

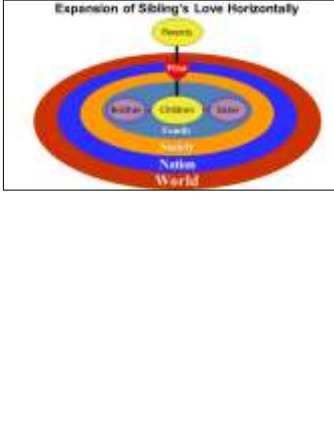
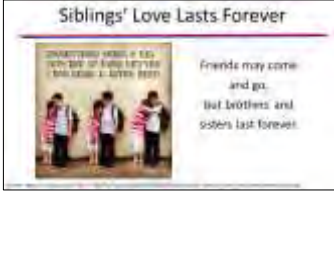

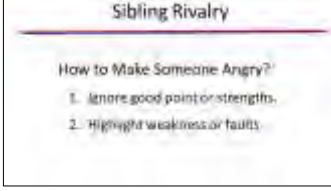





Chapter 5
Solving Sibling Rivalry




This lesson will:





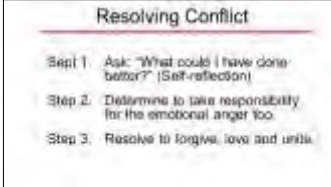
- Discuss internal causes of rivalries among siblings and conflict among nations.
- Highlight the negative and destructive nature of self-pity and how this can be overcome.
- Show the importance of self-reflection and taking responsibility as the foundation for enemies to reconcile.
- An appendix points out that all religions teach us to love our enemies.





No.	Slide	Narrative
1.		<p><i>PUBLISHER'S NOTE TO PRESENTERS:</i></p> <p><i>This is an exposition of the main themes of a true love character education curriculum. It is a blueprint for subjects and positions educators should use in presenting these themes in a way appropriate to the target age group.</i></p>
2.		<p>The mind-body and parent-child relationships are vertical in nature. Complementing this, brother and sister love is horizontal. Among brothers and sisters, it is natural that elder siblings teach younger ones and younger ones learn from their elders.</p>
3.		<p>But from the viewpoint of parents, siblings are on the same level. Parents love their children in unique ways, but equally. How is that possible? The uniqueness of parental love is related to the unique character of each child. The equality of their love is that without hesitation good parents would sacrifice themselves completely for the sake of each and every child.</p> <p>The relationships between siblings expands to create tribes, ethnic groups, societies and nations. Just as an elder child should share his or her knowledge with younger siblings, nations that have gained greater benefits should share their blessings, perhaps technological breakthroughs or material resources, with other nations.</p>
4.		<p>While growing up, friends may come and go. But brothers and sisters are related by having the same parents and this relationship lasts forever. It is a special bond of love that should grow stronger as siblings grow older.</p> <p>If sovereign nations treat each other as siblings, as part of the same family, then mutual respect and shared prosperity will be assured.</p>






No.	Slide	Narrative
5.		<p>This is the ideal. Unfortunately, the relationship between brothers and sisters in families (and between nations) is often strained, filled with jealousy and resentment. This can lead to fighting and even murder as in the first human family where Cain the elder killed his younger brother Abel.</p> <p>From the viewpoint of brother-sister love, this is called sibling rivalry. When it happens between nations it is called war.</p> <p>Both are rooted in the failure be loving and to feel loved. This causes resentment that is most often self-imposed. Incorrectly, we blame others for making us unhappy and think that if they are gone our problem will be solved.</p>
6.		<p>Growing up we may fight with our siblings. It takes little to make a brother or sister upset. We have all done it. We ignore their good characteristics (although we do see them, we don't want to say anything) and then only point out their weakness, usually in an accusing and judgmental manner.</p> <p>Result: instant anger. When this grows, siblings fight and then parents need to step in to solve the problem.</p>
7.		<p>But where does it begin? It usually starts with self-pity. This is like an emotional wall we build around ourselves. This negative emotion blocks us from feeling loved or valued—from everyone! Our first reaction is usually to cut the communication lines and stop talking. We can easily say, "I don't want to talk to you anymore." Inside our heart we feel, "I don't even want to see you again."</p>
8.		<p>Looking at nations, races and religions as brothers and sisters, it is easy to see that wars arise out of the same dynamics as sibling rivalry. Nations can easily anger other nations, often their neighbor, by simply ignoring the good points and pointing out the weaknesses in an accusing manner. The result is fighting and killing. This could be avoided by learning how to act like true brothers and sisters.</p>

