

Road for Better Relationships

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නූතන ලෝකය පැයෙන් පැය දිනෙන් දින දිවයන්නේ පෙර නො වූ විරූ සංකීර්ණත්වයක් වෙතට යි. මේ සංකීර්ණ ලොවෙහි හිමිකරු වන මිනිසා තම විවිධාකාර හැකියා තව දුරටත් ඔප්නංවාගැනීමට නිරන්තරයෙන් ප්‍රයත්න දරන නමුදු ස්වකීය අන්තර්පුද්ගල සබඳතා නිසි ලෙස ඔපදමාගැනීමට අසමත් ව සිටින බවක් දක්නට ලැබේ. මේ සඳහා බලපාන දුර්වලතා හඳුනාගනිමින්, එකී දුර්වලතා මඟහැරීමට ගත හැකි පියවර හඳුනාගනිමින්, වඩාත් ශක්තිමත් ව හා විශ්වසනීයත්වයකින් යුතුව අන්තර්පුද්ගල සබඳතා ඇති කරගැනීමටත් පවත්වාගැනීමටත් ඇවැසි ධනාත්මක සිතුවිලි සාකච්ඡාවට ලක් කරමින් මිනිසාගේ මානසික පැතිකඩ පිළිබඳ විමර්ශනයක යෙදීම මේ ලිපියේ අරමුණ යි.

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සංස්. පී. ඒ. අමීල මදුසංක, ජයමල් ද සිල්වා, දිල්ෂාන් මනෝජ් රාජපක්ෂ,
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'ප්‍රභා' ශාස්ත්‍රීය සංග්‍රහය, සිවු වැනි කලාපය - 2014/2015
මානවශාස්ත්‍ර පීඨය, කැලණිය විශ්වවිද්‍යාලය

Once an infant is born in this world it learns new things everyday through looking at the people around them, especially imitating his or her parent's actions. If parents were not there to bring him up or to look after him, the infant definitely would not be able to live for his first few days. This proves to us that it is completely impossible to continue living in this world as an individual that has no connections with anyone. Therefore we need somebody to look after us while being loved and cared for. The intention of this article is not only to examine the way of managing relationships between two people from the simple stage to the complicated stage, but also to introduce psychological techniques in order to obtain excellent relationships while encouraging you to observe your own self.

Engaging with people is an important part of life and there are people who struggle to maintain their connections or relationships properly while some others are able to manage them well. What would be the reasons for these two separate situations? According to a Japanese brain specialist named Mogi Ken Ichirou, there are several psychological situations that influence our communication behavior and all these good and bad relationships depend on one's psychological situations which improve with age.

When it comes to building relationships, the most important thing is reading and realising one's own mind because we transform our thoughts into actions. If we are not quite clear about our own mind's ideas or thoughts, those unclear thoughts will come out as meaningless actions. As a result, it becomes difficult for us to build up a strong and smooth relationship with other people. Also, we would not be good at welcoming new people into our lives unless you are unaware of your own thoughts. Therefore, I would like to introduce some psychological tips in order to change your state of mind to obtain the skills for better relationships. And few of them are as follows:

Safety base ¹

Destiny's red thread ²

Mirror neuron ³

Meeting is all about separating ⁴

The first point is about the safety base. The safety base gets created by all the valuable experiences that you have been gaining until now. If you have experienced something before and when the same situation occurred, you do not panic as it is not something you are facing for the first time. But if you are going through a new experience you will feel uncomfortable. An example would be, someone who is not good at English getting a scholarship to study abroad. Due to lack of language knowledge he might lose confidence and will feel like not going abroad without knowing any English. But if you have formed your mind to think in a positive way, you will get the strength to make the appropriate background in order to face the new life which is a challenge for you. You will start learning English to gain some knowledge to have daily conversations and once you practiced well, you will be confident to face any challenge. This whole process can be described as building the safety base. It is like a suit case that you take with you everywhere, and is filled with necessary things with the purpose of not getting troubled when you are at a strange place. To build up better relationships you need to travel the world, meet new people without being backward. If you are secured with the safety base, then you will not feel any vigilance or uncomfortableness despite wherever you are. But if you are not, this is the best time to create your safety base which means gaining much more valuable experiences while letting them to be useful in facing future challenges.

When you are creating the safety base, being curious would be better than being vigilance. Now what does this curiosity means and what does this vigilance means? In Cambridge learner's

dictionary, the word Curiosity is defined as “the feeling of wanting to know or learn about something” and the word Vigilance is defined as “watching carefully and always ready to notice anything dangerous or illegal”. When you are being challenged by new things you should be positive about it and vigilance should be away from you. For instance, if you do not have sufficient knowledge to operate a computer or any other thing that challenges you, you would be backward to learn it or to get practiced only if you have gotten the feeling of vigilance inside you. Because it stops you from learning something new and there is a possibility of seeing only the negative side of something when you are going to try it out. “It is impossible for me”, “no point of learning something that is not related”, you will feel exactly the same if the vigilance is mixed with your inner feelings. Therefore, it is very much important to terminate the feelings of vigilance as well as improving the curiosity in you which drives you into learning something new with a great enthusiasm.

