

The theme for this next video is **Compassion**.

What exactly is compassion? Compassion is a deep awareness of the suffering of another and a desire to relieve them of it. It's easy to define, but not always easy to live.

Often when discussing compassion we hear of people like Mother Theresa, or Mahatma Ghandi, or Martin Luther King, and we're left feeling somehow small instead of inspired. These people seem larger than life, almost like super heroes, or super humans anyway. They're 'special' people and we're nothing like them.

Sometimes it takes an 'ordinary' person to inspire us and show us the power we all have to be super humans. Someone like Mattie Stepanek, child poet and peace activist.

Mattie was born in 1990 with a rare form of muscular dystrophy which left his small body in a state of constant pain and deterioration. But despite his own suffering, Mattie's truest desire was to alleviate the pain and suffering of others.

Through his poetry, speaking engagements and daily acts of kindness, Mattie spread his message of love, and the *real* possibility of peace on Earth.

Mattie lost his battle with muscular dystrophy in June of 2004, but his legacy remains a constant reminder to all of us 'ordinary' people. We are *all* super humans with the ability to be compassionate in our daily lives and change the world around us.