No.	Slide	Narrative
9.	<p style="text-align: center;">How to Solve Anger</p> <hr/> <p>What we can do to Help Others:</p> <ol style="list-style-type: none"> 1. Acknowledge their good points or strengths. 2. Help them in areas of weakness or need. 	<p>How do we to solve this problem?</p> <p>What we can do to Help Others: By reversing the way in which we made a sibling angry this problem can be solved.</p> <p>Instead of ignoring their good points, true siblings' should easily and often acknowledge the good points of their brothers and sisters, praising them out of genuine love, without being forced to do so. In addition, we help them in areas where they are disadvantaged, or weak or in need.</p> <p>The result: siblings feel loved and appreciated. Great joy and satisfaction comes from this positive emotion and communication lines are opened. On this foundation, problems can be talked about and dealt with in an atmosphere of respect, trust and cooperation. Rivalry disappears allowing for happiness and harmony in the family to be restored.</p>
10.	<p style="text-align: center;">How to Solve Anger</p> <hr/> <p>What we can do to Help Others:</p> <ol style="list-style-type: none"> 1. Acknowledge their good points or strengths. 2. Help them in areas of weakness or need. <p>What we can do Ourselves:</p> <ol style="list-style-type: none"> 1. Count our Blessings 2. See the goodness in Others. 3. Help Others less fortunate 	<p>What we can do Ourselves: First, count your blessings. In self-pity we think we are unloved and that no one really cares. Overcoming self-pity can be accomplished by realizing the blessing we already have. Find some quiet time to think, pray or meditate. Then make a list of the gifts and advantages you have. Gradually the feeling of being grateful will come back.</p> <p>Second, look for the goodness in others. It is very easy to see the faults and short-comings in others. It is almost automatic. However, to see the goodness in our enemy takes effort. Again, you will need to take time to contemplate and reflect. Ask yourself a question, "Are there any good points in the person I hate?" Again bring writing material and take notes so you can refer to them later.</p> <p>Third, help others less fortunate.</p>
11.	<p>Til Bahadur Karki, 40, founder of the Joint Disabled Unity Awaz Center in Kathmandu, Nepal</p> 	<p>Til Bahadur Karki had every reason to pity himself. His feet were deformed from birth. He was ridiculed by elders, shunned by peers and friendless. He and his family were ostracized. Especially his mother was persecuted and shamed by family members and neighbors. "Was there an evil spirit in their family?" people would ask behind their backs. Later, even his own mother left him.</p> <p>Public schooling was impossible. His toes had grown at distorted angles and looked more like twisted cauliflower than feet. He walked on the side of his ankles. Karki, 40, had never worn a pair of shoes; instead he wore thongs on his feet using only one strap. In the end, he told a small gathering at the UN International Day of Families in Kathmandu, Nepal in 2013, "I tried to commit suicide five times."</p>

