



# THE PRACTICE OF REGARD

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AN EXPLORATION *of* IDEAS



# REGARD?

- Regard (n.): If you have regard for someone or something, you respect, and care about them (or it).



REGARD

Our exploration tonight...

...Regard of oneself

...Regard of others

...Regard of the Earth

...Regard of God

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Regard, as an expression of respect and care.



Pre-requisite: Becoming passive to oneself

- What 'self' is being regarded?
- The 'regard' fraught with peril (self-love)
- The twin giants called Pride and Vanity (self-esteem)
- Egocentricity (self-referring) vs. humility (self-emptying)
- The less you identify with yourself, the more you will become passive to yourself (Nicoll, Commentaries, Vol.1, p. 284)

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“Our basic core of goodness is capable of unlimited development; indeed, of becoming transformed into Christ and deified.” (Keating, Open Mind, Open Heart)

*THE PRACTICE OF...*  
**REGARD OF  
ONESELF**



The road from false to genuine  
self-love is connected with  
becoming impartial to oneself.

JOSEPH AZIZE

*First Reflection on Self-Love - [josephazize.com](http://josephazize.com)*



## The common 'regard'

- Presupposes impartiality or passivity to oneself
- The practice of External Considering
  - “It is adaptation towards people, to their understanding, to their requirements, ....” (ISM, p. 153)
  - “It is a question of seeing a person objectively without bringing yourself into it.” (*The Work Life*, B. Pogson)
- Practices of compassion, forgiveness, love of neighbor, and seva (*selfless service*)

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To have regard for another simply ‘as they are’ is a rare thing indeed. Practices such as external considering and forgiveness require a keen *inner* eye be maintained as much as awareness of the ‘other.’

# THE PRACTICE OF... REGARD OF OTHERS



In real external considering, you  
must become *passive to the  
reactions of your personality.*

MAURICE NICOLL

*Commentaries, Vol. 1, p. 275*





## An evolution of consciousness:

- Presupposes impartiality or passivity to oneself
- From 'what's good for me'...
- To what's good for my group...
- To what's good for 'the many' (i.e., the 'greater good') - unity

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Here, we develop a sense of unity and oneness with all creation.  
Our work may be material, social, political, metaphysical....

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*Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me. (MT 25:40)*

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Regard, as an expression of respect and care.

THE PRACTICE OF...  
REGARD OF  
THE EARTH



We can hardly imagine what the Earth will offer us in return for its being seen and understood by the whole being of Man. Earth and Nature need this from us more than anything else.

JACOB NEEDLEMAN

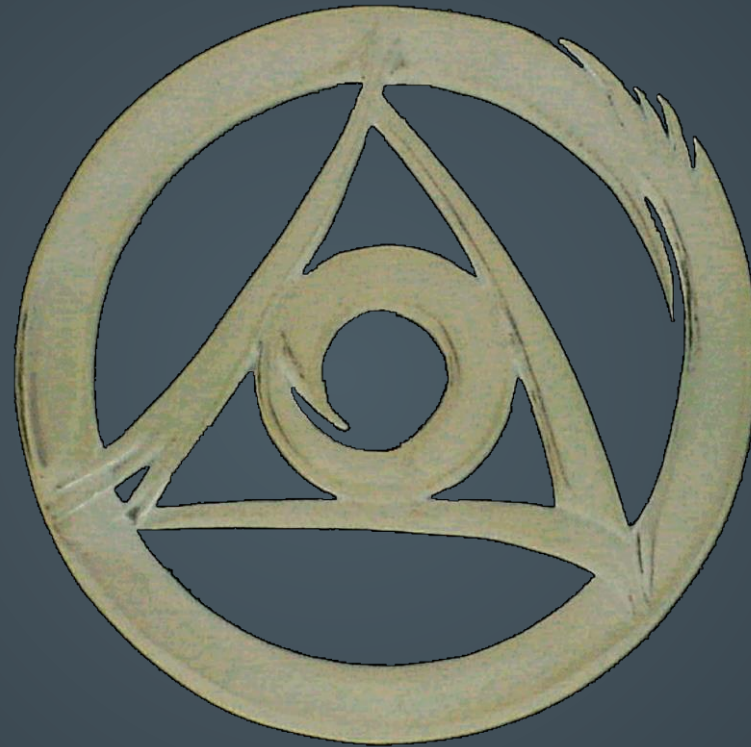
*An Unknown World, p. 173*



“And only from this inner transformation of the mind can right action toward nature and the Earth be pursued without ultimately resulting in “the same old story” – that is, division, conflict and violence.”



*THE PRACTICE OF...*  
**REGARD OF  
GOD**



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Regard, as an expression of respect and care.



Regarding God Transcendent is hard to imagine.

But when we consider God Immanent (i.e., the personal, indwelling God) and God Omnipresent (i.e., God present in all materiality), then the entirety of creation shows up in a new way – as holy, sacred, and relatable – if only we have the eyes to see. And when seeing everything in this way, a tender, merciful, understanding, compassionate, loving regard is all that's possible.

This is how Teilhard de Chardin saw all creation.

