



'Respect' **The Right Evaluation**

Respect (सम्मान)

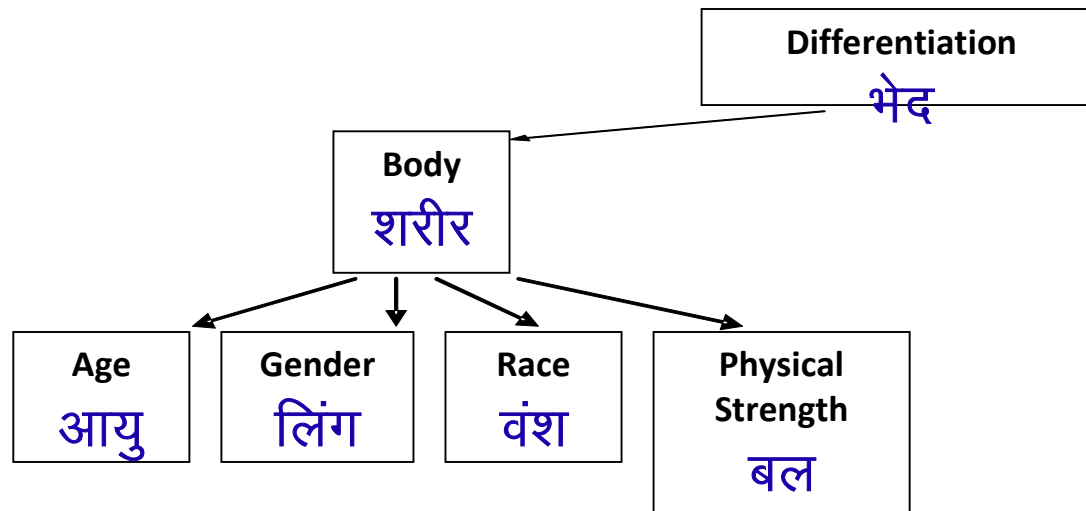
Respect = Right Evaluation

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	

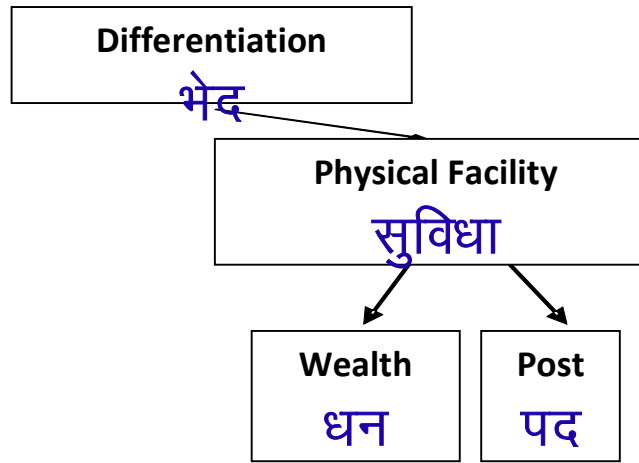
Respect: Right Evaluation

**Will the right evaluation be on the basis of
the Self (I) or the Body?**



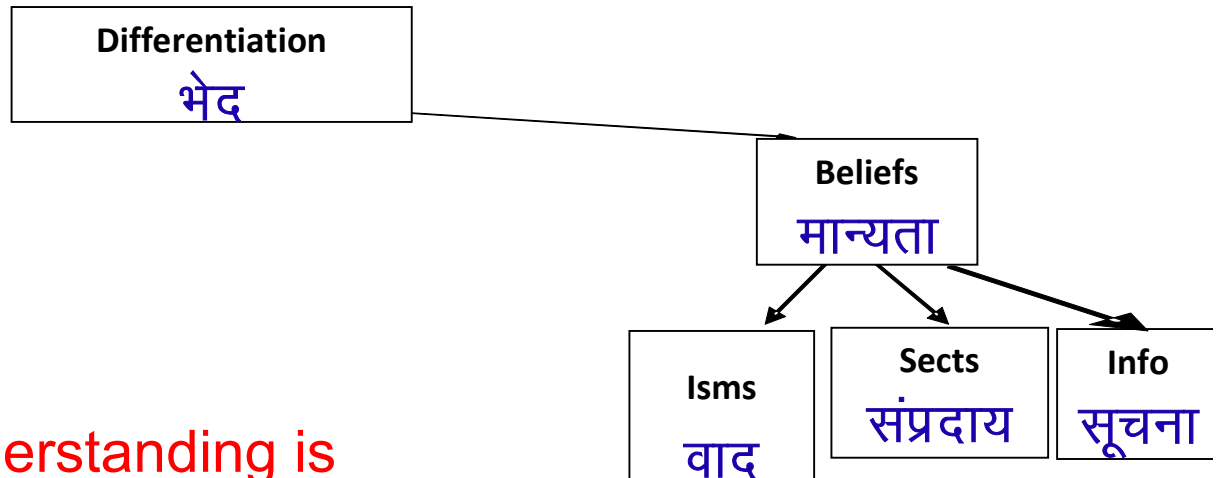
