

# Lecture 12

**'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

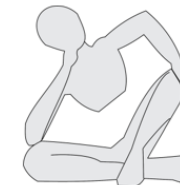
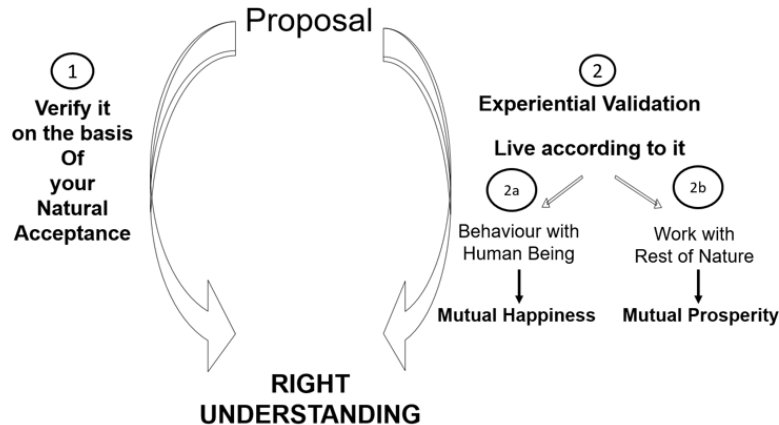
Harmony in Nature/Existence

## 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

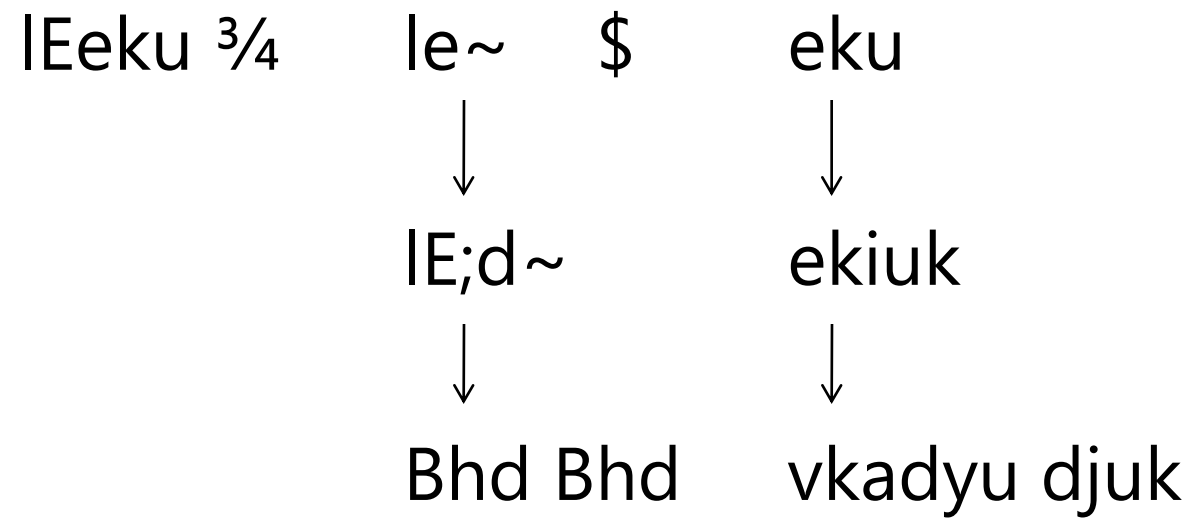
1. Relationship is – between one self ( $I_1$ ) and other self ( $I_2$ )
2. There are feelings in relationship – in one self ( $I_1$ ) for other self ( $I_2$ )
3. These feelings can be recognized – they are definite (9 Feelings)
4. Their fulfilment, evaluation leads to mutual happiness

## Feelings in relationship:

- |                                  |                             |
|----------------------------------|-----------------------------|
| 1- Trust fo"okl FOUNDATION VALUE | 6- Reverence J)k            |
| 2- Respect lEeku                 | 7- Glory xkSjo              |
| 3- Affection Lusg                | 8- Gratitude —rKrk          |
| 4- Care eerK                     | 9- Love izse COMPLETE VALUE |
| 5- Guidance okRIY;               |                             |

