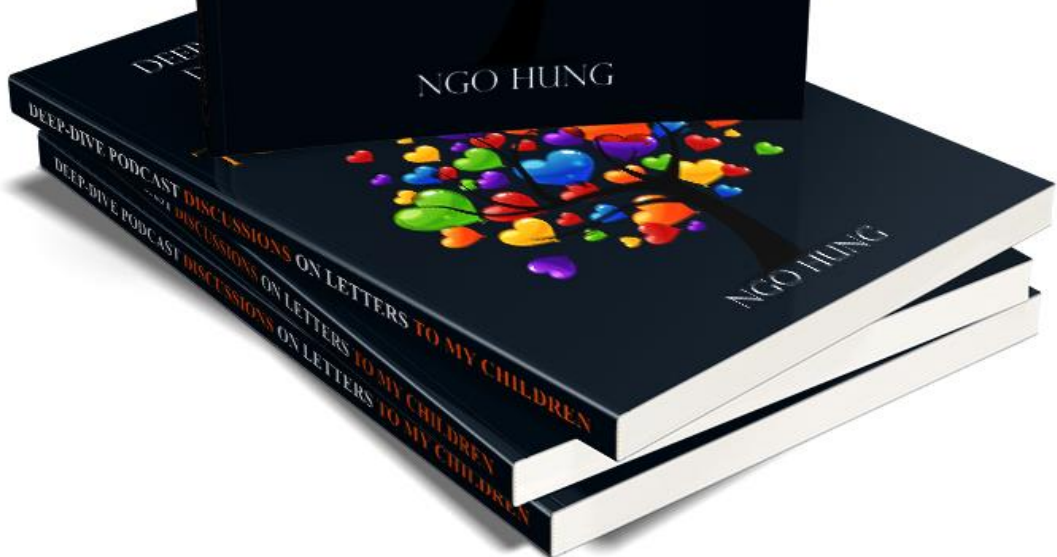


DEEP-DIVE PODCAST  
DISCUSSIONS ON  
LETTERS  
TO MY CHILDREN



NGO HUNG



DEEP-DIVE PODCAST  
DISCUSSIONS ON

LETTERS

TO MY CHILDREN



NGO HUNG

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# INTRODUCTION

In the vibrant and diverse landscape of life, there are invisible threads that unite us—values that enlighten the path to fulfillment, harmony, love, and openness.

The “Letters to My Children” are a collection of 14 letters written by a father who shares his life experiences with his two children: Lạc, a 20-year-old university undergraduate, and An, his 15-year-old high school daughter.

These 14 letters, which are addressed to his children, encourage us to engage in a profound contemplation of 14 fundamental principles that influence not only our personal journeys but also the broader scope of humanity.

The letters cover a wide range of subjects, including unconditional love, forgiveness, letting go, gratitude, empathy, compassion, understanding, self-respect, being yourself, kindness, generosity, tolerance, listening, and accepting mistakes.

“Letters to My Children” is in essence a dialogue that underscores the essence of human nature, rather than solely resolving challenges. The objective of these letters is to provide future generations with the resources necessary to advance in a world that is becoming more intricate and divided, in order to inspire, nurture, and empower them. Each value examined serves as a reminder of the profound impact of living with purpose and integrity, the fortitude to embrace imperfections, and

the power of vulnerability.

## **The Power of These Values**

Through its 14 interconnected themes, this book strengthens our understanding of essential human values.

“Unconditional love” teaches us that acceptance is the foundation of all relationships, while “forgiveness” helps free us from the burden of resentment. “Letting go” reminds us of life’s impermanence, a gift that creates space for renewal, and “gratitude” shifts our focus from being dominated by negative emotions to the freedom of positive feelings.

Additionally, “empathy” and “compassion” connect us to others’ experiences, fostering a deeper understanding of our shared humanity. “Understanding” encourages us to seek clarity before passing judgment, while “self-respect” reinforces the value of boundaries and self-worth. “Being yourself” reminds us to honor authenticity, while “kindness” and “generosity” transform ordinary acts into extraordinary gestures.

“Tolerance” opens the door to diversity and acceptance, while “listening” teaches us the art of truly being present. Lastly, “accepting mistakes” liberates us from the fear of failure, turning obstacles into stepping stones for growth. Each value explored in these letters serves as a mirror reflecting both our struggles and triumphs.

## **Why This Discussion Matters**

This deep-dive discussion is not merely an intellectual exercise but an invitation to engage with these values on

a deeply personal and transformative level. By examining them through stories, reflections, and lived experiences, we create a space where theory becomes practice and understanding transforms into action. Whether we are parents, children, partners, or friends, these principles provide guiding lights for building relationships and nurturing a life of purpose and fulfillment.

Let's approach these letters with openness and curiosity. Each value we explore is both a question and an answer—an opportunity to deepen our connection to ourselves and others. Through the lens of Letters to My Children, may we expand our wisdom, a boundless source of energy with the power to heal, inspire, and connect.

Let's begin this journey together.

**Note:** To help you better understand the content of the book “Letters to My Children” without the need to search for it, we will attach the full text of the book in the later part of this discussion.

# THE VALUE AND POWER OF UNCONDITIONAL LOVE

All right, ready for a Deep-Dive into some powerful territory.

“Let's do it.”

Today, we're taking on unconditional love.

“Oh, wow.”

And, you know, we're going to explore it through this really personal letter from a father to his two children.

“Okay.”

Lac and An.

“Interesting.”

I mean, have you ever wondered like what unconditional love actually means?

“Oh, yeah, all the time.”

Like what it looks like and feels like, you know, day to day.

“Yeah, for sure.”



This letter might just give us some answers.

“I'm intrigued.”

Yeah, me too.

“So what struck me about this letter is that it doesn't just like define unconditional love.”

Right.

“It brings it to life through these stories and realized moments.”

Yeah.

“It's not starting with a dictionary definition.”

Right.

“You know?”

Yeah.

“The father just jumps right into it.”

Yeah.

“Saying unconditional love just is.”

It just is. No ifs, ands, or buts.

“Exactly.”

It simply exists.

“Powerful stuff.”

Yeah, and he illustrates that beautifully right off the bat with the stories of Lac and An's births.

“Okay.”

And I was struck by the contrast.

Lac's arrival is described as like this tidal wave of emotions.

“Wow.”

And An's is like this gentle wave of tranquility. It's like.

“So different.”

Completely different experiences.

“Yeah.”

But the father's love was immediate and overwhelming.

“Okay.”

In both cases.

“Interesting.”

Yeah.

“That's where we see this powerful truth emerge.”

What's that?

“Unconditional love isn't dependent on circumstances or personalities.”

Right.

“Or even like how someone enters the world.”

Right.

“Like it's not earned or deserved.”

Right.

“It just is.”

It just is.

“The father's love wasn't greater for one child because their birth was like.”

Yeah.

“More dramatic or whatever.”

Right.

“It was simply there full force from the very beginning.”

Yeah, it really makes you think about how we attach conditions to love even subconsciously.

“Oh, totally.”

But here it's just pure and simple. Which makes me wonder.

“Yeah.”

How does that translate to everyday life?

“That's a good question.”

Because those big life moments.

“Right.”

Those are rare.

“For sure.”

So how do we see unconditional love in the everyday?

“Well, that's where it gets interesting.”

Okay.

“The father doesn't just dwell on those big moments.”

Right.

“He highlights the importance of small everyday acts of love.”

Oh, okay.

“Things like Lac, leaving those little notes in An's lunchbox, or constantly borrowing lacks books. Just like acts of care and connection that might seem insignificant on their own.”

It really makes you realize that unconditional love isn't always about.

“Yeah.”

Grand gestures or pronouncements.

“Right.”

It's the quiet, consistent things.

“Right.”

The everyday stuff that builds those deep bonds.

“Absolutely.”

Right.

“It's not about waiting for those big moments.”

Right.

“To shower someone with love. It's about finding those small, consistent ways.”

Yeah.

“To show up for them day in and day out.”

Right.

“Which brings us to these incredibly tender memory.”

Oh.

“The father shares about star gazing with each child.”

Oh, those were beautiful. Lac being the inquisitive one asks about the number of stars.

“Right.”

Leading to this amazing analogy about love being as infinite as the stars themselves.

“It's such a powerful image, isn't it?”

Oh, it is.

“He could have just said, like, I love you a lot.”

Yeah.

“But instead, he uses the vastness of the universe.”

Right.

“To represent the depth and boundlessness of his love.”

Wow.

“He's telling his children that his love isn't limited by time, space, or circumstance.”

Right.

“It's a reassurance that no matter what they do or where they go.”

Right.

“That love will always be there for them.”

Exactly. And then there's the story with An.

“Yeah.”

With her sensitive heart.

“Right.”

Who asks why the moon is alone.

“Oh, wow.”

And that sparks this whole conversation about how love isn't just about feeling it.

“Right.”

It's about truly seeing and understanding the other person.

“And what's fascinating here is that the father isn't just imparting wisdom. He's learning from his children's unique perspectives. Lac's question reveals his curiosity about the world.”

Yeah.

“While An's highlights her compassionate nature.”

Right.

“These interactions are shaping the father's own understanding of love.”

I see.

“Adding depth and nuance to it.”



It shows that even in the act of expressing love.

“Yeah.”

There's still so much to learn.

“There is.”

Love isn't static. It's this constant exchange.

“Right.”

That evolves and grows along with the people involved.

“I like that.”

But let's be honest.

“Yeah.”

Things aren't always sunshine and roses, are they?

“No, they're not.”

Life gets messy. And relationships, even those built on unconditional love, can get messy too.

“Yeah, for sure.”

I love how the father acknowledges that.

“Yeah.”

Those anecdotes about messy moments.

“Oh, yeah.”

We have Lac creating that massive mural in his bedroom. Ending up with more paint on himself and the furniture than on the walls.

“Oh, no.”

And the father, instead of getting upset.

“Yeah.”

Turns it into this playful moment of connection.

“That's sweet.”

And then there's An's baking disaster. Which I'm sure anyone who's tried to bake with a young child can relate to.

“Oh, yeah. Definitely.”

Flour everywhere. Cookies that are probably more charcoal than chocolate chip.

“I've been there.”

But the focus is on An's determination and effort.

“Right.”

Not the disastrous outcome.

“You know, those stories could easily be interpreted as the father just being lenient.”

Right.

“Or indulging his children's mishaps.”

Yeah.

“But what's really at play here.”

Yeah.

“Is a deeper understanding of unconditional love.”

Yeah.

“He's choosing to focus on the intention. The love behind the action. Rather than getting hung up on the less than perfect outcome.”

Right. And it makes me wonder, isn't there a risk of enabling bad behavior? If we only focus on the intention and not the outcome.

“Oh, that's interesting.”

Where do you draw the line between unconditional love and setting boundaries? Especially as children grow older and make bigger decisions.

“Yeah. That's such an important question.”

Yeah.

“And it's something we'll definitely delve deeper into as we continue to explore this letter.”

Right.

“Because unconditional love isn't about saying yes to everything. It's about navigating those complexities with compassion, understanding.”

Right.

“And a willingness to learn and grow alongside your loved ones.”

Yeah. I like that.

“So picking up on that thought about boundaries.”

Okay.

“It's fascinating how the father tackles this balance, you know, between unconditional love and setting limits.”

Right.

“Especially as Lac and An are getting older.”

Yeah. That part really stood out to me too.

“Yeah.”

It's easy to talk about unconditional love in theory.

Right.

But how do you actually put it into practice when your kids are facing real challenges, you know, making choices you might not agree with.

“Exactly. And that's where the father's wisdom shines through.”

Yeah.

“He addresses this head on, especially when writing to Lac.”

Right.

“Who's about to head off to university.”

Yeah.

“And navigate all those pressures that come with that stage of life. He emphasizes that unconditional love doesn't mean accepting everything blindly.”

Okay.

“It's about holding space for your loved ones.”

Right.

“To make their own choices.”

Yeah.

“Even if they stumble or make mistakes.”

It's about recognizing that growth often comes from those stumbles.

“Exactly.”

Right.

“Like making mistakes isn't a reflection of their worth.”

Yeah.

“But just part of the human experience.”

And the father even gives Lac some practical advice for navigating that.

“Oh yeah.”

Super competitive university environment.

“I see.”

Instead of getting caught up in comparing himself to others.

“Yeah.”

He encourages Lac to celebrate their successes too.

“That's great advice.”

It's about shifting from a mindset of scarcity. Where you see success as like a limited pie.

“Right.”

To a mindset of abundance. Where you can genuinely appreciate others achievements.

“Right.”

Without feeling threatened or diminished.

“I love that.”

Because comparison really is the thief of joy, isn't it?

“It really is.”

It's so easy to get caught in that trap. Especially in those high pressure environments.

“Oh, absolutely.”

But the father's advice reminds us that there's room for everyone to shine.

“There is.”

And that celebrating others successes, doesn't take away from your own.

“Absolutely.”

And this applies to relationships as well.

“Okay.”

The father emphasizes the importance of prioritizing understanding and empathy over being right or winning an argument.

“Oh. That's a tough one.”

It's so ingrained in us to want to be right.



“It is.”

To have the last word.

“For sure.”

But I can see how approaching conflict from a place of understanding.

“Right.”

Instead of trying to win.

“Yeah.”

Could completely change the dynamic of a relationship.

“It's a real game changer.”

Is it?

“Yeah. It transforms those conflicts from battles to be won.”

Yeah.

“Into opportunities for connection and growth.”

Wow.

“You're no longer like adversaries trying to outsmart each other.”

Right.

“But partners working together.”

Yeah.

“To understand each other's perspectives and find common ground.”

Right.

“And this all ties back to recognizing the inherent worth of the other person.”

Right.

“Even when you disagree with them.”

Now, the father's message to An is a bit different, isn't it?

“It is.”

It's tailored to her age and the specific challenges she's facing, but still rooted in that same foundation of unconditional love.

“For An, who's a bit younger.”

Right.

“And navigating the complexities of friendships and social dynamics. The focus is on self-acceptance.”

I see.

“He reminds her that her unique qualities.”

Yeah.

“Her quirks. Her passions.”

Right.

“Are what make her special.”

Right.

“And lovable.”

Oh.

“He encourages her to embrace all parts of herself.”

Yeah.

“Even the ones she might be tempted to hide.”

It's that classic advice of just be yourself.

“Right.”

But coming from her father, it carries so much weight.

“It does.”

It's a reminder that she doesn't need to change or mold herself. To fit in or please others. Her worthiness isn't dependent on external validation. It comes from within.

“Exactly. And he goes further by encouraging her to choose love. Even when she's been hurt. Emphasizing the healing power of forgiveness.”

So he's not saying to condone hurtful behavior.

“No. No, but recognizing that holding onto anger and resentment.”

Yeah.

“Ultimately hurts you more than anyone else.”

It's about letting go of that pain. Not for the other person's benefit. But for your own.

“Right.”

It's about choosing peace and freedom.

“Yeah”.

Over carrying the weight of that hurt.

“Precisely.”

And it ties into a bigger theme that runs throughout the letter.

“What's that?”

Unconditional love doesn't mean being a doormat.

“Right.”

It doesn't mean tolerating mistreatment or disrespect.

“Yeah.”

He cautions, and as any loving parent would.

“Right.”

That healthy relationships are built on mutual respect.  
And that sometimes love requires setting boundaries.

“Right.”

To protect yourself.

“That's such an important message.”

It is.

“Especially for young people who are still figuring out what healthy relationships look like.”

It's about learning to distinguish between love that's truly unconditional.

“Yes.”

And love that's conditional on you sacrificing your own well-being.

“Yes. And the father doesn't just leave them with these grand pronouncements.”

Right.

“He provides practical examples.”

Okay.

“Of how to actually put unconditional love into action.”

Like what kind of examples?

“Well, he starts with the simple but powerful act of active listening.”

Oh, okay.

“It's not just about hearing the words.”

Right.

“It's about truly paying attention to what the other person is saying.”

Right.

“Trying to understand their perspective.”

Yeah.

“And responding with empathy and genuine curiosity.”

Think about how often we're half listening.

“Oh, all the time.”

Waiting for our turn to speak. Or already formulating our response.

“Right.”

Before the other person has even finished their thought.

“Oh, yeah”.

Active listening is a conscious choice.

“It is.”

To be fully present with the other person.

“Yeah.”

To hear them, see them, and validate their experience.

“That's so true. It's easy to get caught up in our own heads.”

Right.

“And miss those opportunities.”

Yeah.

“For genuine connection.”

And it's not just about listening, right?

“Right.”

The father talks about responding with kindness and patience.

“Eternal.”

Even when it's difficult.

“That's where the real work comes in.”

It is, isn't it?



“Because let's face it.”

Yeah.

“Being kind and patient isn't always easy.”

No, it's not.

“Especially when you're tired or stressed.”

Right.

“Or dealing with someone who's pushing your buttons.”

Yeah.

“But the father reminds us that everyone is fighting their own battles.”

Right.

“Carrying their own burdens.”

Yeah.

“And sometimes a little bit of kindness.”

Yeah.

“A gentle word, a listening ear.”

Right.

“Can be exactly what someone needs to keep going.”

It's a reminder that our actions have a ripple effect. Even the small ones.

“They do.”

And choosing kindness.

“Yeah.”

Even when it's challenging.

“Right.”

Can have a profound impact on someone's day, their week, even their life. And finally, he emphasizes the importance of remembering that everyone makes mistakes.

“Everyone.”

Nobody's perfect.

“Nope.”

And expecting perfection from ourselves or others.

“Right.”

Only leads to disappointment and frustration.

“It does.”

This is a message that really resonates with me.

“Yeah.”

I'm a recovering perfectionist myself.

“Oh, wow.”

And I know firsthand how damaging that pursuit of flawlessness can be.

“It's liberating to embrace the idea that we're all works in progress.”

It is.

“Constantly learning, evolving, and yes.”

Yeah.

“Making mistakes along the way.”

The father encourages us to offer ourselves and others grace and compassion.

“He does.”

Recognizing that those mistakes are often opportunities for growth and learning.

“Absolutely.”

It's about shifting from a mindset of judgment and criticism.

“Yeah.”

To one of understanding and support.

“Exactly.”

It's about recognizing that we're all in this together.

“We are.”

And that choosing compassion both for ourselves and for others is ultimately what makes the journey worthwhile.

“Beautifully said.”

As we get towards the end of this letter.

“Yeah.”

What strikes me is this sense of hope.

“Right.”

That permeates the father's words.

“Oh, absolutely.”

It's not just a lesson on unconditional love. It's a declaration.

“Yeah.”

Of his unwavering belief in his children.

“And that hope isn't rooted in some.”

Yeah.

“Idealized vision of who they are, who they might become.”

Right.

“It's grounded in.”

Yeah.

“The reality of their shared experiences. The good, the bad, the messy.”

All of it.

“All of it.”

He reminds them of those tangible memories.

“Yeah.”

The laughter, the bedtime stories.

“Right.”

The quiet evenings spent star gazing together.

“Yeah.”

Weaving those moments into a tapestry of love. That transcends time and distance.

“It's like he's saying.”

Yeah.

“Remember all those times we've laughed together, cried together, messed up together.”

Right.

“That's the foundation of our love.”

Yeah.

“And it's something you can carry with you always.”

It's incredibly reassuring, isn't it?

“It really is.”

And he doesn't just leave it at that.

“No.”

He challenges them to take that love.

“Right.”

And pay it forward.

“Oh.”

To let it guide their decisions, their relationships, the way they move through the world.

“It's not just about receiving unconditional love.”

Right.

“But about giving it freely and unconditionally to others.”

Right. It's about recognizing that same spark of worthiness in everyone we encounter.

“And, here's where he makes a really crucial point.”

Okay.

“One that I think we often forget.”

What's that?

“He says that unconditional love is a gift you give to yourself.”

Right.

“As well as to others.”

That's so important.

“It is.”

It's easy to talk about loving others unconditionally.

“Right.”

But how often do we extend that same grace and compassion to ourselves?

“Exactly. And that's where it all starts.”

Okay.

“It's about recognizing your inherent worth, embracing your imperfections.”

Right.



“And treating yourself with the same kindness and understanding.”

Yeah.

“You would offer to someone you love deeply.”

It's about silencing that inner critic.

“Right.”

And replacing it with a voice of love and acceptance.

“I like that.”

Easier said than done, right?

“Oh, yeah.”

But I can see how that internal shift, that radical self-love.

“Right.”

Could have a ripple effect.

“It does.”

On every aspect of your life.

“It absolutely does.”

When you truly love and accept yourself.

“Right.”

You're no longer seeking validation.

“Yeah.”

From external sources.

“You're not trying to earn love or prove your worthiness.”

Right.

“You're free to be your authentic self.”

Yeah.

“Flaws and all.”

And to connect with others from a place of wholeness and confidence.

“It changes the whole game, doesn't it?”

It really does.

“And that brings us to the father's powerful closing message.”

Yeah.

“He doesn't end with some grand philosophical statement.”

Right.

“Or a list of rules to follow.”

Right.

“He simply says.”

Yeah.

“You are profoundly, totally loved for who you are.”

It's such a simple statement, yet it carries so much weight. It cuts through all the noise and distractions of the world.

“Yeah.”

And goes straight to the heart of the matter.

“Straight to the heart.”

You are loved.

“You are.”

Not for what you do.

“Right.”

Not for what you achieve.

“Right.”

But simply for who you are at your core.

“It's a reminder that we are all inherently worthy of love.”

We are.

“Regardless of our accomplishments, our mistakes.”

Yeah.

“Or our perceived flaws.”

It's a truth that we can carry with us throughout our lives.

“It is.”

A source of strength and comfort.

“Right.”

In times of doubt or difficulty.

“And it's a truth that we can extend to others. Creating a ripple effect of love and acceptance.”

It does.

“That spreads outwards.”

Yeah.

“Touching the lives of everyone we encounter.”

So as we wrap up this Deep-Dive into unconditional love.

“Yeah.”

What are your final thoughts?

“Let me think...”

What's the one thing you hope our listeners take away from this?

“For me, it's the reminder that love.”

Yeah.

“Especially conditional love isn't a destination.”

Right.

“But a journey. It's a continuous process.”

Yeah.

“Of learning, growing, and choosing to connect with ourselves and others on a deeper level.”

It's about embracing the messiness, the imperfections, the challenges. Knowing that love is the guiding force that will always lead us back to wholeness.

“Beautifully said.”

And I think that's the perfect note to end on.

“Yeah.”

Because ultimately, this letter is a call to action.

“It is.”

It's an invitation.

“Yeah.”

To embody this profound love in our own lives.

“In our own lives.”

To make it a guiding principle in our interactions.

“Yeah.”

With ourselves, with others, and with the world around us.

“We got it.”

It's something to reflect on, to explore.

“Yeah.”

And to strive for each and every day.

“I agree.”

Thanks for joining us on this Deep-Dive.

“My pleasure.”

Into unconditional love.

End.

Mp3: The Value and power of unconditional love

<https://moingaymotchuyen.com/Unconditional-Love>

# THE VALUE AND POWER OF FORGIVENESS

Welcome to another Deep-Dive Today. Today we're going to be doing something a little different.

“Oh.”

Yeah, we're not gonna be looking at research or news or anything like that.

“Okay.”

We're gonna be exploring a personal letter about forgiveness.

“Interesting.”

Written by a father to his two children.

“Wow, a primary source.”

Yeah, his name that he signs off with his daddy and his kids names are Lac and An.

“Okay.”

And it's really fascinating to me how much wisdom can be packed into a single letter like this.

“You know, it's interesting because even though this father is addressing his children specifically, the insights that he shares about forgiveness are really universal.”

They really are.



“Like anyone who's ever been hurt or disappointed can relate to what he's talking about.”

Absolutely.

“Yeah.”

And I think one of the things that struck me is how practical this letter is.

“Yeah.”

It's almost like a guidebook.

“A guidebook.”

Yeah, for like dealing with difficult situations.

“Okay.”

Forgiveness is like the central theme that runs through the whole thing.

“Forgiveness as a tool.”

Exactly.

“Yeah.”

And he even like tailors his advice to each child.

“Oh really?”

Yeah, so like he acknowledges that Lac, who's like entering adulthood, is facing different challenges than An, who's still like a teenager.

“Oh, that's interesting.”

Yeah.

“So it's not just a one-size-fits-all approach.”

No.

“He's really taking into account their individual experiences.”

Absolutely.

“And where they are in life.”

Exactly. Before we unpack his advice though, I'm curious what your take is on why Daddy places such emphasis on forgiveness.

“Yeah.”

That's a great question. Like why does he consider it so important?

“Well, one of the key points that he makes is that forgiveness is an act of self-care.”

Oh, interesting.

“So he directly links it to finding inner peace. You know, he suggests that holding on to anger and resentment, it's like carrying a heavy burden.”

Oh, I see.

“He even writes, forgiveness is the key to peace, peace within yourself, peace with others, and peace with the world.”

Wow.

“It really makes you wonder what are the implications of

holding on to that anger instead of choosing to forgive.”

It's so interesting because we often think of forgiveness as something we do for the other person.

“Right. It's like letting them off the hook.”

Yeah, but he's framing it as a gift we give ourselves.

“Exactly. It's about releasing yourself from that negative energy.”

Yeah.

“That's holding you back.”

It feels almost counterintuitive.

“It does, doesn't it?”

Yeah.

“But he goes even further and he asserts that forgiveness is actually a sign of strength and emotional maturity.”

Not weakness.

“Not weakness at all. It's about resilience.”

Okay.

“It's about choosing to respond to hurt in a way that empowers you.”

Right.

“Rather than letting the past dictate your present and your future.”

He also draws a really clear distinction between forgiveness and condoning the action.

“Yeah, he says forgiveness does not mean you forget the pain or that you condone the wrongdoing.”

It's not about sweeping things under the rug, is it?

“Absolutely not. It's about acknowledging the hurt, processing the emotions, and consciously deciding to release that negative energy tied to the event.”

Yeah, that distinction can be really helpful, I think, when you're navigating complex situations.

“It can be really tricky.”

Yeah, where the hurt is deep and the path forward is unclear.

“Yeah, it's not always black and white.”

It's not.

“Yeah.”

Thinking about the work of forgiveness, researchers like Everett Worthington, you know, who talks about reaching a place of decisional forgiveness, it seems like Daddy is encouraging his children to make that conscious choice to move forward.

“To choose forgiveness.”

Yeah. He also emphasizes self-forgiveness, which I thought was really interesting.

Yeah, especially for Lac.

Yeah, and as he's transitioning into adulthood.

“Right.”

What are your thoughts on the importance of forgiving ourselves?

“Oh man, self forgiveness is tough.”

Yeah.

“It can be so much harder than forgiving others.”

Really?

“I think so.”

Why is that?

“Well, because we tend to be so hard on ourselves. You know, we hold on to guilt and self-blame.”

Right.

“And that can be just as damaging as resentment towards others.”

Oh, wow.

“You know, it can keep us stuck in the past, hinder our personal growth.”

Yeah, I imagine most of us listening have probably wrestled with forgiving ourselves for past mistakes at some point.

“Oh, absolutely. It's a universal struggle.”

Yeah, I know I have. Sometimes those past actions can

really weigh on you.

“Yeah, they can really haunt you.”

Daddy seems to be suggesting that self-forgiveness is an act of self-compassion.

“Yeah.”

Like recognizing that we're all human.

“Right. We all make mistakes.”

We make mistakes.

“And we deserve kindness and understanding even from ourselves.”

Yeah, and maybe that's what makes his words so powerful.

“I think so.”

He's not just presenting forgiveness as a concept.

“Right.”

But as a practice.

“It's an act of choice.”

Yeah, rooted in empathy and understanding.

“Exactly.”

Both for ourselves and others.

“And that perspective can be really transformative.”

It can.

“You know, it can shift how we approach not only our past mistakes.”

Right.

“But also our current relationships and future interactions.”

Absolutely. It could really change how we see the world.

“You know, it's fascinating how Daddy connects forgiveness to this idea of untangling emotional knots. He sees it as a way to move from like the darkness of bitterness into the brightness of reconciliation.”

Yeah.

“It makes you think, what does that process of untangling those knots look like?”

Yeah.

“Like both internally and in our relationships with others.”

And he certainly doesn't shy away from acknowledging how difficult that process can be.

“Oh, absolutely not.”

It's not easy. He even uses the analogy of carrying a bag full of stones.

“Oh, wow.”

With each stone representing a burden of anger or resentment.

“Heavy stuff.”

Yeah. And he tells Lac, with every forgiveness, you shed one of those burdens, allowing yourself to live a life filled with more joy and less difficulty.

“It's almost like he's suggesting that by holding onto these stones.”

Yeah.

“We're choosing to weigh ourselves down, you know, limiting our ability to experience joy and peace.

Right.

“But through forgiveness, we can release those burdens.”

Yeah.

“And create space for something lighter and brighter.”

It brings to mind the work of Robert Enright.

“Oh!”

Who's a leading researcher in the field of forgiveness.

“Uh-huh.”

And he talks about the potential physical and psychological benefits of practicing forgiveness.

“That's right.”

You know, he's found links to reduce stress, improve mental health, and even stronger immune function.

“Wow. So it's not just an emotional or spiritual thing.”

No.



“It actually has tangible effects on our well-being.”

It does. It seems like Daddy is intuitively tapping into this understanding.

“Yeah.”

You know, encouraging his children to choose forgiveness, not just for ethical reasons.

“Right.”

But for the sake of their own health and happiness.

“For their own good.”

Exactly.

“Yeah.”

He also makes a point of saying that life is a river full of encounters, and we must be patient, kind, and able to forgive at all times.

“So it's not just about specific incidents.”

Right.

“It's about an overall approach to life.”

It is. It's like he's recognizing that hurt and disappointment are just inevitable parts of life.

“Yeah. We all go through it.”

We do. And forgiveness is a tool that can help us navigate those rough waters.

“And not just navigate, but potentially transform those experiences.”

Oh, that's interesting.

“Yeah. Think about the concept of Ubuntu.”

Okay.

“Which emphasizes interconnectedness and the belief that, like, our humanity is bound up in the humanity of others. It suggests that even in moments of conflict, there's an opportunity for growth understanding and even reconciliation.”

Yeah. That perspective adds another layer to this idea of forgiveness as a gift.

“It does.”

You know, it's not just about absolving the other person.

“Right.”

But recognizing our shared humanity.

“Yeah.”

And choosing to move forward in a way that honors that connection.

“Exactly.”

Even if the relationship itself doesn't fully recover.

“That's an important point, I think, that often gets missed.”

It does.

“You know, forgiveness isn't always about reconciliation or restoring trust.”

Right.

“Sometimes it's just about finding a sense of peace within yourself, even if the external relationship remains fractured.”

Yeah. And it seems like Daddy is encouraging both Lac and An to embrace that internal shift.

“He is.”

He emphasizes forgiveness as a source of inner strength.

“Yeah.”

A testament to emotional maturity and integrity.

“Right. He's telling them that they have the power to choose how they respond to these situations.”

He even tells Lac, forgiveness is a self-liberating act that, when accepted, provides a profound sense of liberation that enables one to be more present, more complete, and more at peace.

“Wow. What a beautiful statement.”

It is.

“It suggests that forgiveness isn't about giving in or letting the other person off the hook.”

Yeah.

“It's about reclaiming your own power.”

Yeah.

“Choosing to respond to hurt in a way that aligns with your values.”

Right.

“And your vision for yourself.”

It's like refusing to let the actions of others dictate your emotional state.

“Right.”

Or control your life.

“It's about choosing freedom over resentment.”

Yes.

“Peace over bitterness.”

Exactly. And Daddy emphasizes this idea of liberation throughout the letter.

“He does, especially when he's talking to Lac.”

Right.

“You know, he compares holding on to anger and resentment to carrying a bag full of stones. He says, Lac, remember that forgiveness is a gift that you bestow upon yourself. You can't go on when you're burdened with wrath or resentment, like a bag full of stones.”

It's such a powerful image.

“It is, isn't it?”

Yeah, like those stones are weighing us down.

“Yeah.”

Preventing us from moving freely.

“Exactly.”

And experiencing the fullness of life.

“And he reminds Lac that, with every forgiveness, you shed one of those burdens, allowing yourself to live a life filled with more joy and less difficulty. You'll discover that forgiveness is not a burden but a blessing if you practice this as an act of self-love.”

It's a beautiful way to frame it.

“It is.”

He was reframing forgiveness as an act of self-love and self-care.

“Yeah.”

Choosing to prioritize your well-being and emotional freedom over holding on to anger and resentment. It makes you wonder, what are we choosing when we choose not to forgive?

“That's a depth question.”

It is.

“And one that Daddy doesn't explicitly answer in the letter.”

No, he doesn't.

“You know, maybe he's leaving it open for us to grapple with.”

Yeah.

“To explore what we might be clinging to when we resist forgiveness.”

And he also stresses the importance of letting go of self-blame.

“Yeah, especially for An.”

Right. He tells her, the most important thing, An, is that forgiveness fosters tranquility. Also, peace is achieved through forgiveness. Peace within oneself, peace with others, and peace with the world.

“It's like he's highlighting forgiveness as this pathway to peace.”

Yeah.

“On multiple levels.”

Yeah.

“Inner peace, peace within relationships, and a sense of harmony with the world around us.”

It's beautiful.

“Yeah.”

I'm also struck by how Daddy doesn't just talk about forgiveness in abstract terms.

“Oh, that's true.”

You know, he provides concrete strategies and techniques.

“He does.”

That his children can actually apply in their lives.

“Yeah. He's not just philosophizing.”

No.

“He's giving them practical tools.”

He is. It feels less like a philosophical treatise and more like a practical guidebook.

“Right. And that's what makes his Deep-Dive so unique.”

It does.

“We're not just exploring ideas.”

Right.

“We're uncovering a set of tools.”

Yeah.

“And insights that our listeners can actually take with them and apply in their own lives.”

He even gives specific examples.

“Like what?”

Like suggesting that Lac visualizes releasing anger like a stone sinking into a river.

“Oh, that's a good one.”

Yeah. That's a key point. He's not just saying forgive.

“Right.”

He's outlining steps to make it more tangible.

“He's making it real.”

He is. He's giving Lac and us permission to feel the hurt, acknowledge it, and then choose to let it go.

“That's so important.”

It is. And he reminds them, life is a river full of encounters and we must be patient, kind and able to forgive at all times.

“It's a beautiful reminder that forgiveness is not a one time event.”

It's not.

“It's a way of life.”

Yeah.

“A practice that we can cultivate and strengthen over time.”

Like a muscle.

“Exactly. Like a muscle.”

He encourages them to embrace forgiveness as an art form.

“I love that.”

An art form.

“One that requires practice and guidance. And he even says that disentangling emotional knots is an art form that can help one emerge from the darkness of bitterness and into the brightness of reconciliation. Although it may



appear impossible at first, the ability to forgive may be developed and honed through practice and instruction.”

He's very encouraging about it.

“Yes.”

You know, reminding them that even small acts of forgiveness.

“Like what?”

Like letting go of annoyance at someone cutting you off in traffic or cutting in line.

“Yeah. Little things.”

Can build up that forgiveness muscle.

“Right. It's about building those habits.”

Yeah. It's encouraging to think of it that way. You know, like any skill, the more we practice forgiveness, the better we become at it.

“Absolutely. Practice makes progress, right?”

Exactly.

“Yeah.”

Daddy also offers some really specific advice tailored to each child.

“Oh yeah. Like what?”

I was struck by how he tells Lac that, that forgiveness doesn't require forgetting.

“Oh, that's interesting.”

Yeah. You can acknowledge the hurt, but choose to release its hold on you.

“That's a really important distinction, especially for a teenager who's, you know, learning to assert their boundaries and their sense of self. It's like validating the experience of being wronged.”

Right.

“Without minimizing it.”

It's like he's saying, you don't have to rewrite history, but you also don't have to let it define you.

“Exactly. Choosing to forgive puts you back in control.

You are in power.

“You're emotional life.”

Yeah.

“And daddy reminds them that she has that power.”

Right.

“You know, he encourages her to make a conscious decision.”

To forgive.

“To forgive, to choose peace over pain.”

He also encourages her to detach the person from their actions.

“Oh, that's a tough one.”

It is.

“Recognizing that people are more than their mistakes.”

Yeah. That can be a difficult concept to grasp, I think.

“It can, especially during adolescence.”

Right.

“When relationships feel so intense.”

They do.

“And all consuming.”

It's a nuanced perspective that requires a certain level of emotional maturity.

“It does.”

And it highlights how daddy isn't talking down to his children.

“I know.”

But meeting them where they are developmentally. You know, he's offering guidance that's appropriate for their age and their stage of life.

“Yeah. Recognizing that the process of forgiveness might look different for each of them.”

Exactly.

“Yeah.”

And for An, and he offers her some practical tools as well.

“Oh, like what?”

He suggests journaling.

“Okay.”

Maybe writing a letter to the person who hurt her. Not to send.

“Right.”

But just as a way to process her emotion.

“Get it out.”

Yeah. And maybe to imagine a sincere apology from them.

“That's a powerful technique.”

It is. And I think it can be helpful for anyone, not just teenagers.

“Absolutely.”

You know, putting your feelings into words.

“Yeah.”

Even if it's just on paper.

“Right.”

Can help you work through the hurt.

“To process it.”

And potentially find a sense of closure.

“Even if you never receive an apology from the other person.”

Exactly. It's like creating your own narrative of healing.

“I love that.”

Taking control of the story.

“Right.”

And shaping it in a way that empowers you to move forward.

“And it allows you to explore those emotions in a safe space, you know, without the pressure of confrontation.”

Right.

“Or the expectation of reconciliation.”

Daddy also talks about forgiveness as a form of self-love.

“Oh, yeah.”

He tells Lac forgiveness is a gift that you bestow upon yourself.

“That's a beautiful way to put it.”

It is.

“Yeah.”

It really shifts the focus on the other person to our own well-being.

“Yeah. It's about prioritizing yourself.”

Yeah. And it ties back to his emphasis on forgiveness as a source of inner strength and peace.

“Right.”

You know, by choosing to forgive.

“Yeah.”

We're not giving in or condoning the action.

“No.”

We're prioritizing our own emotional well-being.

“Absolutely.”

And creating space for healing and growth.

“And he makes it clear that this is an ongoing process.”

It is. It's not a one-time event.

“Right.”

It's a practice.

“Yeah.”

A commitment to choosing peace over pain.

“Again and again.”

Again and again. That really resonated with me.

“It's so true.”

Life is full of challenges.

“It is.”

And people make mistakes.

“All the time.”

Including ourselves.

“Yeah, we're all human.”

Forgiveness isn't a finish line we cross.

“No, it's a journey.”

It is.

“It's a way of navigating those inevitable bumps in the road. It's about building resilience.”

Yeah.

“You know, developing the capacity to bounce back from hurt and disappointment.”

Right.

“And to move forward with grace and compassion.”

Yes.

“Both for ourselves and for others.”

And Daddy doesn't shy away from the complexity of that.

“No, he doesn't.”

You know, he acknowledges the pain and the struggle.

“Yeah.”

While emphasizing the incredible rewards that come with choosing this path.

“And he leaves us with a really powerful question to ponder.”

He does.

“He asks, if forgiveness is a gift you give yourself, what does that say about the nature of resentment? What are you choosing when you choose not to forgive?”

Hmm. That's a really challenging question.

“It is, isn't it?”

Yeah. It challenges us to think about what we're holding on to.

“Yeah.”

When we resist forgiveness.

“What are we afraid of?”

Yeah. Is it truly serving us? Or is it keeping us tethered to the past?

“Right.”

Preventing us from experiencing the peace and freedom that forgiveness can bring.

“It invites us to consider the cost of holding on to that anger and resentment.”

Yeah.

“Not just for our emotional well-being.”

Right.

“But also for our relationships.”

Yeah.

“And our overall experience of life.”



Well, it's been fascinating to explore this deeply personal letter with you.

“It has.”

And to uncover the universal wisdom that it contains.

“So much wisdom.”

Yeah. It's a reminder that forgiveness is a powerful force.

“It really is.”

A practice that can transform not only our relationships but also our own hearts and minds.

“Absolutely. And while the journey of forgiveness is often challenging, it's a journey worth taking.”

It is. It's a path toward greater peace. Both within ourselves and in our connection with others.

“It's about letting go of the heavy weight of the past.”

Yeah.

“And embracing the lightness and freedom that come with choosing to forgive.”

End.

Mp3: The Value and power of forgiveness

<https://moingaymotchuyen.com/Forgiveness>

# THE VALUE AND POWER OF LETTING GO

Welcome back everyone to the Deep-Dive. Today we're going to be taking a look at the idea of letting go.

“Okay.”

And we're actually going to be looking at it from a pretty unique perspective, I think.

“Right.”

The source material that we're going to be diving into is actually a letter.

“Interesting.”

Yeah, a letter that a father wrote to his children.

“Okay.”

And it's full of wisdom and advice on navigating life's challenges and, you know, how to let go of things that are holding you back.

“Now when you say letting go...”

Yeah.

“Are we talking about decluttering your closet or are we talking about...”

It's so much more than that.

“Okay.”

It's about understanding how releasing what no longer serves you can lead to a more fulfilling life.

“I see.”

So it's really about this deeper dive into like the mental and emotional aspects of letting go.

“Right. And this father, he's kind of framing letting go as a positive thing, right? Not as like a loss or...”

Exactly. And he sets that tone right from the start.

“Yeah.”

He says, and I quote, “the act of letting go is not a matter of forgetting or discarding; it is a method of reconciling with the past in order to fully embrace the present.”

“That's really powerful. I think what resonates with me the most about that is how he frames it as an action.”

Right.

“Like it's something you do. It's not passive.”

Exactly.

“It's a deliberate act of creating space for something new.”

Yeah, that really struck me too. Like it's not about erasing the past, but actually more about shifting our perspective on it.

“Yay.”

But what does reconciling with the past even look like?

“I think it's about acknowledging the impact of past experiences. You know, both the good and the bad.”

Mm-hmm.

“Without letting those experiences dictate your present or your future. You know, I always come back to that analogy of carrying a heavy backpack.”

Yeah.

“Filled with rocks. And each rock represents like a past hurt or a regret.”

Oh, I see.

“So reconciling with the past is kind of like taking a moment to carefully examine each one of those rocks, understanding its significance, and then choosing to set it down.”

Wow. That's really powerful. So you're not denying it happened, but you're also not letting it weigh you down anymore.

“Exactly.”

That's such a good analogy. It makes that abstract idea of like reconciling so much more concrete.

“Yeah.”

And speaking of powerful imagery, I was really struck by how this father uses metaphors throughout the letter.

“Oh, yeah. How so?”

For example, he compares holding on to anger to like gripping a burning rope.

“Oh.”

Or carrying resentment to lugging around stones in your heart.

“Interesting. Why do you think he uses those metaphors?”

Well, you know, metaphors, they really bypass our logical minds and they tap directly into our emotions.

“It's true.”

Like, think about it. We've all felt that. I mean, we've all experienced the feeling of holding on to something that's hurting us.

“Yeah.”

And these metaphors, they create an immediate visceral connection, right? They make this abstract concept of letting go feel tangible and relatable.

“Yeah.”

Like, you can really understand that holding on to negativity, it's like inflicting pain on yourself.

“It really is.”

And then he gets even more specific. He tailors his advice to his two children, Lac, who is 20, and An, who is 15. And what I found really interesting is that for both of them, he emphasizes letting go of the need for control.

“Hummm. Why do you think he focuses on that? Especially for, like, a young adult like Lac? You know, he's just starting to navigate life on his own terms.”

Yeah. I think it's a crucial lesson, especially in today's world, you know, where we're constantly bombarded with messages about achieving success and, like, manifesting our desires.

“Right.”

The father seems to understand that clinging tightly to control can actually lead to anxiety and disappointment.

“Yeah, that makes sense.”

So Lac's at a stage where he's making all these major life decisions.

“Right.”

And he seems to be guiding him towards understanding that sometimes the best approach is to just surrender to the flow of life.

“Interesting.”

He even connects this to, like, the illusion of control.

“Yeah”.

He explains to him that while we can set goals and we can work towards them, there are just countless factors beyond our control. And clinging to, like, a rigid plan can actually make us less adaptable and more likely to break under pressure.

“That's a good point.”

Right.

“It's so true.”

And it's interesting how he ties this concept to letting go of perfectionism as well.

“Oh, how so?”

He tells Lac, embrace the beauty of imperfection. In the pursuit of flawlessness, we often miss the joy of simply being.

“Wow.”

It's like he's encouraging him to shift his focus from outcomes to the process itself. And that really resonates with the psychological principle of self-compassion. Right? Like treating yourself with the same kindness and understanding that you would offer a friend.

“That's a good point.”

And he even gives a specific example of how this played out in his own life.

“Oh, wow.”

He describes how early in his career he was so fixated on achieving this specific promotion that he just became miserable and burned out.

“Oh, wow.”

And it was only when he shifted his focus to enjoying the work itself, to learning and growing, that he actually

found true fulfillment and, ironically, achieved even greater success.

“Wow. So he's basically saying that striving for excellence is admirable.”

Right.

“But chasing perfection is just a recipe for unhappiness.”

Exactly.

“And that's a message that I think is really relevant for our learner listeners. They're often driven by a thirst for knowledge and a desire for self-improvement. And it's such a good reminder that it's okay to make mistakes.”

Right.

“To embrace the messy process of learning and growing.”

Absolutely.

“Yeah, it's a powerful message. Really makes me think about how we often define success in such narrow terms.”

It's true.

“It seems like this father is suggesting a more holistic view, you know. One where fulfillment comes from aligning your actions with your values regardless of external validation.”

Uh-huh. And he doesn't shy away from that at all in the advice that he gives to his younger child.



“Oh, really?”

Yeah, he tells her, let go of the need to fit in. Your uniqueness is your superpower. It's like he's preemptively addressing those pressures of social comparison that are so prevalent in a teenager's world.

“It's so true, especially in today's digital age, you know, with social media. It's so easy to fall into that trap of comparing yourself to others. And that can just lead to feelings of inadequacy and self-doubt.”

Absolutely.

“So it's really important for teenagers especially to hear that message that define your own worth.”

Exactly.

“Find validation from within.”

And he even uses a metaphor to illustrate this point.

“Oh, who does he?”

Yeah, he writes, imagine a garden filled with diverse flowers, each beautiful in its own way. Would a rose try to be a sunflower? No, it embraces its own unique beauty and blooms radiantly.

“Wow, that's a beautiful metaphor.”

It is. It's like he's reminding that trying to conform to someone else's ideal is like denying the essence of who she is.

“I see.”

And this ties in so well with his advice to let go of self-criticism.

“Oh, tell me more about that.”

He tells her, be kind to yourself. You are a work in progress, constantly evolving. Embrace the journey. Stumbles and all.

“Hmm, that really resonates with the concept of growth mindset.

Exactly.

“The belief that our abilities are not fixed.”

Right.

“But can be developed through effort and learning.”

Yeah, and he even gives her a practical strategy for dealing with her inner critics.

“Oh, that's cool. What is it?”

He suggests that she create a success jar.

“A success jar, okay.”

Where she writes down all of her accomplishments, big or small.

“Interesting.”

It's a way to tangibly see her progress. And it really helps to shift her focus from her perceived shortcomings to her strengths and achievements.

“Oh, I like that. It's such a simple but powerful technique for cultivating self-compassion and counteracting negative self-talk”.

And then he connects this to the importance of letting go of comparing herself to others. He writes, your journey is unique. There's no point in comparing your chapter one to someone else's chapter twenty.

“That's a good point. We often forget that everyone progresses at their own pace.”

Right.

“And comparing ourselves to others, it's just a futile exercise.”

It is. It often leads to envy and discouragement.

“Yeah, I think it's really about focusing on your own lane, so to speak.”

Exactly.

“And celebrating your own milestones.”

Yeah, big and small.

“He's basically encouraging An to view others as sources of inspiration rather than competition. To appreciate their unique talents and contributions without feeling threatened or diminished.”

I love that.

“Yeah.”

And he also advises her to let go of unrealistic expectations, both for herself and for others.

“Right.”

He tells her, life is rarely a straight path. There will be detours, roadblocks, and unexpected turns. Embrace the adventure.

“It sounds like he understands that teenagers especially often feel this pressure to have it all figured out.”

They do.

“And that's a message that resonates with all of us, really. We live in a culture that often glorifies achievement and instant gratification. Which can make it difficult to accept setbacks and embrace, you know, the messy, unpredictable nature of life.”

Absolutely.

“Yeah.”

So he's really reminding that it's okay to adjust course to change your mind, to make mistakes.

“I like that. He's emphasizing that failure is not the opposite of success, but a stepping stone towards it.”

He really is. And he encourages her to view those challenges as opportunities for growth and to learn from her mistakes rather than dwelling on them.

“That's such a valuable lesson.”

And he extends this philosophy to her relationships as well.

“Oh, interesting. How so?”

He advises her to let go of negative relationships.

“Okay.”

He writes, surround yourself with people who lift you up, who inspire you to be your best self. Those who drain your energy or diminish your light, release them with grace.

“Hmm. That's really poignant advice for a teenager, you know, who's navigating the complexities of social dynamics and peer pressure.”

It is. He's basically saying that it's okay to be selective about who you allow into your inner circle.

“Yeah.”

And he stresses the importance of setting boundaries and prioritizing relationships that are supportive and nurturing, even if it means letting go of friendships that no longer serve her well-being.

“And that advice transcends age.”

It does.

“We all benefit from cultivating those relationships that nourish our souls and inspire us to grow.”

Absolutely.

“And sometimes, you know, letting go of a relationship, even if it's painful, it's an act of self-care.”

It is.

“And it can be a real catalyst for personal growth.”

It's about recognizing your worth and surrounding yourself with people who see and appreciate that worth.

“Yeah. It's interesting how he frames letting go as a form of self-respect. Like, it's not about being passive or giving up, you know?”

Right. It's about actively choosing what's best for your well-being.

“Exactly. And this seems to be a recurring theme throughout the letter.”

It does. He emphasizes that letting go is not a sign of weakness, but it's an act of courage.

“It is. You know, it takes strength to acknowledge when something is no longer serving you, and to actually make that conscious decision to release it. And he reminds us that this isn't like a one-time event. You know, this is an ongoing process.”

It is.

“And he uses a beautiful analogy.”

Oh, does he? What is it?

“He compares letting go to the way a tree sheds its leaves in autumn.”

Oh.

“It's a natural cycle of release and renewal.”

I see.

“A recognition that clinging to what's no longer needed is actually preventing new growth from emerging.”

That's a beautiful analogy. And he even connects this to the idea of trust. For An, he writes, Imagine a river flowing freely, unburdened by the way of stones.

That's what letting go feels like, surrendering to the natural flow of life, trusting that you'll be carried to where you need to be. It's a powerful reminder that sometimes the best course of action is to simply let go and to allow things to unfold organically.

“Yeah. But how do we cultivate that sense of trust?”

Right. Especially when we're facing uncertainty or fear.

“Yeah.”

That's a good question. And he actually offers some practical advice for this as well.

“Oh, does he?”

Yeah. He encourages both Lac and An to develop a mindfulness practice.

“Interesting.”

He explains that by paying attention to the present moment without judgment, they can become more aware of their thoughts and their emotions. That allows them to make more conscious choices, about what they choose to hold on to, and what they choose to release.

“Right. So it's about creating that space between ourselves and our reactions.”

Yeah. So we're not just driven by our habitual patterns or impulsive urges. And he suggests some really specific techniques, like journaling meditation, or even just spending time in nature.

“Those are all great.”

Yeah. To cultivate this awareness. He even suggests creating like a letting go ritual.

“A ritual.”

Yeah. Like something tangible.

“Okay.”

This could be as simple as writing down what you want to release on a piece of paper, and then burning it, or symbolically tossing it into a flowing body of water.

“Interesting.”

It's just the idea is to create a tangible action that represents that internal shift that you're making.

“I see.”

So as we wrap up this Deep-Dive into the power of letting go.

“Yes.”

I'd love to hear your final takeaway.

“Yeah.”

Like, what's the one nugget of wisdom from this letter that you think our learner listener should carry with them?



“Hmm. For me, it's the understanding that letting go is a gift you give yourself.”

Uh-huh.

“It's not about giving up or admitting defeat.”

Right.

“It's about creating space for greater peace, joy, and fulfillment in your life.”

Absolutely.

“And even small acts of letting go practiced consistently can have a profound Ripley effect.”

That's beautifully said. And if you're listening, we encourage you to consider this. What's one area of your life where you could practice letting go right now?

“Uh-huh.”

You know, it could be a grudge that you've been holding on to or a lingering belief that's been holding you back or even just a cluttered drawer that represents a sense of chaos in your mind.

“Yeah.”

Remember, letting go is not about erasing the past but about releasing its grip on your present so you can move forward with a lighter heart and a clearer mind.

Thank you for joining us on this journey of exploration. We hope this Deep-Dive has inspired you to embrace the transformative power of letting go.

End.

Mp3: The Value and power of letting go

<https://moingaymotchuyen.com/Letting-Go>

# THE VALUE AND POWER OF GRATITUDE

Ever feel like you're on a treadmill, you know, running and running, but never actually getting anywhere. Today, we're taking a Deep-Dive into something that just might help you step off that treadmill, the power of gratitude.

“We're not just talking about like a warm, fuzzy feeling here. We're going deep, exploring how gratitude can actually rewire your brain and transform your life.”

Cool. Our guide on this journey is a letter from a father to his two kids.

“Okay.”

Lac, who's 20 and facing those classic university pressures, and An, who's 15.

“Oh, navigating the wonderful world of being a teenager. For sure. What I think is so fascinating is how the father uses this letter to lay a foundation of gratitude, not just as a fleeting emotion, but as a way of being. He describes it as a quiet sanctuary amidst the chaos of life.”

I love that image. I can already see why that would resonate with someone like Lac. You know, he's probably feeling the pressure to succeed, figure out his future and all that jazz.

“Exactly. Imagine university life, deadlines, exams, social pressures. It's a recipe for stress, right?” And the father suggests that gratitude can be an antidote. He even points to research showing how gratitude practices can actually reduce cortisol, the stress hormone.”

Really? So it's not just some feel-good mumbo-jumbo, there's actual science backing this up.

“Absolutely. There's a growing body of research showing that gratitude can have a profound impact on our mental and physical well-being.”

Okay. I'm intrigued. Let's get practical. What kind of advice does the father give Lac to cultivate this state of gratitude?

“Well, he suggests starting each day with a simple practice, reflecting on three things you're grateful for, even like seemingly small things, like a good cup of coffee or a sunny day.”

Hmm. That sounds easy enough, but does something that simple actually make a difference?

“Well, think about it. When you start your day focusing on what you appreciate, you're priming your brain to notice and savor the good things throughout the day. It's like shifting your mental lens from negativity to positivity.”

I see. So instead of dwelling on what's going wrong, you're training your mind to seek out what's going right.

“Precisely. And there's a fascinating neurological explanation for this. When we experience gratitude, our brains release dopamine and serotonin, those feel-good neurotransmitters. So it's like a positive feedback loop. The more gratitude you practice, the more your brain rewards you with those feel-good chemicals.”

Interesting. Okay, that makes sense. What else does the father suggest?

“He also recommends that Lac keep a gratitude journal, not just listing things, but really taking the time to describe the experience and how it made him feel.”

I've tried journaling before, but I always give up after a few days. How does he suggest making it a habit?

“He advises finding a specific time each day, maybe right before bed, and committing to writing just one or two entries. It's about consistency, not quantity. He even suggests keeping the journal by your bedside as a visual reminder.

That's a good tip. I'm already feeling inspired to dust off my old journal. But what about An? How does he address the teenage experience?

“Well, he starts by acknowledging the intensity of being 15. He actually compares her emotions to a wild garden full of vibrant blooms, but also some prickly thorns.”

I like that. That's such a vivid metaphor.

“Yeah.”

So how does gratitude fit into that picture?

“He suggests that gratitude can be like the sunshine that nourishes the entire garden, both the beautiful flowers and the prickly parts.”

So it's not about ignoring or suppressing the difficult emotions, but about having a way to navigate them.

“Exactly. He reminds me that even those prickly emotions are part of her growth.”

Yeah. I remember being 15, it's like your emotions are on a roller coaster, and you don't always know which way it's going to twist and turn next.

“And that's where the father suggests that gratitude can act as a sort of emotional reset button.”

How so?

“He recommends a simple practice. Whenever she's feeling overwhelmed by those big teenage emotions, to

take a few deep breaths, and try to think of something, anything, that she's grateful for.”

That sounds deceptively simple. Do you think it really works?

“Well, let's break it down. When you shift your focus from what's frustrating you to something you appreciate, you're essentially interrupting that negative thought pattern.”

You're giving your brain a chance to calm down and recenter itself.

“Exactly. And he reminds her that this doesn't mean denying her feelings. It's about creating a space for those feelings to exist without completely taking over.

So it's like gratitude isn't about forcing yourself to be happy all the time. It's about having a tool to cope with the full spectrum of human emotions.

“That's a great way to put it. And the father emphasizes that this practice is something An can use throughout her life, not just during the teenage years.”

It's like he's giving her a lifelong tool for navigating life's ups and downs. What other advice does he have for An?

“He encourages her to find creative ways to express her gratitude, whether it's through art, music, writing, or even just spending time in nature.”

I love that he's encouraging her to tap into her creativity. But how does that connect to gratitude?

“Well think about it. When you're creating something, you're often in a state of flow, fully present in the moment.”

And in those moments, it's easier to appreciate the beauty around you, the simple act of creation.

“Exactly. And the father specifically highlights nature as a source of wonder and inspiration. He encourages An to spend time outdoors, noticing the intricate details of a leaf, the vastness of the sky, the sound of the wind rustling through the trees.”

It's about connecting to something larger than yourself, feeling a sense of awe and appreciation for the natural world.

“Precisely. And he reminds her that this connection to nature can be a source of grounding and peace, especially when she's feeling overwhelmed by the whirlwind of teenage life.”

This is also fascinating. I'm starting to see how gratitude can be this powerful force, not just for feeling good, but



for actually navigating the challenges of life, whether you're a university student or a teenager.

“Absolutely. And what's interesting is that the father's advice for Lac and An, while tailored to their individual needs, also has a lot of overlap. There are these universal principles of gratitude that can benefit anyone, regardless of age or circumstance.”

Okay. I'm curious to dive deeper into that. What are these universal practices that we can all benefit from?

“That's exactly what we'll explore in the next part of our Deep-Dive. So we've seen how gratitude can be this incredible tool for dealing with stress and navigating those big emotions. But the father goes even deeper, exploring how gratitude can actually change the way we see ourselves and the world around us.”

Okay. I'm ready to go deeper. How does he approach this idea of gratitude as a transformative force?

“He starts by addressing this almost universal feeling that we're constantly striving for something more, that we need to achieve more, acquire more, be more, you know, in order to feel truly content.”

It's like that keeping up with the junk mentality, but on steroids, right? Social media definitely doesn't help with that.

“Exactly. And the father suggests that gratitude can be the antidote to this insatiable desire for more. It's about recognizing and appreciating the abundance that already exists in our lives.”

So it's not about settling or becoming complacent, but about shifting your perspective to see the good that's already there.

“Precisely. He's not saying to abandon your ambitions or dreams, but to ground them in a sense of appreciation for what you already have.”

Hmm. That makes a lot of sense. It's like gratitude helps you find that balance between striving for more and being content with where you are right now.

“And this ties into another powerful benefit he highlights. Gratitude's ability to strengthen relationships. He reminds Lac and An that the people in their lives are precious gifts not to be taken for granted.”

I think we've all been guilty of that at some point, especially when we're busy or stressed. We forget to appreciate the people who are always there for us.

“It's so easy to fall into that trap, but the father suggests that gratitude can help us break free. He encourages both Lac and An to make a conscious effort to express their appreciation to the people they care about.”

So it's about taking those relationships off autopilot and actively recognizing the value they bring to our lives.

“Exactly. And he emphasizes that this doesn't have to be some grand gesture. It could be as simple as saying thank you to a friend, writing a heartfelt note to a parent, or simply taking the time to truly listen to someone who needs to talk.”

It's about those small acts of kindness and appreciation that can make a big difference in our relationships.

“Absolutely. And what's fascinating is that research shows that expressing gratitude to others not only strengthens those relationships, but it also boosts our own happiness and well-being.”

It's like a win-win situation. You're making someone else feel good, and you're reaping the benefits, too.

“And then the father takes it a step further, exploring how gratitude can help us transform adversity into strength and growth. Because, let's face it, life isn't always easy. We all face challenges, setbacks, and disappointments.”

And he's not suggesting that we pretend those things don't exist, or try to force ourselves to be happy about them, right?

“Absolutely not. He acknowledges that pain and suffering are part of the human experience. But he

suggests that gratitude can help us find meaning in growth, even in the midst of those difficult times.”

So it's about finding those glimmers of hope, those opportunities for learning and growth, even when things are tough.

“Exactly. He even talks about how the act of searching for something to be grateful for during challenging times can shift our perspective and help us feel more empowered to deal with the situation.”

It's like, instead of being a victim of our circumstances, we're taking back control by choosing how we respond.

“And there's actual research to support this. Studies have shown that people who practice gratitude are more resilient in the face of stress and adversity. They're better able to cope with difficult emotions and bounce back from setbacks.”

That's pretty amazing. It's like gratitude is this superpower that we all have access to, but we often forget to use it.

“And the father reminds us that this power extends beyond our individual lives. He talks about how gratitude can connect us to something larger than ourselves, whether we call it the universe, spirituality, or simply the interconnectedness of all things.”

I love that idea. It's like gratitude helps us zoom out and see the bigger picture, to recognize that we're all part of something vast and incredible.

“He encourages both Lac and An to cultivate this sense of awe and wonder, to appreciate the beauty of the natural world, the intricate web of relationships, the simple fact that we exist at all.”

