

# Building understanding and connectedness with people



**Aarsha Vidya Foundation**

Vedic wisdom for a fulfilling life

# About Vedic wisdom for a fulfilling life

- It is a programme of 8 sessions based on Vedic wisdom for anyone who wants more from life.
- Even if one is not interested in Vedic wisdom, the principles if understood and applied will offer windows of insight and mirrors of reflection paving the way for a fulfilling life.

Why would I seek to apply these principles?

- Firstly it will help me to **enhance the fulfillment** I wish to derive through family, work or any other pursuits.
- Secondly, as I am engaged in my many pursuits, being a student of Vedanta, **my self growth** is a **necessary and non-negotiable step to Self discovery**

# VW5:Building understanding and connectedness with people

Self esteem is a disposition by which I experience myself as competent to cope with the basic challenges of life and to see myself as worthy of happiness, while refusing to be my enemy. (Adapted from Six pillars of Self esteem - Nathaniel Branden)

Self esteem= Self efficacy + Self respect

*Yogah karmasu kausalam (Bhagavad Gita 2.50)*

Effectiveness or competence in action (based on dharma) is Yoga.

*..Samatvam yogah uchyate (Bhagavad Gita 2.48)*

- Remaining the same to success and failure this evenness of mind is Yoga.

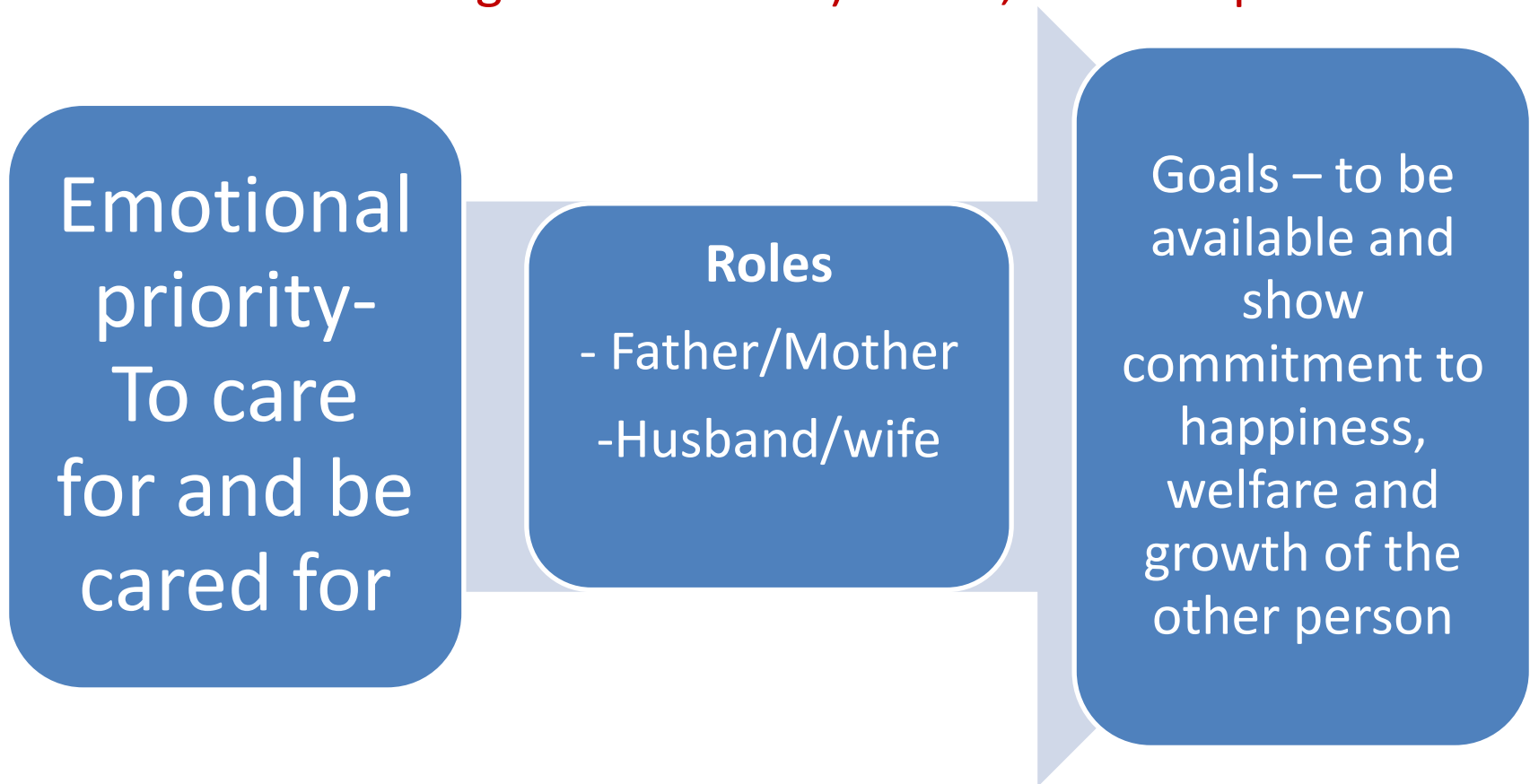
Much of my self efficacy comes from my ability to increasingly deal with the complexities of life, my capacity to command a mind that is contemplative – alert yet relaxed, **my capacity to command a balanced approach to situations**, in other words **samatavam**.

