

'Respect' – The Right Evaluation

Basic Human Aspiration

Continuous Happiness and Prosperity

Happiness is to be in Harmony

Program for Fulfilment of Human Aspiration

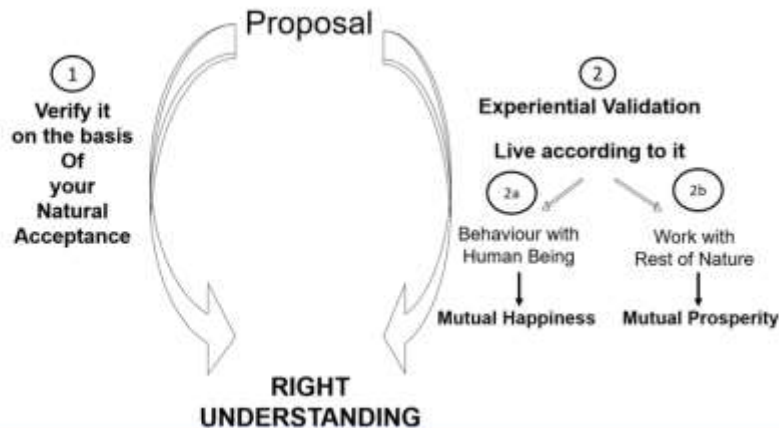
Understanding Harmony and Living in Harmony at all Levels

- Harmony in the Human Being ✓
-  **Harmony in the Family**
- Harmony in the Society
- Harmony in Nature/Existence

Process of Understanding

Self Exploration

Whatever is stated is a **Proposal** (Do not assume it to be true/ false)
Verify it on your own right



Harmony in the Family

1. Relationship is – between one self (I_1) and other self (I_2)
2. There are feelings in relationship – in one self (I_1) for other self (I_2)
3. These feelings can be recognized – they are definite (9 Feelings)
4. Their fulfilment, evaluation leads to mutual happiness

Feelings in relationship:

1. Trust विश्वास FOUNDATION VALUE
2. Respect सम्मान
3. Affection स्नेह
4. Care ममता
5. Guidance वात्सल्य
6. Reverence श्रद्धा
7. Glory गौरव
8. Gratitude कृतज्ञता
9. Love प्रेम COMPLETE VALUE

Respect (सम्मान)

Respect = Right Evaluation

सम्मान = सम् + मान
 ↓ ↓
 सम्यक् मापना
 ↓ ↓
 ठीक ठीक आंकलन करना

Over evaluation अधिमूल्यन	– to evaluate for more than what it is अधिक आंकलन करना	} Disrespect अपमान
Under evaluation अवमूल्यन	– to evaluate for less than what it is कम आंकलन करना	
Otherwise evaluation अमूल्यन	– to evaluate for other than what it is अन्यथा आंकलन करना	

Whenever the evaluation is not right, it is disrespect

Check for yourself in every interaction with others whether it is respect or disrespect. i.e.

- It is right evaluation or
- It is over / under / otherwise evaluation

Respect: Right Evaluation

Will the right evaluation be on the basis of the Self or the Body?

Respect: Right Evaluation – on the basis of the Self

1. Purpose लक्ष्य

- I want to live with continuous happiness & prosperity
- The other also wants to live with continuous happiness & prosperity

Our purpose is same (on the basis of Natural Acceptance)

2. Program कार्यक्रम

- My program is to understand and to live in harmony at all 4 levels
- The program of the other is also to understand and to live in harmony at all 4 levels (Individual, family, society and nature/existence)

Our program is same

3. Potential क्षमता

- Desire, Thought & Expectation (इच्छा, विचार, आशा) is continuous in me. I am endowed with Natural Acceptance
- Desire, Thought & Expectation (इच्छा, विचार, आशा) is continuous in the other. The other is also endowed with Natural Acceptance

Our potential is same

MINIMUM CONTENT of RESPECT

The Other is Similar to Me

दूसरा मेरे जैसा है

Differences

So there are similarities at the level of the self

There are also differences between one human being and another:

