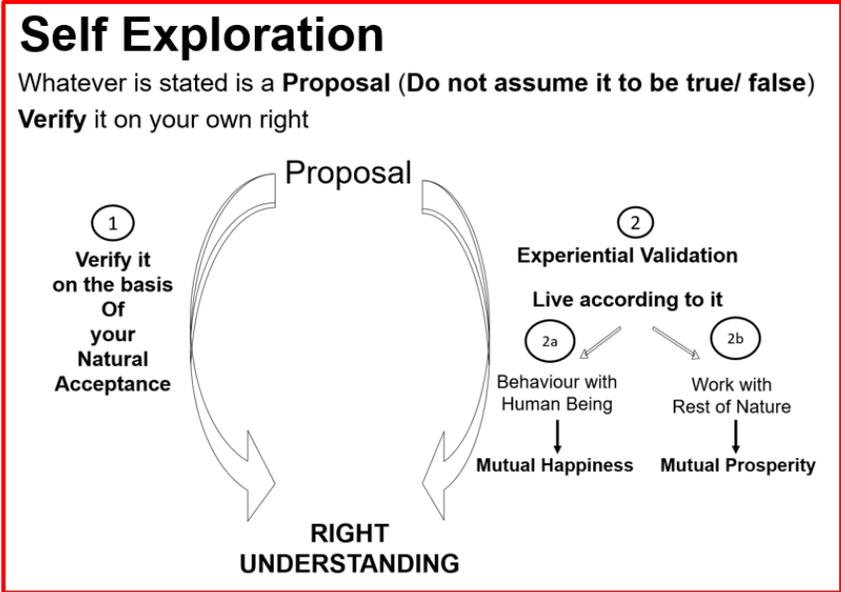
Happiness is to be in Harmony

Program for Fulfilment of Human Aspiration

Understanding Harmony and Living in Harmony at all Levels

- Harmony in the Human Being ✓
-  **Harmony in the Family**
- Harmony in the Society
- Harmony in Nature/Existence

Process of Understanding

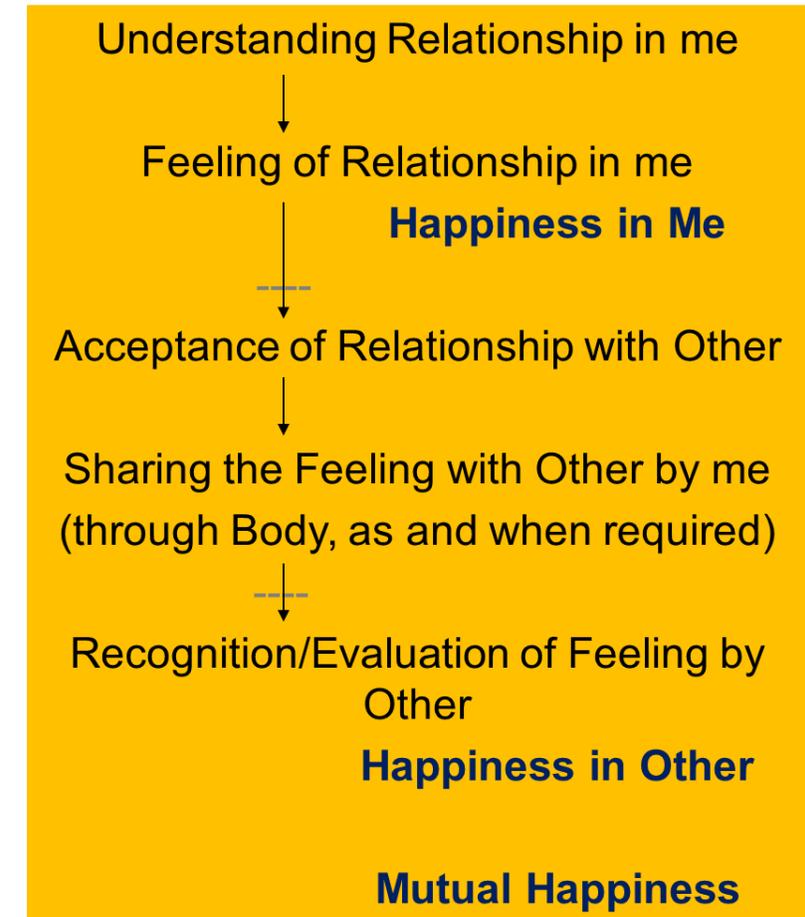


Harmony in the Family

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Feelings in relationship:

