

## *Viderint Verebuntur*

The clock ticks, the sun rises and sets, the tides rise and recede as nature takes its course. As this time passes, our minds are reviewing all sorts of information. We are doing what is asked of us, practicing new normal daily routines. Yes, we are social distancing, washing our hands, wearing masks and gloves, etc. Even though we are experiencing the unknown, we are at the point of complaining that we want our old routines back. Though difficult, this may be the perfect time to reflect and rediscover the concept of *viderint verebuntur*, which is the Latin term for respect.

How do we respect others? We must first respect ourselves in order to respect someone else. Respect was given to you as a child, just as you teach your own child by example. Listen to what someone is saying and truly try to understand what they are communicating, without interruption. This attention affirms the presence of another. It is the evidence that they truly matter to you.

We believe that we know and are doing all of these respectful things, but are we really? It is easy to be kind, rather than rude and judgmental. We catch more flies with honey than vinegar by being polite and attentive. Unfortunately, we have become a society of people who think they know everything. And if we do not know something, then we simply Google it. Yet, we do not know everything. We need to trust and respect our fellow man, recognizing their emotional and intellectual intelligence. We need to remember the Golden Rule, “Do unto others as you would have them do unto you.”

The ultimate aspect of respect is to be thankful. It is a matter of saying two simple words, “thank you.” We are not living in an attic or basement in fear of invasion. We have been fulfilled at the most basic levels of Maslow’s Hierarchy of Needs. We have a roof over our heads, food, hot and cold running water, electricity, etc. Most importantly, we have each other. Respect builds safety, well-being and the trust we share with one another.

Franklin D. Roosevelt said, “If you treat people right they will treat you right . . . ninety percent of the time.” That would be great, but how about we do this one hundred percent of the time?

*My wish for you is to respect thy fellow man, and we will achieve the outcome we all seek.  
Know that I am here for you, always, and ready for a chat.*

*George E. Gercken*