

## Quotes on Kindness

"I expect to pass through the world but once. Any good therefore that I can do, or any kindness I can show to any creature, let me do it now. Let me not defer it, for I shall not pass this way again." — Stephen Grellet, French/American religious leader (1773-1855)

"Men are only great as they are kind." — Elbert Hubbard, American entrepreneur and philosopher (founder of Roycroft) (1856-1915)

"What wisdom can you find that is greater than kindness?" — Jean-Jacques Rousseau, French philosopher (1712-1778)

"A kind word is like a spring day." — Russian proverb

"No act of kindness, no matter how small, is ever wasted." — Aesop, Greek fabulist (fl. 6th century B.C., possibly legendary)

"Our duty is to be useful, not according to our desires but according to our powers." — Henri F. Amiel, Swiss writer (1821-1881)

"If the world seems cold to you, kindle fires to warm it." — Lucy Larcom, American poet (1826-1893)

"There are two ways of spreading light: to be the candle or the mirror that reflects it." — Edith Wharton, American novelist (1862-1937)

Real generosity is doing something nice for someone who will never find out. — Frank A. Clark

The record of a generous life runs like a vine around the memory of our dead, and every sweet unselfish act is now a perfumed flower. — Robert G. Ingersoll, American lawyer, politician and public speaker (1833-1899)

"The greatest pleasure I know is to do a good action by stealth, and to have it found out by accident." — Charles Lamb, English essayist (1775-1834)

"The most important thing in any relationship is not what you get but what you give.... In any case, the giving of love is an education in itself." — Eleanor Roosevelt, American First Lady and social activist (1884-1962)

"A man there was, tho' some did count him mad, "The more he cast away, the more he had." — John Bunyan, English writer and Puritan minister (1628-1688)

"It's not enough to have lived. We should be determined to live for something. May I suggest that it be creating joy for others, sharing what we have for the betterment of personkind, bringing hope to the lost and love to the lonely." — Leo Buscaglia, author and university professor (1924-1998)

"What we have done for ourselves alone dies with us; what we have done for others and the world remains and is immortal." — Albert Pike, Scottish Rite Freemason (1809-1891)

"We should give as we would receive, cheerfully, quickly, and without hesitation; for there is no grace in a benefit that sticks to the fingers." — Seneca, Roman statesman, dramatist and Stoic philosopher (4 B.C.-65 A.D.)

"The weak can never forgive. Forgiveness is the attribute of the strong." — Mohandas Gandhi, Indian nonviolent civil rights leader (1869-1948)

"You cannot do a kindness too soon because you never know how soon it will be too late." — Ralph Waldo Emerson, American essayist, philosopher and poet (1803-1882)

"One must care about a world one will never see." — Bertrand Russell, British mathematician and philosopher (1872-1970)

"It is the characteristic of the magnanimous man to ask no favor but to be ready to do kindness to others." — Aristotle, Greek philosopher (384-322 B.C.)

"Unshared joy is an unlighted candle." — Spanish proverb

"The best place to find a helping hand is at the end of your own arm." — Swedish proverb

"You must be fit to give before you can be fit to receive." — James Stephens, Irish novelist and poet (1882-1950)

"You have not lived a perfect day, even though you have earned your money, unless you have done something for someone who cannot repay you." — Ruth Smeltzer

"Compassion is the basis of morality." — Arthur Schopenhauer, German philosopher (1788-1860)

"Until he extends the circle of his compassion to all living things, man will not himself find peace." — Albert Schweitzer, French Nobel Peace Prize-winning mission doctor and theologian (1875-1965)

The accumulation of small, optimistic acts produces quality in our culture and in your life. Our culture resonates in tense times to individual acts of grace.--Jennifer James

As perfume to the flower, so is kindness to speech.--Katherine Francke

Be kind, for everyone you meet is fighting a hard battle.--Plato

Be prudent, diligent, temperate and discreet. Remember that every human being has a claim upon your kind offices.--Albert Pike

Beginning today, treat everyone you meet as if they were going to be dead by midnight. Extend to them all the care, kindness, and understanding you can muster, and do it with no thought of any reward. Your life will never be the same again.--Og Mandino

