



# ***Empathy***

**Story and art by: Jenny Lau, O.D.  
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*This was a piece to describe the need to help each other. During this time there was a lot of frustration and fear, as there was a large trend in hospitalized patients coming into hospitals all around the country. Although a doctor may represent the one who heals, we also need healing ourselves. To get through a world crisis like this, we need everyone to work together, be responsible, and give empathy. It is through these crises that truly manifests and highlights what makes us human.*

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Jenny Lau was born in Calgary, Alberta, Canada. She was introduced to art at the age of eight and had practiced a variety of techniques until her first year of undergraduate education. As she went through schooling and pursued other ambitions, Optometry was where she saw herself. She was accepted into the Illinois College of Optometry in Chicago and spent the last five years studying in the United States. During studying for this career, art had been on the wayside until she rediscovered her passion, this time straying away from basic traditional teachings of art and into a world of creativity and much more inspiration. “thejennspirit” encompasses all the stories that she carries from the eight-year-old child to the present day young professional. Life has given her so much perspective in her struggles and victories and is truly the motivation for all of her art pieces. More of Jenny’s work can be found at [thejennspirit.com](http://thejennspirit.com).

**View all the pieces in the *Healing Reflections* [online gallery](#).**