

Essay by Emily Bush

The best way to change our thinking is by changing the way we look at things. Wayne Dyer once said, "Change the way you look at things and the things you look at will change." Sitting in an orphanage in Cusco, Peru looking into the face of a child holding a piece of fruit, changed the way I look at things.

In the summer of 2008, I decided to make a journey half way around the hemisphere to Peru, where I spent my time volunteering. After thirty six hours of traveling and being left alone in a foreign airport, I wasn't sure if I had made the right decision. Volunteering to work with children in a foreign nation has been a dream of mine since I was little, so I decided to stick it out. The decision to stay and fulfill my dream was the greatest choice I have made in my life thus far. Over the course of my five week stay, I experienced the most profound display of generosity, kindness and love.

One day during my six hour work shift I sat with a young girl of the age of five. She told me that she had earned ten centimos, the equivalence of less than a penny. She then pulled out an orange which she had purchased with her money. She was so happy to have purchased something so wonderful. In excitement for her I exclaimed, "That looks delicious, it makes me hungry!" Before I realized what I had said the little girl looked at her precious piece of fruit and with a smile on her face and a tear in her eye she handed me half of her orange. I quickly told her she should eat the orange, she earned it. With tears streaming down my face at the selflessness of this child, I picked her up in my arms and looked into her beautiful face. How could someone with absolutely nothing, give me everything? That day, the things I looked at changed.

I now see the wonderful abundance that surrounds me. I have an opportunity to be whatever I want to be. I see all that I have and all that I can do. This is why I have chosen to enter the medical field and plan on becoming a pediatrician. I know I can do so much good in the world. I see what one small act can do. Every time we reach out and touch a heart or a life, the world changes. I want to continue to serve in foreign nations, bringing medical care and love for children in need. That experience really did change the way I look at things, because the way I see it, I was not the one serving them, they were the ones who were serving me. Maybe if we all changed the way we think we would help those in need, and mankind would not only be able to survive, we would thrive!