**Of Kindness**

I wasn’t taught kindness at elementary school.

I was taught that, “Honesty is the best policy !” and so I grew up with it.

But I found that honest opinions and expressions were quite often an infliction.

For we understand very less of what constitutes happiness

And even lesser of what constitutes unhappiness.

So, I have learnt that, when honesty is opposed to kindness, kindness is a better policy.

Firstly, it is very important to be kind to others for we do not know their battles

And how close they are to their edge, waiting to jump off.

We have grown up in a weird, harsh world where,

Men cannot cry because, “Men must not cry !” and

Women cannot cry because, “See that’s why people think women aren’t strong!“

And too soon after a child is born, he is classified into one or the other.

Lastly, we must be kind to ourselves, in our everyday struggles

When we perpetually find ourselves a little too tired, yet a little short of our goals.

It is important to look back and see how far we have come, how many battles we won.

We are in a weird world that offers the same ointment to all our wounds,

“I am sad “ – Be strong!

“I lost someone” –Be strong!

“I failed” – Be strong!

So, let us find a little more strength in the profound two word sentence – “I AM.”

-Ananya Barat