



*Book
of
Kindness*



A Thousands Hand

As long as you are kind
and there is love in your heart

A thousand hands will naturally
come to your aid

As long as you are kind
and there is love in your heart

You will reach out with a
thousand hands to help others.

Foreword

«As long as I live

My heart will express a humble kindness,

As long as the wind blows

My kindness will gallop freely.

As long as my heart beats,

My spirit will always go searching for you

To influence you to be kind to others." S. Dudas 1991.



*In 1956, I was living east of Budapest. During the Hungarian revolution I heard
the machine guns destroying the innocent mothers and children.*

*I was only 8 years of age when I saw lots of dead ones
which left an unforgettable memory in my mind for a life time.*

On these few pages you will see what mankind can be.

The beauty, the pure, the transparent, the reflection of a Heavenly Character.

*The mankind like crystals, the kind, the loving, the peaceful human being,
whose religion is loving kindness.*



Kindness is the rent we must pay for the space we occupy on this Planet.

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Book Of Kindness

*Book of Kindness is a Unique Compilation
of Goodness and Kindness Since 1986 / By S. Dudas*



Begin the Day with Kindness and Love

Fill the day with Kindness and Love

End the Day with Kindness and Love

*Kindness is not only the golden chain in which society is bound together,
but a truly revolutionary idea that really can change the world.*



What Is The Purpose of Life?

*We are here to learn, we are here to grow,
and we are here to help others to grown and learn.*

*The life of Everyone of us is a service to others;
not only by sharing healing through compassion,
but by living our lives as an example for others.*

“We are here for life, not only resources.

*We are here for our lives, yours, the entire world’s lives and those of future
generations.”*

Patricia Gualinga / Ecuador



Be Kind Anyway

*"People are often unreasonable and self-centered.
Forgive them anyway.*

*If you are kind, people may accuse you of ulterior motives.
Be kind anyway.*

*If you are honest, people may cheat you.
Be honest anyway.*

*If you find happiness, people may be jealous.
Be happy anyway.*

*The good you do today may be forgotten tomorrow.
Do good anyway.*

*Give the world the best you have and it may never be enough.
Give your best anyway.*

For you see, in the end, it is between you and God.

It was never between you and them anyway."

Mother Teresa



*It is not enough to be motivated by an ideal of fairness, honesty and kindness and
to want this ideal to be realized in the world ... So, what should we do?*

Quite simply, let others be and continue to improve ourself.

« *Infinite Love Is The Only Truth* »

The greatest gift we got is not Life, but Love.

Life without love would be just an existence.

The gift of Love enriches everyone beyond imagination.

Love does nurture, heal and make us to be the reflection of the Divine.

What would our existence without love, kindness, healing or Divinity be?

It would simply be an empty circle, nonsensical and dry.

One could not care to live or die.

Love and kindness will makes us to live in joy and happiness.

With Love in our hearts we cannot hate or lie.

To live this way we will have no hate, no anger, no suffering.

Without love life is loneliness and misery,

but with Love we will definitely change the World.

Love alone lifts our Soul and our Spirit to the Divine.

To love truly and living lovingly, we will live the reflection of kindness.

With love and kindness the Earth will be converted to a beautiful place.

What more could one want or ask?

If we all live in Love truly, all of us will experience life beyond imagination.

Love is the greatest Gift to you and to me.

David Icke

No wonder that « Infinite Love is the Only Truth, Everything Else is Illusion »

Kindness

Kindness is one of the most important word in the English language.

It is enormously resonant and life enhancing.

Its power comes from its overwhelming simplicity.

Deliberate Kindness can be fierce, - tenacious, - unexpected, - unconditional or positively revolutionary.

Every act of kindness by an individual or by thousands is a powerful tool to make a better world – love embraces kindness.

It is unique,-limitless,- unfathomable. The most powerful resource for good.

Making and getting money is not all of a man's business.

To cultivate kindness is a valuable part of the business of life.



Have You Been Kind Today?

Witten by Anita Rodick. Ex Owner of the Body Shop

The kindness factor seems to be sadly outmoded in this urban age of muggings and grabbing. Can anything be done to improve the situation?

Ask yourself: Have you been kind today?

Was anyone kind to you? How did it feel?

So make kindness your daily modus operandi and change your world.

The best portion of a good man's life is his little, nameless, unremembered act of kindness and of love.

Kindness comes in all sorts of shapes and forms, but to be the true value it should be selfless and without conditions, unreserved, but intelligent.

To be compassionate, knowledgeable and kind is to be truly wise.

True kindness has to be totally free from any self-concern or self referencing.

*Kindness is giving and there is nothing in it for the giver,
except the joy of giving itself.*

There is nothing meek or mild about kindness.

*Its real power lies in responding to its relentless demand
to give and hold nothing back.*

“Constant kindness can accomplish much.

***As the sun makes ice melt, kindness causes misunderstanding,
mistrust and hostility to evaporate.”***

Albert Schweitzer



Kindness softens the armor of man.

It soothes the heart and creates a place of comfort and safety.

