

2019 Love All Means All Essay Contest

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Section 1: How and why the Deep Golden Rule helps me flourish

“Do unto others as you would have them do unto you.” These powerful words were spoken thousands of years ago and their significance has yet to diminish. Yet, why is it so hard for humans to express the feelings we long for the most, those feelings of love and respect? Loving is hard when one does not feel it in return. Respecting is hard when one is walked over and pushed around. Caring is hard when one is always told to, “mind their business.” As humans, we have a natural longing to be loved, respected, and cared for by others. This is why I always strive to live by the Deep Golden Rule; simply because it is what we crave the most, but it is also what we lack most. I try to do this by always treating others with love, respect, and care no matter the circumstances or what they’ve done. Doing this helps me flourish because when I see how thankful they are, it makes me feel fulfilled knowing that I did something good. I flourish because when I treat someone like I want to be treated, it makes me a more joyous person each time and helps me live a happier life.

When one feels loved by another, it is truly a great feeling. I have been extremely blessed with such a loving family that has always been there for me. When I experience this love and reliance with my family, I feel that it is required of me to share this feeling with others. I feel that it is required of me to share it not only because I want everyone to experience these types of affection, but because I would want someone to do the same for me. When I do something as

simple as lending someone a helping hand, it makes me happy to see their reaction and how grateful they are. These minute gestures of kindness are what help me flourish in the Deep Golden Rule. Seeing the joy on someone's face after I've helped them with even the simplest of tasks, makes me happy to know that whatever I did made an impact on the person's life.

I believe that no matter what someone goes through, the Deep Golden Rule still applies. How you have been treated should not dictate the way you treat others. When one is generous towards another, we have a natural tendency to feel the need to be generous in return because of our "inherent propensity to be fair to others," (Raghunathan). If we go out and treat others with this generosity, regardless of the way we have been treated, we have the opportunity to change the world around us. Doing simple acts of kindness and generosity can potentially create a better social environment for everyone. We have to be strong enough to put other's demeaning remarks behind us and use that strength to help someone in need.

Section 2: What and who inspired me to love humanity without exception?

In a world like today, people are quick to put up walls to hide their emotions and their true feelings towards one another. With the constant shootings in schools, wars, labeling, and hate, it almost seems easier to put up this wall rather than caring. We cannot be afraid to express these emotions and feelings in a world that has neither. We cannot be afraid to break down the wall between apathy and care. After all, it is what we want most, right? This world we live in today is what inspires me to love all humanity without exception because there is a lack of it.

Hate has been around as long as the world has, dating back to when God cursed Adam and Eve by putting "enmity" between them after they ate the forbidden fruit. The morbid truth of it all is that no matter how hard we try, we will all be afflicted with it one day or another. Ever

since I was young, I was always told how horrible the word “hate” was. I was always told to never use that word because of its despondent effect on people. I never quite understood why it was so horrible, but as I have matured and my naiveté faded, I began to see the path of destruction that lies within the walls of hate. This “hate” can stem from jealousy, stress, or even a simple misunderstanding of something. Our quickness to judge or develop negative feelings towards one another comes so naturally that it is almost as if we do not even realize we are doing it. It is easier for us to keep a guard up because love is vulnerable. Love has a much more tender touch than hate, making it easier for us to steer away from it in fear that we will be considered soft. People are scared to show their true, authentic self because it is easier to be cynical of one another rather than accepting of one another. We never take a step back and think about another’s feelings before breaking them down into total nothingness. We see. We judge. We act on it. These three basic, everyday actions can only take a few seconds. In these few seconds, one can see someone completely happy turn to someone who is destroyed by what they just heard. One can ruin someone’s day just as easily as they can make it.

I feel that it is my duty to always make someone feel loved even if no one else does, or even if they do not love themselves. Both hate of one’s self and hate that is brought upon someone is what motivates me to love unconditionally. Hate is a feeling no one wants to experience, but yet it is constantly being spewed out. I, personally, like to spend some of my free time on social media. I will open up an app, and start scrolling. I will occasionally look at the comment section where I see nothing but blatant disregard for another’s feelings. This lack of care and appreciation of one another is what inspires me to love unconditionally. We have a shortage of love in the world and it is shown almost everywhere we look: social media, reality television shows, school, work, etcetera. Love is a feeling that is stronger than hate. As perfectly

stated in Proverbs 10:12, “Hate stirs up conflict, but love covers all wrongs.” Love expels the darkness that somebody placed in someone else and the darkness that is often placed in one’s self. Love is one of the strongest feelings one can experience. Love is what we crave. It is what we long for, but it is also what we lack as a human race. I strive to love because love is what we need.

The Deep Golden Rule is something that I have always strived to live by because I know it is what we need. Treating each other with love, respect, and care is what we want most. This rule is what helps me to flourish by allowing me to live a life full of happiness and fulfillment knowing that I have done the right thing. When I flourish, I want to put out as much love, respect, and care as possible. Love is something that we long for, but not often practice. Hate is what we do not want, but it is what we often put out. I love unconditionally because I want others to do the same; I want to dispose of any hate with every opportunity I get. I show unconditional love because that is where we fall short. Proverbs 3:3 gives us the reminder we need to always show unconditional love, “Let love and faithfulness never leave you; bind them around your neck and write them on the tablet of your heart.”

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Works Cited

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