No.	Slide	Narrative
12.		<p>But somehow he continued. To live he begged at a Hindu temple in the capital city. Karki eked out a living and every day saved a few coins which he buried underground. This continued for 27 years.</p> <p>Then in 2008 things changed. He unearthed his life's saving of Rs. 500,000 (about US\$6,000), and invested everything to start a home for orphans and conflict children whose parents had been killed in Nepal's 10-year civil war (which left an estimated 15,000 people dead).</p>
13.		<p>Karki's experience is extreme, but reasons to pity ourselves can be found everywhere. They're always justifiable and always destructive. Self-pity acts like swirling water going down the drain dragging everything along with it. Then how can this vicious cycle of self-destruction be broken?</p> <p>"I was orphaned," he said later in an interview, "and so I didn't want other innocent children to suffer as I had done." In essence, he overcame self-pity by pitying others more than himself. He established the Joint Disabled Unity Awaz Center.</p>
14.		<p>In the process this shoeless beggar discovered one of life's greatest lessons—you don't lose by giving to others. You gain. Living for others allows the giver to receive. Giving to others creates great joy, deep satisfaction and inner peace. These are priceless items that can only be experienced by altruistic giving. Karki has been so busy caring for 'his children' he has had no time left to pity himself.</p> <p>There was another lesson to be learned on that sunny day in mid-May when the United Nations was celebrating families. The 37 children packed together in their small home were unrelated biologically, but they were a family. They were brothers and sister. Why? More than a related genetic DNA or living together under one roof, it was the love of a parent who was willing to make a complete and unconditional sacrifice for their sake that made them a family, a real family. The vertical love of parents is the foundation for brother and sister love.</p>
15.	<p data-bbox="310 1446 516 1467">The Power of Forgiveness</p>  <p data-bbox="404 1497 565 1587">"If you want to make peace with your enemy, you have to work with your enemy. Then he becomes your partner."</p> <p data-bbox="488 1602 565 1614">Nelson Mandela</p>	<p>This technique of living for the sake of others not only applies to relationships for individuals, but relates to every aspect of our lives. It is one of life's important lessons. Here is another story.</p> <p>Nelson Mandela served 27 years in prison in South African for his anti-apartheid protests. He hated being oppressed by white people whom he also despised. Although he was bitter and resentful, he ultimately he overcame his resentment towards white people. Later in life Mandela advised us all,</p> <p data-bbox="683 1776 1425 1839">"If you want to make peace with your enemy, you have to work with your enemy. Then he becomes your partner."</p>

No.	Slide	Narrative
16.		<p>If we don't solve sibling rivalries, they will be passed on to future generations and in most cases get bigger and more difficult to solve.</p> <p>What do you think would have happened if Nelson Mandela had come out of jail, bitter and resentful?</p> <p>Answer: South Africa would have likely had a devastating civil war.</p>
17.		<p>However, after being released from prison he made his enemy his friend and became his country's first black head of state. In 1993 he, along with Pres. F. W. de Klerk, were awarded the Nobel Peace Prize. But it began by overcoming hatred in his heart. This is where peace really begins.</p>
18.		<p>Living for the sake of others even applies in the geo-political realm between nations. A vivid example is the difference in the treatment of the defeated nations between the end of WWI and the end of WWII.</p> <p>The victorious nations in WWI, the Allied powers (U.S., England, France and Italy) led by the United States, defended themselves and won the war, but had no solution to ensure peace.</p> <p>The victorious nations demanded that the defeated nations, the Central Powers (Germany, Austria-Hungary and Turkey) pay huge war reparations. In addition to being defeated militarily, the Central Powers were shamed and impoverished.</p> <p>This seeded resentment in the German people which Adolf Hitler exploited, ultimately leading to the Second World War.</p>
19.		<p>However, at the end of WWII, the victorious nations had a peaceful solution. They helped rebuild Western Europe and Japan, investing more approximately \$135.4 billion (in current dollar value as of September 2017) in Europe alone.</p> <p>To this day, these once enemy nations are prosperous and the foremost allies of the United States.</p>
20.		<p>In the case above, these three steps were:</p> <p>Sept 1. Ask: "What could I have done better?" (Self-reflection) The United States realized the mistake the Allied Powers made at the end of WWI.</p> <p>Step 2. Determine to take responsibility for the emotional anger too. They exercised the heart of a parent and helped rebuild Europe and Japan at the end of WWII.</p> <p>Step 3. Resolve to forgive, love and unite. Enemy nations were reconciled and became the closest of allies. They forgave, loved and united.</p>

