

# Love, Understanding, & Compassion

#ItStarts With Me



A reflection qualities, actions, and how to show it.

**Love:** “an intense feeling of deep affection.” Love is a common term often thrown around to express a type of emotion. There is never a proper definition to possibly encompass the actual feeling that the word “love” is supposed to describe. Love can be used to express many different things and can be used in various contexts. Unfortunately, this has given the word a vague feeling. It has come to a point where many don’t see love as an actual word, it’s more of an action. Furthermore, the love we show others is mostly seen through actions. In which case, the deduction of love simply being a type of verb could be correct. Love is a sublime virtue or good habit the can have the deepest interpersonal reflection underneath it. It is an action within ourselves onto others of human affection, kindness, and compassion. These three traits in of themselves, are something that most would see as great things in a human personality and characteristics. When we as a human look at the world around us, it can be hard to find these things as all around us can be a form of hatred. As human beings, we find these as a malice, and most of the human population sees through things with a pessimistic approach. However, we can overcome this hatred by showing our love to others and ourselves.

**Compassion:** sympathetic consciousness of others' distress together with a desire to alleviate it. Compassion motivates people to go out of their way to help the physical, mental, or emotional struggles within another or even themselves. Compassion is often regarded as a value that shows having sensitivity, an emotional aspect to suffice suffering. Though when based on cerebral notions such as fairness, justice, and interdependence, it

may be considered rational in nature and its application understood as an activity also based on sound judgment. This compassion can allow ourselves and our own feelings to be motivated when we are in contact with someone else's pain and suffering. Compassion can be very important when it comes to creating good relationships with someone else. It can also be a bit harder than when it comes to showing understanding, in which you would have to actually go through to take action. However, this means that this value is even more powerful than what we usually are exposed to. If someone has the qualities of wisdom, kindness, and perseverance, then they can fall into being a compassionate person. Of course, you don't need to have this as an everyday personality trait in order to show compassion in our community. Although, it is imperative that everyone in a community at least makes a small effort to go forth and be a little more compassionate.

Understanding: "sympathetically aware of other people's feelings; tolerant and forgiving." Most commonly, understanding is seen as only comprehension. Compassion and understanding usually cross paths quite often. However the biggest difference is directly sympathizing and empathizing with what the person is going through. Not just listening, but thinking about what is going on and having the need to help them get through it as you know it could possibly save you the most for everyone who is around you. When you help, love, and understand someone using compassion then you and many others can benefit from it. The first person will be happy, you'll be glad that you have helped someone, and the other people around you two might be inspired to help others as well. Understanding can be deep and abstract or vague and shallow. The deeper parts come from reading someone else's feelings rather than learning concepts. Understanding of someone else is important for us as humans to learn.

Abstractly discussed, all of these are typically a reference to an experience in which one feels for another. Usually it can have a deep connection within a love for another individual but sometimes it could possibly just be someone that you don't really know and just met that you can claim to "love." To reevaluate the standard definition of these things that are constantly thrown at us. In this reflection, acts you can do to show each of these things will be broken down into different acts and examples. Questions that will be asked include *"How can this value/action help build and support communities that are diverse?"* And *"How can this value/action help towards minimizing/ending racism and discrimination?"*

## *Understanding*

To start, we can take a closer look at understanding. For example, if you were to be choosing your career path for your life, your family could be there to back you up. They would have faith in you to do what you have been aspiring to do with yourself. They can encourage you to work hard at your craft and master it in order to be successful while you are working for it. If you were not to be successful, they could be there to give you financial support. If your family can do this for you, you can do it for them. If someone in your family has lost their job, then you can support them by helping them get back on track. Provide emotional support if they are very upset over the occurrence and give them affirmation that they can work hard in order to get back in shape. Provide advice on how to get another similar job, or how to completely switch their career paths to something that maybe they would enjoy more. To be put simply, be there for them to fall back on just as they would for you. When someone is down low, we should be there to pick them back up. This is the same with our own family as they are the first meaningful people in our life. Of course, family aren't the only people that we should support. They are just the best example for the action of understanding in love. It comes as understanding because when you're in support of these people then you are *understanding* what is going on in their life. You have acknowledged that they may be struggling and you affirm that they need help. Essentially, take the time to listen to what someone has to say.

Giving understanding is something that can help not only our family, but everyone around us. They say if you were to show some kindness to those around you, they can spread it on by doing something nice for others while they are still in a good mood. This will be the same for your family. If you can be nice to your family then they will be nice to others as well. In the end, this can become a great asset to a diverse community. Let's take the example of someone in your family losing their job and add that this same family member seems to discriminate against some different races, genders, and those with disorders. If you are to show them your support by backing them up with their job, then they will be in a good and charitable mood. They have a good chance of seeing someone with some these differences and decide to be nice to them. Once they are given the strength and courage *by you* they will begin to feel open about things. It goes the same when you could take the route of helping the family member out with getting into a new career. If they find a new and true passion then they can become wondrous with helping out the other *diverse* people in the community with a situation they could be struggling with. When you understand what someone is going through instead of looking down on them, you can make them feel apart of the community that you are in no matter who they are. To go with this, the action of understanding in love can assist within ending discrimination and ending

racism in our community as a result of support behind the stands for equality. When we give support to show love, we can give support for these stands and use it to take a further action such as participating in protests, standing up for someone of another race when they are being denounced, or donating to charities that go towards the end of these injustice acts. The love through support can build a terrific and friendly community that shows where everyone can find comfort just by building others in the community upwards instead of downwards.

