

In excerpts from the journals that the sculptor Anne Truitt wrote over seven years (**“Daybook: The Journal of an Artist”**), we read (in an entry dated 16th August): *“I have always been mystified by the speed with which people condemn one another. Feeling as righteous as Christ chastising the money-changers in the temple, they cast their fellows into the outer darkness of their disapproval. This seems to give them intense pleasure.”*

In a 1959 conversation with the BBC, Bertrand Russell pointed out that *“In this world, which is getting more and more closely interconnected, we have to learn to tolerate each other. We have to learn to put up with the fact that some people say things that we don’t like. We can only live together in that way, and if we are to live together and not die together, we must learn a kind of charity and a kind of tolerance which is absolutely vital to the continuation of human life on this planet.”*



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Alain de Botton encourages us, in **“The School of Life: An Emotional Education”**, to recognize that *“we have a duty”* to ensure that our *“interpretations of the lives of others”* are *“generous”*.

In an illuminating 2010 essay (“Empathy with the Enemy”), the philosopher Roman Krznaric writes: *“I suggest that we should approach empathy as the ultimate form of travel, a means of transporting ourselves into other lives in ways that can illuminate our own. There is no need to limit where we take our journeys. We must extend our empathetic imaginations not just to the dispossessed or disadvantaged, but also to those whose views and actions we might oppose or disdain, from wealthy bankers to bombastic politicians to racist work colleagues - even the sibling who broke a favourite toy. There are few better ways of*

bringing us face to face with our own prejudices, uncertainties and inconsistencies. That is how empathy can become both a moral guide and a basis for a philosophy of living. Socrates saw the path to the good life in the effort to “know thyself”. The lesson of empathy is that we will only discover ourselves by stepping outside ourselves.”

Swami Vivekananda (“**The Complete Works of Swami Vivekananda**”) advises us:

“Condemn none; if you can stretch out a helping hand, do so. If you cannot, fold your hands, bless your brothers, and let them go their own way.”

Peace ☐

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