# Respect (IEeku)

Respect = Right Evaluation



Over evaluation vf/kewY;u	– to evaluate for more than what it is vf/kd vkaadyu djuk	} Disrespect vieku
Under evaluation voewY;u	– to evaluate for less than what it is de vkaadyu djuk	
Otherwise evaluation vewY;u	– to evaluate for other than what it is vU;Fkk vkaadyu djuk	

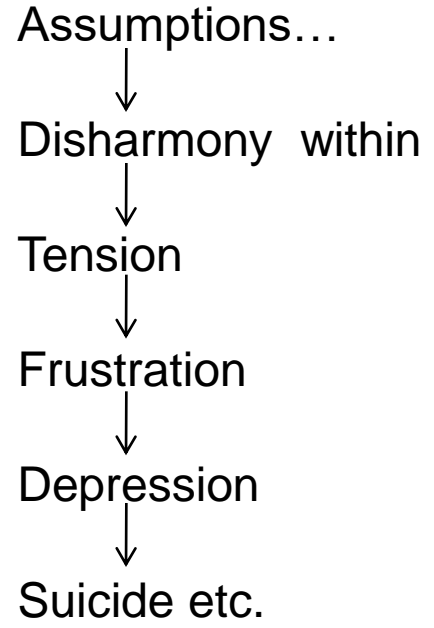
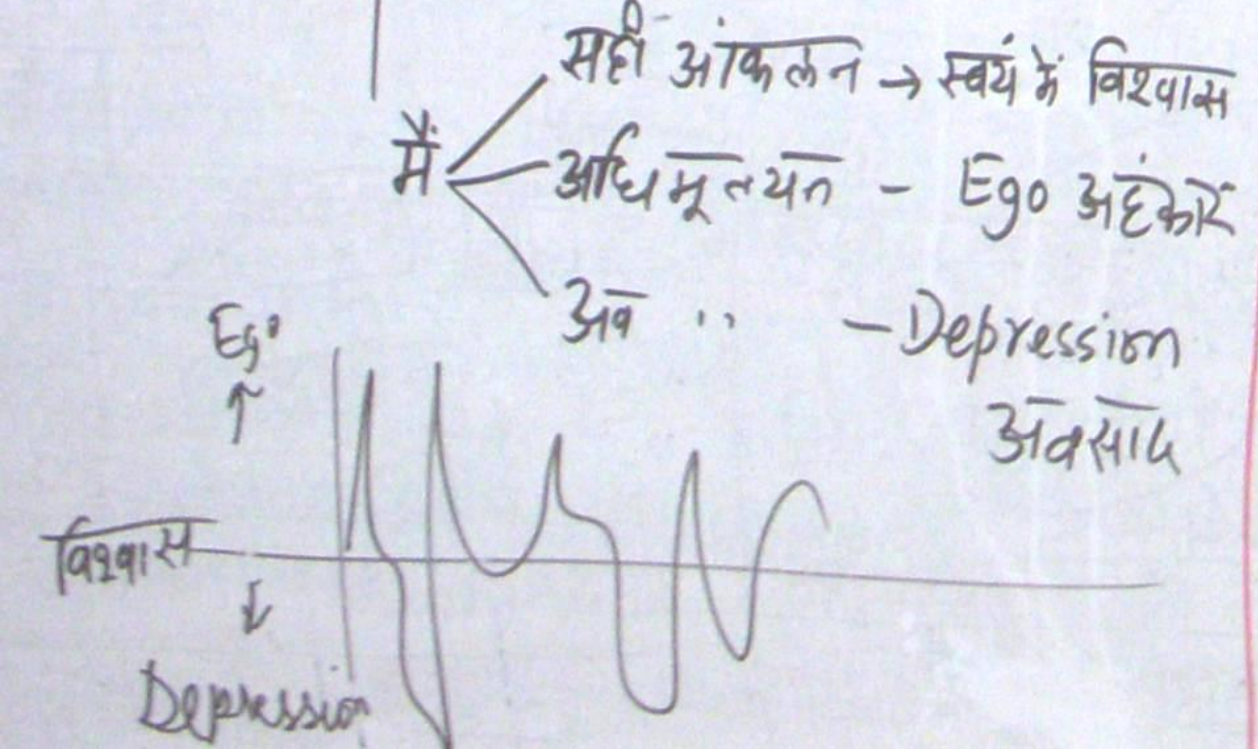
Whenever the evaluation is not right, it is disrespect

