

## 29-Kindness

Earth teach me quiet ~ as the grasses are still with new light.  
Earth teach me suffering ~ as old stones suffer with memory.  
Earth teach me humility ~ as blossoms are humble with beginning.  
Earth teach me caring ~ as mothers nurture their young.  
Earth teach me courage ~ as the tree that stands alone.  
Earth teach me limitation ~ as the ant that crawls on the ground.  
Earth teach me freedom ~ as the eagle that soars in the sky.  
Earth teach me acceptance ~ as the leaves that die each fall.  
Earth teach me renewal ~ as the seed that rises in the spring.  
Earth teach me to forget myself ~ as melted snow forgets its life.  
Earth teach me to remember kindness ~ as dry fields weep with rain.

An Ute Prayer

Kindness is to use one's will to guard one's speech and conduct so as not to injure anyone.

American Indigenous, Omaha Oral Tradition

If the combatants of a host be of pure behaviour and modest deportment and attend to one another in loving-kindness, that is regarded as an indication of future success. If agreeable sounds and orders and sensations of touch prevail, and if the combatants become inspired with gratitude and patience, that is regarded as the root of success.

Hinduism, Vyāsa, *The Mahabharata* 12 102.2

He who is incapable of hatred towards any being, who is kind and compassionate, free from selfishness, ...such a devotee of Mine is My beloved.

Hinduism, Bhagavad Gita 12: 13-14

I know, O LORD, that thy judgments are right, and that thou in faithfulness hast afflicted me.

Let, I pray thee, thy merciful kindness be for my comfort, according to thy word unto thy servant.

Let thy tender mercies come unto me, that I may live: for thy law is my delight.

Judaism, *Tehilim (Psalms)*, 119: 75-77

For the mountains shall depart, and the hills be removed; but my kindness shall not depart from thee, neither shall the covenant of my peace be removed, saith the LORD that hath mercy on thee.

Judaism, *Yesha'ayahu (Isaiah)*, 54: 10

My religion is very simple. My religion is kindness.

Buddhism, Dalai Lama

Be kind whenever possible. It is always possible.

Buddhism, Dalai Lama

Be kindly affectionate to one another with brotherly love, in honor giving preference to one another; not lagging in diligence, fervent in spirit, serving the Lord; rejoicing in hope, patient in tribulation, continuing steadfastly in prayer; distributing to the needs of the saints, given to hospitality.

Christianity, *Romans* 12: 10-13

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such there is no law.

Christianity, *Galatians* 5: 22-23

... never would Allah Make your faith of no effect. For Allah is to all people Most surely full of kindness, Most Merciful.

Islam, *Qur'án* 2: 143

A kindly tongue is the lodestone of the hearts of men. It is the bread of the Spirit, it clotheth the words with meaning, it is the fountain of the light of wisdom and understanding.

Bahá'í, Bahá'u'lláh,  
*Epistle to the Son of the Wolf*, p. 15

Show forbearance and benevolence and love to one another. Should any one among you be incapable of grasping a certain truth, or be striving to comprehend it, show forth, when conversing with him, a spirit of extreme kindness and good-will. Help him to see and recognize the truth, without esteeming yourself to be, in the least, superior to him, or to be possessed of greater endowments.

Bahá'í, Bahá'u'lláh,  
*Gleanings*, p. 8