



Altruism

A path to Plenitude

Elaine Stur
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What is Altruism?

Concept of altruism

1

Latin Origins

From Latin **ALTER**, meaning "other" - establishing the foundational concept of "otherness" or concern beyond the self

2

French Evolution

Evolved into French **AUTRUI** (relating to others) and later **ALTRUISME**, denoting the absence of selfishness

3

Comte's Influence

Popularized around 1830 by philosopher **Auguste Comte**, who championed altruism as a vital social principle

4

Modern Usage

Now represents a spectrum of behaviors centered on caring for others without expectation of personal gain

What is altruism?

Altruism is often described as an unselfish concern for the welfare of others.

It's about doing things to help others, not because you feel obligated or because you're expecting something in return, but simply because you care about their well-being.



What is the opposite of altruism?

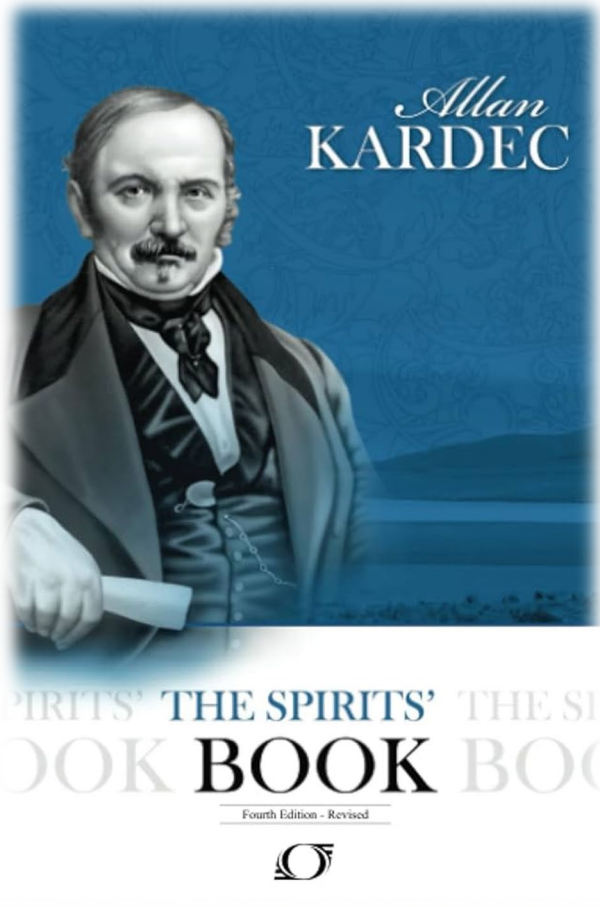
what's the
opposite of
altruism?



selfishness, meanness,
self-interest, egoism,
egocentrism, self-centeredness,
self-concern, greed, narrowness



The Spirits Book



913. What vice may we label as the root of the others?

“Selfishness, as we have repeatedly told you.

Every wrongdoing can be traced back to selfishness.

...All those who attempt to reach moral excellence must uproot every selfish feeling from their hearts, because it is incompatible with justice, love and charity; it offsets all other qualities.”

Why are humans being altruistic?

Altruism can stem from having a deep sense of morality and generosity and also due to...

Compassionate empathy

Empathy means you understand someone's situation, see their perspective, and feel what it's like to be in their shoes. This understanding naturally draws you to help them.





Why are humans being altruistic?

The Feel good effect

Altruism can activate pleasure centers in the brain. This means performing an altruistic act can induce feelings of happiness. Scientists have also concluded that altruistic behaviors can relieve physical pain.

Why are humans being altruistic?

Modeled altruism

Research shows that parents who model altruism can influence children to also become altruistic. Another example is reciprocating help. When someone models altruism by helping you, you may feel pressured to help them in return



Why are humans being altruistic?

Instincts

In the 1960s, W. D. Hamilton explained that people are more likely to help others they're genetically related to. This shows that altruism is instinctual — especially with those you're closely related to.