It's like a shift from feeling small and insignificant to feeling connected and part of something much greater.

“And this sense of connection can be incredibly grounding and comforting, especially in a world that often feels chaotic and uncertain.”

This is all so inspiring, but I'm also wondering how this translates to someone like An, who's still figuring out who she is and where she fits in. How does the father address that specifically?

“He speaks directly to that, acknowledging that at 15, her world is full of new discoveries, intense emotions, and a sense of everything being heightened. He beautifully compares her emotions to a garden bursting with potential.”

I love that analogy. It captures the vibrancy and the vulnerability of that age. So how does gratitude fit into that picture?

“He suggests that gratitude can be the sunshine that helps that garden flourish. He reminds An that even amidst the ups and downs, there's so much to be grateful for.”

So it's about finding those moments of joy and appreciation, even when you're feeling overwhelmed by all the changes and challenges of being a teenager.

“Exactly. He encourages her to savor those simple pleasures, like spending time with friends, pursuing your passions, and even just enjoying a good meal.

It's about recognizing that happiness isn't some far-off destination. It's those little moments of joy that we experience every day.

“He also gives her some specific advice for navigating those tricky social dynamics of being a teenager. He encourages her to express gratitude to her friends, to let them know how much she values their presence in her life.”

Those small gestures of appreciation can go a long way in strengthening friendships, especially during those formative years.

“And he reminds her that gratitude can also help her manage those intense emotions that come with being a teenager.”

How so?

“He suggests a practice he calls a gratitude reset. Whenever she's feeling overwhelmed by anger, frustration, or sadness, he encourages her to take a few deep breaths and try to identify something, anything that she's grateful for.”

It's like hitting the pause button on that emotional roller coaster and giving yourself a chance to recalibrate.

“Exactly. It's not about denying those difficult emotions, but about finding a way to manage them so they don't completely take over.”

That's such a valuable tool, not just for teenagers, but for anyone who struggles with managing their emotions.

“And like he did with Lac, he encourages An to connect with nature. He suggests spending time outdoors, noticing the beauty of a flower, the vastness of the sky, the sound of the wind and the trees.”

It's about tapping into that sense of awe and wonder that nature can inspire, feeling connected to something larger than yourself.

“And he reminds her that this connection to nature can be a source of peace and grounding, especially when she's feeling overwhelmed by the whirlwind of teenage life.”

It's like nature provides this space for us to breathe, to reconnect with ourselves and with the world around us.

“And the father also encourages An to express her gratitude in tangible ways, like writing handwritten thank you notes to people who have done something kind for her.”

There's something so special about a handwritten note. It's like a little gift of appreciation that can brighten someone's day.

“And he reminds her that this act of giving gratitude can actually boost her own happiness and well-being.”

This is all so incredibly insightful, but I'm also wondering how we actually put this into practice. Are there specific techniques or exercises that can help us cultivate gratitude in our daily lives?

“That's a great question. And luckily, the father dives into some really practical advice in the next part of the letter.”

Okay, so we've explored this incredible power of gratitude, how it can help us manage stress, navigate those difficult emotions, and even transform the way we see the world.

“It's been quite a journey so far, right?”

Yeah.



“But I'm eager to hear what specific techniques the father suggests for actually cultivating gratitude in our daily lives.”

Me too. It's all well and good to talk about the theory, but I'm ready for some actionable advice. Where do we even begin?

“Well, the father takes a really personalized approach, recognizing that what works for, say a 20-year-old university student, might be different from what works for a 15-year-old teenager.”

Okay, that makes sense. So let's start with Lac. What practical tips does the father give him?

“He suggests starting each day with a simple gratitude practice, taking just a few moments before the day gets going to reflect on three things you appreciate.”

Could you give an example? I'm having trouble, like, picturing this.

“Imagine Lac waking up, maybe feeling a bit stressed about the day ahead. He takes a few deep breaths, and instead of letting his mind race to all the things he has to do, he focuses on three things he's grateful for. It could be something as basic as having a warm bed to sleep in, the smell of coffee brewing in the kitchen, or the fact that he has a healthy body.”

So it's like intentionally shifting your focus from what's stressing you out to what's good in your life.

“Exactly. It's about starting the day with a sense of appreciation, which can set a more positive tone for everything that follows.”

Okay, that's a pretty manageable practice. Even I could probably handle that. What else does he suggest?

“He also recommends keeping a gratitude journal, but not just listing things, taking the time to really savor the experience and describe how it made you feel.”

I've heard this advice before, but I often struggle to make journaling a consistent habit. Any tips from the father on that?

“He advises finding a specific time each day that works for you, maybe right before bed, and committing to writing just one or two entries. He emphasizes that consistency is key, even if it's just a few sentences.”

So it's not about writing cages and pages. It's about creating a regular practice of reflection and appreciation.

“There's something powerful about putting pen to paper. It helps us process our experiences and really absorb those feelings of gratitude.”

Makes sense. What other practical tips does he offer?

“He encourages Lac to make a conscious effort to express gratitude to others, to acknowledge the people who make his life better, whether it's a professor who inspires him, a friend who supports him, or even the barista who makes his morning coffee.”

It's about taking the time to say thank you, to let people know that their actions, big or small, have made a positive impact on your life.

“And it's not just about making the other person feel good, though that's certainly a bonus. Research has shown that expressing gratitude can boost our own happiness and well-being, too.”

So gratitude is like this ripple effect that spreads positivity outward, touching both the giver and the receiver.

“Precisely. And the father also emphasizes the importance of mindfulness, slowing down and really paying attention to your surroundings.”

Is he suggesting meditation or something like that?

“Not necessarily. It's more about bringing a sense of awareness to everyday moments. It could be savoring the taste of your food, noticing the beauty of a sunset, or really listening to a friend when they're talking.”

It's about being present in the moment, rather than letting your mind wander to the past or future.

“Right. And the father reminds Lac that even challenges can be opportunities for growth. He suggests that whenever he encounters an obstacle, he should ask himself, what can I learn from this?”

It's about reframing those challenges as opportunities for learning and development, rather than seeing them as setbacks or failures.

“Exactly. And finally, he encourages Lac to give back to the community, to volunteer his time or donate to a cause he cares about.”

So it's about recognizing that we have something to offer others, and that helping others can actually increase our own sense of gratitude.

“It's a beautiful cycle. The more we give, the more grateful we become and the more we want to give.”

Okay, so those are some really practical tips for Lac. What about An? How does he tailor his advice for a teenager?

“Well, he starts with a similar suggestion to Lac, encouraging her to begin each day with a gratitude practice. But for An, he frames it in a way that might resonate more with her age group. He suggests she wake

up and think about something good that happened the day before, or something she's looking forward to that day.”

It's about starting the day with a positive expectation, looking for the good that's already present or on its way.

“Right. He also suggests a fun activity, creating a gratitude jar. She can decorate a jar however she likes, and then each evening, write down something she's grateful for on a slip of paper and put it in the jar.”

I love that. It's a visual reminder of all the good things in her life.

“Yeah. And he encourages her to tap into her creative side by expressing gratitude through art, music, or writing. It could be drawing a picture of something that makes her happy, writing a poem about a special person in her life, or even just listening to music that uplifts her spirits.”

It's about finding ways to make gratitude tangible and personal.

“And he also gives her some specific advice for navigating the social world. He reminds her to express gratitude to her friends when they do something kind, to acknowledge their presence and support in her life.”

Especially at that age, friendships can be so intense and all-consuming. It's easy to take them for granted.

“Absolutely. He also gives her a tool for dealing with difficult emotions. He calls it a gratitude reset. Whenever she's feeling overwhelmed by anger, frustration, or sadness, he suggests she take a few deep breaths and try to identify something, anything she's grateful for.

It's like a quick and easy way to shift her perspective and interrupt those negative thought patterns.

“Exactly. And like he did with Lac, he encourages An to spend time in nature, to connect with the beauty and wonder of the natural world. He suggests she notices the intricate details of a flower, the vastness of the sky, or the sound of the wind in the trees.”

It's about tapping into that sense of awe and wonder that nature can inspire. Feeling connected to something larger than yourself.

“Exactly. And finally, he encourages An to express her gratitude in tangible ways, like writing handwritten thank you notes to people who have made a difference in her life.”

This is all so incredibly practical and insightful. I'm starting to see how gratitude can be woven into the fabric of our daily lives, no matter what our age or circumstances.

“The father's advice in this letter is a powerful reminder that gratitude isn't some grand concept, that's out of

reach. It's a choice we can make each and every day to focus on the good, to appreciate what we have, and to express our thanks to the people who make our lives richer.”

And in doing so, we not only cultivate a sense of inner peace and contentment, but we also create a ripple effect of positivity that spreads outward, touching the lives of those around us.

“What strikes me most about this letter is its emphasis on the simplicity of gratitude. We don't need elaborate rituals or expensive tools to cultivate this powerful force. It's about those small, intentional acts of noticing, appreciating, and expressing thanks.”

And I think that's what makes it so accessible and empowering. Gratitude is something we can all practice, regardless of our background, beliefs, or circumstances.

“It's a gift we can give ourselves, and a gift we can share with the world.”

Well, after diving deep into this letter, I'm feeling incredibly inspired to bring more gratitude into my own life. I'm going to start with that gratitude journal idea, and maybe even try that gratitude reset next time I'm feeling stressed.

“Those are great first steps. Remember, the key is to start small and be consistent. Over time, those small acts of

gratitude will start to transform the way you see yourself and the world around you.”

Thank you so much for joining us on this Deep-Dive into the power of gratitude. We hope you've gained some valuable insights and practical tips for cultivating this transformative force in your own life.

“And remember, the journey doesn't end here. Keep exploring, keep practicing, and keep being grateful.”

Until next time, keep diving deep.

End.

MP3: The Value and power of gratitude

<https://moingaymotchuyen.com/Gratitude>



# THE VALUE AND POWER OF EMPATHY

All right, so are you ready for this? Today, we're diving deep into empathy.

“Ooh, sounds interesting.”

But not how you might expect.

“Okay.”

We're not cracking open some textbook or anything.

“Right.”

Our source material for this one is actually a letter.

“A letter?”

Yeah, a letter from a father to his two kids.

“Oh, wow, okay.”

Lac, who's in college, and An, who's still in high school.

“Interesting.”

It's really something, so raw and honest and packed with these nuggets of wisdom, the kind of stuff you just don't find every day.

“I like it.”

And we're not just going to define what empathy I owes. We're going to figure out how to actually use it in our lives to make things, well, a little bit better, maybe.

“I love that.”

Yeah.

“So what struck me right away reading this letter is just how personal it felt. It's not some theory.”

Yeah, right.

“It's a dad really trying to give his kid something valuable.”

Exactly.

“Something real.”

Exactly. So how does he even start? Like, how do you define empathy for your kids when they're at such different stages in life?

“That's a good question. College versus high school, that's a big difference.”

Huge.

“Yeah.”

Well, he actually keeps it pretty simple.

“Okay.”

You know, boils it down to stepping into someone else's shoes.

“Okay, classic.”

Yeah. But then he adds this whole other layer to it. He's like, don't just pretend to understand. You know?

“Right.”

Actually go out and seek out those experiences that shape their perspective. Like, why do they see the world the way they do?

“So it's like active empathy.”

Yes, exactly.

“Not just passive.”

It's a verb, not a noun.

“I like that.”

He actually goes on to say it's a way of being, not something you just switch on and off.

“Okay.”

That really got me thinking.

“Yeah. So it's like woven into how you approach everything.”

Everything, every interaction, every challenge.

“That's a pretty high bar. It is. So what's in it for Lac and An?”

Right.

“What do they get if they actually manage to pull this off? Well, that's where the father gets really specific.”

Okay.

“He tailors the benefits, you know, to their individual lives.”

Makes sense.

“So for Lac, who's facing that whole, you know, adulting thing.”

Yeah.

“He talks about success.”

Okay.

“But not the ruthless kind.”

What do you mean?

“He actually says, and I'm paraphrasing a bit here.”

Sure.

“That empathy influences your criteria for success.”

Oh, interesting.

“Like it changes what success even means to you.”

So it's not just about achievements.

“It's about how you treat people along the way.”

I see.

“You know, it's about success with a soul.”

Success with a soul.

“Yeah.”

I love that.

“That's a good one.”

Right.

“Okay. I'm on board with that.”

He actually says to Lac, compassion is essential to any success, no matter how large.

“Wow.”

It's like he's redefining success.

“That's a lot to think about.”

It is.

“For sure.”

Yeah.

“But what about An?”

Right.

“High school is its own beast.”

Don't tell me about it.

“It's a jungle out there.”

He knows that world well.

“Yeah.”

For her, it's all about navigating those friendships. Right.

“Handling disagreements and appreciating that not everyone's had the same experiences as you.”

Yeah.

“He's basically giving her the tools to be a good friend, but also to be a strong individual.”

I like that.

“Yeah.”

There's this one line that really stuck with me.

“Oh, yeah.”

He tells her, many people act out of suppressed feelings. And then he says, it serves as a gentle reminder to respond with care and patience rather than wrath.

“Wow.”

That's powerful.

“Especially for teenagers.”

Yeah, it is.

“They're so quick to judge.”

To react.

“Yeah. He's teaching her to see beyond the surface.”

Yeah.

“To understand that hurt might be driving someone's actions.”

It's not about letting people off the hook.

“No.”

But it's a much more empathetic way to approach conflict.

“Exactly.”

Honestly, I think that's something we could all use a reminder of.

“Absolutely. No matter how old we are.”

For sure.

“Yeah. He goes on to give some specific examples.”

Okay.

“Of how this plays out in everyday life.”

Like what?

“So for Lac, he brings up dealing with the difficult boss.”

Ooh, yeah. Been there.

“And his advice, don't get defensive. Ask what you can do to make their day easier.”

Wow.

“Right.”

That's such a different approach.

“It is.”

Most people would just like, you know, get all stressed and defensive.

“Exactly. But he's saying shift the dynamic.”

Okay.

“Acknowledge their stress.”

Yeah.

“Show some initiative.”

Yeah.

“Maybe even diffuse the tension a bit.”

So it's kind of like leading with empathy.

“Yes. It's subtle but powerful.”

Okay. That's pretty clever.

“Right.”

But let's be real here. Practicing empathy all the time.

“Yeah.”

That sounds exhausting.

“It can be.”

It's so much easier to just focus on your own stuff, right?

“I know what you mean.”

Does he address that at all?

“He does. And this is where he uses this beautiful analogy.”

I love a good analogy.

“Okay. I'm listening.”

He compares empathy to water gradually shaping even the hardest stone. It's not about forcing change, you know?



“Right.”

It's about consistent effort.

“I see.”

The kind that shapes you over time.

“So it's a journey, not a sprint.”

Exactly. And probably one with some bumps along the way. Oh, for sure.

“Yeah. He acknowledges that it's going to be hard sometimes.”

Yeah.

“Especially when we're dealing with our own baggage.”

We're not perfect.

“No one is.”

And that's where he brings up self-empathy.

“Yes.”

Okay. Wait. So we have to be empathetic to ourselves too.

“That's what he says.”

Isn't that a bit self-indulgent?

“He argues that it's actually essential.”

Okay.

“I'm listening. He tells Lac, to have self-empathy is to acknowledge that you are a fallible human being who can experience both success and failure.”

Okay. But we're often our own worst critics.

“That's what you are?”

We set these impossible standards for ourselves.

“Yeah. And then we wonder why we struggle to show compassion to others.”

Exactly.

“He seems to be suggesting that self-compassion is the foundation for extending empathy outward.”

Umm... That makes sense.

“You can't pour from an empty cup.”

Yeah.

“Right.”

Okay. I'm starting to see how all of this fits together.

“Me too.”

It's not just about being nice.

“Right.”

It's about a fundamental shift in how we see ourselves in the world. But does he really believe that empathy can change the world?

“He does.”

Isn't that a bit idealistic?

“Maybe. But he believes it makes the world a more connected and compassionate place.”

Okay.

“He tells Lac, life itself serves as a unifying force, bringing people together and reminding them that we are all interconnected despite our many differences.”

I like that.

“Right.”

That's a beautiful thought.

“It is.”

But how does that translate to real world actions?

“Right.”

Does he give any specific advice on how to actually practice empathy?

“Oh, he definitely does. In fact, he devotes a whole section to practical tips.”

Oh, wow.

“Tailored to both Lac and An's lives.”

This is where it gets really interesting.

“It does.”

I'm ready to see how this father's wisdom translates from the page to everyday life.

“Let's do it.”

All right, let's dive in.

“You know, one thing that really stood out to me was how much emphasis he puts on listening.”

Oh, yeah.

“Like really listening.”

Okay.

“He tells Lac, you know, in that whole university environment where everyone's debating and discussing, he's like, don't just wait for your turn to speak.”

Oh, man. That's so hard though.

“It is, isn't it?”

Especially when you think you have like the perfect point to make.

“I know.”

You just want to jump in.

“Right. But he's saying there's a deeper level.”

Okay.

“Like where you're really trying to grasp where the other person's coming from.”

So you're not just hearing the words, exactly trying to understand their perspective.

“Yes. And he even gives Lac this specific question to ask.”

Wow. Okay. I'm listening.

“He says, what experiences have shaped your perspective?”

That's good.

“Right.”

Like boom, instant empathy builder.

“It shifts the whole conversation.”

Yeah.

“You're not just arguing anymore.”

It's good to connect.

“Exactly. And for, An you know, with all the high school drama.”

Oh, yeah.

“He talks about deep listening with friends. Like put your own thoughts aside for a second, and just be present with their emotions.”

That's hard.

“It is, but sometimes just being there is enough.”

Yeah.

“You know, he even mentioned saying things like, I'm here for you, or that might've went hard.”

Sometimes the simplest things are the most powerful.

“Absolutely. It makes you realize how often we just wait to jump in.”

I know.

“With our advice or our own stories.”

Yeah. We want to fix it.

“Right. But sometimes the most empathetic thing you can do is just hold space for someone's pain.”

Right. Just listen.

“Exactly.”

Okay.

“So, listening is big.”

Huge. Then he gets into patience.

“Ooh, that's a tough one.”

Which I think we could all use a little more of.

“For sure.”

So for Lac, it's about patience in group projects.

“Ooh, don't even get me started.”

I know, right?

“Group projects are the worst.”

He gets it though.

“Yeah.”

He recognizes that not everyone works at the same pace.

“Right. Or has the same strengths.”

Exactly. And he actually suggests a way to handle those uneven contributions.

“Okay. I'm all ears because I could use this advice back in the day. Instead of getting annoyed, you know? He says, Lac should try saying something like, I noticed you seemed a bit overwhelmed. Maybe we could rearrange some tasks.”

Wow. That's brilliant.

“Right.”

You're not accusing. You're offering support.

“Exactly. You're being a leader who's also empathetic.”

I wish I knew that back in college.

“Me too.”

Did he have any patience tips for An?

“Oh yeah. For surviving high school. He tells her to be patient with teachers.”

Oh, that's a good one.

“Because you know, they're human too.”

True.

“They have bad days stuff going on outside of school.”

It's easy to forget that.

“It is. Especially at that age.”

Yeah. You just think they're out to get you.

“But if you can step back and see the bigger picture.”

It makes a difference.

“Absolutely.”

Okay. So patience with people, basically.

“Yes. And that leads into his next big point.”

Okay. What's that?

“Understanding different perspectives.”

Oh, that's huge.

“It is. So for Lac, who's starting to think about, you know, the working world. He emphasizes that bosses and co-workers are people.”

Not just job titles.

“Exactly. They have their own motivations and struggles.”

Okay. But how do you actually do that? Like when you're stuck with a micromanaging boss.

“Oh yeah. I've been there.”

Any advice for that situation?

“He says, try asking, what can I do to make things easier for you today?”

Whoa.

“Right.”

That's bold.



“It is. But it shows initiative.”

And maybe takes them by surprise.

“Totally. You're not being a pushover.”

You're trying to understand their needs.

“Exactly. It's that subtle empathy again.”

Sneaky.

“And for An, who's in the thick of high school. He talks about appreciating diversity.”

Okay.

“Not everyone has had the same privileges, the same upbringing.”

Right. Everyone's different.

“He says, listen to their stories. Ask questions.”

It's about curiosity, right?

“Yes. Being open to learning from people who are different from you.”

I feel like that's something we lose as we get older.

“Yeah. You get stuck in your own ways.”

Exactly.

“He's reminding us to stay open.”

To let those experiences broaden our worldview.

“And he doesn't stop there. He even tells them, and if you see someone alone, invite them in. Such a simple act of kindness.”

But it can mean the world to someone who's feeling left out.

“Absolutely.”

So it's like he's saying empathy is more than just words.

“It's about action.”

Yeah. Like actually doing something.

“And speaking of action.”

Yeah.

“He doesn't sugarcoat the fact that conflict happens.”

Oh no. Conflict is inevitable.

“It is. Interrelationships at work everywhere.”

So how do we deal with it?

“Well, he gives some interesting advice on handling it constructively.”

Okay. I'm listening.

“So you know he doesn't shy away from the tough stuff.”

What do you mean?

“Well, he talks about what happens when someone really hurts you.”

Ooh, yeah.

“Like truly wrongs you.”

That's rough.

“It is. And he tells Lac.”

Yeah.

“When your emotions like rage or irritation threaten to overwhelm you Lac, empathy will be a tough nut to crack.”

Man, isn't that the truth?

“It is.”

He's all been there, right?

“Oh, yeah.”

When someone betrays your trust or just lets you down.

“And all you feel is that anger.”

Yeah. It's like all-consuming.

“But here's the thing. He doesn't say to suppress those feelings.”

Oh.

“Instead, he suggests this mental shift.”

Okay. I'm listening.

“He says empathy prompts you to pause and think about the other person's intentions, their situation, and their suffering when they let you down, or act in a way that hurts.”

So it's like trying to understand the why.

“Exactly.”

Not just getting stuck on the what.

“It doesn't excuse their actions.”

Right.

“But it adds another layer.”

It's like that saying hurt people, hurt people.

“Yeah.”

But seeing it through the lens of empathy.

“It's less about blame.”

And more about understanding.

“The complexity of human behavior.”

Yeah, we're all messed up in our own ways.

“He's really challenging us to see the humanity in everyone.”

Even those who've wronged us.

“Even them. And he makes this great point about freedom.”

Oh.

“He tells Lac, you will be spared the burden of needless bitterness by learning this difficult lesson.”

That's so true.

“Isn't it?”

Holding on to anger and resentment. It just eats you up inside.

“It does.”

So empathy almost becomes an act of self-preservation.

“Interesting way to look at it.”

It's like a way to move forward without being dragged down by the past.

“It's choosing compassion over judgment.”

Even when it's hard.

“Exactly. And then he brings up something I hadn't even considered.”

What's that?

“Empathy's role in success.”

Hmm. Okay.

“He tells Lac, even in your greatest triumphs, let your empathy lead you to reflect on the people who helped you along the way.”

It's like a reminder to stay humble.

“Yeah.”

Because even when we achieve something great.

“It's rarely a solo effort.”

There are always people who supported us.

“Mentored us. Inspired us.”

Exactly.

“He's advocating for a more grateful approach to success.”

I like.

“One that acknowledges that we're all interconnected.”

And that our achievements are often built on the efforts of others. That makes me think though.

“Yeah.”

Does he ever address those who maybe haven't had the same opportunities?

“You mean who are struggling to even get to that point of success?”

Exactly.

“He does.”

Okay, good.

“He reminds Lac to consider those who haven't been as fortunate. And he urges him to use his success to lift others up.”

So it's about recognizing your privilege.

“Yes.”

And using your platform. You influence your resources to create positive change.

“That's the piece I think a lot of people miss.”

It's not just about being empathetic within your own little bubble.

“Right.”

It's about expanding that outward to those who need it most.

“It's about recognizing that empathy isn't just a feel-good emotion.”

It can be a powerful force for social justice.

“For creating a more equitable world.”

Wow, we've covered so much ground today.

“We have.”

This letter, it's like a master class in empathy.

“It really is from understanding it to actually putting it into practice.”

And he doesn't shy away from the tough questions.

“He doesn't. He's challenging his kids.”

To become better, more compassionate humans.

“And by extension, he's challenging us as listeners to do the same.”

He reminds us that empathy is a journey, not a destination.

“There will be times when it's easy.”

Times when it's hard.

“Times when you stumble.”

But the important thing is to keep practicing.

“Keep striving to connect.”

Keep nurturing that seed of compassion.

“And to remember that it's a gift, not a burden.”

As he so beautifully puts it, life becomes meaningful, connected, and compassionate when you embrace empathy.

“That's a message I think we can all carry with us.”

And he leaves us with this powerful call to action.

“What's that?”

He says, keep this power with you. Not because you have to, but because you can choose to. So that the world can be a slightly softer place.

“So beautiful.”

What an incredible Deep-Dive.

“Really was.”

We went from defining empathy to exploring its benefits.

“Unpacking practical tips. Grappling with its challenges.”

But ultimately, I think we're left with this sense of hope.



“Hope that even small acts of empathy can make a difference.”

So as we wrap up, we want to leave you with a question to ponder.

“Okay.”

What's one small act of empathy you can practice today? To brighten someone's day. To make the world a little bit better.

“It could be a kind word, a listening ear, a helping hand.”

Remember, even the smallest gestures can create a ripple effect.

“Thank you for joining us on this journey into the heart of empathy.”

We hope you've been as touched and inspired by this father's wisdom as we have.

Until next time, keep diving deep and keep spreading that empathy wherever you go.

End.

Mp3: The Value and power of empathy

<https://moingaymotchuyen.com/Empathy>

# THE VALUE AND POWER OF COMPASSION

Welcome back everyone to the Deep-Dive. You know, today we're going to be looking at something pretty powerful and I think incredibly relevant to every single person listening and that is compassion. And what's cool is we're going to be doing this through a really unique source. It's a letter from a father to his children.

“Yeah.”

Lac and An, and Lac is in university. He's kind of in the thick of things in that world, and An is in high school. So she's got all that high school stuff to deal with. And what's fascinating about this letter is that it's not just about being nice.

“Right.”

It really frames compassion as like a practical skill that you can develop and use to navigate the challenges that we all face.

“Yeah. You know, that's what struck me right away about this letter. This idea that compassion isn't just some kind of a feeling, it's really like a way of thinking and a way of acting.”

Yeah.

“It's about understanding and wanting to ease someone's suffering even if you get nothing in return.”

That's a pretty heavy concept, especially, you know, I think in today's world where it often feels like everyone's just looking out for themselves.

“Yeah.”

So how do you actually develop compassion as a skill? It almost feels counterintuitive.

“Well, you can kind of think about it like building a muscle. The more you use it, the stronger it gets.”

Okay.

“And one way to strengthen that compassion muscle is through mindfulness. You know, paying attention to the present moment, being aware of your own emotions, but also the emotions of others around you. And through that, you develop this deeper understanding of the human experience. And that understanding can really help us to connect with others on a deeper level and respond with more empathy.”

So instead of immediately reacting, you know, to a situation with anger or frustration, you take a moment to pause and consider what might be going on beneath the surface.

“Exactly. For example, the letter talks about how Lac is, you know, struggling with the competitive environment at university.”

Right.

“And it's so easy to get caught up in comparing yourself to others feeling envious or even resentful.”

Oh, I can totally relate to that. Especially, I think for our listeners who are in school or maybe working in a fast paced field, that pressure to constantly achieve can be so overwhelming. But what does the letter suggest Lac do about that?

“Well, it encourages him to kind of do a thought experiment and imagine the top student and the struggling student in his class.”

Okay.

“And consider what challenges they might be facing behind the scenes. Maybe that top student is dealing with immense pressure from their family or struggling with anxiety despite their good grades. And maybe the struggling student is caring for a sick relative or working a part time job just to make ends meet.”

Wow. I never thought about it that way. It's a good wake up call to remember that everyone is fighting their own battles. But isn't that kind of a naive way to look at the

world? I mean, there are definitely people out there who are just mean or selfish.

“Yeah, that's a fair point. And the letter does acknowledge that not everyone is going to be kind or compassionate.”

Right.

“But it does suggest that even those individuals might be acting out of their own pain or insecurity.”

So even though someone might be behaving badly, they might actually be hurting inside.

“Precisely. And, you know, that doesn't excuse their behavior.”

Right.

“But it can help us to understand it a little bit better.”

Yeah.

“And that understanding can help us to respond with more compassion, even if it's just internally. You know, instead of writing someone off as a jerk, we can ask ourselves, well, what might be going on in their life that's causing them to act this way?”

That's a really powerful shift in perspective. It doesn't mean we have to condone their behavior, but it allows us to see them as more than just the sum of their actions.

“Exactly. And that's where the skill of compassion really comes in. It's about choosing to see the humanity in others, even when it's difficult. And this applies not only to strangers or classmates, but also to our closest relationships.”

That's true. The letter also talks about how Lac and An will inevitably experience disappointments from their friends. It even says that at times their friends will be hurtful, and at other times they'll be the ones unintentionally hurting their friends.

“Yeah.”

So what advice does the letter give for those situations?

“Well, instead of immediately getting angry or shutting down the Paul, the father encourages both of them to ask, what could have prompted them to behave this way? Or what could I have done differently?”

Okay.

“It's about really trying to understand the situation from the other person's perspective before jumping to conclusions.”

That's easier said than done, though. I think when someone hurts you, it's natural to want to defend yourself or retaliate. So how do you get past that initial reaction?

“It takes practice, but one technique that can be helpful is something called cognitive reframing.”

Okay.

“And that's about consciously choosing to look at a situation from a different angle, for example. Instead of thinking, my friend is intentionally trying to hurt me, you might reframe it as, my friend is going through a tough time right now, and their actions are a reflection of their own pain.”

It's like that saying, hurt people, hurt people. But how does it actually help you feel better? I mean, it's still hurt to be on the receiving end of that behavior.

“It doesn't magically erase the pain, but it can help you to detach from the situation emotionally and respond with more compassion. Instead of getting caught up in the drama, you can focus on offering support or simply giving your friend the space to work through their own issues.”

So compassion isn't about being a pushover or letting people walk all over you. It's about choosing to respond to difficult situations with understanding and empathy.

“Exactly. And that brings us to another really important aspect of compassion that's highlighted in the letter, and that is self-compassion.”

You're right. The father specifically addresses this to Lac, who seems like someone who's very driven and it might be hard on himself.

“He even quotes a powerful affirmation for him to repeat.”

Oh, wow.

“I'm doing the best I can, and that's enough. It's a reminder that we all make mistakes. We all fall short sometimes, and that's okay.”

That's a message I think we all need to hear, especially those of us who are constantly striving for perfection. But how do you actually practice self-compassion? It sounds like a very abstract concept.

“Well, one way is to treat yourself as you would treat a good friend. You know, if a friend was going through a tough time, would you berate them for their mistakes or would you offer them support and encouragement?”

I'd offer them support. I'd probably be much harder on myself in the same situation.



“That's exactly the point. You know, we tend to judge ourselves so much more harshly than we judge others. Self-compassion is about recognizing that you're human, that you're worthy of love and kindness even when you make mistakes.”

So instead of beating yourself up for not getting that promotion or failing that exam, you acknowledge your efforts and try to learn from the experience.

“Exactly. It's about being your own best cheerleader even when you stumble. And that self-compassion can actually make you more resilient in the face of challenges. Instead of getting bogged down by self-doubt, you can pick yourself up and keep moving forward.”

This has already given me so much to think about, both in terms of how I treat others and how I treat myself. I'm really curious to hear what else this letter has to say, especially for An, who's dealing with all the complexities of high school.

“Yeah, me too. The letter offers some really insightful advice for navigating those tricky teenage years. So let's dive into that in the next part of our Deep-Dive.”

Sounds good.

“It's really interesting how this letter connects these ideas of self-compassion and compassion for others. It's almost like they feed into each other.”

Yeah, it makes sense, right? If you're constantly beating yourself up, it's hard to have the energy and empathy to be kind to other people.

“Exactly. And that's why the letter's advice for An, who's dealing with, you know, all that drama and intensity of high school, is so insightful.”

Okay, so remind me, what are some of the specific challenges that she's facing?

“Well, the letter acknowledges that high school can be such a breeding ground for comparison and judgment. It's so easy to get caught up in labeling classmates as mean or popular or weird.”

I remember those days. The social hierarchy felt so rigid and unforgiving. It was like everyone was trying to fit into these predetermined boxes.

“And that's where the letter's advice really shines. You know, it encourages out to resist those easy labels and instead try to understand the people behind the behaviors.”

So instead of writing someone off as a mean girl or a bully, you try to see them as a complex individual with their own struggles and insecurities.

“Exactly. The letter even suggests that those seemingly mean behaviors might actually stem from deep-seated pain or a lack of self-worth.”

Oh my gosh, I'm having a flashback to high school right now. I remember there was this girl, everyone thought she was so confident and popular, but she was actually really struggling with her parents' divorce and just desperately seeking validation from her peers.

“That's a perfect example of how we often misinterpret behaviors. We see the surface, we see the outward actions, but we don't always understand the underlying emotions or experiences that are driving them.”

So how does the letter suggest that actually put this into practice? I mean, it's one thing to understand it intellectually, but it's another thing to actually apply it in the heat of the moment.

“Well, the letter offers a really practical tool instead of judging someone's actions and is encouraged to ask herself, what could they be feeling right now? What might've happened in their life that's causing them to act this way?”

That's brilliant. It shifts the focus from judgment to curiosity. It makes you pause and consider the other person's perspective instead of just reacting to their behavior.

“And that pause, that moment of reflection is where compassion can really take root. It allows us to see the person as more than just their actions.”

So it's not about excusing bad behavior, but about trying to understand the motivations behind it.”

“Exactly. And that understanding can lead to more compassionate responses. Maybe instead of retaliating or gossiping about someone, you reach out to them or you simply offer a kind word.”

It's like you're breaking the cycle of negativity and replacing it with a more empathetic and understanding approach. But doesn't that make you vulnerable? What if the other person doesn't reciprocate your kindness?

“That's a valid concern. And the letter does acknowledge that compassion doesn't always guarantee a positive outcome. Sometimes people will continue to behave badly, even when you try to understand them.”

So what do you do in those situations? Do you just walk away?

“Not necessarily. The letter encourages An to set boundaries when necessary to protect her own well-being. But it also emphasizes the importance of forgiveness, both for others and for herself.”

Forgiveness isn't that letting someone off the hook?

“Forgiveness isn't about condoning someone's actions. It's about releasing the anger and resentment that you're holding on to. It's about recognizing that everyone makes mistakes and that holding on to grudges only hurts you in the long run.”

Wow, that's powerful. It's like you're choosing to let go of the negativity so you can move forward. But how does that actually work in practice?

“It's not always easy, but the letter suggests a few techniques. One is to try to see the situation from the other person's perspective. Maybe they were acting out of fear or insecurity, or maybe they were just having a bad day. Another technique is to focus on the positive aspects of the relationship. What do you appreciate about this person? What good memories do you share?”

By shifting your focus to the positive, you're less likely to get caught up in the negative emotions.

“Exactly. And remember, forgiveness doesn't have to happen overnight. It's a process, and it's okay to take your time.”

This letter is full of such practical and insightful advice. It's really making me think about how I approach relationships and how I handle conflict. I'm curious, what else does it say about navigating the challenges of high school?

“Well, it emphasizes the importance of self-care and finding healthy ways to cope with stress.”

Okay, that makes sense. High school can be incredibly stressful with all the academic pressure, social drama, and hormonal fluctuations.

“The letter encourages An to find activities that bring her joy and help her relax, whether it's spending time in nature, listening to music, or hanging out with supportive friends.”

That's great advice for anyone, really. It's so easy to get caught up in the hustle and bustle of daily life that we forget to take care of our own emotional well-being.

“And the letter also stresses the importance of seeking help when you need it. It encourages An to talk to trusted adults, whether it's a parent, teacher, or counselor if she's feeling overwhelmed or struggling to cope.”

That's such an important message, especially for teenagers who might feel like they have to deal with everything on their own.

“Right. It's a reminder that it's okay to ask for help, that you don't have to go through tough times alone.”

You know what I'm really struck by is how this letter seamlessly weaves together these different aspects of compassion. Compassion for others, self-compassion,

forgiveness, self-care, and seeking support. It's like they're all interconnected pieces of a larger puzzle.

“I agree. It's a holistic approach to living a more compassionate life.”

And it's not just about feeling good. It's about doing good as well.

“Right. Absolutely. The letter emphasizes the importance of extending compassion beyond our personal circles to our communities and to the world at large.”

That brings up a really interesting question. How does this letter suggest that Lac and An actually put their compassion into action?

“Well, it encourages them to get involved in causes they care about, whether it's volunteering their time, donating to charities, or speaking out against injustice. It also emphasizes the importance of being informed citizens, of staying engaged with current events, and of using their voices to make a difference.”

It's like compassion isn't just a passive feeling. It's an active force that can inspire us to make the world a better place. I'm really curious to hear more about how this letter connects personal growth to societal impact.

“I agree. That's a really fascinating aspect of this letter, and we can dive into that in the next part of our Deep-Dive.”

You know, it's amazing how this letter ties everything together, like personal growth and relationships, and even our role in society. It's like this father is giving Lac and An this blueprint for a meaningful life.

“And what's so powerful about it is that it's not based on achieving some external measure of success. It's about cultivating these inner qualities like compassion and empathy.”

Yeah, that's so refreshing, especially in a world that so often equates success with wealth or status or achievement. This letter seems to be saying that true fulfillment comes from connecting with others and making a positive impact on the world around us.

“Yeah, exactly. And it really highlights how compassion isn't just this abstract ideal. It's a real driving force for positive change.”

You mentioned earlier how the letter encourages Lac and An to get involved in causes that they care about. Are there any specific examples of how they could do that?

“Well, the letter doesn't really prescribe any specific actions, but it really emphasizes the importance of, you know, finding ways to contribute to the well-being of



others. So this could involve things like volunteering at a local soup kitchen or mentoring a younger student or advocating for environmental protection.”

Yeah, those are all great examples, and they highlight how compassion can manifest in so many different ways. It's not just about grand gestures. It's about those everyday acts of kindness and service that ripple outwards.

“I love that image of compassion as a ripple effect. It reminds me of that quote by the Dalai Lama, be kind whenever possible. It is always possible.”

That's so true. There's always an opportunity to show compassion, even in the smallest of interactions.

“Yeah.”

You know, holding the door open for someone or offering a genuine compliment, or simply listening attentively to a friend who's going through a tough time. Those seemingly small acts can have such a profound impact.

“And the more we practice those acts, the more natural they become. It's like we're building a muscle memory for compassion.”

This Deep-Dive has really made me think about how I can incorporate more compassion into my own daily life.

It's not just about, you know, feeling good. It's about taking action and making a difference.

“Yeah. And recognizing that we're all interconnected, that our actions have consequences, and that even the smallest act of kindness can ripple outwards and create positive change.”

It's like we're all part of this larger web of humanity, and our compassion is the thread that kind of binds us together.

“What a beautiful way to put it. And I think that's the ultimate message of this letter, that compassion is really the key to creating a more just and equitable and fulfilling world for ourselves and for generations to come.”

Well, this Deep-Dive has been incredibly insightful. It's given me so much to think about, not only in terms of how I interact with others, but also how I approach life in general.

“Uh-huh, and that's the power of compassion, right? It has the potential to transform not only our relationships, but our entire outlook on life.”

Yeah, it really invites us to see the world through a lens of kindness and understanding and empathy.

“Absolutely.”

Well, we hope this Deep-Dive has inspired you to explore the power of compassion in your own life and to consider how you can contribute to a more compassionate world. Thanks for joining us.

End.

MP3: The Value and power of compassion

<https://moingaymotchuyen.com/Compassion>

# THE VALUE AND POWER OF UNDERSTANDING

Welcome to a Deep-Dive into understanding, and not just, you know, the kind of understanding you get from like skimming a textbook. We're going deeper than that today. With a letter, actually.

It's a letter written by a father to his two kids, Lac, who's 20, and An, who is 15. And you might be thinking, okay, a family letter, heartwarming, but what's in it for me? Trust me, this is not your typical, like, dear son-daughter kind of advice.

This father is sharing some serious wisdom bombs about understanding. That, I think, apply no matter how old you are. But what's really cool is how he, like, tailors the advice to each kid's life stage, which I think means there's a lot we can learn from this for ourselves, too.

“Yeah. What I think is so fascinating is how he actually defines understanding in this letter.”

Yeah.

“Because he doesn't just say it's about, you know, book smarts or knowing a ton of facts. Right from the beginning, he says, understanding is the foundation of peace, allowing love, patience, and compassion to

flourish. So he's really linking it to these, you know, incredibly powerful emotions and values.”

Yeah. It's like he's saying understanding is the key to unlocking all these positive qualities, right? But he doesn't stop at these, you know, big ideas. He gets really specific about what understanding yourself and others actually looks like.

“Exactly. And that's what makes this letter so interesting. He seems to recognize that, like, Lac, 20 and starting university needs a different kind of understanding than An, who's 15 and navigating, you know, high school.”

Right. Totally. So let's start with Lac. What kind of advice does the father give him about understanding himself?

“Well, he really stresses how important it is to listen to your inner voice. You know, Lac is at that age where there's so much pressure to figure out, you know, your career, your future, who you are. But the father's really urging him to, like, tune into his own emotions and values instead of just, you know, doing what everyone else is doing.”

Yeah, that's huge, especially at that age when you're trying to figure out your own path. I remember feeling so much pressure to pick the right major in college, the right career. It was a lot.

“Yeah. And it seems like this father is anticipating all of those pressures. He even gives these examples of things that Lac might be struggling with, like feeling like he needs to have all the answers, or comparing himself to his peers, maybe guiding his own abilities. And he's basically saying, hey, it's okay to feel these things, but don't let them control you. Understand where these feelings are coming from, and use that understanding to make choices that are true to you.”

Wow. I mean, that's powerful advice for anyone, really. I think we've all felt that pressure to have it all figured out at some point, right? But what about An? What does understanding herself look like at 15?

“Yeah. So for An, it's all about embracing her uniqueness. The father reminds her that it's okay to be different, to have her own opinions and interests, even if they don't fit in with what's popular at school. He's encouraging her to resist the pressure to conform, you know, and to stay true to herself.”

Right. So it sounds like he's really encouraging both of them to build this strong internal compass so that no matter what external pressures they're facing, they can stay grounded in their own values. But how does he then connect this self-understanding to understanding other people?

“Well, he points out that Lac and An are both navigating relationships, right? But in very different environments.

So Lac is entering this whole new world of university where he's meeting people from all different backgrounds with all sorts of viewpoints he's probably never encountered before.”

Yeah. It's probably the first time he's really encountering that level of diversity, right?

“Exactly. And the father's advice is not to shy away from those differences or to try and change people's minds, but to be curious, to ask questions and to really try to understand where those differing opinions are coming from. He even gives this example of asking yourself, what events in this person's life shaped their worldview? Like what experiences led them to believe what they believe? It's almost like he's encouraging Lac to become a kind of an investigator of people, you know, to look beyond just the surface level and see the humanity behind the opinions.”

That's cool. So instead of judging or dismissing people who think differently, he's encouraging Lac to try and understand them, which is a seriously valuable skill to develop, especially today, when everyone's so quick to jump to conclusions. But what about An? How does understanding others apply to her high school life?

“Well, for An, it's a lot about navigating those close relationships, you know, with friends and family. And the father reminds her that disagreements don't have to be disrespectful, especially with family. He's encouraging

her to try to see things from their perspective, even if she doesn't necessarily agree with them. And he specifically points out that understanding someone's point of view doesn't mean you have to condone their actions, which I think is a really important, distinction.”

Yeah, for sure. It's easy to get caught up in, you know, the right or wrong of a situation, but understanding the why behind someone's actions really can change everything. It opens the door for compassion and empathy, even when you don't agree.

“Yeah, it's like understanding is what allows us to actually connect, even when we see things totally differently. And the amazing thing is, he doesn't just, you know, talk about what understanding is. He gives Lac and An some concrete things they can DL to actually cultivate it in their lives.”

I love that. That's what I love about this letter. You know, it's not just like a bunch of feel-good stuff. He's giving them, and all of us, real tools to actually put these ideas into practice. So let's dive into those action steps, starting with Lac. What kind of advice does he give him?

“Well, for Lac, who's just starting to, you know, build his adult life, a lot of the focus is on honing these essential communication skills and self-reflection. So the father tells him to really work on being a better listener, and not just hearing words, but like actively trying to understand the message behind those words.”



Right. I can see how that would be so crucial in a university setting, where you're constantly being exposed to new ideas, new perspectives. It's so easy to just get caught up in your own opinions. But to really understand, you have to actually listen to what other people have to say.

“Exactly. And he doesn't stop there. He encourages Lac to pair that active listening with asking insightful questions, not just, you know, the why of questions that show you're paying attention, but the kind that really dig deeper, the kind that try to figure out the why behind someone's beliefs or actions. He even suggests keeping a journal to reflect on these conversations.”

Yeah.

“Which I think is a super powerful practice.”

Oh, I love that. It's like you take those insightful conversations, and you let them really marinate in your mind, you know, and you really digest the different perspectives you've encountered. Do you keep a journal?

“I do. Not always as consistently as I'd like.”

Yeah.

“But yeah, I find when I take the time to actually write down my thoughts and reflections, it helps me process

information so much more deeply. And it really solidifies my understanding.”

Yeah, me too. It's like you're having a conversation with yourself in a way, you know, challenging your own assumptions, working through these complex ideas. But the father also goes beyond just communication skills, right? He gives Lac some advice about problem solving, too.

“Yeah, he does. He really emphasizes the importance of patience, of, you know, taking the time to understand the root cause of a problem before you just jump into trying to fix it. It's easy to get caught up in finding a quick solution. But he's reminding Lac that true understanding requires you to slow down, to look at the situation from multiple angles, and to really get to the heart of the issue.”

Right. It reminds me of that saying, give a man a fish and you feed him for a day. Teach a man to fish and you feed him for a lifetime. The father is basically teaching Lac how to fish for solutions by understanding the underlying causes.

“That's such a good analogy. And speaking of learning, he also encourages Lac to be open to feedback, even criticism, which can be tough. But the father really frames it as an opportunity for growth. He's telling Lac to view feedback as a valuable tool for self-improvement

and as a way to deepen his understanding of his own strengths and weaknesses.”

Yeah, I love that. It's like he's saying that true understanding requires humility, the willingness to admit that you don't have all the answers, and to be open to learning from others. But amidst all this advice about engaging with the outside world, you know, he also gives Lac a tip that's all about turning inward.

“Right. He reminds Lac to be present in every moment with mindful breathing, which is such a simple but profound practice to really ground you in the present moment and cultivate self-awareness. It's like he's saying that understanding yourself starts with understanding your own thoughts and emotions.”

Yeah, totally. It's like he's giving Lac this toolkit for navigating the complexities of adult life. You know, he's equipped him with communication skills, problem-solving strategies, even a technique for staying grounded amidst all the chaos. But what about An? Her life stage is so different, you know? What kind of action steps does he recommend for her?

“Right. So while Lac is focusing on navigating, you know, this wider world, An's world is still primarily focused on those close relationships with friends and family. And so the father gives her tools to understand the dynamics at play in those relationships. He tells her to pay close attention to nonverbal cues, the subtle ways

people communicate through their body language and facial expressions. It's like he's encouraging her to become a detective of human behavior, to read between the lines and understand what people are really feeling.”

That's so interesting. I remember being that age and feeling so clueless about all those nonverbal cues. It's like a whole secret language that adults understand. But kids are just starting to figure out. That's such a valuable skill to learn early on.

“Absolutely. And it ties into his next piece of advice, which is to ask why in confusing situations. He's encouraging her not to just accept things at face value, but to dig deeper, to question the motivations behind people's actions. It's about cultivating that sense of curiosity and trying to understand the context behind behaviors.”

Right. So it's like he's giving her the tools to become a more empathetic friend, a more empathetic family member. Instead of jumping to conclusions or getting caught up in drama, she can pause, ask why, and try to see the situation from different perspectives. But he also gives her some advice about expressing herself, right?

“He does. He encourages An to find healthy outlets for her emotions. Especially through creative expression, like art or writing, as a way to process those complex feelings that can be hard to put into words, especially at that age.”

Right. So it's like he's saying that understanding yourself also means understanding how to express yourself. But he also gives her some very specific advice about navigating conflict, too.

“Yeah. He suggests using I-statements to communicate her feelings without blaming others, which is a technique that promotes self-awareness, and encourages her to take ownership of her emotions. It's about understanding that your feelings are valid, but you don't have to project them onto other people.”

I love that. That's such a valuable communication skill. I honestly think a lot of adults could benefit from that, too. It's about taking responsibility for your own emotions, and expressing them in a way that fosters understanding rather than more conflict.

“Exactly.”

Yeah.

“And then he also reminds An that even small acts of kindness can make a big difference in fostering understanding. It's about recognizing that everyone is going through something, and a simple act of compassion can brighten someone's day and help them feel seen and understood.”

Right. It's like he's encouraging her to build a more compassionate and understanding world, one small act of

kindness at a time. But he also seems to recognize that it can be overwhelming, you know?

“Yeah.”

To constantly be on, to be trying to understand everything and everyone. So he gives her some advice about self-care, too.

“He does. He reminds her to take breaks and recharge.”

Right.

“It's easy to get caught up in the whirlwind of, you know, social interactions and expectations. But he's emphasizing how important it is to prioritize her own well-being. He tells her to find activities that bring her joy and peace, whether it's listening to music, or spending time in nature, or just taking a few moments to relax and breathe.”

Yeah. It's like he's reminding her that understanding yourself also means understanding your own needs, understanding your own limits. You know, you can't pour from an empty cup. And taking time to recharge ensures that she has the energy and the emotional capacity to actually engage with others in a meaningful way. But he also gives her one last piece of advice that I found particularly insightful. He talks about finding lessons and challenges.

“Oh, yes. He tells her to view challenges as opportunities for growth. It's so easy to get discouraged when things get tough. But he's encouraging her to see the bigger picture, to look for the lessons hidden within those difficult experiences.”

Right. It's almost like he's saying that true understanding isn't just about the good times. It's about finding meaning and growth, even in the midst of hardship. He's equipping her with this resilient mindset that will serve her well throughout her life. Wow. It's amazing how this father brings together all these different aspects of understanding, from self-awareness to communication to even resilience.

He's created this incredible roadmap, not just for his kids, but I think for all of us, to navigate life with more empathy and purpose.

“But he doesn't just leave us with tools and techniques. He ends this letter with a really powerful message about what understanding truly means and why it matters.”

Yeah, you're so right. Throughout this whole letter, he's been building this case for understanding as this fundamental human value, this guiding principle for how we live our lives. And in the last few lines, he brings it all together so beautifully.

“Okay, I'm ready. What does he say? He tells Lac and An, and I think this applies to all of us, really. He says,

understanding is a soft power that transforms enemies into allies, quarrels into dialogues, and obstacles into chances. Such a powerful image.”

Yeah, I love that. It's not just some abstract concept. He's describing understanding as this active force that can actually change the world around us. And I love that phrase, soft power. It's not about force or coercion, but about this, this gentle but transformative power of empathy and connection. Makes me think about all the conflicts we see, both the big ones and the small ones. That could be resolved if people were just more willing to try to understand each other.

“Right. And he goes on to say that understanding smooths out the rough edges of life, soothes your souls in the face of suffering, and gives you the composure to face today's chaotic world. So he's saying that in a world that often feels really overwhelming and unpredictable, understanding is our anchor.”

I love that. It reminds me of that quote by Viktor Frankl, between stimulus and response, there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom. It's like understanding gives us that space. It gives us that ability to choose a more compassionate, more thoughtful response, even when things are really tough. It's not about ignoring the hard stuff, but facing it with more clarity and purpose.



“Yeah. And I think that's what this father is ultimately trying to give his kids to, not just advice, but like a philosophy for living, a way to approach life with more awareness, more compassion, more understanding.”

Right. He's empowering them to actually create a better world. And what's so cool is he acknowledges that this isn't just like a one-time achievement. He says, understanding is a journey, not a destination.

“I love that line. And he encourages them to embrace this journey with the steadfast companionship of understanding. So it's like, no matter what challenges they face, no matter what life throws at them, understanding will always be there to guide them.”

So what does all this mean for you listening? We've unpacked this incredible letter, we've explored this father's really beautiful definition of understanding, and all the positive things that come with it, and even some specific tips for how to cultivate it. But the real question is, how can you apply these insights to your own life?

“Yeah. That's the big question, right? And I think the beauty of this letter is that it really offers something for everyone, no matter where you're at in your own journey. Maybe what resonates with you is working on your listening skills, or practicing mindful breathing. Maybe it's inspired you to be more curious about other people's perspectives, or to find creative ways to express your emotions. Or maybe it's just a reminder about the power

of small acts of kindness, and the importance of taking care of yourself.”

Yeah, I think for me, the biggest takeaway is that understanding is a choice. It's something we actively decide to do, to approach the world with more empathy, more curiosity, more compassion. It's not always easy, but as this father shows us, it's so worth it.

“He ends with this beautiful call to action too. He tells Lac and An to embrace the journey of self-discovery, social awareness, and life lessons with the steadfast companionship of understanding. I think that's a great message for all of us.”

It is. So as we wrap up this Deep-Dive, I want to leave you with one final thought. What's one small step you can take today? To bring more understanding into your own life. Maybe it's reaching out to someone you disagree with, and really trying to see things from their side. Or maybe it's taking a few minutes to appreciate the good things you have, and cultivate that sense of gratitude. Whatever it is, I encourage you to make that choice today. You might be surprised at what happens.

“Thanks for joining us on this Deep-Dive. Until next time, keep seeking understanding, keep spreading kindness, and keep exploring the world with an open heart and an open mind.” End.

MP3: The Value and power of Understanding

<https://moingaymotchuyen.com/Understanding>

# THE VALUE AND POWER OF SELF-RESPECT

Welcome to our Deep-Dive today.

“Okay.”

We're gonna be unpacking something really personal and insightful. I think.

“Yeah.”

We're diving into the idea of self-respect.

“Okay.”

Through this amazing letter from a father to his two children, Lac and An...

“Okay.”

And he actually addresses them separately giving each some tailored advice.

“Oh cool.”

Before offering some more general guidance that applies to both. You know, it's funny we talk so much about self-love and self-care these days.

“Yeah.”

But self-respect doesn't get nearly as much attention.

“It's true.”

Yeah.

“And this letter really digs into it.”

Yeah

“In a way that I found so refreshing. You know often we think of self-respect as being arrogant or thinking you're better...”

Right.

“everyone else but...”

“Yeah.”

“That's not what this father is talking about at all.”

Right.

“He describes it as this quiet inner strength.”

Oh, wow.

“It's about knowing your own worth.”

Uh-huh.

“And being true to yourself even when it's hard and that's what he says lays the groundwork. For a life that's truly worthy of respect.”

Interesting.

“Both from yourself and others.”

That's such a great point.

“Yeah.”

I think a lot of us could use a little more quiet inner strength, right?

“Absolutely.”

So let's dive into what he says to Lac his older child who's in university.

“Okay.”

He really highlights how university is a time,

“Yeah”

when you're faced with so many choices about internships,

“It is true.”

leadership roles, friendships and it can feel like every single decision is shaping your entire future.

“Absolutely.”

Yeah,

“And he points out how easy it is to get caught up in wanting things to look good on paper. You know chasing that prestigious internship, even if it means compromising your values. We're trying to be popular even if it means”

Right

“Pretending to be someone you're not.”

Right. And I can definitely relate to that.

“Yeah.”

I remember when I was in university There were definitely times when I felt pressured, say yes to things

that I didn't really want to do, just because I thought it would look good to others.

“It's so common and this is where he emphasizes.”

Yeah.

“The importance of self-respect,”

Right.

“He's saying that self-respect gives you the strength to say no to things that don't align with who you are,”

Right,

“even if on the surface,”

Yeah.

“They look like amazing opportunities.”

Oh, wow.

“He uses this powerful example of a dream internship that clashes with your core beliefs, and he's saying, Self-respect gives you the power to walk away.”

I love that example, and it makes you think, you know, Have you ever found yourself tempted? by something that looked fantastic on paper, but just didn't feel right.

“Totally.”

It was the job or an invitation or even a relationship. He's reminding us that self-respect gives you the courage to say No, even when it's tough.

“That's exactly it, and you know sometimes saying No can be the most self-respecting thing you can do...”

Definitely.

“and he also talks about the importance of setting boundaries in relationships.”

Right.

“He tells Lac that anyone who really cares about you, will respect your limits.”

Oh, wow.

“what a powerful reminder that we deserve to be treated with respect in all our relationships.”

Yeah.

“romantic, friendships, professional. Everything.”

Definitely, and I think for a lot of us, setting boundaries can be a real challenge.

“It can be.”

Especially for used to people-pleasing

“Yeah,”

it can feel almost selfish to say no, this is my limit. This is what I'm comfortable with but he's saying it's actually essential for self-respect.

“Yes, it's about honoring your own needs.”

Okay.

“And recognizing that you're worthy of having those needs met and he also talks about the importance of self-respect. Especially when you face failures, because it's so easy to beat ourselves up...”

It is.

“when things don't go our way,”

Right.

“But the letter reminds Lac that your worth isn't tied to your achievements.”

That's a good point.

“We're all gonna make mistakes...”

“Yeah.”

“it's part of life.”

It is.

“And self-respect helps us learn from those mistakes without letting them define us.”

It's like giving yourself permission to be human to mess up and try again without losing sight of your inherent worth.

“Exactly.”

So the advice for Lac focuses on navigating choices, and standing your ground when it comes to your values.

“Yeah.”



Now the letter shifts gears a little when he starts talking to An younger child who's in high school.

“And what's interesting here is that he really emphasizes the importance of self-respect during this time of incredible change and self-discovery. He talks about how high school can feel like a whirlwind and self-respect acts as an anchor. It helps you stay grounded.”

Yeah.

“In the midst of all that change, and all that social pressure.”

So true, and he actually encourages to focus on changing her internal dialogue. So instead of constantly criticizing herself, he urges her to practice more self-compassion...

“Okay.”

to recognize her unique qualities, and really celebrate them rather than trying to fit into some external mold.

“Yes. It's about embracing your individuality. Recognizing that the things that make you different. Are the things that make you special...”

I like that.

“and he gives this great piece of advice.”

Oh, yeah.

“He tells her to surround herself with people who value and support her, and to distance herself from those who don't.”

That makes sense.

“I mean it sounds so simple.”

Yeah.

“but it's so profound because it's about recognizing...”

Yeah

“that we have a choice in who we let into our lives, and those choices can have a huge impact on how we see ourselves.”

And it's about realizing that you're worthy.

“Exactly.”

Of being surrounded by people who lift you up, and make you feel good about yourself, not people who bring you down or make you question your worth. He also talks about how important it is, to speak up for yourself.

“Okay.”

even when it feels intimidating. Because as a teenager, it's easy to feel like your voice doesn't really matter. right?

“It is.”

But he reminds herself that her opinions and feelings are valid.

“Yeah.”

And they deserve to be heard.

“Yes, and he ties that back to self-respect, you know, it's not about being aggressive or demanding. But it's about recognizing that your thoughts and needs are worthy of consideration, and that can be so empowering...”

It can.

“Especially for a young person who might be struggling to find their voice.”

Absolutely.

“Yeah.”

It's like he's saying you deserve to be heard your voice matters.

“Absolutely.”

and that's such a crucial message for young people to hear right?

“It is. It really applies to all of us though...”

Yeah,

“no matter our age, so much of self-respect is about honoring our own truth and expressing it authentically, and that takes courage,”

It does.

“so we looked at the individual advice for his children.”

Yeah.

“Now the letter shifts to these universal principles of self-respect that apply to both Lac and An, and really to all of us.”

Okay, so this is where it starts to get even more interesting for me.

“Yeah.”

Because he moves beyond these specific situations, and starts talking about these core actions. We can all take to build self-respect. And the first one he talks about is taking ownership of our choices and actions.

“Right.”

He's talking about building integrity, not just with others, but with ourselves.

“It's like he's saying we need to walk the walk not just talk the talk, right?”

Exactly.

“And he gives this great tip.”

Okay, what's that?

“He says start small.”

Okay.

“you know honor those commitments you make to yourself, like waking up early to exercise, or finishing that task, you've been putting off.”

Yeah.

“you know, you might think ,well, those are such small things.”

Yeah.

“But he's saying that even these small acts of following through build this foundation of self-trust which is essential for self-respect.”

You're so right because when you start to see yourself as someone who keeps their promises, to themselves someone who's reliable and dependable That changes how you feel about yourself.

“Absolutely.”

It builds that inner strength we were talking about earlier, like you're proving to yourself that you're worthy of your own trust.

“Yes, and that inner confidence spills over into everything you do now building on that.”

Okay.

“He then talks about being mindful of our time, and energy, it's so easy to get caught up.”

It is.

“In the busyness of life saying to everything in everyone.”

Right

“But he says that self-respect means valuing your time. Enough to invest it in things that truly matter and learning to say No to things that drain you.”

I think that's something so many of us struggle with.

“It is.”

We feel like we have to say yes to everything. We have to be available to everyone all the time. But he's saying that self-respect means setting boundaries. Not just to protect our emotional well-being but also to protect our time and energy.

“It's like creating a sacred space for the things that truly nourish and fulfill you.”

I like that.

“He goes on to remind us that we should strive for progress not perfection.”

Right.

“And I think this is so important.”

It is.

“Because self-respect isn't about beating yourself up for every little mistake. It's about embracing the journey, you know, knowing that you're constantly learning and growing and evolving.”

It's like that old saying Rome wasn't built in a day

“Exactly.”

and you're not gonna be perfect overnight, right? So it's about giving yourself that grace to be a work-in-progress to make mistakes and learn from them without losing sight of your inherent worth.

