Q. What are the benefits of being moral and ethical?

A. This is a very interesting question. Intuitively, one suspects that even the most selfless individual is the way s/he is because there is some sort of reward (spiritual, emotional or financial) for being that way. The same may be said for the meanest of people as well.

What we are saying is that we believe that all acts by humans have some sort of motivation which ultimately returns to a pay back or reward of some kind to each human performing these acts. Your question then, reflects this natural need for a return on investment.

Why indeed would anyone deliberately decide to be moral and ethical? First let’s deal with morals.

Have a clearly defined set of core values (morals) can be very useful as it saves a lot of confusion and having to fight with oneself. Until core values are opening defined they truly do not exist as morals. The core values we speak of here are the type that start with the statement “I believe that...” which is quite different from the statement “I believe in...”

If you do not know what your core values are it is very difficult to know how to act when confronted with difficult or subtle choices. Morals allow you to interpret rules clearly and to function well in a variety of cultures without conflict.

What about ethics?

Ethics is how you act in relationship to your core values (morals). So if you do not have any morals defined you do not need to worry about whether or not your are ethical. You can’t be ethical without morals. What does happen though is that you will probably find yourself acting in contradictory ways when dealing with rules and laws. For example you may find yourself fibbing, or lying one day, then not wanting anything to do with mis truths on another. You may find yourself speeding one day without conscience, then strictly adhering to speed limits the next.

Relationships can be very difficult if there are core value variations between the parties. Usually this wont show up until it is too late. While there is some truth to the saying that opposites attract, and signs should balance characteristics, we can state unequivocally that relationships will not endure if there are not common values.

Again, to your question.

Having clearly defined core values (morals), and acting consistently with them (ethics) provides a simpler, more versatile life with considerable peace of mind.

If this does not adequately answer your question feel free to let us know.