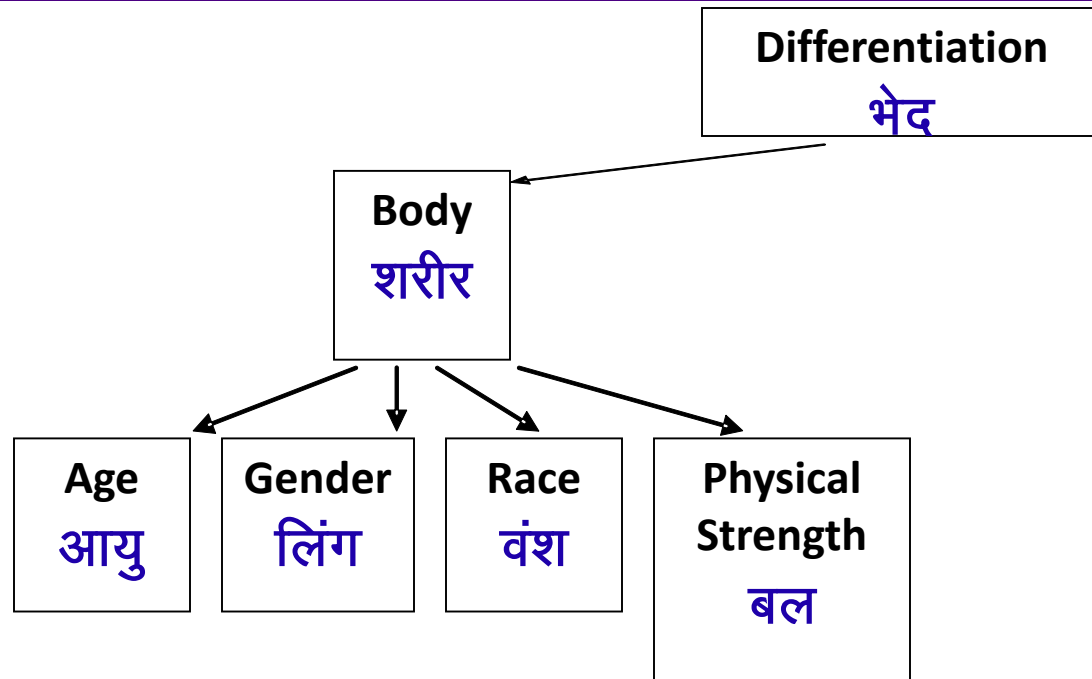
- a) On the basis of the body
- b) On the basis of the self, i.e. how much of the potential has been realised

In living, are we:

Trying to accept the other as being similar to me

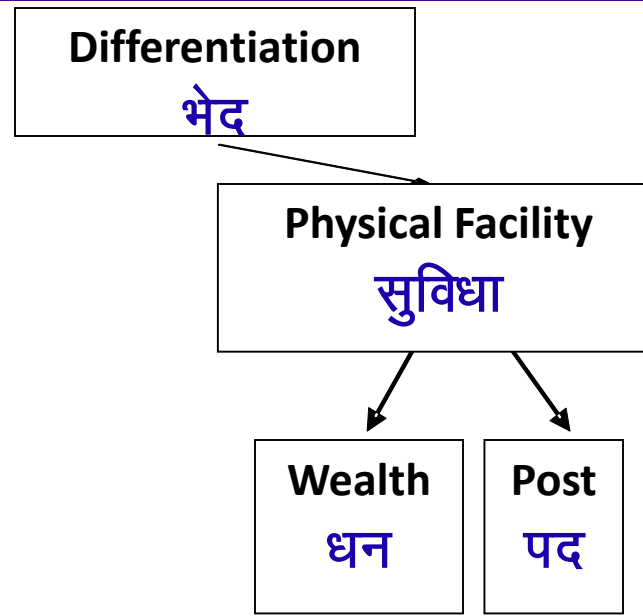
or

Trying to show that we are different from the other?