*Acts of kindness can change our state of mind from fear- based anger and
aggression to a feeling of acceptance, tranquility and peace.*

We humans have the capacity to change the world with acts of kindness.

Let's start by teaching our children the importance of compassion.

Youth are the inheritors of this Planet and all its potential.

The act of exposing our little ones to higher teachings of loving kindness will give them the correct tools to construct a more tolerant and peaceful world.



What Is Love?

You will understand what love truly is when you stop thinking of it as feeling.

To love is not to have a feeling for someone but to live in love and do everything with love - speak, walk, eat, breathe, study with love...

Love arises when we have brought all our organs, cells and faculties into a state of harmony, so that they vibrate in unison with our Creator in light and peace.

So love is a permanent state of consciousness.

Those who have attained this state of consciousness feel their whole being imbued with divine fluids, and everything they do is a melody.



Blessings

A Blessing is sincere, heart-felt call for another's well-being.

It is a Prayer born of Compassion and Love.

It is an Intention traveling from the connection

that joins us and is sent out into the Universe.

We give of ourselves and send our energy out for another's greatest good.

The Human Race

The Human Race is one that has been around since the dawn of time.

*Today, more and more are awakening and remembering who they really are,
where they came from and why they are here.*

*They are stepping forward to take peaceful action
and to realize their rightful soul purposes.*

Let no one ever come to you without departing better and happier.

*Be the living expression of kindness: kindness in your face,
kindness in your eyes, kindness in your smile.*

*A kind heart is a fountain of gladness,
making everything in its vicinity freshens into smiles.*



Kindness & Peace

To be kind is a state of beauty where there is no longer any mental anguish.

It is a grand, a mind boggling concept.

Yet, truly, small enough to package in a nutshell,

because peace is, as we are, a truth that we can let ourselves experience.

Kindness is a gift, a gift readily available for everyone, right here and right now.

*Kindness is in your heart – your humanness – your love and mercy
for yourself and for others.*

Desire kindness, peace, love, freedom and human dignity.

*When kindness will be understood, then there will be no more wars,
no more bloodshed, no more hatred, no more crying of mothers and children
because of the invaders and enemy's money hungry,
high-tech killing machines overwhelming destructions.*

There will be no more "Support Our Troops" stickers on cars.



***There will be peace – where there is kindness, love, cheerfulness, generosity
and incredible harmony among human beings.***

Because we know things that the politicians do not know.

Because we have a heart, which has astonishing principles.

Not a heart which is striving for other countries'

wealth or striving for ruler ship dictated by ancient merciless principles.

*Our heart has deeply rooted in – love your neighbors and love your enemy –
everlasting principles which produced incredible people in the western world
and in the far eastern countries.*

Apply kindness to all aspects of your valuable daily life.

Beyond Tomorrow

When you were born, you cried while the world rejoiced.

*Live your life in such a way that when you die,
the world cries while you rejoice.*

We live in an age when we have forgotten what life is all about.

We live in a time where human beings have never been less connected.

We have lost touch with our humanity.

We have lost touch with our purpose.

We have lost sight of the things that matter the most.



Who Will Cry

When You Die?

How many lives will you touch

while you have the privilege to walk this planet?

What impact will your life have on the generations that follow you?

And what legacy will you leave behind after you have taken your last breath?

The days slip into weeks, the weeks slip into months and the months slip into years.

*Pretty soon it's all over and you are left with nothing
more than a heart filled with regret over a life half lived.*

Find your calling.

We are all here for some unique purpose.

*Some noble objective that will allow us to manifest our highest human potential
while we, at the same time, add value to the lives around us.*

Be the change that you wish to see most in your world.

And once you do, your life will change.

The purpose of life is a life of purpose.



The True Joy In Life

To being used for a purpose recognized by ourself as a mighty one.

*To being a force of nature instead of a feverish selfish little clod of ailments and
grievances complaining that the world will not devote itself to making us happy.*

*Our life belongs to the whole community and
as long as we live, it is our privilege to do for it whatever we can.*

*We want to be thoroughly used up when we die. "For the harder we work, the
more we live.*

I rejoice in life for its own sake. Life is no brief candle to me.

*It is a sort of splendid torch which I have got a hold of for the moment, and I want
to make it burn as brightly as possible before handing it on to future generations."*

George Bernard Shaw

A Humble Message To The World Leaders



- 1. Wisely, Guide them with Kindness and Improve
their Health and Spirituality.*
- 2. Unite them with Universal Love.*
- 3. Respect their Nationality, Heritage, and Faith.*
- 4. Protect Nations with Fair Laws,
where Love and Kindness are the Basic the Principles.*
- 5. Let all Nations Rule Internally, but with the Principles of Universal Love.*
- 6. Avoid Petty Laws.
Teach them Principles of Respect and Love for One Another.*
- 7. Respect Individual Liberty with Social Duties.*
- 8. Cherish Kindness, Beauty and Love - Seeking Harmony with the Infinite.*
- 9. Encourage Humanity to be Balanced with Nature.*
- 10. Teach them the Beauty of Nature,
to Respect the Nature and All Living Creatures on this Earth.*



Love, Kindness & Sunshine

Think of Love and Kindness day and night, because by thinking of it,

you are in touch with our Heavenly Father,

Who is Purity and Light. This is the key!

