



Day 26

Beloved Peacekeepers,
Respect for oneself, and all of live -- today's interpersonal practice.

Today's Principle, Today's Practice - RESPECT

Gandhi taught, "Language is an exact reflection of the character and growth of its speakers." Today, respect yourself and others by choosing not to use any profanity or "put downs."

Ask yourself: What is respect and how do you show it to yourself and others? to strangers? If you show respect, does that mean you agree with what the person does or say? Is there someone who does not deserve your respect? How do you develop self-respect?

Activity - Fold a piece of notebook paper in half, on one side make a list of words that show respect, on the other side a list that shows lack of respect - then ask which words do you hear most often? Which words do you use most often?

Journal Activity: Journal your thoughts....

Consider these Quotes on RESPECT:

Let's first look at self-respect:

Self-respect is the fruit of discipline; the sense of dignity grows with the ability to say no to oneself. Abraham J. Heschel

A man who doesn't trust himself can never really trust anyone else.
- Cardinal De Retz

The capacity for getting along with our neighbor depends to a large extent on the capacity for getting along with ourselves. The self-respecting individual will try to be as tolerant of his neighbor's shortcomings as he is of his own. - Eric Hoffer

I prefer to be true to myself, even at the hazard of incurring the ridicule of others, rather than to be false, and to incur my own abhorrence. - Frederick Douglass

In my day, we didn't have self-esteem, we had self-respect, and no more of it than we had earned. - Jane Haddam

To free us from the expectations of others, to give us back to ourselves--there lies the great, singular power of self-respect. - Joan Didion

I care not so much what I am to others as what I am to myself. I will be rich by myself, and not by borrowing. - Michel de Montaigne

Whatever games are played with us, we must play no games with ourselves.
- Ralph Waldo Emerson

We do not believe in ourselves until someone reveals that deep inside us is valuable, worth listening to, worthy of our trust, sacred to our touch. Once we believe in ourselves we can risk curiosity, wonder, spontaneous delight or any experience that reveals the human spirit. - e.e. Cummings

Respect in and through the world:
Respect is love in plain clothes - Frankie Byrne

The secret of education lies in respecting the pupil - Ralph Waldo Emerson
(1803-1882)

Any time you give a man something he doesn't earn, you cheapen him. Our kids earn what they get, and that



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includes respect - Woody Hayes (1913-1987)
US Football Coach

I'm not concerned with your liking or disliking me....All I ask is that you respect me as a human being. - Jackie Robinson (1919-1972) US Baseball Player

He removes the greatest ornament of friendship, who takes away from it respect
-Cicero (106 - 43 BC)

Even a nod from a person who is esteemed is of more force than a thousand arguments or studied sentences from others. - Plutarch (46?-120? CE)

Being brilliant is no great feat if you respect nothing - Johann Wolfgang von Goethe

Respect a man, and he will do all the more. - John Wooden

It is not sufficient to be worthy of respect in order to be respected. -Alfred Nobel

Probably no greater honor can come to any man than the respect of his colleagues.
-Cary Grant

Every human being, of whatever origin, of whatever station, deserves respect. We must each respect others even as we respect ourselves. -U Thant

Men are respectable only as they respect. - Ralph Waldo Emerson

They cannot take away our self-respect if we do not give it to them.
- Mahatma Gandhi

Respect for ourselves guides our morals; respect for others guides our manners.
- Laurence Sterne

If you have some respect for people as they are, you can be more effective in helping them to become better than they are. - John W. Gardner

When men and women are able to respect and accept their differences then love has a chance to blossom. - John Gray

We must build a new world, a far better world - one in which the eternal dignity of man is respected. - Harry S. Truman

Respect commands itself and it can neither be given nor withheld when it is due.
-Eldridge Cleaver

I'll leave you with the words of a wise sage - Eldridge - for he knew what it was to respect, be respected and be in the wonderment of Spirit!

Blessings,

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