



**ORIGINAL RESEARCH PAPER**

**Education**

**CHANGE LIVES WITH LOVE AND COMPASSION**

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**ABSTRACT**

Kindness is the manifestation of human empathy and sympathy. The text consistently embodies profound sincerity, affection, and compassion for all individuals, particularly those facing distressing situations, while also having the ability to resonate with those with unique requirements deeply.

**INTRODUCTION**

I am consistently drawn to those who possess sincere and empathetic dispositions. Occasionally, in my present existence, I have abrupt doubts and anxieties when others show me acceptance and affection. Perhaps I have experienced such significant emotional pain that I am now unable to embrace or acknowledge this act of compassion. Naturally, not everyone exhibits such behavior; there will be those who approach you, comprehend you, and engage in meaningful exchanges since there are several positive aspects that society has to offer and interpersonal connections to be fostered. Indeed, they have a genuine connection. Consequently, I have overcome any hesitation or reluctance and opened my heart to embrace the positive experiences that come my way. I now see them as invaluable treasures bestowed upon me by being sincere. I understand and value the significance of those hearts, as they are essential in my present and future existence.

Since then, I have made a deliberate effort daily to nurture and develop my compassion. Despite the inherent difficulty of this endeavor due to the deeply rooted presence of envy and fear in human cognition, I persist in pursuing this fundamental virtue. As I age, I am always mindful of the significance of kindness, which catalyzes accessing positive experiences in my life. Several individuals may underestimate our benevolence, and perhaps we have misjudged our capacity, as we often consider it a given or due to societal dynamics: myriad obstacles, hardships, and adversities. Nevertheless, if we embrace compassion with genuine dedication, we will attain enduring influence capable of transforming our lives.

**1. Compassion Through Action**

Compassionate people will have the great weakness of being willing to give unconditionally, or having to endure the agony of taking the suffering of their employees, and we will always be criticized by wiser people. Sharper ones take advantage of our honesty to achieve the goals they desire, only to have to suffer both physical and mental harm. However, human compassion will be the bridge that allows us to be closer and accept the circumstances of more miserable people, seeing them as just like us. A compassionate person will always have an altruistic heart and a mindset that always thinks that I am a nobler person and am not affected by your troubles, I will help you, lowly person towards are having difficulties.

Although no one recognizes the importance of compassion, we must know that it is thanks to this compassion that we grow every day through experiencing the emotions of success and failure, hope, other hurts or joy. This is even an important factor in campaigns calling for joining hands to help share difficult and needy situations. With today's social life full of pitfalls, people mostly run after the pleasures of lust, fame, and fortune. They can trample on each other to climb the ladder they want. And the consequences they leave behind are miserable lives, broken families, and some people even

have to seek death to resolve this disappointment. And if, in the whole world, everyone was the same, always living coldly, indifferently or indifferently to the life and death of fellow human beings, would this earth still exist? If a fire burns, there will be a certain amount of water to extinguish that fire.

If something evil happens, something good will also appear, that is the law of balance in the universe. Sometimes, we will be quite surprised when so many unwanted things happen beyond our ability to defend ourselves. Sometimes we even ask ourselves: are we strong enough? Strong, wise, willing to face adversity, loss, pain, or will we always be kind to people even though they always bring us suffering? These are problems that always happen in everyday life and we always feel tired when we have to love ourselves but also have to take care of and treat others well. That is the confidence and liberation that we can nurture from compassion - something that no force, dogma or organization can have and this spirit is highlighted from a quote from Germany. Dalai Lama: "My true religion is compassion".

Human kindness is the connection and healing of broken pieces to form a tight block together. No one can think or create discrimination, resentment, or inferiority in the community, society. Compassion will be a strong driving force in our ability to grasp and recognize compassion and love for others. It will come from our hearts, urging us to act, to benefit people. From here, a sense of morality is created, bringing peace and happiness to our family, society and ourselves.

**2. Be Kind to Yourself**

Before developing affection for others, we must cultivate self-love. We need to appreciate and prioritize our well-being to be able to attend to the needs of others effectively. In contemporary times, individuals are constantly pursuing the fast-paced and chaotic nature of existence, seeking sustenance, social interaction, and engaging in frequent travel to fulfill professional obligations. Occasionally, we have lapses in our memory about our desires and necessities. We often prioritize our well-being, neglecting matters of beauty and cleanliness. This is particularly true for women, who tirelessly attend to the needs of their families, sometimes overlooking their self-care.

