



Acts of Kindness – Prasanthi Pilgrimage 2023

One feels like listening to the song of a cuckoo for any length of time. Similarly, the type of treatment that we receive from others is in accordance with our speech and behaviour. We are born to do only good deeds. **Human beings should always help their fellow human beings. Help Ever, Hurt Never.** We should not hurt anybody. Sometimes, we hurt others knowingly. This is a greater mistake. God has given mind, intellect, and mind stuff (chittha) to humans to use them in a proper way. It is for this reason that the Vedanta declares, “mind is the cause of bondage and liberation (Manah eva manushyanam karanam bandhamokshayo).” **The mind that has been gifted by God to humans should be put on the right path. It is not the real nature of a human being to criticise others, to make fun of them, or to hurt them.** One should be devoid of all such evils.

- Sri Sathya Sai Speaks, Vol 41 (07 March 2008)

Ideas for ‘Daily acts of Kindness’

Kindness at home	Write a letter to a sibling telling them why you love them
	Let a sibling take a turn first
	Empty the dishwasher or put the dishes away
	Make someone else’s bed
	Offer a sibling a bite of your snack
	Sweep up crumbs off the floor or table
Protect the Planet	Turn the tap off while brushing your teeth
	Make a bird feeder
	Turn off the lights when not in use
	Pick up at a piece of litter and bin it
Be kind to others	Make room so someone else can sit too
	Clean up a mess even if it isn’t yours
	Bake a cake to take on a playdate
	Offer to play with a lone child at the playground
	Write a giving list instead of a wish list
	Say good morning to everyone you meet on the way to nursery
	Offer help to elderly or vulnerable neighbours
Give to charity	Sort through toys and give unwanted items to charity
	Take food to a food bank

