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### Kindness is Justice

I'm always willing to help others when they need help. I will, under any circumstance, help people if they truly need help. One example is that last week my friends and I saw this man, lying down in the middle of the street. We rushed over and called for help. It was not a choice of should I help him or not? It was a spontaneous reaction on our parts. For myself, I would not do it for the "goodness" in me; I would do because a person needs help. I do have fears but if a person needs, I would gladly help if I can. I would not help people if they need assistance doing anything illegal or something that might harm innocent lives. I'm like this because my parents have taught me to aid the helpless and fight for everyone's rights. I will always have time to help people.

Adam Phillips is a British child psychotherapist born on September 19, 1954 in Cardiff. He is a literary critic and an essayist, a person who writes essays on various topics. Phillips is also a contributor to the *London Review of Books*. In all of his works he shows "his intelligence, and strength of character". Some of his works include Terrors and Experts in 1995, Side Effects, which was written in 2006. In his article On Kindness, which was written in 2009 with Barbara Taylor, he explains "what makes people happy".

Phillips claims that the meaning of kindness is the ability to bear the vulnerability of others. Phillip states that "The pleasure of kindness is that it connects us with others; but the terror of kindness is that it makes us too immediately aware of our own and others people's vulnerabilities" (Phillips 12). It shows that expressing kindness often means doing something

moral for one, but when accomplished, people can see where others lack in terms of vulnerability. Phillips assumes that living as a sympathetic person will only make people weak, and due to the weakness the lives of the people will become overpowering. Phillips opposes the idea that “Kindness is the saboteur of the successful life” (Phillips 5). It explains that if a person is living a life of success, kindness will abolish the achievements the person has attained. It also explains how people nowadays believe that there are greater pleasures than kindness and how kindness has become a “forbidden pleasure” (Phillips 5), which cannot be expressed in the form of sympathy. Helping others also gives the helper the courage to face their own vulnerabilities when time comes.

Phillips suggests that environment shapes our kindness. He states that “The forms kindness can take, like the forms sexuality can take, are partly learned from the societies in which we grow up, and so can be unlearned or badly taught or resisted. So it is one of the contentions of this book that children begin their lives “naturally” kind” (Phillips 11). He shows that the “environment” or surroundings of a person as a child can determine the “quantity” of kindness the child has in the future. This raises that question, where did Dr. Martin Luther King learn about kindness and what type of environment did he live in.? The answer is he learned from the prophets from the Hebrew Bible, he also learned from the American constitution that everybody deserves freedom. For the environment, King’s father, Martin Luther King Sr. was a Baptist pastor. The teachings of the father were passed down. The environment plays a major role in shaping our kindness.

Phillips’s evidence includes the work of philosopher Alan Ryan to explain that people are depriving themselves from kindness, which happens to be a pleasure of the soul. Alan Ryan states that “We mutually belong to one another” and also how a good life is one “that reflects this

truth” (Phillips 6). It explains that people are meant to communicate and be helpful but people are withdrawing themselves from that pleasure that everyone needs. His work also comes from the works of Scottish philosopher David Humes who stated that “He has forgotten the movements of his heart” (Humes 5). He does not reference to Humes, “he” represents the person that is “foolish enough to deny the existence of human kindness...lost touch with emotional reality” (Phillips 5). It shows that only a fool will deny of kindness. Phillips uses multiple people to explain the issues behind kindness.

Phillips argues that kindness is one thing that everybody needs. Phillips states “Bearing other people’s vulnerability-which means sharing in it imaginatively and practically without needing to get rid of it, to yank people out of it-entails being able to bear one’s own” (Phillips 11). It explains that when helping a person with pain or sorrow, the helper can bear its own pain or sorrow. Being kind to others will make people kind to you, so they will help in a time of need. Like how Martin Luther King Jr. helped is people.

Martin Luther King Jr. was an American clergyman born on January 15, 1929 in Atlanta, Georgia. He was an American Civil Rights Movement leader who used nonviolence and civil disobedience. He led the Montgomery Bus Boycott in 1955, and also helped found the Southern Christian Leadership Conference in 1957. He became the first president of SCLC. In 1963 he led a “March on Washington” where Martin Luther King Jr. made his famous “I Have a Dream” speech. Next year he received the Nobel Peace Prize for “combating racial inequality through nonviolence. His letter from Birmingham jail calls for a movement to social change.

The relevance of Martin Luther King’s letter from Birmingham jail to us today is that, if it was not for him fighting for freedom, there would still be segregation. He destroyed that

barrier between the whites and the blacks and displayed how and why segregation should be abolished. King explains how “Injustice anywhere is a threat to justice everywhere” (King 173). He is saying that if segregation exists in Birmingham, it is most likely going to spread and cause people to notice, which will make people act differently to blacks. Martin Luther King Jr. literally diminished segregation.

Bringing Martin Luther King Jr. and Adam Phillips into conversation will give us a better understanding. King claims that this segregation should end, it make America unjust. He states that “Injustice anywhere is a threat to justice everywhere” (MLK 173). He explains that if one part or area of America is segregated, it will spread and will cause more and more racism, which will eventually cause it to spread everywhere. He stood for what he believed in. The main reason he is saying this is that in the American Constitution it states “All men are created equal” and America now is forgetting its own commitment to equality. This makes it unjust for the African Americans. For Adam Phillips, to be kind is to be justice. This connects to King since he wants justice from the American white people. Also Adam Phillips does state that kindness is a “forbidden pleasure” (Phillips 5) which connects to King in the, everybody shows on the outside that kindness, which is justice, is a bad thing but on the inside, everybody knows that what they are doing is wrong. Kindness cannot be expressed since people will know your vulnerabilities; this is why no anybody wants to be kindness, which means “just” to blacks.

What Martin Luther King is arguing is that segregation is wrong and should end. He explains that “all segregation statutes are unjust because segregation distorts the soul and damages the personality” (MLK 178). Segregation does affect people, mentally and physically. It brings down the soul which will weaken the person itself. The reason MLK’s imprisonment is a

sign of kindness is because he did it peacefully. He could have done it in a violent way which would have caused many whites and blacks to die however he did not.

King tries to prove that his way was nonviolent but people still call him an extremist. He says that “Oppressed people cannot remain oppressed forever” (MLK 1963). He explains how the blacks need to fight back with nonviolence to show to people that they are just like them. Peace will forget anything. The whites need to help the blacks, either from their goodness of their hearts or just because they need help. He was not an extremist; he just wanted freedom for his people.

The *Weapons of the Spirit* was filmed in 1987 in a small village in the mountains of central- south France, called Le Chambon, by director Pierre Sauvage, shows kindness and justice. He himself was born in Le Chambon in March 25, 1944. Sauvage was a child survivor of the Holocaust as he and his parents hid in this village for protection against the Nazis. This film was made to show the “goodness” of the people in this village when nobody else would help. It is proclaimed that Le Chambon helped save for than five-thousand children that were abused and tortured in concentration camps. The villagers themselves showed no sign of acting like “heroes” or “idols”; they simply helped since the Jews needed help. The looks on their faces were strong and determined as they would be, if they were still young. The movie itself shows the villagers as old people mostly in their eighties. The villagers still live there and treated this event as nothing special. The Pastor on the village was André Trocme, a pacifist who urged the villagers of Le Chambon to hide Jewish refugees from the camps. He had a wife named Magda Trocme. They both established safe houses and made some houses in school buildings so their children and the Jewish children could go to school. As the refugees were there, the villagers treated them as their own family. Also the refugees also felt close to them since they also read the Old

Testament as they did. It shows that if it wasn't for the people of Le Chambon, many innocent victims would have died.