



## Respect

One of the highest orders of a good relationship is Respect. Having deep admiration for someone, or thing, serves to bring on a deep-rooted affiliation. Respect is usually reciprocated by others and fosters honest communication. It is respect that tends to unify our intents and fosters collaboration.

Needless to say, whenever the element of respect is missing, bitterness sets in and the relationship deteriorates. Lack of respect fosters mistrust, animosity and conflict. The fundamentals of duality are enhanced, whether aligning in a positive or negative exchange. Respect carries energy and can amplify the field of energy between the parties involved.

When people are uncomfortable or weary in a dialogue or relationship, earning each other's respect can be an honest attempt for reconciliation. Some of the first behaviors that can improve that condition happens to be a smile, then a handshake, and a sincere tone of voice. Looking into each other's eye and staying focused on the communication is utmost important.

When a person speaks to present a topic, and the other individual responds off-topic, a sense of disrespect occurs. Usually, an urgent plea by the presenter is stated for clarification. Should the receiver not concur, communication falters causing respect to diminish.

A more delicate aspect of respect exists. It pertains to respecting another person Soul, but not necessarily his or her behavior. Example: The judge declared "I respect the individual who stole a loaf of bread, but do not condone his behavior."

It is very important to adhere to the notion and practice of respect. It's an admirable behavior that magnifies your powers and social well-being. Do remember, one of the greatest lessons applied to respecting others concerns learning about yourself, that is self-respect for your qualities and values. Be respectful to yourself and you'll be respectful to others.

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