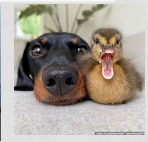
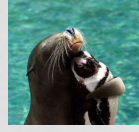


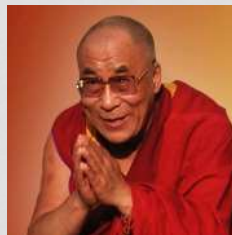


MAKING KINDNESS YOUR RELIGION

LAMA YESHE LING
JULY 6, 2025



MAKING KINDNESS YOUR RELIGION



My religion is very simple. My religion is kindness. A good mind, a good heart, warm feelings – these are the most important things.

- His Holiness the Dalai Lama

MAKING KINDNESS YOUR RELIGION

- What is kindness?
- Why be kind?
- How do I develop true kindness?
- How do I make kindness my religion?

MAKING KINDNESS YOUR RELIGION

- **What is kindness?**
 - The quality of being warmhearted, considerate, humane, and sympathetic

MAKING KINDNESS YOUR RELIGION

True kindness is a strong, genuine, warm way of being.



- Piero Ferrucci, *The Power of Kindness*

MAKING KINDNESS YOUR RELIGION

To me, kindness is seeing with one's heart rather than one's head, which leads to interacting with and responding to others with compassion, rather than misunderstanding them.



- Angela C. Santomero, *Radical Kindness*

MAKING KINDNESS YOUR RELIGION

- **What is kindness?**
- **Why be kind?**
- **How do I develop true kindness?**
- **How do I make kindness my religion?**

MAKING KINDNESS YOUR RELIGION

- **Why be kind?**
 - To develop ourselves to have love and compassion for all beings
 - To acknowledge and repay the kindness that we've received from others, whether friends, strangers or enemies

MAKING KINDNESS YOUR RELIGION

During a lecture while I was interpreting for the Dalai Lama, he said in what seemed to me to be broken English, "Kindness is society." That's a strange thing to say. At the time, I wasn't smart enough to think he was saying kindness is society.

- Hopkins, Jeffrey. *A Truthful Heart: Buddhist Practices For Connecting With Others* (p. 45). Shambhala Publications.

MAKING KINDNESS YOUR RELIGION

I thought he meant kindness is important to society, kindness is vital to society. But he was saying that kindness is so important that we cannot have society without it. Society is impossible without it. Thus, kindness IS society; society IS kindness.

- Hopkins, Jeffrey. *A Truthful Heart: Buddhist Practices For Connecting With Others* (p. 45). Shambhala Publications.

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It's impossible to have society without concern for other people. We've experimented for a century or more to see if we could have society without kindness, and the decision has finally been reached that it don't work.

- Hopkins, Jeffrey. *A Truthful Heart: Buddhist Practices For Connecting With Others* (p. 45). Shambhala Publications.

MAKING KINDNESS YOUR RELIGION

I have learned silence from the talkative, tolerance from the intolerant, and kindness from the unkind; yet, strange, I am ungrateful to these teachers.

- Kahlil Gibran

MAKING KINDNESS YOUR RELIGION

- What is kindness?
- Why be kind?
- How do I develop true kindness?
- How do I make kindness my religion?

MAKING KINDNESS YOUR RELIGION

- **How do I develop true kindness?**

There's no shop that sells kindness, you must build it within. You can transplant hearts but you can't transplant a warm heart.

- His Holiness the Dalai Lama

MAKING KINDNESS YOUR RELIGION

The five keys to kindness

- 1. *Being aware of thoughts, words and actions.***
- 2. *Asking “am I being kind”***
- 3. *Adopting the “Livingkindness” philosophy***
- 4. *Applying the 9 Elements of a Kind Heart***
- 5. *Performing acts of kindness***

- From Michael J. Chase's *am I being kind*

MAKING KINDNESS YOUR RELIGION

The five keys to kindness

- 1. *Being aware of thoughts, words and actions.***

- From Michael J. Chase's *am I being kind*

MAKING KINDNESS YOUR RELIGION

- Skills needed to *be aware*
- **Mindfulness** – “being aware of how we relate to the world around us”

MAKING KINDNESS YOUR RELIGION

- Skills needed to *be aware*
- **Meditation** – “one of the surest methods to reconnect with your original self and become the observer of your life”



MAKING KINDNESS YOUR RELIGION

- Other ways to help you to *be aware*
 - **Simplify your life**
 - **Slow down**
 - **Other ideas?**

MAKING KINDNESS YOUR RELIGION

The five keys to kindness

2. Asking “am I being kind”

- From Michael J. Chase's *am I being kind*

MAKING KINDNESS YOUR RELIGION

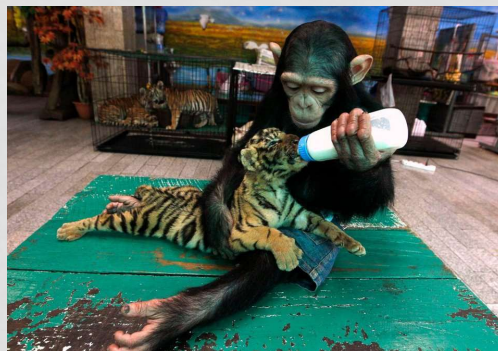
- Am I following the Golden Rule*?

“Treat others as you would have them treat you.”

* Sometimes the “Platinum Rule” is suggested as an improvement on this principle, in which one treats others as they would like to be treated.

MAKING KINDNESS YOUR RELIGION

- Recall the experiences in your life when you were on the receiving end of kindness



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- Then think, “Wouldn’t it be great to give that same experience to another?”



