

Managing Relationships – Community Building Via Spirituality



Harban Singh

What is a spiritual relationship?

- When the two or more parties involved experience harmony, joy, understanding & peace
- Connected emotionally with a deep connection
- A spiritual union felt both physically, mentally & at other levels.

Spiritual Foundation

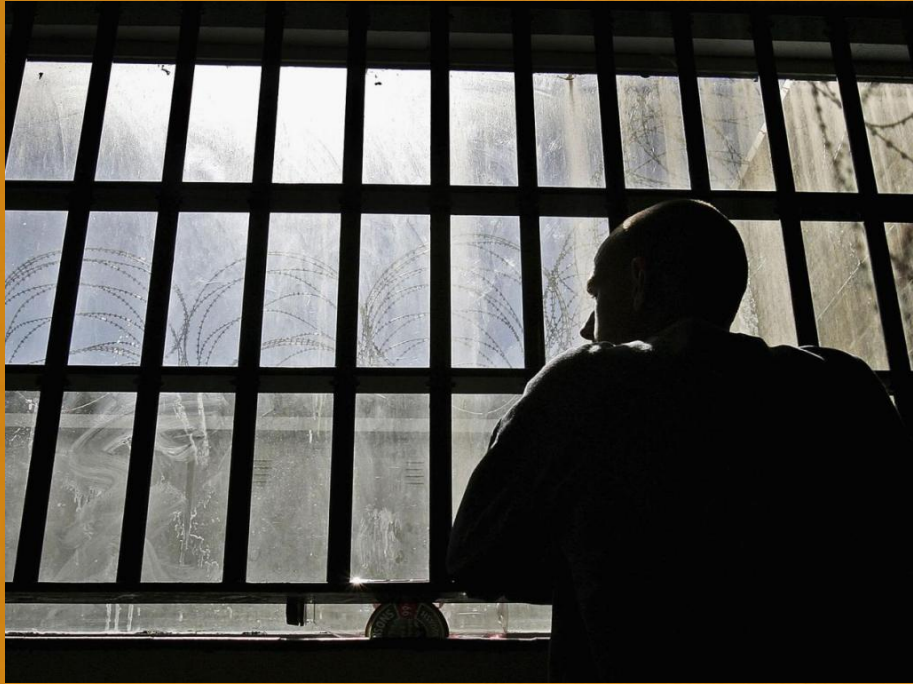
When you have a Spiritual Foundation at the centre of your relationship, you will uncover the richest form of energy and joy

- James Rodfield



A true Spiritual Relationship is then....

- One where both parties feel wholeness and complete together.
- Harmony of both parties energy, creating freedom and acceptance within the relationship without hidden agendas
- Spirit of giving and receiving unconditionally.



A person does not have to be behind bars to be a prisoner. People can be prisoners of their own concepts and ideas. They can be slaves to their own selves.

-Prem Rabat, speaker and peace activist

Adaptability.....

People who build great relationships know when to have fun and when to be serious, when to be over the top and when to be invisible, and when to take charge and when to follow.



A relationship is like a house. When a light bulb burns out, you do not go and buy a new house, you fix the light bulb.

Appreciation & Respect

A great relationship is about two things.

- 1. First appreciating the similarities**
- 2. Second, respecting the differences**



**Your beliefs don't make you
a better person; your
behaviour does. ^w**

- A philosopher



YOU MUST WALK THE TALK!!



DEVELOPING RELATIONSHIPS

The most important single ingredient in the formula of success is knowing how to get along with people

-Theodore Roosevelt



A family that prays together, stay together

- Recital of daily prayers
- Shukrana Ardass* prayers before meal
- Attending spiritual talks or camps,
- Doing sewa in whatever form etc.

Two Best Practices

- i. Pot luck.
- ii. Helping : next generation grow



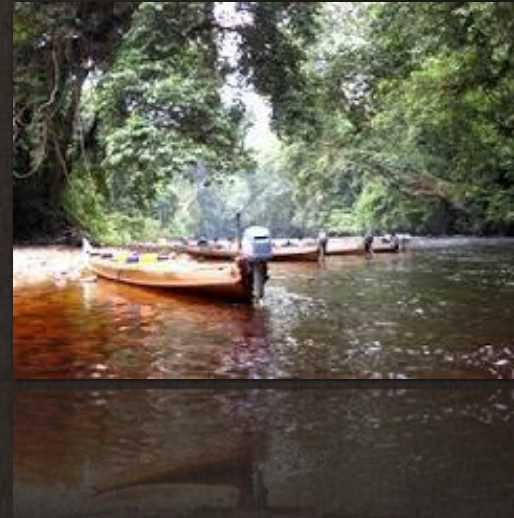
A family that works hard, plays hard

- Weekend or festive period retreats make the family discover strength.
- Outings like swimming, sports,
- Nature trips are platforms for social & spiritual bonding

WHILE WE CREATE SPIRITUAL BONDING,
WE ARE MORE ATTACHED SPIRITUALLY.