The Gross Misunderstanding is
“Human Being = Body”

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



The Gross Misunderstanding is
“Physical Facility = Happiness”

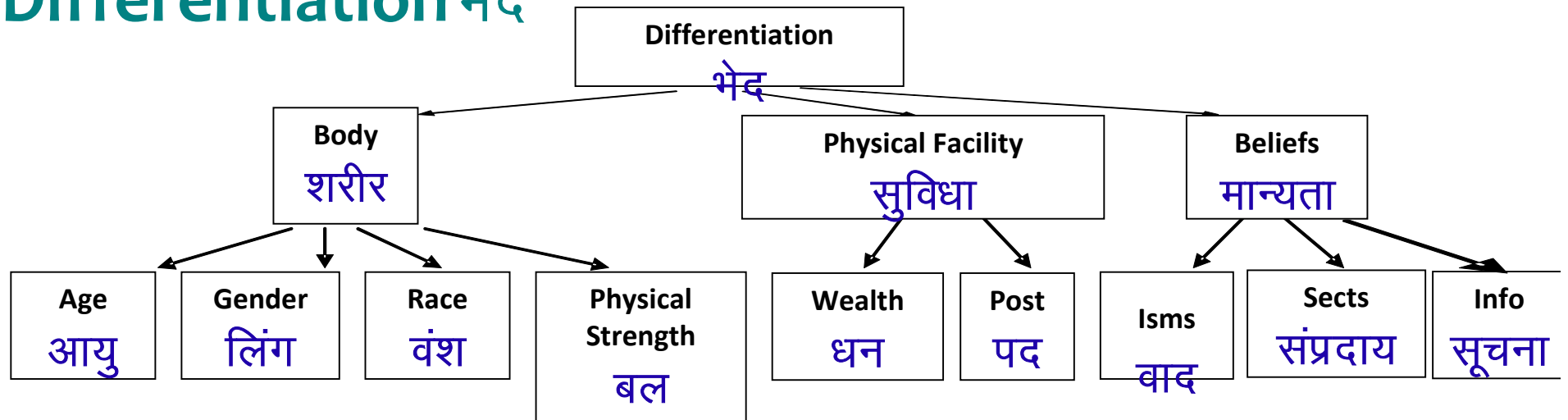
While the reality is
“Happiness is being in a state of Harmony”



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... Movement...