1. Trust विश्वास FOUNDATION VALUE
2. Respect सम्मान
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Trust (विश्वास)

- 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

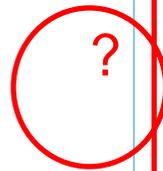
Doubt on Intention: Mistrust

About your Natural Acceptance

- 1a. I **want to** make myself happy ✓
- 2a. I **want to** make the other happy ✓
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- 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 ??



Intention – Natural Acceptance

What is Naturally Acceptable to You

Competence

What You Are ($\sum D, T, E$)

Trust: To have the clarity that the other intends to make me happy

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 ?
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Intention – Natural Acceptance

What is Naturally Acceptable to You

Competence

What You Are ($\sum D, T, E$)

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

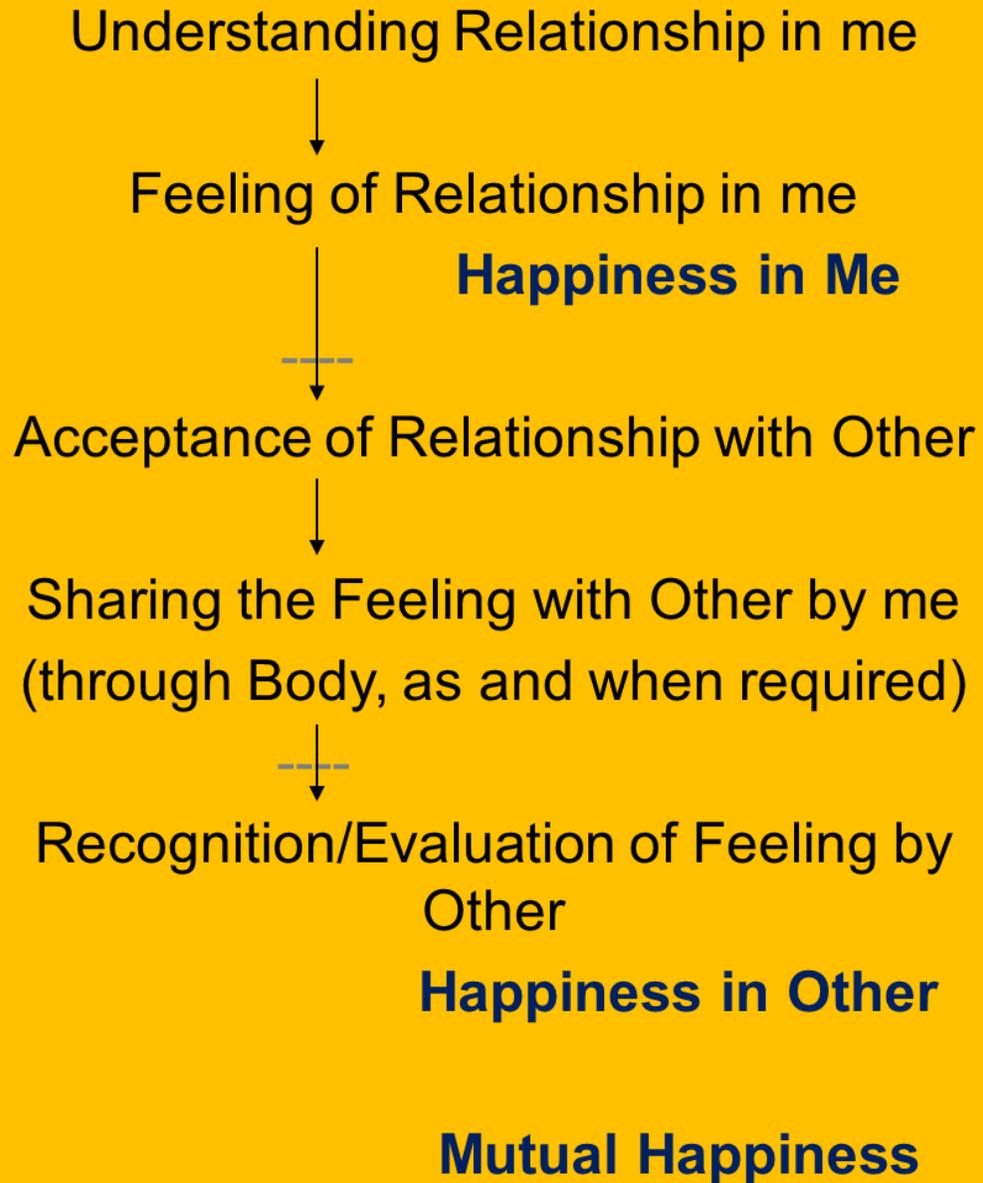
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- This feeling of opposition shows up as irritation or anger (and it may further lead to fighting, struggle and war)



