

## **Integrity of Human Relations**

To fully understand integrity, there is a need to first find its root. Most people would agree that integrity is the idea of living a correct, fair and just life, even when no one is around. But to carve it down to its simplest terms, it is the idea of being human. It is rising above our primordial needs and selfishness, and is living in and as a community to further better ourselves and those around us.

We have seen great people of the past live with integrity. People such as, Mother Teresa and Gandhi lived as selfless beacons of love and justice. Their lives called for social change to better a society at the cost of a comfortable life. Their model is portrayed in every household, and school community, yet atrocities of selfishness, dishonesty, and immorality seem to be more present in the world community than the virtue of integrity.

The next question is why? The answer to this question is the propaganda that is the American dream. If we live according to the American dream portrayed by the media, buying the best cars, making the most money in a job, and having the best looking girlfriend or boyfriend, then we are solely thinking about ourselves. These ideals of selfishness lead to greed, destruction, the downfall of a human life, and disappointment. For example, when a tyrant takes over a nation, or the conclusion of a scandal is shown on the news, the media portrays them as evil endeavors. Although they are unjust, the media seems to be providing us with two contradicting messages. They tell us not to be selfish and mean, but they promote the acts that cause this selfishness. It is a trap that each of us fall victim to.

There is a way out. Those, who care least about themselves, receive the most prized possession in the world, happiness. People like Mother Teresa and Gandhi devote more of their attention to the task of helping those in need than themselves. We all know that when we do things for others, we feel good about ourselves. Mother Teresa supported this idea by stating “I have found a paradox, that if you love until it hurts, there can be no more hurt, only love.” (taken from <http://www.brainyquote.com> as cited below). This has been a phenomena that parents tell their children in hopes of enticing them to be

good. The fact is that when we are helping and loving others, we do feel good. It is the idea that we are rising to something higher than ourselves and sticking to our moral code. There has also been an alleged mystery that the poorest people in the world are the happiest. This is because they do not have wealth to distract them from what is important. If some hypothetical man had everything in the world, then he would be bored with his life because there would be nothing else to work for. The impoverished know simplicity. It is a freeing idea. There is no need to be tied down by material goods. They look for happiness in places where it can be found and sustained.

In conclusion, integrity is going beyond just living within a moral code. It is the idea of being a communal human, and working towards the better of society. To do this we mustn't be selfish or greedy. These vices disconnect us from the world around us. They make us think inwardly and about ourselves, rather than looking to help those in need. We must live in simplicity to help us gain an understanding, love and compassion for the poor. This will push us to work towards the better of society and better form our virtue of integrity.

### **Works Cited**

- "Mother Teresa." BrainyQuote.com. Xplore Inc, 2015. 8 March 2015.  
[http://www.brainyquote.com/quotes/authors/m/mother\\_teresa.html](http://www.brainyquote.com/quotes/authors/m/mother_teresa.html)