भेद = अपमान

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

Respect: Right Evaluation –on the basis of the Self (I)

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)



MINIMUM CONTENT of RESPECT

The Other is Similar to Me दूसरा मेरे जैसा है



Viridus
Social Impact solutions

Respect: Right Evaluation – on the basis of the Self (I

Potential क्षमता

- Desire, Thought & Expectation/choice (इच्छा, विचार, आशा) is continuous in me.
- I am endowed with Natural Acceptance
- Desire, Thought & Expectation/choice (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



Viridus
Social Impact solutions

Respect: Right Evaluation – on the basis of the Self (I

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



MINIMUM CONTENT of RESPECT

The Other is Similar to Me

दूसरा मेरे जैसा



Viridus
Social Impact solutions

Respect: Right Evaluation – on the basis of the Self (I)

Purpose लक्ष्य

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

Our purpose is same

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

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



Viridus
Social Impact solutions

Differences

So there are similarities at the level of the self(I)

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?

Respect: Right Evaluation – on the basis of the Self (I)

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)



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



Competence

1. Understanding
2. Feeling (How much of the desire, thought & expectation is on the basis of Natural Acceptance)
3. Expression of Feeling, Skill

Feeling

(Definite, Universal)



Expression of Feeling

(Creativity, Variety, Local)

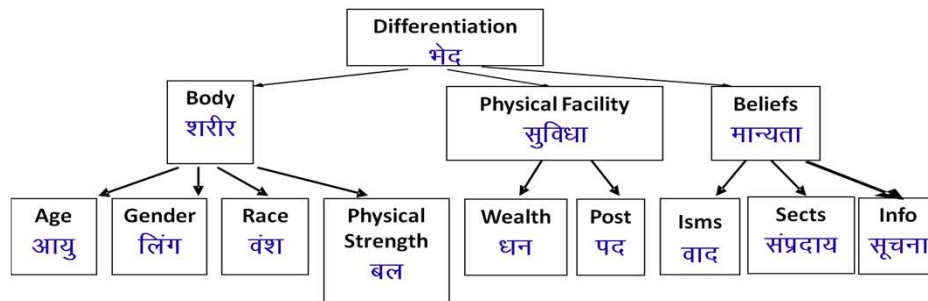


Differentiation

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

I am different from the other

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



Respect – on the basis of Self (I)

Our purpose, program, 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)



Trust & Respect – on the basis of Self(I)

Right Evaluation (with Assurance on intention, the acceptance that **the other is like me** & the understanding that **we are complementary** to each other)

If I have more understanding than the other:

1. **I interact with perseverance and responsibly with the other, knowing that he/she may live with reaction, uncertain conduct**
2. facilitate understanding in the other once the other is assured in relationship (and not before that)

Beginning of Development

If the other has more understanding than me:

1. I become ready to understand from the other

Sum Up

Respect is right evaluation (it is possible only 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(I) – The other is like me and we are complementary to each other

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)



Home Work

1. What is the basis of respect?
 - Is it on the basis of the self (I) 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?

Affection (स्नेह)

- The feeling of being related to the other
(acceptance of the other as one's relative, the other is like me)
दूसरे को संबंधी के रूप में स्वीकारने का भाव। निर्विरोधिता।
- One naturally feels related to the other when one has the feelings of Trust and Respect in oneself for the other
- There is responsibility and commitment for mutual fulfilment in the relationship

If and Then trap





Are we seeing other person as he/she is?

Acceptance

Accepting other person as he/she is

- with his shortcomings and background

Recognising that the other person's competence is a result of their

- exposure
- guidance
- repeated practices



Acceptance

**Accept the things I cannot change;
Courage to change the things I can;
and wisdom to know the difference.**



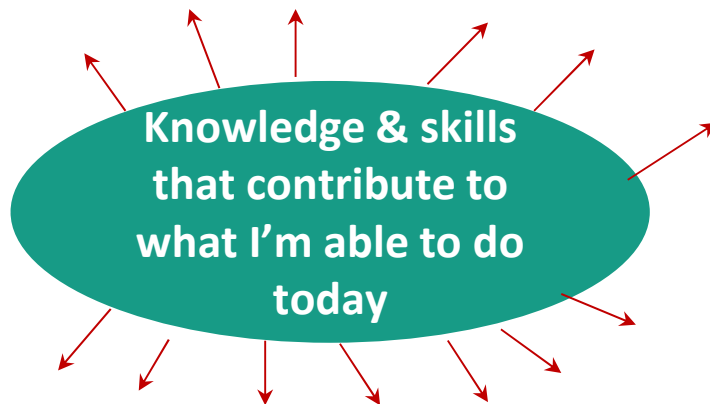
Are we seeing this reality



Cultivating Gratitude

What do we have to be grateful for?

