

May 31, 2022



**“Kindness is a language which the deaf can hear and the blind can see.”**

In other words, **kindness is a universal form of communication.**

Kindness is the quality of **sharing** and **caring**. When we can **share** what we have with others, and **care** for the well-being of others we are showing **kindness**. Similarly, if we **feel** for others when they are suffering, and try to reduce their pain and trouble by **helping** them in whatever way we can, we are being kind.

Recently, I read about someone who made a resolution to **consciously** maintain an **attitude of friendliness** toward all the **strangers** he would see. If he was waiting in line, he would look at each person, unobtrusively, and **silently** say to each one: “**May you enjoy this day**”; or “**I hope you have fun today.**” He would say **whatever** felt natural to him at the moment. When a negative thought started to arise, he would look at that person and silently say something friendly to that person anyway, and the judgment usually **vanished** quickly.

(I’m looking for some volunteers who get my weekly letters to try this and let us know what a difference it makes in your life. Any takers?)

When kindness becomes a **habit**, we no longer need to figure out whether someone **deserves** our kindness **before** we offer it to them. It would be our natural response to everyone we meet.

The kindness we show to others grows even **more** when we are aware of **God's** loving kindness toward us. **God's** kindness **began out of his love for us**. He has shown us **how** to be **kind** toward others.

Send kind thoughts out to all you see today.