No.	Slide	Narrative
21.	<p>Fighting is Not a Solution</p> <p>Fighting does not resolve conflict:</p> <ul style="list-style-type: none"> - Defeating an enemy does not solve grievances or end hatred. - The defeated are tempted to seek revenge. 	<p>Lesson Learned: Fighting does not resolve conflict (especially the emotional resentment).</p> <ul style="list-style-type: none"> • Defeating an enemy does not solve the grievances or end hatred. • The defeated are tempted to seek revenge. <p>But is force ever necessary? It may be needed for self-defense and to defend the weak. But it should also be used within a context of an ultimately peaceful solution.</p>
22.		
23.	<p>Activity #1:</p> <ol style="list-style-type: none"> 1. What examples you can think of where enemies were reconciled? 2. It takes courage and strength to talk to someone you don't like. What challenges do you face internally? 	<p>Activity #1:</p> <ol style="list-style-type: none"> 1. What examples you can think of where enemies were reconciled? 2. It takes courage and strength to talk to someone you don't like. What challenges do you face internally?
1.	<p>Appendix:</p> <p>All religions teach us to love our enemies. These quotes may be used as needed.</p>	<p>Appendix: All religions teach us to love our enemies. These quotes may or may not be used.</p>
2.	<p>Love your Enemy</p>  <p>A noble soul will always exercise compassion even towards those who enjoy injuring others...</p> <p><small>Ramayana, Yuddha Kanda 115</small></p>	<p>All religions call us to embody this parental heart—to forgive, love and unite.</p> <p>A noble soul will always exercise compassion even towards those who enjoy injuring others... Ramayana, Yuddha Kanda 115</p>
3.	<p>Love your Enemy</p>  <p>God said, "Resemble Me; just as I repay good for evil so do you also repay good for evil."</p> <p><small>Exodus Rabbah 26.2</small></p>	<p>God said, "Resemble Me; just as I repay good for evil so do you also repay good for evil." Exodus Rabbah 26.2</p>
4.	<p>Love your Enemy</p>  <p>Hatreds never cease through hatred in this world; through love alone they cease. This is an eternal law.</p> <p><small>Dhammapada 3-5</small></p>	<p>Hatreds never cease through hatred in this world; through love alone they cease. This is an eternal law. Dhammapada 3-5</p>

No.	Slide	Narrative
5.	<p data-bbox="347 237 480 258">Love your enemy</p>  <p data-bbox="388 296 573 369">Conquer anger by love. Conquer evil by good. Conquer the stingy by giving. Conquer the liar by truth.</p> <p data-bbox="483 384 573 401">Dhammapada 223</p>	<p data-bbox="683 233 1451 331">Conquer anger by love. Conquer evil by good. Conquer the stingy by giving. Conquer the liar by truth. Dhammapada 223</p>
6.	<p data-bbox="347 436 480 457">Love your enemy</p>  <p data-bbox="363 478 558 583">I treat those who are good with goodness, And I also treat those who are not good with goodness. Thus goodness is attained.</p> <p data-bbox="477 583 558 600">Tao Te Ching 49</p>	<p data-bbox="683 432 1398 562">I treat those who are good with goodness, And I also treat those who are not good with goodness. Thus goodness is attained. Tao Te Ching 49</p>
7.	<p data-bbox="347 636 480 657">Love your enemy</p>  <p data-bbox="363 678 558 762">Confucius said, "He whose heart is in the smallest degree set upon Goodness will dislike no one."</p> <p data-bbox="485 783 558 800">Analects 3-4</p>	<p data-bbox="683 632 1430 720">Confucius said, "He whose heart is in the smallest degree set upon Goodness will dislike no one." Analects 4.3-4</p>
8.	<p data-bbox="347 835 480 856">Love your enemy</p>  <p data-bbox="380 884 534 940">Love your enemies and pray for those who persecute you.</p> <p data-bbox="469 961 550 978">Matthew 5.43-48</p>	<p data-bbox="683 831 1435 888">Love your enemies and pray for those who persecute you. Matthew 5.43-48</p>
9.	<p data-bbox="347 1035 480 1056">Love your enemy</p>  <p data-bbox="380 1087 570 1144">It may be that God will ordain love between you and those whom you hold as enemies.</p> <p data-bbox="509 1161 566 1178">Qur'an 60.7</p>	<p data-bbox="683 1024 1435 1115">It may be that God will ordain love between you and those whom you hold as enemies. Qur'an 60.7</p>