

**0.13. CARING****0.13.1. What Is Caring?**

Some of the definitions of caring given by different individuals are given below.

- ✓ Caring is knowing, feeling, and acting in the interests of others. — **Forcey.**
- ✓ To care for another person is to help him/her grow and actualize him/herself. — **Milton Meyeroff.**
- ✓ To be concerned about and to facilitate the growth and actualization of other people, the planet, and even oneself. — **Harriet Heath.**
- ✓ Any thoughtful human response (or non-response) that enables others to thrive. — **Nel Noddings.**

**0.13.2. Meaning In Caring**

Milton Mayeroff, in his book "On Caring", has emphasized a deeper level of caring between two persons—the carer and the cared-for, in the general context of life. His points about caring are briefed below:

**1. The goal of caring is to help the other actualize himself.** "To care for another person, in the most significant sense, is to help him grow and actualize himself ... Caring is the antithesis of simply using the other person to satisfy one's own needs".

**2. Caring is an extension of one's self.** "In caring as helping the other grow, I experience what I care for as an extension of myself and at the same time as something separate from me that I respect in its own right. ... For a caring parent, the child is felt to have a worth of his own apart from his power to satisfy the parent's needs."

**3. Devotion and constancy are essential elements of caring.** "Devotion is essential to caring, just as it is an integral part of friendship. I commit myself to the other and to a largely unforeseeable future. When devotion breaks down, caring breaks down.... Viewed at a particular time, devotion is shown by my being 'there' ... Viewed over an extended period, it is shown by my consistency...."

**4. Caring for another helps the other to care for and about others.** "To help another person grow is at least to help him to care for something or someone apart from himself, and it involves encouraging and assisting him to find and create areas of his own in which he is able to care...."

**5. Help in a way that the cared for can go on to help himself.** "... also, it is to help that other person to come to care for himself, and by becoming responsive to his own need to care to become responsible for his own life."

**6. Learning and living a life of caring involves all other values.** "The concept of 'caring' is developed by disclosing its relationships to other significant concepts like 'trust,' 'honesty,' and 'humility,' and it also grows by coming to terms with seeming exceptions."

*"Whatever words we utter should be chosen with care for people will hear them and be influenced by them for good or ill." - Buddha*



7. **Caring involves desire, motivation, inclination.** "I care for someone if I feel a stir of desire or inclination toward him. In a related sense, I care for someone if I have regard for his views and interests. If I am charged with the responsibility for (one's) physical welfare, I cannot claim to care ... if my care taking is perfunctory or grudging."

8. **Genuinely caring can be a "magical" experience.** "The one cared-for sees the concern, delight, or interest in the eyes of the one-caring and feels her warmth in both verbal and body language. To the cared-for no act in his behalf is quite as important or influential as the attitude of the one caring. ... When the attitude of the one-caring bespeaks caring, the cared-for glows, grows stronger, and feels not so much that he has been given something as that something has been added to him. And this "something" may be hard to specify. Indeed... there is no need on either part to specify what sort of transformation has taken place."

9. **"Caring is the heart of ethics".** "Caring is the heart of ethics. It is scarcely possible to be truly ethical and not genuinely concerned with the welfare of others... People who consider themselves ethical and yet lack a caring attitude towards individuals tend to treat others as instruments of their will. They rarely feel an obligation to be honest, loyal, or fair or respectful except insofar as it is prudent for them to do so"

#### 0.14. SHARING

We come across several occasions when we are required to extend a helping hand to others who are less fortunate than us or are in need of help due to bad circumstances. Sharing is one of a noble act of mankind and a high virtue. Sharing with others should be a part of human nature and life.

At one time or the other we need to share things with others. Sharing could be in the form of money, food, material, book, knowledge, time, thoughts, happiness, sorrow, and work. If we share with others, they will share with us. Sharing begets sharing. But we should not keep in mind while sharing with others. Sharing should be the motto of good help. We should not look at the person we are sharing with to show our gesture or expect thanks in return.

Sometimes we do not get a few words of thanks even from those with whom we share our valuable time or work either because of their negligence, ignorance or forgetfulness. Some people lack such manners. Such are the ways of world, we should not mind such deficiencies. We should help and share with others as part of our nature, culture and duty towards humanity. Such a service definitely reaches the Almighty God, who recognizes our help and grants blessings in some form.

Sharing with others gives peace of mind, a feeling of fulfillment and satisfaction. We need not share beyond our capacity. But whatever possible could be shared with sincerity, affection, and kindness. Sharing costs little but pays back richly. We should try our best to

*"Happiness is not so much in having as sharing. We make a living by what we get, but we make a life by what we give." - Norman MacEwan*



live up to social requirements in terms of sharing. Human ways will always pay rich dividends.

Man by nature is selfish. He tries always to keep everything for himself even when it is in excess and sometimes does not make use of them. It has come down from ages. So it is not easy to share with others. Sharing requires a broad mind, rational thinking and helping nature. On the part of those who share what is excess for one would be less for the other. Sharing is a little act of kindness, which if followed by all will spread joy and happiness in society.