

2019

Compassion

Tasha Constantino

Xavier University of Louisiana, pathways@xula.edu

Follow this and additional works at: https://digitalcommons.xula.edu/pathways_journal

Recommended Citation

Constantino, Tasha (2019) "Compassion," *Pathways*: Vol. 2018 : Iss. 1 , Article 2.
Available at: https://digitalcommons.xula.edu/pathways_journal/vol2018/iss1/2

This Essay is brought to you for free and open access by XULA Digital Commons. It has been accepted for inclusion in Pathways by an authorized editor of XULA Digital Commons. For more information, please contact ksiddell@xula.edu.

Tasha Constantino

Compassion

There is always a time for someone when the walls are closing in. When the ceiling is caving in on them. When the pressures of the world are too much. There's always a day for someone when unfortunate thing after unfortunate thing happens. The dog dies, your tires are slashed, the toilet clogs, your bills are due, and you're on academic probation. When things are just not going your way, you always look to someone for understanding. Compassion is a feeling of deep sympathy and sorrow for another who is stricken by misfortune, accompanied by a strong desire to alleviate the sufferings.

A little girl sits in the hallway of a motel while her mother makes the money for their next meal in the room across from her. A young boy stands on the corner of an avenue with a gun in his pants only to make the decision to shoot the leader of the rival gang, to finally be initiated into a community of his own. A young woman looks at her battered face in the mirror after her boyfriend had to teach her a lesson. A young man sits on the beach that he calls his home with his skateboard and a backpack and a bottle to drown out his sorrows. A woman stands on the ledge of her nineteen-story apartment building waiting for a slight breeze to end it all. A man sits in his tent on the exit of the freeway reliving the days back on the front line in Iraq.

People search for help in different places, in people, activities, places, even controlled substances. People try to escape and avoid their problems due to the lack of compassion in their lives. Compassion is a branch of love and the root of healthy relationships, whatever those relationships may be.

A social worker helps the little girl be welcomed into a healthy stable home. A non-profit organization takes in the young boy and introduces him to football and extracurricular activities. A group home welcomes the young woman, helps her realize her worth, and gives her the courage to leave her boyfriend. An employer accepts the young man's application and gives him something to look forward to every morning. A therapist, who coaxes the woman off the ledge, becomes the closest person in her life. An assisted living home gives the man on the street a roof over his head while his health resource application acceptance helps him get the medication he needs to live a worthwhile life.

Compassion gives these individuals a second chance at life. When they were taking a hard right it redirected them to the left. Compassion gives the less fortunate person assistance and the person helping a sense of significance.