“It's about self-compassion, and that leads right into the next point he makes which is about taking care of our physical and mental well-being. And this isn't just about

eating healthy and exercising. Although those are important.”

Yeah. It's about recognizing that your body and mind deserve care and attention. It's a form of self-love and self-respect.

“It's like you're saying, I'm worth taking care of I deserve to feel good in my body and in my mind.”

Exactly.

“and you know as you were talking about all of these principles, it really struck me how interconnected they are.”

They are.

“It's like taking ownership of your choices. Leads to greater self-trust and then that self-trust empowers you to set boundaries to strive for progress not perfection to take care of yourself, both physically and mentally.”

It's like this beautiful upward spiral, you know, each act of self-respect reinforces and strengthens the next, and as I was reading this section, it just clicked for me, how all of these principles are woven together to create this tapestry of self-respect.

“It's such a powerful image.”

It is.

“And I think what makes this letter so impactful is that it's not just a list of rules or instructions.”

Right.

“It feels like a heartfelt message from a father”

who truly wants his children to live fulfilling and meaningful lives.

“Absolutely.”

And he recognizes that self-respect is at the heart of that.

“Exactly. It's about recognizing that self-respect isn't a luxury. It's the foundation.”

Yeah.

“And it's something we can cultivate and nurture throughout our lives.”

He actually ends the letter by saying that self-respect is not a destination but a journey of growth.”

“That like so.”

It's not something you achieve and then you're done.

“Right.”

It's an ongoing process. It's a commitment to living in alignment with your values, even when it's challenging.

“And that brings us to the question. He leaves us with.”

Okay.

“He asks how would your life be different if you consistently prioritize self-respect in your decisions and actions?”

Wow, that really makes you stop and think doesn't it? it does because if we're honest with ourselves, I think we



can all probably identify areas in our lives where we could be showing ourselves a bit more respect.

“Oh for sure.”

Maybe, it's about setting better boundaries like we talked about, or being more mindful of how we spend our time, and with whom, or just simply treating ourselves with a bit more kindness and compassion.

“Right. Those are great examples.”

Yeah.

“And sometimes it could be even simpler than that.”

Okay, how so.

“Maybe, it's about finally committing to that exercise routine, you've been putting off.”

Oh, yeah.

“Or tackling that pile of paperwork that's been staring you down for weeks. Those little things those seemingly small acts of self-respect. They can make such a difference in how we feel about ourselves.”

They really can. It's like each time we follow through on something we've promised ourselves.

“Yeah.”

We're proving to ourselves that we're worthy of our own trust.

“Absolutely.”

And that can be incredibly empowering.

“It is.”

I know for me when I finally started making time for exercise, even though I had a million excuses not to. It wasn't just about the physical benefits. It was about that feeling of hey, I did that.

“Exact.”

I said I would and I did. That's a huge boost to your self-respect.

“I completely agree in those small wins. They create this ripple effect.”

They do.

“They build momentum, and make it easier to tackle bigger challenges with that same sense of self-assurance.”

Right.

“And you know as we wrap up this Deep-Dive.”

Yeah,

“I think the biggest takeaway from this letter. Is that self-respect is not a one-time achievement.”

Right.

“It's a practice.”

Okay.

“It's something we have to choose over and over again.

Yeah.

“Every single day.”

So true and as we go about our day, I hope you'll keep that question in mind. How would your life be different if you consistently put self-respect front and center in your decisions and actions?

“Such a good question.”

Because ultimately that's what this letter so beautifully illustrates.

“It does.”

Self-respect is not some lofty ideal. It's the key to a life of authenticity meaning and true fulfillment.

“It really is and it's a journey worth taking.”

I think so too. Thanks for joining me on this Deep-Dive.

“My pleasure.”

End.

MP3: The Value and power of self-respect

<https://moingaymotchuyen.com/Self-Respect>

# THE VALUE AND POWER OF BEING YOURSELF

Okay, so get this, we're diving into this letter, right?

“Yeah.”

And it's from a dad to his kids.

“Okay.”

Lac, who's 20 and heading off to university. And An, who is like 15, and figuring out high school, you might think, ugh, another be yourself talk.

“Right.”

But this dad, he like really breaks it down, why it's so powerful...

“Yeah.”

... especially for them at these points in their lives, you know?

“What I found really interesting was how he tackles the pressure to conform. Because both Lac at university, everyone's trying to figure out who they are, right?”

Yeah.

“And they're often looking at what everyone else is doing. And then An in high school, where fitting in can feel like the most important thing.”

Oh, totally. It's like this dad knows that just saying be yourself isn't enough. He goes deeper, starting with Lac.

“Okay.”

He's like, university is almost designed to make you second guess yourself. You've got pressure from peers, professors, even just this like societal expectation of what success is supposed to look like.

“It's true.”

Yeah.

“And he's not saying ignore all that, but define what success means for you.”

Right.

“I mean, there's even research that shows when people's self-worth comes from external validation, like their confidence is actually more fragile.”

Oh, wow.

“So he's kind of pushing Lac toward building that inner strength.”

Okay. So it's not just ignoring the pressure, but actively

building a sense of self that can handle it.

“Yeah.”

That makes a lot of sense. And then there's this part about finding genuine connections. Is he saying that if you're not being yourself, you won't make real friends?

“Well, it's a bit more nuanced than that. Think about it. If you're putting on a front, you attract people who like that front.”

Right.

“Not necessarily you. He's saying being authentic helps you draw in people who value the real you, flaws and all. Those are the relationships that can really last.”

Yeah. Like why waste energy pretending when you could be finding your tribe?

“Exactly.”

And there's this part, it really stood out to me, where he talks about the power of saying No.

He even encourages Lac to embrace vulnerability. I mean, that's not your typical fatherly advice.

“No, it's not. It's actually incredibly insightful.”

Right.

“He's essentially giving Lac permission to set boundaries, saying No to things that don't align with his values, even if it means standing out. And vulnerability, that's where the real magic happens. By letting go of this need to be perfect, Lac opens himself up to deeper, more authentic connections.”

Okay. So we've got Lac building this inner confidence, surrounding himself with people who get him.

“Right.”

And being brave enough to say No when he needs to. What about An?

“Yeah.”

High school's a whole different beast.

“Absolutely. And this dad, he gets it.”

Yeah.

“He tells An to trust her gut.”

Okay.

“Especially when something feels off. He's nurturing her intuition, that inner voice that often knows what's best for us, even if we can't explain it logically.”

Right. But high school can be so purged about following the crowd.

“It can.”

How does he encourage her to be different?

“Well, he flat out tells her, it's okay to stand out, An. The people who truly love you will embrace your individuality. He even points out that the world needs people who are willing to be different, to challenge the norm. That's how progress happens.”

Yeah.

“You know?”

That's pretty cool. Encouraging her to be a change maker at 15.

“Yeah”.

He also talks about her voice mattering. Is that about speaking up even when it's scary?

“Exactly. He's telling her that her opinions have value even if they're different.”

Okay.

“He's encouraging her to think critically, to form her own opinions, and to express them confidently.”

Yeah.

“Even if it means disagreeing with the popular crowd.”



So he's basically saying, An, don't just follow the herd.

“Yeah.”

Think for yourself. Speak up and make a difference. I love that.

“That's good advice.”

He also reminds her, just like he did with Lac, that she can't please everyone.

“Right.”

Why is that so important, especially for a teenager?

“Well, at that age, social approval can feel like everything.”

Oh, he's trying to help her avoid the trap of constantly seeking validation from others.

“Right.”

Because, you know, the reality is you can't please everyone, and trying to will only leave you feeling exhausted and unfulfilled.

“He's teaching her to prioritize her own well-being and values over constantly trying to win the approval of others. That's a lesson that, you know, a lot of us, not just teenagers, could benefit from.”

Absolutely. And he emphasizes this beautiful message of self-love. He even encourages her to embrace her flaws.

“So he's not just saying, like, be yourself. He's saying, love yourself, flaws and all.”

Yes.

“That's pretty powerful.”

It's profound. He's teaching her to accept herself unconditionally.

“Yeah.”

To recognize that her imperfections are part of what makes her unique and beautiful. And that kind of self-acceptance is the foundation for genuine confidence and happiness.

“And just like with Lac, he talks about the importance of saying No, even as a teenager.”

It's true.

“He's saying, like, it's okay to go against the grain, even if it means facing peer pressure.”

He is.

“He's empowering her to stand firm in situations that compromise her values. He's saying, An you have the right to say No, even if it's uncomfortable.”

Right.

“Your well-being and your values matter.”

That takes a lot of courage at that age.

“Yeah.”

And finally, he encourages her to follow her passions, no matter how unconventional they may seem. Is he saying it's okay to be a little weird?

“He is.”

To pursue those things that truly light her up, even if they don't fit the mold?

“Exactly. He's giving her permission to explore her interests, to discover what truly inspires her, and to pursue those passions wholeheartedly without judgment or reservation.”

So we've got Lac building inner confidence, setting boundaries, and finding his tribe.

“Yeah.”

And we've got An embracing her individuality, speaking her truth, and following her passions.

“Uh huh.”

Now, this is where it gets really interesting.

“Okay.”

Because he dives even deeper into this idea of the strength of authenticity, this time focusing on each of his kids individually.

“Yeah. He's taking this abstract concept of being yourself and showing them how it can actually play out in their lives with real, tangible benefits.”

Right.

“It's almost like he's giving them a roadmap for navigating life's challenges with authenticity as their compass.”

Okay. So tell me, what does he highlight for Lac as he took on adulthood?

“Well, first and foremost, he talks about this sense of liberated authenticity. It's like when you stop trying to fit into a mold that doesn't quite fit, you free up so much energy.”

Right.

“Lac doesn't have to chase someone else's idea of success or happiness anymore.”

Like he's given permission to define those things for himself.

“Exactly.”

To create his own path instead of following a predetermined one.

“And what's interesting is how he connects this to a sense of dignity.”

Oh, really?

“It's like he's saying that living in alignment with your true self brings this deep sense of self-respect and honor.”

So it's not just about feeling good. It's about feeling good about yourself.

“Yes.”

About the choices you're making. I can see how that would lead to a boost in confidence, which he also talks about.

“It is a different kind of confidence, you know?”

Okay.

“Not the flashy, look-at-me kind, but a quiet inner knowing that you're on the right path, even if it's not the most popular one.”

It's that inner strength that comes from being grounded in who you are.

“Yeah.”

Not in what others think of you.

“And he's honest with Lac about the potential downsides.”

Okay.

“He acknowledges that this path might lead to feeling lonely at times.”

So he's not sugar-coating it.

“Right.”

He's saying, look, being true to yourself might mean standing apart from the crowd, and that can be tough.

“He's preparing him for the reality that not everyone will understand or approve of his choices.”

Right.

“But he's also saying that it's okay.”

Yeah.

“That the people who truly matter will get it.”

He's emphasizing that it's more important to be true to yourself than to try to win the approval of everyone around you.

“And he contrasts that potential loneliness with the

power of attracting authentic relationships.”

So he's saying when you're genuine, you attract people who appreciate the real you. Not some facade you're putting on.

“Exactly. He's saying that when you're living authentically, you're more likely to attract people who are also being themselves.”

Yeah.

“And those are the kinds of relationships that can be incredibly fulfilling.”

It's about finding your tribe, the people who celebrate your quirks and encourage you to shine.

“Exactly.”

And he talks about the freedom that comes with choosing your own path in life. Instead of feeling like he has to follow a certain script.”

“Right.”

Lac gets to write his own story.

“Precisely. And he emphasizes that this freedom comes with responsibility.”

Okay.

“Lac gets to make his own choices, but he also has to own the consequences of those choices.”

It's about taking ownership of your life, your decisions, and your direction.”

“Yeah.”

And then he talks about the joy of living without fear. What does he mean by that?

“He's saying that when you let go of the need to please everyone, you free yourself from the fear of judgment and rejection.”

Right.

“You can finally relax and be yourself without constantly worrying about what others might think.”

It's like taking a deep breath and finally being able to just be. And he specifically addresses this...”

“Yeah.”

... recognizing the unique challenges she might face as a young woman navigating the social pressures of high school.

“He reminds her that true strength doesn't come from fitting in. It comes from standing out, from being brave enough to be different.”



He's encouraging her to embrace her individuality, her unique perspective, and her voice, even if it means going against the grain.

“And he tells her straight up, speak your truth without fear, and even when your opinions differ from the majority.”

He's telling her that her voice matters, that her perspective is valuable, and that the world needs to hear what she has to say.

“He's encouraging her to think critically, to question the status quo, and to speak up for what she believes in, even if it's unpopular.”

It's about finding that inner courage to be yourself, even when it feels scary or uncomfortable.”

“Yes.”

He also emphasizes the importance of embracing vulnerability.

“He's saying, and let people see the real you. Let them see your strengths and your weaknesses, your joys and your sorrows.”

It's about letting go of the need to be perfect and allowing yourself to be seen for who you truly are, imperfections and all.

“He's teaching her that vulnerability is not a weakness,

it's actually a strength.”

Yeah.

“It's what allows us to connect with others on a deeper, more authentic level.”

It's about building real relationships, not superficial ones based on facades and pretense. And then he reminds her, just like he did with Lac, about the importance of self-acceptance.

“He's saying, and love yourself, love your quirks, your flaws, your imperfections. They're all part of what makes you unique and special.”

He's encouraging her to embrace all parts of herself, not just the parts she thinks are acceptable or likable.

“And he connects this to the idea of not comparing yourself to others.”

Right.

“He's saying, and your journey is your own. Don't waste your energy comparing yourself to others. Focus on your own growth and celebrate your own progress.”

He's reminding her that everyone is different. Everyone has their own strengths and weaknesses. And that comparison is truly the thief of joy.

“It is.”

And of course he encourages her to follow her dreams.

“He's saying, and trust your gut, pursue the things that light you up, even if they seem unconventional or challenging.”

He's encouraging her to listen to that inner voice, to take risks, and to create a life that is aligned with her passions and her purpose.

“And he concludes this section with a beautiful message about the importance of prioritizing joy over approval.”

He's saying, and choose happiness. Choose the things that bring you joy, even if they don't win you approval from everyone around you.

“He's reminding her that true happiness comes from within, not from external sources.”

It's about making choices that align with your values, your passions, and your heart, even if they don't fit the mold.

“And now in the final part of his letter, he circles back to address both Lac and the part, and offering them guidance on how to actually live out this idea of authenticity.”

Yeah.

“He's giving them this pep talk about why being themselves is so important. But now it's like he's getting

down to the how.”

It's one thing to say be authentic, but actually doing it, that's where it gets tricky.

“Exactly. It's like he anticipated them thinking, okay, dad, that all sounds great,”

Yeah.

“but how do we actually put this into practice?”

Yeah.

“And he starts with self-awareness.”

Which let's be honest, can feel pretty daunting.

“It can.”

Like where do you even begin with knowing yourself?

“Right.”

It seems so big.

“He gives them a few clues. He talks about values, passions, dreams, even acknowledging their flaws.

Okay.

“It's about understanding what drives you, what makes you tick, what you truly care about.”

Yeah. I think a lot of people, myself included, get so caught up in the day-to-day...

“Yeah.”

that we don't make time for that kind of reflection.

“It's true.”

Maybe that's where we go wrong.

“It's so easy to get swept up in expectations, both our own and those of others.”

Right.

“This dad is saying, slow down, take a step back, and figure out what truly matters to you.”

Not what society says. Not what your friends are doing.

“Not what you think you should care about.”

Right, but what resonates in your own heart.

“Yeah.”

He's basically saying, don't outsource your identity.

“Figure it out for yourself. Okay, so let's say you've done some of that self-reflection.”

Right.

“You've got a better sense of who you are.”

Yeah.

“But then you're in a situation where you feel pressure to conform to be someone you're not.”

It happens.

“How do you handle that?”

Well, he talks about the power of saying No. And it's not just about refusing to do things you don't want to do.

“Yeah.”

It's about recognizing that you have the right to set boundaries.

“So it's not being rude or selfish.”

No.

“It's about protecting your own well-being, your own sense of self.”

Exactly. And sometimes that means having difficult conversations.

“Right.”

He doesn't explicitly say this, but I think he's implying that clear communication is key. You don't have to be

aggressive, but you do have to be firm.

“So know yourself, set boundaries. And then he talks about the importance of surrounding yourself with the right people.”

Yeah.

“He actually says, authenticity acts like a magnet attracting like-minded souls.”

Love that.

“He's saying, choose your company wisely.”

Right! If you're surrounded by people who constantly put you down or pressure you to be someone you're not, it's going to be a lot harder to stay true to yourself.

“It's going to be an uphill battle.”

But if you're with people who encourage you to be your best, most authentic self, that's where the magic happens.

“It is.”

And this leads right into his point about the joy of living authentically. It's like once you've done the hard work of figuring out who you are and setting those boundaries, then you can finally relax and enjoy the ride.

“He's saying, let go of the need to please everyone. Let go of the fear of judgment. Just be yourself and see what happens.”

It's almost like he's giving them permission to have fun, to be free to experience life on their own terms.

“Absolutely.”

And I love how he ties this back to the letter's overall message. He tells them, the strength of being yourselves will not only free you from external pressures, but also become your greatest power.

“Powerful stuff.”

It's like he's saying, this isn't just about feeling good. It's about being effective in the world. Your authenticity is a superpower.

“Uh-huh. Use it.”

I love it. So as we wrap up this Deep-Dive, what's one thing that you think our listeners should take away from this incredible letter?

“You know, for me, it's the reminder that self-discovery is an ongoing process.”

Yeah.

“It's not something you do once and then you're done.”

Right.



“It's about continually checking in with yourself, reassessing your values, your passions, your dreams, and making adjustments as needed.”

It's like he's saying, don't be afraid to evolve. Don't be afraid to change your mind. The most important thing is to stay true to yourself wherever that journey takes you.

“Beautifully said. And I think that's a perfect note to end on. You have the power to define yourself, to create a life that is authentic and fulfilling. Don't let anyone tell you otherwise.”

End.

MP3: The Value and power of being yourself

<https://moingaymotchuyen.com/Being-Yourself>

# THE VALUE AND POWER OF KINDNESS

Welcome to today's Deep-Dive. Um, we're going to be talking about kindness.

“Yeah.”

Specifically We're looking at this letter from a father to his two children.

“Okay.”

And the kids are Lac who is 20 and at university, and An who is 15, and trying to figure out high school.

“Yeah.”

Yeah, what I found so fascinating about this letter is the way that he really tailors the advice to each kids specific stage of life.

“I see.”

It's not just this sort of general be nice lecture.

“Yeah.”

It's really about why this matters like now in their lives.

“Absolutely. And what struck me was how he directly takes on this idea that kindness equals weakness.”

Yeah.

“Which is something you hear a lot.”

Right.

“He really presents it as something powerful particularly in the context of his son's experience at university.”

Yeah, he specifically tells Lac that you know offering kindness without expecting anything in return...

“Right.”

that strength in a world that often feels very transactional.

“Yes.”

You know, it's like you scratch my back, I'll scratch yours, but he's saying that's not real kindness.

“No.”

So it got me thinking, have you ever seen like an act of kindness where it really stood out to you?

“Oh, yeah all the time.”

Like where?

“Especially when it seems like nobody is watching.”

Yes.

“You know someone goes out of their way to help a stranger...”

Right.

“You know,”

Yeah.

“that always gets me...”

Yeah. It's like you see that little glimmer of hope...

“Exactly.”

in the world and you think okay...

“Yeah.”

...not all is lost.

“And that's a perfect example of what this father's talking about. It takes real inner strength to be kind when there's no guarantee of anything coming back to you.”

Right.

“No reciprocation, No recognition.”

Yeah.

“And it ties into another interesting point. He makes about how generosity is actually a path to freedom.”

Tell me more about that.

“So he's explaining to Lac that when you're truly generous, you release the need to control other people...”

Okay.

“or hold on to resentments...”

Interesting

“...think about it when you're constantly trying to manipulate situations or get even with someone...”

Oh, yeah,

“...that takes so much energy.”

You're weighed down.

“You're weighed down.”

By all that negativity.

“Right. But when you approach life with this spirit of generosity. You're free from all that.”

I see.

“you can accept people as they are, and choose to help them with no strings attached.”

Right.

“He even says to his son...

Yeah.

“...a generous person can always say: I accept you as you are, and I will still do my best to help you.”

That's powerful.

“It is.”

Because it's like you're making a choice...

“Yes.”

...to respond to people a certain way no matter what they do

“regardless of their actions.”

Yeah, it puts you back in control.

“Absolutely. Emotionally and that idea of choice is really central to his argument later on he connects it to confidence.”

Interesting.

“He tells Lac true confidence isn't shown through bragging or putting other people down. It's actually shown through acts of kindness.”

So he's not talking about that superficial. That's all about appearances.

“Right.”

This is something much deeper.

“Exactly. He gives a great example.”

Oh, what's that?

“He tells Lac, remaining tolerant when you're angry or acting kindly even when you disagree with someone.”

Yeah.

“Those are signs of true unshakable confidence.”

It's like you're so sure of yourself, you don't need to prove anything.

“Right. You can afford to be kind even when it's tough.”

What do you think would happen if we all approach disagreements that way?

“Hmm, that's a good question.”

With that kind of confidence.

“It would certainly change things wouldn't it?”

Yeah, it changed a whole dynamic,

“and it brings us to another really important point. The father makes about kindness.”

Okay.

“It's about legacy.”

Yeah. He tells Lac that kindness is what people will really remember you for long after all the material stuff is gone.

“Right.”

He even says the legacy of kindness will endure.

“Powerful.”

What do you think about that?

“I think it speaks to this ripple effect of kindness, the idea that our actions, especially those that come from compassion and generosity have an impact that goes way beyond our immediate circle.”

It's like planting a seed...

“It is.”

...that keeps growing.

“and blossoming even after we're gone.”

So it makes you wonder what kind of legacy do you want to leave behind?

“That's a big question.”

It is. But it's worth thinking about...

“Definitely.”

...what do you want people to remember you for?

“That's something I'm still figuring out, I guess...”

We all are.

“...but what's interesting about this letter is that it doesn't just stay with these big ideas.”

Yeah.

“It gets really specific too, especially with his daughter.”

Right. He shifts gears a little bit and talks about how practicing kindness can actually help you understand yourself better. It's not just about the impact on other people.

“Right.”

It's about self-discovery.

“He tells me in each act of kindness is like a mirror...”

Oh, wow.

“...reflecting your values and revealing your inner strength.”

So you're putting your values into action.

“You are.”

And by doing that you get a clearer sense of who you are.

“Yeah, and that's a journey that's especially relevant for teenagers.”

Uh-huh



“like”

They're still figuring out their place in the world.

“Exactly. He also talks about how kindness can break down barriers.”

I love how he uses analogies.

“Me too. He's great at it.”

What does he say about that?

“He tells An that people often build walls around their hearts...”

to protect themselves.

“...to protect themselves from getting hurt, but a gesture of gentleness and sincerity.”

Okay.

“It's like a key that unlocks those barriers...”

So it's about vulnerability and authenticity..

“which are often tied to kindness...”

Yeah.

“...and they can be so powerful in building real connection.”

So it's not just about being nice on the surface.

“No.”

It's about being open and genuine with people.

“Exactly.”

Even if it means you might get hurt.

“Yeah, and he acknowledges that this can be tough,”

Especially for a teenager,

“Especially for someone like An who's going through all the complexities of high school. He tells her when you're faced with unkindness, it's so tempting to withdraw and protect yourself. But true kindness has the power to break through that darkness...”

to overcome it

“...to overcome it.”

It's about choosing compassion over retaliation...

“Yeah.”

...even when it's really hard,

“and he specifically talks about the challenges of being a teenager,”

Yeah.

“He says how important kindness is during those years when you're more likely to feel lost or lonely.”

It's so common at that age...

“It is.”

to feel like you don't belong.

“Right. He reassures that kindness will always make her feel welcome,”

especially during those times when she might be struggling to find her place.

“Exactly. It's like he's in kindness creates this sense of belonging, both for the person giving it and the person receiving it.”

It reminds us, we're not alone.

“We're all in this together.”

So we've talked about his big-picture philosophy on kindness, but what I find so fascinating is he doesn't stop there.

“Right.”

He actually gives Lac and An practical tips...

“He does.”

... or how to be kind in their daily lives,

“and what's brilliant is how he tailors the advice to their different life stages.”

Yeah, for Lac at university, he focuses on things like really listening, using positive language, and volunteering time.

“Right.”

But for An who's still in high school, he talks about things like really listening to her friends, celebrating their successes, and welcoming new people.

“It's a beautiful reminder that kindness can be expressed in so many ways...”

Yeah,

“and it doesn't have to involve these grand gestures. It's often the small everyday things that make the biggest difference,”

Right, and that brings us to another important point he makes...

“what's that.”

... about the power of those small acts.

“Oh, yeah.”

He says even tiny gestures can create a ripple effect of kindness.

“A simple smile, a kind word. holding the door for someone,”

these little things can really brighten someone's day,

“Absolutely, and there's even research that shows these small acts can have a ripple effect. Not only do they benefit the person you're being kind to, but they can inspire that person to pay it forward.

So it's contagious.

“Kindness is contagious.”

I love that.

“when we experience kindness. We're more likely to be kind to others.”

It makes me wonder what if we all committed to one

small act of kindness every day.

“What would the world be like?”

How would that change things?

“It's a powerful thought, isn't it?”

It is.

“And along those lines the father gives Lac another piece of advice,”

Oh what's that.

“focus on using positive language.”

Okay,

“he points out that words have power,”

Yeah,

“more than we realize.”

You know, it's like that old saying, “sticks and stones may break my bones, but words will never hurt me.”

“Right,”

We know that's not true.

“Not at all, words can leave lasting scars.”

Yeah,

“He's encouraging Lac to choose words that uplift and encourage others.”

Instead of tearing them down.

“Exactly. It's about consciously shifting our language towards positivity and appreciation.”

It's not just what we say either how we say it?

“Absolutely, our tone of voice, our body language. They can all convey kindness.”

Just as powerfully as our words.

“It's about being mindful of our entire communication style...”

Yeah.

“making sure it reflects that kindness and respect we want to put out into the world.”

I love that.

“So we've talked about Lac...”

Yeah,

“but what about An, what kind of advice does he have for his teenage daughter?”

Yeah, let's dive into that.

“Okay, so he starts by emphasizing the importance of actively listening to friends...”

Okay,

“and being there for them when they're going through tough times.”

He's acknowledging that high school can be really rough.

“It could be brutal.”

Yeah,

“He reminds them that sometimes the best thing we can do is just listen without judgment, and offer a shoulder to cry on...”

just being there

“just being there...”

without trying to fix it.

“Exactly, just being a source of support and understanding.”

Especially when everything feels so intense,

“like when all those emotions are running high.”

He also encourages her to celebrate her friends successes.

“Yes.”

Even if she might be feeling a little bit jealous.

“Which could be really tough.”

Especially in high school,

“Especially in that environment,”

where there's so much pressure,

“to succeed and to stand out.”

Yeah, he's basically encouraging her to choose genuine happiness for others.

“Okay,”

And to recognize their achievements.

“Even if she might be struggling herself. It's about putting the needs of others before our own egos,”

Wow!

“and understanding that someone else's success doesn't take away from our own worth.”

That's such an important lesson.

“It is. And it's not easy to learn.”

Especially at that age.

“when comparison and competition are so intent.”

It can feel like it's all about who's doing better.

“Exactly.”

But he's saying that's not what matters.

“It's about supporting each other,”

and speaking of navigating social dynamics,

“Yes.”

he also gives some really good advice about welcoming newcomers.

“Oh, yeah, that's so important.”

He encourages An to reach out to students who might be feeling shy or left out,

“especially those who are new to the school.”



Yeah, he reminds her that a simple act of kindness like inviting someone to sit with her at lunch,

“or including them in a group project...”

Yeah.

“can make a huge difference in their experience.”

It's about creating a more inclusive and welcoming environment

“where everyone feels like they belong.”

He also talks about being kind online.

“Oh, yes, that's crucial in today's world.”

Especially on social media.

“He points out that social media can be a breeding ground for negativity and drama.”

Oh, yeah, it's so easy to get sucked into that.

“It is. But he also says it can be a powerful tool for spreading positivity and kindness.”

It's about making a choice to use our online platforms for good.

“Even when it feels like an uphill battle.”

So, what does he recommend?

“He suggests that An uses social media to complement others,”

Okay,

“share inspiring stories and stand up to bullying or hate speech,”

so it's about actively choosing to be a force for positivity

“in the digital realm,”

Yeah, even when it feels like you're fighting against the tide.

“It can feel overwhelming sometimes.”

But he's reminding her that we all have the power to shift the tide.

“Even in small ways, and he makes another really important point,

What's that.

“be kind to teachers.”

Oh, yeah, we often forget about that.

“Hmm It's easy to take them for granted.”

Especially as a teenager.

“You're so focused on your own world,”

Yeah,

“your own dramas,”

but he reminds her that teachers work so hard.

“They do.”

And they deserve our respect and appreciation.

“He encourages her to be polite and respectful in class”

Okay.

“to thank teachers for their hard work,”

Yeah,

“and to offer help whenever possible.”

It's about recognizing their value,

“and showing gratitude for their dedication,”

which often goes unnoticed.

“It does.”

It's a good reminder for all of us really...

“It is.”

to appreciate the people who are making a difference in our lives.

“No matter what their role or status might be.”

But going back to An,

“Yeah,”

he emphasizes something that can be really hard for teenagers,

“What that.”

avoiding gossip and negativity.

“Oh, yeah, that's a big one.”

He encourages her to stay away from conversations that are hurtful or disrespectful,

“and to speak up,”

if she sees someone being treated unfairly.

“He's encouraging her to be an upstander”

rather than a bystander,

“which can be so difficult at that age.”

You're so worried about fitting in.

“and not rocking the boat,”

Right. But he's saying it's about choosing to be a force for good,

“and standing up for what's right.”

Even when it's uncomfortable,

“even when it might make you unpopular.”

It takes a lot of courage to do that.

“It does.”

But it also sends a powerful message

“to those around you.”

that you're not going to tolerate unkindness or injustice.

“You're drawing a line in the sand.”

What other advice does he give her?

“One of the most important things he says is to practice gratitude every day.”

Oh, that's a good one.

“He suggests she takes time each day to think about the things she's grateful for,”

Okay,

“and to express her appreciation to the people in her life.”

So he's encouraging her to focus on the positive,

“even when things are tough.”

Yeah, amidst all the drama of being a teenager.

“Exactly. He even suggests writing thank-you notes”

Wow!

“or simply telling people how much they mean to her.”

That's lovely.

“It's about cultivating a mindset of gratitude and recognizing all the good in our lives,”

even when things are hard.

“It's a reminder that kindness is often linked to gratitude when we're feeling grateful.”

We're more likely to be kind.

“Exactly.”

What stands out to me is how he ties all these practical tips into this bigger story about the power of kindness.

“He doesn't just present them as random actions.”

Right.

“He frames them within this whole philosophy”

About how kindness can shape who we are,

“and the impact we have on the world,”

and that's where we'll pick up in the next part of this  
Deep-Dive

“We'll explore how he ties it all together,”

and emphasizes the lasting legacy of kindness.

“Sounds good.”

So stay tuned.

“I'm looking forward to it.”

“So one of the first things the father tells Lac is how important it is to really listen to people.”

Okay.

“he says, you know a university is so easy to get caught up in your own schedule.”

Yeah, you're busy.

“You've got a million things to do.”

Uh-huh.

“But he says just taking the time to really listen to someone.”

Right.

“That's a huge act of kindness in itself.”

That's interesting because we usually think of kindness is like doing something,

“Right.”

like an action,

“Yeah,”

but he's saying just being present,

“just being there.”

and paying attention.

“It can be a gift.”

It's a form of generosity.

“Exactly. He even tells Lac put down your phone, close your laptop. and really give the person your full attention.”

It's about making them feel heard.

“Heard and valued”

Yeah,

“which is so important these days.”

It is, especially in a world that's so full of distractions.

“Right, we're constantly bombarded with information,”

and it makes you think how often are we really listening.

“That's a good question.”

Like truly listening.

“Are we just waiting for our turn to speak?”

Or checking our phones while someone's talking.

“It's like this subtle form of unkindness.”

We've probably all done it.

“I know I'm guilty of it. Sometimes,

Me too,

“but the father is encouraging Lac to be more present in his interactions,”

to make that effort,

“Yeah, and he says this attentiveness should go beyond just friends and classmates.”

He's talking about being kind to everyone,

“Exactly, even strangers.”

He brings up those little gestures again.

“Yeah, like smiling at someone, offering a compliment,”

holding the door open,

“those things might seem small.”

But they can really brighten someone's day,

“and remind them that they matter.”

It's a little reminder that we're all connected.

“Even in those brief moments,”



with people, we might never see again,

“and you know, there's actually research that shows”

Oh, really.

“that these small acts of kindness can have a ripple effect.”

I love that.

“Not only do they benefit the person you're being kind to”

Yeah,

“but they might inspire that person to be kind to someone else.”

So, kindness is contagious.

“Exactly, it spreads outwards.”

What do you think would happen if we all tried to do one small act of kindness every day?

“I think the world would be a very different place.”

I do too. It's a beautiful thought.

“And the father gives Lac another piece of advice that connects to this.”

Okay, what's that?

“He says focus on using positive language.”

Interesting.

“He says words have a lot of power.”

Oh, they do.

“more than we realize.”

It's like sticks and stones may break my bones, but words will never hurt me.

“Right.”

That's definitely not.

“True words can leave scars.”

They can stay with you for a long time.

“So he's telling Lac to choose words that lift people up.”

Instead of tearing them down,

“to encourage rather than discourage.”

It's about being mindful of the impact our words have.

“And it's not just what we say,

Right. It's how we say it.

“our tone of voice, our body language,”

all of it.

“It all contributes to the message we're sending.”

So we've talked about Lac.

Yeah, but what about An? What kind of advice does he give his teenage daughter?

“Well, he starts by emphasizing how important it is to listen to her friends”

Okay,

“to really be there for them when they're going through a hard time.”

He's acknowledging that being a teenager can be tough.

“It's a roller coaster of emotions”

with so much pressure,

“and uncertainty.”

Yeah,

“He tells and sometimes the best thing you can do is just listen without judgment.”

Right.

“Don't try to fix things. Just offer a shoulder to cry on”  
just be present.

“Just be there for them.”

And he also encourages her to celebrate her friends successes.

“Even if she might be feeling a little bit envious”

which I think is so hard at that age.

“It is you're constantly comparing yourself to others”

trying to figure out where you fit in

“and he's encouraging her to choose genuine happiness for her friends”

to put their needs before her own ego.

“Exactly, and to recognize that their accomplishments don't diminish her own worth.”

That's a really mature way of looking at things.

“It is, and it takes practice.”

He also talks about welcoming new people.

“Yeah, he encourages An to reach out to students who might be feeling shy or left out.”

It's about creating that sense of belonging

“making sure everyone feels welcome.”

He specifically mentions inviting someone to sit with her at lunch,

“or including them in a group project.”

Those little things can make a big difference.

“They can.”

And he also talks about being kind online.

“Which is so relevant for teenagers these days.”

They spend so much time on social media.

“He points out that it can be a breeding ground for negativity.”

Well, yeah.

“But it can also be used to spread positivity and kindness.”

It's about making that conscious choice

“to use our online platforms for good.”

So what does he suggest?

“He tells An to use social media to compliment people”

Okay,

“to share inspiring stories,”

and to stand up to bullying

“or hate speech.”

It's about being a force for good,

“even in the digital world.”

And he also says be kind to teachers

“which we often forget about.”

It's easy to take them for granted.

“Especially when you're a teenager,”

you're so focused on your own life.

“He reminds thing that teachers work incredibly hard.”

They do.

“and they deserve our respect and appreciation.”

So he tells her to be polite and respectful in class

“to thank teachers for their hard work,”

to offer help when she can.

“It's about recognizing the value of educators,”  
and showing gratitude for their dedication,  
“which often goes unnoticed.”

That's a good reminder for all of us.

“It is no matter what age we are.”

To appreciate the people who are making a difference in  
our lives.

But going back to An, he also emphasizes something that  
can be really tough for teenagers.

What's that.

“Avoiding gossip and negativity”  
that can be hard in high school?

“There's so much drama.”

He tells her to stay away from conversations that are  
hurtful or disrespectful

“And to speak up if she sees someone being treated  
unfairly.”

It's about being an upstander,

“not a bystander”

which takes courage.

“Especially at that age when you're so worried about  
fitting in.”

But he's encouraging her to stand up for what's right.

“Even when it's uncomfortable.”

It sends a powerful message.

“It shows that you won't tolerate unkindness.”

And he gives her one more really important piece of advice. That's practice gratitude every day.

“Oh, yeah, that's a good one.”

He tells her to take a few minutes each day to think about the things she's grateful for.

“And to express her appreciation to the people in her life.”

He even suggests her writing thank-you notes,

“or just telling people how much they mean to her.”

It's about cultivating that attitude of gratitude.

“Focusing on the positive, even when things are tough.”

It's a reminder that kindness and gratitude go hand in hand.

“when we're feeling grateful, we're more likely to be kind.”

So we've talked about all these specific tips.

“Yeah.”

But what really stands out is how he ties it all back to this bigger idea?

“About the transformative power of kindness,”

It's not just about isolated actions.

“It's about a way of being in the world,”

and that's what we'll explore in the next part of our Deep-Dive.

“Look at how he connects all these threads,”

and emphasizes the lasting impact of kindness.

“Sounds good.”

“You know, it's amazing how this father really goes beyond just telling his kids, to be nice.”

Right, he doesn't just say be kind and leave it at that.

“He really makes them think about why it matters,”

especially as they're growing up and figuring out who they want to be.

“Yeah, he emphasizes over and over the kindness isn't weak.”

It's actually a source of strength.

“He tells both Lac and An that.”

Yeah, he keeps coming back to that idea.

“It's not about being a pushover or letting people walk all over you.”

It's about having the inner strength to treat everyone with compassion and respect.



“Even when it's difficult.”

Yeah, sometimes it's really hard to be kind,

“especially when someone's been unkind to you.”

But he's saying that's when it matters most,

“it's about making a conscious choice”

to act in a way that benefits others.

“Even when it means putting your own needs aside,”

and that's not easy.

“It's not, but it's incredibly powerful,”

especially in a world that often tells us to look out for number one.

“He's saying there's a different way,”

a better way,

“and he reminds them that kindness has a ripple effect.

Oh, yeah, he talks about that a lot.

“When we're kind to someone it doesn't just impact them.”

It affects everyone around us. It creates a more positive environment and he gives them those practical tips for putting kindness into action.

“Right, like listening to others”

using positive language.

“We're volunteering your time,”

celebrating your friends successes,

“welcoming new people.”

All those little things that can make a big difference,

“and it brings us to one of the most powerful parts of the letter.”

What's that.

“The idea of kindness as a legacy.”

Yeah, he tells Lac and An that kindness is a gift that will outlast anything else.

“Material possessions will fade away”

Yeah, but the kindness we share with others

“that becomes part of who we are.”

It's like our legacy,

“the mark we leave on the world.”

It's a beautiful thought.

“It is.”

Even after we're gone the kindness we shared will continue to have an impact.

“It's like planting a seed that keeps growing and blossoming.”

So as we wrap up this Deep-Dive into the power of kindness,

“I'm feeling really inspired.”

Me, too. It's easy to get discouraged by all the negativity in the world.

“But this letter reminds us that we all have a choice.”

We can choose kindness,

“and make a difference.”

It starts with those small everyday actions:

“a smile, a kind word, a listening ear.”

We can all do those things,

“And they matter more than we realize.”

So I want to leave you with one last thought from the father's letter.

“Okay, what is it?”

He says kindness doesn't prove that the world is always deserving of it, but through your acts of kindness you show the world how beautiful you are.

“That's so powerful.”

It's a call to action,

“to be the change we want to see in the world.”

So what's one small act of kindness you can do today?

“That's something for you to think about.”

And on that note, we'll wrap up our Deep-Dive into the extraordinary power of kindness.

“Thanks for joining us.”

End.

MP3: The Value and power of kindness

<https://moingaymotchuyen.com/Kindness>

# THE VALUE AND POWER OF GENEROSITY

Welcome to today's Deep-Dive. We're tackling something a bit different this time around.

“Yeah, a little more personal maybe.”

Yeah, it's a letter from a father to his two kids, Lac and An. Lac's about to head off to university.

“And An's still in high school.”

Exactly. And this letter, it's not just your typical you can do it kind of message. It's more like...

“almost like he's giving them a framework for life.”

Yes. He's focusing on tolerance and generosity, but not just in his superficial way.

“Right. He dives into the psychology behind it.”

Like why these virtues are so important, both for personal growth, but also for society.

“And for someone like Lac, about to enter this whole new world of university, I think that's huge.”

Totally. So where does he even begin with all of this?

“Well, the letter really emphasizes how tolerance is the foundation for like really understanding yourself and the world.”

Okay, so not just putting up with things you don't like.

“No, it's deeper than that. He's talking about empathy, which is way more challenging.”

I remember when I first started university, I was a little overwhelmed by all the different opinions and backgrounds, you know.

“Absolutely. And the father, he acknowledges that. He tells Lac that everyone, everyone's coming in with these unique experiences that shape their views.”

Which makes sense, but is still hard to process sometimes.

“For sure. And that's why he encourages Lac to look inward, to examine his own like limits and beliefs.”

So he can better understand how he reacts to other people.

“Exactly. It's about recognizing your own biases before you can even begin to understand someone else's perspective.”

Now that's powerful stuff. Do you think maybe this approach to tolerance, could it help navigate our increasingly polarized world?

“That's a fascinating question. There's definitely research on conflict resolution showing that tolerance build on genuine understanding, it often leads to more productive dialogue.”

Even when there are those really strong disagreements.

“Exactly. So it's not about agreeing with everyone, but more about getting to a point where we can coexist peacefully, even with those differing viewpoints.”

Okay, that makes sense. And the father takes it even further, right? He makes this really interesting distinction between debate and argument.

“Yes, that part stood out to me too. He's saying that a true debate, it uses criteria to evaluate different explanations, which creates space for learning and growth.”

Well, in argument, it often just relies on personal biases.

“And usually just leads to resentment and hostility.”

Which helps no one. So this distinction, why do you think it's so crucial?

“I think it highlights the importance of engaging in respectful dialogue, even when you know, even when you strongly disagree. It's about being willing to challenge your own assumptions and consider other perspectives.”

You know, it makes me think of those ancient Greek philosophers. They saw debate as a way to refine ideas and get closer to truth.

“Not about winning or losing.”

Exactly. So do you think that's kind of what this father's getting at with his kids?

“I think so. He's encouraging this mindset where disagreements are viewed as opportunities for growth, not battles to be won.”

Which feels very relevant today, given how divisive things have become.

“It aligns with a lot of the research on emotional intelligence, too. The ability to manage your emotions and engage in that constructive dialogue. Crucial for pretty much every aspect of life.”

Okay, so we've unpacked this idea of tolerance as the foundation for understanding.

“A very important foundation.”



Right. But then the father moves on to generosity. And he's not just talking about giving stuff away.

“That's where it gets really interesting, I think, he frames generosity as a source of personal strength and fulfillment.”

Almost like it's a key to living a richer life.

“Yeah. And this is especially prominent when he's talking to An, who remember is still in high school.”

Hmm. Maybe because he knows high school can be so tough with all the social pressures and hierarchies.

“I think you're right. He reminds that genuine generosity can actually dissolve those social barriers and create real connection.”

Instead of trying to fit in or climb some social ladder.

“Exactly. And he suggests that by sharing vulnerabilities, we build trust and have those deeper relationships.”

Which is important at any age, but I feel like especially during those teen years.

“Absolutely. And then he goes on to say that self-forgiveness, that it's actually a crucial aspect of generosity.”

Oh, wow. Self-forgiveness. That's a concept I think a lot of us struggle with.

“For sure. But he's saying it's about being kind to yourself, recognizing that everyone makes mistakes, and beating yourself up only prevents you from growing.”

So he's saying generosity isn't just about material things.

“Right. It's about giving your time, your attention, understanding, and even forgiveness.”

It's a very different way of looking at it.

“And it's not a finite resource either.”

What do you mean?

“He emphasizes that true generosity comes from a place of abundance, not scarcity.”

Meaning?

“It's not about depleting yourself. It's about recognizing that the more you give, the more you actually have to offer.”

So it's not like if I give something away, I'll have less for myself.

“Right. It's more like a positive feedback loop, where generosity actually expands your capacity for things like love and kindness.”

That's pretty amazing. So we've got this concept of tolerance as a foundation, and then this expanded view of generosity.

“All as strategies for navigating life, basically.”

I'm really curious to hear how he suggests actually putting all of this into practice.

“Me too. He gets very specific, which I appreciate.”

Perfect. We'll dive into the practical advice he gives to Lac and An in part two of our Deep-Dive. See you there.

“Picking up where we left off, the father gives some very specific advice, almost like a toolkit for putting these ideas into practice.”

And he tailors it to each kid, right? Lac going to university versus An in high school?

“Yeah, like he knows they'll face different challenges.”

So for Lac and An, going into this world of like intense academics and different opinions, where does he even start?

“Well, he starts with something that seems simple but is actually really hard, active listening.”

Oh yeah. I'm a terrible listener sometimes.

“He stresses that truly listening to understand, not just waiting for your turn to speak. It's a huge gift you give to someone.”

It's about creating a space for connection, which in a university setting, it's probably pretty rare.

“Absolutely. And the father's not saying Lac should blindly accept everything he hears, but that he should approach things with curiosity, with an open mind.”

So even when he encounters a viewpoint that he totally disagrees with.

“Yeah, he reminds Lac that everyone's carrying these unique experiences, and to really understand someone, you have to actively listen, even when it's tough.”

So replacing judgment with curiosity.

“Exactly. Which honestly is a skill that takes practice.”

Big time. Especially in a university environment where there's so much emphasis on debating and critical thinking.

“And speaking of sharing knowledge, the father points out that's another form of generosity.”

So, as Lac is learning and growing, he should freely share his insights with others.

“Whether it's helping a younger friend figure out their future plans, or a fellow student struggling with a tough subject, it all counts.”

There's something nice about that, like paying it forward.

“And who knows, maybe by explaining something to someone else, Lac will understand it even better himself.”

Oh, that's a good point. But university is also so busy. How can Lac find the time for all of this?

“Well, the father addresses that directly. He reminds Lac that even amidst all demands, making time for generosity is crucial.”

Okay, so not just adding another thing to the to-do list.

“More like finding ways to weave it into everyday life.”

So like what? What kind of things?

“He gives examples like volunteering for a cause you care about, helping a friend move into their dorm, even just calling someone who's going through a rough time.”

It's about recognizing that even when your schedule is packed, you still have a choice in how you use your time.

“Exactly. Those small acts of kindness, they really can have a ripple effect.”

It's like it's not about having time, it's about making time. And those moments of connection, they mean a lot.

“The father then brings up something that I think is really challenging for a lot of people. Forgiveness.”

Oh yeah, forgiveness. Not always easy.

“He acknowledges that Lac will face situations where people disappoint him or have opinions he finds hurtful.”

Which in university, that's bound to happen.

“And his advice is to choose forgiveness, to let go of that resentment.”

That's tough, especially when you've been hurt.

“It is, but he emphasizes that it's not about condoning bad behavior or letting yourself be mistreated.”

It's more about freeing yourself from that negativity so you can move forward.

“Focus your energy on the positive stuff.”

So recognizing that we all mess up sometimes, holding on to anger just hurts us more.

“Then he talks about supporting others' dreams, even if those dreams are different from your own.”

Well that's interesting. Why do you think he brings that up?

“I think he knows Lac will meet people with all sorts of aspirations, some that might seem strange or even go against his own values.”

And he's saying to be supportive anyway.

“Yeah, like offering encouragement or practical help.”

That's a kind of generosity that's not always recognized.

“And one point that really resonated with me is about giving without expecting anything in return.

Especially in today's world, that's hard. Everything's about self-promotion, social media, you know.

“He's saying true generosity, it comes from a place of genuine caring, not wanting praise or attention.”

So those acts of kindness that maybe no one else even sees.

“Like anonymously buying someone lunch or helping out without taking credit.”

But even though no one might know, those things still make a difference.

“Right. And finally, he tells Lac to try to see the world through a generous lens.”

Okay, what does that even mean?

“It means recognizing that everyone has their own story, their own struggles.”

And to approach those differences with curiosity and an open mind.

“Exactly. Because there's always more to learn, more to understand.”

So that's the advice for Lac. What about An? What does he tell her, knowing she's still in high school?

“Well, he acknowledges that being generous in high school can actually be really tough.”



How so?

“Because those social pressures are intense and it can be tempting to prioritize, like, popularity over genuine kindness.”

So how does he suggest she navigate that? So how does he suggest she navigate that?

“He starts by reminding her that generosity doesn't have to be these big, showy things.”

Right. Not everyone can, like, donate a ton of money or anything.

“Exactly. He suggests really simple things, like helping a classmate who's struggling, holding a door open.”

Or even just offering to, like, clean up the classroom with the teacher.

“Yeah. It's about being aware of the people around you and their needs, even in those everyday moments.”

Those small acts of kindness, they really do add up, don't they?

“Absolutely. He also talks about sharing resources, like lending a pen to a friend or offering a snack.”

Or giving someone a book they might like.

“Right. Even those small things can brighten someone's day.”

And it's not about how much you give, but the thought behind it, right?

“Exactly. He says a simple act of kindness given with genuine care, that means more than some expensive gift that you felt obligated to give.”

It's about sincerity.

“And he encourages them to be patient when offering help, because not everyone learns at the same pace.”

High school people are definitely different stages of, well, everything.

“For sure. So sometimes someone might need a little extra time to explain themselves or work through something.”

And just offering that space without judgment, that's a kind of generosity, too.

“He then encourages her to use her own creativity to help others.”

Oh, like how?

“He gives examples like baking cookies for her family, drawing a picture for a friend who's down, even writing a letter to cheer someone up.”

So it's about using your talents to bring joy to others.

“Exactly. Those personalized gestures, they really show you care.”

What else? What other advice does he give her?

“Well, he talks about perspective-taking.”

Like trying to see things from someone else's point of view.

“Yeah. Which in high school, it can be really hard. Emotions are running high.”

And people can be, well, kind of mean sometimes.

“But he reminds her that everyone's going through something, their own battles.”

So someone might act out because they're hurting inside.

“Right. It's about remembering there's often more to the story than we see.”

And giving people the benefit of the doubt, because we all make mistakes.

“And then he gives a piece of advice that I think is especially important for teenagers. Celebrate the successes of others.”

Oh, wow. Yeah, that's hard, especially in high school where it feels like everyone's competing.

“He reminds her that someone else's success doesn't take away from her own.”

And in fact, by celebrating their wins, she creates a more positive environment for everyone.

“It's about moving away from that scarcity mindset where you think, there's only so much success to go around.”

So instead of feeling threatened by someone else's achievements, you can actually be happy for them.

“Exactly. He also emphasizes the power of simply saying, thank you.”

Oh, like expressing gratitude to the people in your life.

“Yes, to her parents, teachers, friends, anyone who has a positive impact.”

That's easy to forget sometimes, but it makes such a difference.

“Now, before we wrap up, there's one more thing he tells that I found really powerful. Self-forgiveness.”

That's something I think we all struggle with, not just teenagers.

“He knows that she's gonna make mistakes, especially in high school, which is all about learning and growing.”

And it's so easy to get down on yourself when you mess up.

“But he encourages her to be kind to herself, to offer herself the same grace she gives to others.”

To recognize that we're all works in progress, no one's perfect.

“And that mistakes are just opportunities to learn.”

It's a good reminder for all of us, I think.

“He ends by encouraging An to embrace generosity as, like, a way of life.”

So not just something you do occasionally, but a core principle that guides everything.

“Exactly. He wants her to see that even small acts of kindness can make a huge difference, creating this ripple effect of positivity.”

It's a beautiful thought.

“And what's amazing is he emphasizes that generosity is a win-win. It benefits both the giver and the receiver.”

It's not about self-sacrifice, but about recognizing that there's enough kindness to go around.

“And when you give freely, you not only impact the world, but you feel a sense of joy and fulfillment yourself.”

So to wrap up our Deep-Dive into this letter, what do you think is the most important thing for our listeners to remember?

“For me, it's the father's belief in the power of generosity to transform lives. It's not about rules or checklists, but a way of being in the world, approaching life with an open heart.”

And generosity doesn't have to be grand. It's those small acts of kindness, a listening ear, a helping hand, that really add up.

“It's a powerful message that we all have the capacity for generosity, no matter who we are.”

And by choosing to make it part of our lives, we can make the world a little brighter, a little more connected.

Thanks for joining us on this Deep-Dive.

End.

MP3: The Value and power of generosity

<https://moingaymotchuyen.com/Generosity>

# THE VALUE AND POWER OF TOLERANCE

Welcome to the Deep-Dive. We got this letter from a dad.

“Okay.”

And it's all about tolerance. We can really try to unpack that today.

“I love it.”

So the letters addressed to his two kids.

“Okay.”

Lac, and Lac is 20 and about to start university.

“Oh wow, big step.”

Yeah, and An's 15 navigating high school.

“Oh yeah, I remember those days.”

So we really want to understand, you know, what is this father's perspective on tolerance and how does that play out differently in these different life stages that his kids are at.

“Right, right.”



And, you know, maybe even get some tips for ourselves listening.

“Oh, of course, for sure.”

You know, how do we apply this?

“Yeah.”

This idea of tolerance in our own lives.

“Yeah.”

So.

“this is fascinating to me already because it seems like he's going beyond just like the typical be nice message. You know, this is about tolerance as a strength. Like something active.”

Active, not passive.

“Not just accepting things, but like a power.”

Okay, yeah, I like that.

“Something that can change how we see things.”

He actually defines tolerance.

“Oh, does he?”

As the ability to maintain your essence.

“Okay.”

When facing differences.

“Hmm. What do you think he means by that?”

Well, it makes me think that you need a really solid sense of self.

“Okay.”

To be tolerant.

“Right. You got to know who you are.”

Yes, exactly. Like if you don't know who you are.

“If you're not sure.”

How can you navigate all these differences?

“You're gonna lose yourself.”

You get lost.

“Yeah.”

Yeah. So self-awareness and maybe even confidence.

“Uh-huh, yeah.”

It's interesting too how he tailors the advice.

“Okay.”

To each kid.

“Oh, how so?”

So for Lac.

“Yeah.”

He really stresses active listening.

“Oh, interesting.”

And humility.

“Yeah.”

And, you know, Lac's going off to university. He's gonna be meeting all these signs of people.

“Different people”

with different ideas.

“And ideas.”

So he even says Lac.

“Okay.”

Listening is the first step towards tolerance. Control your defensiveness when someone presents an opposing.

“Oh.”

Or even ambiguous viewpoint.

Wow!

I mean, how important is that?

“Oh my gosh. Just essential.”

Especially at university.

“Right.”

I mean, we know.

“Yeah.”

From research that active listening helps us understand.

“Understand other people.”

Each other.

“Yeah.”

Reduces stress. Improves relationship.

“Oh, absolutely. For sure. Yeah.”

There's even a part.

“Okay.”

Where he says to Lac.

Uh-huh.

Someone who disagrees with you is not your opponent.

“Okay.”

They are your teacher.

“Wow.”

Reframing that disagreement.

“Yeah.”

As a chance to grow.

“Yeah. Not a conflict. It's like that cognitive flexibility.”

Yes.

“You know, being able to shift your perspective.”

Yes.

“And be open to new information.”

Adapt.

“Yeah.”

To new ideas.

“Yeah. Totally.”

So it's not about suppressing our own beliefs.

“Right.”

But making space for other perspectives.

“Yeah. Having them coexist.”

To coexist.

“Yeah. I like that.”

And then for An.

“Yeah.”

Who's dealing with, you know, high school. All the social dynamics.

“Totally.”

He emphasizes kindness understanding.

“Okay.”

Standing up for others.

“Yeah.”

He even says, you know.

“What's he say?”

Different doesn't equal wrong.

“Mm-hmm.”

Seems so simple.

“Right. But at that age.”

Oh my god.

“So important.”

High school.

“Yeah.”

Is like a pressure cooker.

“All those social norms.”

All the expectations.

“Yeah.”

And he's saying embrace those differences.

“Uh-huh.”

See them as connection.

“Right. Not divisive.”

Not as things that separate us.

“Yeah.”

And I love this part.

“Oh yeah.”

He says, you know.

“What's he say?”

Remember that tolerance begins with embracing.



“Oh.”

Who you truly are. Even when it feels different.

“Oh that's good.”

That resonates so much with me.

“Yeah me too.”

Because,

“It's that self acceptance.”

It is.

“The more we accept ourselves.”

Yeah.

“The more accepting we are of others.”

I love that.

“Yeah.”

And you know. He's also realistic.

“Oh in what way?”

He doesn't shy away from the fact.

“Yeah.”

That tolerance can be really tough.

“Yeah. Oh yeah. It's not always easy.”

Especially when we have strong disagreements or we encounter.

“Yeah.”

You know. Maybe even harmful behavior.

“Right.”

But he says it's important.

“Yeah.”

To stand firm in your own convictions.

“Okay.”

But while maintaining respect.

“Okay. Yeah.”

For that other person.

“Right. So you can disagree.”

You can disagree.

“But still be respectful.”

Yes. And he even differentiates.

“Okay.”

Between debating and arguing.

“Oh tell me more about that.”

He says debating requires clear criteria.

“Oh.”

To evaluate whether explanations are valid.

Hmm.

Arguing, on the other hand, relies solely.

“Oh.”

On personal biases and experiences. With no criteria for judgment.

“Interesting.”

It's like. So he's advocating for healthy debates.

“Right.”

Where you're looking at facts and logic.

“Yeah.”

Not getting swept up in emotion.

“Right. Right.”

And for Lac, you know. He is encouraging him.

“Okay.”

To have those challenging conversations.

“Uh-huh.”

But to do it respectfully.

“Respectfully and be willing to listen.”

Yes. And he even says this.

“Okay.”

Remember tolerance is not silence or suppressing your beliefs.

“Okay.”

Tolerance is expressing yourself respectfully.

“Uh-huh.”

And calmly even when faced with opposition.

“That's good.”

So he's promoting that assertive communication.

“Yeah. Saying what you need to say.”

But doing it in a way.

“Respectfully.”

That is respectful.

“Even when you disagree. Yes. I like that.”

And this is what I'm finding so interesting.

“Okay.”

He seems to be saying.

“Yeah.”

Tolerance doesn't mean being a doormat.

“Right.”

You can be tolerant, and strong in your values.

“Yeah.”

How do we balance those two things?

“Yeah that's the question isn't it? That's what we all struggle with.”

Exactly.

“How to be strong but also tolerant.”

Yes and maybe we can explore that.

“Yeah.”

As we unpack these practical tips.

“Let's do it.”

That he offers for cultivating tolerance.

“Yeah because it's one thing to talk about it.”

Right.

“It's another to actually do it.”

Okay.

“So let's get into the house.”

Yes let's get practical.

“Okay, love it.”

He talks about this idea of mental separation.

“Oh interesting.”

He tells Lac to develop tolerance. Learn to separate your emotions.

“Okay.”

From the issue at hand.

“Okay.”

And respond with empathy.

“So what do you think he means by that?”

I think it's like when we're in a disagreement.

“Uh-huh.”

And our emotions are getting all.

“Yeah we're getting heated.”

Riled up.

“Worked up.”

We need to detach for a minute.

“Okay.”

Take a breath.

“Yeah.”

Try to understand the other person's perspective.

“Right.”

And I think this is where mindfulness comes in.

“Ah.”

You know those techniques.

“Yeah like deep breaths. Noticing your body.”

Right. Just noticing what's happening.

“Yeah.”

Without judgment.



“Exactly.”

And it creates that space.

“Yeah that space to choose how to respond.”

Between you and that emotional reaction.

“Yes.”

So you can respond with more clarity.

“Right.”

And compassion.

“I love that.”

Like hitting pause.

“Yeah.”

On your emotional autopilot. He also talks about embracing diversity.

“Okay.”

Especially when you're working with others.

“Uh-huh.”

He says, Lac when working on group projects or initiatives.

“All right.”

Make the most of everyone's unique perspective.

“Oh.”

Instead of abilities.

“Hmm.”

He's not just saying tolerate diversity.

“Right.”

He's saying see it as a strength.

“See it as a positive.”

Yes. Exactly.

“That can actually help you be more creative.”

Absolutely. And we see this in research too.

“We do.”

That diverse teams.

“Yeah.”

Perform better.

“They come up with better solutions.”

Yeah. Because they have that wider.

“Range of ideas.”

Range of ideas.

Absolutely.

And for An who's navigating that social scene in high school.

“Yeah.”

He gives advice on conflict.

“Okay.”

And building good relationships.

“Oh, that's so important at that age.”

Isn't it?

“Yeah.”

He tells her.

“Yeah.”

Approach differences with curiosity rather than judgment.

“Uh-huh.”

He says, and when you meet someone.

“Okay.”

Who has different opinions, interests, or appearances than you. Don't be quick to judge them.

“Yeah.”

Instead approach this difference with curiosity.

“I love that.”

It's like shifting your mindset.

“Okay.”

From they're wrong.

“Yeah.”

To.

“To I wonder why.”

I wonder why they see things that way.

“Exactly.”

And that can open you up.

“Oh yeah.”

To so much more.

“Understanding connections.”

Yes.

“Yeah.”

And he encourages her.

“uh-huh.”

To ask questions.

“Yeah.”

To try to understand.

“About why.”

Why someone might think.

“Right.”

Or act differently.

“It's that perspective taking.”

Yes.

“Yeah.”

Which is such a key part of empathy.

“Right. When we can see the world.”