Exercise 1



- Take a piece of paper. In the middle draw a diagram similar to what you see
- Make sure there is enough room around the diagram
- You have some knowledge and skills that contribute to what you are able to do today
- Who contributed to your acquiring these knowledge and skills, directly or indirectly?
- Reflect on, and list all the people who contributed to making it possible
- Push yourself, make it exhaustive, remember to add indirect contributions



5 mins

What do we have to be grateful for?

Individual exercise 1

Sit for a minute in silence to absorb what you are feeling after the exercise

Type your insights in the chat box

- Many people contributed so that you can do what you are doing now
- When you pay attention, you realise that you have a lot to be grateful for

Gratitude . . .

- Is the *feeling*, for those who have contributed and made effort towards your *survival, development* and *excellence*
- Gratitude arises when the *Effort/contribution* is:
 - Intellectually recognised (head)
 - Emotionally appreciated (heart)
 - Willingly acknowledged (expressed)

Exercise 2

- Take a piece of paper; create the table below



10 mins

	<u>All</u> the things I have received from	<u>All</u> the things I have contributed to
Nature		
Society		

Exercise 2



10 mins

- Take a piece of paper; create the table below
- Write down all the things you have received, or contributed to nature, society and family
- Push yourself, make it exhaustive

	<u>All</u> the things I have received from	<u>All</u> the things I have contributed to
Nature	Air, water, light, food . . .	
Society		

Exercise 2



10 mins

- Take a piece of paper; create the table below
- Write down all the things you have received, or contributed to nature, society and family
- Push yourself, make it exhaustive

	<u>All</u> the things I have received from	<u>All</u> the things I have contributed to
Nature	Air, water, light, food	
Society	Education, law & order, roads, internet	

Exercise 2



10 mins

- Take a piece of paper; create the table below
- Write down all the things you have received, or contributed to nature, society and family
- Push yourself, make it exhaustive

	<u>All</u> the things I have received from	<u>All</u> the things I have contributed to
Nature	Air, water, light, food	
Society	Education, law & order, roads, internet	

Exercise 2



10 mins

- Take a piece of paper; create the table below
- Write down all the things you have received, or contributed to nature, society and family
- Push yourself, make it exhaustive

	<u>All</u> the things I have received from	<u>All</u> the things I have contributed to
Nature	Air, water, light, food . . .	Planted, protected & nurtured trees . . .
Society	Education, law & order, roads, internet . . .	

Exercise 2



10 mins

- Take a piece of paper; create the table below
- Write down all the things you have received, or contributed to nature, society and family
- Push yourself, make it exhaustive

	<u>All</u> the things I have received from	<u>All</u> the things I have contributed to
Nature	Air, water, light, food . . .	Planted, protected & nurtured trees . . .
Society	Education, law & order, roads, internet . . .	Humanitarian help, educating others . . .

Exercise 2



10 mins

- Take a piece of paper; create the table below
- Write down all the things you have received, or contributed to nature, society and family
- Push yourself, make it exhaustive

	<u>All</u> the things I have received from	<u>All</u> the things I have contributed to
Nature	Air, water, light, food . . .	Planted, protected & nurtured trees . . .
Society	Education, law & order, roads, internet . . .	Humanitarian help, educating others . . .