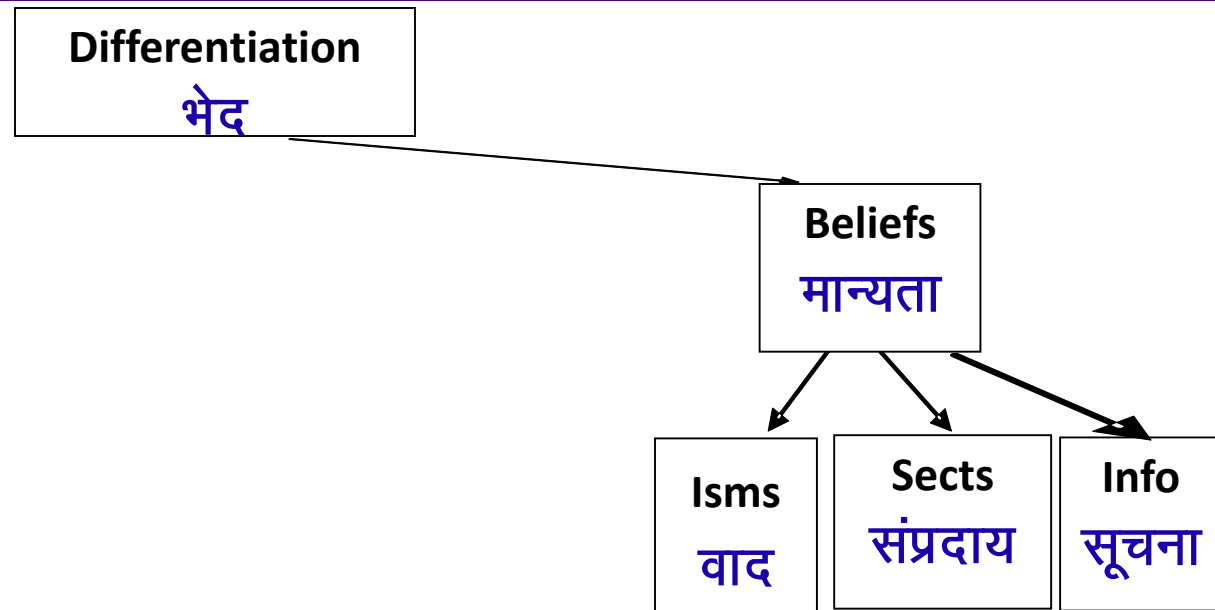
The Gross Misunderstanding is
“Human Being = Body”

While the reality is
“Human Being is co-existence of Self & Body”



The Gross Misunderstanding is
“Physical Facility = Happiness”