FAQs for Lecture 14

'Trust' – the Foundational Value in Relationship

Feelings based on Understanding



In me – unconditional, continuous

} Role of Education

Expression of feeling

(through Body, as and when required)

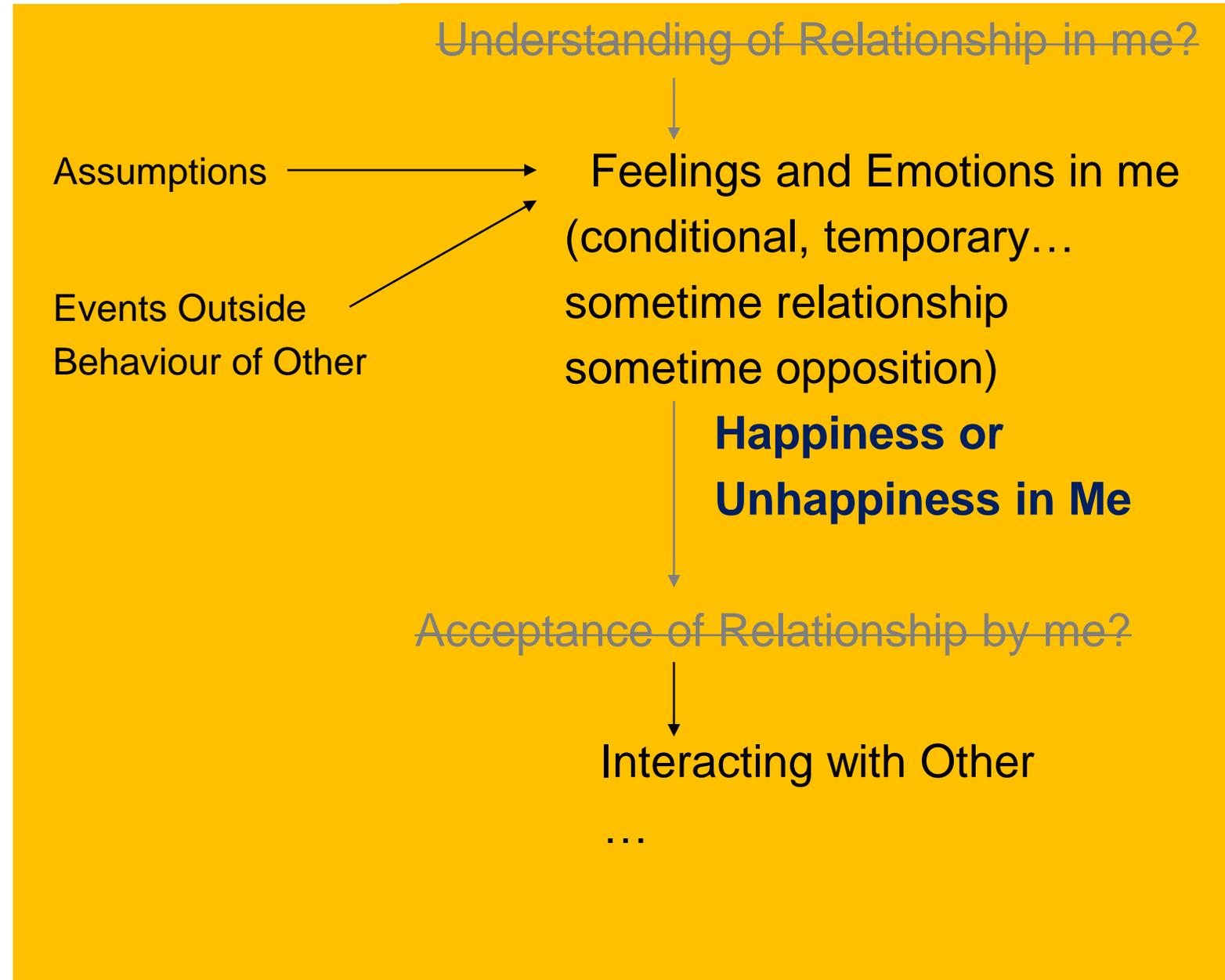
→ Harmony in the Family

My Feelings are Based on My Assumptions, My Interpretation of Events Outside

My feelings are conditional,
may change from time to time...

My feelings are decided by
my own assumptions or
outside events / behaviour of other

My state (happiness/unhappiness)
is decided/dictated by the other
(I am in a state of enslavement)



Question 1:

Does everybody really have the right intention?

There are corrupt people... thieves... terrorists... in the society

How can we say that their intention is pure?

1. Intention

= natural acceptance

My intention

I intend to make myself happy

I intend to make the other happy

The intention of the other

The other intends to make himself/herself happy

The other intends to make me happy

2. Competence

The other may have wrong preconditioning about happiness,

e.g.,

- Happiness = accumulation of physical facility
- Money is everything

With such preconditioning driving the imagination (i.e., desire, thought, expectation), it may well be that

- Desire = *“I want to be rich”, feeling of willingness to exploit*
- Thought = *“it is easier to get rich by stealing”*

Check

Do you ever intend to be angry?

← Intention

Do you sometimes become angry?

← Competence

3. Analysis

- How did he/she get to this state?
- Human education was not available in the family, society
- The society also seemed focused on happiness from outside, putting peer pressure to be rich

4. My Role

With such individuals

- Make a program based on mutual competence
- Restrain them, and provide a conducive env.
- Facilitate their self-development, ensure human education for them

In the Society

- Ensure human education for next generation

Question 1: Intention

- Does everybody really have the right intention – they could be corrupt people... thieves... terrorists...