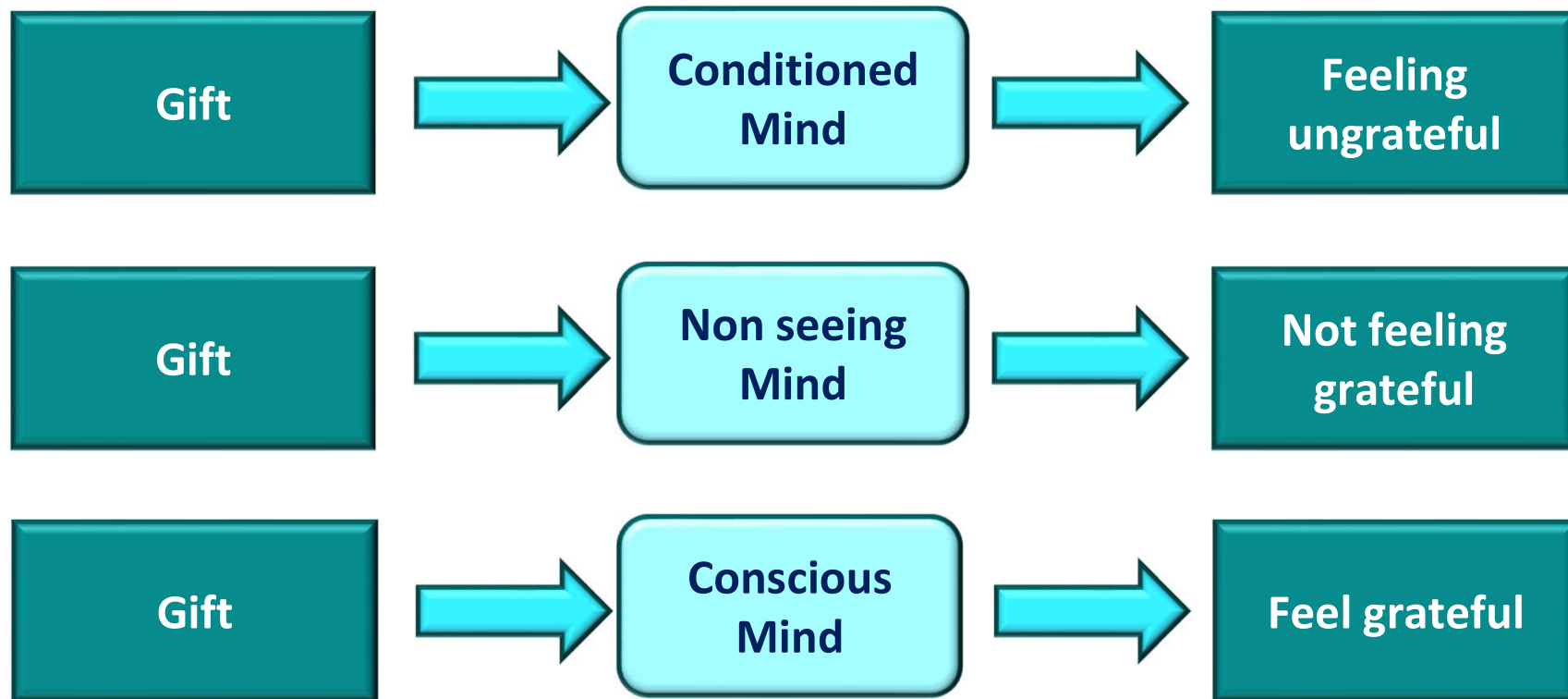
What do we have to be grateful for?

Sit for a minute in silence to absorb what you are feeling after the exercise

Type your insights and feelings in the chat box

- You have been getting many gifts from nature, society and family
(provided me with the necessary physical facility; helped me in developing right understanding & right feeling)
- You see that you are getting a lot more than you contribute
- It begins to evoke a sense of gratitude for all that you have

Why do we not naturally recognise gifts?