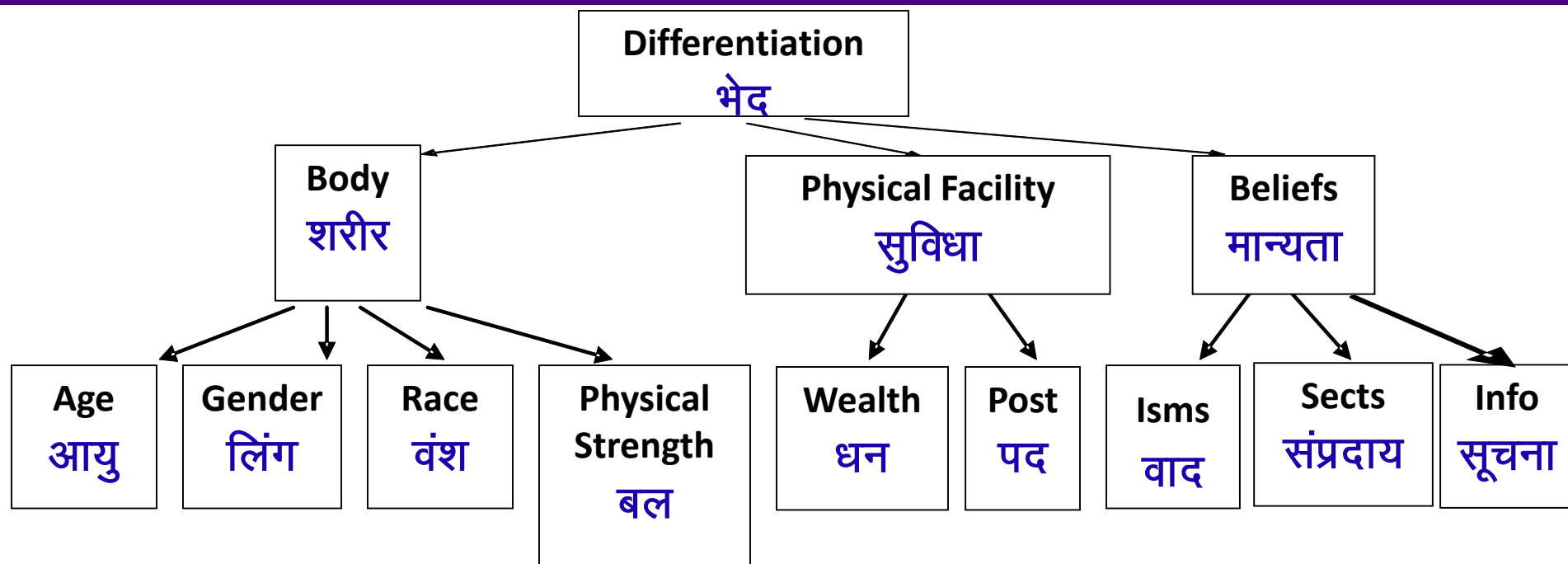
While the reality is
“Happiness is being in a state of Harmony”



The Gross Misunderstanding is
“If the pre-conditioning of the other matches
my preconditioning, then the other is like me”

While the reality is
“Every Human Being is like me”

Differentiation भेद



Differentiation = Disrespect

Not Naturally Acceptable... Opposition, Movements...

भेद = अपमान

सहज स्वीकार्य नहीं होता... विरोध... आन्दोलन...

Respect: Right Evaluation – on the basis of the Self

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MINIMUM CONTENT of RESPECT

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दूसरा मेरे जैसा है

Respect: Right Evaluation – on the basis of the Self

1. Purpose – Our purpose (Natural Acceptance) is same
2. Program – Our program is same
3. Potential – Our potential is same

The Other is Similar to Me

4. Competence – On the basis of right evaluation of our mutual competence, I recognise our complementarity and fulfill it:

If the other has more understanding, is more responsible than me

- I am committed to understand from the other

If I have more understanding, I am more responsible than the other

1. I live with responsibility with the other, unconditionally, unperturbed by the behaviour of the other
2. I am committed to facilitate understanding in the other (once the other is assured in relationship, and not before that)



COMPLETE CONTENT of RESPECT

The Other is Similar to Me. We are complementary to each other

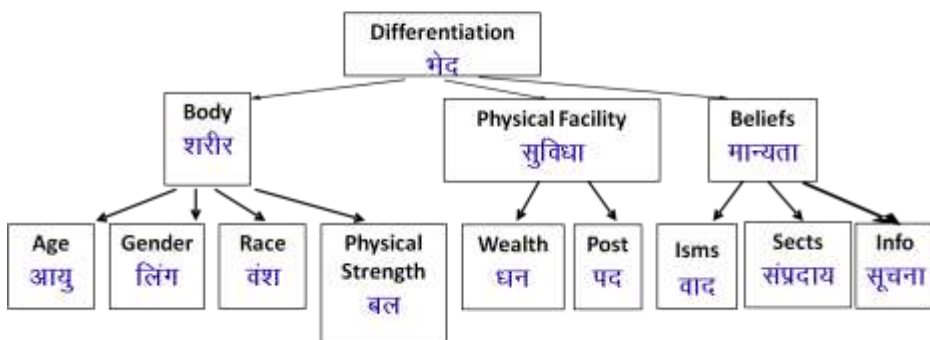
Differentiation

I evaluate on the basis of body, physical facilities or belief (pre conditioning). I compare, compete, differentiate...

