



HARMONY IN THE FAMILY – UNDERSTANDING VALUES IN HUMAN RELATIONSHIPS

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ABSTRACT

Healthy families have harmonious relationships. We are born in these relationships and we live in a bigger social order where a whole range of relationships support the existence of our family. We can look further into this chain of social dependency and find that there is still a bigger web of interdependency. So, starting from our family and including our teachers, friends and all the different social relationships, each one of us is born and lives in such relationships. It is the Self ('I') that recognizes the relationship. Thus a relationship exists between the Self ('I') and the other Self ('I'). Relationships in a family or in a society are not created, they just are. We can understand these relationships and based upon this understanding, it will be natural to have right feelings (values) in these relationships. The society is an extension of family and it is possible to live in harmony with every human being, thus laying the foundation for an undivided human race, from family order to world family order. With the understanding of values in human relationships, we are able to recognize the connectedness with every individual correctly, and fulfil it. When we understand the values in relationship with other units in nature too, we are able to recognize our connectedness with them too, and fulfil it. This enables us to participate in the universal human order

KEYWORDS :

INTRODUCTION

Since the time of our early years to death every human being related to us as part of a family. It is to be notified that family may change over the years, starting from mother, father and to a husband then children but none the less everyone belongs to a family as a human being cycle. Everyone does not have choice to choose their family yet there is a bound relationship between the members that no other means of affection can compare to. As we all know that harmony in the human being is the first level of being a family. Here we are to study into harmony at the level of family. Each one of us is naturally a part of a family that includes father, mother, brothers and sisters. Then there are other relations such as grandparents, aunts, uncles, cousins, nephews, nieces etc. These relationships are a reality of our life for each one of us. We are born in these relationships. Then we also have friends and colleagues with whom we frequently interact. Be it in our school, our neighbourhood or our college

Recognizing and Mutual Happiness in a Relationship

We work and behave according to these feelings, it leads to fulfilment of both sides in the relationship, i.e. it leads to mutual fulfilment. Evaluation is a natural process when we live in relationships and we are constantly evaluating ours' and the other's feelings in the relationship. For example, trust is wanted in a relationship and if there is a mutual feeling of trust, then it leads to mutual fulfilment and there are no complaints. But if there is doubt on the other, the happiness in relationship is missing. To summarize relationships in a family or in a society are not created, they just are. We can understand these relationships and based upon this understanding, it will be natural to have right feelings (values) in these relationships. These feelings are definite and can be recognized with certainty. We have also seen that recognizing the relationship and having the feelings in relationship is an activity of the Self ('I') and not of the Body. It becomes clear that relationship is between the Self ('I') and the other Self ('I') and the feelings are also between 'I' and 'I'. Mutual fulfilment is the natural outcome of a relation correctly recognized and lived. In the light of the finding mentioned above, we can understand 'justice'. Justice is the recognition of values (the definite feelings) in relationship, their fulfilment and the right evaluation of the fulfilment resulting in mutual happiness. Thus we mark four elements of justice recognition of values, fulfilment, evaluation and mutual happiness as ensured. When all the four are ensured, justice is ensured. Mutual fulfilment is the hallmark of justice. And justice is essential in all relationships, be it with the small kid in your house, your old grandpa, the maid in the house, your fast friends or your distant

relations. We need to grow up in relationships to ensure continuity of justice in all our relationships.

Relationships based largely on the Exchange

As a result of mistaken assumption of us being only the body and the relationship with others being only at the level of body, we have reduced our expectations in relationships to the mere fulfilment

Human Relationships in Values

You can verify this yourself; you cannot have a problem in relationship, unless you have ended up doubting the intention of the other person, no matter how close you are to them. For example, assume you are walking in your college campus and your close friend walks. You look at him and smile, but he barely notices you, and keeps walking, with his head down. You feel angry and disappointed that he did not acknowledge your presence. You tend to assume that he wants to ignore you. Later on, you find out that he was disturbed since he had lost his wallet. You immediately feel alright and you are not angry any. What happened here? You doubted your friend's intention. It is not that he intended to or wanted to ignore you, only that he was preoccupied with something else. However, you doubted his intention, and for that instant, you felt a sense of opposition for him, not a feeling of relationship. When you found out later on that he had lost his wallet, you immediately realized that it was not his intention to ignore you, only his competence was lacking at that moment. In this example, we can clearly see a problem arising in you due to doubt on intention, and disappearing when the doubt on intention is gone. This problem in you creates a conflict with your own natural acceptance, and at that very instant, you are unhappy. If only you had known from before that at the level of intention, your friends, and all others wish only well for you, whereas, their competence to fulfil the intention was lacking, you could have been saved from this unhappiness and conflict in yourself. You can verify this for yourself in numerous examples at home, outside the home, and in society. When we explore our natural acceptance we find that we want to make the other happy and ourselves happy. This is our intention. This can be verified by each one of us. This is also true of the other. The other also always wants to make me happy and him/her happy. This is also his/her intention. My natural acceptance is the same as the natural acceptance of the other. i.e. in relationship, the other's intention, the other's natural acceptance is the same as mine. This unwavering confidence in ourselves about our own intention and the other's the feeling of trust. Having trust means we are assured at all times about the other person in relationship, no matter what the other's competence is. Trust comes from having this right understanding of