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

# Self Confidence, Ego & Depression

Right Evaluation	Over Evaluation	Under / Otherwise Evaluation
Self Confidence	Ego	Depression
I am self referential $\frac{1}{4}Lora=rk\frac{1}{2}$	The other is my reference $\frac{1}{4}ijra=rk\frac{1}{2}$	The other is my reference $\frac{1}{4}ijra=rk\frac{1}{2}$
Definite Conduct	Indefinite Conduct	Indefinite Conduct



## 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 $y\{;$

- 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 $dk;Z\emptyset e$

- 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 $\{kerk$

- Desire, Thought & Expectation  $\frac{1}{4}bPNk] fopkj] vk''kk^{\frac{1}{2}}$  is continuous in me. I am endowed with Natural Acceptance
- Desire, Thought & Expectation  $\frac{1}{4}bPNk] fopkj] vk''kk^{\frac{1}{2}}$  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

**nwljk esjs tSlk**



# 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

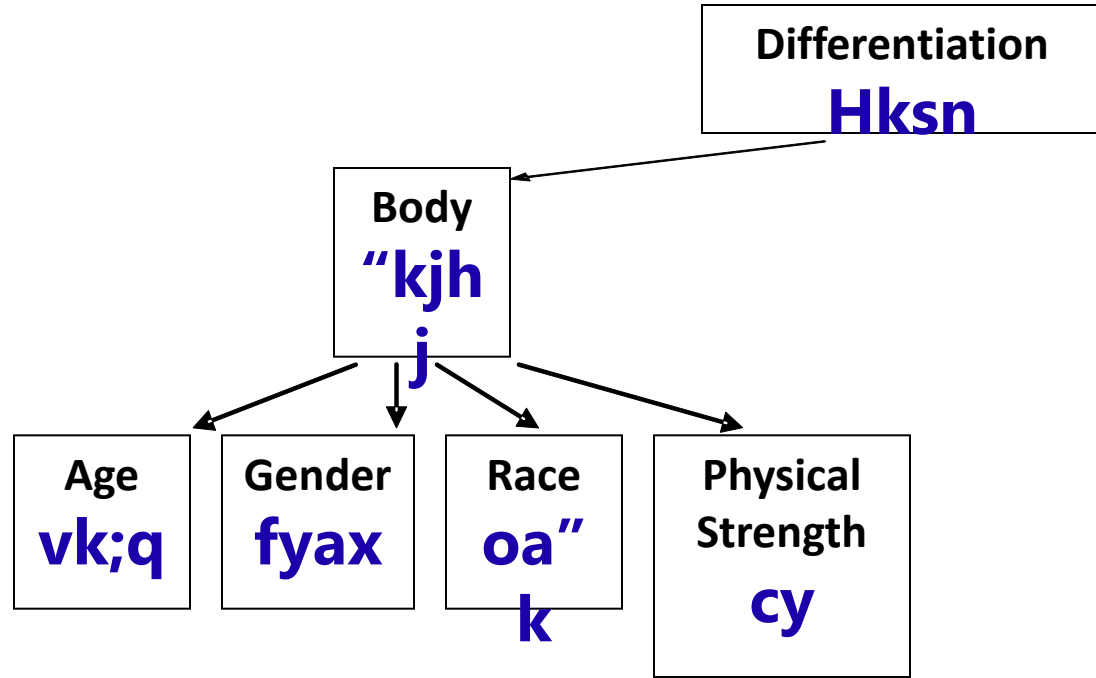
**In living, are we:**

**Trying to accept the other as being similar to me**

**or**

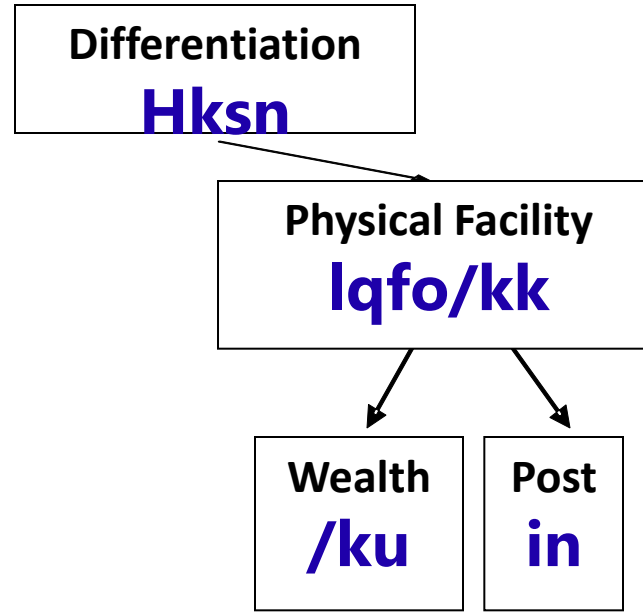
**Trying to show that we are different from the other?**

# Differentiation Hksn



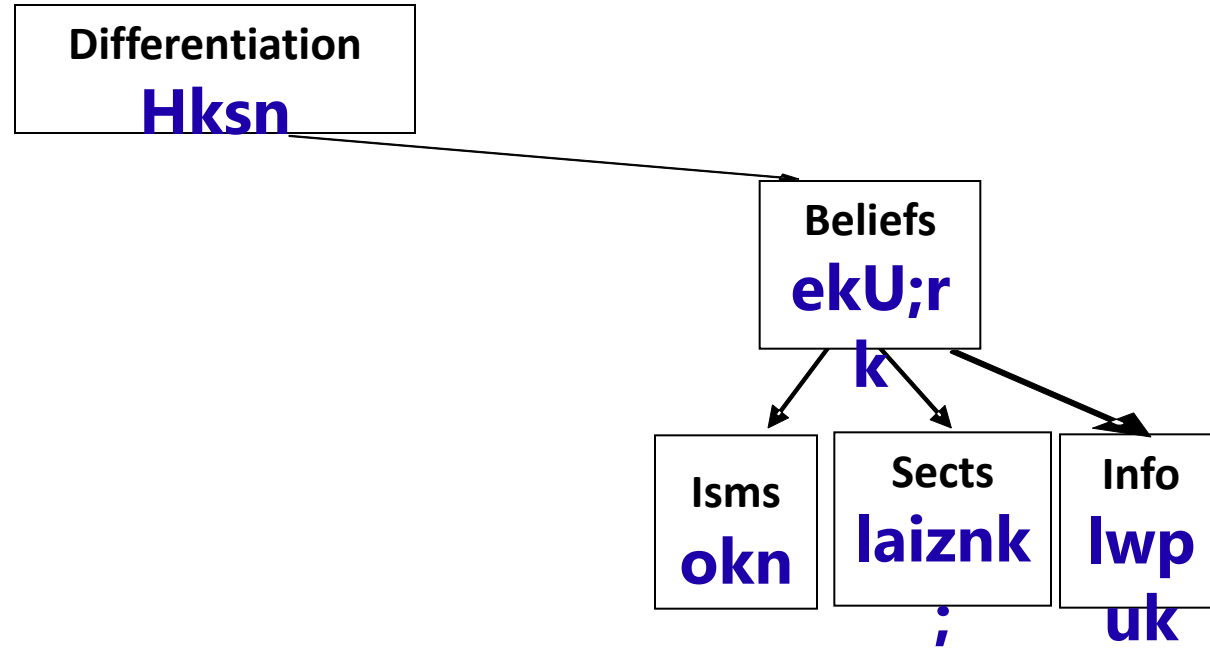
The Gross Misunderstanding is  
“Human Being = Body”

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



The Gross Misunderstanding is  
“Physical Facility = Happiness”

