

# Spreading Love and Humanity

Love and humanity are worthy goals. I believe you should make an effort to spread them far and wide. Even toward people who mean you (and others) harm.

To a point.

In spite of what some might believe, defending innocent people from aggressors—however you do it—is also an act of love and humanity.

Sure, you can show compassion and forgiveness to aggressors. And that *can* be an act of love and humanity. But, how much more loving and humane is it to defend the innocent from those who have made the *choice* to violate them?

How loving and humane is it to watch someone be violated, and refuse to act because that wouldn't be a loving and humane response to the aggressor? Not very.