Yeah.

“Through someone else's eyes.”

And he talked about patience.

“Patience.”

Friendships.

“Yeah.”

Recognizing that.

“Things happen.”

Misunderstandings.

“Yeah.”

Disagreements.

“They're gonna happen.”

They're gonna happen.

“In any relationship.”

He says, An give your friends the benefit of the doubt.

“Okay.”

And try to resolve conflicts.

“Yeah.”

With kindness rather than anger.

“It's choosing understanding. Yes.”

Over blame, compassion, over judgment.

“Exactly. And there's this really powerful part.”

Okay.

“Where he talks about standing up for others.”

Oh wow.

“Who are being excluded or treated unfairly.”

Uh-huh.

“He says, tolerance is not about following the crowd.”

Well.

“It's about rising above that crowd.”

Wow.

“With empathy and strength.”

Yeah.

“To help those who are weaker.”

That's powerful.

“It is. And”

Especially for young people.

“Especially for young people.”

Yeah. It's hard to stand up.



“It takes so much courage.”

To go against the ground.

“To go against the crowd.”

Especially when everyone else is just going along.

“Yes.”

But research shows.

“Yeah.”

That when people see someone being courageous.

“Yeah.”

It inspires them to be courageous too.

“Yes.”

So it can create a ripple effect.

“It can change things.”

Of positive change.

“Tolerance isn't just being nice.”

Right.

“It's about having the strength.”

To stand up for what's right.

“To stand up.”

Yeah.

“For what you believe in.”

Absolutely.

“And to support those who are marginalized. Who need help.”

Yeah. And he even talks about honoring your own uniqueness.

“Okay.”

He says, tolerance begins with embracing who you truly are.

“Mm-hmm.”

Even when it feels different.

“Yeah.”

And I think that's such an important message for young people.

“Young people.”

Who are trying to figure out who they are.

“Yeah. Where they fit in.”

Where they belong.

“Exactly.”

And he's saying, you know, embrace your true self.

“Yeah.”

And that allows others.

“To do the same.”

To do the same.

“Yeah.”

And it creates a more accepting. And inclusive.

“Environment. I love that.”

It's like tolerance.

“Yeah.”

Starts within.

“From within.”

And then it ripples outward.

“Ripples out to the world.”

And that brings us to another point.

“Okay.”

That he makes.

“Right.”

This idea that tolerance is a journey.

“Not a destination.”

Not a destination.

“Oh, I like that.”

He tells Lac.

“Uh-huh.”

And tolerance is like a tree.

“Yeah.”

It takes time to grow.

Oh, that's beautiful.

Isn't it? It reminds us.

“That it's a process.”

That it's a skill.

“Yeah, we have to cultivate it.”

That we cultivate over time.

“Yeah.”

And it takes practice.

“Practice patience.”

Patience.

“Self-compassion.”

Self-compassion.

“Yeah.”

And we're gonna make mistakes along the way. Of course. But that's okay.

“It's part of the process.”

Part of the process. It's not about being perfect.

“Right.”

It's about striving to be better.

“To be better. Yeah, I like that.”

Being open.

“Yeah.”

To learning from those mistakes.

“Or to grow.”

And to growing.

“Yeah.”

And he even says, there will be beliefs you hold in the future that turn out to be incomplete or wrong. You will have moments of impatience or misunderstanding.

“It's gonna happen.”

These are not failures.

“Right.”

They are opportunities for growth.

“It's all about how we look at it.”

It is.

“Right.”

And this reminds me of the growth mindset.

“Yes.”

That our abilities can be developed.

“Our understanding.”

Through effort.

“Through work and through learning.”

Through learning.

“Yeah.”

And he's encouraging Lac to apply that to his interactions with others.

“Through the people. Yeah.”

He says, be tolerant of your own imperfections.

“Okay.”

And you will find it easier to extend that tolerance to others.

“Yeah.”

As you practice it in any situation or circumstance.

“That's true.”

I mean, tolerance really does begin.

“With self-acceptance.”

With self-acceptance.

“Yeah, absolutely. It really is. It takes the pressure off, you know?”

Right.

“Like, we don't have to be perfect.”

We're all works in progress.

“Exactly.”



So, let's get into some of those strategies.

“Okay.”

He breaks it down.

“Does he?”

Kind of differently for each kid.

“Oh, how's...”

Depending on who he's talking to.

“Yeah.”

Lac or An, all.

“Okay.”

Which I think is interesting.

“Yeah, it makes sense though, right?”

Yeah, because different stages.

“Different stages of life.”

Different challenges.

“Different needs. So, for Lac, who's about to go off to university.”

Right.

“He really focuses on...”

What does he focus on?

“How to engage in those discussions.”

Okay. And debates.

“Yeah.”

When you have these...

“Right, when you're encountering...”

Conflicting viewpoints.

“Yeah.”

And he gives those really concrete tips.

“Oh, does he?”

For becoming a better listener.

“Okay. I like this.”

Which is something I think we can all work on.

“Yeah, for sure.”

Always.

“Always room for improvement there.”

He says...

“Yeah.”

You know?

What does he say?

Don't sit there.

“Okay.”

And argue in your head.

“Oh, yeah.”

With the person while they're talking.

“We've all done that.”

Yeah.

“Yeah.”

But instead... Instead trying to really understand their perspective.

“Or actually listen.”

Yes.

“To understand not to respond.”

Yes.

“Yeah.”

And he even... Ask yourself.

“Okay.”

Why do they feel this way?

“Oh.”

What experiences led them to this conclusion?

“Oh, that's good.”

Shifting that focus from winning the argument.

“Yeah.”

To really understanding.

“Understanding the other person.”

Yes.

“I love that.”

And he even says it's okay to change your mind. He says... There will be beliefs you hold in the future that turn out to be incomplete or wrong.

“Right.”

We're all gonna...

“Yeah. We're always learning.”

We're gonna learn things.

“Yeah. And our beliefs will change.”

You will have moments of impatience or misunderstanding.

“Yeah. We're human.”

These are not failures.

“Right.”

They're opportunities for growth.

“It's about how we frame it.”

It is.

“Yeah.”

It's embracing the fact that our understanding of the world is constantly evolving.

“It is.”

And we need to be open...

“To new information.”

To new information.

“To changing our minds.”

To changing our minds.

“Yeah.”

And this reminds me of that growth mindset.

“Oh, yeah.”

That idea that our abilities and our understanding...

“Can grow.”

Can grow.

“Yeah.”

And he says, be tolerant of your own imperfections.

“All right.”

And you will find it easier to extend that tolerance to others.

“Right.”

As you practice it in any situation or circumstance.

“Yeah.”

Tolerance starts.

“With self-acceptance.”

With self-acceptance.

“Absolutely.”

And then for An...

“Right.”

He's really focusing on...

“What's he focusing on?”

Those social dynamics.

“Okay.”

Building those strong relationships.

“Yeah.”

And he really emphasized this idea of approaching differences...

“Uh-huh.”

With curiosity rather than judgment.

“With curiosity.”

He says, when you meet someone who has different opinions, interests, or appearances...

“Uh-huh.”

Then you don't be quick to judge them.

“Uh-huh.”

Instead, approach this difference with curiosity.

I love that.



He wants her to see the world...

“With wonder.”

Yeah. With openness.

“With openness.”

Yeah.

“To appreciate that diversity.”

The diversity.

“Rather than fearing it.”

Right. Or rejecting it.

“Or rejecting it. And he gives her those practical tips...”

That's it.

“On how to do that.”

Oh, what kind of tips?

“Like asking questions.”

Oh, yeah.

“Trying to understand why someone might think or act differently.”

Trying to understand their perspective.

“Yes.”

Yeah.

“And recognizing that everyone...”

Has a story.

“Has their own story.”

Yeah.

“And our judgments...”

Are often based on limited information.

“Right. We don't know the whole story.”

And when we get to know someone...

“Yeah.”

On a deeper level...

“Then we can...”

It can challenge...

“Challenge those assumptions.”

Those assumptions.

“Yeah.”

“And open us up...”

To connection.

“To connection.”

Yeah. And he talks about patience in friendships too.

“Oh, yeah. That's a big one.”

Especially when there are conflicts.

“Oh, yeah. Because there will be.”

There will be conflict.

“Right.”

He says, give your friends the benefit of the doubt and try to resolve conflicts with kindness rather than anger.

“It's about understanding over blame.”

Yeah.

“Compassion over judgment.”

Exactly.

“Yeah.”

And then he also talks about...

“Don't be so close.”

That it's not about being passive...

“Okay.”

In the face of injustice.

“Right.”

He says, when you see someone being excluded or treated unfairly, use your voice to stand up for them.

“Oh, wow.”

Such an important message.

“It is. Especially for young people.”

It's about recognizing...

“That we all have a role to play.”

We have a responsibility.

“In making the world a better place.”

To speak out...

“Yeah.”

Against injustice.

“To stand up for what's right.”

To create a more inclusive...

“More equitable world.”

An equitable world.

“Yeah.”

And he reminds her...

“Right.”

True courage...

“Yeah.”

Is often about...

“Going against the grain.”

Going against the grain.

“Yeah.”

Even when it's uncomfortable.

“Even when it's hard.”

Or unpopular.

“Yeah. You might be the only one.”

Right.

“But it matters.”

But it matters.

“Yeah.”

He says, your actions can inspire others to do the same and also create a ripple effect of tolerance and understanding, my dear.

“Oh, I love that.”

It's like each act of tolerance...

“Yeah.”

Is a seed.

“A seed that we plant.”

That we plant.

“And it grows.”

And it has the potential...

“To create something bigger.”

To blossom into something.

“And ourselves.”

Much bigger than ourselves.

“Yeah. I love that.”

And it brings us back to that image of the tree.

“Oh, yeah.”

Tolerance like a tree.

“Takes time to grow.”

Needs nurturing.

“Patience.”

Time to grow strong.

“Time to grow strong and resilient.”

And it requires us...

“To be mindful...”

Of the environment

“We're creating.”

We're creating both internally and externally.

“Yeah.”

He's saying true tolerance...

“Flourishes.”

Flourishes in an environment of acceptance.

“Curiosity.

Curiosity.

“Compassion.”

Compassion.



“Yeah.”

And he makes this point...

“Where it's at.”

That tolerance is not suppressing your own beliefs.

“Right.”

He says, tolerance does not imply letting up on your own convictions. Rather, it means making room for other people to express their own. It's about recognizing...

“That our truth...”

That our truth...

“Isn't necessarily...”

It's not the universal truth.

“The universal truth. Yeah.”

And he seems to be advocating for those healthy debates...

“Right.”

Based on facts and logic.

“Yeah.”

Not those emotionally charged arguments.

“Right. Where we're just reacting.”

And for Lac, he stresses active listening.

“Active listening. Yeah.”

Striving to understand that other person's perspective.

“Even when it's different.”

“Even when it's different.”

“From our own...”

And for An...

“Yeah.”

He encourages her to approach those differences. With curiosity rather than judgment.

“I just want to... Yeah.”

To see the world with wonder and openness.

“Yeah.”

And he reminds them both.

“Yeah.”

Disagreements are a natural part of life.

“Yeah. They're going to happen.”

They're going to happen.

“In any relationship.”

Encourage them to approach conflict...

“Yeah.”

With kindness. With patience.

“A willingness to understand.”

Willingness to understand.

“Yeah.”

And to speak out.

“Against injustice.”

Against injustice.

“Yeah.”

Use your voice.

“To make the world a better place.”

To create a more inclusive and equitable world.

“I think what stands out to me...”

What's that?

“Is his belief in the power of tolerance.”

Oh yeah.

“To actually change things.”

He doesn't think it's just a nice idea.

“No.”

He thinks it's...

“It's a force for good.”

It's a force for positive change.

“It can make the world a better place.”

And he reminds both of them.

“Yeah.”

They have a role to play.

“In creating that change.”

In creating that change.

“Yeah.”

Each act of tolerance...

“No matter how small.”

No matter how small.

“Can make a difference.”

Can contribute.

“Building a better world.”

To a more just and compassionate world.

“I love that.”

And he gives a really concrete example.

“Does he? What's that?”

He tells it into Cass.

“Okay.”

You know, if someone's treating you poorly, you don't have to respond in kind. You have the power...

“To choose.”

To choose a different path.

“It's a different path.”

He says, and this doesn't mean you let others disrespect you.

“Right.”

But you choose not to make the situation worse. It's responding...

“To negativity.”

To negativity.

“With grace.”

With grace.

“And understanding.”

And understanding that sometimes the most powerful act...

“Of tolerance.”

Is to...

“Break that cycle.”

Of aggression.

“Yeah.”

And choose kindness.

“Choose kindness instead.”

It's about rising above.

“Yeah.”

And responding.

“With compassion.”

With compassion.

“Even when it's hard.”

Even when it's hard.

“Yeah.”

And recognizing...

“Our actions.”

Our actions.

“Influence others.”

Influence others.

“Yeah.”

Can inspire them.

“To make different choices.”

To make different choices.

“Yeah.”

He's really emphasizing...

“Yeah.”

Tolerance is not weakness.

“No.”

It's about strength.

“It's about strength.”

It's about clarity.



“And living in harmony.”

And living in harmony.

“With the world.”

With the complexities of the world.

“Yeah.”

And it's a lifelong process.

“It is.”

Full of twists and triumphs.

“It's a journey.”

It's a journey.

“Yeah.”

It's not about being perfect.

“It's about being better.”

It's about striving.

“To be better.”

To be better. More understanding.

“Yeah.”

And we're all in this together.

“We are.”

Learning and growing.

“Learning and growing.”

Along the way.

“Together.”

So we've talked a lot about...

“About what tolerance is.”

What tolerance is and how we can practice it. But he also says what tolerance is not.

“Oh, this is interesting.”

And this is what I find fascinating.

“Tell me more.”

Because he's challenging this idea.

“Okay.”

That tolerance means accepting everything.

Oh, right.

He's very clear.

“Okay.”

That it doesn't mean...

“Accepting harmful behavior.”

Condoning harmful behavior. Or compromising...

“Your values.”

Your values.

“Yeah.”

He even says to Lac.

“Okay.”

Embracing diversity should not imply tolerating wrongdoing. So it's not about being a passive bystander.

“Right.”

It's about actively discerning.

“What you can tolerate.”

What you can tolerate.

“Where you draw the line.”

Where you need to draw a line.

“Yeah.”

And that line's going to be different.

“For everyone.”

For everyone.

“Yeah.”

But what's important is that...

“We're conscious of it.”

We're conscious of it.

“Yeah.”

And that we're willing...

“To stand up.”

To stand up for what we believe in.

“What we believe in.”

And he tells...

What's he say?

An remember that tolerance does not mean condoning bad behavior.

“Okay.”

In such moments.

“Yeah.”

You need to respond firmly but calmly.

“Right. So it's about finding that balance.”

It is.

“Between being tolerant.”

Yes.

“And setting boundaries.”

And setting those healthy boundaries.

“Yes.”

Standing up for ourselves.

“And others.”

And others.

“And when necessary.”

When necessary.

“But still being respectful.”

While maintaining respect.

“Yeah.”

And recognizing that sometimes...

“Yeah.”

The most compassionate response

“is to say No.”

Is to say No.

“To something that violates our values.”

To something that violates our values.

“Or that harms us.”

Or that harms us or others.

“Yeah.”

So it's not about being a doormat.

“Right.”

Accepting everything.

“It's about making conscious choices.”

It's about making conscious choices.

“Yeah.”

About what we're willing...

“To tolerate and what we're not.”

To tolerate and what we're not.

“Yeah.”

And those choices...

“Require.”

Also require us to be both.

“Strong and compassionate.”

Strong and compassionate.

“Yeah.”

He's saying true tolerance...

“Requires.”

Requires a discerning mind.

“And a courageous heart.”

And a courageous heart.

“Yeah. I love that.”

It's about holding on to your own values.

“Yeah. Your own beliefs.”

Your own beliefs.

“Yeah.”

But also being open.

“To hearing different perspectives.”



To hearing and understanding different perspectives. And recognizing...

“That there are limits.”

There are limits.

“To tolerance.”

To tolerance.

“Yeah.”

That there are some things...

“That we just can't condone.”

That we just can't condone.

“Yeah. And that's okay.”

And that's okay.

“That doesn't make us intolerant.”

It means we're drawing a line.

“Yeah.”

And saying, this is where my tolerance ends.

“This is where I stand.”

And that's part of self-respect.

“Yeah.”

And self-preservation.

“Absolutely.”

We have a right...

“To protect ourselves.”

To protect ourselves and others.

“And others from harm.”

From harm.

“Yeah.”

And sometimes the most compassionate thing...

“Was to say No.”

Is to say No.

“To something that's harmful.”

To something that's harmful or unjust.

“Exactly.”

So as we wrap up this Deep-Dive...

“Into this letter.”

Into the father's letter.

“I'm curious. Yeah.”

What stood out to you the most about his definition of tolerance?

“I think it's how he brings together strength and compassion, wisdom and humility. He gets it.”

He gets it.

“Tolerance is not about being perfect.”

Right.

“It's about striving to be better.”

To be better.

“Kinder.”

Kinder. More understanding.

“More understanding.”

And how we treat each other.

“And he's encouraging us...”

To embrace the journey.

“To embrace the journey.”

To be open to learning and growing.

“Knowing that...”

We're going to make mistakes.

“We're going to make mistakes.”

It's going to happen.

“But those mistakes...”

Don't define us.

“They don't define us.”

They're opportunities to grow.

“His message is so hopeful.”

It is.

“And empowering.”

It is.

“That even small acts...”

That even small acts of tolerance...

“Can make a big difference.”

Can make a difference.

“In the world.”

I love that about his letter.

“Me too.”

It's not just this theoretical treatise on tolerance.

“Right.”

It's like...

“A practical guide.”

It's a practical guide.

“For living a better life.”

For living a more fulfilling...

“More meaningful life.”

And meaningful life.

“Yeah.”

And it's a reminder...

“That we all have the power.”

We all have the power.

“To make a difference.”

To make a difference.

“Yeah. Yeah. It really is. It takes the pressure off.”

Yeah. To be perfect.

“Yeah.”

We're all just, you know...

“Works in progress.”

Works in progress.

“We're all learning.”

And it's about giving that same grace...

“Yeah.”

And compassion to others...

“So it's really...”

Realizing they're...

“On their own journey.”

On their own journey.

“They have their own challenges.”

And the father's letter reminds us...

“Yeah.”

That we're all connected.

“We are all connected.”

Our actions have a ripple effect.

“They do.”

And even those small acts of tolerance...

“Can make a difference.”

Can create...

“A more compassionate...”

A more compassionate and just world.

“Yeah. A better world.”

I want to go back to something you said...

“Okay.”

About how the father...

“Yeah.”

Challenges this idea...

“Right.”

That tolerance means accepting everything.

“It's not about accepting everything.”

And he's really drawing that distinction...

“Right.”

Between accepting differences...

“Yes.”

And accepting wrongdoing.



“Exactly.”

Which brings up the question...

“Yeah.”

Where do we draw the line?

“Ummm That's a good question.”

What are the boundaries?

“Where are our boundaries?”

Of our own tolerance.

“Yeah.”

And it's different for everyone.

“Of course it is. Yeah.”

But it's about...

“Being aware of them.”

Being aware of them.

“Yeah. Knowing where you stand.”

Knowing where you stand.

“What you're willing to accept and what you're not.”

What are you willing to fight for?

“Exactly.”

Tolerance isn't passive.

“Yeah.”

It's an active choice.

“It's a choice we make every day.”

Every day.

“Yeah.”

It's deciding what we stand for.

“What we believe in.”

What we believe in.

“Yeah.”

What we're willing to fight for.

“What are we willing to stand up for?”

And sometimes the most compassionate act...

“Is to say No.”

Is to say No.

“To something that's harmful.”

To something that is harmful to ourselves or others.

“It's about protecting ourselves and others.”

Yes.

“Setting boundaries.”

So the father's encouraging us to be both discerning...

“Discerning.”

And courageous.

“And courageous.”

In our practice of tolerance.

“In how we practice tolerance.”

To be mindful of our boundaries.

“Yeah. To know where we stand.”

To stand up.

“For what we believe in.”

For what we believe in.

“And to always try to make the world a better place.”

To make the world a more just and compassionate place.

“Yeah. I think that sums it up beautifully.”

He's not just defining tolerance.

“No.”

He's giving us a roadmap.

“A roadmap for life.”

For a more meaningful life.

“A more fulfilling life.”

It starts with each of us.

“It does.”

The choices we make every day.

“Yeah. To approach those differences.”

To approach those differences.

“With understanding.”

With understanding, kindness.

“And respect.”

And respect.

“It's a great message.”

So, listener, as you go about your day, I encourage you to reflect on these ideas. What are the boundaries of your own tolerance? Where do you draw the line?

And how can you bring more understanding, kindness, and respect into your interactions with the world?

Thank you for joining us on the Deep-Dive.

End

MP3: The Value and power of tolerance

<https://moingaymotchuyen.com/Tolerance>

# THE VALUE AND POWER OF LISTENING

Welcome to our Deep-Dive today. We're going to be unpacking something that, well, you know, it might seem simple on the surface, but it's really incredibly profound. The art of listening.

“Oh, yeah.”

And you know, what's interesting is our source material today is actually a letter, a letter from a father to his children, Lac and An, and it's packed with wisdom on how to really listen, not just hear.

“It's amazing how much we take listening for granted.”

Right.

“This letter really digs into how crucial it is, for really connecting with people, like on a deeper level.”

It really is. And the father says it so well. He's so eloquent. He says, listening is the path to understanding others' hearts.

“Wow.”

So it's like more than just the words, you know, it's about getting the whole picture, their emotions, what they might not be saying out loud.

“Absolutely. And to really do that, the father emphasizes being present, like not just physically being in the room.”

Yeah.

“But mentally and emotionally too, like, you know, put your phone down, ditch the to-do list in your head and really focus on the person right there in front of you.”

I can see how that would make someone feel truly heard.

“Yeah.”

You know, it's like creating a safe space where they know they're not being judged or rushed.

“Exactly. That feeling of safety is key because it allows for more open and honest communication.”

Yeah.

“Think about a time when you felt truly listened to, like it probably made you more willing to share your true thoughts and feelings.”

I know. I felt that way for sure. Like when a friend's going through a rough patch, you know, and they just need to vent, just having someone listen without jumping in with advice, it made a huge difference.

“What's fascinating is that the father also talks about listening to ourselves.”

Oh, really?

“He encourages his children to actually listen to their own inner thoughts and anxieties, even the doubts, with kindness and understanding.”

Okay. So it's not just about tuning in to others, but also being more self-aware through listening to our own inner dialogue.

“Precisely. It's like taking that same focus we offer others and turning it inwards.”

Yeah.

“You know, it can help us understand those anxieties better and, you know, develop healthier ways of coping with them.”

So the letter isn't just about the why of listening. It also gets into the how.

“Yeah.”

There's a whole section on practical techniques to actually become a better listener.

“Yes. He talks about silencing distractions, giving your undivided attention, resisting the urge to interrupt or offer solutions immediately. It's a total mindset shift.”

So instead of trying to like fix things, it's more about trying to understand where the other person is coming from. He also mentioned something called reflective listening, right?

“He does. Reflective listening is basically paraphrasing what the other person has said to make sure you're on the same page. It shows you're truly engaged and trying to understand their perspective.”

That makes a lot of sense. And he reminds his kids to pay attention to those nonverbal cues too.

“Oh yeah.”



Body language, tone of voice. Sometimes what's not being said is just as important as the words themselves.

“Absolutely. It's like when a friend says they're fine.”

Right.

“But their body language screams otherwise.”

Yeah.

“You know, those subtle cues can tell you so much.”

The father also talks about patience, right?

“Yes. Giving people the space to fully express themselves, even if it means some pauses or silences.”

He makes a really good point there. We're often so quick to jump in and fill those gaps.

“Yeah.”

But sometimes the most powerful communication happens in those quiet moments.

“It lets the speaker gather their thoughts. And it gives the listener a chance to really absorb what's being said. Of course, he stresses listening without judgment, even when someone's viewpoint is completely different from your own.”

Right. That can be tough. But the father frames it as a way to truly understand the other person's experience, even if you don't agree with them. He emphasizes setting aside biases to create a space for empathy.

“And he uses that beautiful phrase again, listening as an act of love.”

He does. And it's not just a pretty sentiment. It really captures the essence of what he's trying to convey.

“Right.”

When we listen attentively and without judgment, we're showing someone that they matter and that we value their perspective.

“You know, in a world full of noise and distractions, that type of listening can be incredibly powerful and rare. But the father believes it's essential.”

Yeah.

“Not just for personal relationships, but for society as a whole.”

You know, I'm already starting to see how much I've been taking listening for granted.

“It's something we can all improve on. And this letter offers some great guidance for doing just that.”

This is already making me think differently about how I approach conversations. It feels like there's a whole other level of listening I haven't even tapped into yet.

“That's the beauty of a Deep-Dive like this. We get to explore these seemingly simple concepts and uncover a whole world of meaning and potential.”

Well, we've only just scratched the surface. There's so much more to unpack in this letter.

“There is. And I'm particularly interested in what the father has to say about listening as a form of self-discovery.”

Oh.

“He delves into how it can help us confront and resolve our own issues.”

That's where we'll pick up next time, right?

“Exactly. We'll explore how listening can lead to greater self-awareness and even personal growth. So, you know what's really striking is how the father connects listening to humility. He writes that a humble listener never stops learning. You know, they're always staying open to different viewpoints.”

That makes sense. If you think you already know everything, you're not really listening, are you?

“Right.”

You're just waiting for your turn to talk.

“Exactly. The father sees listening as a way to constantly grow and learn from the people around us. He believes that every interaction, every conversation holds the potential for discovering something new.”

Yeah, I like that. It's like approaching each conversation with a sense of curiosity. Like asking yourself, what can I learn from this person's unique perspective?

“Yeah. It's a shift from focusing on ourselves to genuinely trying to understand the other person's

experience. And that kind of open-minded listening can be incredibly enriching.”

For sure. The father also shares this really powerful story about a friend who was going through a tough time and needed support.

“And what's interesting is that he doesn't tell his children to offer solutions or advice.”

Right.

“Instead, he highlights the power of just being there, offering silent, attentive listening as a way to ease their friend's pain.”

It's that unspoken message of, I'm here for you. You're not alone.

“Yeah.”

That can be so comforting when someone is struggling.

“Exactly.”

But it takes a certain strength to just listen without trying to fix things, doesn't it?

“It does. It requires resisting that urge to jump in and offer solutions. And instead, just allowing the other person to process their emotions and find their own way forward.”

The father actually gives some really specific advice to his daughter on how to become a better listener. He tells her to go into conversations wanting to learn, asking herself, what can I learn about this person's worldview?

“Hmm. That's such a great question to keep in mind.”

Right.

“It encourages us to approach conversations with genuine curiosity, seeking to understand even if we don't agree.”

He reminds that everyone has a story to tell. And that by simply listening with an open heart, we can unlock a wealth of wisdom and empathy.

“He also talks about the importance of creating a safe space for open and honest communication. He tells An that when she listens without interrupting or judging, she makes the speaker feel comfortable enough to express their true self.”

So it's about making the other person feel safe and accepted.

“Yes.”

Letting them know that they can be vulnerable and share their thoughts and feelings without being criticized or shut down.

“That's exactly it. And he places a lot of emphasis on the importance of silence. Not as an absence of communication, but as a chance for both the speaker and a listener to reflect and process what's being shared.”

So instead of rushing to fill every silence, he's saying it's okay to let those pauses hang in the air for a bit.

“Yes. He encourages a can to be patient with those who

might hesitate or struggle to find the right words. Because sometimes those quiet moments can lead to the most profound connections.”

The father also reminds An to pay attention to those nonverbal signals. He points out that sometimes what's not being said is just as important as the words themselves.

“He's talking about body language, tone of voice, facial expressions, all those subtle cues that can reveal deeper emotions or thoughts that someone might not be ready to express directly.”

So even if someone says they're fine, their body language might tell a different story. It sounds like he's encouraging An to become a more perceptive listener, picking up on those unspoken messages.

“He is. And he emphasizes that this kind of attentive listening requires humility. It's about being willing to set aside our own viewpoints and opinions to truly understand the other person's perspective.”

So it's not about agreeing with everything someone says.

“Yeah.”

But it is about making sure they feel heard and understood, even if their perspective is different from your own.

“Yes. He's reminding that respectful listening means recognizing that everyone has a right to their own opinions and beliefs.”

Yeah.

“And even if we don't agree with those beliefs, we can still try to understand where they're coming from.”

The father seems to believe that this type of listening is key to building stronger connections, deeper understanding, and a more compassionate world.

“He does. And he encourages An to practice this kind of listening in all her interactions. Because even small acts of kindness and attention can have a ripple effect, creating a more positive environment for everyone.”

He also stresses the importance of listening to herself, right? Not just others.

“Absolutely. He reminds An that listening inwards is just as important as listening outwards. It's about paying attention to her own thoughts, emotions, and recognizing any patterns in her behavior so she can develop greater self-compassion.”

So it's like taking that same attentiveness and focus we offer others and turning it inwards.

“Precisely. He encourages An to set aside time each day for quiet reflection, to listen to her own heart with the same patience and kindness she shows others. He sees this self-awareness as the foundation for personal growth and strong relationships.”

He also talks about listening as a form of self-care, doesn't he?

“He does. And it's about quieting that inner critic.”

Yeah.

“All those negative thoughts and judgments that can chip away at our self-esteem. He wants An to approach those inner voices with compassion and understanding, recognizing that even our own thoughts and emotions deserve to be heard.”

It's like offering ourselves the same kindness and grace we extend to others.

“Exactly. And he believes that by doing this, we can develop a more positive and loving relationship with ourselves.”

It's really making me think about how I talk to myself. Am I listening to my inner voice with compassion or am I constantly criticizing and judging?

“That's a powerful question to ask ourselves.”

Yeah.

“The father seems to believe that we all deserve to be treated with kindness, and that includes ourselves.”

He also talks about the importance of listening with compassion in general, both to ourselves and others.

“He does. And he emphasizes that everyone makes mistakes, we all have struggles, and we all deserve to be met with understanding and kindness.”

So it's about recognizing our shared humanity, our shared imperfections.



“Right.”

It's about offering grace instead of judgment.

“Yes. He encourages her to practice forgiveness for herself and for others, and to let go of anger, resentment, and judgment. He sees holding onto negativity as harmful and believes that choosing compassion and understanding is always a more healing path.”

It sounds like he's encouraging An to become more forgiving both of herself and others, to see everyone, including herself, with a more compassionate lens.

“That's a great way to put it. And he sees listening with compassion as a powerful way to create connection. Build trust and foster healing in our relationships. He believes that by practicing this type of listening, we can create a more loving and compassionate world for ourselves and everyone around us.”

That's beautiful. It sounds like he's encouraging An to see listening as a gift, something she can offer to others and to the world.

“He is. And he encourages her to be generous with her listening, to offer it freely and without expectation of reward. He sees listening as a selfless act, a way of putting the needs of others before our own.”

It's about being present for someone else, offering them our time and attention without any strings attached.

“Exactly. And he reminds that listening is a powerful way to build relationships, create community, and foster a

sense of belonging. He believes that by practicing this type of listening, we can make the world a more loving and connected place.”

I'm really struck by how much emphasis he puts on the transformative power of listening. He seems to believe that it can heal old wounds, build bridges between people, and create a just and compassionate world.

“He does. And he encourages An to use her listening skills to make a difference in the world. He sees listening as a powerful tool for social change and wants her to use her voice to advocate for those who are marginalized and to promote justice and equality.”

It's like he's empowering her to use listening as a force for good.

“Yeah.”

Not just to hear people, but to understand them, to see the world through their eyes.

“He is. And he reminds An that everyone has a story to tell and that by simply listening with an open heart, we can make a real difference in the lives of others.”

He makes it sound like listening isn't just something we do. It's a way of being in the world.

“It is. And he emphasizes that listening is a skill that takes practice and intentionality, but that the rewards, deeper connections, greater understanding, and a more compassionate world are well worth the effort. He encourages An to be patient with herself as she develops

her listening skills and to remember that even small improvements can make a big difference.”

It's a journey, not a destination, right? The more we practice listening, the better we become at it.

“And he reminds her that the world needs more good listeners, people who are willing to open their hearts and minds to the stories of others.”

It sounds like he's giving a really beautiful challenge to make listening an integral part of who she is, to embrace it as a way of being in the world that fosters connection, understanding, and compassion.

“He is. And he reminds her that everyone has a story to tell, and that the simple act of listening can unlock a world of wisdom, empathy, and love.”

Wow, that's powerful. So after all of that, what are your biggest takeaways from the letter? What really resonated with you?

“Honestly, what really hit home for me is how the father emphasizes that listening isn't about having all the answers or jumping in to fix things. You know, it's about being present and creating that safe space for someone to feel truly heard and understood. Like sometimes the best thing we can do is just listen.”

Yeah, it's true. And it's fascinating that this type of listening, where we resist the urge to offer solutions or, you know, control the conversation, it actually takes a lot of inner strength. It's about stepping back and allowing

the other person's experience to just unfold natural.

“It reminds me of that saying, people don't care how much you know until they know how much you care.”

Oh, yeah.

“And what better way to show you care than by genuinely listening to what someone has to say?”

Exactly. And the father talks about how this type of listening can be transformative for both the listener and the speaker.

“He writes about how it can break down those internal barriers we put up, leading to deeper understanding and connection. He even suggests that it can help us confront and resolve our own personal issues.”

You know, I love that he describes listening as an act of love. It's like you're saying to someone, you are valuable and your experiences matter, especially in a world that can feel so disconnected. That kind of validation is powerful.

“It is. And he takes it a step further, suggesting that this love can extend beyond individual relationships to impact communities and even society as a whole. Like, imagine if we all practice this type of listening. How might that change the way we approach conflict, build empathy, and work together to create positive change?”

That's a pretty amazing thought. It really brings us back to the core message of the letter. Listening is a gift. It's a

gift we can give to ourselves, to the people around us, and to the world.

“And it's a gift anyone can give. It doesn't require any special skills or talents, just a willingness to be present, pay attention, and open our hearts and minds to the stories of others.”

So as we wrap up this Deep-Dive, it feels important to ask ourselves, what can we do to become better listeners in our own lives?

“Yeah.”

What are some practical steps we can take to be more present, more attentive, more compassionate in the way we listen?

“Well, the father's letter offers a lot of guidance. We could start by setting aside time each day for quiet reflection. Silencing those inner distractions that keep us from being fully present. You know, we could make a conscious effort to put our phones down, turn off the TV, and truly focus on the person in front of us when we're having a conversation.”

And maybe we could challenge ourselves to listen without judgment, even when we hear things that make us uncomfortable or that challenge our own beliefs.

“We could also experiment with some of those active listening techniques the father mentions, like paraphrasing to make sure we understand, asking clarifying questions, and paying attention to those non-verbal cues that often reveal more than words alone.”

It's important to remember, though, that becoming a better listener isn't about reaching some perfect endpoint. It's a journey, a process of continual growth and self-discovery.

“Absolutely. It's about making a conscious effort to cultivate presence, empathy, and compassion in the way we listen. And the more we practice, the more we'll experience the power of listening to transform our relationships, ourselves, and the world around us.”

The father's letter really leaves us with a beautiful invitation to make listening an integral part of who we are and how we move through the world, to embrace it as a way to foster connection, understanding, and compassion.

“And he reminds us that everyone, including ourselves, has a story to tell. The simple act of listening can unlock a world of wisdom, empathy, and love.”

So as you go about your day, I encourage you to pay attention to how you're listening. Are you truly present in your conversations? Are you making space for others to feel heard and understood? Or are you just waiting for your turn to speak?

“And remember that some of the most powerful listening happens in silence, those quiet moments where we can connect with ourselves and others on a deeper level.”

Take a moment to listen to the world around you, the sounds of nature, the voices of loved ones, the whispers of your own heart. What are you hearing? What stories

are being shared? What wisdom can you gain from simply listening?

“Because the power of listening is always there waiting to be discovered and embraced. It's a gift we can give to ourselves, to each other, and to the world.”

And with that, we'll leave you with one final thought to ponder. If listening is truly a path to understanding other people's hearts, what might it reveal about your own? What stories, emotions, or unspoken truths are waiting to be heard within you?

Until next time, keep diving deep.

End.

MP3: The Value and power of listening

<https://moingaymotchuyen.com/Listening>

# THE VALUE AND POWER OF ACCEPTING MISTAKES

Hey everyone and welcome to another Deep-Dive.

“Yeah.”

Today, we're looking at this really interesting letter from a father to his children. Lac and An and it's all about accepting mistakes.

“Oh, yeah, this one's great.”

Yeah, you know at first glance I thought oh, this is gonna be the you know, classic learn from your mistakes, kind of pep talk, but it gets so much deeper than that.

“It does. It's like he's not just giving advice. He's laying out this whole way of thinking, about mistakes almost like a philosophy.”

Right. And it's like accepting our imperfections. It's not just a good idea. It's crucial to like growing and becoming more resilient and even how we connect with people

“Totally, and I think what really hit me was how he emphasizes that mistakes are actually invitations to learn and grow”

Yeah.

“Yeah.”

I love that part where he compares mistakes to cracks that let light shine through.



“Oh, yeah, beautiful imagery,”

Right. It's like those imperfections they make us more interesting more human.

“Exactly, like we try so hard to present these perfect versions of ourselves to the world. But It's those cracks those vulnerabilities that really help us connect with other people on a deeper level.”

It's so true you know, it's funny because I was thinking about this time. I completely bombed a presentation at work.

“Oh, no,”

I was mortified, wanted to just disappear. But then I remembered that line from the letter, you know the cracks in the light.

“Yeah.”

And something shifted in my thinking. Instead of dwelling on the failure. I started thinking about what I could learn from it.

“And that's exactly what he's talking about in the letter. He says when we try to hide our mistakes. We just give them more power. They become these like shadowy figures lurking in our minds.”

Yeah.

“But when we acknowledge them bring them into the light they lose their sting.”

It's so true and by admitting the mistake I was actually able to like move on and even improve my presentation skills for next time.

“Exact.”

But you know, there's this other side to this whole admitting mistakes thing that I find really tough. It's like this idea that admitting mistakes is a sign of maturity.

“Oh, yeah for sure,”

But isn't there a part of us that wants to always appear competent? Like we've got it all together.

“Of course, that's totally natural. It's like we're protecting our egos But you know, the father is making a really subtle point here.”

What's up?

“He's saying that true maturity comes from having the courage to own up to our mistakes.”

That's interesting.

“And he connects this idea directly to building trust, you know Lac and An still young.

Right.

“But even for them owning their actions it makes their bonds with others stronger.”

Wow! I hadn't thought about it like that. It's like admitting mistakes. It's a form of vulnerability,

Yes.

And vulnerability is the foundation for real connection.

“Precisely. It's about creating a space where it's okay to not be perfect where we can learn and grow together And isn't that what we're all searching for in our relationships?”

Mm-hmm... to feel seen and accepted flaws and all.

“Exactly, and I think when we admit our own mistakes. It gives other people permission to do the same.”

Right. It's like this cycle of empathy and understanding.

“Exactly. It's a shift from judgment to compassion, and the father argues that the shift leads to stronger more fulfilling relationships.”

You know listening to you talk about this, it's hitting me that this letter isn't just about personal growth. It's like a guide to building better relationships with everyone around.

“Absolutely. And here's where it gets even more interesting.”

Okay.

“He connects accepting our own mistakes to being more understanding of other people's mistakes.”

Oh, that makes sense.

“It's like he's saying hey, you're gonna mess up, and so is everyone else give each other a break.”

You know, that sounds so simple, but it's something we

struggle with so much.

“Right.”

I remember this one time a friend of mine was going through a really rough patch, and she made some let's just say questionable choices.

“Oh.”

And I found myself being super judgmental.

“Oh, yeah I've been there.”

Even though I knew she was hurting.

“Yeah,”

And I was stewing about it, you know, replaying all her missteps in my head.

“Uh-huh”

And, then I remember that image from the letter the cracks, letting the light through, and it hit me. I was focusing on her flaws, her cracks.

“Hmm.”

Instead of seeing her as a whole person,

“and that shift in perspective from judgment to understanding. That's what the father is encouraging, so he's saying that our shared experience of messing up can actually bring us closer instead of dividing us.”

It's amazing how this simple letter can have such a profound impact.”

“Hmm.”

It's making me rethink my whole approach to relationships to be honest, but there's this one part. I'm still struggling with. This whole concept of self-compassion.

“Oh, yeah, that's a tough one.”

It's easy to say be kind to yourself...

“Uh-huh.”

But how do we actually do that? Especially when we've really messed up.

“That's a great question. And it's one that the father addresses head-on.”

He does.

“He doesn't just tell Lac and An to be self-compassionate. He gives them a framework for actually doing it, and what's fascinating is he ties it back to understanding others.

Okay, How so.

“He essentially says treat yourself with the same kindness and understanding that you would offer a friend who made a mistake.”

That's so interesting because it's so much easier to be compassionate to other people than to ourselves, isn't it?

“It is. It's a lot easier to be our own worst critics.”

Yeah, but if we can learn to extend that same grace to ourselves. Imagine how much freer we would be.

“Exactly. The father is saying that self-compassion isn't just about feeling good. It's essential for growth.”

Mm-hmm.

“It's like he's saying you can't learn and evolve if you're constantly beating yourself up for every mistake.”

So instead of dwelling on the what-ifs and beating ourselves up, we should focus on what we learned, and how we can grow from the experience. That's a powerful shift.

“It is. And it leads us to another key idea from the letter. Moving away from blaming and towards seeing the opportunity in every mistake.”

That makes a lot of sense. It's about being proactive instead of reactive, instead of getting stuck in the blame game. We can use our mistakes to inform future decisions.

“Exactly. It's a much more empowering approach. Instead of feeling like a victim of our circumstances. We can become active participants in our own growth.”

And this ties in perfectly with another point he makes about how chasing perfection can actually hold us back.

“Ah, yes. He's not a fan of perfectionism, is he?”

Not at all. He pretty much calls it an illusion.

“Yeah,”

Something that causes more harm than good. And you know, I've always considered myself a bit of a perfectionist.

“Really.”

So this part really made me think...

“Well, think about it this way, when we're so focused on being perfect. We're less likely to take risks to try new things to push ourselves outside our comfort zones.”

That's so true.

“It's like we're so afraid of making a mistake that we end up stifling our own growth.”

We're trading authenticity and progress for this unattainable ideal of perfection.

“Exactly, and the father seems to be saying that true growth, true fulfillment comes from embracing our imperfections. From learning and evolving through our mistakes. He's encouraging Lac and An in to focus on progress not perfection.”

You know what? I think that's a great place to pause. We've already uncovered so much in just the first part of this letter.

“We have there's still so much more to explore.”

There is the father's wisdom on accepting mistakes. It's incredibly rich and insightful.

“It is.”

We'll be back in a moment to dive even deeper into this fascinating letter.

“So before the break you were talking about how the letters take on perfectionism really got to you.”

It did. It made me think about all the pressure we put on ourselves these days, you know, it's like we're supposed to be perfect at everything.

“It's like this constant need to be these high achieving flawless machines.”

Exactly, but the father is reminding us that it's okay to slow down to be patient with ourselves.

“Yeah, that's so important, especially when it comes to making mistakes. He keeps emphasizing patience throughout the letter. He's telling Lac and An look you're gonna mess up. It's okay. Just be patient with yourselves as you learn and grow.”

I can practically hear him saying it's a marathon not a sprint,

“Right.”

But what's interesting is he doesn't just talk about being patient with ourselves. He also talks about being patient with other people.

“And that ties in perfectly with what we were discussing earlier about empathy and understanding. You know, it's like he's saying, if you can be patient with your own mistakes, you can be more understanding when other



people mess up too.”

Mm-hmm. That reminds me of this time. I was working on a team project, and one of my colleagues kept making the same mistake over and over again.

“Oh, I've been there.”

I was getting so frustrated.

“Yeah,”

But then I remembered the father's words about patience.

“So what happened? Did it help?”

It did. Instead of snapping at my colleague, I took a deep breath and tried to see things from their perspective.

“That's great.”

It turned out they were going through some tough personal stuff that was affecting their work.

“And that's a perfect example of how patients can lead to more understanding and compassion.”

It is. It allows us to look beyond the surface and connect with people on a deeper level, and it made me think about this other idea from the letter, this concept of self-love.

“Oh, yeah, that's a big one.”

The father isn't explicitly talking about like self-care as we think of it today. But he is emphasizing the importance of accepting ourselves flaws and all.

“Definitely. He's reminding Lac and An in that their

worth isn't tied to their achievements or their lack of mistakes, you know, It's about unconditional love for themselves”

Right. It's so easy to get caught up in the need for external validation to feel like our worth depends on what we accomplished.

“It is.”

But he's saying no, your worth comes from within you are worthy of love and acceptance just because you exist.

“Such a powerful message. And I think it's especially important for young people who are still figuring out who they are.”

I agree.

“He's giving them permission to be imperfect to make mistakes, and to still love themselves unconditionally.”

You know what? This letter is amazing. We're talking about a father writing to his kids, but these insights are relevant to everyone.

“I know right? It's making me rethink my whole approach to well everything.”

Me too.

“What stands out to you about how he frames mistakes because it's not the typical learn from it and move on kind of advice.”

Well, not at all. It's more about accepting that we're all gonna mess up, and that's okay. He's not condoning reckless behavior or anything.

“Right.”

But he is saying that mistakes are just a part of life.

“And it's interesting how he links making mistakes to strength.”

Yeah, how so.

“He's not saying to avoid mistakes at all costs. It's more like you're gonna fall down, but it's getting back up that shows true strength.”

I think so many of us myself included, we see mistakes as failures.

“Yeah, we do.”

But he's presenting them as opportunities for growth and learning.

“which is a much more empowering way to look at things.”

Right. It is instead of focusing on the negative, we can focus on the potential for positive change,

“Absolutely.”

And he even takes it a step further, suggesting that listening and forgiveness both towards ourselves and others can lead to new experiences and perspectives.

“That's beautiful. It's like he's saying don't let mistakes define you. Use them as opportunities to learn to grow and to connect with others on a deeper level.”

You know, another point that really stuck with me is this idea that true strength comes from knowing that our mistakes don't define us.

“Oh, that's so important, especially in a world that often equates our worth with our accomplishments. He's reminding us that our value comes from within, from who we are as human beings, not from what we achieve or don't achieve.”

It's like he's saying, you are more than your mistakes. You are this complex, multifaceted person with so much to offer.

“I love that.”

What if we all embrace that mindset? What if we stopped letting our failures define us, and started focusing on our strengths and our potential?

“It would be a much more compassionate and supportive world, wouldn't it?”

Absolutely. It's like he's challenging us to rethink what it means to be successful.

“Yeah,”

True success isn't about avoiding mistakes. It's about learning from them, growing from them, and becoming more compassionate and understanding people.

“And that's something we can all carry with us as we go through life's ups and downs.”

This letter is packed with so much wisdom. It's hard to believe it was just a simple message from a father to his children.

“I know right,”

but maybe that's the whole point. Maybe the most profound truths are often found in the simplest of places.

“That's a lovely thought, and it reminds us that wisdom isn't always about grand pronouncements or complicated theories. It's about those simple yet powerful insights that can change our lives.”

Exactly.

“Yeah.”

And this letters full of those insights. There's one last thing I want to touch on before we move on. The father ends with this powerful call to action. Encouraging Lac and An to keep learning from their mistakes and to keep going.

“Don't let the fear of making mistakes stop you.”

Yeah.

“Embrace the journey, and embrace the challenges, and never stop growing.”

It really resonates with me because at the end of the day life is all about growth, isn't it? It's about learning from

our experiences, and using those lessons to become the best versions of ourselves.

“Beautifully said, it's about embracing the whole experience the good and the bad, and understanding that our biggest mistakes often lead to our greatest growth.”

I couldn't agree more. This Deep-Dive has really driven that home,

“It has.”

but we've covered so much already, and there's still some really interesting things, we haven't talked about yet.

“I know this letter is a treasure trove of wisdom. We could spend hours unpacking it all.”

We could. But for now, we're gonna take a quick break to let all these ideas sink in, We'll be right back to explore the final gems of wisdom in this incredible letter.

We're back and I gotta say my mind is still buzzing from all the wisdom in this letter. It's amazing how much he packs into just a few pages.

“It really is, and the way he connects all these different ideas like: mistakes and growth and self-compassion and connection. It's just brilliant.”

You know, one thing that's really stuck with me is how he changes our whole idea of success.

“Uh-huh.”

It's not about avoiding mistakes at all costs.

“Right. It's about embracing them like they're stepping stone.”

Exactly. He's saying those moments when we mess up. Those are the moments when we can learn and grow the most.

“It's like, he's telling us don't be afraid to fall down because that's how you learn to get back up even stronger.”

It makes you think about how much energy we waste, trying to avoid failure, trying to be perfect all the time.

“So true.”

What if we just let go of that need for control. What if we embrace the messiness the imperfections?

“That's a powerful question, and it brings us back to what he said about being understanding and forgiving not just with ourselves, but with others too.”

Yeah, he's basically saying, look, everyone makes mistakes, so give each other a break.

“It's so simple, but so important”

Because in the end, we're all in this together, right?

“We are.”

We're all just trying to figure things out. We're all gonna make mistakes along the way.

“I think that's the heart of this letter the power of recognizing our shared humanity of connecting with each

other.”

It is. It's about creating a world where we can learn and grow together.

“Yeah.”

Helping each other through the good times in the bad.

“Exactly.”

This whole Deep-Dive has been a real eye-opener. It's not just about accepting mistakes. It's about seeing them as chances to learn and become more self-aware and connect more deeply with others.

“You know, I think the father would be so happy to hear how much his words have resonated with you.”

I think so too.

“Because that's what he's trying to do to pass on his wisdom, and help his kids and all of us, face life's challenges with more grace and resilience,”

And he does it in such a kind and gentle way. It's not like he's lecturing. It's more like a conversation.

“It is. And that's what makes this letter so special.”

Well, as we wrap up our Deep-Dive into this amazing piece of writing, I want to leave you with one last thought.

What if we stopped being afraid of mistakes, and started seeing them as essential parts of our journey. What if we embraced them with courage and compassion, knowing



that our biggest growth, often comes from those moments when we mess up?

“That's a beautiful thought, and I think it captures the essence of what this father is trying to teach us.”

It does. And I think he'd be proud of all the wisdom and insights we've uncovered today.

“I do too, And I hope this Deep-Dive has inspired you to embrace your own imperfections to learn from your mistakes and to approach life with a little more courage and a lot more compassion.”

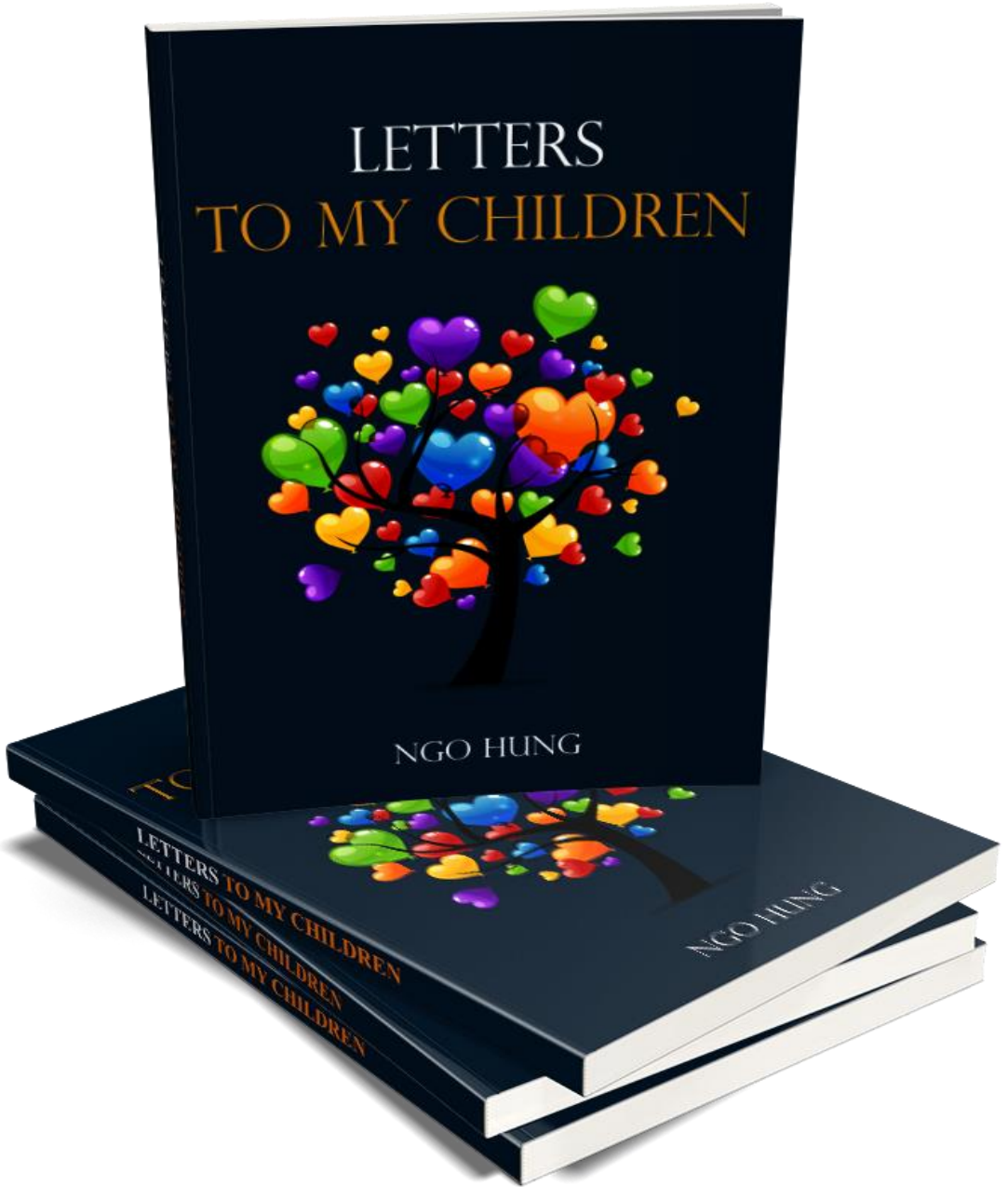
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# LETTERS TO MY CHILDREN



NGO HUNG

This book is written as a legacy that I have accumulated  
and left for my two beloved children:

NGO GIA LAC & NGO GIA NHAT AN.

I am deeply grateful for your presence in my life; for it  
is a most wonderful reunion of happiness and peace.

# FOREWORD

Dear Friend,

To be born human is an invaluable blessing. To live, learn, and experience are precious gifts that life bestows upon us. Yet, perhaps the most cherished of all is the ability to share those experiences with others.

Through sharing, we express our gratitude to life, to all beings, and to the interconnected threads of karma that nurture our growth and understanding day by day.

“Letters to My Children” is not a conventional book, nor is it a collection of stories brimming with characters or dramatic twists. Instead, “Letters to My Children” is a quiet whisper, a heartfelt sharing of simple truths, naturally arranged like a flowing stream or a passing breeze. Each story, each reflection, is distilled from real-life experiences, from small yet profoundly meaningful moments.

We do not expect you to view life exactly as we do. Why? Because each person’s life is a unique canvas, painted with their own experiences. So, even if you perceive something differently or feel in ways that diverge from ours, that is entirely normal—nothing extraordinary.

What matters most is whether you find joy, peace, and a heart that treasures every moment of being alive.

Since “Letters to My Children” is merely a means of sharing, it carries no copyright restrictions or legal bindings. We deeply believe that human thoughts and

emotions are inherently universal, belonging to no one individual. Therefore, you are free to use and share these reflections in any way you see fit.

However, if one day you decide to print, publish, or share the contents of “Letters to My Two Children” on a broader scale, we kindly ask that you dedicate a portion of the profits to support those in need.

Sharing joy and peace not only lights up the hearts of others but also enriches and brightens your own life. Of course, this is simply a suggestion, not an obligation—merely a gentle nudge inspired by love and compassion.

Let these writings serve as a bridge between us, a reminder that love and gratitude for life are the foundations of a truly happy and peaceful existence.

May we live every remaining moment with deep awareness, so that when we look back, our hearts will resound with unending happiness.

With sincere hopes,

Ngo Hung

# INTRODUCTION

Dear Lac and An,

I write these words for you not as a manual or a set of rules for living, but as a peaceful conversation between a father and my two beloved children—a conversation that perhaps we have not had enough time to truly share and delve into each other's experiences from the past as well as the present.

In recent days, as I have taken the time to sit down and reflect on my journey, I have felt a strong yearning within me to share with you the values that life has taught me, including the beautiful moments, the difficulties I have faced, the mysteries that sometimes feel too grand to fully comprehend, and the simple truths I have discovered along the path of my own experiences.

My dear children, the world we live in today continues to change ceaselessly from month to month, year to year. The changes in the world and humanity today bring about both wondrous novelties and numerous challenges and difficulties.

I know that as you grow up, you will experience joy, happiness, and peace; however, along with that, there will inevitably be moments of unrest and perhaps even disappointment and despair.

I understand that during those dark days, there will come a time when you question the meaning of life, just as I once had those very questions surge within me. With

those reflections in mind, I decided to take the time to write these words for you.

My dear children, this book I write for you is not to make me an author, nor is it to provide you with my answers; rather, the sole purpose of this endeavor is to offer you gentle reminders, ideas, insights, and experiences that I have gone through for you to keep close by. These may be my personal opinions for you to consider as you go through life.

In my life, there have been lessons that I wished someone would share with me, someone who would guide and teach me. Unfortunately, I was not fortunate enough to have the right connections or encounters. Thus, I had to endure many hardships and sufferings in the past to learn and experience on my own.

Yet, fortunately, it was during those years of hardship that I had the opportunity to reflect deeply on my suffering. It was through this that I discovered the root causes of suffering as well as the optimal solutions, which helped me gain a proper understanding and led me to find lasting peace and happiness.

My dear children, through the pages of this book, I also hope to pass on to you, my courage. I did not seek to escape or suppress my suffering; instead, I chose to confront and directly face it.

Facing suffering can indeed be an incredibly challenging endeavor, my dear ones. Why is this so? Because we have typically been taught, or conditioned, to shift blame onto others. Thus, when faced with suffering, we often choose



to flee or repress our feelings. Once, twice, and gradually, we inadvertently form a habit of escape and suppression, regardless of the severity of the issue at hand.

Consequently, we forever miss the opportunity to fully understand the problems or pains we face, preventing us from resolving them completely. This leads us to live our lives trapped in a cycle of recurring sufferings.

If you wish to resolve the suffering within you decisively and comprehensively, there exists only one way: you must confront and directly face your suffering. To accomplish this, you must possess both courage and the ability to forgive.

Here, I also wish to ignite within you the strength of forgiveness. Why? Because only forgiveness can help you live kindlier, and it is the strength of forgiveness that will enable you to accept others—those who may have unintentionally or intentionally hurt you—as well as embrace life as it is.

Through the strength of forgiveness, you will behold others and life through your own wisdom, which will ultimately allow you to discover tranquility in a world fraught with chaos and malice.

Of course, this is not simply a book for me to sell or to become someone noteworthy; rather, this book serves as one of the means through which I can express my thoughts, feelings, and the unconditional love I hold for you.

More simply, this book is a gift I wish to send to you, or leave for you, with the hope that it may bring you comfort whenever you feel lonely or provide you with new perspectives that you may have never considered before.

I always hope that the words in this book will become a compass for both of you—not to lead you to follow in my footsteps, but for you to independently chart your own path, a path filled with meaning, love, and understanding.

No matter where life takes you in the future, always remember that my heart will always be by your side.

With all my love,

Daddy

# THE VALUE AND POWER OF UNCONDITIONAL LOVE

Dear Lac and An,

There are truths in life so profound that they transcend words and reason, yet it is truly wondrous that we can feel them deeply within our hearts. And that love, my dear children, truly exists.

This love is not the kind built on conditions or a sense of obligation, but rather a love that demands nothing in return. It is this “extraordinary” kind of love that I wish to share with you today: unconditional love.

Lac, at the age of 20, you are in the prime of your life, burning with the sincere passion of youth to pursue your aspirations. And An, my sweet little An, who is 15 years old and stands on the brink of the world, is curious, cautious, and wide-eyed. Both of you are at pivotal points in your lives, where your choices, who you love, and how you love them will shape your future selves.

You might not realize it now, but love is not always a dramatic climax or an instantaneous transformation. Sometimes, love manifests itself in seemingly insignificant actions such as staying longer to assist someone in need, forgiving despite the pain, or simply showing up because you made a commitment. These are the tranquil locations where unconditional love flourishes.

I would like to share a narrative with you, one that is partially mine but now belongs to all of us. It pertains to two youthful spirits—yours—and the manner in which you have instructed me, your father, regarding the purest, most basic manifestation of love.

Lac and An,

I vividly recall the day each of you was born; it was not just a day, but a brand-new beginning. It was a start that completely changed the ground beneath my feet and made the world completely different—yet somehow more whole. Please remember that love begins with your existence, not your achievements. Therefore, I would like to transport you back to those moments.

Lac, you were born on the summer night of June. Gray clouds obscured the skies that evening, yet an abundance of light appeared to illuminate the delivery room. The initial thing I noticed about you was the firm grip you had on my finger with your diminutive hand. In awe of the fortitude of something so diminutive, I recall erupting in tears of laughter.

At that time, I was not cognizant of the obligations associated with fatherhood. I knew one thing as you lay there for the first time, blinking at the world and swaddled. I loved you. It was not a result of your identity or potential, but rather of your mere existence. Qualifications are superfluous to that form of affection. Arguments are superfluous. It is.