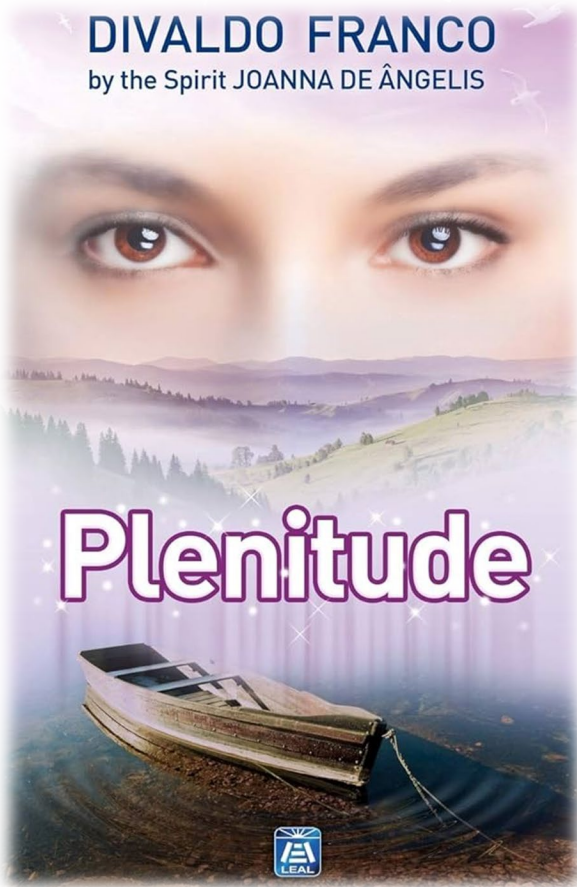
The Spirits Book

642. Is it enough to simply not do what is evil in order to please God and to ensure our future happiness?

"No, we must do good to the best of our abilities. Each of you will have to answer for all the evil that has resulted from the good that you have failed to do."



Altruism: The power of selfless giving



"True altruism is not measured by what is given, but by the love with which one gives."

Altruism in the Vision of Jesus

1. Love your Neighbor

Jesus teaches us to love our neighbor as ourselves.

2. Life Example

Jesus lived altruism, healing the sick, feeding the hungry, and forgiving sinners.

3. Humility and Love

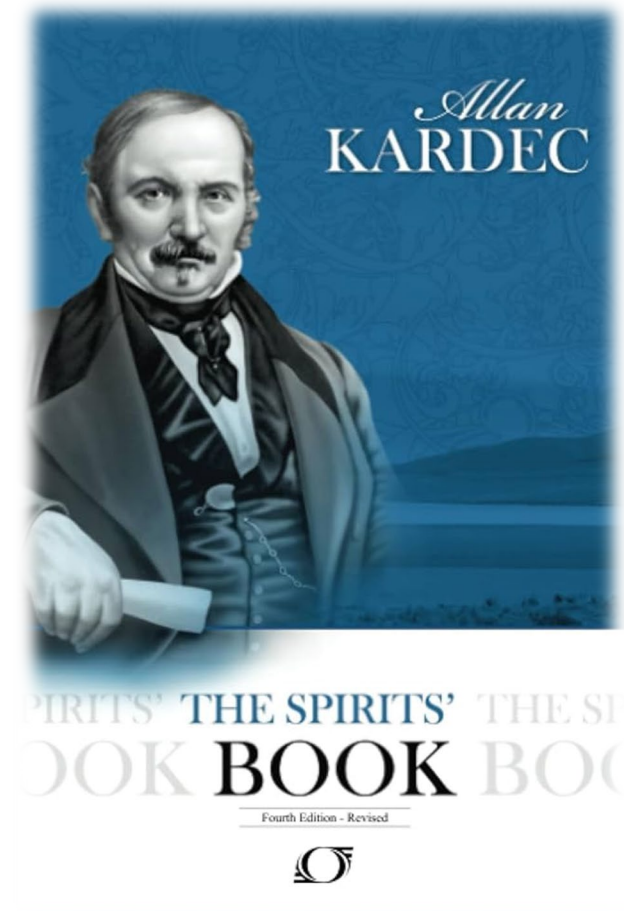
Jesus washes the apostles' feet, demonstrating that serving others is an act of humility and love.



The Spirits Book

886. What is the true meaning of the word charity as used by Jesus?

“Benevolence for everyone, indulgence towards the imperfections of others, and forgiveness of offenses.”



Patience as a companion of Altruism

- Patience allows us to persist in kindness even when facing challenges or ingratitude
- It fosters resilience, helping us manage disappointments and setbacks positively.
- Patience strengthens our empathy, enabling us to better understand others' timing and processes.





Altruism in Practice

Everyday Kindness

Small acts like holding doors, giving directions, or offering comfort demonstrate our capacity for spontaneous altruism even toward strangers.

Organized Volunteering

Formal volunteering through organizations creates structured opportunities to serve community needs while building social connections.

