

## **UNIT III**

### **Harmony in the Family and Society and Harmony in the Nature**

- Family as a basic unit of Human Interaction and Values in Relationships.
- The Basics for Respect and today's Crisis: Affection, e, Guidance, Reverence, Glory, Gratitude and Love.
- Comprehensive Human Goal: The Five Dimensions of Human Endeavour.
- Harmony in Nature: The Four Orders in Nature.
- The Holistic Perception of Harmony in Existence.

## **Family as a basic unit of Human Interaction and Values in Relationships**

Understanding harmony in the Family; The basic unit of human interaction. Harmony in the family and society refers to a state of peaceful coexistence and cooperation among individuals. In human-human relationships, harmony is achieved through mutual respect, trust, and understanding.

### **Harmony in Family:**

1. Relationship IS and it exists between the Self ('I') and the other Self ('I').
2. The Self ('I') has feelings in a relationship. These feelings are between 'I' and 'I'.
3. These feelings in the Self ('I') are definite. i.e. they can be identified with definiteness.
4. Recognizing and fulfilling these feelings leads to mutual happiness in relationship.

### **Recognizing and Fulfilling Feelings Leads to Mutual Happiness in a Relationship.**

- Once we have recognized the existence of human relationships, we are subsequently able to identify the feelings (values)
- It leads to mutual fulfillment
- Justice is the recognition of values (the definite feelings) in relationship, their fulfillment, the right evaluation of the fulfillment resulting in mutual happiness (Ubhay-tripti).

## Understanding harmony in the Family; The basic unit of human interaction

**Harmony** in the family and society refers to a state of peaceful coexistence and cooperation among individuals. In human-human relationships, harmony is achieved through mutual respect, trust, and understanding. This involves recognizing and valuing differences, effective communication, and making an effort to resolve conflicts in a positive and constructive manner. By promoting harmony in our relationships, we can create a supportive and fulfilling environment where everyone feels valued and heard.

The basic unit of human interaction is considered to be a two-person relationship. It refers to the smallest social unit in which two individuals interact with each other, shaping and being shaped by their interactions. This interaction can be in the form of communication, cooperation, or conflict, and it forms the foundation for larger social structures like families, communities, and societies. The quality of these two-person relationships often affects the overall well-being and happiness of individuals within a society.

## **Harmony in the family is important for several reasons:**

- 1. Provides a stable and secure environment:** A harmonious family environment provides a sense of security, comfort, and stability to its members.
- 2. Promotes mental and emotional well-being:** A supportive and loving family environment can help improve the mental and emotional well-being of its members, reducing stress and promoting happiness.
- 3. Facilitates communication and understanding:** When there is harmony in the family, members are more likely to communicate effectively, leading to better understanding and reduced conflicts.
- 4. Encourages healthy relationships:** A harmonious family environment can help foster healthy relationships among its members, promoting love, respect, and trust.
- 5. Supports personal growth and development:** A supportive family environment can provide the support needed for personal growth and development, helping individuals reach their full potential.

## Human Interaction

Human interaction theory refers to a body of research and theory that examines how individuals interact with each other and the impact that these interactions have on behavior and emotions. The theory draws on multiple disciplines, including sociology, psychology, anthropology, and communication, to understand the complex and dynamic nature of human interactions.

Here are some key concepts within human interaction theory:

- 1. Social exchange theory:** This theory suggests that human interactions are driven by the exchange of rewards and costs between individuals. Interactions are seen as an exchange of resources, such as time, attention, or information, with the goal of maximizing rewards and minimizing costs.
- 2. Social learning theory:** This theory posits that individuals learn through observing and imitating the behavior of others. Interactions with others can serve as opportunities for social learning and the development of new behaviors.
- 3. Social comparison theory:** This theory suggests that individuals evaluate themselves and their abilities in relation to others. Interactions with others can provide opportunities for social comparison, leading to feelings of self-esteem and self-worth.
- 4. Social identity theory:** This theory focuses on the role of social groups and social categories in shaping individuals' behavior and attitudes. Interactions with others can help shape and reinforce individuals' sense of self and their sense of belonging to a particular group.
- 5. Social influence theory:** This theory focuses on the ways in which individuals are influenced by others in their interactions. Interactions with others can shape and change beliefs, attitudes, and behaviors, through processes such as persuasion, conformity, or obedience.

These are some of the key concepts within human interaction theory, which highlights the importance of social relationships and social interactions in shaping human behavior and emotions.

## **Benefits of human interaction:**

- 1. Promotes social and emotional well-being:** Interacting with others can help improve our mood, reduce stress, and promote overall emotional well-being.
- 2. Facilitates learning and personal growth:** Interacting with others can provide new perspectives, experiences, and knowledge that can help us grow and develop as individuals.
- 3. Strengthens relationships:** Interacting with others can help build and strengthen relationships, fostering feelings of love, trust, and connectedness.
- 4. Improves communication skills:** Regular interaction with others can help us improve our communication skills and better understand the perspectives of others.
- 5. Increases cultural understanding:** Interacting with individuals from diverse backgrounds can broaden our understanding of different cultures, helping to promote empathy and reduce prejudice.