Feeling & expressing gratitude

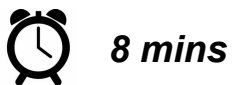
Exercise 3

- Think of someone who was really influential in your life
- Write down why this person was so important

Sit for a minute in silence to absorb what you are feeling after the exercise

Type your insights and feelings in the chat box

- The expression of gratitude is completed when we express it to the person who it was meant for
- When we recognise and feel gratitude, we feel happy. ***More importantly, when we express gratitude the happiness we feel increase even more significantly***
- For most people expressing gratitude can be very uncomfortable
- So push yourself to express it.



8 mins

In summary, some points to ponder . .

1) Do you feel grateful to all those who have made contributions to your life?

2) Do you appreciate the complete picture:

Both “What has been done” & “What has not been done”?

OR

Are you mostly focused on “*What has not been done*”?

3) Do you make efforts to express what you need to be grateful for?

OR

Are you “*expecting gratitude from others*”?

Care (ममता)

Feeling of responsibility toward the body of my relative

The responsibility & commitment for **nurturing** and **protection** of the Body of my relative

संबंधी के शरीर के पोषण, संरक्षण की स्वीकृति का भाव ।

Guidance (वात्सल्य)

Feeling of responsibility toward the self(I) of my relative

The responsibility & commitment for ensuring **Right Understanding** and **Right Feeling** in the self(I) of my relative

संबंधी को समझदार व जिम्मेदार बनाने की स्वीकृति का भाव ।

Do we ensure both care as well as guidance or are we mostly focused on care?

Reverence (श्रद्धा)

The feeling of acceptance for Excellence

श्रेष्ठता की स्वीकृति का भाव ।

Excellence (श्रेष्ठता)

Understanding Harmony &
Living in Harmony

Continuous Happiness

at all levels of being

1. As an individual human being
2. As a member of the family
3. As a member of society
4. As an unit in nature/existence

Excellence and competition are not similar.

In excellence, one helps to bring the other to his level

In competition, he/she hinders the other from reaching to his level

Glory (गौरव)

Feeling for those who have made effort for excellence

जिन्होंने श्रेष्ठता के लिए किए प्रयास किया है, उनके प्रति भाव।

Gratitude (कृतज्ञता)

Feeling for those who have made effort for my excellence

जिन्होंने मेरी श्रेष्ठता के लिए प्रयास किया है, उनके प्रति भाव।

I can see that the other

- a) Has helped me in developing right understanding & right feeling
- b) Has provided me with the necessary physical facility

Gratitude is significant in the development of relationship



Love

Verify on the basis of your natural acceptance if you want to be related to:

X	None	→ The feeling of being related to none – in opposition to all	
✓	One	→ The feeling of being related to one	} Affection
✓	Many	→ The feeling of being related to many	
✓	Everyone	→ The feeling of being related to all	} Love

Affection (स्नेह) – The feeling of being related to the other
(acceptance of the other as one's relative)
दूसरे को संबंधी के रूप में स्वीकारने का भाव ।

Love (प्रेम) – The feeling of being related to all (Complete Value)
= हर एक को संबंधी के रूप में स्वीकारने का भाव ।

Love (प्रेम)

Love (प्रेम) – The feeling of being related to all (Complete Value)

= हर एक को संबंधी के रूप में स्वीकारने का भाव।

It all starts with identifying that one is related to other human being (Affection - स्नेह) and it slowly expands to the feeling of being related to all human beings and then to all, each & every unit in nature (human being as well as other units)

(Love - प्रेम)

एक → अनेक → हर एक को संबंधी के रूप में स्वीकारना

Feeling of Love is expressed in the form of kindness (दया), beneficence (कृपा) & compassion (करुणा). The feeling is for all, and it is expressed to those who come in contact

The feeling of Love is the foundation of Undivided Society



Participation in the Universal Order as a Human Being

= Natural Characteristic of Human Being with Human Consciousness

Kindness **Providing means to one who has the ability but not the means.**

Beneficence **Helping the other to develop the competence to utilise the means they already have.**

Compassion **Helping the other unconditionally, to develop the competence as well as the means, to fulfill his needs when he does not have either the ability nor the means.**

