

Building understanding and connectedness

Session V

Aarsha Vidya Foundation

About Vedic Wisdom for a fulfilling life



Programme of 6 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 that 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**

PROGRAMME: VEDIC WISDOM FOR A FULFILLING LIFE

Session	Topic	Attachment
I	Who am I? Where do I come from? How does my past flow into my present?-Freeing oneself from the conditionings of past	Session I_Who am I
II	My life in my hands – Moving into a deeper self acceptance and creating your own destiny.Accepting who you are, what you are and starting to master your life	Session II_My life in my hands
III	Think clearly and feel deeply- Discovering emotional balance	Session III_Think clearly.Feel deeply. Act decisively
IV	Where are you headed in life? Finding deepest priorities and learning to live in harmony with these.	Session IV_Discovering priorities
V	Building understanding and connectedness with people by learning to communicate	Session V_Building understanding and connectedness
VI	What is Dharma? What is Dharma centered living?	Session VI_Dharma centered living

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 kaushalam (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 and 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 are born into)

Priorities, Roles and Goals: Determination of our roles and goals

Depending on the strength of the priority we determine the **roles** we choose to play, the **goals** we set for these roles and the **time & attention** (Egs. weekly) allocated to it

Emotional Priority:

To care and be
cared for

Roles:

- Father/ Mother
- Husband/ Wife

Goals:

To be able to show
commitment to
happiness, welfare and
growth of the other
person

Priorities, Roles and Goals in practice

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. Workplace
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 will now learn about the principles of communication

