

An act of random  
kindness



**ASSIGN  
BUSTER**

A random act of kindness is an allegedly selfless act carried out by a person or persons wishing to either give a hand or cheer up an individual or in some cases it extends to animals. There will commonly be no reason other than to make people smile, or be happier. Either spontaneous or premeditated, random acts of kindness are encouraged by various communities. In 1982, California peace activist Ann Herbert allegedly roughly wrote on a placemat in a restaurant “ Practice random acts of kindness and senseless acts of beauty. ” The words left an impression on a fellow diner, who later spread the phrase to others.

The phrase stimulated much thought and discussion, including the movie “ Pay it forward” released in 2000. An international bestseller also played a big part to catapult this concept. Why to Make a Random Act of Kindness  
Possibly, you may be wondering why trouble yourself to make your act of kindness random? Isn't it enough to be kind to your family members, colleagues and friends or at least, to the people that you relate with? Well, committing a random act of kindness is a display of the generosity of your spirit. Kindness is an act expressing love.

It is an abundance notion. It is the belief that you are filled with love for humanity and that you've got more to offer, even to unfamiliar persons or people that you don't really know. “ A random act of kindness is a manifestation of abundance thinking. ” Evelyn, [www. attractionmindmap. com](http://www.attractionmindmap.com) Sure, you do have to begin with being kind to those close to you. On the other hand, when you commit an act indiscriminately, maybe secretly as well, you are extending energy of love, optimism, trust and support to the Universe. Making a random act of kindness is satisfying in itself.

It offers you the window in the expansive awareness, a chance to discover your potential for human divinity. While you may have committed your act in the assistance of the recipient and not to ask for anything in return, you get countless benefits in terms of joy and purpose that you have served others. Do it over and over again, it's no longer termed random; it's kindness that permeates all levels of your Being. Random Act of Kindness in Dissolving Random Act of Violence As it is often discussed, random acts of kindness are today's remedy to random acts of terrorism and violence.

Intricate plots by terrorist groups are a dominating headline in papers, bent on crashing or bombing planes killing randomly all on board. These are generally sensational news, perhaps meant to emphasize to you the significance of being vigilant and to value peace and security. At the same time, how frequently do you read of reported cases of random acts of kindness? If random acts of kindness can be encouraged, they can eclipse acts of senseless killing, resulting to a more loving world. The risk of terrorism is a dense negative force that you probably instinctively experience, each time you stumble upon such news.

You feel it in the chill of your spine, thinking about how potentially disparaging terrorism can be. It's good to be conscious that random acts of kindness can disband this negative force, bringing the Universe to much light. Then, maybe, these professed random acts of kindness will not be occurring at an uncommon time space reality but much as a way of life. How to Make a Random Act of Kindness Aesop once said... " No act of kindness, no matter how small, is ever wasted. " It's most likely that you've ever

committed a random act of kindness. To make this a conscious practice, simply form an intent to be kind and start with an act soonest.

You may be tempted to think that an act of kindness often entails the giving of money or the buying of hand-outs. However, it need not essentially so. It can be as easy as sending a card, doing a voluntary task for those in need or letting others in urgency to get ahead of you in line. As with everything, the more frequent you engage in it, the more it develops into a habit. Your next act can seem minute to you but may mean a lot to the recipient! Examples for a Random Act of Kindness In our day to day life we have ample opportunity to commit random acts of kindness. Examples in intention for a random act of kindness:

1. Donating to a charitable cause. Turn papers to look for a charitable cause to donate to. Forgetting about the tax break for larger donation sums, even a small amount that is affordable can serve a great deal.
2. Sending of anonymous cards. Thinking about someone who deserves to know that he or she is creditable of love or as an acknowledgement of what he or she has accomplished
3. Delivering goodie baskets made with love. Baked muffins or cookies can be sent to the old folk's or children's home.
4. Being kind to the environment. Avoiding littering and general respect for the environment. The environment should be treated with respect. While at the beach one can pick up the rubbish.

5. Cheering the dispirited. Grabbing a bunch of flowers and giving it a cleaner in an office building. He or she may be looking somewhat dispirited while slogging away at a less-than glamorous job.
6. Giving up a seat in the

public bus to the weary soul. While it may not be that great a deal for one to sacrifice a seat in a crowded public bus to the pregnant or the elderly, how about giving up a seat to just any passenger who looks weary or who is carrying a heavy bag? 7. Lending a helping hand to a distraught parent. Kids miss in shopping centers or in public areas time and again.

Parents are often distressed. Offering to help look for these kids may serve as a random act of kindness. 8. Volunteering your help randomly. Picking indiscriminately a family or someone in crisis and establish if one can offer in kind or in service. This list is by no means exhaustive. The idea is to be innovative and spontaneous. Being on the look out over the next few days for an unsuspecting recipient and commit an act of kindness. “ The only ones among you who will be truly happy are those who have sought and found how to serve. ”— Albert Schweitzer, Nobel Prize Winner, 1952.