Sum Up: 9 Feelings

Trust	विश्वास	I am assured that the other intends my happiness & prosperity. The other is similar to me. I have a feeling of being related to the other
Foundation Value	आधार मूल्य	
Respect	सम्मान	Right evaluation. We can make effort together. We are complementary to each other. Fulfilling the responsibility in the relationship unilaterally from my side ensures my happiness
Affection	स्नेह	Acceptance of the other as one's relative
Care	ममता	Responsibility & commitment for nurturing and protecting the body of one's relative
Guidance	वात्सल्य	Responsibility & commitment for ensuring Right Understanding and Right Feeling in the self (I) of one's relative
Reverence	श्रद्धा	Acceptance for Excellence
Glory	गौरव	Acceptance for those who have made effort for Excellence
Gratitude	कृतज्ञता	Acceptance for those who have made effort for my Excellence/development
Love	प्रेम	The feeling of being related to all
Complete Value	पूर्ण मूल्य	

Tendency of Human Living with Inhuman Consciousness

Wretchedness दीनता

The feeling I can not take care of my body,
hence I resort to being dependent on the other

Cunningness हीनता

The feeling I can not take care of my body,
hence I resort to beguiling the other

Cruelty क्रूरता

The feeling I can not take care of my body,
hence I resort to forcefulness & violence

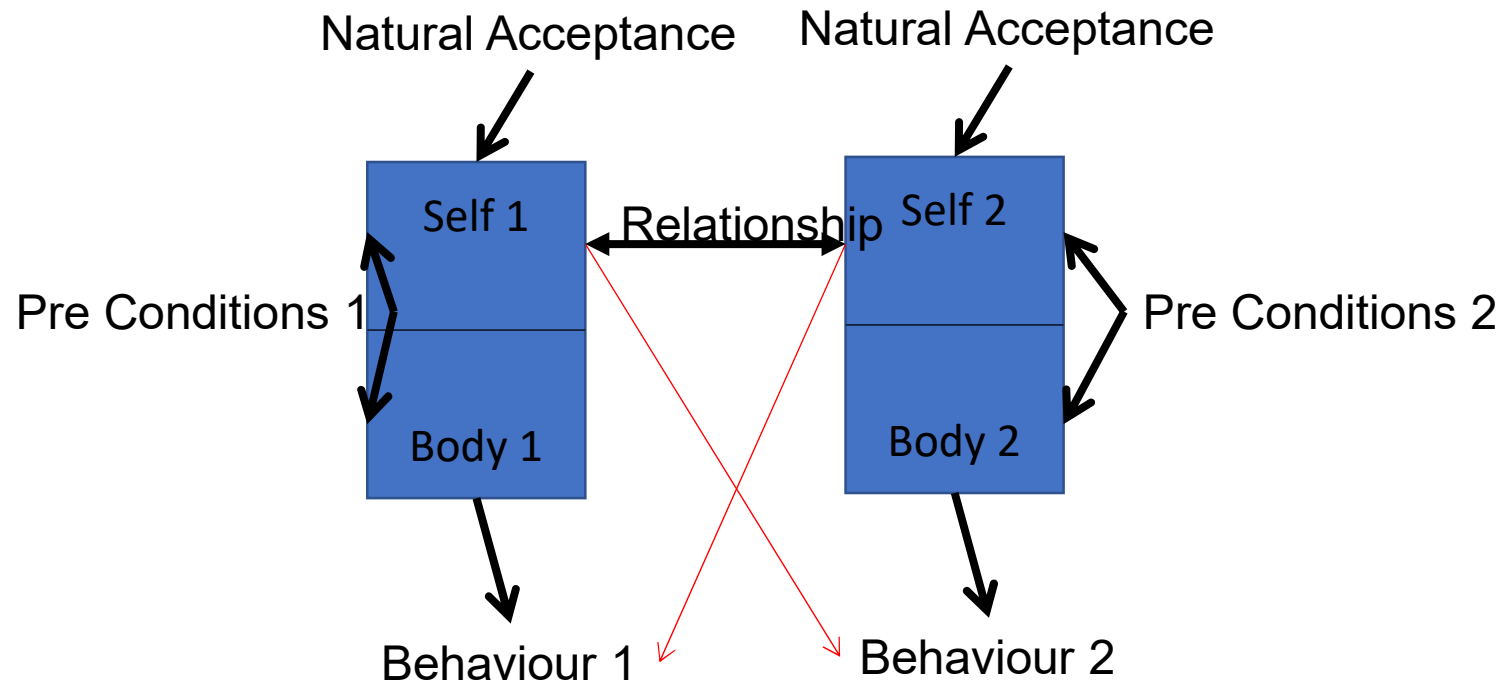
Tendency is not necessarily the natural characteristic