# The Basics for Respect and today's Crisis: Affection, e, Guidance, Reverence, Glory, Gratitude and Love:

## Feeling in Relationship:

- 1- Trust
- 2- Respect
- 3- Affection
- 4- Care
- 5- Guidance

- 6- Reverence
- 7- Glory
- 8- Gratitude
- 9- Love

# Respect, Reverence, Glory and Gratitude

Basic human aspiration = Continuous happiness  
= To achieve excellence

## Excellence

Understanding Harmony &  
Living in Harmony  
↓

Continuous Happiness

at all 4 levels

1. In the Human Being
2. In Family
3. In Society
4. In Nature/Existence










Respect– For **all** (It is the right evaluation)

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**

## Feelings:

<b>Trust</b>		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
<b>Respect</b>		Right evaluation. We can make effort together. We are complementary to each other. Fulfilling the responsibility in the relationship unilaterally from my side ensures my happiness
<b>Affection</b>		Acceptance of the other as one's relative
<b>Care</b>		Responsibility & commitment for nurturing and protecting the body of one's relative
<b>Guidance</b>		Responsibility & commitment for ensuring Right Understanding and Right Feeling in the self of one's relative
<b>Reverence</b>		Acceptance for Excellence
<b>Glory</b>		Acceptance for those who have made effort for Excellence
<b>Gratitude</b>		Acceptance for those who have made effort for my Excellence
<b>Love</b>		The feeling of being related to all

# Comprehensive Human Goal: The Five Dimensions of Human Endeavour:

Comprehensive human goals are right understanding, prosperity, fearlessness and co-existence.

Programs needed to achieve the comprehensive human goals are:

1. Education - Right Living
2. Health - Self Regulation
3. Justice - Preservation
4. Production - Work
5. Exchange - Storage

**Education - Right Living:** Education refers to understanding harmony at all four levels of living. While right living refers to commitment and preparedness to live in harmony at all four levels of living.

**Health - Self Regulation:** refers to a feeling of responsibility for nurturing, protecting and rightly utilizing the body. When the body is fit to act according to the needs of the self (I'), and there is harmony among the parts of the body, it is referred to as health

**Justice - Preservation:** Justice refers to harmony in the relationship between human beings, while preservation refers to harmony in the relationship between human beings and the rest of nature.

**Exchange - Storage:** Exchange refers to the exchange of physical facilities between the members of the society, while storage refers to the storage of physical facilities that are left after fulfilling the needs of the family.

**We can now see how these five dimensions of humanistic society are able to ensure the human goal:**

**Education - Right living leads to Right understanding:**

Having the process of education and right living leads to the right understanding in the individual.

**Health - Self-Regulation leads to Prosperity:**

Having the program for health and leads to well being of the body and identification of need for physical facilities which along with production ensures the feeling of prosperity in the family

**Justice - Preservation leads to Fearlessness and Co-existence (respectively):**

Ensuring justice in the relationship, or mutual fulfillment in the relationship on the basis of values like Trust, Respect, etc leads to fearlessness in society, while of nature - via enrichment, protection and right utilization leads to co-existence in nature.

**Production - Work leads to Prosperity and Co-existence:**

Production and work are for physical facilities, and this leads to a feeling of prosperity in the family. Production is done in harmony with nature, and hence, this also leads to co-existence with nature.

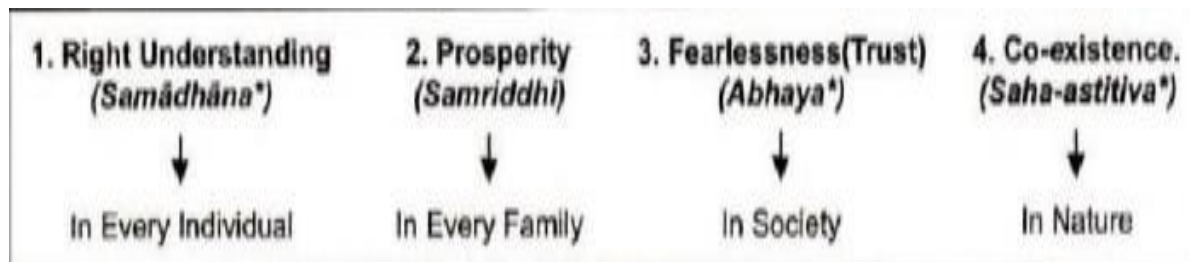
**Exchange - Storage leads to Prosperity and Fearlessness:**

When we store and exchange for mutual fulfillment and not for exploitation, then it leads to fearlessness (trust) in society.