It will make your mind move more active, will let you to think of the importance of trying something out and finally will guide you to the betterment in everything.

The second point is about destiny's red thread and hope many of you have heard about it at least once but maybe have not realised it yet. In this world, everyone is bound by a destiny's red thread which decides who needs to be in your life and who needs to stay out of it. When destiny's red thread is working between two people, they realise that they were meant to be mates and also they feel that it is impossible to be apart from each other. Once they started to feel this way, the feeling will continue until the very end. As a result of this, they will remain forever together. Even if you consider meeting someone was a coincidence, as the days and months passed, you will realise that meeting by chance was meant to be or as a necessity in your life. Likewise you are selecting

people under the preference of destiny's red thread. In here you need to recognise your own destiny's red thread by examining your own self in order to choose the right person to be involved with in your entire lifetime. For this you have to be conscious about the thoughts of your mind which is flowing endlessly here and there. So that you can become good at assuming and make new as well as strong relationships that lasts a lifetime.

Here we go to the interesting third point which is about the mirror neuron. Have you ever thought why we are prone to imitate others? It can be anything that you like in someone. It can be actions, way of speech, looks, qualities, behavior or the style of his or her living. If something of someone requires us to change somewhere in us and to establish the same quality of them, you better be aware of mirror neurons. As it is happening according to the mirror neuron's commands. The mirror neuron is a neuron which is in our brain and it has the power to govern our feelings and thoughts and it keeps changing one's personality. And of course the change could be for the better or for the worse. It is absolutely your responsibility to consider what is right and what is wrong and to change yourself in a proper way without letting your life to be in vain.

There is nobody who does not have watersheds in their life. People keep changing everyday both in inside and outside and the gradual change is what makes us intelligent and wise. And it is the only theory that exists in the world which does not change. Meeting new people changes us so widely and it does give us tremendous results to succeed in life. According to the commands of the mirror neuron we tend to change ourselves for the better and there are four people in this world that we must associate with in order to gain extremely high advantages to our lives. They are a rival or a competitor, a fellow or a friend, a teacher or a master,

and a partner. These four personalities have got a positive influence that can change you without any difficulty. Also they have their own beauty in outward appearance, in their life styles and in their mind. It is not totally impossible to get influenced by others, but you will not ever get influenced by anyone other than these four kinds of people.

There is a saying that “If you are standing next to a beautiful person, you too will become beautiful” and the same theory goes with this. Whenever you are into someone’s personality or if you are quite interested and attracted by someone’s personality, the mirror neuron enables you to grow up the same quality or the same characteristics that you were attracted to. Most often we change ourselves toward the bright side and at the same time someone can be changing him or herself toward the dark side. It depends on the background and the society they are currently involved in. If you are greatly influenced by any of the above mentioned people, naturally you will be persuaded by the mirror neuron to become a better person. You may have already experienced the similarities between you and your best friend or between you and your partner thinking and doing the same thing without having any word. Such situations occur only when the mirror neuron is activated between two persons and on the other hand it just helps us while giving clues to guess about the person that we are engaged with, so that we can reach the highest point of any relationship.

The last point is one of the deepest meaningful sayings in the world. If we have a better understanding about this saying, then the life would become much easier than anything else. Meeting and separating is just like the two sides of the same coin. Nothing can be happen alone. If one happens, then the other thing will definitely happen and we call this life. We meet thousands of people in our lifetime and there are unique values in each person. It is not fair to underestimate anyone thinking he or she has no value to this

world. People are born for a reason and we meet people for a reason. If there is hundreds of separations, it is the beginning of hundreds of meetings. Also, hundreds of meetings will be the beginning of hundreds of separations. If we associate with someone while keeping in mind that we have to separate with that person one day, quite sure that our behavior towards him or her will be more attentive, kind loving and caring, warm hearted as we do not want to make that person upset for the time that we are with them. We will consider the relationship more important than we ever did before. Always try to give your best company to others, make them happy like no one does, give much priority than anything, only then you will be successful in having or creating the best relationships in the time to come.

In order to grow these qualities in you and to gain an exceptionally remarkable personality, the only thing you need to practice is changing yourself for the better. When considering that each point requires a change in you. So it is very much important to strive with determination to make a change in you as it is an indispensable effort when pursuing the true happiness in your life.