I am different from the other

We are competitors

I make effort to accentuate the difference, to manipulate, exploit the other



Respect – on the basis of Self

1. Our purpose (Natural Acceptance) is same
2. Our program is same
3. Our potential is same

The other is similar to me

We are complementary to each other

If the other has more understanding than me

- I am committed to understand from the other

If I have more understanding

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Peer Pressure – Reasons

When we are living on the basis of preconditioning (without self-verification) and try to get respect from others on the basis of comparison -

- We keep accepting wrong assumptions that are based on preconditioning, because we don't have the practice of verifying things (notions) on our own right.
- Because others are doing it/ having it, so should I. (a sense of belongingness with a specific group)
- There is a pressure to be ahead of others, because we want to get respect from others and believe that it will only come, when I am ahead of others (in terms of appearance, clothes, language & expression- English, money etc)

Peer Pressure – Solutions

- Self-verification
- Understanding the need of self and body distinctly. Respect is a need of the self that cannot be fulfilled by these physical facility
- Sense of belongingness on the basis of understanding of human being
- The basis of happiness is to ensure right feelings in the self rather than just asking it from others
- Right basis of respect needs to be ensured
- Language as a means of communication
- Clothes etc are for nurturing, protection and right utilization of the body and not for getting respect through comparison/ differentiation. When we try to ensure respect on these basis, it rather leads to jealousy

Sum Up

Respect = Right Evaluation (with a feeling of trust on intention)

Under evaluation, over evaluation or otherwise evaluation is disrespect

Differentiation is disrespect

Respect on the basis of Self – The other is like me and we are complementary to each other

The only difference is in our level of understanding (how much of our desire, thought & expectation is on the basis of our Natural Acceptance). Fulfilling the relationship from my side leads to harmony (happiness) within me:

If the other has more understanding, he is more responsible than me

- I am committed to understand from the other

If I have more understanding, I am more responsible than the other

- I live with responsibility with the other, unconditionally, unperturbed by the behaviour of the other
- I am committed to facilitate understanding in the other (once the other is assured in relationship, and not before that)

Self Reflection

Self Reflection

1. What is the basis of respect?
 - Is it on the basis of the self or body?
2. Observe your interaction with others:
 - Are you evaluating the other? Is your evaluation of the other their right evaluation, over evaluation or otherwise evaluation?
 - Are you also evaluating yourself? Is your own evaluation the right evaluation, over evaluation or otherwise evaluation?
3. What is naturally acceptable – to differentiate or to relate, to be complimentary?

Questions?

FAQ

1. My mother used to say “you are different”. Most of us are trying to be special. That was the motivation... Now you are saying that we are similar... so now what can be the motivation?
2. Isn't some over-evaluation quite motivating? We tell our good students that they can do anything and it works. Similarly we tell our weak students that if they don't improve, they will have to work in the fields – that also works. Like my father never appreciated anything we achieved, at the most he said “Good. Do better next time”
3. How would I know if the other has more understanding than me or less understanding than me?
4. When you say right evaluation, what exactly are we evaluating? We generally evaluate the skills to do something, like skill to solve maths problems, etc.
5. Is the evaluation relative (between one person and another person) or something absolute?
6. Does ego and depression have anything to do with right evaluation?

Self Confidence, Ego & Depression

Right Evaluation	Over Evaluation	Under / Otherwise Evaluation
Self Confidence	Ego	Depression
I am self referential (स्वतंत्रता)	The other is my reference (परतंत्रता)	The other is my reference (परतंत्रता)
Definite Conduct	Indefinite Conduct	Indefinite Conduct

