



CHOOSE TO BE KIND EVERY DAY

World Kindness
Day **NOVEMBER 13TH**

Kindness is a fundamental virtue that enriches both the giver and receiver, creating ripples of positivity beyond the initial act. Kindness is a profound expression of empathy and compassion, reflecting a genuine concern for others' well-being. Kindness is often in simple everyday gestures that can have a profound impact.

Kindness contributes to a harmonious and compassionate society by uplifting others and cultivating a positive environment. By embodying kindness, we uplift others, promote understanding, and remind ourselves of our shared humanity, ultimately fostering a more inclusive and interconnected world.

Kindness encourages us to look beyond our own needs and recognise the humanity in others.

We don't intend to cause harm, but we do just that through harmful words, angry thoughts and thoughtless actions. Often our harm is directed at ourselves and so that is a good place to start – Being kind to ourselves in thought, word and action enables us to be kind to others in thought, word and action.

“Every time you think selflessly, act kindly, and speak gently, you illuminate the world with light of love,”

“Ask yourself: Have you been kind today? Make kindness your modus operandi and change your world”
Annie Lennox

“My religion is kindness”
Dalai Lama

“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

Jainism = Kindness



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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.



*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 bhüehim 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.





World Kindness Day



“Walk in kindness toward the Earth and every living being.

Without kindness and compassion for all of Mother Nature’s creatures, there can

be no true joy, no internal peace, no happiness.

Happiness flows from caring for all sentient beings as if there were your own family, because in essence they are. We are all connected to each other and to the Earth.”

Sylvia Dolson



Share kindness to others through care for our environment — because the health of our earth directly affects the health of human beings.

Let us, as Jains, be true environmentalists by following the basic tenets of our faith – Ahimsa, Anekantavada and Aparigraha and living the Jain Way of Life, and also be a source of inspiration to others.

We can all make a difference.