IMPACT OF SUCH FAMILY ACTIVITIES



**STAYING ENERGIZED, SPIRITUAL, VIBRANT & BETTER
ABLE TO CONTRIBUTE TO FAMILY & SOCIETY**



THE ICEBERG THEORY



Harban's **85** : **15** Rule

- We inherit good qualities of 85% of our parents, while we sometimes emulate 15% of their baggage
- Analyse what these 15% baggage are!!
- Do you have their 85% good attributes? Why not?

It starts with marriage



and EXPECTATIONS

Marriage is “*change*” evolving
constantly utm degree

HENCE, BOTH OF YOU MUST CHANGE WITH TIMES....





**LIKE THESE CURRY FLAVOURS,
EVERYONE IS UNIQUE AND DIFFERENT
.....and we change with times**

**The secret of change is to focus all of
your energy, not on fighting the old, but
on building the new.**

— Socrates



Change

When we are no longer able to change a situation, we are challenged to change ourselves

- Viktor E Frankl

Circle of Concern
Circle of Influence



A diagram consisting of two concentric circles. The outer circle is red and contains the text "Circle of Concern". The inner circle is green and contains the text "Circle of Influence". Both circles are centered on a larger orange background.

Circle of Concern

Circle of
Influence

Ref : Stephen Covey, 7 Habits of Highly Effective People

BEST TIPS :



- a) Know your kids friends. Invite them.
- b) Know your spouse's friends
- b) Encourage good habits : reading, exercise
- c) Manage (& lead) the relationships
- d) Idiot box
- e) Health do it now. future issue

Communication

property analogy location3x

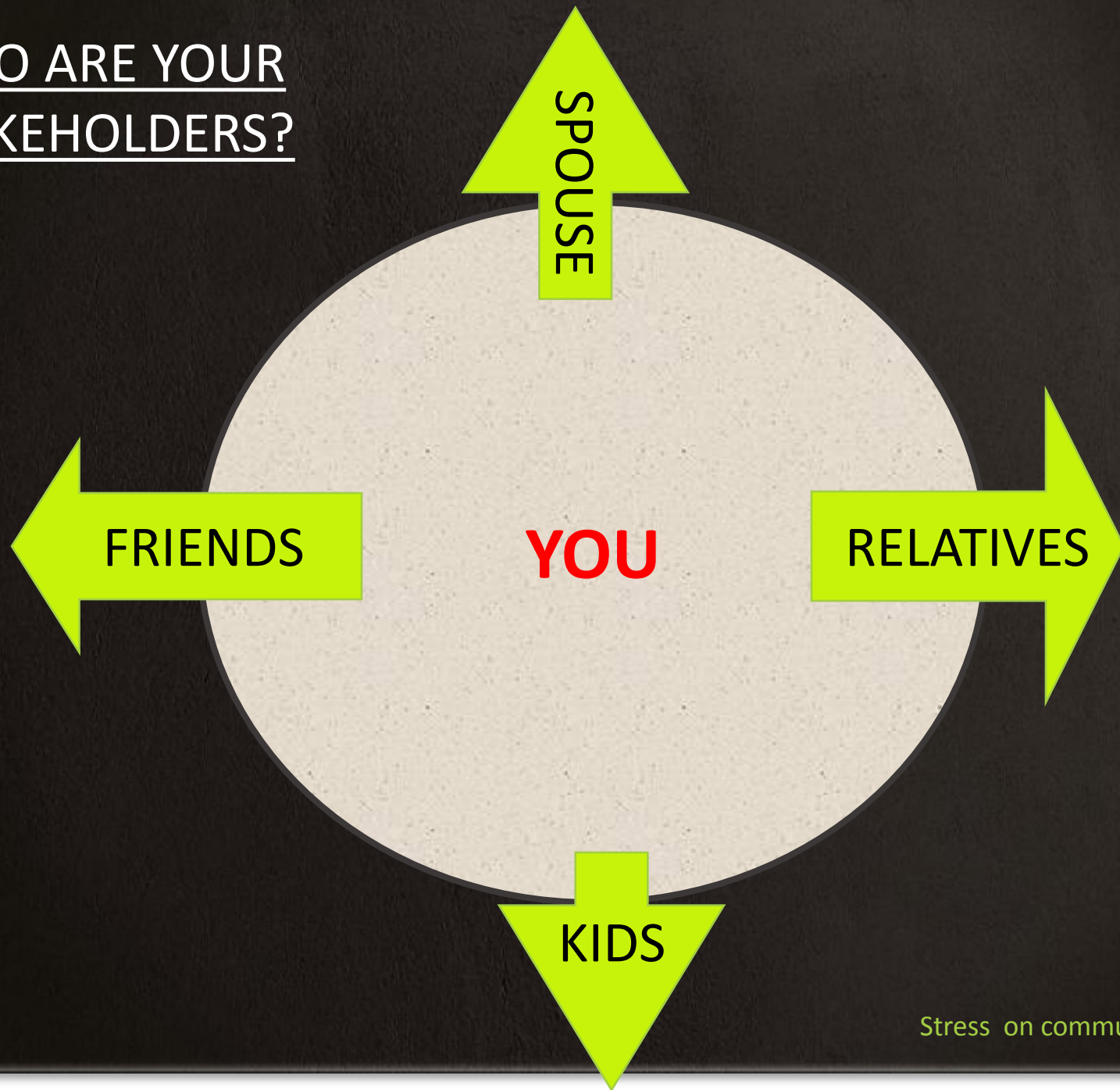
One of the biggest challenges of a marriage and relationship is communication!!

