



Random Acts of Kindness

Random acts of kindness is a mindful awareness practice where you randomly offer small acts of kindness to others – like opening a door, letting someone be first at the cashier, stopping with your car or bike to let someone pass, or simply delivering a smile or a small compliment ...

And providing such acts of kindness to others will deliver happiness and satisfaction to you and may create a smile on your face. Using this practice requires some mindful attention throughout your daily life in order to identify these situations where you can offer kindness. By starting this practice, however, you will find such situations, easily.

The phrase "*practice random kindness and senseless acts of beauty*" was written by [Anne Herbert](#) on a placemat in Sausalito, California in 1982. It was based on the phrase "random acts of violence and senseless acts of cruelty" and intended to stop violence and war. Herbert's book *Random Kindness and Senseless Acts of Beauty* was published in February 1993 speaking about true stories of acts of kindness. A lot more information on this can be found at the Random Acts of Kindness Foundation, see <https://www.randomactsofkindness.org/>

In order to illustrate this practice I would like to share one of my experiences.

One day I was in a hurry and on my way to the subway, when I recognized an old woman standing at the top of the escalator waiting for someone. She was standing a little bit at the side with a walker beneath her.

When I rushed by and stepped onto the escalator it suddenly came to my mind that she was waiting for someone helping her down the escalator ... I turned around on my way down and started running up the stairs, lucky that nobody else was coming down. Finally, I reached the top, stumbling and nearly falling at the last step.

I kindly asked her if I could help and she smiled at me and asked me to carry her walker while she stepped on the escalator using her both hands to stabilize. Reaching the end of the escalator I handed the walker back to her and she thanked me very much.

All of this did not take more than 10 minutes but it delivered a bright smile to my face and I felt so happy about this random act of kindness, that I thought about it the whole day – and, of course, it is something I will remember.

>>> Random acts of kindness will make a better world. Let kindness become the norm.

Joachim, 18.08.2020