How can you purify and strengthen your body?

By learning to meditate about Love and Kindness

which was manifested in every Creatures.

Everything you eat, drink or breathe leaves some waste within you which can never be completely eliminated.

Only Love, Kindness and Sunlight leaves no wastes.

By working mentally to absorb the subtle particles of Love, Kindness and Sunlight every day, you will begin to regenerate your own mental health and physical body.



Kindness & Joy

Everyone has to be treated with compassionate Universal Love.

To live with kindness means to live without hatred among those who do not like us.

To live with kindness means never hating those who do not like us.

To live with kindness means to live without disease among those who are unfortunately ill.

To live in joy means never falling sick like those who are sick.

*To live with kindness means to live among those who are pure in heart and mind
while having virtues, kindness and wisdom.*

To live with kindness means to be a friend of those who are good, wise, and loving.

*Although some of us are not so fortunate,
we all deserve to live with kindness and joy.*



***If we will have freedom and joy, there will be kindness, love, cheerfulness,
generosity, and incredible harmony among human beings.***

A kind man is truthful, virtuous, gentle, self-controlled, peaceful and pure in mind.

A kind man calmly considers what is right and what is wrong.

A kind man faces different opinions with truth, nonviolence and peace.

Whether it is great or small, they turn all evil into peace.

They choose the good and avoid the bad.

Adversely, those who are destroying lives and countries, uttering lies,

taking what is not given to them, getting drunk –

they are digging up the very roots of their own lives.

Whether you are young or old, please consider to desire freedom, joy, peace,

kindness, love and human dignity.

Guard and protect your thoughts, words and deeds.



Kindness & Swearing

Swearing is the most annoying and controversial words in the English language.

*Its power comes from its overwhelming degrading influence, which degrades us
and our fellow human beings.*

*It scars the brain with a negative focus, therefore shutting down our higher
faculties and severely limiting our creativity.*

*Every swear word by an individual or by the thousands is a powerful tool to
destroy our society and lower the value of human beings.*

***Swearing is producing a heartless generation where “F”, “M-F” and “SH”
words will be common and ruthless.***

Swearing is not only mindless but a terrible influence to our children.

Many sensitive children have been bruised, hurt and humiliated by these words.

*Hollywood’s film industry, TV screens, rap music and even **our daily
conversations** are filled with these filthy words.*

***One day at a time, cultivate your words with kindness, politeness
and uplifting words, it will bring peace for today and create a better tomorrow.***



Watch ...

Watch your thoughts; they become words. Watch your words; they become actions.

*Watch your actions; they become habits. Watch your habits; they become
character. Watch your character; it becomes your destiny.*

Watch Your Words

“The destruction wrecked by many people everyday with unkind words, snide remarks or all out verbal attacks on our friends and loved ones is just as destructive as any physical punishment. Human beings are highly sensitive to the world around them.

Their conscious mind protects them from unkind verbal attack with retaliation and reason but the less focused subconscious mind does not have this ability to decipher, it stores every occurrence within its field of observation, even when it is not noticed consciously.

Verbal abuse is accumulated in the minds subconscious storehouse and can be dispersed and discharged with little harm in modest quantities.

However, when we are consistently bombarded by abuse, unkind words, spitefulness, vindictiveness, and callousness this negative energy turns inwards and manifests in a wide range of physical maladies, from migraines to cancer.

One particular woman underwent fourteen major operations for reoccurring cancers and cysts due directly to the physical and verbal abuse she endured from her bullyboy alcoholic husband.

The day she finally gave up and left him she regained her health and the growths ceased. It remains a remarkable human oversight that such a powerfully destructive weapon as speech should be used with such disregard for the human suffering it can cause when unleashed without consideration of its effect on our fellow man.”

*Raise your words, not voice. It is rain that grows flowers, not thunder. - Rumi p. 96
- The Miracle Man - By Robert Pellegrino-Estrich / Brasil*

***“Men are ready to suffer anything from others; when it comes to words,
they are untouched”***

“People ask for criticism, but they only want praise.” Giacomo Leo-pardi

Kindness & Gratitude

Unlocks the fullness of life, makes things right. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It turns problems into gift failures into success, and mistakes into important events.

Apply kindness and gratitude for your every day life and let it work its magic.

Focus until you can see it clearly. Live today fully, expressing kindness and gratitude for all you have been, all you are now, and all you are becoming. Say “Thank you” for all things – and expect miracles to happen.



Kindness & Generosity

“I will not be hurt if my gift is undervalued.

When I give generously expect nothing in return.”

“From the infinitely changeless vessel of spirit, I savour the inexhaustible richness of generosity.” Eduardo Cuadra 1820-1903

The world’s best and oldest questions are what really make us happy?

This secret boils down to two things – Giving and Getting. Did you receive something from someone, or did you give something to someone?

We have two hands: One to receive and the other to give.

Take stock of what you have to give to others – whether practical, emotional, constructive or empathetic.

