



Inner & Outer Guidelines

Codes of Conduct, Principles, Beliefs & Ethics
and Responding vs Reacting

Taught by Andy B Allen

Code of Conduct

The compass that helps us move coherently

- A code of conduct allows us to have a clear set of rules, behaviors and standards in life. Without it, our ethics, principles and the things we truly value might not be able to see the light of day.
- Our code of conduct should be based and inline with our believes, values and principles
- So before creating a code of conduct, we must have a clear understanding of what we believe in, what we value and our principles



Principles vs Values

Matching the inner and outer

- Principles are plural and are mostly based on the natural order of life. Values are more individual and relate to the way we see the world. Yet it can be also true that you hold a set of individual a based of your beliefs.
- It is universally accepted that when we do something bad or wrong, we have a lack of principles. The opposite is also truth.
- Yet based on your values, you can be seen as both a good or bad person, or your actions can be seen as right or wrong, or good or bad.



Ethics

Disciplined action

The practice of ethics implies an understanding of right vs wrong and good vs bad. It implies a basic understanding of how nature works, and the processes of action and reaction, and the natural or not consequences that follow actions.



Beliefs

The inner world we build

To accept that something is real or truth, especially one without proof. Beliefs are one of the foundations of our values and code of conduct and can or can not be linked to our principles. This is a traditional definition of belief, but in yoga, we make a difference between objective and subjective beliefs, or inner and outer beliefs. Inner or subjective beliefs don't have to necessarily be truth to everyone. Yet outer beliefs tend to relate to universal principles and therefore often are in line with our outer beliefs.

The conflict begins when we don't have a clear understanding of which is an inner and which is an outer belief. Which is why it is important to take some time to create a clear distinction of the two and also to understand how they interact between each other.



Responding vs Reacting

Creating a new experience

In whether we respond or react to what happens to us in life lies the different between a beneficial or a non beneficial outcome.

To react means to act out of unawareness and often in a bias way.

To respond means to act out of awareness.

Yet it is important to point out that we can train ourselves to react from awareness. The point that I'm making with this is that in order to be able to react mindfully, we must first learn how to.

To be able to respond to life, we must learn to be present and to act mindfully. We must learn to set our bias beliefs and views aside and to see things for what they are. This will allow us to make choices that are for the greater good more often than not.

Practice

- Review and make a list of your core beliefs
- Make a list of things you value and things you don't value
- Make a list of what you consider to be a basic set a life principles and compare them to your list of beliefs and values
- After all that, create an ethical code of conduct that supports not only your personal values and life vision, but also the universal principles of life and the society you live in
- Memorize your code of conduct and apply it mindfully in your daily life





Final Project and Q&A

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