

Kindness is one of the **Fruits** of the Holy Spirit. It is the quality of being **friendly, generous, considerate** as well as reaching out to those who are in **need spiritually, physically, or emotionally**.

May 11, 2021

Acts of Kindness

- ◇ Celebrating someone you love, **letting them know** how special they are to you,
- ◇ giving **honest** compliments,
- ◇ helping an **elderly** neighbor with yard work or food, sharing homemade food,
- ◇ **refusing** to gossip,
- ◇ a willingness to **full-heartedly** celebrate someone else's successes, to be **openly** happy for the other person.
- ◇ telling the truth in a **gentle** way when doing so is **helpful** to the other person.



Kindness also includes speaking **gently** and **kindly** to ourselves and taking good care of ourselves. Then, reaching out and doing the same for **others**. A **single act of kindness** can influence **dozens** more. **Generosity really is contagious!**

In my research I came across an article in the **Washington Post** about "**Loving Kindness Meditations.**"

Loving Kindness Meditation traces its roots to early **Buddhism**. It helps us be **compassionate**. During **difficult** times, it prompts us to send **loving thoughts** of **kindness**:

- ◇ **first** to **loved ones**,
- ◇ **then** to **neutral persons** and
- ◇ **finally**, to **challenging persons**.

Over time, our **negative thoughts** are **replaced** with more open, **accepting ones**, and our **anger** is eclipsed by **love** or **kindness**.

Find a **quiet place** to sit, then imagine a **favorite** family member or friend sending you the words: "**May you be well, happy, and at peace.**" After a **few minutes** of **receiving** the mantra, direct it to **yourself**: "**May I be well, happy, and at peace.**"

Then, **extend** the blessing **outward**, toward other people, in order of **decreasing affection**. **Replace** the "I" with:

- ◇ the **name** of a mentor or **teacher**, "**May you be well, happy and at peace.**"
- ◇ then, the **name** of a **family member** or **friend**, "**May you...**"
- ◇ then a **neutral person** (a co-worker you like but don't know well, for instance),
- ◇ then finally, a **difficult** or **unfriendly** person in your life.

End the meditation by **spreading** the blessing to all living beings, **without discrimination**.