

Q4

A1)

Trust:-

- 1) Trust is the foundational value in all relationships. It is absolutely important. Trust is created by our own behaviour, our own value systems and responses. We have to explore it within ourselves.
- 2) Trust is a mental state in which we presume that the other person will honestly fulfill the promises they have made.
- 3) People around us want us to work towards the happiness and prosperity of others.
- 4) In other words, trust is established towards our fellow human beings when we have the right understanding of intention of people around us.
- 5) We feel threatened or afraid of people who could possibly deny us, our happiness and peace of mind.

Love:-

- 1) The feeling of being related to all is love (or Prema).

- 2) This feeling or value is also called the complete value (Purna malya), since this is the feeling of relatedness to all human beings.
- 3) It starts with identifying that one is related to the other human beings (the feeling of affection) and it slowly expands to the feeling of being related to all human beings.
- 4) The feeling of love leads to an undivided society, it starts from of family and slowly expands to the world family.
- 5) We start with trust, which becomes foundation of being related to one (Affection) and we reach the state of being related to everyone - Love.