***So open your arm, open your heart to share,
to give and find joy and happiness in giving.***

Those who keep their arms crossed and their heart closed do not get much joy and happiness in their life.

True, we get our share of troubles and sadness. We also get a lot of tiny delights – and they are everywhere all around us.

May I remind you to open your arms as wide as possible and receive it as much you can, that you can share it and give it to others, as none needs more to learn about giving who has a hard time to give.

Give to others while expecting nothing- in return invokes your well being, your kindness, and your harmony to others.

If we have wealth, but no friends, we cannot be happy.

If we have friends, even without wealth, we are the rich, the wealthy, the happy, the healthy, and the wonderful human being.



The Homeless

1990 / Crest Budget Inn. Las Vegas, NV

I'm just a homeless, dirty, unshaven, old tramp. I do not look good at all. My walking stick helps me to get on the bus.

Soon as I got on among the youth, an old lady offered me her seat. I thanked her with great gratitude and accepted the offer.

My walking stick was from a fine large tree that became my friend, which protected me for years from the storms and rain; the rain that gives life to the trees and weeds and falls on the rich and poor, sick and healthy, good and bad- with an astonishing goodness.

Suddenly the sun came out; it shined and shined and missed no one or nothing, but kindly shined and blessed everyone with unselfish generosity.

Oh, I remember that kind man who years ago stuck a \$20 bill in my pocket and never got a thank you for it.

*Or that little girl who gave me a \$5 bill
because her mother wanted to teach her that...*

“Kindness in giving creates love.”

*I have to say that I saw love, kindness, honesty, and compassion on the street.
Took me years to be a different old man... influenced by the kindness of others.
Throughout the years one experience touched my heart the most— when a man was
robbed near to me...when he had the courage to say in his panic...*

***“Here is my kind heart and there is my money,
take whatever you please, and all of it if you want.”***

My heart melted underneath the warmth of love and goodness of this kind man.

*And this good man walked away with his heart
and his money untouched by the mob.*



The Last Words From A Dying Soldier

Written for the 1st War in Iraq. 1992

There on a misty morning.

The sun slowly rises.

After a battle in Baghdad there lies her youngest son Tears in his eyes,

Wounded and dying.

Mother, if I could live my life again

If I could call the world my friend If I could write my story end ...

I would call this war in vain

Just to see you once again.

A smile comes to his face, An easy calm front of him

His life flashes by Amidst his boyish charms,

He feels his mother's arms In that painless moment,

He hears her cry...

Son, if I could roll back the years, If I could see through these tears

If I could face all my fears

I would call this war in vain,

Just to hold you once again.

If I could roll back the years again, If I could see your face again,

If I could call the world my friend,

Where there is peace and love again

Just to see you mother again.

Please remember me forever And share my story whenever

Please forget me never...

Your dying son from Baghdad.



Smile / Nandi, Fiji. 2005

Life is infinite, life is every moment. Life is here for thousands of years.

It is here to bring smiles to your face. And you are the center of it.

You are the beauty – you are the pure – you are the crown of life. You are like crystals, - so clear, so transparent. Sometimes some clouds come, so what?

The clouds are passing on!

Life is sacred – so celebrate life every day.

Just look around you – the whole world belongs to you!

Don't look at the wars, the bloodshed, and the politician's high-tech killing machines overwhelming destructions.

See the beauty of life! You have gone through life – you experienced life, life is incredible! It is structured – it is amazing! Now, just sit and smile and laugh!

Your smile costs nothing, but gives much – it enriches those who receive it – without making poorer those who give it.

It takes just a moment, but the memory of it can last forever.

No one is so rich or mighty that he can get along without it, and none is so poor that he can't be made rich by it. A simple smile creates happiness in the home, creates good will in the business, and is the countersign of friendship. It brings rest to the weary, cheer to the discouraged and sunshine to the sad.

It is nature's best antidote for trouble. Yet it cannot be bought, cannot be begged, borrowed or stolen. It is something of no value until it is given away.

In today's difficult life, people are too tired to give you a smile – so give them one of yours, as none needs a smile so much as he who has a hard time to give.



Be Kind To A Stranger

Let us be kinder to one another.

A meaningful life is made up of a series of daily acts of decency and kindness, which, ironically, add up to something truly great over the course of a lifetime.

Every person you pass during the moments that make up your days represents an opportunity to show a little more of the compassion and courtesy that defines your humanity.

If you make even one person smile during your day or brighten the mood of even one stranger, your day has been a worthwhile one.



Maintain Your Perspective

A man with a serious illness was taken into a hospital room.

Another patient was on a bed next to the window. The two became friends.

The one next to the window would look out and spend time delighting his companion with beautiful description of the world outside.

Some days he would describe the beauty of the trees.

Other days he would replay the things people were doing as they walked past the hospital.

Everyday he was describing how wonderful the life was out of the hospital.

The bed ridden companion grew frustrated that

he could not observe the wonders his friend described.

He started to dislike him and hate him.

One night the patient next to the window stopped breathing.

His friend rather than pressing the button for help, he chose to let him die.