the Intention of every human being. When I have the right understanding, I end up becoming an aid to the other. I help them improve their competence and help them also to have the right understanding. Thus, with the right understanding, not only am I fine at all times, I am also working to help others also be like me. We can see that just as our competence is lacking and we fail to always make the other happy, the other's competence is also lacking, which is why they fail to always make us happy in relationship. But when the other fails, we very quickly doubt their intention, which is what causes the problems in relationship.

The Trust – A big Question mark of today

In your family, when there is a problem with someone, check whether you doubt the other's intention, or doubt the competence. Also check, when you get hurt by other, its not when you think he/she doesn't have the competence, but it you is when you think he/she does not have the intention. When you think that the other's intentions are wrong, it is only then that you feel hurt. When you see that his/her intentions are Fine but for some reason or the other he/she does not have the competence, then you become a help to the other. Check how many people there are, whose intention you trust at all times. For most of us, the answer is none. This is true even within families, among those whom we think we are very close to. This is the most serious matter in all our interpersonal relationships between husband and wife, father and son, between friends- this basic lack of trust, at the level of intention, is the basic issue. And we seem to be doing nothing to address this issue, to resolve this issue. "Why do people have poor competence?"

1. How can I trust a stranger?' Or,
2. How can I trust someone who has bad intentions?' Or,
3. I know someone's character is not good. How can I trust someone like that?' Or,
4. If I trust everyone, wouldn't people take undue advantage of me? Or
5. This person can never be trusted. Be careful of that person' Or,
6. Never trust anyone blindly.

He will find that he actually wants to make himself and yourself happy, but is instead, doing something else. When we say that the robber '*wants*' to rob your house, he is actually "*desiring, thinking and selecting this in absence of realization and understanding*". His intention is intact, the same as his natural acceptance. His competence is not according to his intention and If we are able to see this distinction clearly, not only would we be at ease, and be assured, we would also be able to deal with someone who robs in a more effective way! Secondly, in this way, we are not throwing our house open to be robbed, rather working in the direction of ensuring that there is nobody around us who even thinks to rob.

This is simply because, we already are sitting with the knowledge of what the person truly wants, truly intends, even though the person may not know this himself/herself. Hence, our ability to interact with people becomes far more effective and in the process, we don't get hurt, we don't get disturbed, we end up becoming an aid to the other. No one can take undue advantage of you if you have the right understanding. People can take advantage of you only if you do not have the right understanding, *which is the state you are in today!* In other words, becoming aware, having the right understanding, living with trust, living with the assurance in relationship does NOT mean becoming "stupid!", more competent. Further, what is being said here is that we have trust on the intention of everyone, but, when it comes to making a program with someone, I evaluate my competence, I evaluate his competence and make the program accordingly. This makes me more effective than if I do it otherwise i.e. by doubting his intention. *'This person can never be trusted. Be careful of that person'*. This only means that the person we are talking about is someone that is under wrong assumptions, all the time! It means their competence is really lacking. The other is not aware of one's own natural acceptance at all, and hence has assumed things that only make one unhappy, but also make everyone else around unhappy as well! Such people need a lot of help, to be able to see the

truth, to be able to access their own natural acceptance and it thus becomes our responsibility to help them, for which, we need to have the right understanding ourselves! *'Never trust anyone blindly'*: Well, to be blind, means not to have the right understanding. It means we are not aware of our own natural acceptance. It means, we are living solely on the basis of our imagination, or our desires, thoughts and selections. Not to be blind means to be aware, to know the truth, to have the right understanding. For this, we have to start this dialogue within ourselves, between what we are, and what we really want to be. When you do this, you find that the fact about the intention holds good for everybody.

CONCLUSION

To be assured of the other at all times is the feeling of trust in relationship (we saw that it is possible to ensure this for everyone with right understanding of intention). This is the foundation of relationship. It is important to be able to differentiate between the intention (wanting to) and the competence (the ability to do so). The intention of the other is always to make us happy, just like we always have the intention of wanting the happiness of the other. But our's, as well as the other's competence is lacking, for which we have to accept responsibility to improve and work towards having the right understanding for this improvement. In all our relationships, trust is the Foundation. A relationship without trust results in opposition, the relationship itself gets shaken up. Lack of trust is what ultimately leads to extreme situations like war. Trust is thus called the foundation value. Our natural acceptance is to live with a feeling of relatedness to all and this means that we have the assurance in us at all times that each and every human being wants my happiness, just like we want the happiness of other human beings. However, since we are not competent and similarly the other is also not competent, we need to work towards improving our competence and help the other improve theirs.

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