Heroic Interventions

Extraordinary circumstances sometimes inspire remarkable acts of self-sacrifice, from risking personal safety in emergencies to whistleblowing against powerful interests.

Professional Dedication

Many careers in healthcare, education, and public service involve daily acts of going beyond duty to improve others' lives despite limited recognition.

Altruism in Practice



Listen

Listening to someone
in difficulty.



Support

Offering support to
those in need.



Smile

Giving a smile.

Simple gestures can have a profound impact, both on those who receive and those who offer them.

Altruism as a Pathway to Elevation

1. Charity

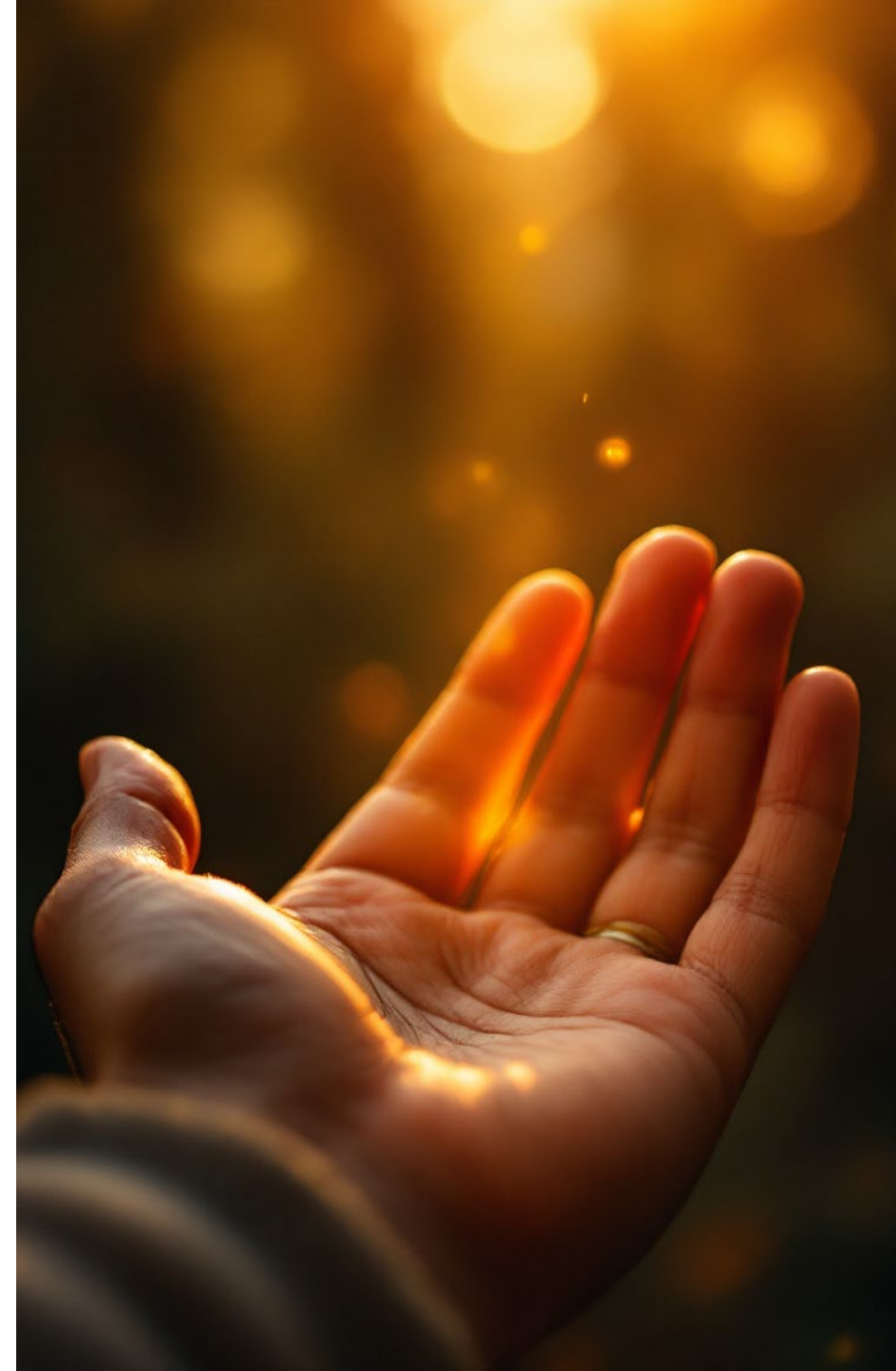
A feeling that drives us to do good.