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

The common idea that success spoils people by making them vain, egotistic and self-complacent is erroneous; on the contrary it makes them, for the most part, humble, tolerant and kind.--W. Somerset Maugham

Constant kindness can accomplish much. As the sun makes ice melt, kindness causes misunderstanding, mistrust, and hostility to evaporate.--Albert Schweitzer

Count no day lost in which you waited your turn, took only your share and sought advantage over no one.--Robert Brault

Courtesies of a small and trivial character are the ones which strike deepest in the gratefully and appreciating heart.--Henry Clay

The goal of compassion is not to care because someone is like us but to care because they are themselves.--Mary Lou Randour

The happiness of life is made up of minute fractions--the little, soon-forgotten charities of a kiss or smile, a kind look or heartfelt compliment.--Samuel Taylor Coleridge

Have a heart that never hardens, and a temper that never tires, and a touch that never hurts.--Charles Dickens

Have you had a kindness shown? Pass it on! 'Twas not given for thee alone, Pass it on! Let it travel down the years, Let it wipe another's tears, 'Till in Heaven the deed appears-- Pass it on!--Henry Burton

Have you noticed in your past experience that your kind interpretations were almost always truer than you harsh one?--Lawrence G. Lovasik (The Hidden Power of Kindness)

How easy it is for one benevolent being to diffuse pleasure around him, and how truly is a kind heart a fountain of gladness, making everything in its vicinity to freshen into smiles.--Washington Irving

I prefer you to make mistakes in kindness than work miracles in unkindness.--Mother Teresa

If something uncharitable is said in your presence, either speak in favor of the absent, or withdraw, or, if possible, stop the conversation.--St. John Vianney

If we make our goal to live a life of compassion and unconditional love, then the world will indeed become a garden where all kinds of flowers can bloom and grow.--Elisabeth Kubler-Ross

If you stop to be kind, you must swerve often from your path.--Mary Webb (Precious Bane)

It is raining still... Maybe it is not one of those showers that is here one minute and gone the next, as I had so boldly assumed. Maybe none of them are. After all, life in itself is a chain of rainy days. But there are times when not all of us have umbrellas to walk under. Those are the times when we need people who are willing to lend their umbrellas to a wet stranger on a rainy day. I think I'll go for a walk with my umbrella.--Sun-Young Park

Kind words are a creative force, a power that concurs in the building up of all that is good, and energy that showers blessings upon the world.-- Lawrence G. Lovasik (The Hidden Power of Kindness)

Kind words can be short and easy to speak, but their echoes are truly endless.--Mother Teresa

The kindest thing you can do for the people you care about is to become a happy, joyous person.--Brian Tracey (The Treasury of Quotes)

Kindly words do not enter so deeply into men as a reputation for kindness.--Mencius

Kindness can become its own motive. We are made kind by being kind.--Eric Hoffer (The Passionate State of Mind: And Other Essays)

Kindness in words creates confidence  
Kindness in thinking creates profoundness  
Kindness in giving creates love.--Lao-tzu

Kindness is more important than wisdom, and the recognition of this is the beginning of wisdom.--Theodore Isaac Rubin, M.D.

Kindness is more than deeds. It is an attitude, an expression, a look, a touch. It is anything that lifts another person.--C. Neil Strait

Kindness is never wasted. If it has no effect on the recipient, at least it benefits the bestower.--S. H. Simmons

Kindness is the language which the deaf can hear and the blind can see.--Mark Twain

Kindness, I've discovered, is everything in life.--Isaac Bashevis Singer

Let me, tonight look back across the span  
Twixt dawn and dark, and to my conscience say-  
Because of some good act to beast or human-  
The world is better that I lived today.--Ella Wheeler Wilcox

Life is mostly froth and bubbles,  
Two things stand like stone,  
Kindness in another's trouble,  
Courage in your own.--Adam Lindsay Gordon ("Ye Weary Wayfarer")

Life is short. Be swift to love! Make haste to be kind!--Henri F. Amiel

Love all. Trust a few. Do wrong to none.--William Shakespeare

Love and compassion are necessities, not luxuries. Without them humanity cannot survive.-  
-Dalai Lama

