

## Create a Kindness Gallery

Museums and art galleries bring us physical evidence and appreciation of creative talent; however, everyone has the power to create galleries that celebrate our humanity.

Creating a kindness gallery begins by teaching and practicing kindness in the home, while practicing acts of kindness towards others. Here are a few examples.

1. Help a homeless person. Homeless people are human beings and part of the Divine who deserve respect and compassion, not judgment. Giving homeless person money may help you feel good, but taking a moment of your time to speak with one may be just what is needed to lift his or her spirits and self-esteem
2. Deliver meals to senior shut-ins. Volunteer to deliver hot meals to senior citizens through your local Meals on Wheels program.
3. Donate time and food to your local food pantry. Food pantries around the country are challenged to meet the needs of hard working individuals and families who have lost jobs and cannot afford to feed themselves and their families. When shopping take advantage of sales, and donate an item to your local pantry. Make this a family affair by taking your children to a food pantry to help bag and distribute groceries. Take them shopping, and allow them to choose items for the food pantry.
4. Be slow to anger and quick to comfort. While walking to your car you accidentally bump into someone, causing them to drop their packages. Instead of arguing over whose fault it was, offer a helping hand re-bagging their items. If someone accidentally taps the bumper of your car, instead of involving insurance companies, take a “nobody died” attitude and forgive the other driver.
5. Share your bounty. No matter how little you have, others have less. Baking a loaf of bread, preparing a soup or stew, or sharing leftovers from a meal with a needy neighbor experiencing hard times does wonders for you both and send waves of love through the Universe. Use leftover yarn from your knitting and crocheting projects to make hats, scarves and lap blankets. Donate these to your local church or community organization that will in turn, distribute them to the needy in your community.
6. Comfort others. When you see someone standing in line at the checkout who is obviously feeling pain and sadness, strike up a conversation, even if only about the weather. The gift of your friendship, even briefly, can lift the spirit of someone going through a sad time.
7. Go to the rescue. If you see someone fall or pass an accident before help arrives, stop and offer assistance. You might be the person whose call to 911 saves lives.
8. Be a friend. The most important gift you can give someone is your friendship. Many people are not seeking a solution to a problem, but simply need someone to listen to them while they decide their next step.

9. Perform one kind act everyday. Put extra change in your parking meter, and when possible, put change in parking meters on either side of your vehicle. Hold a door open for someone, help carry heavy or cumbersome packages, buy an extra cup of coffee or treat and share with a total stranger.

10. Listen to others. When we take the time to listen to another's story without judgment or opinion, we connect with our collective humanity. Listening from your heart helps people find acceptance, love and peace.

Kindness and compassion affect lives in obvious and subtle ways. Living by example teaches children to live more mindfully and compassionately by paying kindness forward. Creating your own kindness gallery reaps rewards for you and those you touch.