

Compassion is the Key to World Peace

(Original)

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When people think of a peaceful world, oftentimes a well-functioning government, no corruption, an end to the wars comes to their mind. However, has the public's mental health ever come to your mind? Have you ever thought about how having a good mindset can develop a peaceful world? The current world is filled with social media, with edited pictures of bodies that are up to the beauty standards. Models smiling, influencers flaunting, celebrities boasting. When we look at their unblemished body features, we tend to compare ourselves to them. "Why do I have a crooked nose? Why can't I have a life just like them? Why is my body not curvy enough? Despite the well-painted facade, behind all of it lies an imperfect human being: just like every single one of us! Immense expectations are dumped on our chest. And we, the future generations of the world, are forced to live up to.

The avalanche of criticisms and cyberbullying swirled through our brain at all times and the trepidation of not meeting up to the expectations are constantly haunting us. It is as if a cavernous boulder had been placed onto our heads, squeezing our inner peace out, leaving a 'walking dead body' roaming on Earth. Thoughts of criticism and hateful comments follow us in our daily lives, having us chained to them.

This is not peaceful.

A peaceful world is a place where everyone is open minded, willing to accept each other's flaws and blemishes. A world which compassion thrives in, displaying true empathy and kindness. There was a time where I was at my lowest. I was clinging to social media, comparing myself to everyone on the Internet. My hair was too tangled, my stomach was too chubby and my nose bridge was not high enough. I soon fell into a prison where I was forced to comply with whatever the screen says: skinny, long legs, long hair. During those

periods, I was miserable. My mind was closing in on me, as if my inner soul had been sucked out and replaced with emptiness that contained no joy, no self-appreciation, no me.

Until one day, when I was studying at a local cafe, a stranger came up to me and said, "Are you okay?" Those three words stirred something in me, I could feel my old self in me again. I was no longer locked in a prison filled with hatred. It was the fact that someone actually cares!

I was finally free.

I truly think that the world would be a better place if we would display compassion. On social media, young people could work together to promote body positivity, antiracism and anti-bullying. I strongly believe that influencers and celebrities play a huge role in this, as we spend most of our time on social media. Thus, we would be more likely to be influenced by the words and actions of our idols. Even children as young as age 3 are exposed to the Internet. Having said that, if people on the Internet encourage cyber-bullying, body-shaming and prejudice against different races, this would have a tremendous effect on the young generations. These actions would raise an army of unethical children, which would lead the world spiral out of control.

The Internet is a great place for us, young people to nurture compassion as videos posted online could be watched by millions of people. If we could work together and give talks and acts of kindness on social media, I truly believe that the world can be changed for the better, providing a home of empathy to people in need.

You might ask, how does promoting empathy and compassion get to do with solving the world's biggest problem: poverty? By advocating these values, people would be more aware of the situations happening around the world, and be more willing to lend a hand to those who are in poverty. They would plan organisations, aiming to improve the lives of the impoverished.

"Love and compassion are necessities, not luxury. Without them, humanity cannot survive." Those words of wisdom were said by the Dalai Lama. I stand by those wise words, compassion is truly the key to world peace.