Fifteen years ago, An entered our lives like a gentle breeze on a clear August afternoon. Although you did not

cry frequently at birth, the gentle opening of your tiny eyes was reminiscent of a miraculous whisper. Your arrival was a gentle wave of tranquility, in stark contrast to Lac's arrival, which was a tidal wave of emotions. The love I felt for you was equally overwhelming, inexplicable, and unconditional.

As you both matured, I realized that my unconditional love is not static. It goes beyond the overwhelming first moment you hold your child. It experiences growth and transformation, much like you both.

While the first steps, the first words, and the first day of school are significant milestones, unconditional love transcends them. The focus is on the quiet, everyday moments that reveal the essence of your identity.

The topic is the manner in which you, Lac, used to leave small notes for An in her lunchbox to bring a smile to her face at school. It concerns the manner in which you, An, would infiltrate Lac's bedroom to borrow his books, as you were eager to read the stories he cherished.

It's about how both of you, as you matured, taught me more about love than I could have ever imagined. Love is not merely a gift that I bestow upon you; it is a reciprocal exchange that is not always apparent or comprehensible to me in the moment.

Lac and An,

My favorite memories are of quiet evenings when the world seemed to slow down just for us.

Lac, I recall the first time you questioned the stars. You were five, and we were lying on a bed in the room, staring out the window at the boundless heavens. With a tone full of wonder, you asked, “How many stars are there, Daddy?” Though I didn't have an answer, I did tell you what I really thought: “Every star is like love—it's infinite, and it's always there, even if you can't see it.”

We stayed longer than required that evening, counting stars till you nodded off in my arms. Looking at your small face brought me calm and quiet; I felt a love so great that it made me cry.

An, your peaceful evenings were unique. You were always lost in your own thoughts, like a dreamer. I remember when you were four years old, you sat by the window, gazing intently at the moon. “Daddy, do you think the moon feels lonely?” you asked. Unsure of how to respond, I sat down beside you and finally said, “Maybe it does, but it shines so brightly because it knows that somewhere, someone is watching it.”

You grinned, and I understood then how profoundly you felt about the surroundings. Those were gifts you brought me: your questions, your wonder, your perspective on beauty even in solitude. They showed me that truly seeing and understanding the other person defines love rather than only presence.

Lac and An,

Sometimes unconditional love is not ideal. It is disorganized, chaotic, and occasionally even

aggravating. But it is in those flawed times that love demonstrates its fortitude.

Lac, do you recall the day you chose to paint a mural on your bedroom wall? You were six years old, armed with a set of watercolors and more passion than ability. By the time I found you, blue and green had strewn the wall, and you had paint in your hair and on your clothes.

Your mother was quite irate, but I just smiled at your face—so proud, so hopeful. Cleaning together in the afternoon, we laughed at the mess you had created. And you murmured, “Thanks for not being mad, Daddy,” when I tucked you in that evening. That was about love being patient and gentle even in the midst of turmoil, not just about forgiveness.

An, stubbornness often marked your messy moments. Whether it was baking cookies without a recipe, your fierce determination to do things your way drove you. Once you spilled half a bag of flour in the kitchen and tried to clean it with water, it became a sticky paste that would take hours to remove from the floor.

You looked up at me with those large, contrite eyes and said, “I just wanted to make something special.” And you did, An. You created a memory I treasure today that reminds me that love is about the effort, the intention, and the heart behind it—not about the outcome.

I was mistaken, like so many other parents, in thinking that I would be the one to teach you life’s lessons. But the truth is, it’s not like that at all.

Lac, you guided me toward resilience. You taught me what it means to keep on every time you fell and got back up, every time you faced failure and tried again. You reminded me that love is joining someone in their suffering, not shielding them.

An, “You showed me compassion.” I saw a kind of bravery I never knew existed in your ability to see the best in people, to forgive even in trying circumstances, and to love without reservation. You reminded me that loving is about being vulnerable and honest rather than only about strength.

Together, you showed me that unwavering love is something we create together, in every moment we share, in every lesson learned, and in every memory created, rather than something I offer you.

Lac and An,

Life is not all laughter and peaceful evenings under the stars. There are storms—those times when the heavens darken and you feel as though the planet might split. Still, love is the lighthouse guiding us through those times.

Lac, I will always remember the year you struggled with academics. You were in first grade, and for the first time you felt failure weighing down on your chest. One day you came home crying and clutching a math test with a C grade you felt ashamed of. Your voice trembled as you said, “I'm not good enough, Daddy.”

Even though I wanted to correct it and tell you it didn't matter, I knew that wasn't what you needed. I sat with



you shoulder to shoulder, and we worked through every issue together. It was about demonstrating to you that you were never alone in your hardships, not about the numbers. Regardless of the challenges life presented, my love for you remained unwavering.

An, your storm arrived in a unique manner. Your universe seemed to fall apart when you lost your best friend to a cross-country relocation. After spending days curled up in your room, you held the small bracelet she had given you. "It's not fair," you said one night, barely audible.

I was unaware of the responses you required. All I could do was hold you, let you weep, and remind you that occasionally love means learning to let go. Even when individuals depart, their love for us endures. No matter how much it hurt, your sweet daughter's heart was strong enough to continue loving.

The storms we survived together never were simple. They did, however, teach us that love is about clinging to each other through suffering rather than avoiding it.

Love never ends, Lac and An. It doesn't stop when you leave home, grow up, or even when I'm no more in this world. Like the laughter in our living room, the whispers of bedtime stories, and the quiet evenings spent stargazing, they still echo in our hearts.

You will hear that echo of love that has been with you all along one day as you find yourselves standing in moments of doubt or delight. The way you treat the world, each other as siblings, and our memories demonstrate it.

As real as the air we breathe, unconditional love cannot be touched or seen. It is the power guiding you across every obstacle, every success, and every regular day in between. And know this: my love for you is limitless, relentless, and timeless wherever life carries you.

Lac and An,

I want to share something important with you about the power of unconditional love as you both walk your individual paths. This love is not merely a feeling woven into tender memories or the safety of our family home. Its strength is shaped by your relationships, your resilience, and how you view humanity and society.

My dear children, unconditional love grows through imperfections—not in spite of them nor in their absence. Broadly speaking, it's the realization that even in imperfection, every person is worthy of love. It's this love that will carry you through life's most difficult moments and remind you that your worth is not defined by success or failure.

Lac, as you step into adulthood, there will be times when you question your direction or your value. The pressure to succeed may weigh heavily, making you feel as though you're falling short.

In those moments, remember the wellspring of unconditional love you have known. Remember that love is an unchanging truth, inexhaustible, and never measured by achievements. It is love that encourages you to dream big, even knowing that failure is a possibility,

and allows you to stumble through life's early lessons without fear of judgment.

This love will also inspire you to be kind to yourself. It will remind you that the road to success is never a straight line, and growth often comes with messiness. More importantly, it will teach you to treat others with compassion.

Let this unconditional love guide your response when a friend confides in you about their struggles. Offer them the kind of love you've been given. When you lead, build trust in others and inspire them through this love—not through control or fear, but through empathy and understanding.

Remember, you have a sensitive and open heart; I've seen how deeply you feel everything around you. Unconditional love will be your anchor as you navigate relationships and the complexities of human connection.

You will encounter both kind people and those carrying pain—sometimes, both will reside in the same person. Love them, no matter who they are. This doesn't mean tolerating disrespect or allowing yourself to be hurt. It means seeing their humanity and recognizing that their actions often stem from their own pain or fear.

Unconditional love will also help you balance kindness with setting boundaries to protect your heart. Loving someone means walking alongside them as they find their path, not fixing or changing them.

This kind of love will bring you confidence, helping you to let go when needed, forgive when it's hard, and hold on when it's wise. It allows you to see the best in others, no matter their flaws, and to say, "I choose to see the good in you."

You'll find that unconditional love has transformative power. It creates spaces where people feel free to grow and change. It strengthens communities, deepens relationships, and makes the world just a little kinder.

Lac, imagine your classmates coming to you for support, even after making mistakes. That is love in action. And An, it is this same love that brightens the lives of your friends when you listen to them without judgment.

Inevitably, life will test your belief in love. At times, opening your heart may feel impossible; doubt might seem easier than compassion. But choosing love—again and again—is always the right and worthwhile choice.

Remember, unconditional love doesn't mean you won't feel disappointment, pain, or anger. But it ensures that you'll always find your way back to hope. It will be the thread running through your lives, weaving meaning and direction into every moment.

So, carry this love with you as you move forward. Let it be the foundation of the lives you build, the decisions you make, and the people you become. Embrace its power to transform, connect, and heal.

Dear Lac and An,

Unconditional love is not just a concept to cherish but also a gift you give to yourself and others, a practice, and a lens through which you view the world. Although it may not always come naturally, with cultivation, it can become a powerful tool that significantly influences your life.

Lac, as you enter adulthood, will help you realize that true love starts with yourself. While none of these factors define your true value, society often defines success based on accomplishments, wealth, or status. Loving yourself without conditions means accepting both your flaws and strengths.

Whether in your studies, job, or relationships, keep in mind that failing does not diminish your value. It is just a stop on your road. Talk to yourself the way I would, with belief in your potential, encouragement, and patience.

Unconditional love will also direct your treatment of others in demanding and competitive surroundings. For instance, while attending university, you may find yourself comparing yourself to your peers. Oppose this. Rather, honor their successes and show grace during their challenges. Practicing love free of jealousy or criticism will help you to create relationships based on mutual respect and trust.

Unconditional love will serve as a reminder to be open in friendships and upcoming coupleships. When issues arise, prioritize understanding before seeking understanding in return. Love is about appreciating the

relationship above your pride, not about conquering conflicts.

As you learn to love and receive love, let unconditional love serve as your guide. By fifteen, you are starting to develop closer bonds with friends and relatives. These relationships will impart much about trust, vulnerability, and the subtleties of human feeling.

Begin by loving yourself the way I have loved you—with acceptance and patience. There will be days when you doubt your place in the world or feel underweight due to expectations. Tell yourself at those times that you are sufficient. Your unique perspective, kindness, and creativity define your unique beauty.

Also influencing your approach to others will be unconditional love. It's about noticing people for who they are, not their abilities. Love your friends for their eccentricities, laughter, and even imperfections. Everyone struggles invisibly; your compassion can be a lighthouse in their worst hours.

Unconditional love does not mean tolerating mistreatment when you come across someone that disappoints or hurts you. It means seeing their behavior without allowing them to define your value. When you can, forgive; when called for, let go with love instead of bitterness.

Even in the most basic events and daily grind of your life, both of you can learn unconditional love. When someone expresses their ideas or emotions, pay attention with the

intention of understanding rather than of reacting. This shows you value them as people rather than their words.

People will make mistakes—your friends, future mates, even total strangers. Choose to reply kindly and patiently rather than angrily or frustratingly.

It serves as a reminder that you have support, are never alone, and your value is not dependent on outcomes.

Lac, this love will guide you toward balance as you negotiate both personal and academic goals. It will remind you to treat yourself with compassion when you fail and to elevate others as you climb.

An, your anchor is pure love as you explore relationships and the wounds they may bring. With this love, you will be able to let go of situations that diminish your self-worth, and you will learn to love yourself fully, even when it seems dangerous.

The greatest legacy I can leave to both of you is the understanding that unconditional love always exists, living within the bond between us, and can be spread to those around us, and to society as a whole.

The best legacy I can leave you is the knowledge that unwavering love exists, lives in our bond, and can be carried into the world.

Practice this unconditional love, and you create ripples that go much beyond your own life. You repair relationships, foster compassion in others, and inadvertently enhance the lives of everyone you encounter.

Above all, never forget that you are profoundly, totally loved. You are loved not for your actions, but for your true nature. This love serves as your gift, your foundation, and your guiding light.

With all the love,

Daddy.



# THE VALUE AND POWER OF FORGIVENESS

Dear Lac and An,

One of the most transformative and value gifts you can bestow upon yourself is forgiveness. It is not solely about releasing resentment or anger toward others; it is also about liberating one's own heart and mind from the shackles of past wounds.

Lac, forgiveness will be essential for your emotional and spiritual development as you transition into adulthood and navigate your twenties, and An, as you investigate the intricacies of your teenage years. It is a practice that will improve your relationships, increase your inner peace, and enable you to live more authentically and fully. While it may be challenging at times, forgiveness is a critical step in the process of recovery.

Lac, you are currently in a critical juncture of life, as the responsibilities of adulthood are beginning to manifest. The world can occasionally be burdened by expectations, disappointments, and obstacles. The practice of forgiveness will not only improve your relationships with others but also your relationship with yourself as you progress on your journey. Ensuring that one comprehends the significance of forgiveness is essential for the preservation of a tranquil and stable existence.

Your energy and joy can be gradually diminished by the weight of resentment, Lac. You carry that burden with

you wherever you go when you allow anger to fester or hold onto grudges. Your vitality will be depleted by this emotional burden, which will impede your ability to be present and engaged in life. On the other hand, forgiveness is a liberating experience.

By opting to forgive, you alleviate the emotional burden, which in turn enables your heart and mind to be more receptive to the positive aspects of life. Forgiveness does not absolve the wrongdoing; rather, it liberates you from the shackles of resentment, which would otherwise bind you to a past that is beyond your control.

In life, there are instances in which individuals may cause you harm, whether intentionally or unintentionally. By retaining the pain, you relinquish your authority to the individual who inflicted it. In choosing to forgive, Lac, you regain that power.

Lac, forgiveness is not a declaration that the events of the past are acceptable; rather, it is a decision to refrain from allowing the wrongs of the past to influence one's future actions. You assume responsibility for determining your response, which allows you to regain control over your emotions and future. You no longer permit the past to dictate your present or future.

Lac, forgiveness is frequently perceived as an act of kindness toward others; however, it is also an act of self-compassion. You are also forgiving yourself for harboring pain or anger that is detrimental to your well-being when you extend forgiveness to another individual.

Lac, you may experience instances in which you find fault with yourself

for circumstances that are beyond your control. Self-forgiveness is a method of releasing self-judgment and enabling oneself to recover. It is a recognition that, like all individuals, you are flawed and deserving of compassion, love, and understanding. Emotional freedom and self-acceptance are essential components of a fulfilling, empowered existence, and they can be achieved by forgiving oneself.

Lac, conflict is inevitable in all relationships, whether they are familial, romantic, or friendships. However, the health of your relationships will be contingent upon how you manage those conflicts. Healthy relationships are founded on the principle of forgiveness.

By forgiving others, you establish a conducive environment for the development of love and the possibility of healing. Lac, the act of harboring resentments or seeking retribution only serves to distance you from those you cherish. The bond between individuals is fortified by forgiveness, which enables reconciliation and comprehension. It is a critical component in the development of trust and the establishment of more profound, meaningful relationships.

Lac, it is inevitable that you will encounter circumstances in which forgiveness is difficult to grant as you progress through life. You will be disappointed, betrayed, or let down by someone.

Lac, it is during these instances that your capacity to forgive becomes a genuine indicator of your personal development. When you elect to forgive, you are not endorsing harmful behavior; rather, you are opting to transcend it. You are acquiring the ability to perceive beyond the surface and identify the pain that may be underlying the actions of others. Empathy is fostered by forgiveness, which aids in comprehending that everyone, including oneself, is a work in progress. Wisdom, patience, and the capacity to perceive the broader scope of life are all fostered by forgiveness.

Lac, forgiveness is the most important thing. It brings peace to your life, your mind, and your heart. The burden of anger, resentment, or unforgiveness induces internal turmoil and disrupts one's sense of tranquility. You establish a space within yourself for peace to establish itself when you elect to forgive.

Peace is the absence of conflict; it is the capacity to preserve inner tranquility in the face of life's obstacles. Lac, the act of forgiving allows you to establish peace as your foundation, which in turn facilitates the navigation of all other aspects of life.

An, you are currently in a distinctive and occasionally turbulent phase of life, characterized by intense emotions and a world that appears to be in a state of perpetual flux. Forgiveness may be challenging at times, particularly when you are wounded by those who are closest to you.

Nevertheless, comprehending the significance of forgiveness is a potent instrument for your emotional

development and well-being. By accepting forgiveness, you can more easily navigate the teenage years and achieve a greater sense of tranquility in your relationships.

An, there will be occasions in your life when individuals—whether they are friends, family members, or peers—will say or do things that cause you pain. In those moments, it can be effortless to maintain anger, under the impression that by doing so, you are somehow safeguarding yourself. Nevertheless, the truth is that anger ultimately causes you harm. It erodes your emotional well-being and hinders your ability to think clearly or interact with others in a healthy manner.

Forgiveness enables you to release the anger, not for the benefit of the individual who wronged you, but for your own tranquility. By relinquishing the anger, you liberate yourself from its control and create an environment that is conducive to the expression of more positive emotions.

In your development, An, you will come across individuals who engage in harmful behaviors, whether they do so intentionally or unintentionally.

Forgiveness teaches you to see the person as a whole, rather than the action that caused the harm. It is simple to assume that those who have hurt you are simply bad or wrong. Each individual experiences their own challenges, pain, and motivations for conducting themselves in a particular manner.

Forgiveness does not absolve the wrongdoer; rather, it enables one to develop empathy and comprehend that

individuals are not defined by their errors. By extending forgiveness to others, you develop an understanding of their humanity and acknowledge that you are also entitled to forgiveness when you make mistakes.

Occasionally, An, you may feel that you are responsible for circumstances that have caused you harm, whether it be a disagreement with a friend or a misunderstanding at home. Self-blame may be an option in response to the outcome.

This self-blame can be released by forgiving oneself and others. It is the acknowledgment that not all responsibilities are yours. Life is replete with instances of conflict and misunderstanding; however, they do not define one's identity. By forgiving, you relinquish the burden of self-blame, thereby enabling you to progress without feeling guilty or ashamed.

Trust is a fundamental component of any relationship, and forgiveness is a critical component of its establishment and preservation. It can be seemingly impossible to forgive an individual who has betrayed your trust. However, by maintaining that betrayal, you establish barriers that impede the establishment of future trust.

Forgiveness does not entail the immediate loss of memory or the restoration of trust; rather, it enables the individual to recover and creates an opportunity for trust to be reestablished over time. By embracing forgiveness, you afford yourself the chance to regain faith in the healing process and in others.

As a teenager, emotions can be overwhelming, and it can be tempting to cling to feelings of anger, sadness, or frustration. However, these emotions can impede your development into the individual you are intended to be if they are not managed.

The most important thing, An, is that forgiveness fosters tranquility. Also, peace is achieved through forgiveness—peace within oneself, peace with others, and peace with the world. By forgiving, you liberate yourself from the emotional burden that hinders your progress and establish an environment conducive to inner tranquility and harmony. By forgiving, you are able to move forward with a lighter heart, which in turn creates space for growth and joy.

Lac and An, forgiveness is a difficult journey; however, it is a transformative one. The act of letting go of pain and resentment is essential for your emotional health and your capacity to love and live fully, whether it is forgiving others or yourself.

Forgiveness does not diminish the potential harm that has been inflicted; rather, it enables you to relinquish its influence and enter a state of tranquility and recuperation. Forgiveness will be a constant companion as you both embark on extraordinary journey of life.

Dear Lac and An,

The influence of forgiveness is profound. It is not merely a straightforward action; it is a potent force that has the capacity to bring tranquility to the soul, heal wounds, and transform relationships.

As you both progress through life, you will come to understand that forgiveness is not merely a means of releasing anger and resentment; it is also a fundamental component of emotional liberation, tranquility, and genuine development. Although forgiveness can be challenging to implement, its influence is formidable.

Lac and An, as you continue to comprehend the genuine power of forgiveness will assist you in overcoming life's obstacles and facilitating the establishment of peace in your personal and interpersonal relationships.

Lac, you are entering a phase of life in which the pressures of the world and the weight of decisions can be overwhelming. In the process of examining your position in the world, the relationships you establish, and your future aspirations, forgiveness is a critical factor that will influence your emotional resilience and ability to achieve genuine peace.

Lac, you will encounter periods of disappointment, betrayal, and pain as you progress through life. These moments have the potential to become the defining moments of your life if you allow them to. However, transcendence is contingent upon forgiveness. It enables you to transcend the pain and not allow it to define your identity.

Forgiveness does not imply that you forget the pain or that you condone the actions of others. Rather, it implies that you opt not to allow the actions of others to shape your emotional world. Lac, the power of forgiveness is



its capacity to liberate you from the cycle of resentment and bitterness, enabling you to proceed with a more buoyant spirit.

Lac, at times you may perceive the retention of grudges or unforgiveness as a protective barrier. You may be under the impression that harboring your anger will somehow protect you from experiencing further harm. However, this is a sham protection. You are merely confining yourself to the past by harboring resentment. Nevertheless, the efficacy of forgiveness is its ability to liberate you. It liberates your heart, mind, and spirit from the shackles of anger and negativity.

By forgiving, you create an opportunity for personal development, new opportunities, and a more profound comprehension of the world and oneself. Forgiveness is a self-liberating act that, when accepted, provides a profound sense of liberation that enables one to be more present, more complete, and more at peace.

Lac, it may appear that the natural reaction is to retaliate or construct barriers around one's heart in the face of betrayal or pain. Nevertheless, the capacity to forgive is the source of genuine strength.

Lac, forgiveness is not indicative of weakness; rather, it is indicative of resilience. It necessitates courage to forgive when one's emotions suggest that harboring resentment or anger is justifiable. However, it is during these instances that you exhibit the most remarkable strength of character.

By opting for forgiveness, you are choosing to transcend the pain and respond in a manner that aligns with your genuine principles. Regardless of the actions of others, it is a testament to your emotional maturity and dedication to upholding your integrity and peace.

Lac, as you mature, you will come to understand that relationships are founded on mutual respect, empathy, and trust. It is inevitable that individuals who are close to you will cause you pain or disappoint you. Nevertheless, the force of forgiveness is its capacity to facilitate the restoration of trust and the healing process.

By forgiving, you create the potential for more profound and meaningful relationships. Relationships, whether they are with family, friends, or romantic partners, are intricate and necessitate forgiveness, patience, and comprehension.

By extending forgiveness to others, you demonstrate that you prioritize the relationship over the temporary discomfort. You maintain the bond between yourself and others by allowing for growth and reconciliation.

Lastly, Lac, forgiveness is indispensable to your spiritual development. Forgiveness is the basis for the development of compassion, empathy, and understanding, which are essential for spiritual development.

When you forgive, you enter a state of high consciousness in which your actions are guided by love rather than anger. The manner in which you perceive yourself and others is altered by forgiveness. It enables

you to recognize the flaws of others and to accept your own with a sense of humility. As you persist in your spiritual journey, forgiveness will act as a compass, enabling you to live with a heightened sense of peace, love, and awareness.

An, you are currently in a life stage where emotions can be overwhelming and the world can appear tumultuous. It is common for adolescents to feel as though the pain they endure is unbearable. However, forgiveness is a potent instrument that will not only facilitate your recovery but also foster your development into a resilient, compassionate young woman.

You can carry the power of forgiveness with you into the future, and it will assist you in navigating the ups and downs of growing up with greater ease and strength.

An, there will be instances during your teenage years in which you experience feelings of anger or frustration toward the individuals in your life, including your family, friends, and classmates. It is entirely normal to experience these emotions; however, they will only serve to increase your sense of weight and burden. The capacity of forgiveness to alleviate the emotional burden of anger is its greatest strength.

You are not excusing someone's behavior when you forgive; rather, you are allowing yourself to release the anger that is weighing you down. This act of release enables you to enter a state of tranquility, enabling you to think clearly and act with a sense of composure.

An, one of the most significant advantages of forgiveness is that it facilitates comprehension. You are still in the process of acquiring knowledge about the world and yourself as a teenager. It can be challenging to understand the reasons behind the actions of others, particularly when they cause you harm.

However, forgiveness motivates you to consider the behavior in a broader context and recognize that each individual faces their own challenges. By extending forgiveness to others, you develop empathy, which enables you to understand their viewpoint. This not only allows you to recover from your own pain, but it also enhances your comprehension of others, thereby transforming you into a more empathetic and astute individual.

An, holding onto grudges or unresolved hurt can result in the sensation of being ensnared in an emotional shackle. It can prevent you from moving forward and enjoying the present moment by trapping you in a cycle of resentment.

An, the effect of forgiveness is that it provides you with the emotional liberation to relinquish what is no longer beneficial to you. By forgiving, you liberate yourself from the past, thereby enabling you to enter a future that is brimming with potential. Your emotional state is no longer determined by the wrongdoings of others. Instead, you have the autonomy to determine your response, which allows you to regain control over your emotions.

An, you are currently in the process of acquiring an understanding of your identity and the intricacies of

relationships at your age. Forgiveness is an effective instrument for emotional development. It aids in the development of strength, not in the sense of becoming impervious to injury, but in the sense of acquiring the ability to recover and progress.

By forgiving, you acquire the ability to surmount obstacles, comprehend your own emotions, and cultivate resilience. By selecting forgiveness, you enhance your emotional and spiritual well-being, thereby enhancing your capacity to confront future obstacles with more grace and wisdom.

Ultimately, An, the efficacy of forgiveness is its ability to induce tranquility. The more you harbor anger and hurt, the more tumultuous your inner world becomes. However, the act of forgiving someone results in a sense of tranquility and peace within oneself.

Forgiveness enables you to embark on a new chapter in life with a sense of emotional clarity, free from the weight of unresolved conflict. It provides you with the tranquility of understanding that you are no longer bound by the pain of the past and are able to live in the present moment, free from negative emotions.

The influence of forgiveness is limitless, Lac and An. It is a force that has the potential to revolutionize your emotional world, your relationships, and your life as a whole. You are choosing peace, freedom, and strength by choosing forgiveness.

The act of forgiveness is always a step toward greater understanding, growth, and love, regardless of whether it

is directed toward others or oneself. Forgiveness is a gift that will not only bring healing to your heart but also enable you to live a life filled with joy, compassion, and wisdom.

Dear Lac and An,

Life is a river full of encounters, and we must be patient, kind, and able to forgive at all times. My beloved Lac and An, forgiving one another is a profound act of self-liberation as well as an act of charity toward others.

Disentangling emotional knots is an art form that can help one emerge from the darkness of bitterness and into the brightness of reconciliation. Although it may appear impossible at first, the ability to forgive may be developed and honed through practice and instruction.

For each of you, I'll share some methods for accepting and putting the value and power of forgiveness into practice in your daily lives.

Understanding is the first step in forgiveness, Lac. Your initial reaction to being wronged can be one of rage or hurt, but hold on a second. Think about why they did what they did. Maybe they were having their own problems or, more likely, they messed up, like the rest of us.

Empathy can flourish when you make an effort to comprehend. Take a deep breath and ask yourself, “What might they be going through?” the next time someone annoys you, Lac. You can change your perspective and lessen the impact of the crime by just reflecting on it.

Lac, forgiveness does not mean ignoring your sentiments or tolerating wrongdoing. Recognizing and accepting your feelings is an important step in getting past them. Make sure you give yourself plenty of time to deal with upset feelings. Whether you're angry, sad, or disappointed, sit with your feelings.

Get someone you trust to listen to you or jot them down if you feel the need. You may show respect for your emotions without allowing them to govern you if you give them a voice. Feeling better emotionally will allow you to approach forgiveness with more clarity.

Starting small is an additional practice, Lac. Learning to forgive is like honing any other skill: it takes time and effort. Forgive small offenses first, such as someone cutting in line, a tardy buddy, or an unasked-for sibling loan.

Over time, you'll be better able to let go of bigger grievances when you perform these smaller acts of forgiveness. A high capacity for forgiveness is like a muscle; the more you exercise it.

Gratitude, Lac, is a great instrument for forgiveness. It is easy to wallow in self-pity after someone wrongs you. No matter how bad things get, there's always something to be thankful for if you just take the time to look. You may have grown stronger or gained some important self-awareness as a result of the ordeal. Turning forgiveness into a learning experience is as simple as changing your perspective from the pain to the lesson.

Lac, visualization can be a useful technique. Put your hands over your heart and picture the offender standing before you. Think of them as a fellow human being, flawed and suffering just like you, rather than as the object of your anguish.

As you would when you release a hefty stone into a river, picture yourself letting go of the anger or resentment you feel toward someone. Behold the stone's plummeting and subsequent transportation by the water. A sense of lightness, freedom, and tranquility can wash over you with this easy vision.

Lac, remember that forgiveness is a gift that you bestow upon yourself. You can't go on when you're burdened with wrath or resentment, like a bag full of stones. With every forgiveness, you shed one of those burdens, allowing yourself to live a life filled with more joy and less difficulty. You'll discover that forgiveness is not a burden but a blessing if you practice this as an act of self-love.

An, an initial step toward forgiveness is making a decision. Resolving anger and resentment is not an automatic process, but rather a conscious choice that you must make

time and time again. "I have the power to choose peace over pain," you should tell yourself the next time someone wrongs you. Even when it's hard, this simple statement might help you take that first step toward forgiveness.



An, a successful way of forgiveness is perspective-taking. Think about things from the other person's perspective. In that moment, how did they feel? What were their ideas? I was wondering if you might shed some light on the possible causes of their behavior. While this does help us comprehend the issue with more compassion, it does not excuse their behavior. When you shift your perspective, it's like opening a window in a stuffy room; the fresh air and sunshine from the outside make everything feel much better.

An, an additional point to consider is that forgiveness is not always required right away. The pain can be profound at times, and that's alright. Give yourself permission to recover. During those times, try to live by the principle of “forgiveness in progress.”

This requires admitting that you aren't quite ready to forgive, but that you're willing to give it a go. Despite your lack of progress, tell yourself, “I'm willing to do my best.” Even when it seems far away, this way of thinking keeps the possibility of forgiveness alive.

An, an additional method is detaching the person from their actions. People are complex and must not be reduced to their greatest misdeeds. Rather than dwelling on the ways they have wronged you, try to see the person suffering from the pain. Not doing so means you're ignoring their wrongdoing; it's an admission that they, like you, are more than their faults. You provide room for forgiveness to take root when you highlight the humanity in other people.

An, an effective technique for forgiveness is keeping a journal. For your own benefit, write a letter to the one who wronged you—not to send, but to keep. Express yourself completely, without holding back.

Next, compose a second letter in which you imagine their sincere apologies. Even if you never hear an apology, this method can help you work through your feelings and find closure via imagination. By doing so, you can direct your own healing process and become closer to forgiveness.

An, further crucial component is cultivating self-compassion. Internalizing the hurt, doubting your value, or blaming yourself is a common reaction to being wronged by another.

Keep in mind that they are the ones whose behavior you are mirroring, not you. Take it easy on yourself, just as you would a friend who's been wounded. If you can learn to be compassionate with yourself, you'll be in a better position to forgive other people without letting yourself be devalued.

Last but not least, An, keep in mind that it is letting go, not forgetting, that is at the heart of forgiveness. No need to pretend it didn't hurt or try to forget what happened. Put your emotional hold on it to rest instead.

Feel the pain as a shackle limiting your movement, and let forgiveness free you from its grip. You release yourself from burdens and shackles and are free to go forward with each act of forgiveness.

Practicing forgiveness is an ongoing process, not an event, Lac and An. Giving yourself this gift allows you to choose love over hate, peace over suffering, and release from the chains of wrath, which benefits not only those around you but also yourself.

You will discover that even the heaviest loads become lighter and that even the darkest circumstances become golden opportunities for progress when you embrace and practice forgiveness in your daily lives.

With all love,

Daddy.

# THE VALUE AND POWER OF LETTING GO

Dear Lac and An,

The value of letting go is a profound wisdom that unfolds like a quiet river carving its way through the landscape of life.

Lac and An, the act of letting go is not a matter of forgetting or discarding; it is a method of reconciling with the past in order to fully embrace the present. In contrast to the notion of loss, the act of letting go involves the liberation from the bonds of attachment, enabling one to proceed with a clear mind and an open heart.

Lac, your capacity to relinquish what is no longer beneficial is a source of strength. You may believe that clinging to an idea, a memory, or even an individual is a testament to your commitment.

However, Lac, there are instances in which holding on only results in tension, as if you are grasping a rope that causes your hands to burn. Conversely, relinquishing control is an act of grace. It enables you to take a step back, take a deep breath, and have faith that life will provide what is intended for you.

Lac, letting go is a profound act of courage, not a sign of weakness. It necessitates fortitude to relinquish one's attachment to the familiar and venture into the unknown. You become more receptive to the unforeseen beauty of life when you relinquish your desire to control the results.

The value of letting go is its capacity to provide clarity. It enables you to observe things in their natural state, rather than the perspective of your fears or desires. Letting go is a method of preparing the way for new opportunities and clearing the path ahead.

You will discover that letting go of one's attachments results in a feeling of lightness. By relinquishing the burdens that impede your progress, you are able to progress with ease.

Holding onto anger, regret, or disappointment can be akin to carrying stones in your heart, each one adding weight to your journey. You lay those stones down by letting go. You do not eliminate the past; rather, you elect not to allow it to dictate your present. This release is the source of the value of letting go, the liberation that results from declaring, "This no longer serves me."

Lac, the act of letting go is also a way to respect the organic flow of life. Seasons fluctuate, rivers flow, and populations expand. By relinquishing control, you become in harmony with this current.

Stop resisting the inevitable changes and begin to flow with them, much like a leaf being gently carried downstream. In this harmony, the value of letting go is discovered, as is the tranquility that results from submitting to the rhythms of life.

Lac, there are times when holding on to what is important requires letting go. Suffocation is a potential consequence of excessive attachment to an object. The act of letting go enables love, joy, and beauty to flourish

and grow. It provides an environment for those entities to expand, rather than being restricted by your expectations. Letting go is not about surrendering; it is about granting freedom to both yourself and the objects you hold dear.

An, the value of letting go is its capacity to bring you closer to the core of your identity. The freedom to be oneself is achieved when one relinquishes the need to be perfect, the need to please everyone, or the fear of failure. Self-compassion is embodied in the act of letting go, which is a declaration that “I am sufficient and have all in my current state.”

It is not the case that you are less concerned by letting go. It does not entail disregarding or disregarding the experiences that have influenced you. However, it implies that those experiences are carried lightly, similar to the way a bird carries the wind beneath its wings.

You do not forfeit the lessons or the love when you relinquish them; rather, you alleviate the burden of attachment. This enables you to ascend to new heights and observe the world from a fresh perspective.

An, additionally, you may believe that maintaining your grip is indicative of fortitude, and that relinquishing it would entail surrender. However, the reality is that clinging to one's beliefs can occasionally be the more difficult route, as it can result in being trapped in the past or paralyzed by fear.

Conversely, relinquishing control is an act of faith. It is a method of affirming to oneself, “I am confident in my capacity to progress.” I am confident that life will

provide me with the resources I require at the appropriate time.

An, the act of letting go enables one to accept the impermanence of life. People, circumstances, and even you are subject to change. By relinquishing control, you reconcile yourself with this reality. You cease your efforts to preserve items that are intended to fade or evolve. This acceptance is the essence of the value of letting go, as it liberates you from the burden of resisting change.

An, additionally, the act of letting go enables one to appreciate the beauty of the conclusion. Every conclusion is a disguised beginning, an opportunity to commence anew.

Opening the door to new opportunities, new experiences, and new growth is achieved by letting go of what no longer serves you. Letting go is a symbolic affirmation of the future, regardless of its uncertainty. The act is one of hope, a faith in the boundless possibilities that await.

Lac and An, the act of letting go is a gift you bestow upon yourselves. It is a method of selecting peace over conflict, clarity over ambiguity, and freedom over attachment. The value of letting go is not situated in the loss of something, but in the gain—the courage to embrace life as it is, the openness of mind, and the lightness of heart.

Lac, when you relinquish control, you resemble a tree that sheds its leaves in the autumn, confident that new growth will emerge in the spring. An, when you relinquish control, you are akin to a river that is

unencumbered by the weight of stones, flowing freely. Through letting go, both of you are manifestations of wisdom, a wisdom that will help you overcome the changing seasons of life.

Dear Lac and An,

It can be said that the act of letting go has a quiet strength, or a source of energy that can influence how you perceive life, love, and this ever-changing world.

Lac, letting go is not about surrendering or losing but rather it is about the act of releasing what is no longer beneficial to you in order to move forward with clarity and freedom. It is a courageous act that encourages you to trust in the natural flow of life and accept the uncertainty that accompanies change. An, the act of letting go is the process by which we create a space for new beginnings. It is the method by which we develop the ability to carry only what is truly important and respect the impermanence of all things.

Lac, there will be times in your life when it seems as though the only way to preserve something valuable is to hold on. You may be tempted to hold onto memories, relationships, or even notions of your own identity. However, excessively tightening your grip can cause you to feel drained, much like the weight of stones in a swiftly flowing river.

The power of letting go is rooted in the recognition that nothing in this world is intended to be held indefinitely. Everything is in a state of flux, and it is within this flux



that life derives its significance. Lac, relinquishing control is a method of acknowledging this reality.

Lac, letting go does not imply vulnerability. This does not imply that you are decreasing your level of concern or that you are abandoning your efforts. Rather, it is a decision to relinquish what is no longer in accordance with your identity or the person you are becoming, which is a testament to your immense strength.

Letting go enables you to relinquish the burden of expectations, both those imposed by others and those that you impose on yourself. It allows you to live authentically, moving in accordance with the beat of your own heart, rather than being bound by the past or the potential future.

Despite the fact that impermanence may not always be perceived as such, Lac, there is beauty in it. The things we cherish, the people we love, and the moments we wish could last forever are all fleeting, and that is what makes them precious.

Letting go is not about forgetting or erasing; it is about embodying the essence of those experiences without clinging to their form. It is about preserving the joy of a memory in your heart while simultaneously making space for new memories to emerge. Letting go does not diminish what was; rather, it elevates it, enabling it to remain uncontaminated by the passage of time.

Lac, by relinquishing control, you allow yourself to be exposed to the boundless domain of potential. You create a space for the unforeseen, for the gifts that life has yet

to reveal. The beauty of the potential outcome can be obscured by an excessive attachment to a single perspective on the way things should be.

Letting go is a method of placing one's faith in the overarching plan of life, and of anticipating that, despite the loss of an object, another will replace it. It is a leap of faith that necessitates the relinquishing of control and the acceptance of the unknown.

You are correct, Lac; the power of letting go is not solely about releasing the past; it is also about releasing fear. These are the fears that impede our growth and keep us immobilized: fear of change, fear of loss, and fear of failure.

By relinquishing fear, you enable yourself to realize the full extent of your capabilities. You experience a sense of lightness, freedom, and a greater receptivity to the awe of life. Letting go is a liberating act that disrupts the bonds of fear and embarks on a journey of personal development and exploration.

An, one of the most profound lessons that life will impart is the importance of letting go. It is a wisdom that is attained by accepting change rather than resisting it. The transformative power of letting go is its capacity to assist you in transcending what is no longer beneficial and entering a state of renewal.

An, you will discover that the possessions you maintain out of fear or attachment can occasionally prevent you from fully experiencing life. Letting go is not about

sacrificing; it is about immersing oneself in the flow of the future.

By letting go, you are not abandoning or disregarding what is significant to you. That is, it entails relinquishing the hold of attachment in order to preserve the essence of what is truly significant.

When you relinquish control, you do not abandon the love, lessons, or beauty of the past; rather, you permit them to assume a new form. Letting go is a method of respecting the past while welcoming the future. It is a manner of expressing, “This once meant so much to me, but now I am ready to move on.”

An, there will be instances in which letting go seems to be the most difficult thing you can do. You may believe that the sole method of preserving what you value is to hold on. However, excessively tightening one's grip can result in suffering, as it impedes the organic progression of life.

Letting go is not about rejecting what you have loved or experienced; it is about acknowledging that everything has its own time and place. It is about having faith that life will continue to unfold in a manner that brings you new opportunities and joy.

An, letting go is a method of liberating oneself from the weight of expectations. The expectations that you have of yourself and those that others have of you can accumulate over time.

Letting go enables you to live in accordance with your own truth, rather than being burdened by the expectations you have of yourself. It is an act of self-compassion, a method of granting oneself the freedom to be without the necessity of proving or having achieved anything.

You learn the power of resilience by letting go, too. Your own strength is revealed when you relinquish what is no longer beneficial. You discover that you can endure change, loss, and uncertainty and emerge stronger on the other side.

Letting go does not imply that you will not experience pain or grief; rather, it means that you will not allow these emotions to define you. It implies that you will bear them with dignity, allowing them to exist within your ego consciousness but not letting them control you or bring you down. Letting go is a method of overcoming obstacles and progressing with confidence and optimism.

An, the power of trust is ultimately the power of letting go. Trust in the greater forces that guide us, trust in life, and trust in yourself. Letting go is a statement to the universe that “I am prepared for what is to come.” You are allowing yourself to be receptive to the boundless possibilities that await you, confident that you will navigate through any apprehension. Letting go is a courageous act that results in freedom and tranquility.

Lac and An, the act of letting go is a gift that you bestow upon yourself. It is a method of alleviating your burden, of liberating yourself from the past, in order to fully

embrace the present. It is a method of accepting life, even when it leads you down unexpected paths.

Letting go is not about sacrificing; it is about acquiring the clarity, freedom, and strength necessary to progress. It is an act of love—love for oneself, love for the journey, and love for the limitless possibilities that await.

Dear Lac and An,

Letting go is a big concept, one that will benefit you both tremendously as you move through the different stages of your lives. Lac, at twenty, you are exploring new territories as you step into the world of adulthood, and An, at fifteen, you are in a phase where identity and self-understanding are rapidly evolving.

Letting go doesn't just involve physical things—it is about freeing yourself from old patterns, limiting beliefs, and even fears that prevent you from moving forward. It's about releasing the negative emotional baggage that can hinder your personal growth and your ability to enjoy life fully. While this is an important practice for both of you, it will look different for each of you in your individual journeys.

Lac, as you stand at the threshold of adulthood, the pressures and expectations you may face can sometimes feel overwhelming. You are balancing your dreams with your responsibilities, navigating friendships, and adjusting to new environments. Letting go will help you clear the path to greater peace and fulfillment as you move through this transformative time.

## 1. Let Go of Your Need to Control Everything

Lac, control can often feel like a safety net, a way to prevent things from going wrong. But the reality is, not everything can be controlled. Life is unpredictable, and sometimes the best thing you can do is surrender to its flow. The more you try to control every detail, the more you increase stress and anxiety in your life.

Learn to trust that things will unfold as they should, even when they don't go according to plan. Letting go of control allows you to experience life more fully and without the constant pressure of having to manage every outcome.

## 2. Let Go of Unhealthy Perfectionism

It's natural that you want to do your best, Lac. However, there's a fine line between striving for excellence and becoming trapped in the pursuit of perfection. Perfectionism can rob you of joy, leaving you feeling constantly dissatisfied with your efforts.

Remember that mistakes and imperfections are part of the learning process. They are not failures—they are simply opportunities for growth. When you let go of the need to be perfect, you open yourself up to the beauty of learning, evolving, and enjoying the journey rather than being paralyzed by the pursuit of an idealized outcome.

## 3. Let Go of The Fear of Making Mistakes

Mistakes, Lac, are often viewed as something to avoid at all costs. Yet, the fear of making mistakes can hold you back from experimenting with new things and stepping

outside your comfort zone. In fact, mistakes are one of the best teachers. They show you what doesn't work, allowing you to adjust and try again with new insight.

Letting go of your fear of failure will help you approach challenges with more confidence and courage, and you will find yourself growing not only in your skills but also in your emotional resilience and control.

#### 4. Let Go of Toxic Influences in Your Life

As you grow, you may encounter people or situations that no longer align with your values or contribute positively to your well-being. Whether it's friendships, habits, or environments, letting go of toxic influences is essential for your mental and emotional health. Recognize when a relationship or situation is draining your energy, and give yourself permission to walk away from it. Your time and energy are precious, and investing them in things that nourish you will always lead to more growth and happiness.

#### 5. Let Go of Past Hurts

Lac, as you carry on with your life, it's easy to hold onto past grievances, past failures, or emotional wounds that have not been healed. However, clinging to hurt will only keep you stuck in the past and prevent you from experiencing the fullness of the present.

Letting go of past hurts doesn't mean forgetting what happened—it means releasing the grip that the past has on your emotions. Forgiveness, both for others and for yourself, is a key element of letting go. Only when you

release these emotional burdens can you step into a life that is lighter, more peaceful, and more open to new possibilities.

## 6. Let Go of Self-Doubt

Lac, as you step into new experiences—whether in your studies, your career, or your personal life—self-doubt may try to creep in. You may question your abilities, your worth, or your choices. This is natural, but you must let go of the belief that you are not enough. Self-doubt can be paralyzing, preventing you from pursuing what you want.

Trust in yourself, your talents, and your resilience. Let go of the fear that you aren't capable, and replace it with the knowledge that you are more than capable of achieving great things.

An, you are at a stage in life where so much is changing, and many questions are swirling in your mind. Your teenage years are often a time when you are figuring out who you are, what you want, and where you fit in the future. Letting go during this phase of your life is just as important as it is for Lac, even though your experiences may feel quite different.

## 1. Let Go of the Pressure to Conform

An, in high school, it's natural to want to fit in with your peers. But it's essential to understand that conforming to others' expectations at the expense of your authenticity will only leave you feeling lost and disconnected.



Let go of the need to fit into a mold that isn't yours. Celebrate what makes you unique. When you let go of the pressure to be someone else, you give yourself the freedom to truly embrace your individuality and express yourself as you are.

## 2. Let Go of the Need for External Validation

You might find yourself looking for approval from others, whether it's from your friends, teachers, or even social media followers. But the truth is, validation from outside yourself is fleeting, and it will never bring you lasting peace or happiness.

Let go of the desire to constantly seek external approval or recognition from others. Instead, cultivate your own sense of self-worth. Know that your value comes from within, not from the opinions or judgments of others. When you let go of the need for validation and/or recognition, you can finally live on your own terms, without being swayed by others' expectations.

## 3. Let Go of Self-Criticism

And, at your age, self-criticism can be incredibly harsh. You may look at your flaws and mistakes and judge yourself too harshly. But it's important to understand that no one is perfect, and self-criticism only erodes your confidence and prevents you from seeing your true potential.

Let go of that inner critic. Instead, treat yourself with the same kindness and understanding that you would offer to your dear friend. Be gentle with yourself as you navigate

through these formative years. Embrace the journey of becoming without constantly tearing yourself down.

#### 4. Let Go of Comparing Yourself to Others

In high school, the temptation to compare yourself to others is strong. Whether it's about grades, appearance, or popularity, comparing yourself to those around you can be damaging.

An, you are on your own unique path, and there is no one else who has your exact experiences or perspectives. Let go of the urge to measure your worth by someone else's standard. Instead, focus on your own journey and growth. You will find that there is much more joy in looking at your own progress than in comparing yourself to others.

#### 5. Let Go of Unrealistic Expectations

An, it's easy to set goals that are too high or create expectations for yourself that are impossible to meet. This can lead to feelings of disappointment and frustration when things don't go as planned.

Let go of the need to meet every expectation and realize that it's okay to fall short sometimes. What matters is that you keep going, that you learn from your experiences, and that you adjust as you go along. Life is full of ups and downs, and it's important to be flexible with yourself as you navigate it.

#### 6. Let Go of Negative Relationships

As you enter your teenage years, you will encounter a range of relationships, some healthy and some unhealthy.

An, letting go of toxic friendships or relationships that drain you is a key part of personal growth. These types of relationships can be emotionally draining and can prevent you from being your best self.

Don't be afraid to walk away from people who do not treat you with the respect and kindness you deserve. Trust that when you let go of negativity, you make room for more positive and supportive connections.

Lac and An, as you continue your paths in life, remember that letting go isn't a one-time event—it's an ongoing process that will help you build emotional resilience, create more space for happiness, and allow you to engage with life in a more peaceful and grounded way.

By letting go of old beliefs, toxic relationships, and unrealistic expectations, you both make room for personal growth and more meaningful experiences. Letting go doesn't mean giving up—it means choosing to release what no longer serves you and stepping into the fullness of who you are meant to be.

With all love,

Daddy.

# THE VALUE AND POWER OF GRATITUDE

Dear Lac and An,

Every human experience—happiness, misery, success, and failure—is carried along by the ever-changing river of life. Gratitude, my lovely children, is the quiet sanctuary amidst this unceasing flood.

Lac and An, when you take a time to look around, feel profoundly, and value the beautiful, the given, and the ephemeral, then gratitude transforms even the most mundane elements into remarkable treasures.

It is my hope that I can explain my perceptions on this crucial attribute to all of you today. Lac, you are entering the immense, enigmatic world of maturity, and An, you are discovering the kaleidoscope that is puberty. You will find that gratitude serves as a guiding light, a compass, and an anchor.

Lac, you may have a mix of exhilaration and worry as you approach maturity. The alternatives are numerous, and the challenges seem overwhelming. The steady hand of gratitude can easily be lost in this swirl of ideas about what is lacking, what is missing, or what is beyond your reach. Lac, gratitude is about appreciating what you already have rather than wishing for more.

Lac, start by expressing gratitude for your good health and vitality. You are graced with a body that can move,

create, and endure. It functions discreetly in the background, boosting your every move and idea, so you might not give it any thought. Thus, stop and be impressed by it. It requires a miracle for your hands to write your assignments, for your brain to solve issues, and for your eyes to see the colors of the world. Do not take anything for granted, for good health is a priceless treasure that many covet but cannot retain.

Lac, appreciate the chances that are offered to you. None are gifted with the opportunity to learn, to aspiration, and to design a future. The educational possibilities you enjoy today are a gift from your parents, grandparents, and the many others who came before you and dedicated their lives for them.

Their time, energy, and faith in you are invested in every lecture you attend and book you open. Your dreams are the consequence of many people's hard work, therefore appreciate these opportunities with gratitude and openness.

Lac, feel gratitude for the folks in your life who have faith in and supported you. You can't picture your life without the relationships that sustain you—the ones that share your laughter, the ones that show you the ropes, and the ones that love you no matter what.

Never forget that just being in their company indicates connection, concern, and common humanity, even in the midst of a conflict or misunderstanding. Embrace the present moment and let go of resentment and animosity.

Instead, let gratitude calm your heart and deepen your relationships with the ones who actually matter.

You should be glad for your struggles and setbacks, Lac. Who among us is grateful for suffering or letdown? So I understand if this sounds odd. You learn the most from these experiences, Lac.

They represent your resiliency, strength, and capacity for personal progress. You get smarter with each error you commit, and you climb greater heights with each hurdle you overcome. The seeds of your future greatness are the lessons that hardship delivers, therefore embrace gratitude for them.

Last but not least, Lac, nurture gratitude for the now. In your haste to do, succeed, and develop, don't lose sight of the necessity to pause and just be. Being present is all that matters. Experience the caress of the sun's rays on your skin, the flavor of your go-to cuisine, and the reverberation of joyful laughter. These fleeting, ephemeral moments are what make life worth living. Make sure they are not neglected.

Being appreciative pulls you back to the present moment, reaffirming you that the simple joys of the here and now are where your actual happiness lies, not in some faraway future.

An, at your tender age, the world is both a mystery and a wonderland; fresh inquiries and discoveries come daily. As you negotiate the unknowns of your identity and objectives, gratitude might not always be simple to come by.

You may find quiet in the midst of the mayhem if you practice gratitude, though, An. It provides a miracle viewpoint that allows you to appreciate the beauty in even the most commonplace events.

An, an introductory message of gratitude for your interest in learning is delivered. You have a gift for wondering, for wanting to know, and for asking questions that never cease. Insight and ingenuity are kindled by these small gems. You will go far in life thanks to your voracious quest for information, so be thankful for it.

Keep an open mind and heart, constantly willing to learn more, because this is a unique attribute that many people lose as they become older. Knowing how to ask questions is a step toward wisdom, so let gratitude serve as a reminder.

An, be grateful for your youth—the age when you face challenges, yet are filled with energy, potential, and boundless enthusiasm, potential, and unrestrained aspirations, or the memories of your trips, friendships, and fun are priceless diamonds that you will cherish forever.

An, you should not hastily mature. Appreciate the carefree and naivete of this time in your life because it will pass soon and cannot be replicated. You won't have much time to relish it because it will fly by.

Even when you're angry or frustrated with your family, be glad for them, An. In this perilous world, your loved ones are your rock and safety. Our affection for you stays consistent, even when our perspectives differ from time

to time. With an attitude of gratitude, you may look past the surface-level irritations and into the true concern and selflessness that underlying them.

Always bear in mind, An, that a family is more than simply a biological one; it is also a group of people who have overcome hurdles and achieved great things together.

An, an extra approach is to show your gratitude to nature. The stars, rivers, and trees are like tranquil companions who will be there for you anytime you need them. Get some fresh air, feel the dirt under your bare feet, and take in the grandeur of the sky by going outside.

These are presents that have no monetary value yet are worth a limitless amount. Expressing admiration for the natural environment might help you become more humble by calling your attention to your modest role in the universe.

An, an additional thing you need to be grateful for is appreciating all of your feelings, even the terrible ones. All of your human emotions, including grief, hatred, and fear, are interwoven into our complicated fabric. Through them, you can learn to sympathize with people, develop individually, and obtain a broader knowledge of the world around you.

Rather than trying to suppress or ignore your sentiments, practice gratitude by recognizing them for what they are: normal and valuable. Finding stability and learning to gracefully endure emotional storms are both aided by practicing gratitude.



Lastly, An, cherish the gift of time. Time is the most valuable resource you own, even though it appears to be unlimited at the moment. Every second, every single minute, is a blessing. Put them to good use, not in the hunt for excellence but for relevance.

Whether it's spending time with a buddy, following a hobby, or just being alone with your thoughts, practicing gratitude for time will help you prioritize what's actually important. You must not allow the passage of the days go unappreciated, for they comprise the cornerstone of your existence.

Gratitude, Lac and An, is more than just a passing emotion. Gratitude is a way of living and acting that transforms the ordinary into the sacred and the simple into the miraculous. True, it's a method for improving one's life, but what really matters is the viewpoint it promotes: entering each day with curiosity and compassion.

In all that you do, my lovely children, always remember to practice gratitude. Allow it to direct your relationships, your activities, and your thinking. Allow it to act as a daily reminder of the wonders of your environment, the love that envelops you, and your own infinite potential. The very essence of contentment, tranquilly, and understanding can be found in an attitude of gratitude.

Dear Lac and An,

One of the most powerful forces in the universe is gratitude, my beloved children. Being courteous isn't just a passing emotion; it has the power to alter our

perceptions of ourselves, other others, and the world around us. Whether we are grateful depends on the perspective we have to our lives, not on our material circumstances.

The lesson it imparts is that no matter how difficult things get, there is always something to treasure and cling to. The power of gratitude can light your path and mold your inner reality, and I want to share this with each of you today, at the different stages of your lives.

As you embark on your journey of self-discovery throughout your time at university, Lac, you are witnessing a myriad of chances, responsibilities, and emotions. Your future is heavily influenced by the decisions you make today and the outlook you maintain. A life well-lived can be found by following the north star of gratitude, Lac.

Lac, gratitude's power is in its grounding effect. Gratitude is a reminder to stop and appreciate what you already have in a society where there is so much focus on wanting more and never stopping to settle for less.

Instead of letting your aspirations and desires go, the power of gratitude can help you ground them in a feeling of peace and perspective. You can maintain a healthy equilibrium between your drive to succeed and your contentment with what you have when you practice gratitude, Lac.

Let gratitude be the voice that tells you, “You are already enough,” when you feel overwhelmed by academic pressures or the uncertainties of the future.

Lac, gratitude has the power to strengthen your relationships as well. Everyone around you, from friends and family to professors and classmates, can easily be taken for granted in the hectic pace of university life.

The key to seeing these interactions for what they really are—gifts that mold your experiences and aid in your growth—is gratitude. Gratitude should be the first emotion that comes to you when you think of your friends, Lac.

Even in their flaws, your teachers are providing you with invaluable knowledge and unique insights; with gratitude, you may appreciate this. When you think of your loved ones, let gratitude fill your heart since they are the rock upon which you can always rely.

Lac, the capacity to turn adversity into strength and progress is one of gratitude's most potent powers. Things won't always go well in life. There will be times when you question your abilities and feel discouraged.

Finding the hidden blessings in the midst of the agony is what gratitude is all about during those moments, not trying to pretend it doesn't exist. Recognizing that even the most difficult times may teach you valuable lessons in perseverance, modesty, and serenity is one of the many benefits of cultivating an attitude of gratitude.

Lac, when you practice gratitude in the face of adversity, you rise above your challenges rather than letting them define you.

Last but not least, Lac, gratitude has the power to tie you to something bigger than you. Gratitude allows you to see how everything is connected, whether you refer to it as the cosmos, destiny, or just the wonder of existence.

You are not a solitary entity navigating life's challenges; rather, you are entangled in a complex web of interconnected relationships, experiences, and moments. Appreciation allows you to see the value in the little things in life, like the sunshine shining through your window, the comforting embrace of a smile, or the serene splendor of a starry night. When you truly appreciate everything that life has to offer, you will experience the power of gratitude.

An, when you're fifteen years old, your emotions blossom like a garden. Everything seems to be brimming with potential as you learn, develop, and explore the world with new eyes. My darling An, gratitude is like sunshine; it helps your garden grow by watering it with love, joy, and awe.

An, gratitude has the power to open your eyes to the little joys in life. When you're young, it's tempting to dwell on the things you don't have, such as wanting greater independence, acceptance, or fame.

The focus of gratitude, however, is on what is already here. And if you take a good, hard look around you, you'll find that this world is full with blessings, including the joy of your friends' company, the knowledge you gain from your education, and the food you eat with your loved ones. Rather than being trifles, these are priceless

gems. When you are grateful, you are more likely to recognize, value, and enjoy these things.

An, an additional power of gratitude is the ability to make your feelings more understandable. Adolescence is a time of intense emotions, which may be both bewildering and overpowering. The tranquil core amidst that tempest is thankfulness. You can take a step back and enjoy the full range of your feelings, even the tough ones. Gratitude heightens your happiness and reminds you to enjoy it while it lasts.

Gratitude provides perspective when you're feeling down or angry, letting you know that these feelings are part of your path as well. An important lesson in gratitude is that all of your feelings shape who you are as a person.

An, a further benefit of gratitude is that it changes how you view other people. When you're fifteen, you're still learning your way around the ins and outs of friendships, relationships, and just being a human. Being grateful allows you to approach these relationships with empathy and admiration.

Gratitude can help you see past people's superficial qualities and recognize their genuine kindness and humanity when you're feeling misunderstood or mistreated. An additional benefit of gratitude is that it helps you connect with people on a deeper level and fosters kindness and empathy.

An, the capacity to feel alive is one of gratitude's most mystical powers. With an attitude of gratitude, you can make the most of the opportunities that present

themselves to you at this age. The sky's ever-shifting hues, the sweet sound of a beloved song, or the excitement of a brand-new discovery can all be marveled at in this way.

Expressing gratitude helps you stay in the here and now by drawing your attention to the innumerable small moments that make up your days, rather than fixating on the monumental ones. And when you make gratitude your daily practice, you begin to view the world not merely as it is, but as a miraculous and miraculously beautiful place.

You are more connected to your sense of self when you practice gratitude, An. You may wonder about your identity and your place in the world as you mature. By drawing attention to the special nature of your experience, thankfulness dispels uncertainty.

The things that make you unique can be seen, including your abilities, talents, and attributes. When you are grateful for yourself, not just for what you do but for who you are, you develop a strong sense of self-worth and the self-assurance you need to face the challenges and obstacles that life throws at you.

Remember, Lac and An, that gratitude is powerful not only for the benefits it brings you, but also for the way it changes your perspective on giving back to the world. When we are grateful, we are generous, and we want to spread the joy to everyone we meet.

You can't judge a life by its taking, but by its giving, and that is the lesson that gratitude imparts. It is a powerful

energy that may lift your soul, strengthen your bonds with others, and reveal the limitless splendor all around you.

In the journeys ahead, my beloved children, always remember to have gratitude in your hearts. Allow it to be your fortitude when you question, your delight when you have much, and your serenity when you're down and out.

Gratitude is more than a sentiment; it permeates every aspect of life. And when you give it your all, you'll see that life is a priceless gift despite its flaws.

Dear Lac and An,

Embrace the power of gratitude to bring nourishment to all part of your lives, like a soothing stream that may turn ordinary days into spectacular ones. A way of being that may be nurtured in the tiniest of moments.

Based on your individual paths, I have a few suggestions for how you might incorporate everyday gratitude into your life that I hope you'll find helpful. Rather than being theoretical concepts, these are actionable steps you can do every day to tap into the transformative power of positive gratitude.

Lac, at the age of twenty, you find yourself on the cusp of two identities: your past self and the one you are shaping into. Independence, challenges, and an abundance of new experiences await you at university. When you make gratitude a habit, it will be a rock that keeps you firm during all the upheaval of this transitional period.

Lac, take a few moments first thing in the morning to be grateful. Before the stress of looming deadlines and assignments takes over your morning, pause for a moment to reflect on three blessings in your life. The warmth of your morning coffee or the sunshine shining through your window could be all it takes. Even with all the stresses of university, there is always time to appreciate the little things, and this habit will help you start each day off on the right foot.

Lac, keeping a gratitude journal is a wonderful practice. At the end of each day, take 10 minutes to think on something that made you happy, helped you feel better, or forced you to grow.

Journal about these events, not just listing them, but detailing what happened, how you felt, and why it's important. With time, this practice will create a repository of memories, a physical representation of the happy things in your life that you can reach out to when times go tough.

Lac, gratitude is about more than just counting your blessings; it's also about giving thanks to those who make your life better. Whether it was a professor who motivated you, a buddy who listened when you needed to vent, or even the barista who made your day with a pleasant smile, make it a habit to show your gratitude to others. A sincere “thank you” or message can strengthen your bonds and bring to mind the network of people who are there to help you.