Despite the general belief that human beings are among the strong species in mammals, we are physically among the weakest. Whether it is speed of movement on the ground or water, jumping in the air or sensitivity of senses, we come in the lower level of the mammals. Then the question arises how did we survive long? It is our intelligence that has put us in the reckoning. Intelligence has enabled human beings to adapt to the environment in which they are placed. It is now a question of adaptability to the new challenges.

In order to face the challenges in a successful manner we need to change ourselves by reforming the perception or attitude and the opinion. Life only gives us two dimensions to choose and that is either learn to move on the track or get off the track. People

who are not good at changing themselves for the better tend to get off the track and the people who are good at adapting themselves to the new situations which life throws at us as new challenges are winning the life at the end and move further on forward.

Change is occurring all over the world. Change is the essence of life. Everybody is subjected to change and there is constant change happening to us, both physically and mentally, from conception to childhood, childhood to adulthood and adulthood to old age. Likewise, if we are not satisfied with our present situation we can always change it by changing our way of thinking and doing things in that direction. After all, this life belongs to us and we will have to take charge of it. Nobody other than ourselves will think and do things for us. If we have the willingness to accept change and we are ready to make the effort, we can certainly change. In fact such a change will bring enormous benefit in our own lives. By change not only will life be enriched but also the quality of life will improve. However, when we talk about change, we should change ourselves for the better not for the worse. Never under estimate the change that you try to have in you, because many a time even small changes in life work wonders.

When talking about the change there is not a particular time for it. In fact no good thing should wait. Anytime is auspicious for change and it is important to adopt change without any delay because it is easier to change at an early stage. Man undergoes a change in certain situations of life; birth, childhood, adulthood, old age and finally death. It is better to effect change in ourselves so that we are prepared in advance to face the impending situation rather than waiting for the situation to overtake us.

Generally we like to have our own way in whatever we are engaged with. If we are able to convince another person about our view, it is fine. But if he is not prepared to get convinced, what will

happen. First of all, we should be aware that it is impossible to change others. Otherwise the smooth relationships will turn into conflicts due to having lack of knowledge about the dealing partner and over expecting without thinking of the real condition of something.

In chasing good qualities in order to have better relationships, we need to change ourselves while being so judgmental. When there is a conflict of opinion or interests between us and the other person, we tend to think that we are right and the other person is wrong. Also we expect other person to change his position as a result of being too sure about our perception. At the same time the other person may be equally vehement about his being right. Judging unilaterally if the other person is right or not does not serve any purpose. It is prudent to accept him as he is and change our own course in a way that we feel is right.

When we deal with a person, as human beings we expect some things to have in that person, the things we want to see in him. If we receive what we expected from him then we decide if he is a very good fellow to constantly engage with. We put him inside our circle and give him the label of friend. Just how we welcome new people into our lives, we throw some people out once we felt that person is not giving us what we wanted. But acting like this is not a better way to obtain better relationships to our life. We should know that it is not always possible to change the person whom we have to deal with. For example we may have to carry on with a coworker whether we like him or not. We may have to change the group if we do not want to work with the people in the group. On the other hand, to choose friends is our prerogative. If we are convinced that it is difficult to get along with a friend, we can terminate the friendship instead of holding it as a sore only after your efforts did not work out on holding the friendship.

Moreover, to relate effectively with parents, children, friends, or working associates, we must learn to listen. This requires emotional strength to make a change within. Listening involves patience, openness and the desire to understand and also these are the highly developed qualities of character. Before listen to other people, we should listen to our own self to get a better idea about who we really are. In order to gain a good knowledge about you, it is required to stand apart from yourself and try to project your consciousness upward into a corner of the room and see yourself, in your mind's eye. Will you be able to look at yourself almost as though you were someone else? In fact, until we take how we see ourselves and how we see others to our account, we will be unable to understand how others see and feel about themselves and their world. By observing one's own self, it is easier to realise the change which is required in us. Also our interactions with others help in getting feedback about ourselves and we should try to improve our behavior in the light of the feedback we receive.

We are born on this earth with a certain purpose and the outcome of fulfilling that purpose is supposed to make our world a better place to live in. Life consists of trials, tribulations, failures, opportunities, wonders, successes and so on. If we hold a positive attitude towards life, our journey of life becomes much easier. Trials, tribulations and failures will then be transformed into opportunities, wonders and successes. If we take this process further which is changing ourselves for the betterment and feel gratitude for everything in life, life will absolutely become a joy for us while being blessed with ever lasting relationships.

End Notes

1. Ken Ichirou Mogi, 2012, p. 186.
2. Ken Ichirou Mogi, 2012, p. 202.
3. Ken Ichirou Mogi, 2012, p. 120.
4. Ken Ichirou Mogi, 2012, p. 78.

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