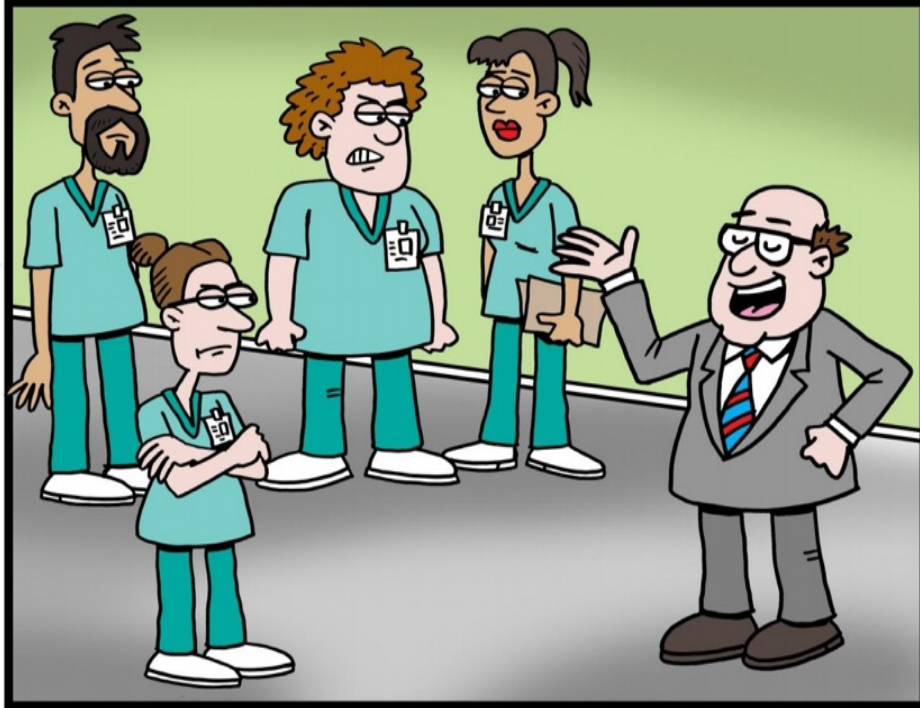
Principles of Communication: I



Intention = Expression = Understanding

Principles of Communication: II

The Best Medicine



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

Understanding is **NOT EQUAL** to Agreement

Principles of Communication: III



**Seek to understand
before you are understood**

Principles of Communication: IV



**Do what you say and
say what you mean**

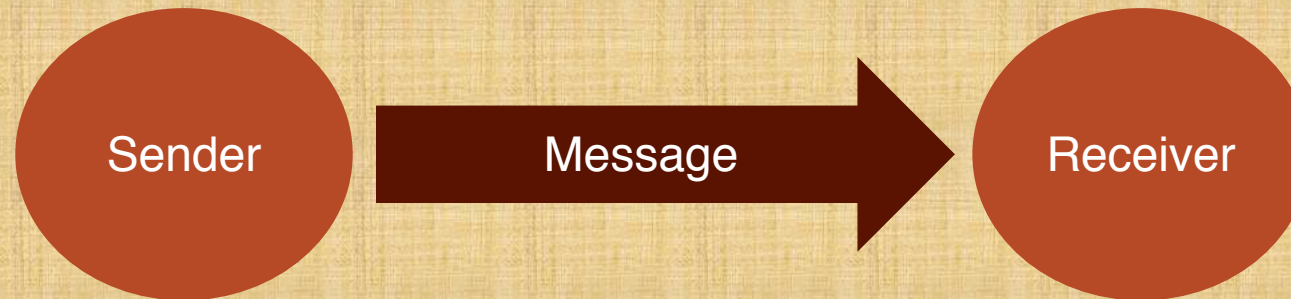
Principles of Communication: V



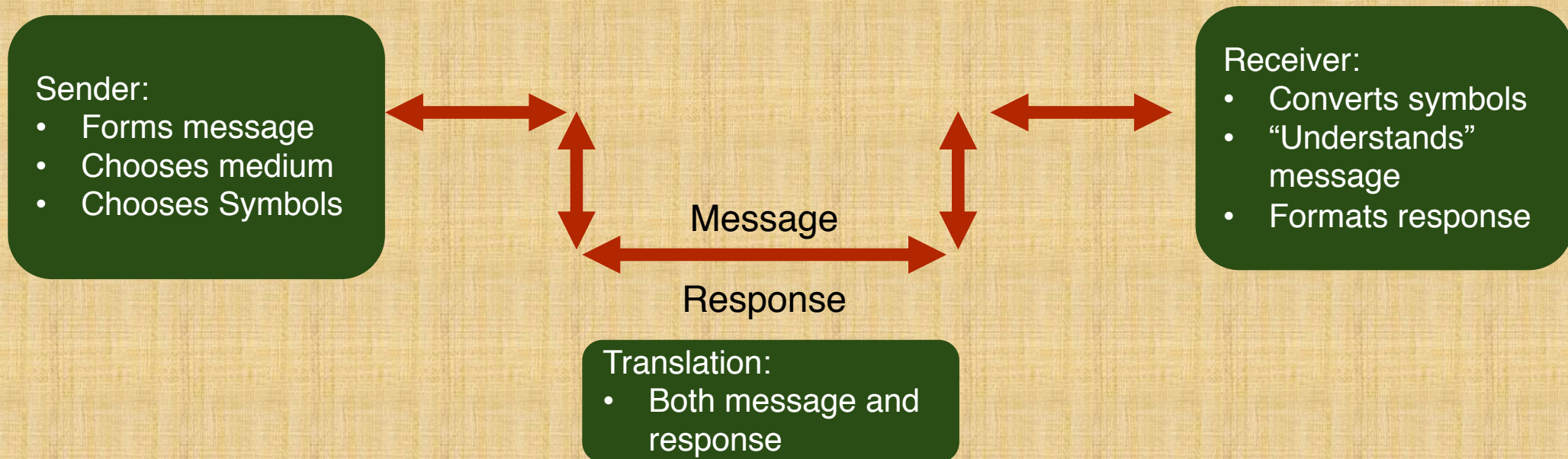
**Say what is true (satyam),
beneficial (hitam), pleasing (priyam)
and which does not cause
agitation (anudvegakaram)
- Bhagvad Gita 17.15**

Communication: Coding and Decoding

We may think communication is a linear process, such as this:



But, in reality, it is more like this:



Communication wheel of awareness

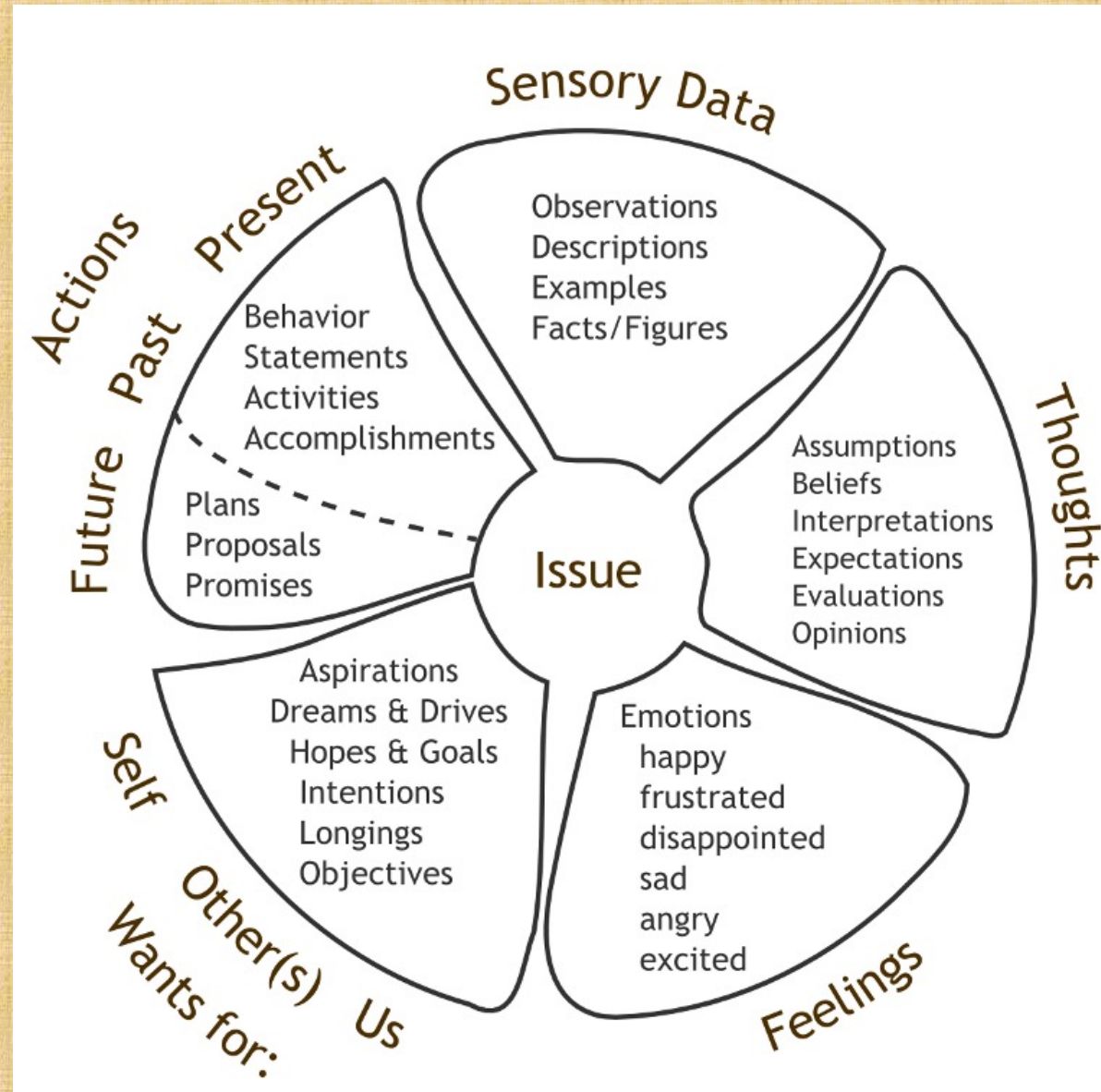
- To discover harmony in relation to others, **how I communicate – share and listen** is very important
- For important issues, an effective paradigm is presented in the form of

Communication wheel of awareness about the issue:

1. **Sense data** – What one observes, hears, tastes, smells, touches etc
2. **Thoughts** – What one thinks related to above sense data
3. **Feelings** – One 's feelings related to thoughts
4. **Intentions for Me/Others(s)/Relationship(s)** – in connection with the above
5. **Past/Current Action or Future Action**

Communication wheel of awareness: **Intention = Expression = Understanding**

1. **Sense Data**
2. **Thoughts**
3. **Feelings**
4. **Intentions/ Wants for**
5. **Actions (Past/Present/Future)**
6. **Responsible 'I' statements**
7. **Acknowledge**
8. **Invite**
9. **Clarify**



About the Communication wheel of awareness

Very often **misunderstanding** arises from related feelings about an issue which **may point to errors in thinking**. Please refer to Session III-Thinking clearly and feeling deeply.

Sometimes breakdown in communication may occur at what has been said without paying attention to the underlying need (for e.g. affection) that prompted a statement – “**You don’t have time for me.**”

Especially while discussing important issues –

- While listening to someone, listen in to the person’s thoughts, feelings, intended actions, needs being fulfilled to **get a complete picture**.
- While speaking to someone, speak your thoughts, feelings, intended actions, needs being fulfilled to **give a complete picture**.

The responsibility is ours.

Paying attention to these components while listening or speaking may seem too deliberate and almost artificial at first but with all new learning and seeing the value of such communication, **with practice** communicating clearly will become **spontaneous**.

Thank you