

Shrimad Rajchandra Mission

a Spiritual Revolutionary Movement - SRM

YOUth Study Club

Session - 7



THE NET OF RELATIONSHIP

Conceptualised & Explained by
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Name

Ph. No.

A Head-Start for Relationship

What is a Relationship?



The way in which two or more people or things are connected to each other is called a Relation.

When an individual experiences transformation through the net of Relation, it is named as a Relationship.



FOUR PILLARS OF RELATIONSHIP

Intrapersonal Relationship

Social Relationship

Intimate Relationship

Higher Relationship



1. Intrapersonal Relationship

It is a Relationship that you have with yourself. The biggest challenge in our life is to have a healthy relationship with ourselves.

Ways to strengthen Intrapersonal Relationship

I. Celebrate your existence.

In this entire universe, there is no one like you. You are the only one of your kind. So, celebrate your uniqueness.

- List out 2 characters in your personality that you often wish to change.

1.

2.

Do you think these characteristics really matters to maintain a relationship?

If yes, think about the hollowness of that relationship.

If no, re-focus your thoughts and feelings.

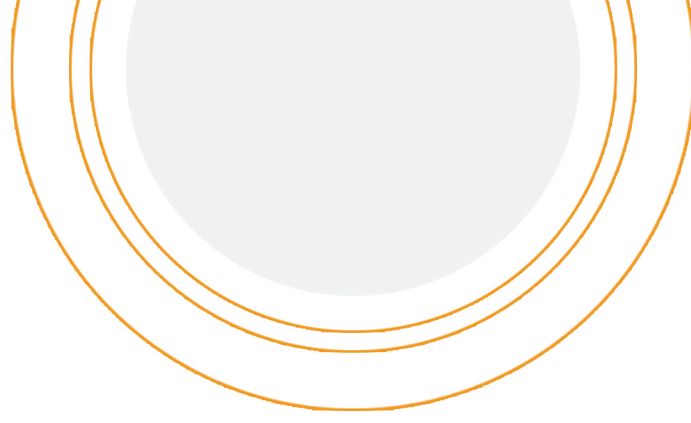
2. Discover you Swa-Dharma

I. Swa-dharma is that set of activity which generates an attitude of happiness within you.

II. Even if you get tired by doing your Swa-dharma, your mind still runs towards it with new ideas everytime.

III. Swa-dharma can keep you awake till late at night and wakes you up early in the morning.

- What is your Swa-dharma?



2. Social Relationship

A human being cannot live without a social network in life. Although these network of relationships should blossom happiness in our lives, yet there are different sets of challenges we face in every relationship.

Ways to strengthen Social Relationships

I. Drop un-realistic expectations.

Realistic expectations are the one that motivates us to change ourselves to maintain the relationship.

Un-realistic expectations are those in which we expect others to change for maintaining the relationship.

- List out two un-realistic expectations in your social relationships :

- 1.
- 2.

2. Trust the Karmic law

Whatever happens in our lives is backed-up by the Karmic law. As we sow, so shall we reap - is the fundamental that allows the karmic law to influence all aspects of our life.

- I. The deed of good returns as good.
- II. The deed of bad returns as bad.

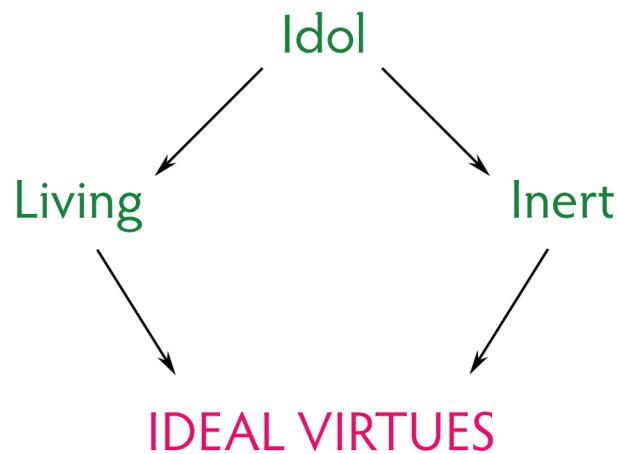
- List out 2 karmic credits you wish to have in your karmic accounts :

- 1.
- 2.

3. Higher Relationship

It is a relationship with your object of faith. The power of your higher relationship is fueled by the intensity of your faith.

Your object of faith should be your idol in life that brings in ideal virtues to attain the state of happiness.



Can you think of an ideal virtue that you derive from your idol and that can assert you in a state of happiness?



4. Intimate Relationship

It is a relationship with any one person-in-living over whom your ideal virtue comes out naturally.

- Name the person that falls in this category :

- Being with this person make you feel

- | | |
|--|---------------------------------------|
| <input type="radio"/> <i>Happy</i> | <input type="radio"/> <i>Jealous</i> |
| <input type="radio"/> <i>Confident</i> | <input type="radio"/> <i>Peaceful</i> |
| <input type="radio"/> <i>Confused</i> | <input type="radio"/> <i>Inferior</i> |
| <input type="radio"/> <i>Secure</i> | <input type="radio"/> <i>Superior</i> |

- Does the "Ideal Virtue" flow out naturally into this relationship?

- ☐ Yes ☐ No

Relationship toolbox

After understanding the net of relationship, we must understand our responsibility to keep this network healthy to attain a happy state of living. The entire toolbox includes :

1. *Celebrate your existence*
2. *Discover your Swa-dharma.*
3. *Drop un-realistic expectations*
4. *Trust the karmic law.*
5. *Indulge into a relationship with the higher to advance "Ideal Virtues".*
6. *Keep on developing these "Ideal Virtues" by living them in your intimate relationship and then expanding to the entire network.*