Consequently, individuals in such circumstances consistently face several drawbacks and may even be mistreated when confronted with an inflexible, male-dominated household. Henceforth, most of the global population will engage in the virtue of patience and withstand societal and familial pressures. However, it is essential to acknowledge that women may exhibit a certain level of vulnerability and may be more easily satisfied compared to males. Their commitment to their family and the cultivation of professional ties is unwavering and all-encompassing.

Women's resilience is shaped by their capacity to

comprehend and manage their inner emotions, even when intense. Repression aids them in exerting control over their sentiments. Nevertheless, this suppression progressively intensifies, resulting in them succumbing to despair, ultimately leading to stagnation in life. Women possess a unique strength in their vulnerability and capacity for empathy, which enables them to cultivate abundant compassion, exhibit resilience, and maintain a strong sense of self. Undoubtedly, life is characterized by its dual nature. In stark contrast to the sacrifices women make, they get the severity and aloofness of their family members in return. They see women's acts and feelings as inherent and not deserving of being treated with seriousness. This is a significant loss!

Hence, we must cultivate self-love to position ourselves as the center of attention since every individual deserves to be esteemed and cherished without discrimination towards any particular group. By cultivating self-love, we may have a deeper understanding of the experience of enjoying life. Comprehending existence is an integral component of affection. It is essential to recognize our own worth since our flaws might occasionally provide a chance for others to hold us in low regard. Frequently, the abuse we experience from society leads to feelings of rage against ourselves due to our perceived powerlessness in the face of life's injustices. This, in turn, may result in the emergence of excessive suppression as a means of psychologically relieving ourselves by directing our wrath inward. You are experiencing self-directed anger due to your inability to maintain control over your behaviors and emotions. Are we too critical of ourselves?

There is a solution to this dilemma since Buddha consistently advises us to embrace and practice the middle road. This path does not prioritize asceticism or happiness but aims to achieve a balanced existence and psychological well-being, resulting in a constant state of calm and contentment. By embracing a balanced approach and coupling it with empathy, you will cultivate a powerful motivation that enables you to conquer obstacles and navigate away from stressful circumstances. To attain this accomplishment, we must learn self-love and self-care while refraining from allowing self-centered, pessimistic, or controlling feelings to hinder our progress. Let us use our skill and intellect to create a vibrant and practical existence. Due to a lack of mental and physical activity, most individuals will experience a lack of progress or growth. Despite the many challenges we may face in self-care, accepting affection, or believing in our worthiness of pleasure. To foster a sense of connection among individuals, we must establish a framework of care rooted in compassion and kindness.

### 3. Brutal Victory

Empathy is the cognitive and emotional ability that generates the capacity for moral awareness and a feeling of compassion. Empathy is the quality that enables us to experience the pain of others and comprehend the anguish that afflicts them as if it were afflicting us. Furthermore, humans possess the capacity to sense with clarity and precision. Compassion is the most effective remedy for alleviating the suffering of individuals in agony or grief caused by acts of violence. Each individual on the globe may have distinct objectives, aspirations, and life mottos, but the universal desire for happiness, peace, and wealth ultimately drives all of them.

Consider a hypothetical scenario in which both ourselves and everyone else are constantly experiencing deceit, disdain, and infringement against one another. How would this situation be perceived? However, the entities we interact with are living individuals with rationality, consciousness, and emotions rather than lifeless things that only possess functionality without cognitive abilities. This refers to the experience of bad feelings that arise when we are injured or deceived. Hence, the Buddha consistently instructs us to cultivate the skill of using compassion, emanating organically

from our innermost being, while refraining from inflicting damage upon others, since this not only alleviates the suffering we endure but also preserves the integrity of our own physical and mental well-being. Experiencing emotional and psychological pain, together with a loss of confidence, is a characteristic often seen in those who are in a state of misery.

