

## **CARP Talk on Friendship and Genuine Relationships and Share Your Passion Talk on Dance**

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Here at CARP we are striving to build a community of genuine relationships where we can support each other in our personal growth. We understand that the quality of our relationships stands as the largest contributor by far to the happiness and wellbeing of the individual and hence our society.

An environmental science student at Queen Mary University gave an inspiring talk on how we can develop genuine friendships.



She explained that the beauty in friendships is that we can learn and grow through our differences, but we can also connect and relate through our similarities. These common bases become our center, the channel through which we can have give and take. She described that seated at the core of the friendships which are real to her, is the firm belief that God is a parent whose love is instilled deep within every individual.

So what kind of ingredients do we require to create a true friendship? Well, if you want to make tea, you don't put in moldy sugar, because it will taste bad, you need pure ingredients. In the same sense, good, genuine relationships can only be made up of honest, selfless individuals.

She shared a very personal experience about a time she lost her cool and ended up losing her temper at her good friend. Immediately after she felt so ashamed that she found it difficult to see her again. Sometime later this same friend wrote something so beautiful in a birthday message that it moved her to tears. She

realized, this friend and friendship is so valuable and she can't discard it just because of one mistake. From this experience, She learnt about the power of forgiveness and sincerely valuing each other in a friendship. Ultimately, building genuine friendships requires more than just quality time, loyalty and good communication. The most treasured relationships require going beyond ourselves. After the talk everyone individually wrote down the name of a close friend, and ways in which we can make them feel appreciated which we could. This was based on Gary Chapman's 5 Love Languages.



Around 20 people came to listen to this week's CARP talk, including 2 first CARPies.

This week, CARP also held a 'Share Your Passion' talk, on 26-01-16, given by Dance student, Soon-Hee Lall. She gave a passionate rundown of what drove her to pursue a career in what she loves doing.

Soon-Hee is a second year dance student who majors in Hip-Hop, Contemporary, African and Caribbean dance styles. Through these she experiences the power of movement manipulation in the expression of emotion, culture, story and meaning.

She sees herself as the shyest in her class. She told us: "I hate words because words have to flow and I can't do that well, but when I dance it flows. I feel completely free and happy. Dance is happiness, it's the act of giving joy to others and you can draw people to you through what you do. Dance has helped me gain confidence and through it I can express myself better than through words."

Soon-Hee's great ambition is to have her own studio where she can use dance as a tool to teach and give young people an outlet through which they can express themselves. She wishes to combine dance and psychology in order to tackle the deeper problems in emotional, mental and physical wellbeing in today's youth. Her deep love for dance and her desire to use it for the sake of others has certainly sparked inspiration amongst the audience that night.