



*The  
Kindness  
Journal*

Kindness is defined as “The quality of being friendly, generous and considerate; A kind act.” While that may sound like an old-fashioned notion in today’s fast-paced-high-tech world, it is actually quite profound.

A kind smile, a gentle touch, a simple act can affect another person deeply. Plus, it affects you! Scientific research has shown the benefits of kindness for the giver. When a person performs an act of kindness, oxytocin, dopamine and endorphins are released. These chemical responses have beneficial effects on the body as well as promoting feelings of happiness and reducing stress.

The physical benefits are far outweighed by the emotional and Spiritual benefits. Kindness creates an expansive view, an optimistic attitude. The more you open the door to let kindness flow, the more YOU are opened to kindness, to Universal Life Energy, to Gratitude. Kindness is like an ever expanding ripple of good.

You do not have to completely change another person’s life (or the world) to reap the benefits of kindness. Consciously choose to ‘do a good deed’ with no expectation of reward. Open the door for someone, volunteer, make eye contact and smile, pay for a stranger’s coffee, give someone a compliment, thank the janitor - the list is endless. Actively look for opportunities - let it become an adventure in Gratitude!

The Lightbearer Center created this journal for YOU – 365 opportunities for kindness! Write down your act of kindness each day and any thoughts or feelings you may have. Feel free to print as many copies as you need. Give them to friends. Start your new year with a new purpose: kindness!

The Lightbearer Center  
PO Box 4483  
Roanoke, VA 24015  
[www.scienceofbeing.net](http://www.scienceofbeing.net)

**“GIVE TO THE STRANGER THE RICHNESS OF THY SMILE,”** is the gentle appeal of Love. What does it mean? It means that we should give even to the stranger, whom we do not know, expressions of love. We all try to do our measure of good for our fellow beings, yet very often, in little things and things dear to the human heart, we omit gentleness, a smile. ... It is a very important thing that we should not keep Love unmanifested, but should at every opportunity disclose it, show it forth, manifest it, be it in a word, in a smile, in a look or in a handshake.

# January

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