How do you define communication?

17yr date

**Failure to Communicate
Leads To Problems**

WHO ARE YOUR
STAKEHOLDERS?



Stress on communication

ACTIVITY TIME

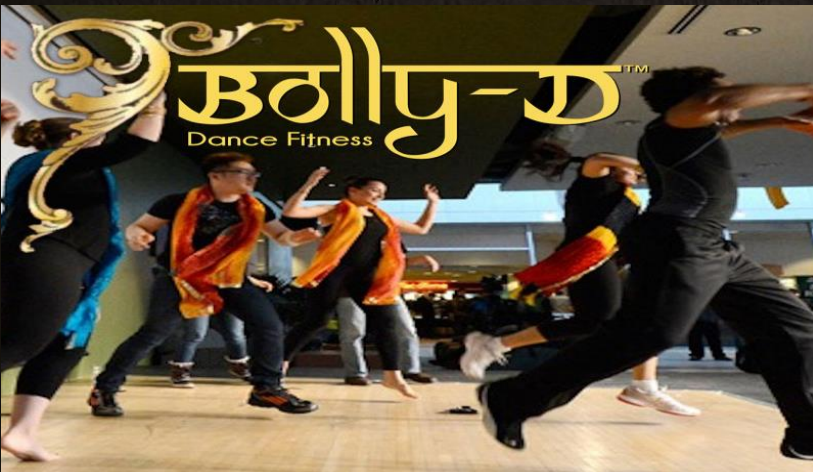
Positive energy



Confidence



Feeling energetic



Creating Positive Relationships

1. **Speak, smile & be genuinely interested in people**
2. **Call people by name**
3. **Be generous with praise, cautious with criticism**
4. **Be considerate with the feelings of others**
5. **Be alert to give service**
6. **Practice positive sense of humor & laugh!!**