Response

- Intention has to do with natural acceptance, and we can see that every human being has same natural acceptance, hence, right intention. However, their competence may be different i.e. their desire, thought, expectation may be different. For example, one may have desire to fulfill others while the other may have desire for exploiting other (at that level they could be corrupt people... thieves... terrorists). So, at the level of desires, there may be difference. What we are saying is that we have to have trust on intention but, when it comes to making a program with him, we evaluate our mutual competence and decide for the program on the basis of it.

Question 2:

How can we trust everybody, even people we have never met?

Isn't it blindly trusting everyone?

Trust on Intention

To be able to see that all human beings intend to be happy and make others happy

Dependability

= Their **competence** to fulfil our expectation

e.g., I loaned her money n times and she returned it on time every time, so she is dependable

e.g., He has come late to our meeting 6/10 times, so he is not very dependable

Blind Trust

= Assuming that the other always has the competence to fulfil my expectation
(as I have assumed everyone's intention is always pure)

Program

I have trust on intention, I feel related to other
I rightly evaluate their competence and also my competence

I make a program based on our mutual competence with a feeling of relationship

Check

1. Are you assuming trust to be the same as dependability?
2. Are you blindly assuming trust?
3. Are you able to see that you feel related when you have trust on intention?
4. Are you able to rightly evaluate mutual competence before making a program with the other?

Questions 2 and 3: Intention

- How can we trust everybody, even people we have never met? Isn't it blindly trusting everyone?
- If a person is making the same mistake again and again, even after drawing his attention to the mistake, can we say his intention is right?

