

Section - 5

(7)

Ans - (a) Trust 2 -

- ① Trust is the foundational value in all relationships - it is absolutely important. Trust is created by our own behaviour and our own value systems and responses. We have to expose it within ourselves.
- ② Trust is a mental state in which we believe 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 them.
- ④ We feel threatened or afraid of people who could possibly harm us, our happiness and peace of mind.

Love 2 -

- ① The feeling of being related to all is Love (or prema)
- ② This feeling or value is also called the complete value (Personality). Since this is the feeling of relatedness to all human beings.
- ③ It starts with identifying that one is related to the other human being (the feeling of affection) and it slowly expands to the feeling of being related to all human beings.
- ④ We start with trust, which becomes foundation for being related to one (Affection). and we reached the state of being related to everyone - Love.