2. Altruism

Love in action, bringing us closer to the Divine Laws.

3. Fundamental Virtues

Benevolence, indulgence, and forgiveness.



Conclusion

Cultivating a Better World

By practicing love toward others, we plant seeds for a better world.

Alignment with Divine Laws

The practice of altruism aligns us with divine laws.

Acceleration of Personal Evolution

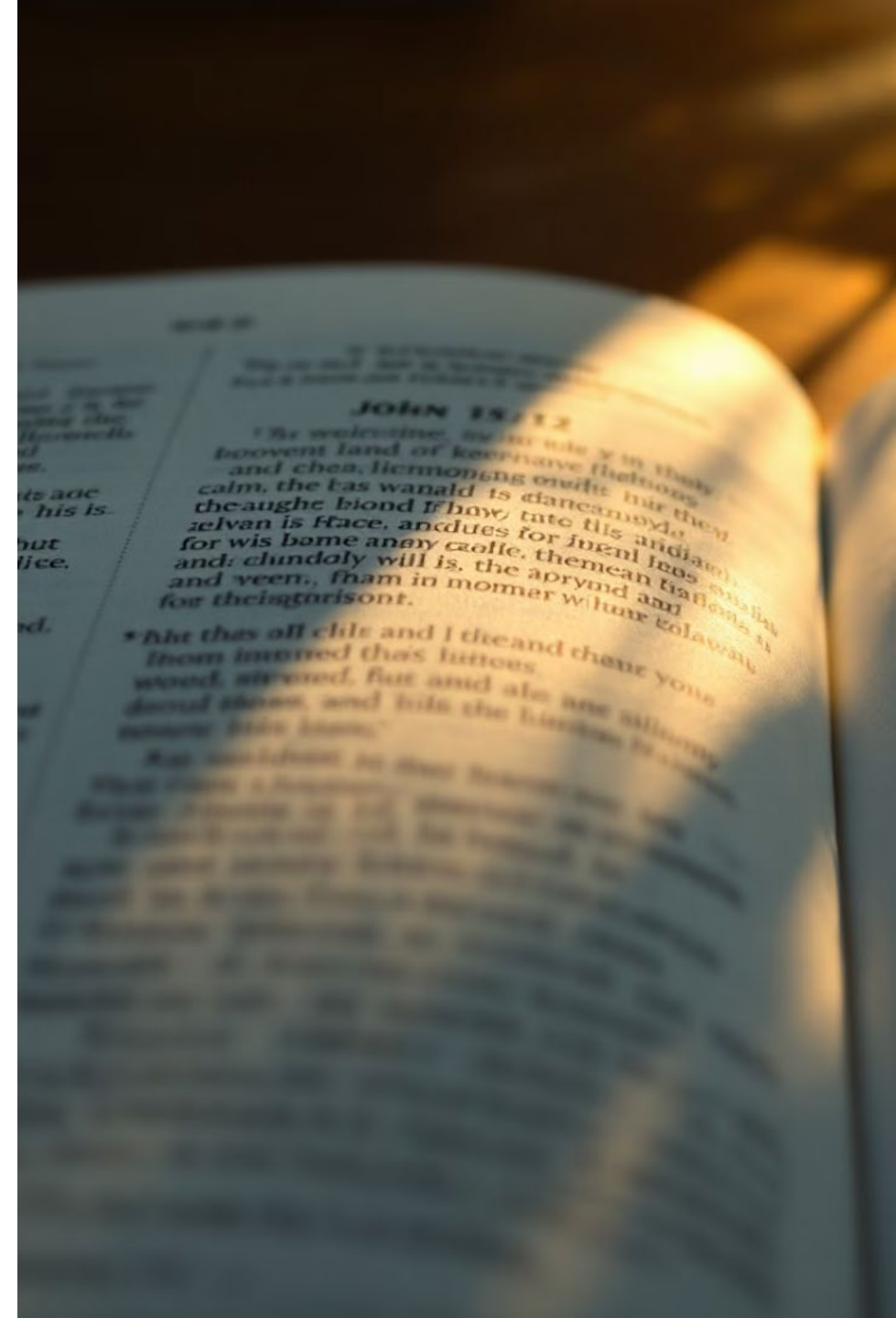
Altruism accelerates our own spiritual evolution.

