

YOU MUST BE THE CHANGE

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“You must be the change you wish to see in the world”

-Gandhi

It takes only one person to make a difference. Whether it be at home, school, or nationally, if one person stands up for something, others will follow. This is my law of life, and it has proven true through the ages and continues today.

In 1948, a young woman left the safety of the school where she taught, to go out and help the poor in India. That woman became known as Mother Teresa. Winner of a Nobel Peace Prize, she is world renowned for making a difference. Despite all the challenges on the path she followed, she continued to help others. Against all odds, she succeeded in making the world a better place, taking no credit for herself. At her Nobel Prize acceptance speech in 1979, she said . . .

“I choose the poverty of our poor people. But I am grateful to receive (the Nobel) in the name of the hungry, the naked, the homeless, of the crippled, of the blind, of the lepers, of all those people who feel unwanted, unloved, uncared-for throughout society, people who have become a burden to the society and are shunned by everyone.”

Even in a moment of glory, she behaved as she thought the world should be, humble and kind. She spread her message to help others and truly was the change she wished to see in the world. Her faith and compassion for others touched the lives of so many, and gave others the courage to change the world.

Though our impact on the world may not be as great as Mother Teresa’s, everything we wish to see happen: peace, love, kindness, must be accomplished by us.

As I am walking through the busy halls of my school, today or tomorrow, I hope to always remember that if I help one person I can make a difference. If I stop and listen I’ll hear the sounds of life: people talking, moving, hoping, worrying, dreaming, or listening like me. Everyone in that hallway is doing something. When I next stop to talk to someone, listen to their troubles, lend advice, or just be there, I can honestly believe that it changes the world. As simple as it seems, I am the change I wish to see in the world. I want to see kindness and joy everywhere I go. Maybe if I am the one giving kindness or joy, my dream will come true.

I don’t think I can change the world on my own though. I need some help. So maybe next time you walk through the hallways of your life you can stop and listen. There will always be someone in need and maybe you could help be the change, or the unknown friend they need. Be the change you wish to see in the world, you can really make a difference.