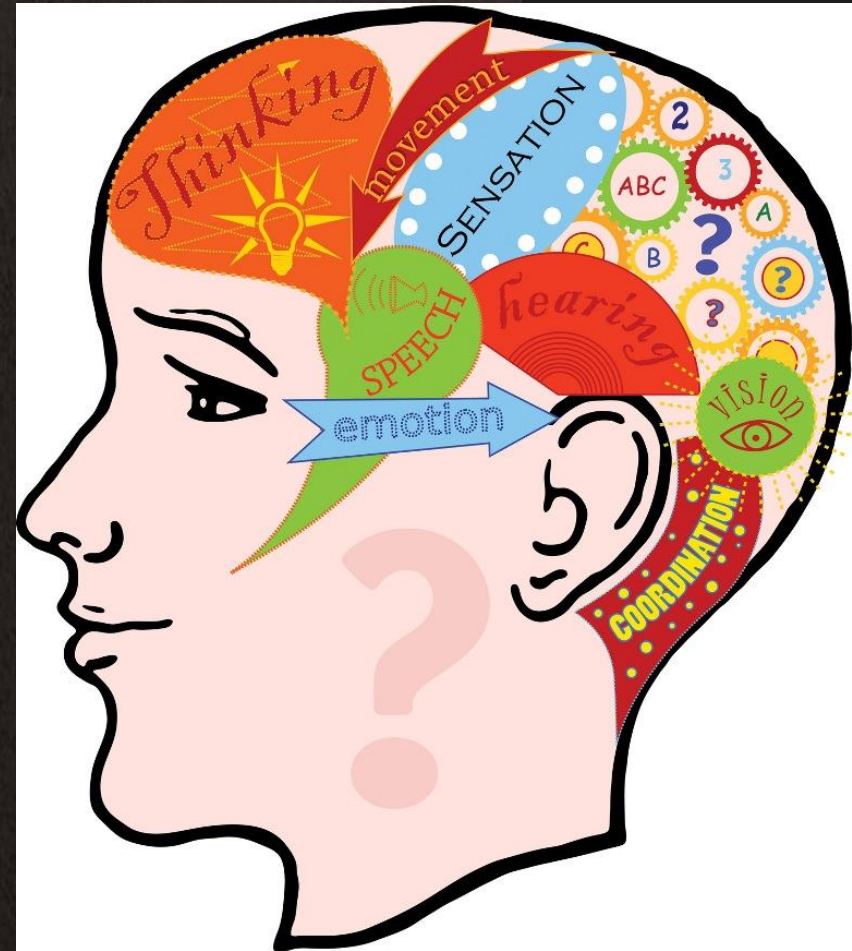


What is Emotional Intelligence or EQ

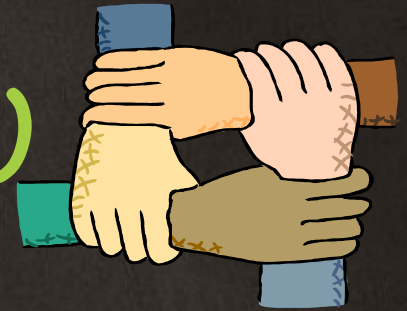
- EQ is a part of you that affects every aspect of your life. Police road blocks

- Understanding the root causes of your emotions & using them effectively.

- Identify who you are and how you interact with others. Don't tell others yr weakness like adaptability Milo



Emotional Bank Account (EQ)



WITHDRAWALS

Angry words

Unforgiving

Cruel joke

Ignoring

Excluding

DEPOSITS

Understanding

Apology

Attention to little things

Keeping commitments

Consideration

Develop Awareness to Raise your EQ

Get to know and understand what drives you to react and behave the way you do in your relationship

MBTI



With EQ you develop coping skills & can handle conflict

When Things Go Wrong

Relationships never die a natural death. They are always murdered by Attitude, Behaviour, Ego or Ignorance.



"I am in constant bliss, day and night, egotism has been dispelled from within me."

- Guru Nanak

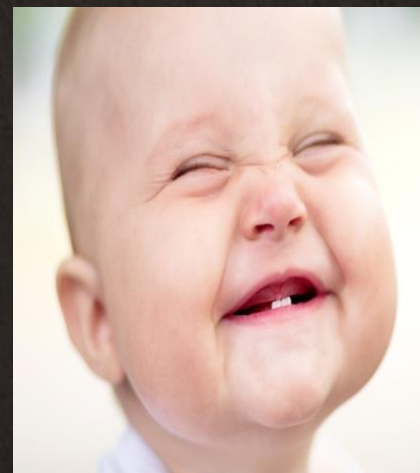
ANGER MANAGEMENT objectivity

It is wise to direct your anger
towards problems - not people; to
focus your energies on answers -
not excuses.

William Ward

How To Be Happy?

1. Spend time with your family & chosen friends
2. Try to enjoy your hobbies : reading, music etc
3. Eat well, exercise & be a good role model
4. Perform prayers...it is a spiritual connection
5. “Service to mankind brings us nearer to God”
6. Treat people well & engage with them
7. Speak less and listen more.....



Healthy Relationships



Connection with God

Conquer your mind and conquer the world

- Guru Nanak

Take Responsibility



- NETWORK
- GOOGLE

Key Ingredients - RELATIONSHIP



As she has planted, so does she harvest; such is the field of karma.

– Sri Guru Granth Sahib

SACRIFICES MATTERS!!



MY FINAL SAY.....



**When you are willing to compromise &
make sacrifices for someone, that's
where you feel true love!!**

"It's not the strongest species that survive, nor the most intelligent, but the most responsive to change".

- Charles Darwin

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