

# WHAT IS KINDNESS?

By Audrey Hlembizky

Kindness is an action, a thought and a choice we willingly have to make.  
It is the magic ingredient when you or someone is experiencing heart break.

The power of kindness is often hidden from our sight  
It is something within, that will shine a beautiful bright light.

Being kind often requires courage and strength  
And will even have us be brave and do things at great length

To be kind, looks like to give without expecting to receive  
To be generous and forgiving when it is hard to stay and not leave.

A kind act goes a long, long way,  
It is how you can make yours and others sadness stay away.

When you are thoughtful it shows people you care,  
and this can happen, with anyone, anytime and anywhere.

That will put a smile on someones face,  
and warm their heart with love and grace.

It is important to know that Kindness starts, with being kind to yourself,  
and to not tuck away your feelings or what matters to you like some book on the shelf.

Kindness Creates a Positive-Feedback Loop in Your Brain  
and can boost your mood like a warm summer night dancing in the rain

When you open your mind and your heart and allow acts of kindness to shine through  
Your mind, body and spirit will grow bigger and always know the right thing to do.

Kindness is not something you buy or build as it is free  
and it is what bonds us all together and can have us all see

that When you lead with compassion, and not let judgment stop you with blindness  
You and everyone in the world will grow bigger and happier by your simple act of kindness.

