

# THE 4 QUARTERS OF MANHOOD

Respect all people

Being a man is not just about strength and size. It's about the way you think and the way you live. It's about the way you treat the people around you. It's about the way you live your life.

# R

Especially women

Being a man is not just about strength and size. It's about the way you think and the way you live. It's about the way you treat the people around you. It's about the way you live your life.

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## Respect All People

Always do the right thing

Being a man is not just about strength and size. It's about the way you think and the way you live. It's about the way you treat the people around you. It's about the way you live your life.

Live a life that matters

Being a man is not just about strength and size. It's about the way you think and the way you live. It's about the way you treat the people around you. It's about the way you live your life.

Be a REAL Man

## Respect All People

### **Respect All People**

Being a REAL man means treating *all* people with respect and dignity, without exception. It means understanding that everyone is worthy of respect, and that all people deserve to be treated respectfully. A REAL man shows respect to all people, at all times, in all ways... without exception.

### **The Nature of Respect**

Respect is all about treating people right: regardless of who they are, what they say, or how they act. Respect is about treating others the way you would want to be treated, at all times and in all situations. Being respectful means extending to others the patience, courtesy, kindness, and politeness that you, yourself, would want to receive.

### **The Reason for Respect**

All people are entitled to be treated with respect. All people inherently possess basic human dignity, and that dignity is to be honored at all times by respectful treatment. Everyone has the spirit of divinity in them—including one's self—and therefore, we should regard everyone in such a way. Each person is a sacred and divine being—including one's self—and therefore, we should treat everyone as such.

### **Being Respectful to Others Will Lead Others to Be Respectful to You In Return**

How you treat others directly and indirectly affects the way that you are treated in return. The way you treat others affects peoples' attitudes toward you and their opinions of you. It determines the perception they have of you, and ultimately, the manner in which they treat you.

How you treat other people directly influences those peoples' moods and mental states, which directly influence what they say and how they say it, as well as the actions and behaviors they direct at others. Therefore, always be mindful of the way you act toward others. Be careful to always treat others with respect, patience, and civility. Because ultimately, the way you treat others will, to a large degree, determine the way that they treat you in return.

### **The Way You Treat Others Is The Way Others Will Treat You**

Treat people the best way you can treat them, and treat everyone the way you'd want to be treated. Because, the way you treat others is most likely the way that other people will treat you. Don't believe me? Think about it: if you are nice to someone, they likely will be nice to you. If you are kind to someone, they likely will be kind back to you. If you yell at someone or tell somebody off, they probably won't be very nice to you in return.

Whenever you are speaking with, spending time with, or dealing with another person, keep in mind that the way you treat that person is most likely the way that they will treat you back in return.

Not sure what I mean? Think of it as bouncing a ball against a wall. When you throw a ball against a wall, it will come back to you in a similar manner in which you first threw it. If you throw the ball hard, it will come back at you hard. If you throw it softly, it will bounce back at you softly. If you throw the ball with some spin on it, it will come back to you with some spin on it.

Ultimately, the way you throw the ball will dictate the way that it comes back to you. How you toss the ball will determine how it bounces and returns to you. And so it is with the attitudes and behaviors you exhibit toward others.

Much of what you think, say, and do will be returned to you through what other people think, say, and do. Everything that you send out into the lives of others will come back into your own; and everything that you put into the world around you will return back to you as well.

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You have a large degree of influence over the way that others treat you. If you are initiating the conversation or interaction, then being kind, calm, and respectful likely will produce those same behaviors in the other person. If they initiate the conversation—and they do not do so in a respectful or kind way—then by reacting calmly and by being nice to them, you greatly increase the chances that they will change their approach and begin speaking and acting more along the lines of the way that you are.

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***Treat people the way you want them to treat you ...  
Because ultimately, the way that you treat people will determine  
the way that they treat you in return.***

~

## **The Benefits of Being Respectful ~ A Thing Called Karma**

### **The Nature of Karma: What Goes Around... Comes Around**

The notion of Karma states that what goes around comes around, and that we all get what we have coming to us sooner or later. Call it Karma, or call it common sense. But whatever you want to call it, the truth of the matter is that it makes perfect sense logistically.

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The more negative things you do, the more negativity you add to the world. The more negativity there is in the world, the more likely your chances of feeling the effects of that negativity.

Conversely, the more positive things you do, the more positivity you add to the world. The more positivity there is in the world, the more likely your chances of reaping the benefits of that positivity.

Every time you do something bad, you make the world a worse place; and therefore, you increase the chances that something bad will happen to you. Every time you do something good, you make the world a better place; and therefore, you increase the chances that something good will happen to you.