The majority of us lead quiet, unheralded lives as we pass through this world. There will most likely be no ticker-tape parades for us, no monuments created in our honor. But that does not lessen our possible impact, for there are scores of people waiting for someone just like us to come along; people who will appreciate our compassion, our unique talents. Someone who will live a happier life merely because we took the time to share what we had to give. Too often we underestimate the power of a touch, a smile, a kind word a listening ear, an honest compliment, or the smallest act of caring, all of which have a potential to turn a life around. it's overwhelming to consider the continuous opportunities there are to make our love felt.--Leo Buscaglia

The man with a heart cannot think about or see creatures without his eyes filling up with tears because of the immense compassion which seizes his heart.--Isaac of Syria

Neither genius, fame, nor love show the greatness of the soul. Only kindness can do that.--Jean Baptiste Henri Lacordaire

No kind action ever stops with itself. One kind action leads to another. Good example is followed. A single act of kindness throws out roots in all directions, and the roots spring up and make new trees. The greatest work that kindness does to others is that it makes them kind themselves.--Lawrence G. Lovasik (The Hidden Power of Kindness)

No one has yet fully realized the wealth of sympathy, kindness, and generosity hidden in the soul of a child. The effort of every try education should be to unlock that treasure.--Emma Goldman

Remember not only to say the right thing in the right place, but far more difficult still, to leave unsaid the wrong thing at the tempting moment.--Benjamin Franklin

Shall we make a new rule of life from tonight: always to try to be a little kinder than is necessary?--Sir James Matthew Barrie (The Little White Bird)

The simple act of paying positive attention to people has a great deal to do with productivity.--Thomas Peters & Robert Waterman, Jr.

Spread love everywhere you go: First of all in your own house... let no one ever come to you without leaving better and happier. Be the living expression of God's kindness; kindness in your face, kindness in your eyes, kindness in your smile, kindness in your warm greeting.--Mother Teresa

Thank you to all the people in the world who are always 10% kinder than they need to be. That's what really makes the world go round.--Helen Exley

There is no exercise better for the heart than reaching down and lifting people up. John Andrew Holmes

There's no use doing a kindness if you do it a day too late.--Charles Kingsley

Three things in human life are important: The first is to be kind. The second is to be kind. And the third is to be kind.--Henry James

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.--Leo Buscaglia

Try in thine own experience, each; that he speak not for one whole day unkindly of any... and see what such a day would bring to you.--Edgar Cayce

Try to make at least one person happy every day. ... If you cannot do a kind deed, speak a kind word. If you cannot speak a kind word, think a kind thought. Count up, if you can, the treasure of happiness that you would dispense in a week, in a year, in a lifetime!--Lawrence G. Lovasik (The Hidden Power of Kindness)

We ought to do good to others as simply as a horse runs, or a bee makes honey, or a vine bears grapes season after season without thinking of the grapes it has borne.--Marcus Aurelius

We shall never know all the good that a simple smile can do.--Mother Teresa

What sunshine is to flowers, smiles are to humanity. These are but trifles, to be sure; but scattered along life's pathway, the good they do is inconceivable.--Joseph Addison

When I was young, I admired clever people. Now that I am old, I admire kind people.--Abraham Heschel

When one begins to purposefully perform acts of kindness, the spirit changes and soon doing good deeds becomes a focal point for our life; doing good begins to be the same as feeling good. The periods of emptiness when we search for the "meaning of it all" begin to fill with acts of kindness.--Gary Ryan Blair (Mind Munchies : A Delicious Assortment of Brain Snacks!)

When you are kind to someone in trouble, you hope they'll remember and be kind to someone else. And, it'll become like a wildfire.--Whoopi Goldberg

When you carry out acts of kindness, you get a wonderful feeling inside. It is as though something inside your body responds and says, "Yes, this is how I ought to feel."--Harold Kushner

Wherever there is a human being, there is an opportunity for kindness.--Seneca

You have not lived a perfect day, even though you have earned your money, unless you have done something for someone who will never be able to repay you.--Ruth Smeltzer

You may be sorry that you spoke,  
sorry you stayed or went,  
sorry you won or lost,  
sorry so much was spent.  
But as you go through life, you'll find--  
you're never sorry you were kind.--Herb Prochnow