# Priorities–Roles-Goals

- While *samatvam* is about developing a healthy attitude, it is difficult to have samatvam when we experience conflicts – between members of our family or between us and friends or between us and colleagues at the work place
- The truth is **Everyone strives for harmony in interpersonal relationships.**
- In the previous session on discovering priorities and living with a sense of purpose, we would have arrived at some clarity regarding our priorities at the EMOTIONAL level.
- Our priority at the emotional level determines the roles we choose in our life, Some roles like son/daughter and brother/sister are roles we are born with. Roles of a husband/wife, friend, work colleague, mother/father are roles where there is a greater level of choice involved as compared to family relationships (the family we were born into)

# Priority-Roles-Goals

Depending on the strength of this priority, we determine the **roles** we choose to play, the **goals** we set for these roles and hence the **time** and **attention** we allocate on a weekly (just considering a unit of time) basis , for example



# Priority-Roles-Goals

For example,

Goal - **To be available and show love, commitment to happiness, welfare and growth of the other person**

If this goal is being met, **what does my disposition and or behaviour look like?**

For example in my role as a mother,

- **To be available** – Present to have conversations with child, express in words and actions etc
- **Show commitment to happiness, welfare and growth of the other person** – Express in words and different range of actions, promote activities, projects conducive for growth, reduction of blaming and criticism of the other person, greater appreciation etc
- Communicate, communicate, communicate i.e. **Speak and listen**

# Reality check on Roles

- Please identify at least 4 most important relationships in your life.  
Another option is to identify 3-4 people from different domains of your life:
  1. Immediate family (family you were born into)
  2. Family with your husband/wife
  3. Work place
  4. Friends
- Please consider each relationship and answer the following two questions
- **In this relationship, what am I giving to .....**?
- **In this relationship, what am I receiving .....**?

