



WISDOM COMMONS

Exploring, Elevating & Celebrating Our Shared Moral Core

Acts of Kindness Benefit Everyone

Do you really want to be happy? Everyone says yes, but the gateway to happiness makes some of us frown. The gateway to happiness, is giving to others. Think about this: "If you want others to be happy, practice compassion. If you want to be happy, practice compassion." - The Dalai Lama Some of us may feel that, if we give too much, our generosity, will be taken advantage of by others. This is true, and a few very selfish individuals can possibly perceive your good intentions as weakness. However, people who seek to take advantage are in the minority. To quote Gandhi, "We must be the change, we wish to see in the world." Think about it, change has to start somewhere, so why not start with you and me, right now? You can donate anything randomly, without seeking reward, and anonymously, without telling anyone. This is good for you, the universe, and those who receive your acts of kindness. Every time you give, you will receive – even, if you are not looking for a reward. Try it, and you will see, what some call, "karma," the law of cause and effect. It works like this: For every action there is a reaction. Let's make sure the reactions to our actions are good ones. Danny Thomas said, "All of us are born for a reason, but all of us don't discover why. Success in life has nothing to do with what you gain in life or accomplish for yourself. It's what you do for others."

Author: Paul M. Jr. Jerard Contributor: Katherine North America