*The patient who had given so much happiness and joy by recounting the sites
outside the window was taken out from the room.*

*The other man quickly asked the nurse that if
his bed can be placed next to the window.*

As he looked out the window, he discovered something that makes him shake.

The window faced a brick wall.

*His former roommate described in his imagination of a loving gesture to make the
world of his friend a little bit better during the difficult time.*

He had acted out of selfless love.

*To live happier, more fulfilling lives, when we encounter a difficult circumstance,
we must keep shifting our perspective and continuously ask ourselves,*

*“Is there a wiser, more enlightened way of looking at this seemingly
negative situation?”*

***We walk this planet for such a short time. In the overall scheme of things,
our lives are mere blips on the canvas of eternity. So have the wisdom to
enjoy the journey and savor the process.***



Kindness
&
Encouragement

Written by Cherie Soria, Raw Food Revolution Diet

*No matter how much our world changes one factor stays the same,
we all need encouragement.*

You will find encouragement, beauty, hope, love and peace reading it.

You can use it for prayers to communicate with the Divine.

He will help you to reflect love and kindness to others.

*Ask for the Divine Love to flow to your heart, to bring love and kindness,
that you may see that we are one with all things.*

Let your judgment go and accept it, that all the earthly inhabitants are one.

Increase your awareness of love and kindness in everyone and everything.

*Recognize the sacredness of everything you do. Perceive the subtler energies and
vibrations that connect you with our fellow creatures.*



Open Up To Change

See your own light and experience that part of you is pure spirit.

*Open your heart and allow love,
kindness and light to flow in from the divine source of love.*

*Open up and culture a change in your thinking.
Move forward letting go what is no longer serving your best interest.*

*Feel safe, knowing that you have a Divine guidance.
Learn new things that will be beneficial to your mental,
physical and spiritual well-being.*

*Trust that He will be next to you illuminating your path
as you walk into the unknown.*

*Be grateful for the assistance helping you to trust
the process of life and expect the unexpected.*



Peace

*Be at peace in mind and body.
Live in harmony with all creatures on the earth.
Look for the angelic presence in your life.
Be transformed into love and kindness.
Have clarity of intent so you can focus your desires.*

Honor the beauty of life in all living things.

Accept and tolerate others.

Take time to enjoy the pleasures of life.

Hold the feeling of pure love in every moment.

See the light of higher wisdom.

Allow love flow through you.

Learn to reflect love and kindness to others.

Develop a peaceful, quiet mind.

Remember to breath the breath of life consciously and deeply.



Abundance

Accept the Divine support to create a life of joy and abundance.

With kindness create the fruit of life in all forms.

*Provide health, right livelihood, financial security,
unconditional love and peace of mind.*

For your kindness you will be rewarded.

Follow your heart. Trust the Divine guidance to light your path.

*Have positive thoughts concerning your ability to create a life of health,
prosperity and fulfillment.*

Radiate strength and love. Recognize that money is a sacred gift.

Feel your life with acts of kindness. See the love in everyone.

Be loving in your daily thoughts and deeds.

Become a shining presence for everyone.

Master your thinking. Balance your mind, body and spirit.

Trust your guidance and recognize truth.



Acceptance

Bless your past and bless all who have participated

in creating you as you are today.

*Be grateful to your body, it is a comfortable home for your mind for wisdom to
desire a balanced life.*

*Love yourself, accept who you are, and express your true self without fear of
rejection or loss of love.*

Accept others for who they are or how they “should” be.

Practice loving kindness in everything you do.

Experience emotional calm and inner peace.

Be willing to listen and learn from everyone.

Be a source of helpfulness and light to all.

Remain on the path to personal freedom.

Develop grace, humor and wisdom.

See your true path in life and be courageous enough to take it.

Remember to add the most important ingredient of all, LOVE.

Be more generous with your love and understanding.

Let go of the past and forgive, that you may love.

Become a great inspiration to others.

Give up distractions, which keep you from developing spiritually.

Know, that to serve others is to give and receive blessings.

Do not be judgmental to others.

Let go of negative thoughts, which keep you from your highest growth.

Walk through life in safety and harmony.

Know that life is easy if you simply allow it to be so.



Releasing The Past

Let go anything, which no longer serves your highest good.

Learn from the past and let go of it, so you may focus your attention on the present.

Be mindful of the moment, knowing that in this sacred moment

everything is inspired.

Become consciously aware of the perfect now.

Ask for assistance in releasing all the limitations that impede

your mental, emotional, physical, and spiritual well-being.

See the evidence of your Divine guidance in your life.

Have strength and courage to follow your dreams.

Discover the angelic world of Love, Joy, and Blessings.

Experience life's simple joys.

Know that you are a part of the perfection of nature.

Take the time to appreciate the wonders of nature.

Maintain harmony in your thoughts.

Be peaceful in the knowledge that all your need will be provided.

Extend the gift of freewill to everyone.

Experience the pure joy of loving.

Hear, see, and speak with a peaceful heart.

Know that you are unique and greatly loved.



Trust

*Know that our Heavenly Father supports you
in becoming all that you are capable of being.*

Feel secure even when you are challenged.

