

## Daily Right Relations Review

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- ◆ As I review my day, what part has cooperation played?
- ◆ Do I cooperate practically —or only intellectually?
- ◆ What truthfully hinders my being cooperative?
- ◆ Does ‘a give and take’ energy flow through me?
- ◆ Can I draw upon my inner generosity and radiate it as a blessing when others need it?
- ◆ Does a sharing spirit bless and influence others?
- ◆ In what ways can I most genuinely relate with and serve others?

Let naught disturb the acquiescent calm which keeps me close in touch with the values of right human relations that leads me safely on the Way.

## The Values of Right Relations

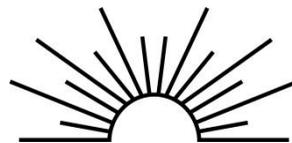
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The need for right relations is undisputed, not only to offset the dangers of wars, but to minimise and eliminate the many kinds of conflict which cause incalculable suffering, misery and waste.

But it is not always realised that the establishing of right human relations requires an intelligent appraisal and understanding with a broad and inclusive attitude.

### Stages Involved in Establishing Right Relations

Recognition—Interplay [‘sparking’] - Conflict—Mutual Influence [Give and Take] - Exchanges—Sharing—Mutual integration—Cooperation—Approach-Meeting-Fusion-Unity—Organic Integration—Synthesis [Entering into a larger system of relationships] - Groups—Groups of Groups—The Whole, the ONE



The Sundial House Group  
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## THE SUNDIAL HOUSE GROUP

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“Where, after all, do universal human rights begin? In small places, close to home – so close and so small they cannot be seen on any maps of the world. Yet they are the world of the individual; the neighbourhood . . .; the school or college . . .; the factory, farm or office. Such are the places where every man, woman and child seeks equal justice, equal opportunity, equal dignity without discrimination.

Unless these rights have meaning there, they have little meaning anywhere. Without concerned citizen action to uphold them close to home, we shall look in vain for progress in the larger world.’

- Eleanor Roosevelt, 1958



## Right Human Relations

Each of us lives within many and varied group structures and whether we realise this or not it is a fact that we are all interdependent. This connectivity extends from the now of everyday into the visioning of the future and is coloured by the legacy of the past. Gradually, for those who realise this continuity of consciousness, there is a growing sense of responsibility.

Each one of us is a psychologist, for each of us is learning how to come into relationship with ourselves and others. If we recognise and understand a psychological law, we can then apply it using our skilful and good will. It is in this way that we become adept at managing ourselves and working creatively with others.

Exploring our world is an adventure in relationships. We stumble and blunder along until we recognise the easier and more rewarding ways of relating. This is a personal and ongoing journey of self-discovery, and reflective reviewing. The simplicity of achieving right human relations is masked by a cloak of invisibility. The values of right relations are sustained as we show, share and shine as our true selves.

## Right Values for Now

- ◆ Purpose that influences choices
- ◆ Goal, the aspiration of society
- ◆ Independence—Interdependence
- ◆ Consideration
- ◆ Striving towards more inclusivity
- ◆ Partness & Wholeness
- ◆ Responsibility—Reliability
- ◆ Adaptability—Give & Take
- ◆ Attachment—Detachment
- ◆ Commitment—Cooperation
- ◆ Participation—Contribution
- ◆ Understanding—Awareness

Footnote: The word 'right' used here is not taken to mean 'right or wrong' - but indicates a collective endeavour that strives towards an inclusive understanding.



## Healing RELATIONS

Occasionally we each experience difficulties in our relationships. These challenges can bring out the best in us or not. We have a choice. However, when our emotions are involved it is difficult to make wise choices.

Even if we cannot change a situation, we always have the final freedom to change *our attitude* to it. Here is an exercise that may *re-fresh your inner attitude* and bring about changes.

### A Personal Scientific Exercise

1. Select a person with whom your relationship could be improved
2. Before retiring, ponder on this person you know and write down 10 authentic positive observations about him/her, in a notebook that is personal to you.
3. Repeat this evening exercise for at least 2 to 4 weeks.
4. Do not speak of this undertaking, but use your observational skills to record any noticeable changes.
5. Finally, review the work achieved.