Let us empathize with one another and better understand ourselves, allowing us to enjoy the blissful freedom that comes with love. Refrain from imposing your feelings on others and compelling them to endure suffering since this is the most ruthless action we can do towards others. It has the potential to devastate others' lives and extinguish their aspirations, ultimately resulting in conflict. Conflict and savagery ensued, engulfing a world of smoke, flames, and suffering. Kindness is the noble virtue that guides life towards a positive destiny. The inhumanity and indifference of humanity towards humanity and the environment are undeniable, but so are the bravery and empathy that instill belief in every individual. We may confront and withstand such cruel deeds by comprehending the underlying causes of cruelty and using reason and compassion. With reason and compassion at our disposal, we will refrain from engaging in activities that promote division or contempt. Typically, those other than oneself.

To overcome cruelty, it is imperative that we consistently strive to expand our capacity for compassion and altruism toward all others, demonstrating care via understanding and sympathy without any kind of prejudice. Or we are separated. Indeed, this empathy does not imply endorsing everything or unconditionally accepting everyone, as it does not entail compromise when evaluating wrongdoing for the sake of comprehension. Change sometimes necessitates the use of coercion, resulting in individuals experiencing hardship.

### 4. How We Perceive Life

The Buddha's teachings include the profound humanistic essence of suffering and pleasure. The teachings of the Buddha advocate for the pursuit of pleasure free from the presence of fear, worry, or shyness, while acknowledging and valuing the human desire for such attainment. Pain and hardship are inevitable realities that every individual must endure, hence necessitating our acceptance of them. By acknowledging this reality, individuals are unable to fully engage in the vast expanse of anguish, get profound insights about their own encounters, establish a harmonious rapport with others, and foster meaningful connections among people. While the pursuit of pleasure is universal, our emotions are vulnerable to pain when life takes a negative turn and tend to gravitate towards opposing or favourable circumstances.

By cultivating a state of contentment and embracing our own hardships, we may effortlessly discover a superior course of action, so imbuing life with more significance and depth. From the moment of our birth, our existence has been intrinsically linked to the concept of "Suffering". We enter this world with tears, not smiles, and throughout our lives, we constantly experience the contrasting emotions of joy and misery. These emotions accurately reflect how individuals respond to their immediate environment. It will serve as a catalyst, driving us to have a resolute commitment to achieving the utmost happiness for both others and ourselves. Demonstrate empathy and benevolence.

The heart's vibration manifests as an expression of compassion in response to human grief or suffering. Compassion may be defined as the substitution of cynicism with excitement and apathy with kindness. These attributes will eradicate the obstacles between individuals and prompt us to adopt a distinct perspective of ourselves and the surrounding environment.

Every instance of pain is linked to a state of impasse, however,

this impasse will inevitably have its own resolution and course of action. This existence is not devoid of solutions, as there is always a way forward. The determining factor is in our ability to approach challenges with tranquilly, perseverance, and empathy, enabling us to discern and address the underlying issues effectively. This existence is immutable, it arrives swiftly but also dissipates swiftly. Encounters between individuals may be likened to fleeting gusts of wind, when parting ways, they may never cross paths again. It is important to recognise that enjoyment in our world is very delicate and transient, making it a fundamental law and reality. The most courageous action we can do is to initiate this joyful existence - an existence abundant in benevolence, affection, and contentment.

### CONCLUSION

Wendell Berry said that a community is the smallest unit of health. Community is the collective purpose that unites a group of humans who live together in harmony, or community is the bond that symbolizes existence. This bond is strengthened among individuals via profound empathy and benevolence. This is essential for achieving good health, recovery, and overall well-being. To cultivate love, peace, and happiness for themselves and others, they must exert conscious effort in every daily activity. Despite the presence of compassion, we are often subjected to excessive insensitivity and dishonesty in human interactions and circumstances, which may gradually erode and conceal it. Henceforth, our lives would descend into a state of pessimism and hardship, devoid of any means of escape. Despite the abundance of resources in our modern existence, individuals are experiencing a decline in their moral and personal values due to the absence of compassion. Nevertheless, enhancing one's existence is not distant or very challenging; instead, the essential need for transformation is the presence of compassion among individuals. Compassion is the force that leads to a fulfilling existence. By cultivating love and compassion inside ourselves, we may discover an authentic path to healing and strengthening our connections with others. This is the transformative outcome of love and compassion.