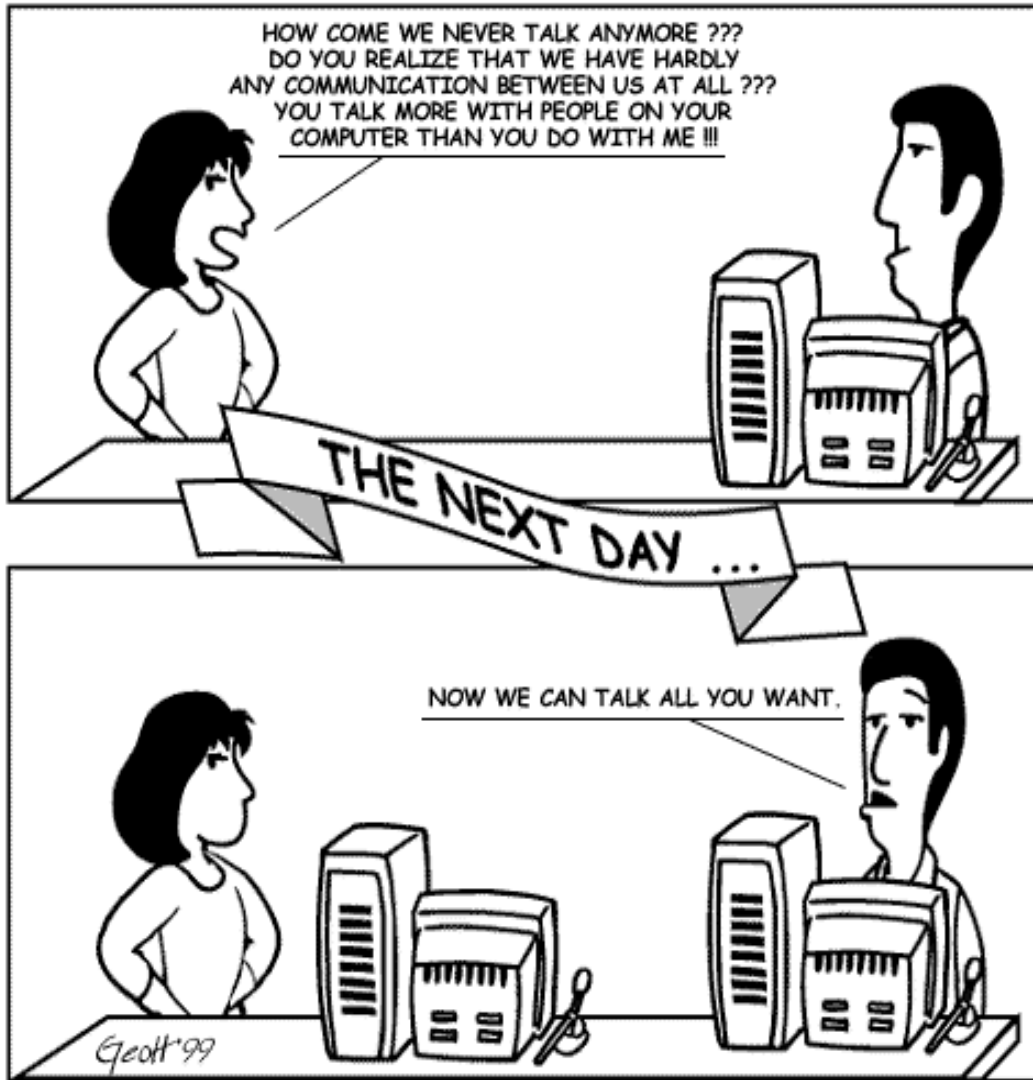
After answering the above, please also answer:

- **In this relationship, what more would I like to give to .....**?
- **In this relationship, what more would I like to receive .....**?

Because **communication is the building block of a relationship**, we now look into the principles of communication.

