

Acts of Kindness

Written by Rob Gee

Martin Kornfield said that
*"If we all do one random act of kindness daily,
we might set the world in the right direction,"*

And the kind of things we do
will make us collectively more kind,
like a domino effect played backwards,
because we know the mind
is always better
when we can relate to each other,
in these simple interactions
our tensions can unwind.

So pay it forward,
because with a simple act of kindness
we can add an underscore
that wasn't there before,
whether it's baking a cake and giving it to someone,
helping them across the road,
or opening a door.

It doesn't have to be life changing or profound.
Simply telling someone when their flies are down,
can make you one of the good guys.

So, whether you're helping a mother get a pushchair off a train,
offering a broly when it's pouring down with rain,
or fetching tampons in a crisis,
your one small act of kindness
will have a butterfly effect
that helps us not forget
that we're not always alone.

You don't have to have to be clever to make kindness your mission.
You could take the blame when your colleague passes wind,
or water their plants while their away,
obviously with their permission.

You might buy someone a doughnut,
or give them ibuprofen in of a hangover
or simply make a nice cup of tea
and listen to what they've got to say.
when a very stressful day is still far from over

By making that deposit in the karma bank, you can set yourself up,
and the simple act of smiling can help you unwind.
You can help those around you by giving them luck.
So, if you only manage one thing,
make it being kind.