Despite the hectic pace of undergraduate life, Lac makes time to stop and observe his surroundings. Mindfulness fosters gratitude. Take in the sights and sounds of the campus as you make your way to class: the trees, the buildings, and the students. Enjoy your food more fully when you take the time to appreciate its origins and the path it traveled to get to your plate.

These practices of mindfulness bring you into the present moment, where you can more fully appreciate the abundance around you.

Lac, reframing difficulties via the prism of gratitude is another method. Pause and ask yourself, “What can this teach me?” whenever you encounter obstacles, whether it's a challenging exam, a fight with a friend, or doubts about your future. Given this circumstance, “what is it that I may be grateful for?” Finding the positive aspects, the chances for development concealed in your challenges, is what this means, not ignoring them.

Lastly, Lac, it is by giving that one can grow gratitude. Help those in need or devote your time to a cause you believe in by volunteering. Not only can helping others improve your own situation, but it also makes you more grateful for what you have. It starts a positive feedback loop and serves as a constant reminder that gratitude is an individual and communal feeling.

An, when you're fifteen, your world is full of life and excitement; your feelings are strong and tangible, and everything seems to have a greater impact. When you make an effort to be grateful, it may become a compass

that guides you through this thrilling and occasionally daunting phase of your life.

An, an exercise in gratitude should be done first thing in the morning. Consider something good that happened the day before or something you're excited about while you get ready for school. Anything from a friendly remark from a friend to the thrill of discovering something new to the comforting embrace of a favorite sweater could do the trick. By practicing an attitude of gratitude into your morning routine, you may establish a good tone and face the day with a spirit of gratitude.

A gratitude jar should be made, An. Gather a container and some colorful pieces of paper. Put a note in the jar every night that expresses your gratitude for something. All it takes is a brief description, like “the way the rain sounded on the window” or “the funny joke my friend told me.” When you fill the jar with these positive notes throughout time, you can look back on happier times and be grateful for all that you have.

An, an additional way to practice gratitude is via art. Every week, jot down or draw a picture that symbolizes what you're thankful for if you enjoy doing so. If you're creative, write a brief piece about something that made you happy. Being creative gives you the freedom to express your gratitude in a way that is authentic to you, bringing joy and making it your own.

Let gratitude direct your behavior in your friendships, An. Make sure your friend knows how much their generosity and time mean to you whenever they do

something nice for you. Any friendship can be strengthened and treasured with the simple expression, “I’m so glad I have you as a friend.” Being grateful motivates other people to do the same, An.

An, you need to try a gratitude reset when you’re feeling angry or disappointed. Just for a second, breathe deeply and try to identify something for which you are grateful. Perhaps it’s having a loving family to lean on, the chance to further your education, or even just listening to music that makes you feel better. Even in the worst of times, there is always something to cling to, and this simple exercise can help you change your perspective.

In your interaction with nature, gratitude can also be woven. Get some fresh air and spend some time outside, even if it’s only to sit under a tree and watch the clouds. Take note of the minute details—the sound of birdsong, the rustle of leaves, the glint of sunshine through the trees. Allow yourself to be enchanted by the natural world, which will serve as a constant reminder of the miraculous bounty and boundless wonder of our planet.

An, an additional tip is to practice gratitude by giving it to others. Whether it was a parent who prepared your favorite meal, an instructor who broke down complex concepts into simple terms, or a sibling who brought a smile to your face, everyone deserves a handwritten note of gratitude. Not only can these simple acts make other people happy, but they also strengthen your own feeling of gratitude.

Gratitude, Lac and An, is a way of looking at the world and discovering beauty and significance in the ordinary. It is a present to oneself that can help you grow emotionally, spiritually, and relationally.

Life becomes more abundant when you learn to appreciate its flaws as opportunities for growth, rather than when you experience perfection. This is the result of cultivating an attitude of gratitude in your own special way.

My beloved children, always remember these things. Embrace a spirit of gratitude as it illuminates your days, lights your way, and constantly reminds you of the riches around you.

With all my love,

Daddy.

# THE VALUE AND POWER OF EMPATHY

Dear Lac and An,

One of the greatest strengths we possess is empathy, which allows us to understand and share another person's experiences by putting ourselves in their shoes.

A graceful and powerful insight that changes lives, enriches relationships, and makes the world a better place. A quiet, resilient force that changes our lives, thoughts, and connections, empathy is more than a sentiment; it's a way of being.

Lac, at the age of twenty, your life is a story that is still unfolding, full of new experiences, opportunities, and obstacles. With empathy at your side, you can navigate the intricacies of this moment like a compass. When you practice empathy, you learn to listen with purpose and respect in the halls of university life, where many different perspectives and ideas come together. A story, perhaps a struggle, a delight, or a vulnerability, lies behind the surface of every conversation.

Keep in mind, Lac, that empathy is more than just agreeing with other people; it's about truly knowing them as you go through life with your relationships and academics. To put yourself in a classmate's shoes and understand the challenges they may be experiencing, practice empathy whenever they appear emotionally distant or inattentive.

Maybe they're struggling with problems they haven't spoken about, or they're trying to balance school and a job. Rather than expecting you to solve other people's problems, empathy asks you to just be there for them, respecting their humanity in the process.

Lac, when you debate or speak on a topic, empathy helps you see things from the other person's point of view. When people have different viewpoints, it's easy to get angry or dismissive, but the real power comes from taking a step back and asking, “What has influenced this person's belief?”, “What have they been through that makes them think that way?” You may respectfully disagree with someone without losing their respect if you can empathize with them. Because of this, your talks will be more profound, fruitful, and based on mutual development.

Lac, empathy also encourages introspection, the practice of taking a compassionate and understanding look at oneself. When you're twenty years old, you may start to feel the strain of expectations, both personal and familial, as well as the unseen societal pressures.

To have self-empathy is to acknowledge that you are a fallible human being who can experience both success and failure. Empathy tells you: “it's alright to fall short or feel lost,” that progress is a process, and that you are sufficient even when you don't know what the future holds.

Lac, be mindful that empathy will influence your success criteria as you plot out your future. It will serve as a gentle reminder that compassion is essential to any success, no matter how large.

Whether you get to the top of your industry, create a game-changing product, or remain in the background, having empathy will make sure that your journey is about lifting others. It will teach you to question, “Who can I assist?” in addition to, “What can I accomplish?” How can I have a positive influence on the people in my life?

Similarly, Lac, your empathy pushes you to leave your safety zone. It encourages you to connect with those whose experiences differ greatly from your own, to listen to their tales, and to view the world from their perspective. Maybe you'll cross paths with someone whose upbringing was quite different from yours.

The ability to empathize with another person helps you to see past their weaknesses and into their humanity, strength, and perseverance. It opens your eyes to new perspectives and serves as a gentle reminder that we are all fundamentally similar, despite our many differences.

The hidden, silent moments of life—the times you sit with a buddy in agony or make space for someone’s grief to manifest without trying to help them solve it—are when empathy will serve you well, Lac. Even if they don't garner much media attention, the people you touch will always remember these moments. The capacity to connect and heal via even the most minute acts of empathy is what gives it its power.

An, when you're fifteen, everything is alive and well; it's a period of many firsts, of discovery, and of feelings that sometimes feel out of this world. As you navigate this thrilling and somewhat bewildering phase of your life, empathy serves as a guiding light, showing you the way toward connection and understanding.

An, as you make your way through high school's social scene, empathy will prove to be your most valuable asset. Empathy enables you to understand a friend's emotions when they are sad by allowing you to see behind their words. They can be exhibiting aggressive behavior due to fear or a sense of being overwhelmed.

A key takeaway from developing empathy is the fact that many people act out of suppressed feelings. It serves as a gentle reminder to respond with care and patience rather than wrath.

Another benefit of having empathy is that it broadens your perspective on the variety of human experience. You can expect to encounter people at your school who are completely different from you and who have perspectives on life that you have never considered.

Listening to their tales, asking them questions, and allowing their experiences to enrich your own worldview are all invitations to practice empathy. It's as if every interaction adds a new shade to your palette, broadening your viewpoint.

An, when you encounter disagreements, which are unavoidable in social situations and academic life, let empathy be your compass for finding a way out.



Practicing empathy allows you to take a step back and consider, “What might they be going through?” whether you're upset about someone else's behavior or disagree with a buddy.

What may have prompted them to behave in such a manner?” This in no way implies that terrible behavior is OK; rather, it teaches you to deal with conflict with empathy rather than wrath. You might discover methods that take into account their feelings as well as your own.

You can manage your own emotions with the aid of empathy. Feeling like no one gets you when you're fifteen is a real possibility. When directed inward, however, empathy serves as a gentle reminder to treat oneself with kindness.

Feelings are normal, and it's alright to have days when everything feels overwhelming. Practicing self-empathy is recognizing and accepting your emotions without passing judgment, allowing yourself the space to experience and recover at your own speed.

And, having empathy will help you learn more in class. Remember the people who lived through the events you are reading about—their goals, dreams, hardships, and all. If you want to really understand literature, you need to put yourself in the characters' shoes and experience their highs and lows. Doing so will enhance your capacity to relate to the experiences of actual people in the world and make your studies more interesting.

In the digital realm, where a significant portion of your life takes place, empathy will also help you. People tend

to jump to conclusions and misunderstand each other on social media.

When you practice empathy, you learn to put yourself in another person's shoes, to think about the consequences of your words before you speak, and to respond with compassion instead of judgment. As a result, you are reminded that there is a real person, feeling something, behind every screen.

An, empathy does not entail taking on the entire world's burden. It's not about trying to make everyone happy or solving their concerns. However, the key is to simply be there, to express, "I see you, I hear you, and I value you." It's an unassuming power that makes a big impression on everyone you meet without trying to draw attention to itself.

Lac and An, having empathy isn't always a picnic. Being open, patient, and able to see things from other people's points of view are all necessary. However, there are incalculable benefits. Life itself serves as a unifying force, bringing people together and reminding them that we are all interconnected despite our many differences.

Keep empathy close to you, my beloved children; it is a gift, not a burden. Follow it as a compass for all your dealings, decisions, and life adventures. Not only will you make a positive impact on the people around you, but you'll also find a stronger bond with your own heart. Remember, empathy is the power that brings connection and healing, even in the smallest of actions.

Dear Lac and An,

A subtle but remarkable power that everybody can develop is empathy. While it may not make a great manifestation of itself, its movements are as smooth and subtle as water, and it has the power to gradually shape even the toughest stone.

Lac an An, in order to truly empathize with another person, you must be able to put yourself in their shoes and feel what they are feeling. It requires bravery, endurance, and, most of all, a receptive heart. That is why empathy is one of the most powerful tools that will help you grow into wholeness and maturity.

Lac, you are entering a time in your life, when the world starts to reveal its intricacies, when you are twenty years old. In addition to expanding your horizons and making valuable relationships, university opens your eyes to the diversity of human experience. Here is where empathy becomes crucial, not merely as a quality to exhibit but also as a mindset to live by.

You will be able to make more meaningful connections with individuals in your education and career if you cultivate empathy, Lac. Some of your classmates or professors may question your views, but it's not because they're hostile; it's just because they have different perspectives.

By putting yourself in their shoes, you can see how their tales, experiences, and hardships impact their viewpoints. You can listen, really listen, and reply with respect if you practice empathy as opposed to rigidly defending your position. Learning about other people

does not mean sacrificing your own identity but rather that it can enhance it.

Lac, when you engage with individuals from different walks of life, empathy opens the door to comprehending the breadth of human experience. Who knows? Maybe you'll meet someone who has overcome obstacles you never even thought existed, like being born into a different culture, overcoming poverty, prejudice, or loss.

Having empathy allows you to put aside your biases and view them as more than just “others;” they are fellow humans with whom you share this life's path. It reveals that our shared concerns, hopes, and dreams lie underlying our outward distinctions.

Lac, your capacity for empathy will define the nature of the relationships you cultivate. Everyone is attracted to individuals who can empathize with them, whether it's in a personal or professional relationship.

Empathy teaches you to listen without judgment and to provide support rather than quick fixes when someone confides in you about their problems. The knowledge that they are not alone can be more comforting than any amount of advice could ever be.

When your emotions like rage or irritation threaten to overwhelm you, Lac, empathy will be a tough nut to crack. Empathy prompts you to pause and think about the other person's intentions, their situation, and their suffering when they let you down or act in a way that hurts.

This is not to say that poor behavior is always acceptable, but it does indicate that most people's actions stem from their personal challenges and not from malicious intent. You will be spared the burden of needless bitterness by learning this difficult lesson.

Lac, even in your greatest triumphs, let your empathy lead you to reflect on the people who helped you along the way, whether they were able to enjoy the same chances you enjoyed or not. The depth it adds to your accomplishments will serve as a constant reminder that the way you treat other people is the true measure of your life's worth, regardless of how far you go. One who lives with empathy is strong in silence, forging connections rather than divisions.

An, at the age of fifteen, the world is teeming with new experiences, feelings, and relationships that mold your identity. You will see that compassion is like a seed that, when nurtured with care, can grow into a mighty tree with branches that reach out and touch the lives of others, offering shelter and comfort to those weathering the storms of life.

An, an empathy for others' acts in your friendships can allow you to look past their outward appearances. It is easy to feel upset or puzzled when a friend acts out or seems distant.

With empathy, though, you can't help but wonder, “What are they going through?” “Who or what is behind their words and deeds?” Being empathetic will educate you

that individuals act when they are in agony that they cannot verbalize.

An, you will be able to recognize and respect the unique qualities of those in your immediate vicinity if you have empathy. Your other students may hail from a wide variety of backgrounds, and they may all be dealing with their own set of difficulties and aspirations in life. By putting yourself in another person's shoes, you can get insight into their experiences and perspectives on life through empathy. And you will discover that your own heart enlarges, able to contain more love and less judgment, as you listen to other people.

An, when trouble arises, empathy will be your rock. As you mature, you're bound to have disagreements and miscommunications, but developing empathy will equip you to take a step back and understand things from the other person's point of view.

It will serve as a reminder that the vast majority of individuals are genuinely trying to get through tough times and have no intention of causing harm to others. When you approach disagreements with empathy, you'll discover that finding a solution involves establishing a bridge of understanding rather than proving who is right or wrong.

An, another thing that empathy teaches is self-compassion. Being fifteen makes it easy to be harsh on oneself when things don't work out because of how overpowering emotions can feel at that age.

Turning your empathy inside allows you to accept that it's normal to feel sad, make errors, or require time to sort things out. An, you may learn to gracefully handle life's ups and downs by treating yourself with the same kindness you would offer a dear friend.

An, as you mature, empathy will lead you to perceive possibilities rather than merely the reality. Empathy will make you want to lend a hand and make things better when you hear about someone struggling, whether it's a classmate, a complete stranger, or someone halfway around the world. A simple act of kindness can have far-reaching consequences, even if you can't see them coming.

The way you feel delight will also be influenced by empathy. Empathy will prompt you to remember to rejoice in the successes of others when you are celebrating your own. Life isn't a race; it's a journey, and the greatest joy comes from helping other people reach their full potential, not from reaching the top of your own game.

Lac and An, empathy is a priceless virtue that offers selflessly. It is a perspective that changes your understanding of yourself and the world around you, which in turn changes your relationships with other people.

You can't help but notice that each individual you see is dealing with their own set of challenges, hopes, and narratives. Life becomes meaningful, connected, and compassionate when you embrace empathy.

Keep this power with you, not because you have to, but because you can choose to, so that the world can be a slightly softer place. As a result, you'll see firsthand how empathy improves not only the lives of individuals around you, but also your own.

Dear Lac and An,

Being empathetic is more than just a commendable trait; it has the power to change the way you interact with others and expand your perspective on life. The power of empathy can be developed by intentional actions, yet it frequently comes spontaneously.

There are methods to include empathy into your everyday interactions and routines, whether you're managing the exciting world of university, Lac, or the lively problems of high school, An.

Lac, being a university student, puts you in a position where empathy is crucial in all aspects of life, from social interactions to professional interactions. Building relationships that last is more important than simply getting to know someone.

Active Listening During Discussions

Lac, it's not uncommon for philosophical debates and lively talks to devolve into heated arguments when you're a university student. Focus on listening to comprehend, not to answer. Asking a fellow student, "What experiences have shaped your perspective?" is one way to get them to open up about their thoughts and feelings.



You can learn a lot about their world and start a real conversation by asking them this question.

### Group Dynamics and Patience

When everyone doesn't pitch in the same way, group projects can really push you to your boundaries, Lac. Instead of getting angry, try to put yourself in their shoes and think about what could be stopping them. Put the topic gently, such as, "I observed you seeming a bit overwhelmed—could we reorganize responsibilities to make it easier?" Such a strategy exemplifies empathy-based leadership.

### Developing Empathy for Career Advancement

Having empathy is a great tool while you look for internships or part-time jobs, Lac. Keep in mind that your bosses and coworkers are human, too, and that they struggle with pressure and difficulty on the job. If your boss is being

overly critical, you could try saying, "What can I do to make things easier for you today?" Posing such a question shows that you've given it some thought and can help diffuse any potential conflicts.

### Handling Conflicts by Comprehending

Whether it's with friends, professors, or coworkers, Lac, arguments will arise. "What might this person be feeling right now?" is a good question to ask while you're in a fight. "I understand the importance of this to you—let's work together to find the best solution." is one such

sentence to try. The whole dynamic can be transformed by turning the attention from resistance to collaboration.

### Expressing Your Joy to Show Your Empathy

Listen, Lac, empathy isn't reserved for bad times. Join your friend in celebrating when they accomplish something. Tell them, "I want to know how you felt when you accomplished this, you have my utmost admiration!" Sharing in the joy of others brings you closer together and demonstrates how much you value their well-being just as much as your own.

### Leveraging Your Time to Learn New Things

Helping other people out is a great way to develop empathy, Lac. Whether it's taking part in a community initiative or mentoring younger students, these opportunities give you a window into the lives of others and the challenges they face. Humility and gratitude are fostered by serving.

### Reflecting on Yourself

Take a few moments at the end of each day to write down your thoughts and feelings regarding your interactions using Journaling Lac. Summarize an experience in which you had empathy and the lessons you took away from it. Your capacity to read people's emotions and respond appropriately will improve with time spent doing this.

An abundance of emotions surrounds you as a high school student, including those of yourself, your friends, and your family. You can learn to handle these feelings with poise and strength in your relationships and in your

understanding of those around you if you practice empathy.

### Developing Friendships Through Deep Listening

An, listen carefully without thinking of an answer when a buddy confides in you. When you say something like “I’m here for you” or “That must have been really hard for you.” Statements like these can have an incredibly profound meaning for someone, especially when they often feel that others do not listen to them. An, listening in this way shows that you care about their emotions.

### Recognizing Hidden Emotions

An, high school can be a place where people hide their true feelings behind smiles or jokes. If you notice a classmate acting differently—maybe they’re quieter than usual or seem irritable—try reaching out. You could say, “Hey, I noticed you seemed a bit down today. Is everything okay?” Even if they don’t open up right away, your kindness might make a big difference.

### Teacher Compassion

An, it’s simple to forget that instructors are human beings with unique challenges. Keep in mind that a teacher’s temper could be a symptom of issues they’re facing outside of class if they look irritable. Being patient and kind can make their day in ways you can’t even begin to fathom.

### Making Friends with Everyone

An, an occasional cliquy atmosphere can exist in high school. Do something to include someone else in the conversation if you see they are sitting alone or isolated. A casual “Hey, would you like to come along with us?” can completely change their experience and encourage a more generous attitude.

### Understanding Empathy via Narratives

An, the power of empathy can be learned through books and movies. Reading about individuals from diverse backgrounds or who are dealing with extraordinary circumstances forces you to put yourself in their shoes. Think on the characters and situations from their point of view while you read or watch.

### Expressing Emotions through Letter Writing

An, an alternative is to write a letter to the person(s) involved, even if you never intend to send it, when you are feeling hurt or misunderstood. Begin by sharing how you're feeling; then, try to put yourself in their shoes and incorporate their emotions. You can gain more insight and clarity into the problem by doing this activity.

### Providing Simple Acts of Generosity

Another thing: showing empathy doesn't necessarily require extravagant gestures. Simple acts of kindness like smiling, holding a door, or helping with homework go a long way. Even though they may appear insignificant, these actions have the power to make someone's day.

### Compassion on the Family Level

Your relationships can be strengthened by empathy at home. Promptly volunteer to assist with household tasks or just ask, “You've been working so hard—can I do something for you?” if you observe that Mom or Dad is going through a stressful time. Warmth fills the home when little things like this are done.

### Contemplating Through Artistic Means

Another way to develop more empathy is to engage in activities that you enjoy. Imagine yourself in another character's shoes and write their story or sketch their feelings. The ability to express oneself creatively facilitates emotional processing and fosters more meaningful relationships.

### Gratitude as a Tool for Cultivating Empathy

Consider the people who have been helpful to you every day, An. Jot down your thoughts and feelings in response to what they did. An attitude of gratitude and a heightened awareness of how you might reciprocate kindness are both fostered by this practice.

Having empathy for others is something you can learn, practice, and elect to do, Lac and An. It calls for perseverance, tolerance, and the ability to put oneself in another person's shoes. You'll discover that empathy not only improves your relationships but also aids in your development as a kind, resilient person when you incorporate these methods into your daily life. Hold on to your wisdom, keep studying, and trust in the transformative power of empathy. With all my love, Daddy.

# THE VALUE AND POWER OF COMPASSION

Dear Lac and An,

Compassion is a subtle but powerful feeling that may ease suffering and create connections where barriers formerly existed. More than just a feeling, it's the readiness to feel the pain of others and help alleviate it, even if doing so doesn't get you anything in return.

Lac and An, as you mature, your perspective on life and the world around you will be shaped by your capacity to practice compassion. Even though it's not always a picnic, it's always worthwhile. As you go through this difficult time, I hope that compassion can be a guiding torch for you all.

Lac, life is a tornado of deadlines, goals, and coming-of-age for you as you enter your third year of university. As you negotiate relationships, build your independence, and plan your future, compassion may not always feel like a priority. However, Lac, it is in this fast-paced, high-pressure setting that compassion, for yourself and others, becomes your rock.

Lac, to learn through compassion that everyone you meet in your daily life is dealing with problems they can't see. Someone in your class who seems uninterested or aloof could actually be balancing many jobs, family obligations, or different hidden fears.

That's why you need to cultivate compassion for them, because through compassion, you are less inclined to judge their actions based on appearances.. Rather, it begs the question, "What are they going through?" Answering this question can help you stop thinking in terms of comparison and start making connections.

During times of rivalry, compassion also shows its power, Lac. It is easy to become competitive with other students at university because of the competitive nature of academics and the perceived lack of room for advancement. However, compassion should not be diminished by rivalry.

Picture this, Lac: the top kid in class may have given a lot to be there, and the one who's falling behind may be dealing with invisible obstacles. With compassion, rivalry becomes mutual respect, and you are reminded that everyone is trying their best.

Compassion is essential in all aspects of your social life, not just academics, Lac. When people fail to meet your expectations or fail to remember significant moments in your life, it may be disheartening and painful. Being compassionate makes you realize that even the people who care about you the most are fallible human beings with their own set of problems and shortcomings.

With compassion, you can inquire, "What could have prompted them to behave in this manner?" rather than holding grudges. Rather than avoiding or downplaying unpleasant sentiments, it's important to treat them with compassion.

Compassion encourages you to be compassionate to yourself, too, Lac. If you're someone who wants to improve and succeed, you could be hard on yourself at times. There will be moments when you falter, fail to achieve your objective, or commit errors. Having self-compassion is just as important as having other people's compassion at these times. When things don't go as planned, remind yourself, "I'm doing the best I can, and that's enough." You can overcome adversity if you accept and cherish your humanity.

Finally, Lac, compassion helps you to regard the world at large, not only your close friends and family. Compassion broadens your horizons in many ways, including raising your consciousness about societal concerns and gaining an appreciation for the lived realities of people from many cultural backgrounds.

The vastness and interconnectedness of the world, and the power of even the smallest actions of understanding, are brought to light by this. Lac, remember, having compassion isn't about finding perfect solutions but rather maintaining an attitude that aims to reduce suffering for you and others whenever feasible.

An, when you're fifteen, you're likely to feel overwhelmed by emotions, both your own and those of everyone else. Dealing with all the changes that occur during high school can be rather difficult. Compassion, An, is a light that can help you cut through the clutter, fostering genuine, long-lasting connections and bolstering your sense of identity.



An, when you believe that showing compassion starts with acknowledging that everyone is going through struggles that you can't see. In school, it's simple to generalize about someone and say they're unpleasant, difficult, or impolite if their behavior causes you distress or confusion.

However, compassion suggests a different explanation: “Perhaps they're acting out of fear or pain.” You can now approach these circumstances with curiosity instead of judgment. Remember, An, compassion will teach you to put aside superficial characteristics and focus on the core humanity of people.

An, as you go through friendships, remember that compassion is the key to embracing imperfection. Friends are human and will make errors, neglect commitments, and misunderstand your requirements from time to time.

Being compassionate helps you remember that true friendship isn't about being flawless but rather about allowing each other room to grow. “What could they be feeling right now?” is a good question to ask when a buddy lets you down. You can let this idea ease your heartache and let the relationship heal.

Your sense of self-worth is greatly impacted by compassion, An. Whether it's to their appearance, their accomplishments, or how others perceive them, it's normal to compare yourself to others at fifteen. However, compassion will teach you that a person's value does not

lie in comparisons of winning or losing, but in what inherently exists within each individual.

If you find yourself being too hard on yourself whenever you look in the mirror, try talking to yourself as if it were a dear friend, such as, “I’m doing my best, and that’s enough” When you practice self-compassion, you are better able to gracefully navigate moments of self-doubt.

When things don’t seem to be going your way, compassion really shines, An. It could be that a teacher shows signs of favoritism toward another student, or that a fellow student gossips about you. In these moments, it’s tempting to let your emotions take over.

In moments like these, my child, you need to show compassion. You should think about what could be motivating these behaviors. A classmate spreading rumors may be coping with personal issues, or perhaps the instructor sees a reflection of themselves in the other student. While compassion does not condone harmful actions, it can assist you in overcoming them and maintaining inner calm.

An, expanding your perspective on life is a wonderful side effect of being compassionate. One way to practice compassion is to listen to the tales of individuals from diverse backgrounds.

And lastly, An, compassion teaches you that giving is more important than receiving. Helping a fellow student with their homework or just making someone smile when they’re feeling down are examples of tiny acts of kindness that show how much someone cares.

The true meaning of compassion is not about seeking recognition or applause, but rather knowing that even the smallest of your actions can brighten someone else's day, my child.

Lac and An, showing empathy is an expression of your humanity and strength, not your fragility. While staying firmly planted in your own ideals, it enables you to form strong connections with others. Be compassionate in all that you do, say, and think as you go through life. As you tend to it, you'll see how it improves the lives of people around you and fills your own heart with subtle, enduring happiness.

Dear Lac and An,

It can be said that compassion is one of the great strengths, capable of transforming your lives and the others as well. Beyond mere pity or friendliness, compassion is the ability to understand the pain of others, to absorb it into one's own heart, and to feel a deep and genuine desire to alleviate that suffering.

The power of compassion does not seek attention, but instead, it quietly shapes the way you perceive the world and deepens the connections with those around you.

Lac and An, as you navigate through distinct yet equally important phases of life, finding courage, knowledge, and purpose in recognizing the power of compassion will be a tremendous aid.

Lac, you are on the cusp of maturity, a time when many feel a surge of energy, curiosity, and the need to make

their imprint on society. Life is more than a collection of accomplishments, especially at this fast-paced time when everything is happening so quickly.

Lac, that's why compassion is the glue that holds you to other people and serves as a constant reminder that the value of your life lies not in your own achievements but in the difference you make in society.

By practicing compassion, Lac, you will learn to perceive others for who they really are. You meet individuals from many walks of life at university, some with lofty goals like yours and others who are just trying to make it through each day. Managing work, family, and academics can be quite challenging for some classmates. Similarly, professors may appear too rigorous, but that's just because they're dealing with difficulties that you'll never know about.

Lac, the power of compassion is in your ability to stop and consider others; to understand that behind every person's countenance is a tale just as intricate and significant as your own.

Through this understanding, you can change the way you perceive and respond to conflict. For example, when you disagree with someone, whether it's a friend, a classmate, or a stranger, compassion will help you slow down and listen. Compassion allows you to put aside your rightful pride and work with that person to find the best solution.

Imagine a situation: A friend of yours disappoints you. When you cultivate compassion, it will encourage you to put yourself in their shoes rather than reacting based on

your own emotions. Through this, you may realize that their mistakes could stem from their different interpretations or because they are facing their own struggles.

Although compassion cannot heal past wounds, it can help you face challenges with an open heart and find solutions to repair relationships instead of letting them break apart.

The way it feeds your own spirit is another benefit of compassion, Lac. By being compassionate, you enhance your own qualities of patience, understanding, and resilience, in addition to assisting those around you.

Imagine compassion as a personal seed that you can plant at any time. Knowing and caring for someone plants a seed, and as it grows, its roots will strengthen, providing stability even when life throws you a curveball.

Practicing compassion alters your perspective on more than just other people; it also changes your perception of yourself and your place in the universe.

And, when you are fifteen, you are going through a stage in life, and these might be very intense emotions tied to friendships that bring both joy and confusion or dreams that seem both distant and close, yet full of attraction. These emotions might make you feel both overwhelmed and pressured.

A gentle yet steady compass, that is compassion, will guide you toward clear understanding. You will learn to

view life with both your eyes and your heart through the lens of compassion.

My dear, in life, you may encounter people who are cold, hostile, or unfriendly in the school hallway or even within your own home.

When you have compassion, you will recognize that these behaviors are signs of deeper issues they are hiding. Perhaps that friend struggles to socialize in class, or maybe they are truly wrestling with feelings of shame or low self-esteem that they cannot express. These issues might be making them uncomfortable.

To show compassion, you should reflect as follows: “Are they going through some kind of suffering from the past?” By simply shifting your perspective and asking yourself questions related to their emotions, you can transform your anger into understanding.

And, the way you interact with your friends can also change through compassion. Friendships at your age can bring great joy, but they can also cause sorrow when misunderstandings arise. A friend might say something that hurts you, or they might forget something very important to you.

In such moments, compassion will remind you that, even in the most enduring friendships, it is still the union of two imperfect individuals. By letting go of the feelings of hurt, compassion will help you see your friend through the lens of someone who is learning and growing together. It's not that the past doesn't matter, but rather that your relationship is more important, and for this

reason, compassion will help you more easily forgive them and yourself.

An, you also need to learn how to manage situations of comparison and competition at school through the practice of compassion. Often, people tend to focus on the achievements of others; for example, we might ask, Who is the most popular student? or Who received the highest awards?

However, there is another truth that compassion softens in comparison: these moments are not about winning or losing but about understanding one another. For example, a classmate who excels academically might spend a lot of time in the library because they want to prove something to themselves. Or a student who struggles with their studies might be dealing with challenges at home that you may never notice. Therefore, a compassionate person like you can avoid comparing yourself to others and instead think, “How can I best support those around me, regardless of their journey?”

An, one thing you should always remember is that the power of compassion will help you become stronger during your moments of crisis. Fifteen is not always an easy journey. There will be times when you question your worth or feel misunderstood.

When you are around people with compassion, you will realize that being vulnerable is normal, and seeking help is an act of courage, not weakness. An, compassion during these times will help you face your own

difficulties with gentleness and warmth, just as you would show to your best friend or to others.

An, when you stumble, don't be too hard on yourself. Think of it this way: “What can I learn from this fall?” Through the answer, you will realize that what you need is understanding, not perfection. This is the true source of growth, and it is compassion that has taught you this.

An, the last point I want to share with you is that compassion helps you broaden your perspective. Certainly, compassion will challenge you by putting you in someone else's shoes whenever you encounter stories in literature, media, or even in everyday conversations.

Compassion will illuminate the truth that everyone's life is shaped by ups and downs that you may never truly understand, and there are countless experiences out there, far beyond what you have encountered. When you can view things through this lens, you will gain wisdom and unconditional love.

Lac and An, I can say that compassion has a quiet yet incredibly powerful influence, my dear ones. Compassion will shape your mind and heart in the most subtle ways, ways that may be hard for you to recognize at first. However, over time, you will realize that compassion is the connecting force between your lives and the lives of those around you.

Compassion will eliminate confusion, resolve disputes, and strongly support the weak. You two should cultivate compassion when facing life's challenges, alright?



Dear Lac and An,

It can be said that both you and those around you can be transformed by the gentle power of compassion. Beyond being a feeling, compassion is also a practice that requires self-awareness and a sense of purpose in your lives. Your actions, relationships, and sense of purpose can be influenced by the level of compassion you cultivate at each stage of your life.

My dear children, compassion helps you see the meaning of life in a new light and brings meaning to the simple things happening in your daily lives. Lac and An, I have a few words of advice for both of you on how to apply compassion in your lives. The world is opening up to you, Lac, the world is opening up to you as a third-year student, filled with information, ideas, and encounters with new people. Let your heart be filled with compassion as you face the complexities of this stage in your life. Why? Because compassion will be the compass that guides you along the way.

Lac, pay close attention and listen. Stay present in all of your interactions, whether it's with friends, in class, or even just having a casual conversation. Put down whatever you're doing and pay close attention to what people are saying. It shows that you are paying attention when a friend confides in you. Building trust and respect for yourself entails listening with compassion.

Lac, be patient when things get tough. Problems, whether they arise in the classroom or in social interactions, are necessary for development. Before jumping to

conclusions, stop and ask yourself, “What is this teaching me?” Turning frustration into resilience, patience fostered by compassion.

Lac, prioritize curiosity above passing judgment. When you enroll in university, you can expect to meet individuals whose perspectives and life stories differ greatly from your own. Ask inquiries instead of ignoring or downplaying ideas with which you disagree. “Could you tell me what influenced your viewpoint?” Could you explain this to me? Through these questions, you can learn more empathy and broaden your perspective.

Lac, please engage in small acts of compassion every day. Some examples of this behavior include offering your seat to another student, sharing your notes with a classmate who was absent, or simply sending a short message to a friend who seems to be feeling down. These simple moments, full of meaning, can have a profound impact on your life and the lives of others.

Balance your goal with care, Lac. Keeping up with the pressures of school, internships, and future plans can be overwhelming. Having compassion is essential for success. Assist your colleagues, provide your wisdom, and rejoice in their successes with them. Together, we can do more when our hearts are filled with kindness.

Lac, you should learn to resolve conflicts gracefully. Stay calm and composed if someone criticizes your beliefs or actions. Instead of arguing with them, you can say, “I understand your perspective, although I don’t completely agree.” This is a brilliant way to resolve conflicts. With

compassion, you can learn to understand the viewpoints of others without letting your own values be undermined.

Lac, let yourself be compassionate while you work hard. The demands of academic success at university can be debilitating. You should tell yourself that it's okay to mess up when you fall. Do yourself a solid and be as generous as you would be to a friend. Take breaks when you need them; progress takes time and attention.

Allow people to be a part of your ambitions, Lac. Think about how your hopes and dreams can benefit society at large as you envision your future. Consider how you may help other people by sharing what you know and have learned, whether in your professional or personal life. With compassion, your achievements will have a meaning beyond your own life.

Ponder your privilege and find a way to give back, Lac. Consider people who may be less fortunate than you, since you have been blessed with knowledge and opportunity. Do good deeds, be a mentor, or just speak up for equality. A compassionate person doesn't merely feel bad about things; they also actively work to make things more equitable.

Lac, your words should be infused with compassion. What you say has an effect, whether you're in a formal discussion, a dispute, or just having a casual conversation. Think about whether your words will lift someone up or bring them down before you speak. Choosing your words carefully and kindly can heal or hurt you and others.

An, at the age of 15, you are discovering new friendships, difficulties, and aspirations. You may confidently and gracefully traverse high school with compassion, which is especially important at this delicate moment.

An, watch out for the abandoned. Show your compassion by approaching a fellow student who is sitting alone or who is having difficulty with a particular subject. Take them under your wing or join your study group. Even the smallest actions can have a profound impact on others and on yourself.

An, be patient with your friends, will you? When you're young, misunderstandings and conflicts in friendships are very common. Instead of reacting with anger, try asking yourself, "Could they be carrying deep pain within their hearts?" Patience and compassion will help your relationships grow and build lasting trust with others, my child.

An, treat your teachers with compassion, too. It can be said that the work of teachers is not simply about lecturing and assigning homework, but most of your teachers genuinely care about your progress. A simple thank-you or a small message can make their day more meaningful, and it also shows your appreciation for all that your teachers are doing for you.

One more thing I want to share with you: it's okay to make mistakes. Don't be too harsh on yourself if you don't do well on a test or if you misspeak in a certain situation. Remind yourself, "It's okay—I'm learning. Let's try not to repeat this mistake in the future." An,

always remember that self-compassion is the foundation for building confidence and personal growth.

An, pay attention to your words. What you say during your time at school can carry great meaning. When communicating, whether in person or online, choose words of encouragement rather than criticism. A thoughtful word can brighten someone's day or prevent unnecessary pain from occurring.

An, broaden your social circle. Do not hesitate to extend an invitation to anyone you see being left out. Whether it's over lunch, a group project, or a sporting event, your act of inclusivity shows genuine compassion that people will never forget.

Learn to apologize, An. Even if it was unintended, you should take responsibility for hurting someone. A genuine "I'm sorry" has the power to repair relationships and demonstrate your honesty to others.

An, get some care for your family. At home, doing chores or little acts of assistance is more than simply a chore; it's a way to express love. Offer to help out more when you see that mom or dad is exhausted. Your relationship with your family will be strengthened by practicing compassion.

An, confront difficulties with compassion. Take a deep breath and step back when school or friendships seem too much. Keep in mind that overcoming obstacles is a natural aspect of growing up. By practicing self- and other-compassion, you may face these challenges with poise and confidence.

An, rejoice in the achievements of those around you. Go all out to celebrate a friend's success when they win an award or accomplish a major goal. Sharing joy without envy is also a part of being compassionate, as is supporting others in times of suffering.

My dear An, always remember that compassion begins at home. When you first experience compassion, it often comes from your parents, siblings, or even from within yourself. Small acts—like sharing a gift, giving a hug, or simply saying, “I love you”—carry immense power.

So, Lac and An, cultivating compassion is not just a hobby but a way of life. In any situation, you both have the choice to practice patience, kindness, understanding and compassion. When you do this every day, you bring peace not only to yourselves but also to those around you. Walking the path of compassion, you will illuminate the world and strengthen the bonds that connect us all.

With all my love,

Daddy.

# THE VALUE AND POWER OF UNDERSTANDING

Dear Lac and An,

One of the greatest values in life is understanding. It is the foundation of peace, allowing love, patience, and compassion to flourish.

Lac and An, though today's world often glorifies extraordinary actions and achievements, what truly matters is the understanding that enables us to recognize and appreciate the humanity in others. This understanding profoundly influences relationships, communities, and the paths people choose in life.

The value of understanding will manifest uniquely in each person, depending on their age, the challenges they have faced, and the journey they are on.

Lac, as a university student, your horizons are expanding at a dizzying pace. Every day brings new people, viewpoints, and ideas. At this point in your life, understanding is a talent and a gift that will serve you well as you gracefully and wisely handle the challenges of maturity.

My dear child, understanding should begin with yourself. To achieve that understanding, you must be able to listen to the voice within you, whispering through your hopes, fears, and insecurities—or through the pressures of life in achieving goals and shaping your identity, which can

sometimes feel overwhelming.

Instead of trying to immediately dismiss or fix these emotions, take a moment to sit with them. Ask yourself, “What am I truly feeling right now?” or “What do I need most at this moment?” Gaining clarity about yourself and cultivating steadfast personal values will help you live more authentically with who you truly are.

The key to connecting, Lac, is understanding. People from diverse walks of life and cultures will be in your classes, and you should be prepared to have your assumptions tested. Approach differences with inquiry rather than resistance or judgment. Consider, “What influenced their worldview?”, “What events brought them to this point?” By making an effort to comprehend other people, you pave the way for empathy, even in situations where you disagree. Bridges between hearts and brains are established through understanding.

Lac, patience is brought about by understanding. Your perspective can quickly become clouded when you're frustrated, whether it's with a friend who disappoints you or with a project that takes longer than anticipated. Take a deep breath and remember that everyone is dealing with something, even if you can't see it.

Perhaps your forgotten-to-call friend is quietly going through a tough time. You can be learning perseverance from that work delay. Because it is based on understanding, patience is able to transform challenges into chances for development.



Lac, love grows stronger with understanding. Feelings of excitement and bewilderment are common in romantic relationships when you're your age. Love is not merely about being vulnerable with one another; it's also about sharing delight. When you pay attention to your partner's words and the feelings behind them, you make it easy for them to open up and be authentic. Loving someone more deeply when you can relate to their struggles, hopes, and weaknesses strengthens your bond.

Through that, conflict is also lessened thanks to that understanding, Lac. No matter who you're talking to—a friend, a professor, or a complete stranger—you're bound to have an argument. Put yourself in their shoes instead of trying to prove your position. Do you want to know what they're trying to say? Underneath these words, what need is there? Conflict becomes a chance for mutual respect when you approach it with understanding rather than hostility.

My dear child, through this, understanding also encourages you to cultivate humility. Remember that no matter how much you think you know, there will always be more to discover. This universe is vast, and every person you meet can teach you something new. When you realize that your perspective is just one among countless others, you open yourself to deeper understanding and learning.

Lac, ultimately, understanding will help you further illuminate the meaning of your purpose. When planning your studies and future career, don't only think about

your personal goals but also consider the difference you want to make in the world.

For example, “How will my work contribute to making the world a better place?” or “What can my work contribute to the happiness and peace of others?” Remember, when you align the needs of the world with your purpose and succeed in fulfilling that, your goals will transform into meaningful contributions, my dear.

An, the world is starting to seem more complex to you at the age of fifteen, when you were still a teenager. For you, understanding is like a torch that illuminates the intricate and lovely world around you, illuminating your path through relationships, familial dynamics, and the quest for self-discovery.

An, first of all, compassion to yourself is the first step toward understanding. When you're a high school student, you could be wondering a lot about your identity and where you fit in. It's human nature to feel pressure to be better than other people, whether that's in terms of intelligence, beauty, or popularity.

Instead of being too hard on yourself, stop and ask yourself: “Why am I feeling this way?” or “How can I live true to myself?” When you are in tune with your emotions and desires, you will grow and become a unique individual; you will no longer be influenced by the relentless demands of life, my dear.

An, at your age, friends can be a great support system, but also a place full of misunderstandings and hurt. When a friend acts strangely or seems distant, look beyond the

surface. Ask yourself: “What are they going through?” or “What can I do to help them?” Friendships built on compassion and care will create trust and strength.

My dear, at school, you will meet teachers and friends who have different views and values than you. Just because you disagree with someone doesn't mean you have to accept their opinion. Always remember that understanding does not mean agreeing, my dear. Understanding means you are willing to listen and respect their perspective. Respect that stems from understanding makes you someone truly valuable to others.

An, there's one more thing you should remember: understanding strengthens family bonds. Unpleasant arguments with family members, like parents or siblings, often happen at home. You might think, “They don't understand me.” But try to see things from their perspective. You can ask yourself: “What are they trying to teach me?” or “How can I express my feelings without getting angry?” When you treat your family with compassion and understanding, every family conflict can become an opportunity to connect, my dear.

Moreover, understanding also protects your compassion. Not everyone at school will treat you kindly or fairly. You may encounter hurtful words, be ostracized, or even slandered. It's normal to feel hurt, but instead of becoming bitter and miserable, try to understand the pain behind their actions.

My child, some people, when they hurt others, are also suffering themselves. Recognizing this doesn't mean you're justifying their actions, but through this understanding perspective, it will help you put yourself in their shoes and maintain compassion and understanding for them and even yourself.

Through understanding, you can also see the beauty of diversity. Because each person at your school has a unique

background, story, and dreams. Whether it's through working on a project together, having a conversation, or simply observing, try to understand them better. Your world will expand, and your heart will mature as you learn from the profound experiences of others.

And, do you know that understanding will also teach you the value of listening? When a friend confides in you or a teacher lectures, listen with all your senses. Always ask yourself: “What are they really trying to say?”, “What do they need me to do?” Listening with understanding helps you build relationships based on trust and compassion.

Furthermore, understanding also helps you cultivate resilience. At the age of fifteen, life can sometimes make you feel unfair, or there are challenges that seem insurmountable, or losses of friendship that are too great. At times like these, try to understand the lesson behind difficult situations. Ask yourself: “What can I learn about myself from this?” or “What lessons does this teach me?” Understanding will help you turn adversity into strength, and help you bravely face what lies ahead.

An, understanding also awakens in you a sense of gratitude. When you pay close attention, you will recognize the subtle ways in which your family, friends, and teachers always encourage and care for you. This understanding reminds you that, even in difficult circumstances, you are always surrounded by love and compassion, filling your heart with gratitude.

Lac and An, understanding is more than a competency; it is a character trait. That soft power that transforms enemies into allies, quarrels into dialogues, and obstacles into chances. Understanding should direct your every thought, speech, and deed as you navigate through life. Both the people around you and your own hearts will be illuminated by your actions of understanding.

Dear Lac and An,

It can be said that understanding has an important power in the development of life, my children. When you need a higher level of understanding and empathy, it doesn't mean that you need more information, or a higher IQ, but you need to have the ability to observe more deeply to improve relationships, broaden perspectives and soothe the soul with difficult situations, or with indifferent people, and even yourselves when you are hurt.

Through understanding, it will help you have a clearer view, help you live a wiser life, and a life that goes beyond the superficial and goes into the core of essential things.

Lac, at the age of twenty, you are standing on the threshold of adulthood, a stage where you have to face

enormous pressures in personal development and independence. Your greatest ally at this time will be understanding; because understanding will help you navigate complex relationships and challenges in your evolving environment to the best.

Lac, the first important step of understanding that you need to have is to understand who you are. Now you are still searching for your purpose in life and your identity as a young adult. Sometimes, it seems like there is no stopping point for the pressure to succeed - like having to study well, have a job, and live up to everyone's expectations.

Stop and ask yourself, “What is driving me?” in those moments. Or ask yourself, “What is really valuable to me?” When you know what you want and what scares you, then you can tell whether a path is truly yours or if you are being influenced by the expectations of others.

Self-understanding is a lifelong process, my child. Authentic choices are formed from the ability to listen and accept yourself, which in turn is formed from the many layers of your personality that emerge as you begin to mature.

In addition, Lac, understanding others is also very important to you. In university, you will hear many different opinions. When faced with criticism, it is human nature to react defensively or angrily. It is normal. However, you should view these differences as strengths rather than threats. Observe and ask yourself, “What valuable lessons can I learn from them?” or “What have

they seen in this world that I haven't seen, through their experiences?"

You can overcome your prejudices and arrogance by approaching people with an open mind and a willingness to understand them. Embracing new ideas and experiences not only broadens your horizons but also helps you connect with people you might never have met without that openness.

In addition, understanding also helps you to recognize the underlying realities within others, my child. Every action and every word has a story behind it. For example, the emotional distance of a friend may be a sign that they are carrying stresses that you don't see, or a professor may seem harsh because they are under a lot of pressure.

Through observation, insight, and understanding, you will discover the art of patience and kindness, even when faced with difficulties. This is not an excuse for stupidity, but an act far more intelligent than reacting instinctively. Establishing mutual understanding will strengthen your relationships and create an atmosphere of respect and trust in your living environment.

Lac, when you feel the need to prove yourself - to showcase your strength, intelligence, and abilities - it's a normal part of being in your twenties. However, recognizing that you still have much to learn is the path to true wisdom. Why?

Because you are learning to create space for new perspectives and ideas to flourish when you acknowledge your own biases and limitations. Humility is the result of

understanding, which helps you stay grounded no matter how great you become.

Ultimately, my child, understanding will help you navigate through ambiguous perspectives. You may have many unanswered questions: who you are, what you want to achieve in life, where you should be at twenty, and so on.

Understanding will be your compass in these uncertain times. Sit with these questions instead of rushing to find answers. Trust that as you continue to observe and delve into them, at the right time, all the answers will come to you clearly. Then, you can move forward with confidence and calmness when you embody this patience, based on understanding, my dear.

An, at the age of 15, your life is full of adventure, transformation, and feeling. At this point in your development, insight is like a beacon that shows you the way forward, guiding you through the maze of puberty.

My dear child, as you navigate the ups and downs of your youth, it is a subtle strength that will guide you towards kindness, resilience, and wisdom.

So, embracing yourself is the first step for you to achieve empathy, my dear. It can be said that the feeling of conflict between your true self and the idealized version of yourself is common for people your age. You feel insecure about your worth, intelligence, attractiveness, or abilities, which can lead you to compare yourself to others.



However, true understanding helps you realize that you are unique, and you don't have to live up to other people's expectations or expectations. Look at your strengths, instead of being so concerned about your weaknesses. Ask yourself questions like: "What do I really appreciate about myself?" "What brings me joy?", etc. When you have clear answers, you will become more steadfast when you know and accept your own worth, regardless of what others say or do to you.

An, your bond with your family is strengthened by an understanding. Feeling misunderstood by one's parents or siblings is a common experience for teenagers. You could feel like, "They just don't understand me," or "They're trying to be unfair." However, understanding requires you to go past your anger and ask, "What am I supposed to learn from this?", "How do they feel?" Looking at things from their point of view can help you see that people's actions, even the ones you dislike, are motivated by genuine caring and love. You will be able to speak with patience and respect as a result of having this understanding, which will help you turn disagreements into chances for intimacy.

Your heart will feel safer with understanding, my dear. You cannot expect that everyone you meet will be kind or that every situation you encounter will be fair. There are certain types of suffering, such as rejection or rumors, that may come your way.

An, understanding allows you to navigate these difficult situations and reminds you that destructive actions often stem from others' fears or struggles. This awareness can

help you avoid letting their actions shape you. Through understanding, you will realize that, although you do not condone their bad behavior, at the very least, you won't be burdened by their negative perspectives. You can feel more confident with this understanding, regardless of what others think or say.

An, furthermore, through understanding, you can recognize the beauty of the world around you. There are so many things to be amazed by when you're fifteen, but it's also easy for the pressures of school, friends, and daily life to overshadow these beauties. For instance, the laughter of friends, the encouragement of teachers, or the changing colors of the sky at sunset are all small things that always need your attention. No matter how busy or difficult your day is, you will find joy when you realize that the beauty of life lies in the little things that are happening around you.

In addition, the clarity in your emotions that comes from understanding is also very important, my dear. Obviously, you will experience a range of emotions, including the joy, anger, sadness, and excitement of a rebellious teenage girl. Instead of getting caught up in those turbulent emotions, try to stop and ask yourself, "What is this emotion trying to tell me?" or "What do I need right now to have peace?"

Finally, An, hope also comes from understanding. There are many uncertainties about yourself in the future, and your path may make your growing up feel like you're on a roller coaster. But through understanding, you will feel empowered to move towards the future, knowing that

every event, good or bad, contributes to your personal growth. Trust me, no matter what happens in this life, no matter how difficult it is, those difficulties are valuable lessons that will help you become stronger, wiser, and kinder than before.

Lac and An, the impact of understanding is profound but immeasurable and invisible. Understanding smooths out the rough edges of life, soothes your souls in the face of suffering, and gives you the composure to face today's chaotic world. Embrace the journey of self-discovery, social awareness, and life lessons with the steadfast companionship of understanding, my dears.

Dear Lac and An,

Like any other light, understanding must be nurtured and cared for to continue illuminating your journey through life. The value and strength of understanding lie not in superficial reflection but in the power it holds to be channeled into intentional actions. Through understanding, you can transform challenges into opportunities, disagreements into bridges, and ambiguity into clarity—all by applying understanding to your daily actions.

Below are methods and habits you can adopt, depending on the stage of life you are in. Each offers its own lessons, bringing you closer to a deeper understanding.

Lac, you are traversing a world of growing complexity as a twenty-something, what with all your independence, responsibility, and relationships. Achieving success and strengthening relationships with others and with yourself

are both facilitated by cultivating understanding in one's day-to-day experiences.

### Enhancing Listening Skills

Lac, practice the habit of listening to others without thinking about how you'll respond. Often, we don't truly listen—we're too preoccupied with formulating a reply. When speaking with a stranger, a professor, or a classmate, set aside your own thoughts and focus on their words.

Be patient and let them finish speaking before you respond. By doing so, you show genuine interest and take the time to understand them. Prioritize your desire to understand over the urge to argue or react. This approach will surprise you with the newfound depth it brings to your relationships.

### Asking Questions with Genuine Curiosity

Lac, curiosity is also a foundation for understanding. When encountering someone with a different background or perspective, rather than judging or making assumptions, ask thoughtful questions to gain deeper insight, such as, "What made you think that way?" or "Could you share more about your experience?" When you show sincere interest, others will open up to you, and through their stories, you'll expand your understanding of the world and its people.

### Write a Journal for Self-Reflection

Lac, journaling will help you develop a deep understanding of yourself. Every night, spend about ten

minutes recording the events of the day. For example, how did I feel today? Why did I react that way? What did I discover about myself? Over time, this reflection will help you make decisions that align with your values and goals.

### Put Yourself in Other People's Shoes

Whenever you have a conflict with someone, stop and try to see things from their perspective. Imagine the pressures, anxieties, or hopes they may be facing. You don't have to agree with them, but respond with understanding instead of defensiveness or argument. Understanding and compassion will bring you greater effectiveness, my child.

### Read Widely and Understand Deeply

Lac, reading opens up a new world of understanding. Read books such as philosophy to stimulate thinking, biographies of people from different cultures, or literary works from around the world. Each book will enrich your understanding of people and the complexities of life.

### Solve Problems with Patience

My child, when faced with a problem, don't try to solve it immediately. Be patient in understanding the root of the problem first. If you're struggling in a class or project, ask yourself: "What is the real obstacle?" or "Is it related to interest, time management, or a more fundamental issue?" When you find the true nature or root cause of the problem, solving it becomes more effective.

### Ask for Feedback and Embrace Criticism

Lac, asking others for feedback is a courageous act in the journey of self-understanding. Ask someone you trust, a mentor, or a friend, “What do you think I should improve on to make me a better person or treat people better?” Listen to their feedback without being defensive or making excuses; it will help you realize things you may have been blind to in your past behavior.

### Be Present in Every Moment with Mindful Breathing

Lac, finally, understanding will help you live more in the present. My child, whenever you feel anxious or distracted, take a few minutes to focus on your breath. Breathe in and count from 1 to 4, hold your breath for 4 seconds, and exhale for 4 seconds. This simple habit will bring you a calmer and clearer mind.

An, at the age of 15, your world is filled with new emotions, unique experiences, and challenges. Relationships, studies, and the journey of self-discovery will become easier as you develop the skill of understanding.

### Pay Attention to Non-Verbal Cues

An, understanding doesn't just come from listening to what others say but also from observing what they don't say. Notice facial expressions, body language, and the tone of voice during conversations with friends. A friend saying they are “fine” but looking sad might need quiet support more than comforting words. By learning to recognize these signs, you'll become a more empathetic and trustworthy friend.

## Ask “Why” When Facing Confusing Situations

When something upsets or confuses you, try to dig deeper. Ask yourself, “Why is this happening?” or “Why do I feel this way?” For instance, if you feel that a teacher is being unfair or a friend has hurt you, asking these questions will help you understand the root cause. These simple inquiries can ease painful emotions and allow you to address problems more effectively.

## Find Compassion Through Gratitude

Another way is to think of three things you’re grateful for each day and focus on the people around you. It could be a sibling or a friend who helped you with homework or simply shared a lunch with you. Even on bad days, practicing gratitude helps you recognize the good and nurtures a positive mindset.

## Step Back to Observe, Not Just Participate

In groups, whether at school or with friends, try stepping back to observe rather than always jumping in. Notice who feels at ease and who might be left out. Observing helps you better understand group dynamics and find ways to connect or support others.

## Use “I” Statements in Conversations

When resolving conflicts, instead of blaming others, speak from your perspective. For example, rather than saying, “You always ruin the plans!” try saying, “I feel disappointed, and I hope we can work together better.” This approach highlights your feelings without placing blame.

## Express Emotions Through Art or Writing

When emotions overwhelm you, use art as an outlet. You could draw, write poetry, or simply jot down your thoughts in a journal. This not only helps you understand your emotions better but also brings clarity to your mind.

## Perform Small Acts of Kindness

Each day, do small acts of kindness, like telling a funny story to brighten someone's day, holding the door for a teacher, smiling at a classmate, or helping a friend with homework. These small actions, though unspoken, show your care and understanding clearly.

## Take Breaks to Recharge

Understanding requires both mental and emotional energy, An. When you feel overwhelmed, give yourself permission to rest. Listening to music, going for a walk, or simply sitting quietly can help you regain calmness and clarity.

## Show Empathy in Conversations

When friends confide in you, don't rush to compare or offer solutions. Instead, ask, "How can I help you?" Empathy is about feeling what others are going through, even if you can't solve their problems. This will help you appreciate the value of simply being present for someone, strengthening your friendships.

## Finding Lessons in Every Challenge

An, ask yourself, "What can I learn from this situation?" whenever you face difficulties—whether it's a poor



grade, a conflict with friends, or a missed opportunity. More important than avoiding mistakes is how you learn from them. Each challenge or mistake is an opportunity for you to grow.

An and Lac, changing the way you perceive yourself, others, or the world is the greatest strength of understanding. A compassionate heart, a curious mind, and a resilient spirit will belong to you if you apply these principles in your daily lives.

Remember, understanding is a journey, not a destination. It develops through the choices you make and the relationships you build.

With all love,

Daddy.

# THE VALUE AND POWER OF SELF-RESPECT

Dear Lac and An,

One of the most important lessons you'll learn in life is the value of respecting yourself, even though you might not always see it coming. It's the unseen yet powerful factor that shapes how people see you, shields your emotions, and gives your deeds purpose.

Honesty and modesty are hallmarks of a self-respecting person. Rather, it's the serene self-assurance that comes from being aware of your value, respecting your principles, and being authentic to your identity.

Respect for oneself is the bedrock upon which you will build a successful life, and as your father, I want you two to know that.

Respecting yourself is crucial to the decisions you make and the life you create, Lac, as a 20-year-old in your third year of university. The person you will become as an adult is taking shape at this time. Opportunities, problems, and relationships will arise in life, and they will all put your identity to the test. Having regard for yourself serves as a beacon in these dark times, pointing you in the direction of your values and identity.

Remember, Lac, that recognizing your beliefs is the first step toward respecting yourself. These are the things that make you who you are, not the things that other people think you should be or should not be. Take stock of your

beliefs. How should I define myself? Honesty, kindness, integrity, and resilience are some of your core values. In any case, you need to claim them as your own. You can develop an unshakeable sense of identity, immune to doubt and pressure, by acting in accordance with your principles.

People from many walks of life and with all kinds of aspirations will cross paths with you in university, Lac. While some may change your mind, others will spark new ideas. There will be times when you want to fit in, whether it's to make a good impression on a teacher or a peer you look up to. But respecting oneself entails being honest and genuine regardless of how others perceive you. Respect for your genuine self is more valuable than popularity for your fake self.

Envision this: Lac, you're presented with an opportunity—a well-compensated internship, a position of leadership, or a thrilling project. Although it may appear ideal at first glance, you know that it goes against your core beliefs and ideals.

A healthy dose of self-respect allows you to reject things that don't mesh with your values. What matters most is not what you accomplish but rather how you accomplish it, and this is something to keep in mind. Never give in to temptation or lose sight of your values in order to achieve temporary success.

Respecting oneself, Lac, also necessitates establishing limits. Protecting your emotional and mental health requires setting boundaries in all aspects of your life,

including friendships, sexual relationships, and the workplace. If someone cares about you, they will respect your limits; otherwise, they may try to push them or ignore them. No one expects you to be perfect; you should focus on being true to yourself. Have the self-confidence to leave someone who makes you feel inadequate, unimportant, or uneasy.

Lac, remember the value of self-respect, and the most important time to apply it is when you fail, not when you succeed. When you don't achieve your goals or make mistakes, it's easy to blame yourself or let shame overwhelm your mind.

But Lac, if you truly value yourself, you will learn to accept, and even appreciate, your flaws. You should not let mistakes define who you are, even if you make mistakes. Remember, your worth is not determined by your achievements, and you should use your failures as valuable lessons on your journey of growth.

An, when you're fifteen years old, high school can seem like a tornado of new acquaintances, expectations, and transformations. During this period, you are still developing your sense of self and your place in the world. Through it all, self-respect stands by your side, reassuring you of your value and guiding you through the trials of maturation.

An, an important first step in developing self-respect is to change how you perceive and communicate with yourself. It is easy to feel inadequate in a society that

places so much value on outward appearances, academic success, and social status.

An, your value originates internally, not from external validation from others. Your worth is unrelated to your social circle, your physical attractiveness, or your academic performance. Kindness, curiosity, and the capacity to make other people happy are the defining characteristics of your character.

An, remember that comparing yourself to others is a very natural human tendency. You might feel inadequate when you see your friends who seem more talented, confident, or loved. But my dear An, this comparison will take away your joy and damage your self-esteem.

You need to find joy in your own uniqueness instead of constantly focusing on your flaws. Remember, you are one of a kind, and no one can replace you because of your admirable qualities, such as your imagination, humor, and ability to listen.

An, remember, in friendships, self-respect means accepting yourself for who you are and not settling for anything less. Not everyone will treat you fairly; when someone treats you unfairly, ignores your feelings, or pressures you to do things you don't want to do, it reflects their values towards you. When you value yourself, you can say “No” to harmful relationships and fight for what you want. True friends who understand you will value you unconditionally.