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**If you do good things, good things will come back into your life.  
If you sow seeds of goodness, you will reap the rewards of goodness.**

**Be good to people, and people will be good to you.**

**Do good things, and good things will happen to you.**

**This is the true essence of Karma.**

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What goes around, comes around. So be careful what you make "go around." Do good, and good things will happen. Do bad, and bad things will happen. Remember that, eventually, it all catches up to you in the end.

~ You will get what your works deserve. Whether it is good or bad, you will get what you deserve... either in this world or the next. Send goodness out into the world, and goodness will return into your life. Send evil and rottenness out into the world, and those same things will return into your life. Essentially, Karma is a philosophy of cause and effect. Therefore: Do Good and Be Good... and all will be good.

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What goes around... comes around.  
Therefore: treat all people, at all times, the way that you  
yourself, would always want to be treated.

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*There is a destiny which makes us brothers;  
None goes his way alone.  
All that we send into the lives of others  
Comes back into our own.*

~ Edwin Markham

## **Always Be Respectful, and Always Be Civil**

Being civil means simply being courteous to other people, regardless of who they are or what the situation is. Whether you want to be respectful or not, is irrelevant. Being civil means that you extend courtesy to all people, at all times. To put it in another way, it means being polite and treating people right.

You don't have to walk up to everyone and hug them; you don't have to agree with everyone's decisions and philosophies of living; and you don't have to be best friends with everyone you meet. You do not even have to like any of the people that you meet... But you do have to treat them with respect and politeness, and you do have to be civil.

You don't have to agree with others, you just have to be respectful to them.

You don't have to agree with people's beliefs, you just have to be respectful *of* them, and of that person's right to believe in whatever they choose to believe in.

You don't have to agree with other people's lifestyles, you just have to be respectful of them, and of that person's right to live however they choose.

*Being civil means being polite and treating people right.*

## **Be Tolerant and Accepting of Others**

Tolerance has been defined as: "Learning to accept others as **valuable** individuals, regardless of their traits or beliefs." In other words... Tolerance means putting individual differences aside and embracing collective similarities. It is about recognizing that differences exist, and then choosing to put those differences aside. It means recognizing that differences exist, but then realizing that they do not matter as much as the things we all share in common.

Tolerance is the realization that others—though they may look, act, speak, or worship differently than us—are our equals. It is the realization that our bond to these individuals is not to their differences, but to that part of them which brings us all together: it is to the common threads that weave us all into one intricate web of humanity—it is to the universal commonality that binds us all into one collective human family.

## **All People Are Equal Members of the Same Team and the Same Family**

All people are equal members of the same team; all people are equal members of the same family. Regardless of our race, religion, gender, ethnicity, financial worth, or social status... each of us belongs to the same group, the same greater whole. When you strip away all the categories, the terms, and the titles... we are left with only one name that matters... *human*.

All people are part of the same team and the same family—the *human* team and the *human* family. Therefore, all people deserve to be treated in a respectful and dignified way, just as the members of *any* team and *any* family deserve to be treated in a respectful and dignified manner. All people are *equal* in their membership to the team and family, and therefore, all people are entitled to *equal* amounts of respect and regard.

*"I'm not concerned with your liking or disliking me...  
All I ask is that you respect me as a human being."*

*~ Jackie Robinson*

**Victory Should Be Earned,  
But Respect Should Be Given**

Respect should not have to be won by any means. Rather, it should be granted without condition, for the sole reason that all members of a team—and all members of a family—should be treated with equal amounts of respect and esteem, simply for the reason that all are equally a part of that team. There should be no distinctions drawn, no discriminations exercised, and no exclusions made.

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Respect should not have to be *won* by any means, at any time, by anyone.

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When it comes down to it, whether the discussion is about a sports organization, a business, a family, or all of us collectively as a human race: the fact of the matter is that ***we are all equal members of the same team***; we are all equal parts of one greater whole. As such, each of us deserves to be regarded with an equal amount of respect and treated with an equal amount of dignity... regardless of any differences or distinctions, and without any other required conditions.

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***Respect and esteem should be granted to all: no exceptions and no exemptions.***

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~ **The Human Team** ~

We all wear the same uniform, we all play for the same team;  
Each of us may have a different position, each of us may play a different role,  
and each of us may wear a different number on his jersey...  
but all of us—*each and every one of us*—belongs to the same great-big team:  
and that team is the one, and the only team really, when it comes to it...

*The Human Team.*

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~ **Everyone Is Equal; Each Is Unique and Important** ~

“Everyone is equal in God’s sight. There is no distinction on the basis of race, religion, or social position—or first, second, or third string on a football team. We are all of equal value. I tried to see each player as unique and important... and tried to treat him accordingly.”

~ *Tom Osborne, former Head Coach, University of Nebraska*