MAKING KINDNESS YOUR RELIGION

- Am I acting in accord with the Buddha's teachings?

It is necessary to help others, not only in our prayers, but in our daily lives. If we find we cannot help others, the least we can do is to desist from harming others.

- His Holiness the Dalai Lama

MAKING KINDNESS YOUR RELIGION

The five keys to kindness

2. Asking “am I being kind” and following up each time you ask this question by inquiring, “How may I be kind?”

- From Michael J. Chase's *am I being kind*

MAKING KINDNESS YOUR RELIGION

The five keys to kindness

3. Adopting the “Livingkindness” philosophy

- From Michael J. Chase's *am I being kind*

MAKING KINDNESS YOUR RELIGION

Livingkindness has three main principles for establishing a heart-centered life.

– Michael J. Chase

MAKING KINDNESS YOUR RELIGION

First Principle

Kindness toward yourself



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The fourteenth-century Persian poet Hafiz wrote, "I wish I could show you, when you are lonely or in darkness, the astonishing light of your own being."

- Angela C. Santomero, *Radical Kindness*

MAKING KINDNESS YOUR RELIGION

You can search throughout the entire universe for someone who is more deserving of your love and affection than you are yourself, and that person is not to be found anywhere. You yourself, as much as anybody in the entire universe, deserve your love and affection.

- The Buddha

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Second Principle **Kindness toward others**



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The best way to cheer yourself up is to try to cheer someone else up.

- Mark Twain

One of the most difficult things to give away is kindness; it usually comes back to you.

- Anonymous

MAKING KINDNESS YOUR RELIGION

My advice is that if you must be selfish, be wisely selfish. Wise people serve others sincerely, putting the needs of others above their own. Ultimately you will be happier. The kind of selfishness that provokes fighting, killing, stealing, using harsh words, forgetting other people's welfare will only result in your own loss.

- His Holiness the Dalai Lama

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Third Principle

Kindness toward the earth



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If we think about the Earth as just the environment around us, we experience ourselves and the Earth as separate entities. We may see the planet only in terms of what it can do for us. We need to recognize that the planet and the people on it are ultimately one and the same.

- Thich Nhat Hanh, *Love Letter to the Earth*

MAKING KINDNESS YOUR RELIGION

The five keys to kindness

4. Applying the 9 Elements of a Kind Heart

- From Michael J. Chase's *am I being kind*

MAKING KINDNESS YOUR RELIGION

Developing a kind heart does not involve any of the sentimental religiosity normally associated with it. It is for everyone, irrespective of race, religion or political affiliation. It is for anybody who considers themselves a member of the human family.

- His Holiness the Dalai Lama

MAKING KINDNESS YOUR RELIGION

The 9 Elements of a Kind Heart

A kind heart is...

- 1) **Attentive** – recognizes the needs of others
- 2) **Authentic** – is genuine and acts from truth
- 3) **Charitable** – gives yet expects nothing in return



MAKING KINDNESS YOUR RELIGION

The 9 Elements of a Kind Heart

A kind heart is...

- 4) **Compassionate** – is sensitive toward all living things
- 5) **Courageous** – acts from love, not fear
- 6) **Enthusiastic** – displays limitless energy and passion



MAKING KINDNESS YOUR RELIGION

The 9 Elements of a Kind Heart

A kind heart is...

- 7) **Grateful** – is content and filled with appreciation
- 8) **Inspirational** – encourages and motivates others
- 9) **Patient** – waits and responds at the proper moment



MAKING KINDNESS YOUR RELIGION

The 10th Element of a Kind Heart

In addition to the original 9 elements, my experience has led me to add a tenth – what I sometimes call a “secret” element or a person’s own special gift.

– Michael J. Chase

MAKING KINDNESS YOUR RELIGION

The 10th Element of a Kind Heart

Take a few moments to reflect on your tenth element and write down your responses to the following:

- *My tenth element is...*
- *It makes the world a better place by...*
- *One example of recently using this element is...*

– Michael J. Chase

MAKING KINDNESS YOUR RELIGION

The five keys to kindness

5. Performing acts of kindness

- From Michael J. Chase's *am I being kind*

MAKING KINDNESS YOUR RELIGION

What this world needs is a new kind of army – the army of the kind.

- Cleveland Amory, American author who devoted his life to promoting animal rights

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- If you're thinking, "It sounds too difficult to be this kind. I don't think I can do it," listen to this story...

MAKING KINDNESS YOUR RELIGION

The story of "President" Austin Perine



MAKING KINDNESS YOUR RELIGION

Because that's what kindness is. It's not doing something for someone else because they can't, but because you can.

- Andrew Iskander

MAKING KINDNESS YOUR RELIGION

- What is kindness?
- Why be kind?
- How do I develop true kindness?
- How do I make kindness my religion?

MAKING KINDNESS YOUR RELIGION

Radical kindness means rooting all you say and do in kindness, being unconditionally kind all the time, to everyone. It means going beyond situational niceness or merely “doing the right thing” and, instead, living from a place of compassion.

Angela C. Santomero, *Radical Kindness*

MAKING KINDNESS YOUR RELIGION



Be kind whenever possible. It is always possible.

- His Holiness the Dalai Lama

MAKING KINDNESS YOUR RELIGION

Stand Up for Kindness Pledge

***I pledge to speak in a kind way
and to help others throughout my day.
I will not harm others with words or deeds
and I will stand up when there's a need.***



MAKING KINDNESS YOUR RELIGION

THANK YOU AND BE KIND!