Participation in the Universal Order as a Human Being

= Natural Characteristic of Human Being with Human Consciousness

Perseverance धीरता	Commitment for living in harmony at all 4 levels with patience
Bravity वीरता	Commitment for helping the other to understand harmony & to live in harmony at all 4 levels
Generosity उदारता	The commitment to invest one's self, body & physical facility for understanding & living in harmony at all 4 levels
Kindness Providing means to one who has the ability but not feel need	दया the
Beneficence कृपा	Helping the other to develop the competence to utilise the means they already have
Compassion करुणा	Helping the other unconditionally

What is relationship?



Review the Exchange in Relationship

This depends on the assumption about human being, about relationship, about common purpose...

Right understanding, right feelings & physical facility, in that order

Primarily physical facility*

The explicit understanding is that **human being is co-existence of self & body**

The implicit assumption is that **human being = body**

= resource

Our common purpose is **mutual development**.

The exchange of physical facility is only a small part of this program

The goal is **maximisation of profit, sensation**

The focus is on exchange of right understanding & right feelings

* physical facility is used as a means or a tool, body is used for sensation (sound, touch, sight, taste, smell)

Sources of Happiness

1. Right Understanding

- in Self (I) Harmony at all levels of being
Human Being, Family, Society, Nature/Existence
Definite completion point, Continuity is possible,
Swatantrata

2. Right Feeling

- in Self (I) Trust, Respect, Affection, Care, Guidance,
Reverence, Glory, Gratitude, Love
Definite completion point, Continuity is possible,
Swatantrata

- From Other Temporary, Dependence on Other,
No completion point, Continuity not possible

3. Sensation, PF

- Through Body Sound, Touch, Form, Taste, Smell
Temporary, Dependence on Body & Other,
No completion point, Continuity not possible

Tasty-Necessary → Tasty-Unnecessary → Tasteless-Unnecessary → Intolerable

Self Reflection

If you are mostly focused on “what has not been done”, then,

If you are “expecting these feelings from the other”, then

Self Reflection

If you are mostly focused on “what has not been done”, then,

You need to broaden your vision to see the entire reality, and to evaluate both “what has been done” and “what has not been done”

If the feeling of gratitude comes and goes, then

If the other has shared right understanding, right feeling as well as physical facility and you are not able to see that, then you need to pay more attention on your own understanding and your own feeling. Then your expectations will also be set right

(If the other has primarily shared physical facility and is expecting gratitude in continuity, then that expectation may not be fulfilled – is an over expectation)

If you are “expecting these feelings from the other”. then

Contact Details

Siva Sankar Kantheti

Siva.viridus@gmail.com

8553769694

Teacher Educator, Wellbeing Coach, AICTE Resource Person (UHV)

Co – Founder

[Viridus Social Impact Solutions \(viridus.in\)](http://viridus.in)

[Wellbeing Movement \(wellbeingmovement.in\)](http://wellbeingmovement.in)

[Center for Holistic Development of Human Consciousness\(chdhc.org\)](http://chdhc.org)

