



Day 38

Beloved Peacekeepers,
Season continues the interpersonal daily practice with/in kindness.

Today's Principle, Today's Practice - KINDNESS

Every day we hear of random and senseless acts of violence. Participate in the counter revolution of kindness started by Anne Herbert <http://www.yoyow.com/aherbert/default.html> Perform three acts of kindness today.

Ask yourself: What are the qualities and behavior of a kind person? What value do we place on "kindness" in our society and how does that affect the world we live in? Explain your answer. Do you think you are a kind person? Why? How could you be kinder in your life? and to Whom? How do you think we could teach people to be kinder?

Activity - Practice random acts of kindness - pay someone's toll at the bridge. Practice an anonymous act of kindness. Observe the acts of kindness that present themselves daily. See how easy it is to have opportunities to be kind.

Journal Activity: Journal your thoughts....today, use crayons or color pens - live differently and vibrantly!

Consider this Quotes on Kindness:

Spread love everywhere you go: first of all, in your own house. Give love to your children, to your wife or husband, to a next door neighbor.....Let no one ever come to you without leaving better and happier. Be the living expression of God's kindness: kindness in your face, kindness in your eyes, kindness in your smile, kindness in your warm greeting. - Mother Teresa

It is difficult to tell how much men's minds are conciliated by a kind manner and gentle speech. [Lat., Sed tamen difficile dictu est, quantopere conciliat animos hominum comitas affabilitasque sermonis.] -Cicero

And Heaven, that every virtue bears in mind, E'en to the ashes of the just is kind. - Homer

Wherever there is a human being there is an opportunity for a kindness. [Lat., Unicumque homo est, ibi beneficio locus est.] - Seneca

On that best portion of a good man's life, His little, nameless, unremembered acts Of kindness and of love. - William Wordsworth

I have learnt silence from the talkative, toleration from the intolerant, and kindness from the unkind; yet strange, I am ungrateful to these teachers. - Kahlil Gibran

This is my simple religion. There is no need for temples; no need for complicated philosophy. Our own brain, our own heart is our temple; the philosophy is kindness. - HH Dalai Lama

Constant kindness can accomplish much. As the sun makes ice melt, kindness causes misunderstanding, mistrust and hostility to evaporate. -Albert Schweitzer

To be able under all circumstances to practice five things constitutes perfect virtue; these five things are gravity, generosity of soul, sincerity, earnestness and kindness. -Confucius

Kindness in words creates confidence, kindness in thinking creates profoundness, kindness in feeling creates love. . -Lao Tzu.

Kindness is the golden chain by which society is bound together - Goethe

I feel no need for any other faith than my faith in the kindness of human beings. I am so absorbed in the wonder of earth and the life upon it that I cannot think of heaven and angels. - Pearl S. Buck

You cannot do a kindness too soon, for you never know how soon it will be too late - Ralph Waldo Emerson



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Deeds of kindness are equal in weight to all the commandments - Talmud

Practicing acts of kindness leads to a world that knows PEACE.

Blessings,

SNVOakland

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