

SEASON 2



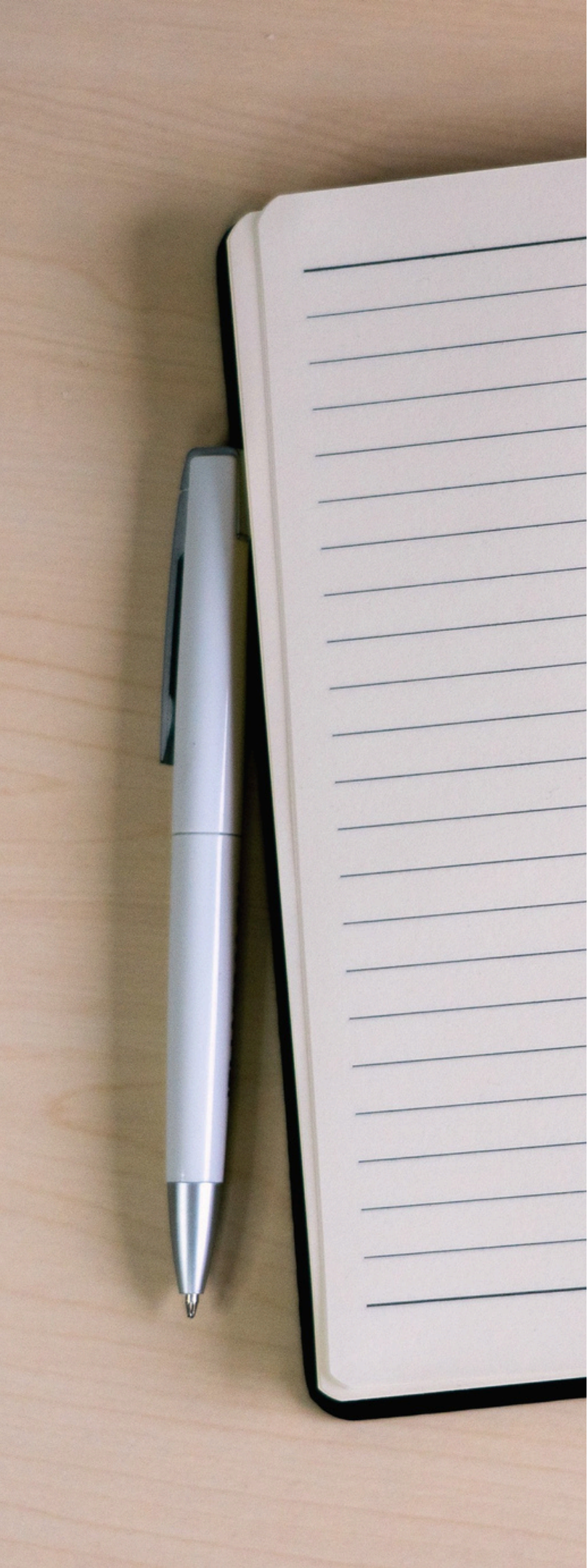
OTLAMI MENTORSHIP

**SESSION 7:
RESPECT**

DEAR MENTEE AND MENTOR,

Respect! Isn't that what our parents tried to instill in us? Our schools worked on teaching us the concept of respect. And when you think about it, doesn't everyone want to feel respected and honored? Respect is perhaps one of the most basic human needs. We all know that when an individual feels respected and honored, they are happier, and life's challenges are more manageable. On the other hand, when one does not feel respected, every day is a challenge and can lead to depression and insecurity.

Interestingly, enough, in Judaism, respect is not limited to people. We find a requirement to show respect to certain calendar days (i.e., Shabbat), to show honor to certain places (i.e. synagogues), and even for the Torah itself. In this session we hope to gain a better understanding of the idea or concept of "kavod"; honor or respect, and then, as in the past sessions, a few practical and powerful tools to assist us in being and becoming more respectful and honorable individuals.



REMINDERS:

- Check-in: How was your week?
- Journaling: The journal is a space to track progress and growth throughout this journey.
- Set a time for your next meeting.

PART 1: UNDERSTANDING THE CONCEPT OF KAVOD/RESPECT

1. When you think about honor, in what context does it appear? Can you come up with a practical definition for honor?
2. Hebrew is a fascinating language as words are all interconnected by sound and spelling, affording the reader the ability to analyze the roots and similarities of each word.
Aleí Shor (Rabbi Shlomo Wolbe 1914-2005)

In Hebrew the word for honor is “kavod” rooted in the word “kaveid” which means heavy or weighty. Interestingly, the Hebrew word for curse is “klalah” rooted in the word “kal” meaning light or insignificant. What follows is that respect is allotted to people, places or even times that are real and permanent. The opposite of honor is something or someone that is insignificant and easily removed. To feel insignificant is indeed a terrible curse.

