

## **2019 Love All Means All Essay Contest**

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**Age:** 13+ **Grade:** 9

**Country or U.S. State:** Pakistan

### **Section 1. How and why do I flourish when I live by the Deep Golden Rule?**

Living by the deep golden rule has really changed my life. It made me bring out my inner, kind self. It has taught me to help others and make them happy by taking their situation in my hands, and handling them as my own. It has made me a better person today. If I am someone people know as a kind person, it is because of this rule. Whenever I help someone in their hardest times, I feel proud of being able to assist them in any way possible. It makes me happy seeing others happy, who once were in the worst situations, and now are happy because of me. Even if my smallest of kind gestures can make someone happy, it makes me happy too. Knowing that someone is in a better situation now because of you gives a different feeling than betraying someone, or turning a person down, who needs your help. I mean, what will be the result of turning down a needy person who needs your help? The answer is, nothing but guilt.

Yes, guilt. It might not bother you now, but it will once you experience the same pain as the person you turned down once. It will make you realize the pain they suffered, and the pain you caused them by refusing to help. It will make you feel guilty, and this guilt will bother you.

It will make you realize your mistake. So rather than experiencing the pain of this guilt, isn't it better to help the person and see them smile? What is so bad in even the smallest acts of kindness? If these smallest acts can bring the widest smiles on someone's face, it is totally worth it.

I flourish because of the deep golden rule. It has made my life better in the happiest way possible. This rule has taught me that my life has a meaning and purpose. And the purpose might be, to make those happy, who cannot even smile in their hardest times. If this is the purpose, then for me, I think I am ready to serve as a broken hearts mender. These little acts of kindness are the things which make me the happiest. When I help someone who needs my help, I feel very happy to know that the person actually thought of me in their hardest situations, and I am grateful that I can help someone in their problems. A friend of mine once said, *"Love, support, and kindness are the only things, which can mend a broken heart."* In other words, she was elaborating, that love and kindness are the medicine to the pain of those who are lonely, helpless, in need of support, or suffering. If we cannot help someone by money or any financial support, we can use our words to encourage them.

Money or physical support isn't important, it can be words too, because words are one of those things, which can mend a heart, or break it apart. Rather than actions, words hurt people more. And a few words of kindness, can also make them happy. Living by this rule helps me have a better relation with people. Even with those, who were once my enemies, or someone I never knew about. It helps me live a peaceful and a healthy life, because I don't have to worry about turning someone down, or feeling guilty.

Now, there is a question that stands after this all. **"How might be my future well-being be related to expanding these kinds of experiences to include strangers and even enemies?"** I

think, it will be a beneficial experience when I will include my enemies or strangers. Because no matter how cruelly my enemy treats me, if I will treat him/her with kindness, maybe someday, he/she will realize their mistake and become a better person. And they may pass this act on others, which may be beneficial to the future generations too. Moreover, if the act passes further, it will make the helpless, homeless, needy ones realize that they are not alone, but they do have someone who cares for them.

## **Section 2. How have I healed others by being kind?**

This is one of the main questions that stand in every persons mind when they do an act of kindness. As I elaborated before, love, kindness, and support can mend a broken heart. This is where this comes from. We may not sometimes realize that we are hurting someone, when we say something.

And it can be pretty hard for the person to bear it, because they might take it serious. But if we can be a little more careful, and watch out for our words before we speak, we can avoid hurting people. If we speak words of love and support, we can become someone's cause of euphoria.

In my experience, whenever I have helped someone, I have always received words of blessings from the people I helped. If my actions are pleasing someone, or helping them to heal up fast because of the support, then I am ready to help them in the future too. Because if this makes them happy, then it makes me happy too. After I have helped a few people, I have also persuaded a few of my friends I knew, were on the wrong side to stop hurting others.

I am very obliged, that they listened to me and have helped heal a few of the bullied or lonely kids. For instance it is said, **“Your silence will not protect you.”** It indeed is true. Staying silent won't help healing anyone. We have to stand up and take actions for those who need us. Because that is how it is supposed to be.

*If my words, or my actions, or any of my support makes someone happy, then I am glad that I am doing my job right.*

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