

2019 International Essay Contest for Young People

[Youth Category – Honorable Mention]

True Kindness Offers True Satisfaction

(Original)

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Everyone gives different meanings to everything. This diversity helps us grow as a society, challenge ourselves and grow into something better. The definition of kindness, I believe lies within a specific spectrum of being “good and generous”. A true kind act to me is one which has originated selflessly out of pure love. Kindness should be easy, not forced upon by societal pressures.

Religion preaches practising kindness and being good to others. It has been centuries since the establishment of those ancient scriptures and teachings, and it has now morphed into something we HAVE to do to please the almighty. This kind of force should not be required to motivate us to be good to those around us, because we end up expecting something in return. If not from the person receiving our kindness, then we want something from god, to give us salvation, peace, prosperity etc. Is this true kindness? Or just another form of human greed masked behind generosity?

Kindness is pure love. It is a way of life of compassion and warmth. An act of kindness doesn't demand anything in return; the act itself is satisfying enough. When we cultivate love inside us; for ourselves and for others, eternal kindness is inevitable. It no longer remains a “virtue” or something to be applauded for, it becomes normal. Because the world needs kindness as a routine, behaviour besides which nothing is expected, where we do not have to be afraid of the big bad world, because it isn't such.

Kindness begins from within. Kindness begins with you. It is hard to be kind to yourself these days. Disappointment comes easy, given the high standards set by the society of today. Unrealistic, unattainable perfection is the necessity now and we end up putting ourselves down. In a beautiful world which has so much to be grateful for, we end up unnecessarily pushing ourselves beyond our limits. We are the biggest critic of ours, but when we start being unkind to ourselves, we start treading a dangerous and scary path. Criticism is only healthy until it motivates us and not when it starts letting us down for who

we are.

So, be kind to yourself. Let loose and set yourself free from the shackles of unhealthy criticism. That would let your inner best come out and outperform.

An individual frustrated and dissatisfied with their own selves would be anything but good to those around them.

And a society full of people kind to their own selves would begin to empathise with the beings around them. The feeling of empathy is very powerful for strengthening human relations with the environment. Mutual understanding of each other's feelings would help us grow as a society. Being able to understand others is a great help in identifying their needs and the ways to help fellow beings.

We cannot let all of our energy and potential to waste by nitpicking every aspect about ourselves, because there is no clear definition of perfection and of ways to attain it. But there could be one for happiness, which is satisfaction. And the greatest satisfaction comes from helping others. Helping others is the only kind of happiness that you can give to yourself. All else is dependent on others. The happiness from winning this essay contest is dependent on the judges and the jury, but the happiness from helping others and doing the ten acts of kindness was only dependent on me. Only I could give that sense of joy and satisfaction to myself. And I still nurture the feeling of fulfilment I received from indulging in the ten good acts. The blessings from my grandma when I helped her with her smart phone or the relief on the face of the kid when I helped her return to her home gave me instant long lasting happiness and I demand nothing else in return.

So, why don't we all take charge of our own happiness? Become a kinder citizen of the great big earth. Nothing can equal the joy of doing something purely out of kindness and compassion. Kindness is communal growth, let us help each other grow and build a happier, kinder world.