### *Compassion*

When someone is seeking support and understanding, they would also require compassion. If you are sad and alone, there need someone to be there in order to confirm their feelings and help grow back their fleeting happiness that they have lost. When you comfort each of your friends when they are sad then it can help change them in a way. Yes, they will stop being as sad as they were before but they will also see you in a better way. When you take time from your own day and step back away from your situations to comfort and uplift someone else with their own problems it is a perfect way to show that you love them. For example: when you tell a friend that you love them it would mean that you will be there for them when they are sad. Often times, we are there for them. When you are playing at school with other people and see your friend crying outside in the yard, you would go up to them and ask them what is wrong to affirm their feelings and that you're listening. Then, you would tell them that everything is going to be okay and you could maybe give some advice to them. When you love someone whether it be your family, friends, guests, or partners, you would try your best to make time for them and to put their happiness first over something that you are doing. This is compassion, something that leads into understanding in of itself. To understand that the person is hurting is one thing, to feel their pain, empathize, and pity is another stage to helping them. It can lead to you taking action and consoling them of the problems they have.

Now a good question to ask about compassion is, how can compassion others make our community a better place to live. Well, the answer to that make come naturally as when we come around to comforting others, they will feel a sense of purpose again. This purposeful role can add them back into their normal life within the community. Them alone being there can help them back to normal everyday life where they can contribute to the community with their amazing talents and wonderful personality instead of being melancholic state. For the first example, if you were to go back to your friend and comfort

them, then you two could go back to the other people and all play together. But let's pretend that the reason this person had been sad in the first place was because of a discriminative act. If you were to come to the person, you first go to understand that possibly they could have been denounced simply because they have differences. If we can use compassion within ourselves, we can see how this person is feeling. Use a sort of empathy and take our understanding to a different level. As understanding only shows us that we know what's wrong and why it's wrong and how it is, compassion gives us a desire to alleviate the person of their pain. This means that you can stand up for a person of colour, disability, or difference if they are being put down. The value of compassion can help us all towards ending discrimination because when we take the chance to put ourselves in someone of a different race's shoes then we can do exactly what compassion is. Desire to help them and going through with it.

### *Love*

Lastly, love. Love is something that ties understanding, compassion, and itself all together. As well as all of the other topics that could have been discussed with the #itstarts challenge. Understandably, you could not think this because of how love has many different meanings that can pertain to different contexts. However, each one of these contexts gives the feelings of caring. To care would be to understand and comfort. This is what I am trying to explain. To show love can be to show a strong devotion of how much you care for a person. You put their happiness and safety before theirs. This is a fitting description of love because it shows that this person either means the most to you or you believe serving them would be the best output for this person. You may believe that they deserve better than what they have currently and you are going to try your best to make it better whether you can help them or not. For example: if someone you know, was facing a big hardship. Whether it be someone that was close to you or not, it would be best for you to help because it is the right thing to do as you go to them to understand and comfort them for what is wrong. But let's extend on this idea. What if you too had also been facing something just the same as them. It could have been something that happened in that particular day, that week, that month, or that year. Something is bothering you and something is bothering them. For yourself you would only want to focus at getting your current situation into a better light. But when you see this other person being just as unhappy and maybe even less, wouldn't you feel some remorse for things that have happened to them? Now, you can tell the right thing to do is to console them on what is going on. They may say that they are fine but when you can relate to them then you can tell that they are not actually fine. Now to what you can do about all of this is try to make them happy and help them no matter what. This can show them a better light to their

situation. Most importantly, you're putting your problems off to the side and putting them first. This is the best way to show others that you love them. Some people may say that respect and love go hand-in-hand. This is close to being true. It has a few differences yes but with respect you are treating others the way you would like to be treated. This is exactly the same as love. By going to that person and helping them with those hardships that you have then you have freedom to treat them in a way that you would want support with your problems.

By putting others before us and loving them to a certain extent, can be important for making our community a better place. This can come from how we all are struggling through something and we know to get through our own problems we can help other people with their own problems. This means that we can lift up other people in our community. If the person that your helping is different from you, it doesn't mean that you still can't put their happiness before theirs. No matter who they are, we can put ourselves to the test and see if we can assist them in whatever they are going through. When we put them first to show love, we can love everyone in our community. It can keep us all feeling included, wanted, and happy. Along with this, anyone should not be felt unloved because of their race. Discriminatory acts should not be tolerated by anyone in the community. If you see someone being taken into exploitation because of their race then you can show them love by sacrificing yourself and your time to fight for them. Try your best to see them happy. Show them love, it's a powerful thing. If everyone in the community of Simcoe County were to follow through with showing love, the chances of someone feeling upset because of their differences would be minimized to an extreme.

Three values. That is all it take to take down discrimination in our communities. It is quite simple for a multitude of reasons. All that it takes for someone is to be kind to others in a certain context. When you know that something is wrong, you stand up against it and you help the victim overcome to heal from the problem that has recently threatened their happiness. First, empathize with the person to figure out what is wrong. Once you have accepted their feelings use compassion to have a desire in which you can fight for their happiness to come back. Battle for their rights and freedom away from stress and areas where they are put down and stressed out. Sympathize with the situation as much as it may seem hard, you can reach them. Even if you know that you cannot help it does not mean that you don't console them and give them some comfort. Everyone deserves someone else that they can depend on. There are almost eight billion people in this world, thirty four thousand of which, live here in our region. With that, at least one person here that can help.

Everyone should feel loved here as we all are wanting to see ourselves happy. If we are happy then other people should be happy. Maybe it can be hard to see a smile on someone's face depending on the situation but with all of the new people coming to our county to find a save space, we should give it to them. I will just take a guess; even though I may not be able to do that much as I am just a kid, it starts with one person. It starts with me.