Response

- What we are saying is that we have to have trust on intention but, when it comes to making a program with him, we evaluate our mutual competence and decide for the program on the basis of it. So, it is not a question of blindly trusting the other, deciding the program on the basis of proper evaluation of the competence of the other.
- Yes. There is a problem with his competence; this we can verify for our own case, we have right intention but we keep making many mistakes again and again. Now, we both have to work to improve upon his competence (and keep working on our own competence).

- Don't you think that if we keep trusting others and quietly keep accepting their behaviour, then they will keep taking advantage of us?
- If I start trusting everyone, I will get cheated. I don't think we should start trusting right away. So my question is, for how long should we observe someone before trusting them?

- Quite likely. This may happen to begin with, but slowly the other person will accept your feeling and there will be some space created in the other, then the dialogue can begin and we can together explore into the proposals regarding relationship. Sometime, we may have to be very tough to draw the attention of the other, but that is making the program based on our mutual competence with the feeling of trust on intention. For example, a mother will stop the child from putting his hand in fire by force, but with a feeling of affection.
- Till we are able to evaluate his competence properly.

Question 6: Trust

- If someone you rely on or believe in breaks your trust, how can we keep trusting them continuously? And what to do with them?

Response

- As we said, we have to make the program on the basis of proper evaluation of our mutual competence. It is possible that our evaluation may not be correct, and it may have problem. So, we have to work on reevaluating our mutual competence.

- Now I can see the problem with my spouse – s(he) doubts my intention! So what should be my next step?
- I have the right intention and I want to help the other to improve his competence, but he does not listen. What should I do?
- How many times, for how long should you help the other to improve their competence? 10 times? What if the other does not really want to improve?

- An interesting case in a workshop- ‘now, I understand, the problem is that my wife doubts my intention!’ the next step is to have trust on intention of your spouse, and the process may start with it.
- You have the intention, but you have to develop the competence. Only when your behaviour is fulfilling for the other that he will feel assured of you and a dialogue will start. Then, he will be ready to listen to you.
- It depends on competence of both. If, you find that presently, there is problem with your competence (sanskar) as well as the competence of the other, then it may be better to give time and work on improving one’s own sanskar

Question 10:

- What is the difference between reaction and response?

Response

- Reaction and response- described in the next slide

Response

You decide your feeling on your own right

It is based on right understanding

You always have the right feeling

It is definite and unconditional

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

You are self-organised

Your conduct is definite

Reaction

You decide your feeling based on the behaviour of the other

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

- If the other behaves properly, you have a right feeling and may behave properly
- If the other misbehaves, you have a wrong feeling and you may also misbehave

