These feelings (Emotions, Values) could be as follows:

- Trust (Vishwas) ----> Foundation Value
- 2. Respect (Samman)
- 3. Affection (Sneha)
- 4. Care (Mamta)
- 5. Guidance (Vatsalya)
- 6. Reverence (Shraddha)
- Glory (Gaurav )
- 8. Gratitude (Kritagyata)
- 9. Love (Prem) -----> Complete Value

All the feelings are already within you- understanding only makes you aware and once you are aware of it there is continuity of these feelings and you are able to fulfill them

## UNDERSTANDING THE VALUES IN

## **HUMAN-HUMAN RELATIONSHIP:**

Justice (Nyaya): Justice is the recognition of values in relationship, their fulfillment, right evaluation and ensuring mutual happiness (Ubhay-Tripti).

Thus there are four elements of justice: recognition of values, fulfillment, evaluation and mutual happiness ensured.

We want harmony at all levels of livings.

Harmony in the family is the building block for harmony in the society. Harmony in the society makes an undivided society, which is the desire of each one of us.

## UNDERSTANDING THE MEANING OF VISHWAS:DIFFERENTIATING BETWEEN INTENTION AND COMPETENCE

Trust: To be assured that the other human being wants to make me happy & prosperous.

Verify the following

- 1a. I want to make myself happy
- 2a. I want to make the other happy
- 3a. The others want to make himself happy/ herself happy
- 4a. The other wants to make me happy

## What is the answer

- 1a. I am able to make myself happy
- 2a. I am able to make the other always happy
- 3a. The other is able to make himself always happy
- 4a. The other is able to make me always happy.

The first four questions are related to our natural acceptance i.e. intention and the next four to our competence.

"To be assured that the intention of the other is always correct is trust"

We generally evaluate ourselves on the basis of our intention and other on the basis of their competence.

If we have trust on intention, we have a feeling of being related to the other & we start helping the other to improve his competence, if he does not have.