**How can the comprehensive human goals of Right understanding, prosperity, fearlessness and existence create harmony in society:**

**What is the comprehensive human goal & Explain how this is conducive to sustainable happiness and prosperity for all:**

In order to facilitate the fulfillment of the basic aspirations of all human beings in society, the following comprehensive human goal needs to be understood.

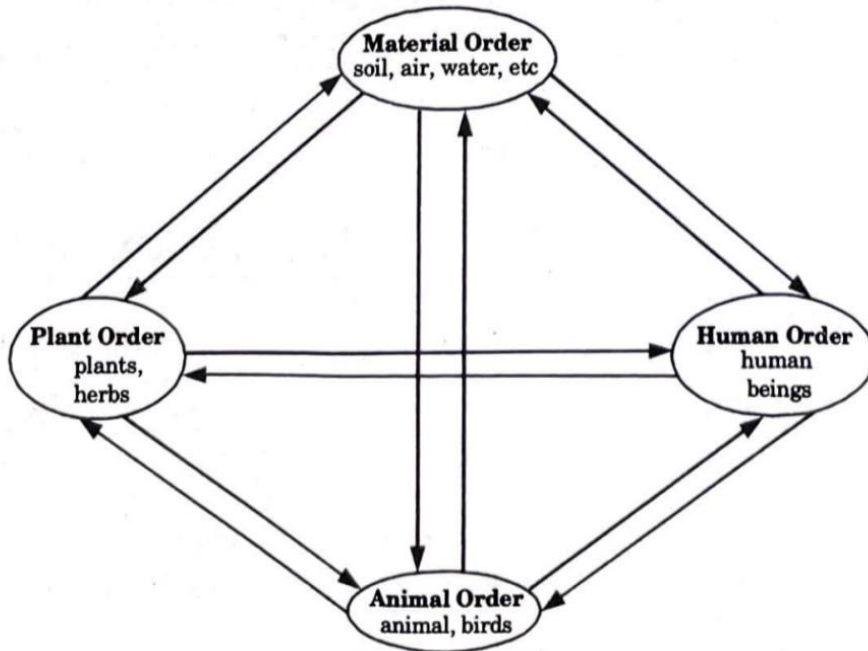


1. Right understanding is necessary for human beings, for all human beings. When one does not have the right understanding, one remains disturbed and also acts in a manner so as to create disharmony with other human beings as well as with the rest of nature.
2. Prosperity is needed in every family. Prosperity in the family means that the family is able to identify its needs and is able to produce/ achieve more than its requirements.
3. Trust in society means every member of society feels related to everyone else and therefore there are trust and fearlessness.
4. Co-existence in nature means there are a relationship and complementarity among all the entities in nature including human beings.

- **This is the comprehensive human goal:**

With a little exploration, we find that all four are required for human society. We are not satisfied with anything less than this. This is the basic minimum requirement to ensure sustainable happiness and prosperity. We can't cut down any of them. This is the *minimum* level that each one of us wants, and also the *maximum* we can think of. We can't think of anything more than this. This is the target for each one of us, the whole human race and the human tradition. The moment we leave anyone of them out there will be a loss of continuity, and the goal cannot be achieved.

## Harmony in Nature: The Four Orders in Nature:



### FOUR ORDERS IN NATURE

THERE ARE FOUR ORDERS IN THE NATURE.

- 1. MATERIAL ORDER (PADARTH-AWASTHA) ———> SOIL, METAL
- 2. PRANIC ORDER (PRAN-AWASTHA) ———> PLANTS, TREES
- 3. ANIMAL ORDER (JEEV-AWASTHA) ———> ANIMALS, BIRDS
- 4. HUMAN ORDER (GYAN-AWASTHA) ———> HUMAN BEING

# Salient Aspects Of Four Orders

ORDER	MATERIAL	PLANT/BIO	ANIMAL	HUMAN
<b>Things (vastu)</b>	Soil, Air, Water	Plants, Animal Body, Human Body	Animal Body + 'I'	Human Body + 'I'
<b>Activity (kriya)</b>	Composition/ Decomposition	Composition/ Decomposition + Respiration	(Composition/ Decomposition, Respiration) in Body + Selection in 'I'	(Composition/ Decomposition, Respiration) in Body + Selection, Thought, Desire) in 'I' & need for Realization & Understanding

## The Four Orders in Nature :

Material, plant, animal, and human orders all contain core values. These are known as their natural characteristics or suabhava.

Four orders are mutually fulfilled; these orders are:

### **Material Order:**

The majority of this order's members are not living beings. This hierarchy also includes many types of energy such as sound, light, heat, magnetic, and gravitational energy. The primary feature of this sequence is composition/decomposition. They can be combined to make larger objects, and larger units can be divided into smaller ones. They are not produced nor destroyed. For example, the atomic energy is release and generated during nuclear fission and fusion.