Your “remote control” is with the others

You are enslaved

Your conduct is indefinite

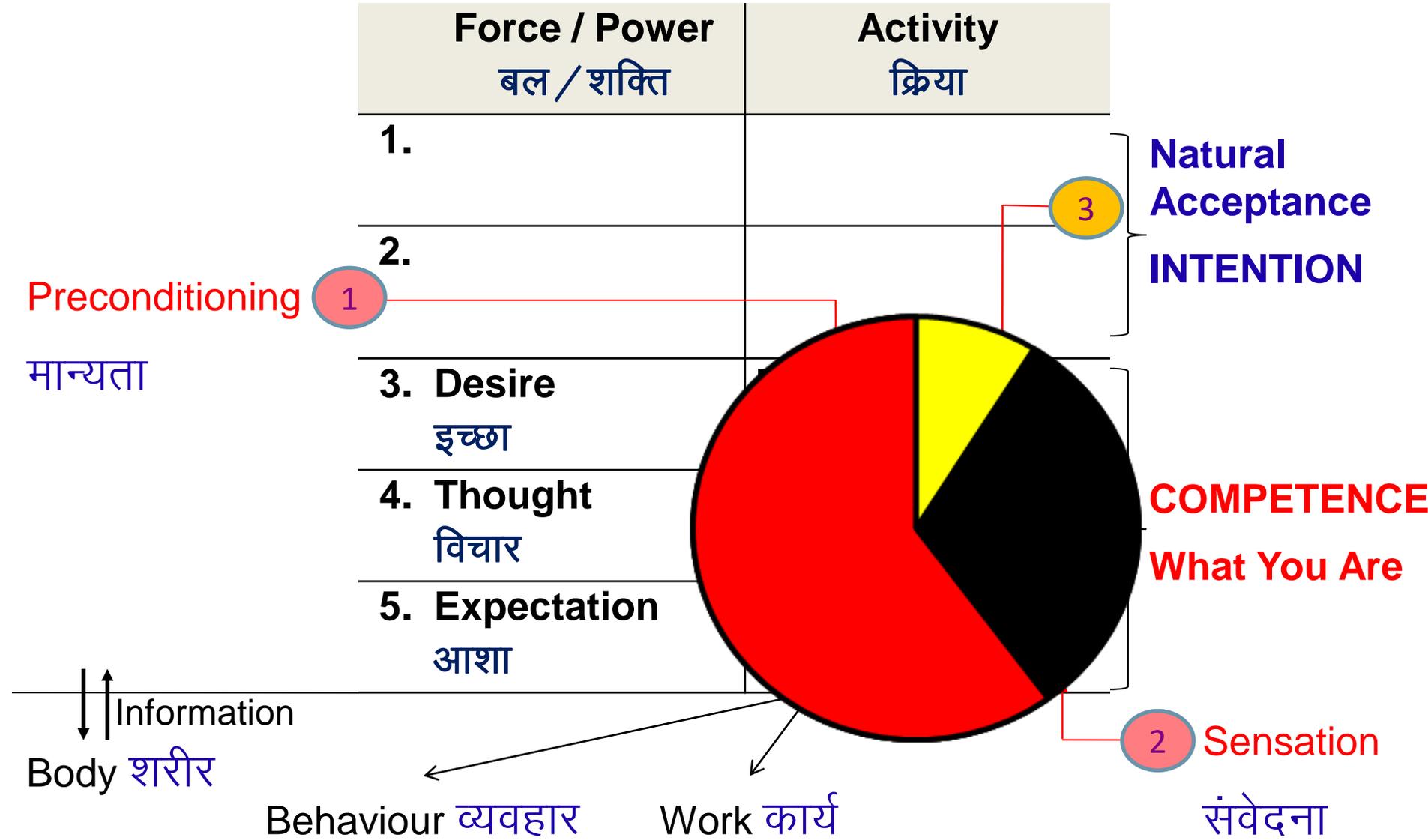
- I always thought that desire and intention are exactly the same. Also there is confusion between desire and natural acceptance. Can you clarify these 3 words?
- We have already clarified about these there-natural acceptance, intention and desire. Intention has to with natural acceptance, and we can see that every human being has same natural acceptance, hence, right intention. However, their competence may be different i.e. their desire, thought, expectation may be different.
- What do you mean by competence? I mean I can find out their skills – is that their competence?
- Competence means your desire, thought and expectation that you have accumulated as discussed in the session. Skill is a part of it.

Intention and Desire may be quite different

Intention (natural acceptance), pure

Desire (part of competence) could be motivated by three sources...

Only a fraction of the desires may be in line with intention (natural acceptance)

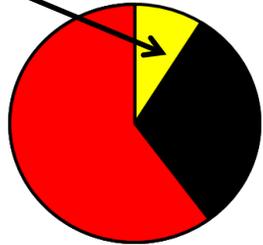


Competence

Competence = Imagination (desire, thought and expectation)...
(skill is a part of competence, but not all of it)

Right evaluation of competence

evaluation of how much of the imagination is motivated by natural acceptance
It includes evaluation of the skills related to work, but that is a smaller part



Contemporary evaluation of competence

evaluation of skill

+

evaluation of attitude / likeability

Reflect: How would you evaluate someone who is
highly skilled, but poor at teamwork?
moderately skilled, but good at teamwork?

	low	high
high	Competent Jerk <i>mostly avoided</i>	Lovable Star <i>desperately wanted</i>
low	Incompetent Jerk <i>desperately avoided</i>	Lovable Fool <i>mildly wanted</i>