Understand that all lessons are opportunities for spiritual growth.

Nurture trust within you, so you can learn to be comfortable

with the process of life and its many ebbs and tides.

Learn that you can trust in your Guidance to assist you during your life.

Live life peacefully and with presence of mind.

Recognize that you are capable of greatness.

Achieve a quiet mind and a loving heart.

Let go of limiting thoughts and behaviors.

Make decisions that serve your highest good.

Allow health to reign supreme in your body.

See that this world is miraculous beyond description.

See spiritual luminosity emanating from everyone and everything.

Be healthy in your body and mind so that you may live in harmony

with the Universal Love.

Hold the highest thoughts and emotions.

Develop strength, tenacity, and endurance.

Experience serenity of spirit.

Be tolerant of the views of others.

Be open-minded.

Remain in a state of gratitude.



Choice

Create a life of health, joy, peace, and abundance.

Make choices based on your best interests and the interests of others.

*Respect the rights of others and accept your own right
to choose in all things affecting your being.*

Recognize that we are fruits of the vine, ripening at our own rate of speed.

Choose to lead a peaceful life, filled with love and prosperity.

Know that it is your birthright to have freedom of choice.

Ask your Divine assistance to help you make the best choices.



Embrace the qualities of love and kindness.

See that all of us have different paths and it's not for me to judge others.

Show respect for yourself and others.

Do not fear and be free! Remain peaceful and serene even when challenged.

Live in harmony with the Earth.

Send light out to the planet and all who needs it.

Be sovereign and self-determined.



Peace Of Mind

*Cultivate inner peace so you may experience
the world around you as a peaceful place.*

Be centered in peacefulness.

*Keep peace as a central focus in your heart and mind,
so that even when you are challenged, you remain calm and relaxed.*

Bring joy and serenity into your life.



Recognize the abundant help and inspiration available to you.

Accept change and evolve into all that you can be.

Breath - in peace for yourself and breath out peace for the planet Earth.

Tap into ideas that are beyond your knowledge and experience.

Experience a higher vibration of wisdom and understanding.

Cultivate faith, courage, and love.

Appreciate life and all its blessings.

Do not doubt, share messages of hope.

Encourage and inspire others.

Learn and evolve through your daily lesson.



Love

Love and be loved unconditionally.

Know that you are worthy and deserves love.

Let go of the fear of rejection, which keeps love away.

Open your heart and allow the healing power of love to flow in.

See the kindness in everyone and everything so you may freely love them.

Look for the spark of kindness in each person you meet.

See your own Light and allow it to shine, so you may be a beacon for others.

Be a perfect example of what humanity can be.

Let go of all feelings that are contrary to love.

Remain grounded and peaceful at all times.

Always trust your intuition.

Know that you deserve to have love, joy, and harmony in your life.

Support yourself in creating Health, Joy, an Abundance.



At Meal Time

Ask every day blessings on your food you eat.

Create an aura of sacredness around the act of food preparation.

Provide yourself with all your nutritional need.

*Try to understand that we
should eat food which is in harmony with the Universal Law.*

“Thou shall not kill.”



Eat the healthiest and the most nourishing foods available.

Try to understand why a plant food diet is necessary for our spiritual growth.

Focus with love and gratitude upon the Gifts of food that is available.

*Be grateful for these gifts of love which have been lovingly provided for your
nourishment which is a symbol of abundance.*

Respect and give thanks to these foods for their energy and generosity.

Know that the food is a gift of life.

Be filled with gratitude for the opportunity to merge with your food.

Trust that it will provide you with good health and well being.

Recognize that everything is an expression of the Divine Love.

*Express gratitude for all our nourishment, which is constantly
provided by the Divine Love.*

Written by Cherie Soria / Raw Food Revolution Diet





A Humble Prayer 1

Who's voice I hear in the winds?

Who's breathe is life to all living thing.

*Hear me oh God I am small and I am weak and I need Your strength
and Your wisdom.*

*Let me walk in beauty and let my eyes ever behold the red
and purple sunset that You have created.*

*Make my hands respect the things that You have made and my ear sharp to hear
Your words and Your voice.*

Let me learn the lessons that You have hidden under every rock and leaf.

*I seek strength not to be greater than my brother,
but to fight my greatest enemy myself.*

*Make me always ready to come to You with clean hands
and straight eyes so when my life fades, as the fading sunset,
my spirit can come to You without shame.*





A Humble Prayer 2

*Entrusting in your Great Compassion,
May you shed the foolishness in myself,
Transforming me into a conduit of Love.
May I be a medicine for the sick and weary,
Nursing their afflictions until they are cured;
May I become food and drink, during time of famine,
May I protect the helpless and the poor,
May I be a lamp, for those who need your Light,
May I be a bed for those who need rest,
and guide all seekers to the Other Shore.
May all find happiness through my actions,
and let no one suffer because of me.
Whether they love or hate me,
Whether they hurt or wrong me,
May they all realize true entrusting, through Divine Power,
and realize the Supreme Divine Love.*

May All Beings Be Happy

May all beings be happy, content and fulfilled.