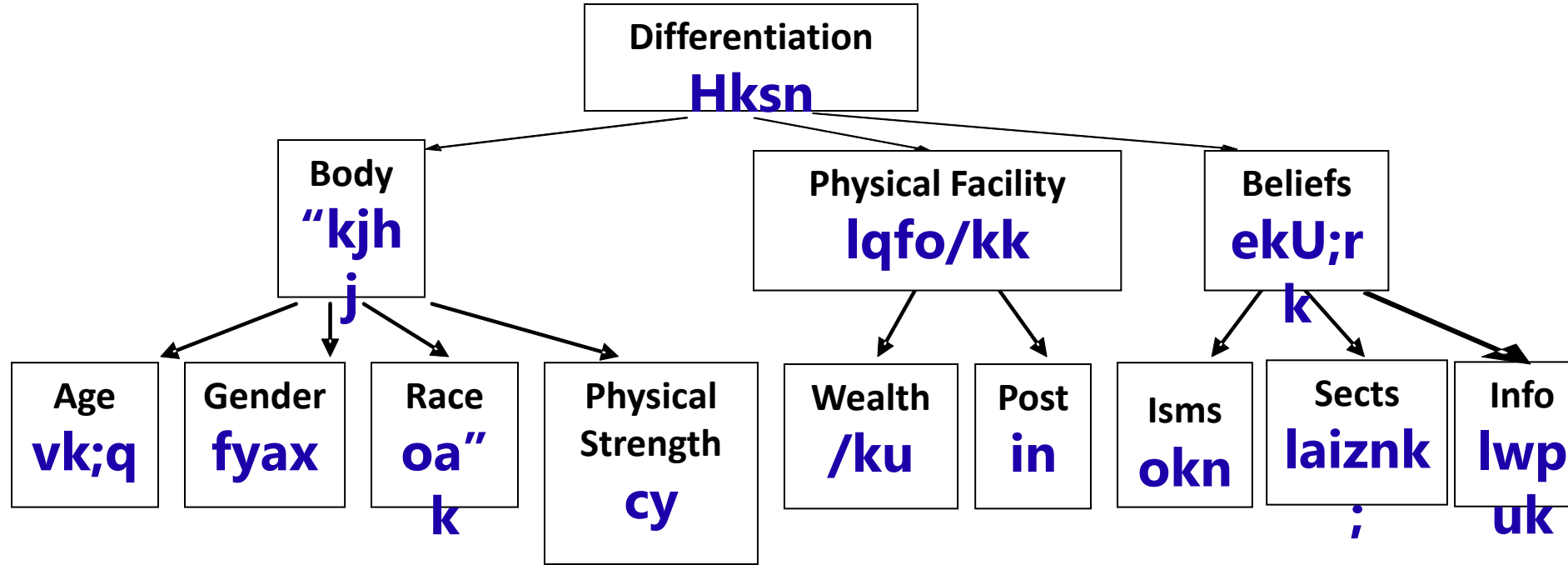
While the reality is  
“Happiness is being in a state of Harmony”



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 Hksn



Differentiation = Disrespect  
 Not Naturally Acceptable... Opposition, Movements...

Hksn ¾ vieku

Igt Lohdk;Z ugha gksrk--- fojks/k--- vkUnksyu---

# Respect: Right Evaluation – on the basis of the Self

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**Our program is same**

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**Our potential is same**

MINIMUM CONTENT of RESPECT

The Other is Similar to Me

**nwljk esjs tSlk**

# 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**

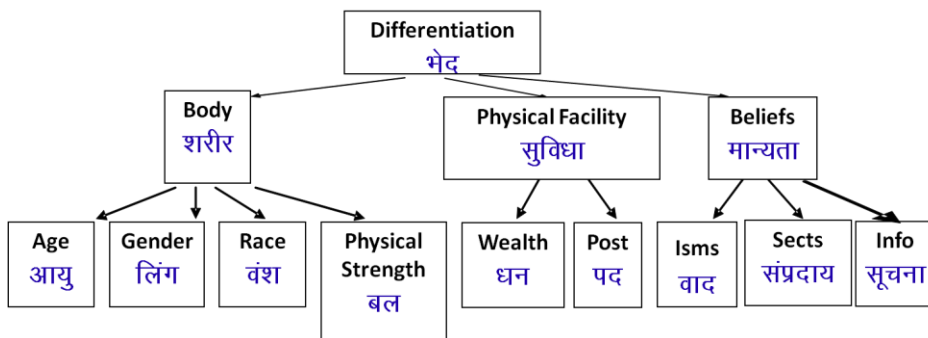
# Differentiation

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

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



# 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
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# 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?
4. Where would you start
  - expect or demand respect from the other
  - make effort to develop the feeling of respect in yourself and to express it to the other

**Questions?**

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
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