# Principles of communication

VERSIONS 1.0



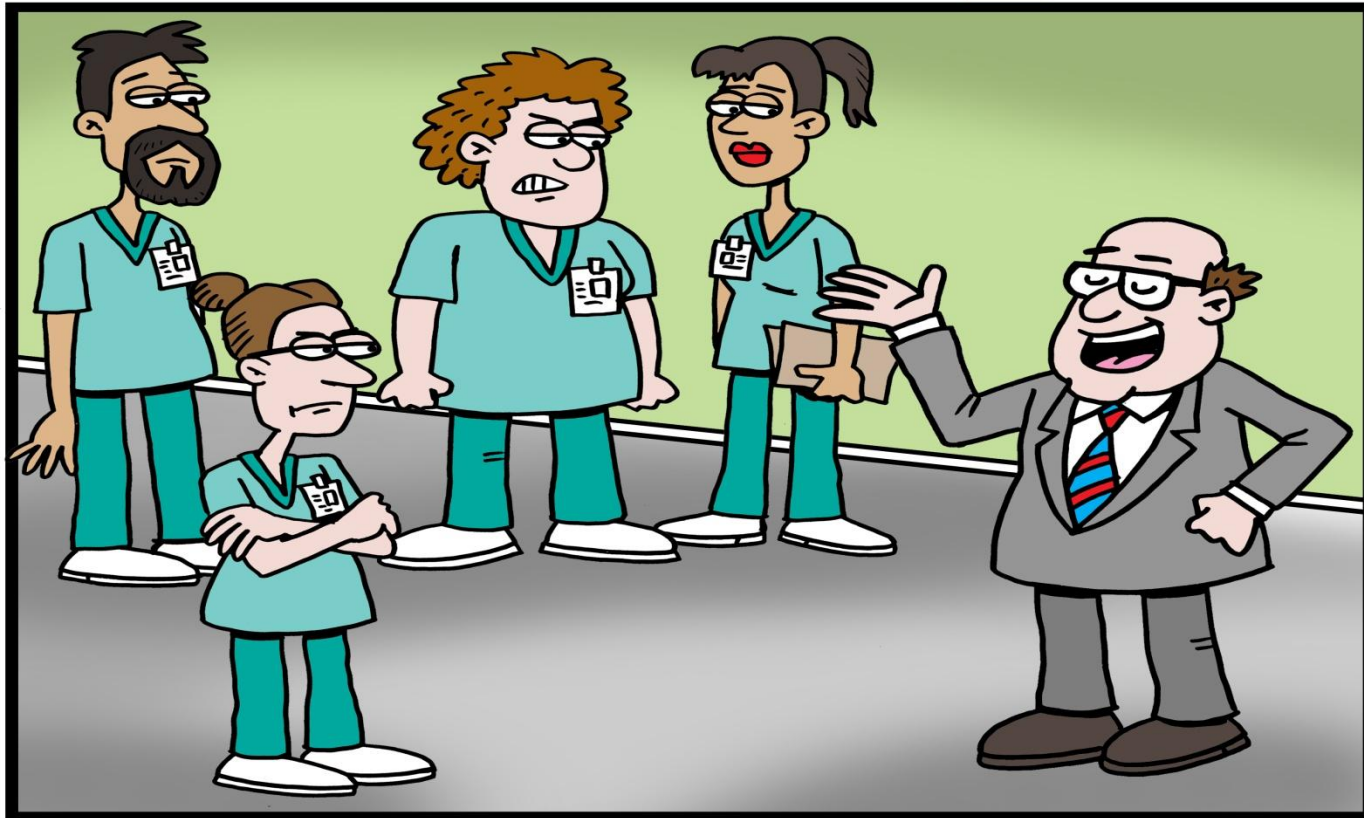
**1. Intention = Expression = Understanding**

Vedic wisdom for a fulfilling life



# Principles of communication

## The Best Medicine



*"I expect you all to be independent, innovative, free-thinking Nurses who will do exactly as I say"*

## 2. Understanding is NOT EQUAL to Agreement

# Principles of communication



## 3. Seek to understand before you are understood

# Principles of communication



"Oh, dear! I forgot to tell the staff I was giving a talk on 'effective communication'."

## 4. Do what you say and say what you mean

# Principles of communication

The Best Medicine



“I was told by my boss to work on my people skills.  
So as you eat your disgusting breakfast please tell  
me about your fake symptoms.”

**5. Say what is true (satyam), beneficial (hitam),  
pleasing (priyam) and which does not cause  
agitation (anudvegakaram) – B.Gita-17.15**