May all be healed and whole.

May all have whatever they want and need.

May all be protected from harm and free from fear.

May all beings enjoy inner peace and ease.

May all be awakened, liberated and free.

May there be peace on this World and throughout the Entire Universe.



Who Am I?

I am your constant companion all the time,

I am your greatest helper or heaviest burden.

I will push you onward or drag you down to failure.

I am completely at your command.

Half of the things you do, you might as well turn over to me

and I will do them - quickly and correctly.

I am easily managed – but you must be firm with me.

Show me exactly how you want something done and after a few

lessons, I will do it automatically.

I am the servant of great people, and alas, of all failures as well.

Those who are great, I have made them great.

Those who are failures, I have made their failures.

*I am not a machine though, I work with the precision of a machine,
plus the intelligence of a person.*

You may run me for profit or run me for ruin - it makes no difference to me.

Take me, train me, be firm with me, and make the right choice for me.

I will place the world at your feet.

Be kind and easy on me or you will suffer the consequences.

Who am I? Please Read it Reversed!

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Life Is A Journey

Life is a journey through many terrain

From gardens of pleasure to deserts of pain

From an ocean of love to a jungle of hate

From mountains of glory to canyons of fate

There's a highway for joy and a highway for sorrow

A road for today and a road for tomorrow

*So choose your path wisely and walk with care
If you follow your heart, you'll find your way there
I've been to the garden and planted seeds there
I've been to the desert and felt the despair
I've swam in the ocean and drank of it's wine
I climbed up the mountain to touch the sky
I went to the canyon and started to cry
I've traveled both highways,
Both today and tomorrow
I've basked in the joy and wallowed in sorrow
My path has been chosen and I've walked it with care
I followed my heart and I'm on my way there
So I'll just keep walking till I find what I'm after
To mountains and oceans and gardens of laughter.*

Author Unknown



Life is what happens to you while you're busy making other plans ...

Life Is A Gift

Today before you say an unkind word

Think of someone who can't speak.

Before you complain about the taste of your food -

Think of someone who has nothing to eat..

Before you complain about your husband or wife -

Think of someone who's crying to have a companion.

Today before you complain about life - Think of someone who died early.

Before whining about the distance you drive, - Think of someone who

walks the same distance with their feet.

And when you are tired and complain about your job - Think of the

unemployed, the disabled, and those who wish they had your job.

And when depressing thoughts seem to get you down -

Put a smile on your face and think: you're alive and still around ...



Because Life is Short...

Forgive Quickly, Kiss Slowly, Love Truly,

Laugh Uncontrollably, Never Regret anything that made you Smile.

Life may not be the Party we Hoped for, but while we're here, we should Dance...

Love Is The Only Thing That Matters

*I wonder how could we wake up the World more fully to the only thing that
matters, love, and to the only expression that will get us
from one world to the next, love.*

***We need to be reminded over and over and over again until
we get that the only reason we are here, is to love.***

*Every day we need to be ready to be birthed into a completely different life,
where love rules above and beyond all else.*

*We must look to ourselves. Every single one of us is being positioned
to be the change we wish to see in the world.*

How will we be different?

What will we do differently in this new life?

***What poisons and toxins, discontent and story will we each transmute
that still lurks in the shadows?***

***How humble are we willing to become to transmute our own disassociation
and discord, with love?***



*We are the regenerators, the guiding forces behind a new reality.
Once prepared to take care of our needs, and the basic needs for our families
and animals, we must turn our attention to love at a level
we have never participated in before.*

*The Divine Love is the reason we all came to this Planet.
Wherever we are, we are loved and watched over by the Divine.*

*We are grateful to be waking up every day
and knowing that we are part of a loving humanity.*



Peace

*“When you awaken from this dream called your physical life,
you will realize that you have had everything
that could be desired within you all the while.*

The price you are paying to learn this is bigger than you know.

*When you journey within to where Source resides as you,
the Peace that is there will override all else. This is reality.*

You become Peace. Peace becomes you.”

K. Koot Hoomi 1884

*Peace is the unification of all differences,
whereby humanity can safely participate
in the natural development of the universe.*

*Peace is a state of mind whereby thoughts and actions
which are initiated into the world bring no harm to others or to the environment.*

*Peace is a world
where all of humanity can grow together for the betterment of the planet.*



What Really Matters

Not what you bought, but what you built.

Not what you got, but what you gave.

Not your success, but your significance.

Not what you learned, but what you taught.

Not your competence, but your character.

*Not how many people you knew,
but how many will feel a lasting loss when you are gone.*

A life lived that matters is not circumstances,

BUT OF CHOICE.