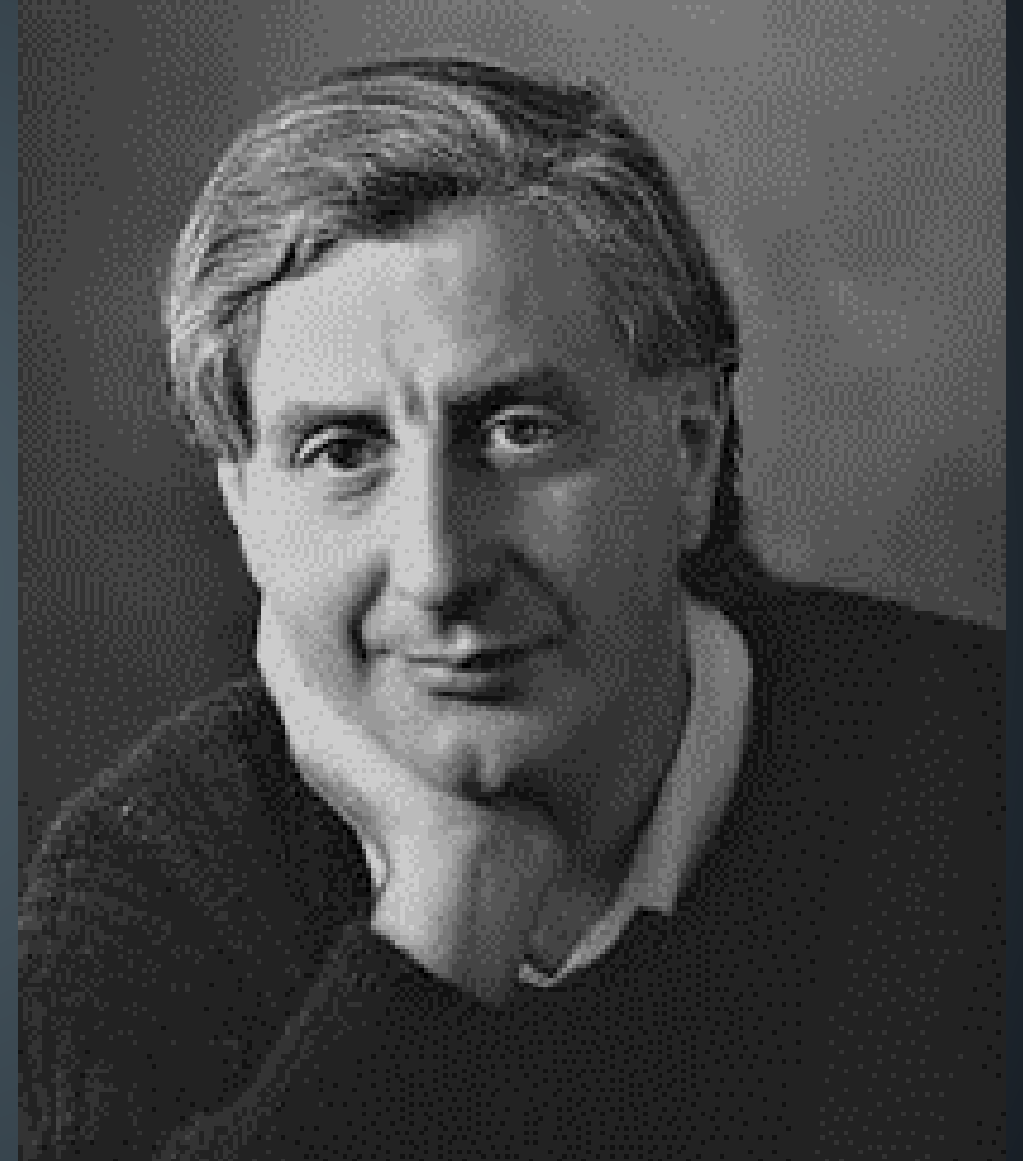
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Regard, as an expression of respect and care.

*THE PRACTICE OF...*  
**REGARD OF  
GOD**

"The preeminent form of mystic or contemplative character is the saint who ... has achieved some perfection in his or her capacity to love and to care for others. We all know the names of various saints throughout history. What all these people have in common is their surrender to something beyond themselves."

WAYNE TEASDALE





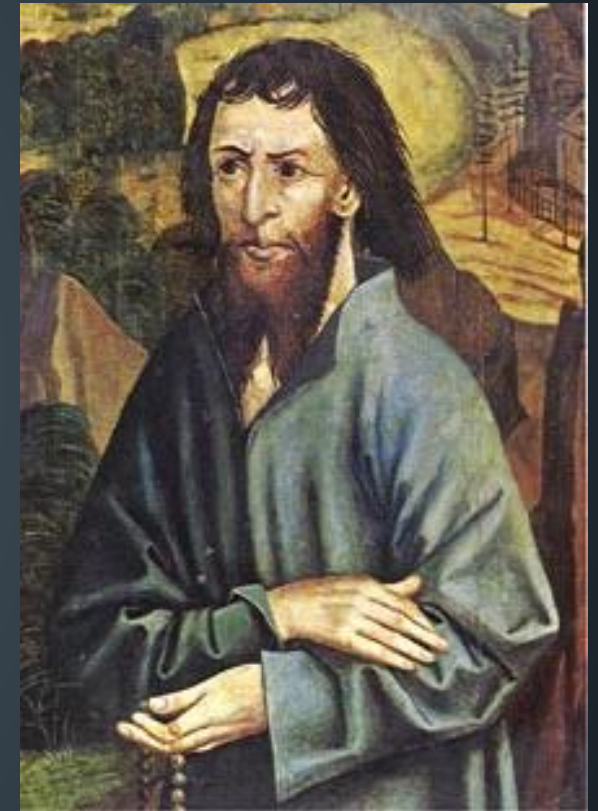


My Lord and my God, take from me  
everything that distances me from you.

My Lord and my God, give me  
everything that brings me closer to you.

My Lord and my God, detach me from  
myself to give my all to you.

NICHOLAS *of* FLÜE (15<sup>TH</sup> C.)



PRAY



# EXERCISES

- Pray the prayer of Nicholas of Flüe
- Regard indicates a level of consciousness "characterized by harmony, cooperation, forgiveness, negotiation to resolve differences, and mutuality, rather than competitiveness; a sense of oneness with others and of belonging to the universe."  
How will you take these ideas into practice this week and beyond?