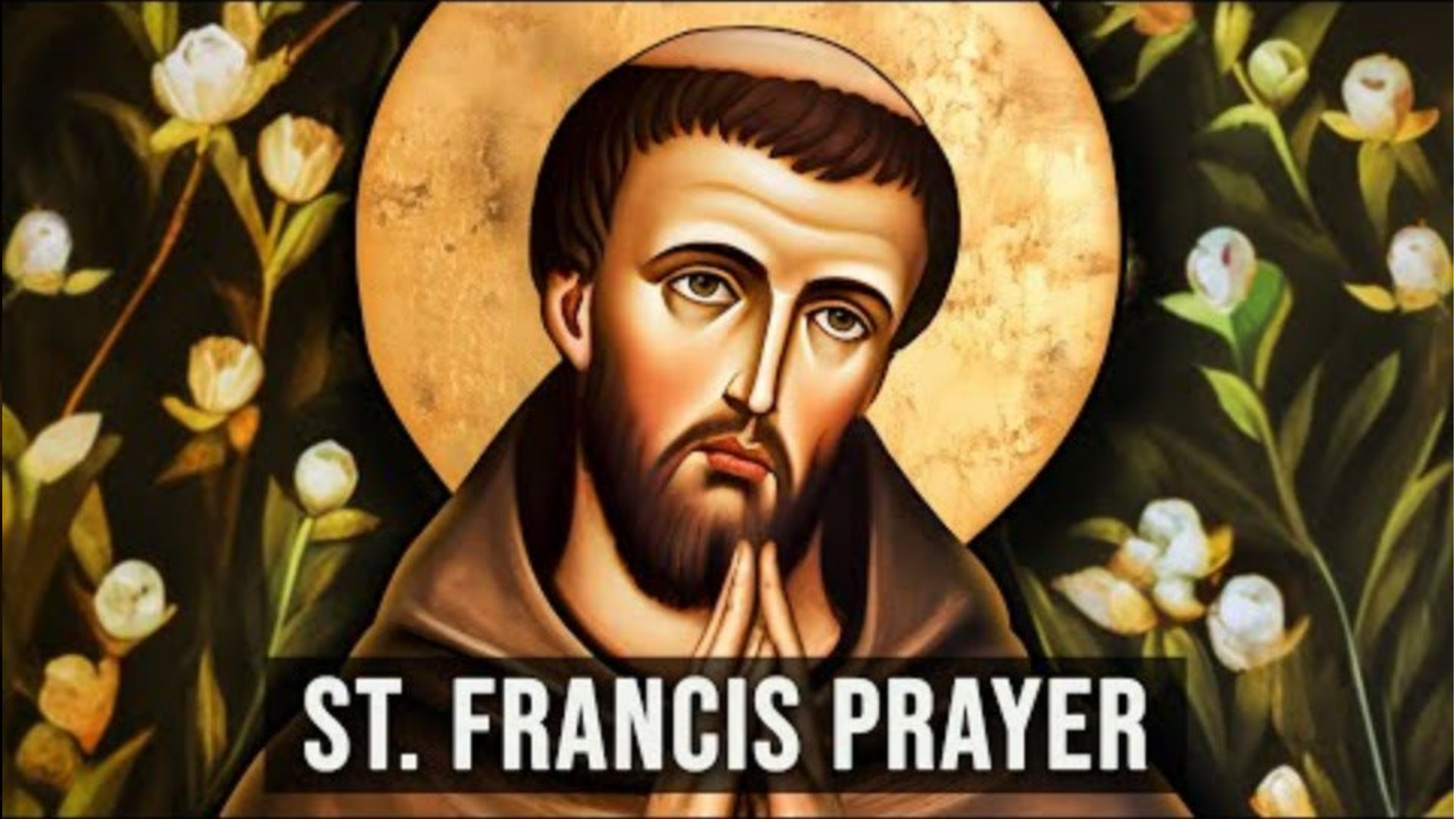


Conclusion

John 15:12

**"This is my commandment:
that you love one another as I
have loved you."**





ST. FRANCIS PRAYER



Thank you!!
Have a blessed week!

Prayer of St. Francis of Assisi

Lord make me an instrument of your peace
Where there is hatred let me sow love.
Where there is injury, pardon.
Where there is doubt, faith.
Where there is despair, hope.
Where there is darkness, light.
And where there is sadness, joy.

O divine master
Grant that I may not so much seek to be consoled as to
console;
To be understood as to understand;
To be loved as to love
For it is in giving that we receive
it is in pardoning that we are pardoned.
And it's in dying that we are born to eternal life.

Amen.

