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Essay Title: *The Power of Love*

Many people believe that love is just about a relationship between two people. I believe that love is a thing for all, and is one of the most important character strengths to have.

Love can move people to spread joy and care in the world. The difference between love and kindness, I think, is the all encompassing care of love. Love is the ability to look past differences and bond with someone just from your heart. Kindness is more of what is on the surface. It is a part of love, but love will always be more powerful because it shares what is deeper in your heart. With love, you have to have a deeper understanding that you and others are different, and that's ok. You can do all that you can to make them feel good and expect nothing in return.

Love is digging a well and giving away the water. You may be thirsty, you may be tired, unaware of how much there is and how long you can continue, but when you are rooted in love, that well can turn into a never ending stream where you never grow weary. We must relinquish our own desires, and spread care for others, so we may all never grow thirsty, and can all be satisfied.

In my life, I grew up blessed with an amazing family and great friends. I was surrounded by love that cared for all kinds of people because we were exposed to them. I have a lot more empathy because of the love that my family has shown even in the face of hardships in the lives of others. That love has given me the ability to look at the strain and struggle others have instead of judging them.

When I was younger, I used to go to a nursing home and spend time with the grammys there. I had two very special people to me that I would visit more regularly. They were kind old women who gave me such joy and love, even when we weren't really related. As Barbara De Angelis said, "Love is a force more formidable than any other. It is invisible - it cannot be seen or measured, yet it is powerful enough to transform you in a moment, and offer you more joy than any material possession could." Their care showed me that love was strong and present like the wind. It is capable of shaking the smallest leaves or stirring the sea, and yet is invisible to the eye.

If we take the time to create relationships with strangers who might need some love in their lives, we can teach people to be kind and loving toward others. It can be overwhelming if you feel like no one cares about you, but by spreading deep, understanding love, we can allow it to proliferate, and show others that they are important, that they matter. Because they do.