Why Live If Not Be Kind

**Video:** https://www.youtube.com/watch?v=oeph\_eX\_pVw

“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.” Said [Henry James](https://www.goodreads.com/author/show/159.Henry_James).

Being kind is a behavior marked by ethical characteristics, a pleasant disposition, and concern for others. Some people define the true meaning of being kind as ‘to give and share with those who don’t have’.

My teacher told me a story about a man who traveled around the world to talk to people whose hearts had stopped at one point in their lives, either from a heart attack or at a moment in a hospital. The man asked them about the moment their hearts stopped, and they all said that they had had a dream where all they could see was white. After a while they had seen a man in the distance who beckoned them. He told them that he was going to show them their whole lives. They had all cried when they’d seen all the unkind things they had done to innocent others. Imagine being shown your whole life right in front of you and realizing all the negativity you had spread. Imagine crying at all the things you had done.

When performing a random act of kindness there are three potential positive effects:

-**The effect on the receiver**: Nothing would make you feel so good other than making someone’s day. You never know who might be having a tough day and the simple act that you do might mean the world to this person.

-**The effect on you as a person:** acts of kindness create emotional warmth, which releases a hormone known as oxytocin. Oxytocin causes the release of a chemical called nitric oxide, which dilates the blood vessels and gives you a pleasant feeling.

-**The effect on the person passing by and witnessing your act of kindness:** People witnessing random acts of kindness will get impressed and learn how easy it could be to make a change, to make someone smile and to make someone’s day.

The “Hero” of our story is every one of us!

We expect others to change the world around us. We wait other people to do good deeds and impress us. We always want someone to encourage us, help us and be next to us. Why not look at it from a different angle? Why not be the change we want to see in this world? Why not be the ones to inspire others?

At the beginning it might look odd one out. Eventually, people will follow. And you will become an inspirational idol.

Our journey has started.

Are you willing to join??