An, when you have self-esteem or self-respect, you should also trust your own judgment. Feeling insecure or

hesitant to express your ideas is normal during adolescence. However, you have the right to express yourself because your feelings and opinions matter. You need to be yourself, even if you are in the classroom, at home, or with friends. A person with self-esteem always knows that their opinion is valuable, whether they agree or disagree with others.

Finally, my dear An, remember that the key to becoming the beautiful woman you aspire to be lies in the value of respecting yourself.

My two beloved children, everyone has their own opinions, but the most important opinion is your own. Be truly self-respecting, trustworthy, and loyal to yourselves. When you value yourselves, you set an example for how the world should treat you, and you bring greater meaning to your lives by living authentically with who you are.

Dear Lac and An,

Self-respect always carries an immense power, my children. The most important thing is not how others perceive you or how you see yourself in the mirror, but self-respect is the inner light that radiates from your awareness of yourself, your recognition of your worth, and your respect for your own boundaries.

When you are afraid, or when you feel weak, and when the world tries to push you to your limits, self-respect will be there to reassure and empower you. Self-respect is the foundation of a life worthy of respect, and as you walk

your own paths, I hope you both come to recognize the great strength that self-respect brings.

Lac, as you enter university and embark on your journey into adulthood, remember that self-respect is a quiet yet powerful ally in helping you make the right decisions. This is a stage where you will begin to witness the complexities of life. New opportunities may initially seem very appealing, but they often require sacrifices; on the other hand, challenges may become so overwhelming that you start doubting your own abilities. It is at these times that self-respect becomes the steadfast rock you can always rely on.

Lac, your true value lies within you, not in your academic achievements or in the approval of others. This is the first step toward building self-respect. There will be times during your university years when you might feel that success is the only way to prove your worth, and you may set goals for academic excellence, strive to please professors, or seek respect from your peers.

Fundamentally, pursuing great things is important, but remember that only when you have self-respect can you earn the respect of others. This will help you continue moving forward with strength, even when you fail to meet the expectations of others. Your worth does not depend on achievements. Instead, self-respect encourages you to accept and even cherish your own imperfections.

Lac, when you respect yourself, you will gain the clarity to see through your own illusions. The world often paints

success as having a high-paying job, an ideal lifestyle, or a prestigious position. But living with self-respect will teach you that your own values and passions are the best measures of success. No matter how far you go in pursuing a dream that does not bring you happiness, that progress will never be enough. If you truly value yourself, you will have the courage to set your own standards for success and the willingness to accept criticism when you make mistakes.

For instance, as you develop relationships, let self-respect be the compass that helps you recognize relationships

clearly. This will enrich your life and prevent you from draining your energy on ambiguous connections. Lac, remember that relationships—whether romantic or friendships—can be very complex and have a significant impact on you, especially during this formative stage of your life.

Even those closest to you can unintentionally or deliberately diminish your confidence. Self-respect will protect you in such moments. It will help you recognize that you deserve to be treated with respect, honesty, and fairness. The ability to distinguish a healthy relationship from an unhealthy one is an important factor that will guide you away from things that harm your dignity.

The way you respond to challenges will also be influenced by the level of self-respect you hold, my child. In your twenties, you may feel pressured to choose the “right” path for your career, relationships, and future.



Doubts may arise when you compare yourself to others who seem more confident or successful. However, maintaining a steady course in your own life is what self-respect encourages you to do. It means you don't need to compete with anyone; instead, respecting your own pace and journey is enough.

Lac, self-respect does not mean arrogance or selfishness; it means living honestly with yourself, rather than thinking you are better than others. It means never abandoning your core values, always treating others with kindness, and standing firm in your principles. When you show self-respect, others will naturally respect you—not because they feel pressured or intimidated, but because they genuinely value your authentic qualities.

An, at the age of fifteen, your sense of self-respect will take on a different form than your brother Lac's, but it will be just as vital. The exciting and terrifying transition to adulthood that is high school is well worth the effort. Academic expectations, group dynamics, and friendships can all impact your self-perception. However, if you keep self-respect in your heart, An, you will be able to gracefully and confidently navigate the difficulties of adolescence.

Improving your self-respect begins with changing your inner monologue. Whether it's a teacher, a friend, or even social media, the way other people see you may greatly affect how you feel about yourself when you're a young girl. Having self-respect is a constant reminder that your value is inherent, regardless of what other people say.

You are special, beloved, and esteemed regardless of the criticism's or compliment's tone.

There will be moments when you want to disappear into the throng, particularly if other people around you appear more well-liked, talented, or popular. Some people even wonder if they should alter who they are to fit in. You won't have to put on an act if you value yourself, An. The lesson that self-respect gives to you is to embrace all aspects of yourself, flaws and all. With the correct people by your side, you can be yourself, and they will love you no matter what.

Taking care of yourself has a ripple effect on your relationships. At the age of fifteen, your social circle could appear to be infinite. Compromising, avoiding conflict, or attempting to satisfy other people could feel like keeping the peace at times. Having self-respect, nevertheless, will act as a constant reminder that true friends value authenticity. Consequently, you will feel more confident in voicing your emotions in situations where your friends ignore them, exert excessive pressure, or treat you unfairly. Get close to a select few true buddies rather than a large group of souls that don't give a hoot about you or make an effort to comprehend you.

To counteract the negative effects of comparison, it helps to have a healthy dose of self-respect. It is easy to compare oneself to others as a high school student, whether one is comparing one's intelligence, physical appearance, or academic ability. You take away your happiness and confidence when you compare yourself to

others. Treating oneself with dignity serves as a constant reminder to be proud of one's accomplishments, no matter how minor, and to push oneself to improve. You are on a one-of-a-kind trip, and everyone has their own set of advantages and disadvantages.

Experiencing feelings of inadequacy or self-doubt is natural and expected. Anyone can relate to the sensation of not measuring up. Sometimes, all it takes to believe in oneself through good times and bad is to maintain a healthy dose of self-respect. Whatever the situation may be, always keep in mind that you are more capable than you think.

Both of you, Lac and An, need to know that self-respect is something that grows with time. What you do, the limits you set for yourself, and the way you treat other people are the building blocks. Respect for oneself is a subtle but potent weapon that can help you weather life's storms with poise and assurance.

Also, remember that your future is shaped by how you treat yourself, Lac. Respect for oneself will determine one's outlook on life and one's relationships.

An, dignity will always be on your side as you mature into a young woman. Always remember your worth and find the strength to be your authentic self with self-respect, even in moments when you feel undeserving.

An and Lac, maintaining your dignity in the face of adversity is a personal responsibility you must never lose sight of. Be careful with it, let it grow, and let it guide you. You'll not only live a life of honesty, significance,

and happiness when you learn to respect yourself, but you'll also motivate others to respect themselves and you.

Dear Lac and An,

It can be said that self-respect is not merely a concept but an embodiment of a wondrous reality. Self-respect is like a compass, guiding you to make decisions rooted in your values, to act in ways that honor your dignity, and to radiate a quiet yet profoundly beautiful strength. Through self-respect, you will come closer to living a life you are proud of while also paving the way for a life of greater meaning.

Lac and An, the way you cherish self-respect will bring unique significance to your lives, as each of you stands at different crossroads in your journey. Let me share with you some steps you can take—both personally and socially—to integrate this value into your daily lives.

Lac, an important foundation for you as a young adult handling the trials of university and beyond, is self-respect.

It is essential to treat yourself with grace and dignity every day because the choices you make today will determine the person you become.

Save Time by Making Intelligent Decisions

You should value your time as much as you claim it is, Lac. It should be used with caution and purpose. You should question yourself, “What is truly important to me?” before moving on with your day. To start your day off right, ask yourself this question. Give yourself

permission to do the things that bring you joy, whether it's finishing a challenging assignment, spending time with loved ones, or even taking a deep breath. The pursuit of meaningless pursuits or the futile effort to bring happiness to other people eats up valuable time. Time is valuable, and you should be considerate of that.

### Get Good at Telling People “No”

Not only is it vital to set limits by saying “No,” but it is also not selfish, my love. Think about your abilities and energy levels before you volunteer to help someone. A firm but courteous no will do if you are unable to assist. For example, set priorities if you're getting behind on work yet have a friend who wants to meet up. Learning to say “no”—not impolitely, but because you know your limits—is an honest way to deal with yourself and other people.

### Devote Yourself to Honoring Others and Fulfilling Your Words

Being a person who always follows through on their promises is a great way to value yourself. Take seriously whatever commitment you make to yourself, such as getting up early to exercise or finishing an assignment on time. Keep your word at all times; doing otherwise will bring you and everyone you've promised nothing but trouble. Reliability is a sign of self-worth and a foundation for trust with people around you.

### Strive for Excellence in Yourself

Keep in mind, Lac, that you are deserving of kindness and consideration in all aspects of life, including friendships, opportunities, and interactions with others. Keep looking until you find someone who values your thoughts and respects you. Keep your cool and stand firm for what you believe in. To respect oneself, one must be able to discern when it is beneficial to put one's time and effort into something significant.

### Strive for Progress, Not Perfection

Lac, never settle for less than your best; that is not self-respect. Embrace your flaws and strive to become a better version of yourself. Keep your cool if you mess up or do poorly on an exam. Just think about the lessons you can take away from it, and you'll be good to go. Being self-respecting also means forgiving yourself when you mess up and believing that you can become better.

### Be Kind to Yourself and Others

Lac, where you live is in your own body and mind. Taking good care of your body and mind is a form of self-respect. Eat well to keep your energy up, work out to keep your strength up, and get some sleep when you feel your mind spinning. Avoid relationships or media that deplete your energy by being careful of what you cognitively and emotionally consume.

### Be Honest in All Interactions

Lastly, Lac, you take care of your self-respect when you do things that are in line with your principles. Treat other people decently if you value fairness. Tell the truth even

if it hurts if you really care about being honest. If you want to boost your self-esteem and get the respect of others around you, do the right thing.

An, your future self is a product of the way you treat yourself now, when you are young. The years of discovery, learning, and occasional self-doubt will pass more smoothly if you take the time to regularly appreciate and value yourself.

### Be Gentle to Yourself

An, the way an individual views themselves is shaped by their inner thoughts and feelings. Even when you're dealing with disappointments like bad grades or social exclusion, try to maintain an optimistic view. Instead of telling yourself bad things, try telling yourself positive things like, "I'm learning and growing every day." Subvert the role of your inner critic and turn it into your greatest advocate.

### Surround Yourself with People Who Share Your Values

An, your worth to society is proportional to the caliber of your friendships. Surround yourself with people who appreciate and understand you. Get out of there if someone is rude to you, overly demanding, or just doesn't care about you. True friends will respect your space and celebrate your uniqueness.

### Stand Up Confidently

An, part of loving yourself also includes realizing the worth of your own ideas. Do not remain silent when you are faced with injustice. If you're working on a team

project and someone is often interrupting you or ignoring your ideas, you need to keep your cool and be firm when you voice your opinion. It is crucial to assert yourself since doing so demonstrates self-worth rather than aggression.

### Take Pride in Who You Are

An, although there will be periods in high school when you feel pressure to blend in, honoring yourself entails embracing your individuality. Retain your individuality by clinging to your artistic abilities, quirky sense of humor, or fresh perspective on life. Maintaining your authenticity is a potent form of self-respect.

### You Must Own Up to Your Decisions

Moreover, one's sense of self-worth increases when they accept responsibility for their acts. If you were involved in a dispute or a missed deadline, take responsibility. Accept responsibility for your actions and vow to do better next time. A mature and self-assured person would recognize their shortcomings and work to improve themselves.

### Prioritize Your Body's Needs

An, treating your body with the respect it merits is only fitting, since it is a holy temple. Make sure you're getting enough sleep, eating well, and exercising regularly to keep yourself healthy. Your emotional and mental health should be your first priority at all times. When you feel overwhelmed, take a few deep breaths, relax, and reach out to someone you trust.



## Feel Comfortable Saying “No”

An, you'll get requests to do things you'd rather not, like engage in gossip, go to activities you have no interest in, or take on more work than you can handle. Master the art of firmly but courteously declining. Respecting yourself enough to say “no” is more admirable than being impolite. Have faith that the people who mean most to you will honor your limits and release the ones who don't.

## Embrace the Process, Not Merely the Result

An, it's important to respect oneself no matter what; a lot of students put too much emphasis on their grades, awards, and accomplishments. Even if you didn't obtain a perfect score on an exam, you should be happy about how hard you worked. Recognizing and rewarding your own work cultivates a sense of value that is unrelated to how others view you.

Lac and An, self-respect isn't merely a concept to mull about; it is an approach to life, a personal decision, and a traveling companion. Being flawless or having all the answers does not imply having self-respect. What this implies is that you should be confident in yourself no matter what, set reasonable boundaries, and celebrate your individuality. I wish you both the ability to always respect yourselves.

With all my love,

Daddy.

# THE VALUE AND POWER OF BEING YOURSELF

Dear Lac and An,

Being yourself is a gift that will greatly benefit both of you in life—especially you, Lac, as you enter adulthood, and you, An, as you begin to carve out your own path in your youthful years. I want to share with you many reasons why being true to yourself is important and how it will help you on your unique journeys.

Be Courageous and Unapologetic About Who You Are

Lac, at twenty, you stand on the threshold of adulthood, learning to understand yourself and shaping your destiny through your thoughts and actions. This stage of your life is defined by change, pressure, and countless demands from the external world as you enter your third year of university. Amidst it all, the most important thing is to remain true to yourself.

As you face academic pressures, remember this: many people will try to force you into a mold—whether it be society's definition of success, your friends' ideas of “cool,” or your professors' perspectives on value. Some of these expectations may leave you unsatisfied, especially if they are out of harmony with who you truly are.

So, Lac, appreciate your uniqueness, even if your circumstances or life views do not meet others' expectations. Let your differences shine through

everything that makes you special, from your thoughts and interests to the goals you pursue. Simply being yourself is enough. You do not need to apologize to anyone if you fail to meet their expectations.

### The Importance of Inner Peace

Lac, when you allow yourself to live authentically, you will find inner peace. Instead of seeking validation from others, learn to find happiness within yourself. You won't feel the need to force yourself into a framework that clashes with your core values and passions. When you are at peace with yourself, you can face the world with calm confidence—this is your superpower. As long as you preserve that peace within, you will weather any storm that comes your way.

### Genuine Connections With Others

Lac, another essential part of being yourself is understanding that relationships—whether personal or social—will bring you the greatest happiness when you can fully be yourself. At university, you will have countless opportunities to meet new friends and build meaningful relationships.

But you can only expect these relationships to signify anything if you connect with others on a genuine level. Relationships will never be genuine or long-lasting if you put effort into creating an image that isn't actually you. Keep in mind that genuine friends will never judge you based on your appearance but on your actual character. This is also true in loving and affectionate partnerships.

These bonds can only thrive when people on both ends respect and value one another for who they really are.

### Follow Your Own Path, Even When It's Difficult

Lac, when you are young, it often seems like everyone tries to impose their own definition of success upon you. Perhaps it's about advancing in a traditional career, attaining prestigious positions, or climbing the ladder of fame in your work.

However, being true to yourself means choosing a path that aligns with your values, interests, and purpose. It means believing that the path you walk is uniquely your own, and it's okay if it differs from the one others expect you to take. Remember, even if your true path is unconventional or unsupported by others, walking your own path will still bring you genuine happiness. So, hold onto your faith when faced with doubt, criticism, and the challenges that arise along this journey. Stay strong, my child, and trust in the road you've chosen to walk.

### Respect Yourself Enough to Say "No"

Lac, as you grow older, you will encounter people who may pressure you into doing things you're not truly comfortable with—whether in your personal life, career, or social relationships. When something no longer aligns with your purpose and values, the most important thing to remember is that you must respect yourself enough to say "no" to them.

Avoid conforming to other people's expectations of success and instead focus on being yourself to who you

are, Lac. It might be incredibly challenging to say “no” at times, especially when you want to fit in or win people's praise, but it is the most effective approach to being true to yourself.

### Embrace Your Vulnerability

Being harsh on yourself is unnecessary. Instead, stop protecting your authentic self-image from the scrutiny of others and start living your life to the fullest. Keep in mind that being kind and understanding helps you develop as a person and that being yourself makes you an inspiration to others around you and to yourself. Being yourself, bravely showing your vulnerabilities, and gracefully accepting your imperfections are the roots of this.

You should ease up on the self-criticism. Instead, stop becoming a shadow of your former self and stop being afraid of what other people think of you. Always keep in mind that empathy is the key to personal progress and that being yourself makes you an inspiration to everyone around you. It grows from being authentic, bravely showing your frailty, and accepting your imperfections with poise.

An, you're still a high school girl, just beginning your journey of self-discovery. Transitions, reflections, and new understandings are all marks of this age, my child. An, being yourself is the most powerful weapon you have in this life, even when there are moments you feel uncertain, want to give up, or blend into the crowd.

### Believe in Yourself

An, listen to your inner voice—it is the first step toward truly being yourself. Pay attention to the feelings and intuition that arise when you face social pressures or expectations from others and the environment around you. Always believe in yourself, and never doubt your worth.

If something feels off in a situation, a relationship, or an event, trust your intuition. A confident and steady person is someone who has faith in themselves and their abilities.

### Feeling Lost is Normal

An, high school is a time when following social norms seems very important. But I hope you'll remember that being different is perfectly normal. In today's world, no rule dictates that you must chase after others' expectations.

Recognizing and appreciating your uniqueness is the right path. Dare to be different—whether in your style, preferences, or thoughts. Love your authentic self, not just the image you wish to project. Those who truly love you will cherish you for who you really are.

### Your Opinions Matter

An, whether you're in a classroom, a meeting, or some other setting, don't be shy about raising your hand and speaking up when you have important and worthwhile ideas that you think should be heard. Keep in mind that you can make a difference in the world, even though you're still young and lack experience.

Your point of view is valuable enough to warrant sharing regardless of how uncommon it is. Being one's true self is a source of great pride, and any effort, no matter how modest, makes a difference.

### You Can't Please Everyone

An, at your age, it's natural to want to be liked by everyone. But remember, no one can please everyone. Trying to meet others' expectations will only exhaust you and leave you with more disappointment.

Forgive yourself when you make mistakes—that is part of living true to yourself. Focus your energy on those who accept you for who you are, for they truly love and support you. Love and self-acceptance are the true measures of your worth, not the number of people who agree with or like you.

### Self-Love: Embracing Your Complexities

An important step toward living truly with yourself is learning to accept that you are not flawless, my beloved An. While it's normal to feel inadequate when comparing yourself to others, remember that your flaws are what really set you apart.

Even if you don't always perform at a high level or aren't perfect at everything, you are still very useful. Keep in mind that your complete self—strengths and flaws included—influences the person you are evolving into. You are stunningly gorgeous in spite of these imperfections since they are what make you special. Take pride in these flaws.

## Don't Feel Guilty for Saying "No"

When you're a teenager, my darling An, you're bound to meet people and situations that put pressure on you to do things you're not comfortable with, like talk badly about other people, give in to peer pressure, or compromise your ideals. When faced with such a situation, being authentic requires the bravery to assertively decline when asked.

Your inner peace and integrity are safeguarded when you firmly refuse to engage in activities that don't correspond with your ideals and stand firm on your limits.

## Follow What Truly Inspires You

An, Whether it's art, literature, music, or something else entirely, make time to pursue what truly interests you. Keep in mind that your interests reveal who you really are. It makes no difference how strange your hobbies are; nobody has the right to make you feel bad about what makes you happy. Doing what makes you happy and at ease on a deep and genuine level is like tending to your own root garden.

## Maintain Your Integrity

Lac and An, a real life is not about trying to be flawless but about loving and respecting oneself just the way you are. You must value your uniqueness, follow your intuition, and resist the pressure to conform to the expectations of others in order to be authentic.



Do your best to live an authentic life, and doors will open, experiences will happen, and you will be shaped into someone whose ideas and values align with your own.

Dear Lac and An,

In life, being true to yourself is an incredibly profound choice because of its immense power. Many people waste and overlook this energy, my dear children. Therefore, when you learn to explore and harness this power, it will help you transform your lives in ways you could never imagine.

I hope both of you realize that living authentically is an essential source of strength for you, Lac, as you embark on your university journey, and for you, An, as you step into high school.

My beloved children, the strength of being yourself not only frees you from pressures but also becomes your greatest power in a world where everyone seems to have an opinion on who you should be. Unexpected doors will open for you when you learn to accept and love yourself. I want to help you understand how this strength can impact your lives now and in the future.

Lac, as you turn twenty, you are discovering yourself and breaking free from others' expectations during this critical phase. Throughout your university years, you will undergo growth, exploration, and new experiences. Friends, professors, and society will place pressures on students to act in certain ways.

However, Lac, your power lies in recognizing that you are not obligated to follow anyone else's path. Instead, you have the strength to forge your own, guided by who you truly are. Remember, this strength will continue to grow as long as you remain true to yourself, without feeling insecure or apologetic for who you are.

### The Strength of Liberated Authenticity

Lac, you have the strength of authenticity, and it is one of the greatest qualities of being yourself. Amazing things will happen when you stop trying to hide who you truly are and start living authentically. Success, joy, or satisfaction by others' standards will no longer be something you feel compelled to meet. You are freeing yourself from the expectations of others, allowing you to pursue your passions, values, and life purpose, empowered by this incredible sense of freedom.

Living as your true self gives you a profound sense of dignity and honor that is unshaken or influenced by what others think or expect of you. When you walk into a room with your genuine nature, you exude a powerful presence—not because you seek attention, but because you embody the strength of authenticity and the courage to be yourself.

### Confidence and the Impact of Self-Assurance

Lac, by simply being yourself, you nurture a confidence that goes beyond superficial recognition. You will know that everything you need is already within you, and this becomes the foundation of your unwavering self-confidence. With this confidence, you can face any

challenge in life, trusting that you are strong enough to overcome it. You are invincible when you believe in yourself and your abilities.

Remember, your self-worth is not determined by external standards or how others perceive you. Instead, it is rooted in your ability to live as your authentic self. This is what defines your true value.

### The Will to Face Loneliness

Lac, sometimes, being true to yourself means living differently from the crowd. Refusing to do things that don't align with your values or walking away from uncomfortable situations always requires a great deal of courage. The true strength of living authentically lies in your ability to be alone when necessary.

In university, there will be times when it feels easier to blend into a group. But you must summon immense courage to go against the crowd, especially when it seems like everyone is doing the same thing together. Holding steadfast to your own truth, even when no one else dares to do so, is when you will realize your true strength, Lac. It is in these moments that your character will be tested, and you will prove to yourself that you are genuinely loyal to who you are.

### The Pull of Authentic Relationships

Being yourself in your daily life will open doors to others who share your values and inspire you to speak your views. Genuine friendships, Lac, are formed when two people truly understand one another, respect one another,

and share common beliefs. Always be yourself in university; if you try to fit in by acting a certain way, you'll simply end up attracting individuals who are interested in an unrealistic version of you.

Being yourself, therefore, has the power to draw people who value you for who you are rather than what you portray. You may form relationships that last a lifetime by laying the groundwork of honesty and trust.

### The Freedom to Choose Your Own Path

Lac, there are innumerable options in life, and you'll have to face some tough ones. You may be asking yourself big questions like, “What am I here to do?” and “What am I meant to do with my life?” while you're a university student. We tend to get carried away by the expectations of those around us when they offer well-intentioned counsel.

Lac, but the most powerful thing you can have is the freedom to do what makes you happy, regardless of how others see it. The bravery to do what brings you joy can be yours if you train yourself to tune into your gut and follow your dreams. You will gain the courage to choose your own path in life if you live your life honestly.

### The Joy of Living Without Fear

Lac, if you want to live a life free from fear, rejection, or judgment, start by being true to yourself. You will feel a tremendous sense of relief when you let go of the burden of trying to please others. When you accept yourself, you no longer need validation from anyone else. This brings

a profound sense of freedom. You can comfortably make mistakes, try new things, stumble, and rise again.

The fear of judgment is one of the greatest barriers people often face, Lac. But when you learn to accept and love yourself, you will be able to live your life fully, without fear. Being true to who you are—where your values and ideas shine—rather than constantly trying to please others, will be an incredibly meaningful and rewarding experience worth pursuing.

An, at fifteen, you are standing on the threshold of a new universe, full of infinite opportunities. The journey of discovering who you are and where you belong in this world can be both exciting and challenging throughout your high school years. The desire to fit in, to be acknowledged, and to become part of the crowd may feel like a burden to you.

However, An, always remember that one of the greatest gifts you can give yourself is the strength to be your true self. When you embrace this, you will face life's challenges with confidence, resilience, and clear direction. Your personal strength will shine as you grow in accepting and embracing your authentic self.

### The Unique Ability to Make a Difference

As a young woman, you might believe that fitting into the crowd is everything. But do you know? Trying to blend in might pressure you to follow their choices—whether in fashion, speech, or behavior.

However, the true power of standing out, I believe, does not belong to those who follow the crowd but to those who dare to be themselves, to voice their thoughts, and to question established norms. These are the people who truly stand out, the ones the world needs most right now.

An, remember, when you embrace your uniqueness and share the message that others can do the same, while being aware and accepting of your unique traits, you hold the key to truly being yourself. It is this authenticity that empowers you to stand out.

### Speaking Your Truth Without Fear

An, being yourself will grant you the courage to say what you think. It might be difficult to find your voice in high school, where the norm is often to blend in. But always remember that your opinions matter. You affirm your strength every time you express your thoughts, whether in class, in conversations with friends, or even on social media.

Only by being yourself will you find the courage to stand up for your values, even when others may not agree or accept you. Speaking your truth, having the bravery to reveal who you truly are, and aligning your words with your actions—this is what it means to live authentically.

### Embracing Your Vulnerability

An, in life, it is natural to be hurt by others. Expressing yourself truthfully, with all your imperfections, is how you become authentic. You don't need to appear strong or perfect to be yourself. Remember, vulnerability does

not make you weak; in fact, it is a tool that makes you stronger.

When you let down your guard and allow others to see who you truly are, you build deeper connections. You make it easier for others to see your humanity and warmth. Share your hopes, fears, and challenges. By letting others understand your life fully, you will also come to understand yourself and the world around you more deeply.

### The Impact of Self-Acceptance

An, as you are still discovering who you are, self-doubt is natural. While self-acceptance is a powerful tool, it is not the only one.

Understand that embracing your strengths, weaknesses, quirks, and uniqueness is the essence of self-acceptance. When you achieve this, you will stop comparing yourself to others and instead celebrate your individuality. This acceptance will free you, allowing you to love and embrace yourself fully, flaws and all.

When you accept yourself as you are, you no longer seek validation from others—and that is one of the most empowering feelings. You are already incredible, and you do not need anyone else's confirmation to feel that way.

### The Power of Self-Acceptance

An, throughout high school, many people will try to influence your identity, behavior, and choices. However,

the ability to listen to your heart and pursue your own dreams is the true strength of being yourself.

No one else's plan or vision for life will fit you perfectly. Trust yourself and know that you understand yourself better than anyone else. Only you can give yourself the power to follow your dreams—whether they are career aspirations, passion projects, or personal goals. The world is full of people with expectations, but the most powerful thing is the life you build for yourself, driven by your dreams and persistence.

An and Lac, there is no greater strength than being yourself. This strength is the foundation upon which you will build your existence, reflected through your relationships and achievements. Confidence is the quiet power that comes from understanding and accepting yourselves. Embrace your uniqueness and live a life that is truly fulfilling—a life full of opportunities and meaning because you choose to live as your authentic self.

Dear Lac and An,

The greatest gift you can give yourself is to live true to who you are. To be authentic, free from the pressures of expectations or conformity, is the path to freedom, my dear children.

At this juncture in your lives, the journey of self-acceptance will take different forms for each of you. Lac, as you step into adulthood, you must carve out your own path and grow into an independent individual. An, as a



young woman, the world may feel like a whirlwind of expectations and comparisons.

However, living as your true self is a powerful anchor that will keep you grounded in all circumstances. As you uncover this strength in your daily lives, I will walk alongside you on this journey.

Lac, at twenty, life may often feel like an endless maze of decisions. University is a time for exploration but can also bring moments of uncertainty about yourself and your goals. There will be opportunities, challenges, and people who may pressure you to become someone you are not comfortable being. This is why you need the strength of authenticity—to believe that you already have the inner power, courage, and persistence to fulfill your dreams without relying on external expectations or support.

### Hold Firm to Your Core Values

Lac, remember that you cannot build a solid foundation without your core values. These values serve as the compass that guides your actions and defines who you are. Holding firm to your principles is a quiet yet powerful act in a world where people often compromise for ease or recognition. Always act in ways that bring you lasting happiness and peace. Living in alignment with your values will allow you to maintain integrity in every aspect of life—from personal relationships to career choices.

### Embrace the Unknown

Lac, you may feel pressure to have your entire life planned out in your twenties—your career, who you want to become, and your aspirations. But be yourself first, Lac. Before you seek to know everything else, you must know yourself. It is perfectly natural not to have all the answers at this time. Your plans may be imperfect and uncertain, but allow yourself to stumble, fall, and experience life as you practice being true to yourself. Remember to embrace the ever-changing nature of who you are during this phase.

### Stop Comparing Yourself

Lac, one of the easiest ways to lose yourself, is through comparison. In university, it will be tempting to measure your success by grades, relationships, or achievements relative to others. But here's the truth: when you do this, you miss the chance to live authentically. Your journey is unique, and that uniqueness is your greatest strength. Be proud of every step you take, no matter how small, and trust that you are exactly where you need to be.

### Stay True to Yourself

Sometimes, simply being yourself can be one of the hardest things to do. There will be moments when you feel immense pressure to change or hide parts of yourself to fit in or avoid conflict. But Lac, resist that temptation. Stay steadfast in protecting your authenticity. The right people and opportunities will never require you to betray who you are. Those who fail to appreciate your true self are not worth your time or energy. Remember, each time you choose to live truthfully, you strengthen yourself,

grow your inner power, and distinguish yourself from others.

### Know Yourself

Lac, to live as your true self, you must know yourself deeply. Reflect on what brings you joy and what holds real meaning for you. Do not let admiration from others or societal expectations drive you to pursue goals that do not align with your values or purpose. Choose the life you genuinely desire. Trust your intuition and follow your heart, even if it goes against the crowd or defies societal norms.

An, at fifteen years old, you are standing at the threshold of a world that is both exciting and full of challenges. In high school, it is very easy to get swept up in the opinions of others, to care more about what people think than to listen to yourself, or to prioritize blending in with the crowd over shining as your authentic self.

However, I hope you understand this, An: the world truly needs you to be you—not some artificial version of someone else. The peace of the world depends on each of us living honestly and authentically as ourselves. The strength to confidently embrace who you are will be your compass during these years of transformation and discovery.

### Embrace Your Uniqueness

An, the things that make you different may be the very things you are best at—knowing how to live as yourself.

It could be your interests, your quirks, or even your unique

way of seeing the world. Whatever they are, hold onto them tightly. These are the qualities that define who you are, and they are what make you precious in a world that often demands conformity. Show your uniqueness to the world; don't bury it.

### Be Confident Even When Alone

Sometimes, being yourself can make you feel lonely. There will be moments when you face people with values, opinions, or interests different from yours. At times, this can make you feel out of place. But An, it takes courage to live truthfully as yourself when it seems so much easier to follow the crowd. Remember this: those who truly value you will respect you for who you are.

### Understand That Change Is Natural

At fifteen, you are still discovering yourself, and the first secret is this: this journey of self-discovery never ends. Being yourself does not mean you have to remain the same forever. It means staying open to change while being true to who you are at this moment. You don't need to have all the answers. You are free to explore, learn, and grow. Every version of yourself will be equally authentic.

### Trust Your Intuition

An, no matter where you go in life, people will always have views on your ideal life path and identity. This might come from anyone—friends, instructors, or complete strangers. However, you are the only one who

truly knows you. You can always find guidance by listening to your inner voice. Have the guts to say “no” if something doesn't seem right. Stay true to who you are and what you believe in at all times.

### Prioritize Joy Over Approval

An, when you value your own joy over seeking approval from others, you will find a profound sense of freedom. It is so easy to chase after others' acceptance and forget your own happiness. Always prioritize what brings you joy over fulfilling someone else's expectations.

Whether it's the stories you read, the clothes you wear, or the goals you pursue, listen to your heart with a focus on peace and lasting happiness. Those who truly love you will support your choices without judgment or attempts to control you.

Lac and An, when you choose to live as your true selves, it is not just about how you show up to the outside world—it is also about embodying an unwavering confidence that comes from knowing you already have everything you need within you.

It doesn't matter where life takes you; the power of being honest, of just being you, will always benefit you. Believe what you believe, trust each other, and never allow anything or anyone to make you change your mind.

With all my love,

Daddy.

# THE VALUE AND POWER OF KINDNESS

Dear Lac and An,

The power of kindness is gentle yet radiant. It does not shout for attention, but it possesses the ability to heal wounds, transform hearts, and build bridges where none seem to exist. In a world full of fierce competition and selfish calculations, the presence of kindness shines like a guiding light, connecting the fragmented pieces of life.

Understanding the value of kindness will be a gift that helps you navigate both joyful and challenging times in your individual journeys. This is why I want to share with each of you, from different perspectives, the profound significance of kindness.

## Kindness Brings Inner Strength

Lac, at 20, as you experience university life and prepare for adulthood, you may believe that kindness is a passive virtue in a world that celebrates strength, ambition, and boldness. But the truth is, deep kindness has the power to change lives far more than you realize. The value of kindness lies in how it shapes you and your perception of the world.

Kindness may sometimes make you feel vulnerable, especially when the world around you seems harsh and cold. However, true kindness originates from strength, not weakness. Giving kindness, even when you expect nothing in return, is a clear demonstration that you are

strong enough to bring goodness to this world. Kindness is the wise choice that softens the rigidity of today's world. Each act of kindness you give strengthens you and reflects the power of keeping both your heart and others' hearts open.

### Generosity Is Freedom

Lac, do you know that kindness has the ability to liberate you from the chains of resentment and hatred? When you treat others with kindness, you no longer need to control their actions or reactions. A generous person can always say, "I accept you as you are, and I will still do my best to help you."

By letting go of resentment, blame, and the need to protect yourself from the world, you gain the freedom to live your true life. The light that kindness brings is far more powerful than the weight of pessimism, my child.

### Kindness Reflects Confidence

Lac, true confidence is not boastful but refined. Kindness speaks of your confidence more clearly than anything else. To remain tolerant when angry, to act kindly even when you disagree—these are the marks of unwavering confidence. Confidence enough to say, "I trust myself enough to offer kindness to others."

Let kindness guide you in all your relationships, from school to work to your personal life. Kindness will earn you admiration and respect—not only because you are kind but because you are wise.

### Your Legacy Is Generosity

Lac, there will be moments in life when you reflect on what you have accomplished, and you will realize that the most meaningful things are not achievements or possessions but the times you made someone feel understood, appreciated, and loved.

The legacy of kindness will endure. It is how people will remember you, long after material possessions and titles fade away. In every decision, big or small, let kindness be your guiding light, my child.

An, when you are fifteen, you are stepping into a world that is both beautiful and full of challenges. In the years ahead, you will face countless trials in high school, in friendships, and on the journey to discovering yourself. An, a meaningful and happy life awaits you after this transformative phase of growth, and kindness will be the steady hand that lifts you through all difficulties.

### Kindness Helps You Understand Yourself

An, you should practice kindness toward yourself as well as in how you treat others. When you choose to be generous with others, many things within your heart will be revealed—your values, your joy, and your inner peace.

Every act of kindness you give is a mirror reflecting your love and understanding. By living kindly, you will nurture your self-esteem and deepen your appreciation of your inner beauty.

### Kindness Breaks Down Barriers

An, the world you are stepping into can sometimes feel fragmented and hard to grasp. To protect themselves



from hurt or judgment, people often build walls around their hearts. If you want to break through those barriers, all you need is a gesture of gentleness and sincerity in how you treat them. That gentleness and sincerity is the strength of kindness.

When you treat someone with honesty and openness, you are helping them open their heart, welcome you, and trust you. Remember, true friendship is never forced or artificial; it is the most precious gift you can offer to anyone.

Patience is a Virtue

An, I know that kindness is not always easy to practice. There will be times when you feel drained by the unkind behavior of those around you. In those moments, you may choose to withdraw, growing cold or distant as the safest solution. But this is only a temporary fix, and it can leave lingering consequences.

To truly address the unkindness of others, you need kindness—it has the power to break through the dark, closed-off walls within people. That's why kindness is essential. It gives you courage, helping you overcome negative emotions and fostering compassion, even when others treat you unfairly or with resentment.

Remember, compassion means choosing to see the good in others, even when all evidence around you may lead you to doubt. By practicing kindness toward yourself and others, you will find your life becomes richer, more peaceful, and filled with greater happiness.

## Kindness Leads to a Sense of Belonging

An, during your teenage years, it's normal to feel lonely, lost, or out of place in a crowd. But kindness will always make you feel welcome, no matter where you are. When you treat others with kindness, your sincerity will shine, making them feel valued. You don't need to change who you are to fit in. The kindness you offer will highlight your unique qualities and help you find your place in this world.

Lac and An, kindness is a priceless gift you can give to yourselves and others. As you grow, through practicing kindness, you will build deep and lasting connections with those around you. Kindness is strength, freedom, confidence, and the legacy you will leave behind for humanity. Kindness is the gentle fabric that will always weave beauty and meaning into your lives, no matter which paths you choose.

I hope that kindness will be the shore where you find lasting peace, the light that guides your way, and the reminder that treating others kindly and doing good are the most important things in life. The world can sometimes be frightening, but kindness is the one thing you will always have control over—and it is always worth choosing and practicing.

Dear Lac and An,

One of the greatest forces in this universe is kindness. Yet, because the power of kindness often moves so gently, it may lead us to overlook its profound influence. While the strength of kindness may not be flashy or

demand attention, its presence has the capacity to transform a single day, an entire life, or even a whole generation.

Within what seems to be a simple act of kindness lies the depth of wisdom, strength, and humanity. In these formative years, Lac, as you approach adulthood and begin to carve out your place in society, and An, as you take your first steps toward maturity, I hope you both come to realize that kindness has the power to change lives. Allow me to share some perspectives tailored to each of you.

Lac, at twenty, you are exploring a world full of opportunities, challenges, and decisions. At this stage, you may feel that everyone around you is in a constant state of competition, striving for similar things—fame, wealth, and stability. Amid this chaos, kindness may seem like nothing more than an abstract value or even impractical. But, Lac, that is not the truth. The truth is that kindness does not mislead you; on the contrary, kindness is the very path that will bring you peace, happiness, and lasting success.

Kindness is the Foundation of Wisdom

Lac, in life, you will face misunderstandings, conflicts, and uncertainties. In these moments, kindness will teach you more than anything else. When you choose to respond to others with kindness, even when it seems undeserved, you create space for understanding and empathy to arise.

Kindness allows you to open your heart to new ideas and experiences, softening prejudices and assumptions about people and the world. It is here, not through intellectual reasoning, but through genuine human connection, that wisdom is born.

### Kindness Amplifies Your Influence

Lac, as you advance in your career, build relationships, and pursue your dreams, one of your goals may be to inspire and lead others. Remember, however, that true influence does not come from power or authority but from kindness.

The mark you leave on others is eternal. A leader grounded in kindness earns not only respect but also loyalty, trust, and admiration. When you treat others kindly, your impact extends far beyond yourself, multiplying in ways you may never imagine.

### Kindness Protects Your Integrity

Lac, I understand how it feels to live in a world where selfishness often seems to dominate. There may be times when you feel tempted to withdraw, to hide your dreams and goals from the judgment of others. But, Lac, it is kindness that makes you truly human—not weakness, avoidance, or retreat.

Kindness illuminates the shared experiences, aspirations, and vulnerabilities of humanity. Instead of abandoning your dreams, live with kindness and continue working toward your goals while treating everyone with the dignity they deserve.

## The Healing Power of Kindness for Invisible Wounds

Lac, many people carry pain, insecurity, and loneliness within them, rarely revealing it to others. You cannot predict how much good you might bring into someone's life, but even a small act of kindness can make a difference. A thoughtful gesture, a reassuring pat on the shoulder, or a kind word can be enough to change how someone perceives the world—and you.

An, at the age of fifteen, you are stepping into a world that is both beautiful and complex. During this phase, you will learn many things—from academics and the people around you to the world in which you live. At your age, when friendships begin to form, personal identity starts to take shape, and the future feels like an endless horizon, kindness—though it may seem simple and gentle—grants you an extraordinary strength, my dear.

### Kindness Reveals Your True Self

An, in your youth, you may face pressure from peers who want you to change yourself to fit into their crowd. But it is kindness that will guide you back to your authentic self. Remember, my dear, it's not the words you say but the way you act that reveals your true character to others. Kindness is like a gentle affirmation that says, “This is the person I want to be, and these are the values I hold dear.”

### Kindness Strengthens Your Will

There will be difficult times in life—arguments with friends, self-doubt, or feelings of unfairness in the world.

But kindness will protect your heart during these moments. When you choose to live with kindness, no matter what hardships come your way, your heart will not become hardened or bitter. Kindness allows you to prioritize your values, rise above petty conflicts, and keep moving forward even when others around you may have given up.

### Kindness Brings People Together

Additionally, at the age of fifteen, it's not uncommon to feel tension in relationships with family, teachers, or friends. Kindness is the glue that binds these relationships together. When you treat others with warmth and compassion, you build trust and understanding more easily.

Kindness reassures others because it reflects sincerity and selflessness. Relationships often become stronger not because they are perfect but because they are built on unconditional love and compassion.

### Kindness Is Like a Torch

And, in a world full of comparisons, expectations, and uncertainties, there may be times when you don't know where to begin. But the light within you—your kindness—is unwavering and untouched by external circumstances. Regardless of what happens, kindness always has the power to make the world a better place. In the darkest moments, it is this light that will magnify the beauty of all that is good.

Lac and An, kindness is not just empty words; it is action, a belief in the unshakable strength of goodness, love, and connection over fear and division. Kindness does not require you to be perfect or to do something extraordinary. It simply asks you to keep an open heart and to try to see the good in everyone each day, no matter how hard life may get.

As you grow, you will realize that kindness is the glue that holds together the most important experiences of your lives. Kindness shapes who you are, strengthens you, and defines the mark you leave on this world. Kindness doesn't prove that the world is always deserving of it, but through your acts of kindness, you show the world how beautiful you are.

Finally, remember that the power of kindness lies in its ability to heal. Kindness heals wounds, whether visible or invisible. It mends relationships, bridges gaps, and soothes hearts in conflict and pain. In a world that sometimes feels fragmented, kindness is the thread that weaves us back together.

Kindness ensures that you are never alone because we are all connected in this shared journey of life. As you navigate each day, let kindness not only be a choice but the way you live. Let it shape your thoughts, words, and actions. Believe in the power of kindness, even when you don't see immediate results. And always remember, every act of kindness, no matter how small, contributes to building a world filled with love, fairness, and beauty.

Dear Lac and An,

When kindness is put into practice in our daily lives, it has the power to change both how we view the world and how it sees us. As a result, being kind is more than just an ideal; it's a way of life that calls for deliberate thought and deeds.

Whether you are walking the colorful hallways of high school like An, or sitting in university lecture halls like Lac, both of you have practical ways to embody kindness and, through that, shape the person you aspire to become.

Here are some methods I've thought of specifically for the two of you, based on your current situations. Small, intentional actions like these can make a significant impact on the lives of others—not to mention your own.

### Learn to Listen Better

Lac, as a university student, you're bound to face a lot of pressure. Balancing study schedules, social commitments, and project deadlines might not always leave time for long conversations. However, attentive listening is one of the simplest yet most meaningful ways to show kindness.

Whether it's a complete stranger, a fellow student, or an instructor, listen carefully whenever they speak to you. Pay attention to what they are saying instead of juggling multiple tasks at once. The pinnacle of compassion is showing real appreciation for other people's stories through attentive listening.

### Stay Positive and Treat Everyone Well



Lac, you never know how many of your classmates are struggling with anxiety or self-doubt because of their workload. A few comforting or encouraging words from you could mean the world to them. Simple phrases like “You’re doing great” or “You’ll get through this” can uplift someone’s spirits immensely.

Even a simple message or a thoughtful social media post can brighten someone’s day. It doesn’t have to be anything grand. Always remember that small acts of kindness can be a powerful catalyst, helping someone rise instead of fall and take the next step forward.

### Help Other People by Devoting Your Time

Lac, you shouldn't let the fact that everyone's calendar is jam-packed at university stop you from giving your loved ones the attention they deserve. I am incredibly grateful for your kindness in volunteering for campus events, assisting a fellow student with a project, or assisting a student who is having difficulty with a subject you are competent in. A wonderful approach to demonstrating your caring for other people and your admiration for their ideals is to volunteer your time.

### Be Generous to Strangers

By expanding your heart's reach outside your immediate social circle, Lac, you may discover countless acts of kindness. Things as basic as smiling at a stranger, handing up your bus seat to an elderly person, or holding a stranger's door open are gestures of kindness with great power. Taking the effort to be considerate and

acknowledge someone might make them feel valued and noticed in a world when it's easy to be disregarded.

### Prioritize Your Health

Practicing self-kindness is a prerequisite to being nice to other people, Lac. University life is full of pressure, so when things don't go as planned, it's tempting to be harsh with yourself. Recognizing your efforts and celebrating small victories is a great way to practice self-compassion. Keep in mind to give yourself the time and attention you deserve and to treat yourself with the same kindness you show others.

### Deepest Apologies

Lac, it's human nature for people to say or do things hurtful without meaning to. If you have ever injured someone, even unintentionally, don't let your pride prevent you from apologizing. Restoring trust and mending broken relationships are two of the many benefits of offering an honest apology. Seeking relationship perfection is less important than making other people feel appreciated and loved.

### Share What You Have

Lac, giving to others is a very real method to demonstrate kindness. This might be as simple as sharing your class notes with a fellow student who was absent, as involved as sharing a dinner with a total stranger, or as involved as lending out a beloved book. A person's generosity, not their wealth, is what matters. The act of giving without

seeking anything in return fosters an environment conducive to kindness and encourages others to mirror it.

### Use Positive Language

Words have the power to either encourage or discourage people, so it is important to use positive language frequently. Keep your tone upbeat because good vibes spread like wildfire. A colleague's hard work, an instructor's illuminating class, or a campus employee's helpfulness deserve your recognition and gratitude. When you combine these little things with purposeful good speech, you can make a huge difference to the people around you.

And, having kindness is a lovely and strong quality, and it is especially important to have during your time in high school. Building relationships, raising up those around you, and creating a happy environment wherever you go are all parts of being kind. It's not just about helping others.

A small act of kindness, whether spoken or unspoken, has the power to lift someone's spirits, deepen connections, and encourage others to do the same. At the age of fifteen, you have the opportunity to make kindness your “superpower”—a quality that can improve the lives of those around you and help you develop self-assurance and empathy. Always keep in mind that kindness has no cost but infinite value.

### Actively Listen and Be There for Others

An, insecurity, academic pressure, and personal difficulties are all things that your high school peers may have to deal with. The value of a friend who listens without passing judgment or cutting you off is high. Just letting someone know that you're aware of how they feel can help them feel better. This is a great technique to promote kindness since it makes people feel comfortable enough to open up to you and trust you.

### Recognize and Praise the Work of Others

An, challenging as it is to strike a balance between being genuine and reveling in the accomplishments of others, especially in a competitive high school environment, is the practice of kindness. Give a genuine ovation to a buddy who has done exceptionally well on an exam, won a contest, or achieved any other achievement. The value of being an encouragement to others rather than a critic will grow in you, and your friendships will flourish as a result.

### Welcome Everyone

An, being close to a small group of friends, is simple, but it can leave other students feeling lonely or ignored. Ask a new acquaintance out to lunch or offer them a project if you hit it off. By making them feel welcome and valued, even a small act of kindness like inviting them in will make a big difference in their lives.

### Spread Kindness Online

An, both positive and negative aspects of our digital world are magnified by social media. Spread kindness

using it as a platform. Compliment people on their postings or send encouraging thoughts instead of nasty ones. By doing these steps, you have the power to improve the internet for all users.

### Be Nice to Teachers

An, few students appreciate the many hours teachers put into their work each day. Try to have an optimistic outlook while you study. Be appreciative of their efforts and considerate of their time and space. Being courteous to your teachers is a great way to demonstrate your kindness for all of their efforts.

### To Assist Others When Necessary

An, everybody can do little acts of kindness, like helping a buddy carry heavy books, teaching a complicated concept, or finishing a little task. Never pass up an opportunity to help someone out; instead, be quick to provide assistance whenever asked. Helping others out in this way teaches you to be considerate of others and eases their burdens.

### Stay Away from Gossip and Negativity

An, gossip and negativity were commonplace in high school. You are already demonstrating kindness by abstaining from these discussions. Move the conversation in a more constructive direction or speak up for the helpless. Your generosity will serve as an example to others and help build a society where everyone treats each other with kindness and respect.

## Express Appreciation Every Day

An, two sides of the same coin: gratitude and kindness. You should count your blessings and think about the people in your life every day. Highlight the good things in your life by writing a thank-you message to yourself, a friend, or a loved one. Being thankful will encourage you to always put kindness first and make it easier for you to be kind to other people.

An and Lac, being kind, is more than just saying it's the right thing to do; it's a lifestyle choice. Despite their seeming simplicity, the recommendations I've offered you have the potential to greatly improve your life. Any act of kindness, no matter how tiny, has the potential to brighten someone's day—or perhaps their entire life.

No amount of money, fame, or attention can buy you kindness. Making a positive impact on the world is as simple as having the desire and resolve to do something.

I wish that these routines will mold your character and the way you engage with the world as you mature. A gift of kindness has power that money can't purchase; its benefits are incalculable and priceless.

With all my love,

Daddy.

# THE VALUE AND POWER OF GENEROSITY

Dear Lac and An,

Tolerance, though quiet and subtle, possesses an immense strength. It fosters understanding, erases boundaries, and nurtures peace in a world filled with differences. This is, without a doubt, one of the most profound virtues of humanity.

My dear children, living with tolerance requires courage, insight, and a tender place within your heart—the ability to endure pain and choose peace over conflict.

I want to share with you the value of tolerance and how it can help you understand yourselves and the world around you.

Lac, as you step into adulthood, your capacity for tolerance will be tested in profound and intricate ways by the world. You will encounter people whose actions, opinions, or values clash with yours. You will face situations that challenge your patience, test your perspectives, or make you feel your sense of self is being threatened. In such moments, practice tolerance, my child. For only tolerance can help you find balance and lead you toward understanding and harmony rather than conflict.

The first step to living with tolerance is to acknowledge that everyone's life experience is unique. You may never fully comprehend the joys, sorrows, challenges, or

triumphs that others have experienced in their past. Often, their viewpoints and decisions are shaped by things unseen to you. Recognizing this opens the door to empathy. Always remember, when someone else's ideas or actions differ from yours, instead of responding with anger or judgment, take a moment to reflect on what might have shaped them. This doesn't mean excusing bad or wrongful behavior but giving yourself the opportunity to expand your compassion and understanding rather than condemnation.

Tolerance also asks you to confront your own limits and beliefs. The roots of intolerance often stem from insecurity or reluctance to face certain emotions. Try to place yourself in the other person's position and ask yourself, "Why does this make me uncomfortable? Why does it seem unfamiliar or even threatening to my sense of identity?" Observe these feelings, look deeply, and be honest with them. This is itself an act of tolerance—an act of kindness toward yourself as you learn to be kind to others.

The value of tolerance lies not in agreement but in coexistence. Living with tolerance doesn't mean you have to agree with every viewpoint or accept every ideology. What's important is that, no matter how different someone else's life may be, you respect their right to live fully. This doesn't mean compromising your principles but upholding them with humility, realizing that beyond your truths, there are also truths of others. Your life will become richer as you learn to walk alongside those who differ from you.



Lac, there will be times when you must act based on your tolerance. For example, when you encounter prejudice or ignorance, instead of silently enduring it, tolerance encourages you to speak up, engage in dialogue, and debate where all voices are heard—but not to argue.

Today, many misunderstand the difference between debate and argument. Many of us see them as the same, but they are not. The difference lies in this: debate has criteria, and people rely on these criteria to assess the validity of explanations. Arguments, on the other hand, are based on personal biases and experiences without any criteria for evaluation.

As such, debate helps us learn and expand our knowledge, while arguments often lead to resentment and hostility when two differing opinions clash and neither side accepts the other's perspective. Therefore, when debating, be patient and respectful; show your understanding, for it is the foundation of real change.

Finally, Lac, tolerance is not just something you extend to others—it is also something you give to yourself. Harboring bitterness, anger, or judgment doesn't make you better; it only burdens your heart further. By choosing tolerance, you free yourself from these burdens and open the door to inner peace. You will realize that you can disagree with someone without hating them, correct someone without diminishing their dignity, and continue to grow without harming others.

An, everyone experiences moments of insecurity and uncertainty in life, particularly during their high school

years as they strive to understand themselves. By showing generosity through acceptance, you allow your friends or even strangers to be themselves and express their thoughts without fear of judgment. This act of acceptance is akin to offering them a gift—a priceless gift that helps them feel seen and acknowledged. When your friendships are built on trust rather than pretension, they become the result of your generous actions.

An, your generosity also reflects in the words you choose to speak. In an era where words can become weapons—through rumors, mockery, or exclusion—choosing constructive words over destructive ones is a remarkable act of generosity. Say something kind, defend someone being oppressed, or compliment someone on their achievements. These seemingly small moments hold the power to change someone’s day—or even their outlook on life. You will radiate kindness and strength when you practice generosity in your words.

An, you can also show generosity by sharing opportunities with others. Whether it’s a leadership role, an academic title, or recognition in art or sports, high school competition often makes people believe that only one spot at the top defines success. But An, success is not a zero-sum game, and genuine generosity will help you see that. When you help someone—reviewing for a test, sharing problem-solving tips, or simply offering encouraging words to someone feeling lonely—you can create a ripple effect of generosity, bringing back unexpected and meaningful outcomes.

Another important aspect of generosity is showing compassion for those who make mistakes. In high school, unmet expectations, misunderstandings, and conflicts are common occurrences. Even when someone hurts you or lets you down—even if they don't deserve your friendship—having the courage to forgive them demonstrates an immense strength and generosity. Forgiving doesn't mean forgetting or condoning their actions. It means choosing to free yourself from the grip of pain while also offering that person a chance to change.

Finally, An, you must learn to receive as well, for receiving is as important as giving. Remember, generosity isn't just about always giving; it also includes how you graciously receive. Don't feel guilty or burdened when someone offers help, support, or kindness to you. Opening your heart to accept others' generosity allows them to feel the joy of giving, creating a beautiful cycle of love and kindness among people.

Lac and An, practicing generosity is an inexhaustible resource—a limitless treasure. Living generously and sincerely is not merely an action; it is a perspective and approach to life. In a world where people often focus only on themselves, generosity is not just about giving. It is about connecting people, nurturing empathy, and illuminating a world caught up in individual worries.

At its core, generosity arises from feeling a sense of fullness—not necessarily material wealth but spiritual abundance. Trust that your generosity will bear fruit, bring priceless rewards, and know that you can give

without fear of loss. Let this generosity guide you and enrich not only your lives but also the lives of those around you, rather than choosing selfishness, which only drains your energy, creates burdens, and leads to regret on your individual paths.

Dear Lac and An,

Generosity can be described as a silent but immensely powerful force, one capable of shaping the world and the people within it. For instance, when you give something precious to others without expecting anything in return or considering the cost they might bear, your act of giving can have a far greater impact than ordinary acts of kindness. Wouldn't you agree?

Lac, as you grow older, the strength of generosity will become increasingly evident to you, even if it is not entirely clear now. An, you are entering a stage in life where generosity will begin to define who you are and, through that, transform the lives of those around you. With this in mind, I wish to share different perspectives with each of you so that you may grasp the profound meaning of generosity.

Lac, I hope you come to realize that generosity is not just an admirable ideal but also a courageous act. In today's society, people often remind you to protect what is yours, making the idea of giving freely seem like a gamble. You might fear being taken advantage of or worry that your contributions won't be acknowledged or reciprocated.

Yet true generosity doesn't arise from scarcity but from a deep understanding that you possess abundant resources.

This mindset changes everything. When you give, you lose nothing. Instead, you expand your limitless potential.

The power of generosity will guide you down unexpected pathways, Lac, both during and after your time at university. Imagine a scenario where someone opens up about their challenges during a conversation. Give them something real, like a link, a resource, or an idea, rather than just expressing your sympathies. You go from being an observer to a change agent at that very second. Not only does giving people what they need make you feel good about yourself, but it also gives you a sense of purpose in life. Here is where generosity truly shines.

Lac, Generosity frequently resides in the intangible. Your perspective on other people and your ability to recognize their humanity are the most crucial factors. It is easy to write someone off and chalk up their failures to personal flaws when they make a mistake. However, generosity compels you to investigate more. Rather than offering criticism or assistance, it begs you to look past their imperfections and provide something far more valuable: understanding. Nothing will be taken away from you by this action, but you will reap advantages you didn't expect. As a result, you learn to look at life and other people with compassion rather than judgment.

Lac, there is also a generosity that comes from being present and paying attention to what others are saying and doing. A priceless gift is bestowed upon another person when they receive your whole attention, letting them know they are noticed and listened to without

interruption or irritation. Being completely present with someone is a remarkable act in today's environment where attention is sometimes divided and superficial. Acts of generosity have a lasting effect on both the donor and the receiver, strengthening relationships and establishing trust.

Finally, Lac, the greatest power of generosity lies in its ability to transform fear into connection. At times, you may feel inclined to withdraw and isolate yourself out of fear of being hurt or misunderstood. But generosity urges you to overcome that fear and open your heart. This not only shields you from harm but also ensures your growth. Through each act of generosity, whether big or small, learn to live with an open heart and a generous spirit—even in a world that can sometimes seem cruel.

An, your silent strength of generosity will make you stand out in the vibrant and ever-changing world of high school. An, generosity doesn't need to be announced, noticed, or rewarded. It simply needs to be quietly felt—in how your actions bring about a strong, transformative impact on those around you or even within yourself.

An, I agree with you; being generous is not always easy. Whether it's through time, energy, or trust, there will be moments when you feel like you're giving more than you're receiving. You may feel a sense of imbalance on the scale of giving and receiving. But, An, the most important thing about expressing generosity isn't about what you get in return—it's about what you give.

An, the life of a high school student can sometimes feel like a maze, with invisible walls, close-knit cliques, or social divisions. But those barriers can disappear when you choose generosity—through patience, encouragement, acts of kindness, or other ways. Imagine a classmate who often feels left out or struggles to fit in. Just by sitting next to them, offering a sincere compliment, or sharing a smile, you've made them feel noticed. Even in such a brief moment, your generosity could boost their confidence.

An, the way you handle disagreements is also a reflection of generosity. In high school, it's easy to gravitate toward people who share your views and dismiss those who don't. But generosity challenges you to step out of your comfort zone. It encourages you to see differences as opportunities to learn and grow, rather than obstacles. When you open your heart and embrace others, you become a connector; you see commonalities where others see divides. This skill will not only make your high school years meaningful but will also help you succeed in any environment in the future.

Moreover, An, generosity also lies in your willingness to open up and share your vulnerabilities with others. While society often perceives this as a sign of weakness, in truth, sharing your fears, challenges, and dreams with others is a powerful and generous act.

When you share your imperfections, you encourage others to do the same. Through this, genuine connections are formed. This type of generosity requires courage and isn't always easy. But when you choose to share, you not

only strengthen relationships but also gain greater self-awareness.

Lastly, An, remember that generosity isn't just about helping others—it's also about caring for yourself. Forgiving yourself is a form of generosity rooted deep in your consciousness. An, mistakes are an unavoidable part of growth, and your high school years are no exception.

When you stumble or fall short of your expectations, be kind to yourself. Apply the same generosity you offer your friends to yourself. This self-generosity is the foundation of all other forms of giving; it ensures that your kindness doesn't deplete you but, instead, fills you up.

An and Lac, I hope both of you always understand that generosity not only defines who you are now but also shapes how you will face life in the future. Whatever you give—time, care, or kindness—leaves a lasting impact on you and those around you.

You may not immediately see the results of these actions, but trust that they will ripple outward—like small waves on water, reaching people you may never even realize. When you are generous, you learn to view life with greater gratitude, see abundance where others see lack, and find connection even in differences.

I know the world often teaches us to measure success by what we possess. But true wealth lies in what you give, not in grand or heroic sacrifices, but sometimes in small, sincere acts repeated daily.



Lac and An, carry this spirit of generosity with you wherever you go. Let it be the guiding light of your path—not because you must, but because generosity brings you peace, happiness, and lasting meaning. And finally, remember that the greatest acts of generosity often happen in silence. They occur when you choose to give from your heart, not because of any obligation.

Dear Lac and An,

The power of generosity comes from making it a daily habit to help other people and yourself. Understanding the value of generosity is only the first step; one must also take action. Opportunities will flood your life if you make generosity your guiding principle.

The more you provide, the more profound and significant your generosity will grow. But if you wish to live freely all the time, you must make generosity a cornerstone of your life. If you consistently practice generosity and make it a habit, your life will alter in ways you never imagined, even if you haven't yet realized its value and power.

In light of the unique paths you're on, I'll share some suggestions on how you might cultivate generosity in the most positive light.

Lac, there is a path of autonomy and exploration that you are about to go upon. As you venture out into the world, you'll discover new opportunities to understand people on a deeper level, form meaningful connections, and discover your life's purpose through embracing and

practicing generosity. In my opinion, you can incorporate generosity into your daily life in the following ways:

### Actively Listening Without Passing Judgment

Lac, an easy approach to demonstrating generosity in conversation is to listen carefully. You are bestowing priceless value on the speaker when you listen to comprehend rather than just to respond. Whether it's a friend opening up, a mentor giving guidance, or someone expressing a different viewpoint, it's important that everyone feels heard. Stop what you're doing, make direct eye contact, and listen attentively without taking a break. You will learn, grow, and strengthen your relationships via this unique form of generosity.

