



Kindness is a language that
the deaf can hear
& the blind can see

Carry out a random act
of kindness, with no
expectation of reward,
safe in the knowledge
that one day someone
might do the same for you.
- Princess Diana

Too often we underestimate
the power of a Touch,
A Smile, A Kind Word,
A Listening Ear, An Honest
Compliment, or the smallest
act of caring, All of which
have the potential to
turn a life around.
- Leo Buscaglia

When you are Kind to
Others, it not only changes
You, it changes the world.
Harold Kushner

No Act of Kindness,
no matter how small,
is ever wasted.
Aesop



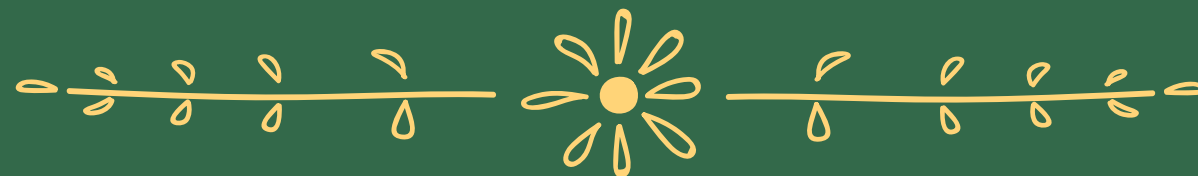
17 FEBRUARY

RANDOM ACTS OF KINDNESS



Start Today

Make Every Day A Random Acts Of Kindness Day



Practicing kindness brings us closer to our true nature - who we really are. Let's do small random acts of kindness. It can be any act that makes someone smile. Smile at everyone you see. Practice kindness/caring with everyone - whether it is people you know, people you don't know - family, friends, strangers.



Little words of kindness
How they cheer the heart !
What a world of gladness
Will a smile impart.
Little acts of kindness
Richest gems on earth
Yet when they are wanting
Life's best charm is lost.
Little acts of kindness
Richest gems on earth
Though they seem but trifles
Priceless is their worth.

"BEING KIND TO OTHERS
MAKES THIS WORLD
A BETTER PLACE TO LIVE"



Jainism = Kindness



“

Non-violence and kindness to living beings is kindness to oneself. For thereby one's own self is saved from various kinds of sins and resultant sufferings and is able to secure one's own welfare. . . . Mahavira

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Jain Ascetics carry with them at all times a Ogho (also known as Rajoharan) to remove any minute insects in their path or before sitting or sleeping. They teach us that being kind and to take care not to hurt anyone, by mind, speech or action, intentionally or unintentionally is what we should strive for everyday.



BY KISHOR B SHAH



*Dayamūlo bhaveddharmo daya pranyanukampanam,
Dayayah parikarthagunah sesah prakirtitah,*

Kindness is the very basis of dharma; to be compassionate to the living beings is kindness; all other virtues like truth, forgiveness, etc., are for the protection of kindness.

- Adipurana, 5.21.

Savvehim bhūehim dayanukampi.

Act kindly and compassionately towards all living beings.

Uttaradhyayana sutra, 21.13

Quotes translation By: Kanhiyalal Lodha

“Ahimsa is the pursuit of non-violence in heart and mind. When non-violence is pursued, it means that our compassion is proactive and not just reactive. It means that we must seek opportunities for kindness with the deep belief that they are available to us everywhere we go at nearly any time of day. That we must search for them and not just wait until a moment of convenience or comfort to give the gift of compassion. It requires of us honest self-reflection – the grinding realisation that kindness goes against our natural selfishness and that we must choose against our feelings of fear or discomfort or insecurity to create non-violence in the world by being love.”

By Houston Kraft – a speaker, author and kindness advocate who has spoken at over 600 schools re kindness. He was introduced to concept of Ahimsa when he spoke at a Jain convention in USA.