3. When you contemplate the word “honor,” does it elicit a positive or negative connotation?

4. Pirkei Avos 4:21

R. Elazar Hakapar says, jealousy, lust and the pursuit of honor, remove a person from this world.

רבי אלעזר הקפר אומר, הקנאה והתאוה והכבוד, מוציאים את האדם מן העולם:

5. Clearly this mishnah connotes honor as a toxic concept.

6. On the other hand, see this prayer from the Talmud that we recite in anticipation of each new month.

May it be your will Hashem our G-d, that you grant us a long life, a life of peace, a life of goodness, a life of blessing... A life of wealth and honor...

יְיָ הֵי רְצוֹן מִלְּפָנֶיךָ ה' שְׁתַּתֵּן לָנוּ חַיִּים אֲרוּכִים, חַיִּים שֶׁל שְׁלוֹם, חַיִּים שֶׁל טוֹבָה, חַיִּים שֶׁל בְּרָכָה חַיִּים שֶׁל עוֹשֶׁר וְכָבוֹד

7. It is evident that honor is a positive thing as indicated by this 1600+ year old prayer. Can you reconcile these two conflicting sources, is honor a negative attribute or a positive attribute??

8. Here is a clue to the resolution from Pirkei Avos 4:1

Who is honored, one who honors others, as it says (Samuel 1:2) For those that honor Me, I shall honor	אִיזְהוּ מְכַבֵּד, הַמְכַבֵּד אֶת הַבְּרִיּוֹת, שֶׁנֶּאֱמַר (שְׁמוּאֵל א ב) כִּי מְכַבְּדִי אֶכְבֵּד
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9. Here is one more thing to consider when contemplating the concept of kavod/respect. Intro to Hamaor 48 (R. Zrachya Halevi 12th Century Spain)

The living human soul is referred to many times in Torah sources as kavod ... honor or respect [because] it is through the soul that the Creator imbued man with His own splendor, and it is this soul that is the essence of man, always striving toward its own origin...

10. Based on R. Zrachya, connection to one's soul may be the ultimate honor or respect and henceforth a lack of soul-connection can force a less than genuine pursuit of honor. Can you use this concept to further reconcile the contradictory sources above?



PART 2: THE BENEFITS OF RESPECT

1. In relationships: Talmud (Yevamos 62b)

A man must love his wife as much as he loves himself and respect her more than he respects himself. Then you will know for certain that you have peace in your home.

וְהַמְכַבֶּדָה יוֹתֵר
מִגּוֹפוֹ עָלָיו
הַכָּתוּב אוֹמֵר:
"וַיֵּדְעוּתָּ כִּי שְׁלוֹם
אֶתְּלֶךָ"

2. Bonus: Can you differentiate between love and respect? Is one more valuable than the other? Why? Is one more attainable than the other? Why?

3. In the workplace: Respecting others enables their success.

48% of employees that did not feel respected at their workplace deliberately reduced their efforts, while the research shows that employees that feel respected and valued consistently outperform their coworkers. - Harvard Business Review





4. When you respect others, others want to respect you!

Proverbs 27:19

Like the reflection of
one's face in the water,
so is the heart of one
person to another

כַּמִּים הַפָּנִים
לִפְנֵים כֵּן
לִב־הָאָדָם
לָאָדָם

5. How have you personally benefited from giving someone else honor or showing them respect?

PART 3: PRACTICAL TOOLS TO INCREASE RESPECT

Recognize the qualities of those around you.

Eliminate derogatory, vulgar and condescending speech from your vocabulary.

Speak with people – not at them...or about them.

Practice empathy. Try to insert yourself into another's situation and feel what they must be feeling.

Earn respect from others by being the person that you want them to be.

Consider the consequences of your words and actions before you speak or act.

Try to imagine that the person that you are interacting with is created in the image of the Almighty Himself!

Can you find one practical step in your professional and personal life to make respect a bigger part of your life?



OLAMI MENTORSHIP

For educational questions or support, please contact:

Rabbi Shlomo Landau
Director of Mentorship
908.770.0056
slandau@olami.org

Jordana Baruchov
Associate Director of Mentorship
973.370.0414
jbaruchov@olami.org