

Loving Kindness – Metta – Agape (Quotes)

A kind and compassionate act is often its own reward.

-- William John Bennett

A kind deed a day, like little drops of rain, Makes a mighty ocean and a gracious nation.

-- Lin Hsiu Nei

A kind heart is a fountain of gladness, making everything in its vicinity into smiles.

-- Washington Irving

A kind word is like a Spring day.

-- Russian Proverb

A word of kindness is seldom spoken in vain, while witty saying are as easily lost as the pearls slipping from a broken string.

-- George D. Prentice

Be kind, for everyone you meet is fighting a harder battle.

-- Plato

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

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

-- Albert Schweitzer

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

How far you go in life depends on you being tender with the young, compassionate with the aged, sympathetic with the striving and tolerant of the weak and the strong. Because someday in life, you will have been all of these.

-- George Washington Carver

I expect to pass through this world but once. Any good, therefore, that I can do or any kindness I can show to any fellow creature, let me do it now. Let me not defer or neglect it for I shall not pass this way again.

-- Stephen Grellet

If we cannot be clever, we can always be kind.

-- Alfred Fripp

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

-- Mother Teresa

Kindness gives birth to kindness.

-- Sophocles

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Kindness is an inner desire that makes us want to do good things even if we do not get anything in return. It is the joy of our life to do them. When we do good things from this inner desire, there is kindness in everything we think, say, want, and do.

-- Emanuel Swedenborg

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 tenderness. Kindness is love, but perhaps greater than love...Kindness is good will. Kindness says, "I want you to be happy."

-- Randolph Ray

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

-- Mark Twain

Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love.

-- Lao Tzu

Kindness, like a boomerang, always returns.

-- Author Unknown

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.

-- Mother Teresa

Love and kindness are never wasted. They always make a difference.

-- Barbara DeAngelis

Never look down on anybody unless you're helping him up.

-- Jesse Jackson

No act of kindness, no matter how small, is ever wasted.

-- Aesop

Of all the ways you can think of, none has a sixteenth part of the value of loving kindness. Loving kindness is a freedom of the heart which takes in all the ways. It is luminous, shining, blazing forth.

-- Itivuttaka Sutta

Once you begin to acknowledge random acts of kindness-both the ones you have received and the ones you have given-you can no longer believe that what you do does not matter.

-- Dawna Markova

One can never pay in gratitude: one can only pay "in kind" somewhere else in life.

-- Anne Morrow Lindbergh

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

-- Anonymous

One who knows how to show and to accept kindness will be a friend better than any possession.

-- Sophocles

Remember there's no such thing as a small act of kindness. Every act creates a ripple with no logical end.

-- Scott Adams

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Tenderness and kindness are not signs of weakness and despair, but manifestations of strength and resolution.

-- Kahlil Gibran

The center of human nature is rooted in ten thousand ordinary acts of kindness that define our days.

-- Stephen Jay Gould

The flower of kindness will grow. Maybe not now, but it will some day. And in kind that kindness will flow, for kindness grows in this way.

-- Robert Alan

The ideas that have lighted my way have been kindness, beauty and truth.

-- Albert Einstein

The truest greatness lies in being kind, the truest wisdom in a happy mind.

-- Ella Wheeler Wilcox

Those who bring sunshine to the lives of others cannot keep it from themselves.

-- James Matthew Barrie

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

To cultivate kindness is a valuable part of the business of life.

-- Samuel Johnson

Today I bent the truth to be kind, and I have no regret, for I am far surer of what is kind than I am of what is true.

-- Robert Brault

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

-- Abraham Joshua Heschel

When we feel love and kindness toward others, it not only makes others feel loved and cared for, but it helps us also to develop inner happiness and peace.

-- Dalai Lama

When you are kind to others, it not only changes you, it changes the world.

-- Harold Kushner

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

You can accomplish by kindness what you cannot by force.

-- Publilius Syrus

You cannot do a kindness too soon, for you never know how soon it will be too late.

-- Ralph Waldo Emerson