### Passing on Your Knowledge

Lac, as you gain knowledge, it is better to share it with others rather than keep it to yourself. Share what you know without expecting anything in return, especially if you believe it will help others. You can demonstrate your generosity by sharing your knowledge and experiences with a younger friend who asks for your opinion on their future plans or by helping a fellow student who is struggling with a topic you're good at. You can be of service to them while simultaneously learning from their perspective, which could lead to fresh ideas and perspectives.

### Making Time for Generous Actions

Lac, I know you have many things to do in your student life, and you may feel like time is limited, with each day

passing faster than the last. But because of this, the power of dedicating time to acts of generosity becomes even more valuable. Learn to manage your time and make space for a volunteer activity you love, such as helping a friend in need or simply being there for someone when they need you. Remember, the quality of your presence and the intention behind your help matter far more than the amount of time you give.

### Forgiving When Misunderstood

Lac, as you grow older, there will be times when others disappoint you, when you disagree with someone, or when a friend holds conflicting views. In these situations, a kind act of forgiveness is an expression of generosity. Practice forgiving those who have unintentionally hurt you, and let go of any resentment quickly. The secret is choosing peace over anger, but don't forget to maintain your boundaries.

### Supporting Others' Dreams

Lac, there will be people who share their dreams and goals with you. Instead of criticizing or comparing their dreams to yours, offer them positive support. Simply believing in their potential and showing that through words, advice, or a small gesture will empower them to continue moving toward the path they have chosen.

### Shining Through Humility with Generosity

Lac, acknowledging your ignorance or mistakes with humility is a sign of generosity. Through humility, you can create space for open communication and collective

growth in a world where certainty and clarity are often highly valued. By demonstrating the strength of this form of generosity, you will encourage those around you to open their hearts and place more trust in you.

### Giving Without Expecting Recognition

Lac, giving without expecting recognition is one of the most profound forms of generosity. Examples of this include buying lunch for someone or doing a good deed without letting them know about it. This is the most basic form of giving, and it brings you the greatest happiness when you know you have helped someone simply because you could do so naturally, without any ulterior motives.

### Viewing the World from a Generous Perspective

Lac, you will certainly encounter people with different circumstances, perspectives, and worldviews from your own. Show your generosity when you consider others' viewpoints, instead of stubbornly insisting on your own. Accept their perspectives as they are. Lac, your worldview and your connection to the world will undoubtedly be enriched when you recognize the value of diversity by asking questions, making an effort to understand them, and seeking to uncover their emotions and inner thoughts clearly.

An, acts of generosity may seem natural to you while you are young. However, to make generosity a priority in your life, you will need dedication, focus, and perhaps even courage, my dear. This is something you will learn

as you grow. Let me share with you a few ways to practice generosity in your daily life.

### Practice Generosity Through Small Acts

An, it's not necessary for acts of generosity to be monumental. Helping a fellow student, holding a door, or even just helping your instructor clean up the classroom are all little things that can go a long way toward making someone else's day. Despite their seeming simplicity, these acts capture the spirit of generosity.

### Use Your Resources to Help Others

An, giving is a beautiful expression of generosity, whether it's lending a pen, sharing a snack, or gifting a favorite book to someone who might need it. True value lies in prioritizing the needs of others over your own. Remember, it's not the quantity but the quality of your giving—an unconditional and thoughtful act of generosity—that matters most.

### Extend Patience When Offering Help

An, sometimes even teachers, loved ones, and friends might test your patience. Instead of reacting with frustration, strive to show patience. Perhaps someone needs a little more time to think or explain themselves. Giving others that space allows them to feel valued and appreciated by you.

### Create Something Useful for Others

An, your imagination is a treasure, and its potential grows when you share it with others. Whether it's baking

cookies for the family, drawing a picture for a friend, or writing a letter to lift someone's spirits, these creative efforts show your care and attention. These personal touches are beautiful expressions of your generosity.

### Try to See Things from Others' Perspectives

An, learn to understand and forgive others' intentions, even when their behavior might confuse or upset you. Perhaps they're having a rough day or didn't mean to be rude. While this doesn't excuse poor behavior, it demonstrates how empathy can take precedence over doubt in your interactions with others.

### Celebrate the Success of Others

An, don't hesitate to celebrate your friends' or classmates' achievements. Take joy in their success rather than feeling envious or comparing yourself to them. These moments of support strengthen your friendships and highlight the generosity of spirit you extend to others.

### Gracefully Express Your Appreciation

An, the power of a simple "thank you" is immense. Whether you're expressing gratitude to your parents for their care, your instructors for their direction, or your friends for their compassion, it becomes a sort of generosity that helps everyone. A life filled with thankfulness brings more joy and serenity because of its altruistic nature, which you should practice every day.

Lac and An, I hope that generosity will follow you throughout your lives. Why? Because even the smallest

acts of generosity can transform your lives and the wider world. Most importantly, I hope you give from abundance, not from a sense of duty or sacrifice.

Remember, regular acts of generosity can improve the lives of those around you and bring you lasting peace and happiness.

With all my love,

Daddy.

# THE VALUE AND POWER OF TOLERANCE

Dear Lac and An,

Tolerance, though silent, possesses an immense strength that helps build understanding, erase boundaries, and nurture peace in a world full of differences. It is, without doubt, one of humanity's deepest virtues.

My dear children, living with tolerance requires courage, insight, and a soft space in your heart—the ability to endure pain and choose peace over conflict.

I want to share with you the value of tolerance and how it can help you better understand both yourself and the world around you.

Lac, as you step into adulthood, your ability to practice tolerance will be subtly and profoundly tested by the world around you. You will meet people whose actions, perspectives, or values conflict with yours. You will face situations that test your patience, challenge your opinions, or make you feel as though your sense of self is being threatened. In these challenging moments, you must practice tolerance, my child. Only through tolerance will you find balance and be guided toward understanding and harmony, rather than conflict.

Lac, the first step to living with tolerance is acknowledging that each person's life experience is unique. You may never fully grasp the joys, sorrows, struggles, or triumphs that have shaped another person's



past. Often, their perspectives and decisions are based on things you cannot see.

When you recognize this, you open the door for empathy to enter your heart. Always remember, when someone's ideas or actions differ from your own, instead of reacting with anger or judgment, take a moment to reflect on what might have shaped them. This does not mean excusing bad or incorrect behavior but rather giving yourself the chance to expand your compassion and understanding instead of condemnation.

Lac, tolerance also requires you to confront your own limits and beliefs. Intolerance often stems from a lack of confidence or an unwillingness to expose your emotions. Try placing yourself in someone else's shoes and asking, "Why do they make me uncomfortable?" "Why does this seem unfamiliar or even threatening to my sense of identity?" Observe these feelings honestly and deeply. This is an act of tolerance—a kindness toward yourself while learning to extend kindness to others.

Lac, the true value of tolerance lies in coexistence, not consensus. To live with tolerance does not mean you have to agree with every perspective or accept every ideology. What matters is that, no matter how different someone's life may be, you always respect their right to live fully. This doesn't mean compromising your principles; it means upholding them with humility, recognizing that, beyond your truth, others also have their own truths. Your life will become richer as you learn to walk alongside those who are different from you.

Lac, there will be times when you must act on your tolerance, such as when faced with someone's prejudice or ignorance. Instead of enduring in silence, tolerance will encourage you to speak up, engage in dialogue, and participate in debates where all opinions are heard. However, my dear, avoid arguments.

Today, many of us misinterpret the difference between debating and arguing. Some believe they are the same, but they are not. The difference lies in the criteria. Debating requires clear criteria to evaluate whether explanations are valid. Arguing, on the other hand, relies solely on personal biases and experiences, with no criteria for judgment.

Therefore, debates allow us to learn and expand our knowledge, while arguments only breed resentment and hostility when two conflicting definitions clash, and neither party accepts the other's view. Thus, when you debate, be patient and respectful. Show your understanding, for it is the foundation for real change.

Finally, Lac, tolerance is not only something you extend to others but also something you extend to yourself. Harboring bitterness, anger, or judgment will not make you better but will only weigh your heart down. By choosing tolerance, you free yourself from these burdens and open the door to inner peace. You will realize that you can disagree with someone without hating them; you can correct someone without diminishing their dignity, and you can continue to grow without harming others.

An, when you are still a young girl, your soul is exploring the wonders of this world. You are gradually learning to accept that the perspectives, actions, and emotions of others may differ from your own, even though this might sometimes cause you confusion or discomfort.

An, tolerance will teach you to appreciate diversity in its truest form, helping you see each person's differences as opportunities for growth rather than as threats.

An, the first step toward practicing tolerance is curiosity. Whenever you meet someone different from you—someone who speaks a different language, follows a different tradition, or holds an opinion you can't fully grasp—ask questions. Learn about their culture and society. Try to place yourself in their position and observe the world from their perspective. Your curiosity is the foundation of tolerance because, through tolerance, discomfort or fear is replaced by wonder. You will learn that every person's story holds a value worth cherishing.

An, during your time in high school, there will be moments when you think that someone else's perspective or actions are “wrong.” For instance, you may encounter friends whose choices you don't agree with or who don't follow your lead in a group project. An, remember this: “different” does not mean “wrong.” By practicing tolerance, you'll discover that each person's reasons, logic, and moral direction are unique. They have the right to interpret life their way, just as they have the right to be themselves. It is in these moments that you need to show understanding and respect.

Moreover, An, tolerance has another important quality: the ability to forgive yourself. Humans sometimes unintentionally hurt others with their words or actions. Likewise, there will be times when you find it difficult to accept someone who challenges your capacity for tolerance. When this happens, don't be too harsh on yourself. Tolerance is like a tree: it takes time to grow. If you stumble, allow yourself to fall, then sincerely say, "I'm sorry" when you are wrong, and stand up again after each failure.

You see, my dear, the value of tolerance is evident in many aspects of life, most clearly in the ability to build friendships and human connections. Tolerance encourages people to live authentically. Through it, you will create a friendlier and more open world, where everyone feels respected and safe—and they will often respond to your kindness. When individuals from different circumstances treat each other with respect, it opens the door to deeper and more enduring relationships.

Furthermore, An, there will be times when practicing tolerance becomes more challenging. For example, you might face someone who behaves rudely or unfairly. An, remember that tolerance does not mean condoning bad behavior. In such moments, you need to respond firmly but calmly. Instead of exploding or harboring anger, assert yourself politely yet resolutely. This kind of tolerant response is not a sign of weakness but a true strength of character.

Finally, An, tolerance will teach you that no one is always 100% right or knows all the answers. Tolerance will gently remind you that knowledge is infinite, and you must remain humble and appreciate the diversity of the world around you. As you practice tolerance, your life will become richer, your relationships deeper, and even challenges will transform into opportunities for learning and growth.

Lac and An, it can be said that tolerance is not always easy to practice, but ultimately, it is always worth choosing as part of your journey. Amid life's complexities, you will face this choice many times, from small moments to major decisions. The wisdom of tolerance will bring peace, light to dispel darkness, and bridges to connect hearts. Keep tolerance close to you, and you will see how it transforms your view of life and this vast universe.

Dear Lac and An,

Tolerance is not about passively accepting everything that comes your way but rather a strength with a clear purpose. It is the ability to maintain your essence when facing differences, challenges, and complexities.

One must not agree with everyone or let themselves be swayed by every position in order to practice tolerance, my beloved children. What this means is that we should honor the variety of human experience and the inevitable flaws in ourselves and others. Furthermore, tolerance teaches us that there is more than one truth to the universe

and that we can all benefit from developing our capacity for empathy and understanding.

Lac, you are twenty years old and on the cusp of maturity as you dive headfirst into the multitude of ideas and people that university life has to offer. Exciting and daunting as it may be, your world is growing at a breakneck speed. People you encounter will have views, ideas, and experiences that are diametrically opposed to your own. Lac, you might find that some of these distinctions make you uncomfortable or irritated, and that they challenge your perceptions. During these times, tolerance will prove to be your most reliable friend.

Lac, listening is the first step toward tolerance. Control your defensiveness when someone presents an opposing or even ambiguous viewpoint. Asking, “What can I learn from this perspective?” is a better alternative. Tolerance does not imply letting up on your own convictions; rather, it means making room for other people to express their own. By keeping an open mind and heart when you listen, Lac, you can gain a better understanding of human nature and the world around you.

Lac, tolerance also requires humility. Recognize that no matter how valuable your knowledge is, no matter how much you know, you will never have a complete understanding. You do not have all the answers, and no one does—no one is perfect. Therefore, you must practice humility. Of course, this humility does not diminish your worth; on the contrary, it enriches it by reminding you that growth comes from curiosity, not

certainty. Lac, remember, someone who disagrees with you is not your opponent; they are your teacher, showing you the vastness of human thought and experience.

Lac, at university, you will witness debates—sometimes intense—about politics, religion, ethics, and identity. Lac, do not shy away from these conversations; approach them with tolerance. Remember, tolerance is not silence or suppressing your beliefs; tolerance is expressing yourself respectfully and calmly, even when faced with opposition. Tolerance affirms: “I see you,” “I am listening to you,” and “Even though we disagree, I still respect your right to speak.”

Lac, there will be beliefs you hold in the future that turn out to be incomplete or wrong. You will have moments of impatience or misunderstanding. These are not failures; they are opportunities for growth. Be tolerant of your own imperfections, and you will find it easier to extend that tolerance to others as you practice it in any situation or circumstance.

An, your world is no less complex, even though it may seem smaller in scope compared to Lac's. High school is a whirlwind of emotions, friendships, and pressures. An, this is a place where differences are amplified—differences in appearance, interests, perspectives, and social relationships. At your age, these differences can feel like walls separating you, but I want you to see them as bridges instead.

An, remember that kindness is where tolerance begins. When someone seems different or makes you

uncomfortable, remind yourself that everyone carries their own burdens. A classmate who speaks harshly might be dealing with insecurities or personal pain. A strict teacher could be facing personal challenges. An, when you approach others with kindness, you create space for tolerance to grow.

An, in high school, you will surely encounter cliques and conflicts. It's easy to fall into the trap of judgment, dividing people into "us" and "them." Let go of that mindset, An. Remind yourself that every person you meet is as complex and unique as you are. They have their own stories, their own struggles, and their own dreams. So, show them tolerance. Tolerance means seeing beyond the surface, beyond labels and prejudices, to recognize the humanity in each individual.

Because of this, An, you need to have tolerance in order to stand firm in the face of peer pressure. There will be times when your friends might ridicule or exclude someone because they're different. You need the courage to tell them, "This is wrong," and extend a hand to those who are pushed aside. An, remember that tolerance is not about following the crowd; it's about rising above that crowd with empathy and strength to help those who are weaker.

Lac and An, It is important to note that tolerance does not imply consenting to wrongdoing or harm. Tolerance does not imply consenting to conduct that violates your personal space or the worth of others, however. Embracing diversity should not imply tolerating wrongdoing. You must constantly keep in mind that



tolerance is an active and discerned process. Without sacrificing your essential convictions, tolerance enables you to face the challenges of life with grace and compassion.

There will be times when you both feel that tolerance is a test. If someone stubbornly refuses to see things from your point of view, you can end up in a heated fight, for example. Friends that don't get your decisions may be the ones to mock or judge you, An. In these trying times, keep in mind that tolerance is not about being right or wrong, but rather about being honest and having an open mind.

Tolerance is a skill that can be developed with time; therefore, both of you should put it to use. Keep in mind that tolerance is a process, not a goal. Nothing wrong with making mistakes every now and then. Being open to trying new things, learning new things, and growing is what really counts. Tolerance isn't a matter of being flawless, but rather of being present, welcoming, and real.

Dear Lac and An,

Tolerance is a skill, a mindset, and a habit that can transform not only the way you interact with others but also how you face challenges in life. Tolerance is not simply about understanding differences; it is about strength and clarity. It allows you to live in harmony with the complexities of the world, fostering peace and respect. Although tolerance always requires effort and attention, the rewards of tolerance are priceless.

Lac, at the age of twenty, you are in a phase where your world is a vibrant picture of ideas, cultures, and perspectives. University is an ideal place for you to practice and refine tolerance, as it offers countless opportunities to deeply engage with diversity. However, Lac, tolerance is not something automatic; it always requires you to be conscious and thoughtful. Let me share with you how you can apply the values and power of tolerance in your daily life.

### Become a Better Listener

Never forget, Lac, that the first step toward tolerance is active listening in any discussion or debate, particularly one that challenges your own convictions. Paying close attention is not only hearing what the speaker says but also taking the time to understand what they are trying to say and how they are feeling. In a group discussion, whether it's about philosophy or a school project, it's important to set aside your biases and listen carefully to what other people are saying.

Lac, while someone else is speaking, you should stop and question, “Why do they feel this way?” rather than inwardly arguing with them. “What experiences led them to this conclusion?” Asking questions not only helps us understand each other better, but it also fosters respect for one another.

### Make Mental Space Separation Possible

Lac, when you find yourself disagreeing or frustrated, take a mental break. Remind yourself that everyone is an expression of their own unique set of experiences before

letting your emotions get the best of you. In order to respond with empathy instead of criticism or judgment, it is helpful to take a moment to detach your emotions from the issue.

For instance, step back and consider the broader view if you're irritated by a friend's lack of consideration or a professor's critique. Tolerating others does not imply condoning wrongdoing but rather giving them room to comprehend before taking any kind of action.

### Collaborate While Embracing Diversity

Lac, there are innumerable chances to collaborate with individuals from all walks of life during your time at university. Lac, when working on group projects or initiatives, make the most of everyone's unique perspective and set of abilities. Perceive diversity not as a hindrance but as an opportunity to learn more.

Teamwork is most effective when members are encouraged to speak their minds and have their voices heard. As a result, you'll understand that tolerance is key to forming cohesive and productive teams. By embracing diversity, you can improve your outcomes and forge meaningful relationships that enhance your life.

### In Your Personal Relationships, Strive for Tolerance

Lac, tolerance is crucial in all aspects of your life, not just in work and school. Like with every relationship, arguments will arise between friends, roommates, and partners. When this happens, tolerance is the glue that holds relationships together. Focus on seeing things from

the other person's point of view when an argument comes up, rather than trying to prove your position. Tolerance, according to Lac, does not imply constant agreement but rather the pursuit of common ground in the face of confrontation.

### Seek Opportunities to Broaden Your Worldview

Finally, Lac, tolerance grows through exposure and education. Take advantage of the diverse opportunities that university offers you—attend cultural events, participate in discussions about global issues, or simply have lunch with someone from a different background. Each interaction will broaden your understanding and reinforce your ability to practice tolerance in all areas of life.

An, when you're fifteen and you're in the midst of an exciting period of discovery—but also a time when you'll encounter numerous obstacles. This involves navigating a world that might be intimidating at times while trying to find your voice, your niche, and your way forward. An attitude of tolerance, my love, offers you the power to build a community where everyone feels welcome and accepted. Incorporate tolerance into your daily life by following these ways.

### Approach Differences with Curiosity

An, when you meet someone who has different opinions, interests, or appearances than you, don't be quick to judge them. Instead, approach this difference with curiosity. Ask yourself questions like, “What makes them passionate about this hobby?” and “Why do they see the

world this way?” This simple change in thinking can turn potential discomfort into an opportunity to connect.

For example, if a classmate listens to music you don't understand or dresses in a way you find strange, ask them about it. When you are curious, you may discover something interesting, and it will broaden your horizons.

### Patience in Friendship

An, friendship is one of life's greatest joys, but it also takes effort and patience. Tolerance is essential to maintaining strong and healthy friendships, especially when there are misunderstandings or disagreements.

When a friend upsets you, take some time to think about their intentions. Did they intentionally try to hurt you, or was it just a misunderstanding? An, tolerance will help you give your friends positive understanding, which will rebuild trust and resilience in relationships.

### Resolve Conflict with Kindness

An, high school can sometimes feel like a minefield—whether it's with friends, teachers, or even family. An, when you find yourself in a stressful situation, remember that tolerance can be a powerful tool to help you solve problems.

If someone talks to you rudely or unfairly, instead of reacting in the same way, respond with calmness and kindness. An, this doesn't mean you let others disrespect you, but you choose not to make the situation worse. When you stay calm, you can show strength and maturity, and this often leads to better outcomes.

## Honor Your Own Uniqueness

An, tolerance is not just about accepting others, but also about embracing yourself when you have problems. Middle school sometimes makes you feel like you need to follow the crowd to fit in, but An, true confidence comes from knowing how to honor yourself, even when you are different from those around you.

When you accept your own habits and imperfections, you will become more open to accepting the same in others. An, being tolerant of yourself will be the foundation for building genuine and meaningful relationships.

## Stand Up for Others

An, tolerance is not just a personal habit; it's also a way to create an inclusive and supportive community. When you see someone being excluded or treated unfairly, use your voice to stand up for them.

For example, if a classmate is being teased for being different, show them tolerance and support. Your actions can inspire others to do the same and also create a ripple effect of tolerance and understanding, my dear.

Lac and An, although your paths may be different, the value and power of tolerance will guide you in the most unique and profound ways. Lac, as you engage in the vast world of ideas and opportunities, and An, as you navigate social relationships during middle school, remember that tolerance is not just about living with others—it's about thriving in a diverse and ever-changing world.

Every time you choose understanding over judgment, curiosity over fear, and kindness over conflict, you are practicing tolerance. These moments may be small, but it is these acts of tolerance that are the building blocks of a more humane and connected world. Live with tolerance, my dears.

With all my love,

Daddy.

# THE VALUE AND POWER OF LISTENING

Dear Lac and An,

The ability to listen attentively is a priceless gift, for listening allows you to understand not only what is spoken but also what remains unsaid.

My dear children, true listening is the path to understanding others' hearts and the source of wisdom. To truly listen means you are fully present, respecting others' perspectives, and willing to embrace truths that may differ from your own beliefs.

Compassion, patience, and understanding are the precious threads that weave life's tapestry through the value of listening. In this letter, I will share this subtle art with you so it may illuminate your journey.

Lac, the first step in listening is to remain silent—both in your mind and body. In a world that often glorifies noise and speed, pausing to listen is a rare and beautiful act. When someone shares their thoughts, feelings, or struggles with you, it is their way of revealing their true self. By listening deeply, you show respect for their dignity and presence.

To truly listen, Lac, you must silence the inner voice that urges you to offer advice or solutions. Instead, simply observe and empathize with their emotions without judgment or conclusions.



Lac, listening is the key to understanding not only others but also yourself. Sometimes, people's words may confuse or challenge you. They may speak of experiences unfamiliar to you. When this happens, resist the urge to react quickly or dismiss their words. Instead, let those words touch your heart, even if they conflict with your beliefs. In this openness, you will discover a wisdom that transcends agreement—a wisdom of connection.

Remember, Lac, not all listening requires words. Often, simply being fully present beside someone, even in silence, is the deepest form of listening. You can sense someone's sadness in their silence, joy in a gentle smile, or anxiety in a furrowed brow. Recognizing these unspoken languages allows you to understand others more clearly and profoundly.

Lac, when you can listen to what lies beneath the words, you hold immense power, my child. Human emotions are complex, and sometimes people say one thing but feel another. This is not deceit but an act of self-protection. A friend might say, "I'm fine," even when their heart is not. By listening with both heart and wisdom, you can discern emotions they are not ready to share. Listening with empathy and patience can truly make a difference, my dear.

Lac, do you know that listening not only helps you understand others but also helps you understand yourself more clearly? One way to cultivate this self-awareness is to spend time listening to your inner dialogues. These inner voices often carry anxieties and doubts, making it difficult to listen without judgment. But if you approach

these feelings with compassion and acceptance, you will learn to face them with kindness. Remember, how you listen to yourself shapes how you see the world around you.

Lac, there will be times when you wish to speak up to defend your views, and listening might feel like surrendering something important. When this happens, remember that listening does not weaken your voice but creates space for everyone to be heard. This is the highest expression of mutual respect, and it costs you nothing to offer.

Finally, Lac, listening is an act of love. When you listen sincerely, you make others feel valued and understood. In a world where opportunities to connect are easily overlooked, genuine listening becomes a rare and precious gift. By listening attentively and without judgment, you can create a lasting impact on those around you.

An, when you listen, it's not just about hearing words through your ears but also about sensing the emotions conveyed behind those words. When someone speaks to you, it's as if they are opening up their world to you. If you accept that invitation and step into their story without trying to change it, that is listening with compassion, my dear.

An, when you listen and refrain from interrupting or judging the speaker, it means you are creating an environment, a space where the speaker feels comfortable and free to express their true self. This

empathetic listening is subtle yet incredibly powerful. Why? Because this kind of listening is valuable, and it leads to understanding.

Additionally, An, attentive listening requires humility. It means you are willing to temporarily set aside your own viewpoints and opinions to truly listen and understand others. When you listen to someone respectfully, it does not mean you agree with everything they say, but you assure them that they are being heard. By practicing this type of listening regularly, you will learn to bridge differences and work together even when you disagree.

An, one more thing to remember about listening: it also requires silence. This means you need spaces to reflect and understand in the pauses between words. Be patient with those who hesitate or struggle to express their feelings. Your silence sends a message to them: “Take your time; there’s no rush. I am here, and I am ready to support you.” This becomes especially important when someone is opening up about a sensitive or difficult issue and doesn’t know where to begin.

An, did you know that listening also includes recognizing non-verbal signals? Pay attention to the emotions and desires hidden behind words. A friend might pretend to be fine but seem emotionally distant, or they might smile, but their face shows sadness. You can support them by noticing these subtle cues. This kind of sensitive listening helps strengthen relationships more than any words ever could.

Finally, An, remember that listening is a gift you give to others voluntarily. It doesn't cost you anything to offer what they need: acceptance, recognition, and the belief that their opinions matter. As someone who listens with empathy, you can bring healing and connection to a world where many feel unheard.

Lac and An, the value of listening lies in how it impacts relationships, understanding, and the hearts of both of you. This ability, though quiet, yet profound, not only lights the way for you but also for those around you. Keep this gift close, and you'll see that everyone and everywhere around you will become more compassionate and loving thanks to the magic of listening.

Dear Lac and An,

True listening is an art, one with the power not only to enrich your own life but also to elevate those around you. It is a rare gift that, when offered sincerely, leaves a lasting impression—bridging gaps in understanding and connecting souls in ways that are invisible to the naked eye.

A great listener is someone with tremendous strength because listening allows them to perceive the person behind the words and the essence of the speaker. Let me explain this power to you and show you how the ability to listen can transform your lives.

Lac, when someone begins to speak, listening begins as well. Attentive listening allows your soul to relax and find peace. Most people, when they speak, simply want

someone to carefully listen without judgment. When you listen attentively, it means you are actively engaged. You are silently communicating to the speaker, “Your thoughts matter, your voice matters, and I value your presence.” This silent acknowledgment has a profound impact on the speaker and is far more valuable than any verbal response you could offer.

To truly make your listening powerful, you must also reflect on how it can break down barriers within yourself. Lac, when you give your full attention to someone else, you dismantle your internal defenses and misunderstandings. A person's emotions—whether joy or sorrow—can often be revealed through their body language when you know how to listen. By simply being present, you let others know you are there for them, inviting them into an open and honest conversation.

Lac, it's important to recognize that listening is not just about engaging with others but also about listening to yourself. Truths, dreams, and fears are constantly whispering within you. Set aside a little time each day to hear yourself. I understand that this inner listening may sometimes make you uneasy because it may uncover things or issues you'd rather avoid. But, my dear Lac, when you acknowledge these issues, only then can you confront them and resolve them thoroughly. This inner listening is crucial if your goal in life is peace and happiness.

There will be times when you feel vulnerable because you are listening. The words of others might shake your

core beliefs or stir emotions you'd rather not face. Lac, remember, listening does not mean agreeing with someone; it is merely a tool to understand them better. Through understanding, you can accept differing perspectives, broadening your own worldview. Even if you don't change your beliefs, by listening, you still show appreciation and respect for the speaker and avoid stirring up unnecessary pain in them.

Lac, one more thing I want to share with you is that listening holds a miraculous healing power. For example, imagine you have a friend burdened with conflicting emotions—grief, regret, or longing for something unattained. This friend, troubled and tense, turns to you to share their struggles. Instead of trying to fix their problem or offer a solution, your primary role in that moment is simply to be there. By being present, without saying a word, you can ease your friend's pain and let them know, "You are not alone." This, I would say, is the greatest gift you can offer anyone: the gift of attentive listening, a gift that requires courage and perseverance.

Finally, Lac, remember that listening is also a manifestation of humility. Why? Because through humility, you never stop learning or growing, nor do you stop meeting people who can teach you something valuable. Naturally, listening allows you to absorb the knowledge and experiences of others deeply, enhancing your capacity for empathy and understanding.

An, listening has the profound power to transform relationships. When you listen attentively, people are

more likely to open up and share their truths. Your presence—a silent commitment that you are fully there—is more impactful than words in creating a safe space. Remember, this type of listening is incredibly powerful because it is so rare in everyday life and even in your school environment.

An, listening is not merely about receiving sounds or words; it is about understanding the emotions behind them. Joy, sadness, doubt, and hope—all of these are conveyed through language. True listening is an act of delving beneath the surface to comprehend the hidden feelings and meanings underneath. An, to listen well, you must cultivate patience, as not everyone can articulate their thoughts clearly. Some people are clumsy with their words, hesitant, or may laugh nervously or stay silent to mask their emotions. But with heartfelt listening, you can understand what they truly mean.

An, silence is also a powerful tool for listening. When you sit beside someone, hear their joys or sorrows, and simply share the moment with them, you are engaging in a different kind of listening—listening in silence. This silent listening is not empty; it is filled with presence, connection, and mutual understanding. Remember, sometimes nonverbal communication or silent empathy can have a deeper impact than offering advice or solutions.

An, do you know that the value and power of listening are immense? Listening not only helps you understand others more deeply but also allows you to understand

yourself better. It is, in fact, a way of caring for yourself. In the stillness of listening, you learn to quiet your inner monologue—your judgments, assumptions, and the need to prove yourself right. When you discover this inner peace, you approach life with greater clarity and calm. This type of listening will teach you to ask questions instead of making assumptions and to think deeply instead of reacting automatically. Only through this inner listening can you cultivate self-awareness.

Furthermore, this form of listening is a nurturing experience. It cultivates in you noble qualities like humility, patience, and empathy. It helps you realize how vast the world is and that everyone you meet has a story to tell. By simply listening, you can deepen your understanding and compassion. In the ebb and flow of love, this maturity will become your guiding compass.

Finally, An, listening is an expression of respect. When you listen to someone silently, you convey the message, “You are worthy of my time and attention.” To build trust, love, and understanding, this respect forms the foundation you need to establish. Remember, the impact of this gift is priceless. By demonstrating this respect, you will create a community around you where people’s opinions and relationships are valued.

An and Lac, remember this: The power of listening does not lie in your ability to solve or fix someone’s problems. It lies in your ability to connect and understand. This power, though quiet, is profound and has the potential to deeply transform the lives of those who feel truly heard.



Moments of understanding, healing, and love can arise when you listen from your heart. And the ripple effects of such listening will extend far beyond what you can see.

Dear Lac and An,

Reflecting on the value and power of listening is not just about theories but about experience, a skill honed through action to improve your lives to the fullest. With the right attitude and focus, listening can mend broken hearts, open hardened souls, and lead to deep understanding. Today, I want to share with you some methods and practices, based on your own routines, so you can harness the healing power of listening.

Lac, the first step in practicing listening is presence. Try to pay close attention whenever someone is talking. This requires you to stop what you are doing, look them in the eye, and turn off your phone.

Being physically present is important, but being emotionally and mentally present is even more crucial. When you can do that, it means you are giving the other person a gift of understanding and appreciation. Your undivided attention is invaluable, and that attention can completely change the atmosphere of any conversation when you give it with genuine sincerity.

Lac, in addition, reflection is a powerful form of listening. Pause for a few seconds after someone finishes speaking, and try to paraphrase what they said in your own words. For example, when a friend shares with you about a very tiring day, you can say, “It sounds like you

are feeling overwhelmed and exhausted.” This reflection shows that you are listening and empathizing with what your friend is sharing. This is a very simple act, but it brings you closer to the other person.

Lac, in today's fast-paced life, sometimes you need to be patient and listen to others slowly. Remember, not everyone is able to express themselves quickly and accurately. When others are trying to find the words or ways to express their story, their expression may go in unexpected directions. Don't rush or interrupt them at this point. Your patience shows that you value their expression and opinions and that you are giving them understanding.

Lac, remember, if you want to listen well, you need to know the value of silence. Always allow others space to finish what they want to say. Don't interrupt with your opinions or advice whenever they are speaking. Sometimes, the most profound moments of listening occur in these silences, when others have time to gather their thoughts and open their hearts. Make it a habit to add pauses to your conversations.

At the same time, Lac, you need to learn the art of active listening. That is, you should focus on nonverbal cues such as body language, tone of voice, and delivery. Even if a friend says they are “fine,” but their body slumps or their voice trembles, it may suggest otherwise. When you listen with your eyes and your intuition, you will perceive things more subtly, and your responses will be more empathetic and caring.

Lac, you should also work on developing your listening skills without passing judgment. Listen carefully without letting your preconceptions and personal ideas color your judgment. Do not, for instance, start formulating an argument in your head to counter their point of view the moment they make an argument that you find objectionable. Pay attention to the ideas they are attempting to express instead. This listening will help you understand them better regardless of how strongly you disagree with them.

Lastly, Lac, always keep in mind that listening is a form of unconditional love. Paying close attention while someone else is speaking almost says, “You are important to me.” Simple acts of presence, like asking considerate questions, listening attentively, and making room for them to share their own emotions, go a long way toward showing that you care. Make listening an everyday activity to demonstrate your compassion for others.

An, curiosity is the foundation for developing the skill of listening, and this is a skill you need to cultivate and practice. In every daily conversation, approach others with the mindset of wanting to learn. Ask yourself, “What can I learn about this person's worldview?” By exploring the context and experiences of the talker, you can demonstrate your interest in their story through your thoughtful questions.

An, another skill you should cultivate is empathetic listening. To do this, you need to try to understand other people's perspectives and feelings. For example, if a

friend confides in you that they are feeling anxious and stressed about an upcoming presentation, instead of just nodding in agreement, try to express empathy for your classmate's stress. You could say, "Oh, that sounds really stressful. I feel that way sometimes too." When you empathize with your friend, they will feel understood and supported.

My dear, in today's fast-paced world, distractions are everywhere, from constantly beeping phones and flashing notifications to incessant thoughts. So, knowing how to put aside other concerns is an essential part of listening. My dear, when someone is talking to you, try to ignore these interruptions. Put down your electronic devices, and give your full attention to the person in front of you. This small act can completely change the conversation and make the other person feel truly valued.

An, additionally, you should practice listening with compassion. Sometimes, others may share truths, criticisms, or vulnerable feelings about you that are hard to hear. In those moments, resist the urge to avoid or react defensively. Instead, take a deep breath and keep an open heart. Remind yourself, "This is their perspective and their truth, and I respect that." An open heart allows you to receive their words with kindness and understanding, even when their words challenge your values.

An, the power of listening becomes transformative when you use it to understand others' emotions. Stay silent and pay close attention to what others are saying. Avoid saying things like, "You shouldn't feel that way," or,

“You have so many friends,” when someone shares that they’re feeling lonely—this misses the mark. Instead, say, “I’m sorry you feel that way,” to show empathy for their feelings. Validating someone’s emotions means assuring them that their feelings are real and significant.

An, beyond listening to others, it’s equally important to listen to yourself. Pause and pay attention to the thoughts and emotions within you. Are there unspoken feelings, hopes, or fears that need to be heard? Practice listening to your heart with the same patience and kindness you show others. If you want to be authentic and self-aware, listening to your inner self is the best place to start.

Ultimately, An, listening shows that you care about making a connection. Listening carefully to another person allows you to form an unfathomable connection. “I see you, I hear you, and I value you.” is the message you convey by your deeds. You don't need to do anything fancy to build this relationship; all they need is for you to be there for them when they really need you. Integrating empathy and compassion into your daily life is as simple as listening attentively.

Lac and An, keep in mind that listening is both an art form and a gift that you may give to others and the world at large. Mastering the skill of listening requires patience, humility, and love that has no bounds.

Improving the lives of individuals around you is just one benefit of a deeper connection, more empathy, and personal growth that can result from you two fully embracing the power of listening. Listening may be a

powerful tool for building meaningful relationships with people.

With love,

Daddy.

# THE VALUE AND POWER OF ACCEPTING MISTAKES

Dear An and Lac,

Mistakes are inevitable for everyone. They are an essential part of our growth and understanding, even though we may sometimes wish we could avoid them. When you two can realize that mistakes are not failures but opportunities to learn, and you know how to embrace the wisdom and strength from accepting your mistakes, that is the true value of knowing how to accept mistakes.

Your journey will be shaped by how you face mistakes, and today, I want to share with you why accepting mistakes is a powerful and transformative practice for both of you.

Lac, admitting your mistakes is a sign of maturity. The ability to acknowledge errors and learn from them is a critical trait for success. Making mistakes does not define your worth or potential; it is simply a natural part of the process of learning and growing. By accepting mistakes, you can experiment with new ideas, fail with grace, and discover fresh possibilities. As humans, we all err, and no one can predict the future with certainty. So, embrace mistakes as necessary obstacles on your path of self-discovery, for they are essential and irreplaceable.

Lac, when you acknowledge your mistakes, their destructive power over you will naturally dissipate. Instead of letting mistakes define you, you choose to

learn from them. Daring to see failures as opportunities for growth will

help you understand yourself and the world around you better. When things don't go as planned, it's easy to blame yourself, but remember that those failures have the power to teach you valuable lessons and push you to improve, making you a better person in the future.

My dear, we often misinterpret mistakes. One common misinterpretation is that when we make mistakes, we diminish our worth. But that's not true. Mistakes don't diminish your worth; on the contrary, they increase your value when you acknowledge them. In fact, the moments you fail are opportunities for creativity, resilience, and the ability to solve problems in the future.

Lac, as a human being, the most important thing is to recognize when you're wrong. When you realize your mistake, stand back up, and try again, you grow in confidence, capability, and perseverance. You'll learn to endure challenges by understanding that mistakes or failures are stepping stones to success, not endpoints.

Lac, accepting mistakes also cultivates humility and helps you appreciate the value of others' errors. You'll come to see that failure is universal, commonplace, and something that touches everyone. Mistakes invite us not only to avoid them but also to connect, empathize, and learn together. The world becomes more compassionate and supportive when people accept mistakes without shame and use that understanding to assist those facing struggles.



Finally, Lac, remember that accepting mistakes doesn't mean dwelling on them. Instead, it involves drawing lessons from them, helping you grow with greater clarity and wisdom. By viewing mistakes and failures as opportunities for development, rather than reasons to give up or run away, you embrace life's challenges as stepping stones to resilience. Through learning from and accepting mistakes, you strengthen your determination to face future challenges with courage and grace.

An, accepting mistakes is an essential part of growth and development. Feeling disappointed or disheartened when making a mistake is a normal reaction, but those emotions don't need to linger. Instead of clinging to negative feelings, acknowledging your mistakes allows you to give yourself permission to move forward.

An, every stumble you encounter is an opportunity for growth. When you accept your mistakes and move on, you will experience the liberating power of forgiveness. It becomes easier to embrace your imperfections and focus on the present moment when you realize that mistakes don't define who you are—they shape your future.

Accepting mistakes also strengthens resilience. Rising after a fall, regaining your spirit, and continuing forward require someone truly special. You can build resilience and learn to overcome obstacles by recognizing and taking responsibility for your mistakes. An, those who can pause, reflect thoughtfully, and then move forward often achieve great success.

Always remember, An, that every challenge is an opportunity for self-improvement. Take a moment to reflect and ask yourself, “What have I learned from this mistake or failure?” If you view failures as part of the learning process, you can use those lessons to enhance your decisions in the

future. Some mistakes will teach you invaluable lessons, helping you grow and avoid similar pitfalls down the road—so not all mistakes are negative.

An, a crucial aspect of accepting mistakes is allowing yourself to be imperfect. Perfection is nearly impossible to achieve and often an illusion. Why? Because flaws are unavoidable, no matter how much society values perfection. Understanding this reduces the pressure to achieve exceptional results. Instead of blaming yourself for minor errors, focus on doing your best—and that’s enough. Achieving greatness is secondary to continuous improvement, my dear.

An, another thing I want to share with you is learning to be kind to yourself. This is an important part of accepting mistakes. While it’s human instinct to criticize ourselves, doing so doesn’t bring any value. Treat yourself with kindness and patience when you make errors. Leave the past behind and focus on the future.

An, it is essential for you to learn to shift from blaming to seizing opportunities. As you continue to move forward, you will realize that past mistakes or failures do not affect your emotions too much. On the contrary, if you know how to take advantage of and learn from those

mistakes or failures, these things will give you more strength to complete the work in the present and prevent similar mistakes from happening in the future.

An, remember that accepting mistakes is another important skill that you can develop. On the road to success, you will encounter slow periods and obstacles. When you allow

yourself to make mistakes, you will learn to trust the process and progress little by little. An integral part of your personal development is reflecting on and learning from your successes and failures. If you see failure as an opportunity for growth, you will have the strength to persevere with empathy, tolerance, and resilience.

Finally, my dear An, accepting failure as an inevitable part of the journey is a sign of flexibility and openness. When you allow yourself to make mistakes, you are giving yourself the freedom to try new things and, at the same time, helping yourself to be bold in creating unique ideas.

An, although mistakes are inevitable in life, mistakes or failures can also open doors to wonderful new opportunities. When you take responsibility for your mistakes, you create space for new ideas, a better version of yourself, and better alternatives, my dear.

Lac and An, accepting mistakes is a sign of strength in your self-development process. Negative emotions such as shame, anxiety, and regret will be relieved by this. You two can grow, learn, and strengthen yourselves in this way. At the same time, through that, you two can also

cultivate more humility, resilience, and empathy, my dears.

The most important thing is that you two realize that making mistakes or failing is not a sign of weakness but an integral part of a wonderful, messy, and ever-changing life. Always remember that your growth is inextricably linked to every stumble, every mistake or failure, and every lesson you have learned.

Dear Lac and An,

Usually, people try to avoid mistakes or failures because they don't want to be seen as weak or unsuccessful. But failure and learning from failure or mistakes are two sides of the same coin. The question is which side of the coin we want to choose, heads or tails.

My beloved children, it can be said that a powerful skill that anyone can develop is the ability to recognize and learn from mistakes—including both their own and those of others. Listening and forgiveness are the bridges that help you two be more open to new experiences, new perspectives, and deeper understanding.

Lac, when you make mistakes or when things don't go as you hoped, you might feel disappointed or regretful. If you look closely, you'll see that disappointment or regret doesn't help at all. These emotions only drain your energy and pull you deeper into suffering.

Therefore, there's only one way to help you overcome these negative emotions, which is to acknowledge that you've made a mistake or failed. Accepting that you're

wrong is not failure but an opportunity for you to learn and grow. My dear child, remember that mistakes help you discover many things about yourself, the world, and your limits. Mistakes or failures are solid motivations that help you move forward firmly.

So, instead of worrying, being sad, and trying to find perfect ways to never make mistakes, focus on allowing yourself to make mistakes or fail; and when you do, you will reflect, learn, and draw lessons from those mistakes, which can help you avoid making similar mistakes or failures in the future.

Lac, in a world that seems to only value success, failure can feel frightening. But true strength lies in knowing that mistakes, missteps, or failures do not define who you are. Embrace and even honor your imperfections. View your mistakes or failures as opportunities to develop wisdom, patience, and humility. Accepting your errors means giving yourself the space to be human—a person who naturally stumbles sometimes. And it is in this humanity that your greatest growth resides.

Lac, always remember that mistakes don't diminish your worth. Your value only decreases when fear of failure holds you back from new challenges or opportunities. Strangely enough, once you gain the experience of accepting your mistakes, you'll find that your fear of failure dissipates. You'll also realize that effort is the real success, not the outcome. Mistakes are just part of the process, not the whole journey. With this understanding, you'll stop fearing failure and move forward boldly,

gaining immense value through reflection and learning.

So, Lac, being honest about your shortcomings will give you opportunities to reflect. The power of reflection is untapped potential. Because, before moving on, you have stopped and considered what went wrong, why it happened, and from that, what lessons you can learn from those mistakes. This process will help you better understand your habits and adjust when needed. When you acknowledge your failures, you will focus less on what went wrong, and instead, you learn to avoid repeating those mistakes in the future.

However, Lac, one of the most powerful results of accepting mistakes is that you will become kinder to others. When you realize that everyone makes mistakes, you will find it easier to be more compassionate when others experience their own stumbles. Instead of criticizing or judging them, try to express gratitude and support them. When you recognize and accept your own imperfections, you will also see the humanity in others and connect with them on a deeper, more meaningful level.

An, life is full of surprises—moments of joy and times of sorrow. Making mistakes is a natural part of being human, and when they happen, it can leave you feeling disheartened or disappointed. But remember, mistakes are not failures; they are stepping stones to success. The process of self-improvement lies in learning from one's stumbles and errors, not in striving for unattainable perfection.

So, An, when you accept your mistakes and missteps, you free yourself from the weight of the past and create space for a brighter future. Those moments of falling down teach you a great deal about yourself. It might be helpful to shift your perspective from “Who caused this?” to “What can I learn from this?” Instead of viewing your errors as failures, see them as opportunities to grow. Recognizing that mistakes are a part of learning and growth—not the endpoint—will empower you to face challenges head-on, without fear.

An, when you feel you’ve let yourself or others down, admitting mistakes can be tough, and I understand that. But remember, past failures don’t define your true self; they’re simply opportunities for growth. Let go of the burden of shame and regret by embracing those emotions fully. Then, with mindful observation, explore the root causes of these feelings and work toward finding optimal solutions to address the underlying issues. Once resolved, you’ll find peace and happiness, having gained valuable lessons from these emotions. Moreover, these lessons will serve as a shield, helping you avoid similar mistakes in the future.

An, admitting mistakes doesn’t mean you’re giving up. Acknowledging errors or imperfections requires inner strength and courage. Facing challenges, difficulties, or unmet expectations directly allows you to learn and move forward.

In addition, An, embracing mistakes cultivates patience and self-compassion. Remember, you’re not alone in your imperfection. Most of us are taught to be harsh on

ourselves when we make mistakes. But is that reasonable? Not entirely. Why? Because harshness only confines us further, amplifying the power of negative emotions.

To address these negative feelings, treat yourself gently when you fall. Remember, self-criticism only holds you back. Instead, use mindful observation—the “magic key”—to learn from experiences and start afresh. Such self-compassion is essential for fostering resilience, rebuilding confidence, and nurturing your growth.

Finally, An, accepting your mistakes also deepens your empathy. When you realize that errors are an inevitable part of being human, you’ll develop greater compassion for others when they stumble. Why? Because you’ve been through it yourself. This enables you to empathize and understand others rather than criticize them. Through empathy, you’ll create stronger, more positive relationships and foster a better shared environment.

Lac and An, you have come to understand the transformative power of accepting mistakes. This awareness will allow you to let go of fear and perfectionism, embracing life with all its challenges and joys. Remember, your missteps or mistakes are simply opportunities for growth, not failures.

To grow, gain wisdom, and develop self-compassion, you must embrace your missteps and errors. On this journey, you’ll gain a deeper understanding of yourselves and how others define, think, and act according to their ways.



Through it all, you'll realize that mistakes are not something to avoid or fear. On the contrary, your errors and stumbles are necessary and wonderful opportunities to expand your knowledge, gain life experience, and savor the richness of life's journey.

Dear An and Lac,

Learning is an endless journey in life, filled with both complexity and beauty. Making mistakes and accepting them is one of the most essential aspects of growth. However, for many, this can be quite challenging. To grow, gain understanding, and find peace within, you must recognize and take responsibility for your own mistakes.

My dear children, many of us mistakenly believe that we must be perfect and, therefore, cannot afford to make errors. This mindset is entirely unrealistic, as the more perfection we strive for, the more mistakes we tend to make. What truly matters is not the mistakes we make but what we learn from them—and whether we have the courage to face those mistakes and keep moving forward.

Remember, being human means making mistakes, and these errors are not the final destination of life. Instead, they are part of the process that expands our knowledge and enriches our experiences. I want to share with you some thoughts on how to learn from mistakes and transform them into strengths in your daily lives, hoping to support you on your individual journeys.

Lac, mistakes are like invitations, not obstacles. They encourage you to dig deeper and realize that every step

you take, whether deliberate or not, is part of your journey. On this journey, if you stumble, it doesn't mean you've failed. Instead, standing up after a fall and continuing forward shows your bravery, your willingness to face pain, and your determination to move ahead. Just like cracks on a surface let light shine through, mistakes allow growth and transformation. If you embrace this, you'll find that mistakes are valuable opportunities for personal growth.

Lac, mistakes are never the end but rather the beginning. Even when you feel stuck or defeated because things didn't go as planned, remember that life goes on, and so do you. Mistakes, no matter how daunting they seem, are like passing storms—they will eventually fade. What remains afterward is the chance to start anew, bringing opportunities for renewal, improvement, and creativity. Trust that every mistake opens new doors, preparing you for something greater if you can recognize the lessons within.

Lac, don't let mistakes define you. Making mistakes is a normal part of life. They don't mean you're not good enough or incapable. You are a blend of successes and failures. So, when you err, take responsibility, note the key lessons, and move forward. Dwelling too much on regrets or relying entirely on perfection only creates more trouble and pain for yourself.

Lac, when you free yourself from the burdens of guilt or regret over mistakes, you gain a broader perspective and connect better with others. No one is immune to mistakes, no matter how perfect they appear. The

question isn't about avoiding errors but about acknowledging them sincerely, taking responsibility for them, and finding profound lessons in them—rather than being trapped in remorse without action. By embracing this mindset, your mistakes can become bridges that connect people.

Last but not least, Lac, keep in mind that making mistakes is a pathway, not an endpoint. Not perfection but development should be our first priority. Understanding that your mistakes are part of a bigger picture might help you get past them. With each step you take, whether confident or uncertain, your life's tale takes on more complexity and significance. Put more value on the process than on the destination. Believing in one's own fallibility is essentially that.

An, do you believe that mistakes can truly teach you invaluable lessons? Mistakes show you where you stand right now, as well as the places you can go and the paths you can take. When you make a mistake, it doesn't mean you are weak; it means you are living life to the fullest, taking risks, and pursuing your dreams. Cherish these moments, as they pave the way for you to become the best version of yourself.

An, allowing yourself to make mistakes and grow from them is an irreplaceable gift. Experimenting with new things is an essential part of personal growth, so do not let the fear of failure become a barrier that prevents you from taking risks. You should also not be too hard on yourself or criticize yourself when you make mistakes.

You must understand that everyone makes mistakes; it's natural, and no one can avoid it. The issue is what we do with the mistakes we make, not drowning in regret and tormenting our minds without taking action. To move past a mistake, there is no better or more beautiful way than to take responsibility for it, observe, and look deeply into the mistake to find the root cause and then seek optimal solutions to resolve it. That is how you atone for your mistakes and learn from them.

An, you can also learn to forgive yourself and others through your mistakes. Remember, forgiving yourself is sometimes the hardest thing to do. Why? Because feelings like guilt and regret over your mistakes can keep you trapped in the past. When you take ownership of your mistakes and accept responsibility for them, you are, in essence, forgiving yourself. Through this act of forgiveness, you create emotional and mental space for growth, allowing yourself to learn from your errors and enabling you to face the future with confidence and clear direction.

Forgiveness does not mean forgetting. It means choosing to let go of the burden of negative emotions that control and weigh heavily on your mind.

An, it can be said that mistakes are opportunities that help you pause, evaluate, and learn from them. Life moves at a rapid pace, and we often shift from one thing to another without truly appreciating each moment. Mistakes help you learn to pause, so take a little time to reflect when you make a mistake. Ask yourself, “What happened?”

“Why did it happen?”, “How can I improve in the future?” Instead of drowning in regret, which only causes you more pain, observe and look deeply to find the root causes and identify optimal solutions. Only when you do this can mistakes become valuable lessons. Through this reflection, you will be better equipped to face the future with greater insight.

An, you should also remember that through mistakes, you will come to realize that there is no perfection in life, and demanding perfection is unrealistic and unattainable. Society today constantly pressures us to do everything perfectly, but this is an impossible goal. Therefore, acknowledging and accepting your own weaknesses is a mark of true strength. Authenticity, creativity, and happiness can thrive in an environment where mistakes are accepted. An, the meaning of life is not to achieve perfection but to fully live each moment, embracing both the good and the shortcomings, the mistakes.

Finally, An, learning from mistakes teaches you patience—with yourself and with others. Progress is a slow journey requiring perseverance, effort, and resilience. Take the time to understand what went wrong and stop blaming yourself for it. Instead, give yourself the space and time needed to grow and recover. One way to show self-love is through practicing patience. Patience allows you to face mistakes or setbacks with compassion rather than anger or self-reproach.

Lac and An, don't be afraid or feel inadequate when you make mistakes. Remember, it's through these very mistakes that you can better understand yourselves and

others. These mistakes light the path you choose and help you stay grounded despite society's pressures for perfection. When you face your mistakes, you'll discover wisdom, strength, and resilience in ways you never imagined.

Keep learning from your mistakes and moving forward rather than fixating on avoiding or running away from them.

With all my love,

Daddy

## A FINAL MESSAGE

I am overwhelmed with love and thanks as I sit to send you this last letter. This series of letters has been a trip, one that I hope has given you not only valuable insight but also reflections on what it really means to lead a life full of meaning, compassion, and wisdom.

I have shared with you the values I hold dear—the need for love, forgiveness, empathy, compassion, understanding, etc.—through these pages. As I draw to a close this book, I want to leave you with a message that will stick with you and help you negotiate the complexity of life.

Living is not always simple. It comes with ups and downs, triumphs, and tribulations. The love we share, the wisdom we develop, and the practices that help us become better versions of ourselves, however, will always remain constant and be your true source of strength and direction.

The path of life is about how we handle mistakes, grow from them, and open our hearts to the world and others. It is not about avoiding them.

You will encounter difficulties going ahead in your life. Mistakes are inevitable. However, you should understand that it's okay to make mistakes. The human experience includes this. These obstacles and mistakes will lead you to discover some of the most crucial lessons of your life.

I want to delve deeper into the values I've shared with you over the years in this last letter, with a particular emphasis on unconditional love, forgiveness, empathy, compassion, understanding, listening, and accepting mistakes. These are not just goals to strive for; they are habits that, when developed, will give you the power to live a life full of joy, peace, and resiliency.

Why Unconditional Love?

Lac and An, why does unconditional love matter? Why is it such a pillar of our lives, and why does it possess the power to heal, change, and establish closer relationships among people?

Unconditional love is free from restrictions, judgment, and conditioning. This kind of love transcends mistakes, flaws, and shortcomings. It sees beyond them.

It is the love that stands constant even as the surroundings change. It is the love that provides acceptance, understanding, and enormous compassion and transcends uncertainty and fear.

Why should this be relevant? All human relationships are founded on unconditional love. We foster trust and safety when we love each other without conditions. This love allows us to embrace our true selves, flaws and all. Knowing that we will always have someone to support and inspire us helps us face our difficulties with courage.

Why does unconditional love possess such immense power? Because it is not dependent on outside events or conditions, unconditional love has immense power.



Unconditional love does not depend on someone meeting specific standards or acting in a specific manner.

Rather, it is a love that exists just because we are human; we are deserving of love independent of our faults, mistakes, or shortcomings. It is the love that lets us let go of resentment and judgment, forgive others and ourselves, and provides the environment for healing and personal development.

Love is not a transaction; we don't offer it only when we earn or justify it. Every day we make a decision based on our hearts—love is that act. And when we decide to love without conditions, we let our hearts develop, widen, and gently influence the lives of people around us in significant ways.

What Is Forgiveness?

Lac and An, why should forgiveness count? Why is forgiveness such a crucial habit for our journey through life?

Among the most transformative deeds a human spirit can do is forgiveness. It is not about justifying unacceptable behavior or erasing our experience with suffering. Instead, it is about releasing the grip that bitterness, resentment, and anger have over us. It is about releasing negative emotions that keep us from living fully and peacefully.

Why should we forgive? We forgive since it's a means of self-liberation. Retaining resentment or anger can severely affect our hearts and minds, separating us from

the peace we so richly deserve. We release those weights when we forgive. We make room for growth, healing, and a more thorough understanding.

Why, though, does forgiveness have such powerful effects? Because it turns our attention away from the deeds of others and toward our own well-being, forgiveness has powerful effects. We retake our power when we forgive.

We stop letting the behavior of someone else determine our mood and way of life. Rather, we recover our freedom, our pleasure, and our peace. Forgiveness is a gift to ourselves, a means of selecting peace over suffering—not a gift to the person who has offended us.

Growing older will bring times when forgiveness seems challenging or even impossible. But you should keep in mind that forgiveness is about releasing yourself from the bonds of hurt and anger, not about approving harm. It's about deciding to go forward with dignity and grace knowing that your peace comes first and past hurts are less crucial.

### Why Would Empathy Be Important?

Lac and An, why does empathy matter? Why is it so crucial for developing understanding of others and meaningful relationships?

To put yourself in another's shoes and understand their thoughts, feelings, and experiences is empathy. It forms the basis of connection and compassion. We cannot really establish a connection with others without empathy. We

cannot grasp their suffering, delight, or struggle without empathy.

Still, why is empathy so vital? It allows us to overcome the barriers that separate us from each other. Practicing empathy helps us to see the world via the eyes of others. We are aware that everyone travels a different path and bears different responsibilities. This understanding fosters compassion, patience, and kindness.

Why does empathy have such enormous power? The ability to connect deeply and meaningfully is what makes empathy so powerful. Empathy enables us to show up for others in profoundly transformative ways, providing comfort and support to those in need.

Practicing empathy helps us to create understanding bridges between us instead of separating us. Empathy helps us to love others in a way that transcends criticism or preconceptions. It lets us see people for who they really are—not only for their actions or demeanor.

Why Compassion?

Why does compassion matter, Lac and An? Why is the human experience so absolutely vital?

Compassion is the capacity to identify suffering in another person and act kindly and carefully in response. It is an expansion of empathy, but it also motivates behavior. Compassion is about actively helping someone else to overcome suffering, not only about understanding it.

Why do we act compassionately? Because it is a way to express our care, we practice compassion. When we act with compassion, we remind people that they are not alone in their difficulties. Compassion helps others feel seen, heard, and valued by building solidarity and connection.

Why does compassion have such enormous power? Due to its capacity for healing, compassion is a powerful force. It is the potion to heal emotional scars, the cure for loneliness, and the counterpoint to suffering. When we show compassion, we give others hope for healing, peace, and recovery.

Compassion encompasses receiving as much as it does give. When we practice compassion, we open our hearts and let love and kindness flow naturally, generating a positive ripple effect around us.

Why Understanding?

Lac and An, why does understanding matter? Why does understanding play such a crucial role in the foundation of healthy relationships and personal growth?

Understanding is the capacity to go past appearances and grasp the deeper meaning behind people's words, deeds, and emotions. Realizing that everyone's experiences shape their viewpoint and that these experiences deserve respect and honor is crucial.

Why is understanding necessary? Understanding is important because it enables us to deal with the complexity of life. Understanding others reduces our

inclination to criticize them or assume anything. We are more likely to approach them with acceptance, patience, and kindness.

What is the power of understanding? Because it makes room for compassion, connection, and development, understanding is powerful. It helps us to approach challenging circumstances with openness and receptivity instead of defensiveness or conflict. Understanding helps us to see our shared humanity and to go beyond differences.

Why Listening?

Lac and An, why does listening matter? Why does listening rank among the most crucial habits for developing close relationships?

Listening is about completely paying the speaker your heart and mind, not only about hearing words. It's about being present and involved, giving your whole concentration away from judgment or diversion.

Why should we pay attention? Because it opens the door to understanding, listening is crucial. Listening shows others that their ideas, emotions, and experiences count. Listening helps us to build trust and connection as well as to enable us to react in a kind and helpful manner.

What is the power of listening? Because it gives people the freedom to fully express themselves without worrying about judgment, listening has enormous power. It helps us to hear the unspoken words—the emotions, the wants, the needs—that lie under the surface level.

Listening helps us to show sympathy and compassion in a way words cannot.

Why Accepting Mistakes?

What does accepting mistakes mean, Lac and An? What is the rationale behind its significance in the context of learning and development?

Mistakes are an inherent component of life. Each of us generates these mistakes. However, the key to converting mistakes into valuable lessons is to accept them without shame or guilt. It is essential to acknowledge that mistakes are a fundamental aspect of the learning and development process in order to accept them.

Why is it important to accept mistakes? Accepting mistakes is important because it frees us from the burden of perfectionism. It enables us to grow, adapt, and progress without the burden of past mistakes. When we accept our mistakes, we give ourselves permission to grow, to try again, and to do better.

Why is accepting mistakes so powerful? Accepting mistakes is powerful because it creates resilience. It teaches us that failure is not the end but the beginning of a new opportunity. When we accept mistakes, we embrace the process of learning and evolving, and we give ourselves the freedom to live authentically, without fear of judgment or failure.

Lac and An, I hope you remember these lessons through life. I hope that you will embrace unconditional love, practice forgiveness, develop empathy and compassion,

listen deeply to others, and accept your mistakes with grace. Practices that lead to peace, joy, and fulfillment are difficult, but worth pursuing.

Never forget that I love you—always, unconditionally, and without boundaries. Whatever happens in life, I will always cheer you on, love and support you, and hold you in my heart.

With all my love,

Daddy.