A Thousand Hands

*As long as you are kind and there is love in your heart
A thousand hands will naturally come to your aid
As long as you are kind and there is love in your heart
You will reach out with a thousand hands to help others.*



*“The time will come in the near future
and we will see many societal changes,
economic downfalls and geological disasters,
but the Return of the Divine will bring gifts of new hope for all humanity.
It will be a time to right the wrongs of the past
and set the pattern of a future filled with opportunity
for every one to reach their true potential
that at the next great turning of the wheel
they can claim their birthright to join the immortals.
The Divine will return to Teach Love of Oneself,
Love of Each Other and, above all, Love of the Creator.
May the Almighty and Everlasting shine Light on each one of us”*

Written by Gillian Dearmond Green



The Law Of The Universe

*When a Person causes another to suffer or to distrust,
he brings suffering upon himself and is not trusted.*

*When mankind is careless and causes his environment to suffer,
he brings like suffering upon himself through his environment.*

*All is One within the mirror of life, not just concerning man's relationship
with man, but his relationship with all of life.*

*Because of the Universe loving nature,
all within nature reaps what it sows... to help us find our
way back home... to Love.*

So remember kindness to any living thing will see kindness returned.
We really will reap what we sow and seeds planted will flower and grow.





Beautiful Thoughts

“Do deeds of goodness and led a goodly life”

Bring no evil to any man willfully or with malice.

Live forever within the Region of Light.

Do deeds of goodness and led a goodly life.

Overcome the wiles of wickedness and avoid the snares of temptation,

live in peace with your neighbors, deal justly and fairly with them.

Do not gossip about your neighbors,

nor engaged in idle chatter concerning their affairs.

These things are not easy, and as no man or women is perfect,

man has bad temper under provocation.

Therefore, speak words that will weigh in the balances against your failings.

Do not caused the widow to weep, nor the child to cry without cause.

Deal justly with anybody.

Do not wound any man willfully.



*Yet no man is perfect and when your burdens have weighed heavily upon you
or spoken harshly.*

Never oppress a poor man or take from him what is his by virtue.

Never oppress the weak or cheat in the substance of metals.

*Do not lay with the wife of another man or seduce a child,
for these are abominations.*

Yet no man or women is perfect and few are commanders of their thoughts.

Do not turn the water of another so that he is deprived of his full measure.

Do not stop flowing waters in their course.

Do not keep fodder from cattle, nor allow the pastures to be neglected.

Do not cause any child to know fear without reason, nor beat one in bad temper.

*Yet no man or women is perfect and sometimes
that which is right in its day becomes wrong in another.*

*Therefore, speak words that will weigh in the balances against your wrongdoings
and balances against your weaknesses.*



*Therefore, speak words that will weigh in the balances against your wrongdoings
and balances against your weaknesses.*

Do not steal, neither take the possessions of any man by deceit.

*Do not divide the household of any man,
nor separate him from his wife or children.*

Do not quarrel with any man because of ignorance.



Do not turn from your duties or fail in your obligations.

Do not hide your errors or bury your failings.

Never behave boisterously in a sacred place, nor have ever defile one.

Do not I deal haughtily with those who came to you with a plea.

Do not increase your position by false words or writings.

Yet no man or women is perfect.

Do not permit envy to eat your heart, nor malice to corrupt it.

Don't be a loud mouth, nor speak words of boastfulness.

Never slandered another or utter words of falsehood.

*Your tongue should never escape from the control of your heart.
Never deride the words of another because they passed your understanding,
or have stopped your ears to words of enlightenment.*

*Never hide yourself to observe others, or never disclose the
secret designs or doings of others, unless they be of evil intent.*

*When you have done wrong you have
adjusted the scales that weighed down heavily against you.*



*Do not hide your weaknesses and failings in dark places,
but washed them clean in the sunlight of honest compensation.*

*You have not succumbed to the lures of lewdness,
nor has your tongue spoken slyly of things which should be kept private.*

*Do not peep at nakedness or pry into another's privacy.
Respected the modesty of womankind and the innocent delicacy of childhood.*

*Yet men are as they are and imperfect, while thoughts stray
willfully and are not easily restrained.*

Pray to the Divine One, to protect you and give you wisdom.

Listen to the words of your heart.

Be ever mindful of what is right and what is wrong.

Choose what thought is right and shun which thought is wrong.

Listen to those who are wiser than you, help those who are less privileged.

CAN MAN DO MORE?



He who receives kindness should never forget it,

but he who performs it should never remember it.

In true giving we will know loving kindness when we wish others to be happy.



If you planted hope today in a heart that felt alone,

if you caused a laugh that chased some tears away,

if someone's burden was made lighter because of your kindness,

than your DAY was well spent.



*«I would not interfere with any creed of yours
or want to appear that I have all the cures.*

There is so much to know... So many things are true...

The way my feet must go may not be the best for you.

*So, I give this spark of what is light to me,
to guide you through the dark, but not to tell you what to see. «*

Author Unknown



Final Words

If there is kindness and goodness in the heart, there will be beauty in the character.

If there is beauty in the character, there will be harmony in the home.

If there is harmony in the home, there will be order in the nation.

When there is order in the nation, there will be peace in the world.

This is my sincere prayer and desire from my heart. S. Dudas

« Infinite Love is the Only Truth, Everything Else is Illusion » David Icke



www.kindness2.com

www.cancercur.weebly.com

www.kindnessonly.weebly.com

www.ancientmystery.weebly.com



S. Dudas

Book

*of
Kindness*

bookofkindness@gmail.com