

## On Kindness

2/11/24

Kindness is a profound recognition that our lives have something to do with one another, that everyone counts, everyone matters. ~ Sharon Salzberg

Don't judge each day by the harvest you reap but by the seeds that you plant. ~ Robert Louise Stevenson

I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel. ~ Maya Angelou

Be kind whenever possible. It is always possible. ~ Dalai Lama

Working creatively for peace; struggling for justice in the face of oppression; advocating ecological wholeness for the earth's life-giving systems and stressed-out species; educating the young and the old; healing the sick and comforting those in despair; creating beauty; taking joy in nourishing children; promoting freedom for captives. Even a simple cup of water given to a thirsty person symbolizes how abounding kindness becomes effective in this world.

~ Elizabeth A. Johnson

Wherever there is a human being, there is an opportunity for kindness. ~ Seneca

If we are asking for the world to be kind, we must first ask what are we doing to add more kindness to the world. If we are asking for the world to be more loving, we must first ask what are we doing to add more love to the world. We are the vessels for the things we seek. ~ Joel Leon

Tenderness and kindness are not signs of weakness and despair, but manifestations of strength and resolution. ~ Kahlil Gibran

The simplest acts of kindness are by far more powerful than a thousand heads bowing in prayer. ~ Mahatma Gandhi

### For discussion:

Is there one of these thoughts that particularly draws you? Why might that be?