### **Plant /Bio Order:**

They range from single-cell organisms like fungus and algae to water plants, herbs, shrubs, and trees. They can reproduce, receive nutrients from the outside world, digest, assimilate, and grow. They also feed the animals and the human race. As a result, the natural feature of this order is to nurture. Excess nutrition, on the other hand, can hurt or "worsen" our bodies.

**Animal Order:**

This order's members are living organisms. They share many characteristics with the plant order. They are able to move faster than plants. This order's natural characteristic is that they understand or are aware of the fact that they exist the quality of Self(I), and hence they have an intellectual capability. This understanding also brings out the excess, which is harshness, because they know they may meet their demands through violence and cruelty towards members of other orders or within their own order

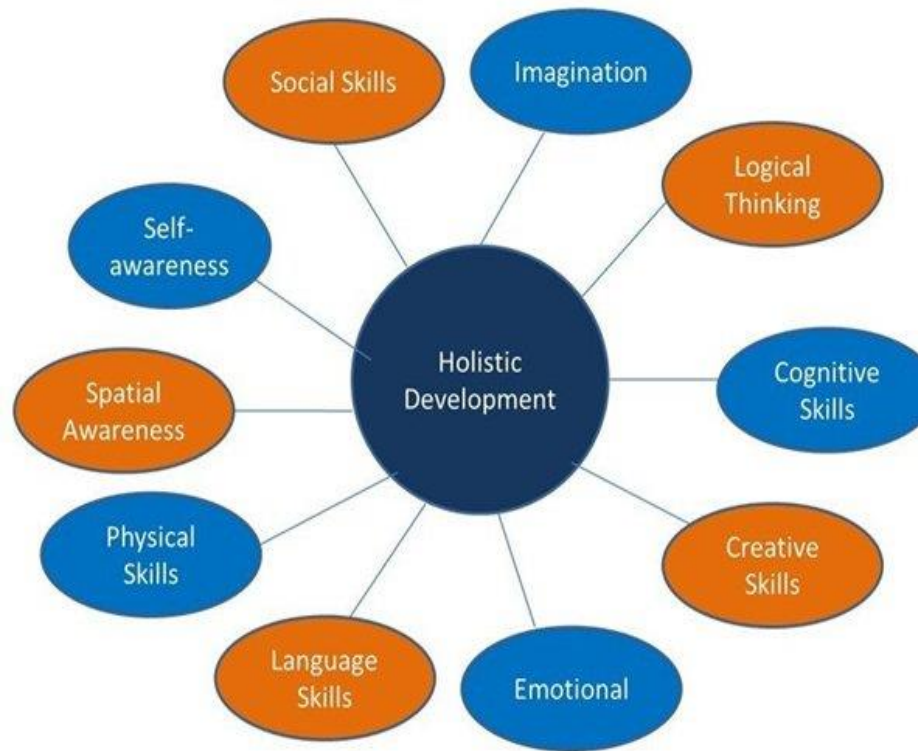
**Human Order:**

They are the most developed of the four orders.

They are living organisms with personal qualities that are equal to those of the plant and animal orders. They are self-sufficient and self-conscious. They have qualities such as patience, courage, and kindness. These skills are unique to them. However, human nature has a tendency to depart from its key attributes. This has resulted in so many conflicts and conflicts in their fundamental element.

## The Holistic Perception of Harmony in Existence:

**Introduction:** Holistic of harmony at all levels of existence refers to the understanding that all things in the universe are interconnected and interdependent, and that harmony exists at all levels of existence from the individual to the collective, from the physical to the spiritual.



The importance and characteristics of a holistic perception of harmony at all levels of existence include:

- **Interconnectedness:** It recognizes the interconnectedness of all things in the universe and recognizes that each individual part contributes to the overall harmony of the universe.
- **Unity in Diversity:** It acknowledges the diversity of individuals, communities, and beliefs, but recognizes that all things are part of a larger, interconnected whole.
- **Responsiveness:** It encourages individuals to act in a manner that promotes harmony and to be mindful of the impact their actions have on the greater whole.
- **Cooperation and Collaboration:** It promotes cooperation and collaboration towards a shared goal of harmony, recognizing that the actions of one group or society can have a profound impact on the lives of others.
- **Respect for the Natural World:** It encourages respect for the natural world and a sustainable approach to resource use, recognizing that human actions can have a profound impact on the environment.
- **Spiritual Awareness:** It recognizes the spiritual aspect of all things and encourages a sense of inner peace and a respect for the spiritual beliefs of others.
- **Holistic View of the World:** It provides a framework for understanding the interconnectedness of all things in the universe and encourages a holistic view of the world.

**THE-END**