

## **JUST FOR TODAY BE KIND TO ALL LIVING THINGS**

I keep being astonished by the subtle wisdom of Dr. Usui when he developed and promoted his principles.

He understood and taught that emotions are your indicators to determine whether or not you are functioning as a spiritual being in a human body or as a human with occasional spiritual moments. He knew that accessing this wonderful Universal Energy was not just dependent on attunements, but one's actions and behaviours. Just as the foundation of this Reiki and Universal energy is love, so too must be the actions of Reiki Practitioners in order to fully relate to the energy.

It's a message that we've received in many ways as the Universe continues to remind us of it.

And what easier way to demonstrate this love than by being kind to others? To be fair, it is a daunting task to continually address emotions of anger and worry but a great start to checking your emotions and making some inroads to being a calmer person is to be kind – all the time.

Where does one begin? Opportunities abound to continually perform very simple acts and gestures of kindness. The problem is, your often hectic pace overrides your ability to see them.

Though it is easy to overlook opportunities to be kind, our lives are replete with situations in which we can be helpful, considerate, thoughtful, and friendly to loved ones and associates, as well as strangers.

The touching, selfless acts of kindness that have the most profoundly uplifting effects are often the simplest: a word of praise, a gentle touch, a helping hand, a gesture of courtesy, or a smile. Such small kindnesses represent an unconditional, unrestricted form of love that we are free to give or withhold at will.

When you give the gift of kindness, whether in the form of assistance, concern, or friendliness, your actions create a beacon of happiness and hope that warms people's hearts.

The components of kindness are compassion, respect, and generosity. Put simply, kindness is the conscious act of engaging others in a positive way without asking whether those individuals deserve to be treated kindly.

All living beings thrive on kindness. A single, sincere compliment can turn a person's entire world around. Holding a door or thanking someone who has held a door for you can inspire others to practice politeness and make already kind individuals feel good about their efforts. Smiling at people you meet-even those

who make you feel like frowning-can turn a dreary encounter into a delightful one, for both of you.

Every kind act has a positive influence on the individual who has performed said act as well as on the recipient, regardless of whether the act is acknowledged. Kindness brings about more kindness and slowly but surely takes a positive toll on humanity.

Weaving the thread of kindness into your everyday life can be as easy as choosing to offer a hearty "Good morning" and "Good night" to your coworkers or neighbors, a stranger on the street, or the grocery store clerk.

When you commit a kind act, you are momentarily disconnected from your ego and bonded with the individual who has benefited from your kindness. Being fully present in each moment of your life facilitates kindness as it increases your awareness of the people around you.

You'll discover that each act of kindness you engage in makes the world, in some small way, a better place.