

# Strengthening Ourselves through Diversity

by Helena Pearce

When we look at the world, what do we see. We see maybe how someone looks different than how we look, maybe we something different about how we live compared to someone else. Diversity is universal, and it always will be. It might be a small difference but there will always be something different about everyone and everything. The things that make us different are the things that strengthen us and help us every day.

Dr. Martin Luther King Jr. was a person who always wanted rights for all, and for everyone to be treated as equals rather than one having higher power because of the color of their skin or the way they look. He always saw greatness in everyone. He once said, “Here is the true meaning and value of compassion and nonviolence, when it helps us to see the enemy’s point of view, to hear his questions, to know his assessment of ourselves. For from his view we may indeed see the basic weaknesses of our own condition, and if we are mature, we may learn and grow and profit from the wisdom of the brothers who are called the opposition.”

([www.amnestyusa.org](http://www.amnestyusa.org), Dr. Martin Luther King Jr. quote) Dr. Martin Luther King wanted peace and love and only that. He showed us that we can’t be defined just by our differences and that what matters is what is on the inside rather than what we can see.

Our differences can only make us stronger if we want it to. It can also bring us down if we let it. Instead let’s build each other up through our differences instead of letting them drag us down. Let’s build up and not tear down through differences.