

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



Our modern day mystic is giving us verifiable advice. We intuitively know kindness can makes the world a different place – quite literally! Yet, creating the goal of *constant* kindness causes your *unconscious* mind to immediately take a stand *against* cruelty. This once again sets up what you decide is wise and good against what you decide is unwise and bad.

Certainly constant kindness would shift our world into the arms of a new dimension of Love, Compassion, and Connection. However, to accomplish this, the marketplace mystic understands that in the dualistic world of body/mind, with kindness also comes cruelty. Our goal then must shift from constant kindness to a deep relaxation with the presence of *both* loving, caring thoughts *and* hateful, aggressive thoughts. *In the domain of the mind*, kindness and cruelty are once again an interdependent polar pair where each is *dependent* on the other to define its existence. .

Being kind to others at the expense of being mean to yourself is not true kindness. It cannot carry the energy of true Compassion, or the energy of the non-conceptual Love that is not the opposite of hate. When mean, unkind and cruel thoughts or desires arise, the “right action” is paradoxically to be kind to them. Accept their arrival, watch their presence, and let them leave without any interaction on your part. Don’t push them away. Don’t run from them. Don’t hold onto them. Just let them be. And if you do push them away, run from them or hold onto them, breath, step aside, and once again, be

kind to the thoughts and to yourself. Just let them, and you, be where you are in that moment.

In actuality, cruel and unkind thoughts are not your business. They enter into your thought stream along with the kind and loving thoughts. Negative thoughts are best held as signals that it is time to move within yourself and once again find your own source of Presence and Love. Regardless of the thoughts, cruel and unkind *action* can only arise when we are not in touch with the Presence and Love that is the essence of who we are.

So be kind to yourself first and kindness to others naturally follows. This is not indulgence. It is knowing who you are in your depth dimension of spiritual essence. With that knowing, you are naturally kind to your personality that must live in this very difficult and confusing world of polar opposites.

During this holiday season, I invite you to bring kindness to your negative, stressful, and sometimes cynical thinking. The warmth of your gentleness will begin to dissolve any misunderstanding, hostility, or mistrust.

Until next year when a new Reflection will again appear, may you be happy, at peace and touched by the joy of this season's celebration.

Ragini