



New Pathways Wellbeing Circles EXPLORING FOUNDATIONS OF WELLBEING

13th February 2019

This month's program will explore the power of laughter and how balance and content impacts our health and wellbeing.

KINDNESS

The lotus is the most beautiful flower, whose petals open one by one. But it will only grow in the mud. In order to grow and gain wisdom, first you must have the mud --- the obstacles of life and its suffering. ... The mud speaks of the common ground that humans share, no matter what our stations in life. ... Whether we have it all or we have nothing, we are all faced with the same obstacles: sadness, loss, illness, dying and death. If we are to strive as human beings to gain more wisdom, more kindness and more compassion, we must have the intention to grow as a lotus and open each petal one by one.

Goldie Hawn

If nature has made you for a giver, your hands are born open, and so is your heart; and though there may be times when your hands are empty, your heart is always full, and you can give things out of that—warm things, kind things, sweet things—help and comfort and laughter—and sometimes gay, kind laughter is the best help of all.

Frances Hodgson Burnett, A Little Princess

Kindness is Power; the power to help someone, the power to move someone, the power to inspire someone. When you start by helping one person with kindness, you never know how far that spark will go.

Raktivist

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

Lao-Tzu

If we're destroying our trees and destroying our environment and hurting animals and hurting one another and all that stuff, there's got to be a very powerful energy to fight that. I think we need more love in the world. We need more kindness, more compassion, more joy, more laughter. I definitely want to contribute to that.

Ellen DeGeneres

To develop a sense of universal responsibility — of the universal dimension of our every act and of the equal right of all others to happiness and not to suffer — is to develop an attitude of mind whereby, if we see an opportunity to benefit others, we will take it in preference to merely looking after our own self-interests. But, though, of course, we care about what is beyond our scope, we accept it as part of nature and concern ourselves with doing what we can.

An important benefit of developing such a sense of universal responsibility is that it helps us become sensitive to others — not just those closest to us. We come to see the need for caring, to care for those members of the human family who suffer most. We recognize the need to avoid causing divisiveness among our fellow beings. And we become aware of the overwhelming importance of contentment.

The Dalai Lama

You have a unique gift to offer this world. Be true to yourself, be kind to yourself, read and learn about everything that interests you and keep away from people who bring you down. When you treat yourself kindly and respect the uniqueness of those around you, you will be giving this world an amazing gift...
YOU!

Steve Maraboli

Children Of Men!

Know ye not why We created you all from the same dust? That no one should exalt himself over the other. Ponder at all times in your hearts how ye were created. Since We have created you all from one same substance it is incumbent on you to be even as one soul, to walk with the same feet, eat with the same mouth and dwell in the same land, that from your inmost being, by your deeds and actions, the signs of oneness and the essence of detachment may be made manifest. Such is My counsel to you, O concourse of light! Heed ye this counsel that ye may obtain the fruit of holiness from the tree of wondrous glory.

Bahá'í Writings

Attitude is a choice. Happiness is a choice. Optimism is a choice. Kindness is a choice. Giving is a choice. Respect is a choice. Whatever choice you make makes you. Choose wisely.

Roy T. Bennett

Courage. Kindness. Friendship. Character. These are the qualities that define us as human beings, and propel us, on occasion, to greatness.

R.J. Palacio

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

Kahlil Gibran

Before you know what kindness really is you must lose things, feel the future dissolve in a moment like salt in a weakened broth.

What you held in your hand, what you counted and carefully saved, all this must go so you know how desolate the landscape can be between the regions of kindness.

How you ride and ride thinking the bus will never stop, the passengers eating maize and chicken will stare out the window forever.

Before you learn the tender gravity of kindness, you must travel where the Indian in a white poncho lies dead by the side of the road.

You must see how this could be you, how he too was someone who journeyed through the night with plans and the simple breath that kept him alive.

Before you know kindness as the deepest thing inside, you must know sorrow as the other deepest thing. You must wake up with sorrow.

You must speak to it till your voice catches the thread of all sorrows and you see the size of the cloth.

Then it is only kindness that makes sense anymore, only kindness that ties your shoes and sends you out into the day to mail letters and purchase bread, only kindness that raises its head from the crowd of the world to say, It is I you have been looking for, and then goes with you everywhere like a shadow or a friend.

Naomi Shihab Nye

Every kind act, no matter how small, is like a pebble tossed into the pond of human caring The rings reach out far beyond the point of impact; the action of our kind deed acts more kindly toward the people around them, those people act more kindly toward the people around them, and so it goes, on and on.

Anonymous

When we treat people merely as they are, they will remain as they are. When we treat them as if they were what they should be, they will become what they should be.

Thomas S. Monson

Kindness can transform someone's dark moment with a blaze of light. You'll never know how much your caring matters. Make a difference for another today.

Amy Leigh Mercree

I can do things you cannot, you can do things I cannot; together we can do great things.

Mother Teresa

The Story of Henri Dunant

Henri Dunant, at the age of 30 was a wealthy Swiss banker and financier. His life would probably have continued much as it had except for one fateful day, June 24, 1859, that changed everything. Dunant had been sent by his government to talk to Napoleon III. He was to discuss a business deal between the Swiss and the French that would benefit both. But Napoleon was not in Paris; he was on the plain of Solferino about to do battle with the Austrians.

Henri Dunant tried to reach the scene before the battle began, but he was too late. His carriage came to a halt on top of a hill that overlooked the battlefield. Suddenly trumpets blared, muskets cracked, cannons boomed. The two cavalries charged and the battle was on. Henri Dunant, as if in a box seat at the theatre, sat transfixed. He could see the dust rising, hear the screams of the injured, the dying. Dunant sat as if in a trance at the horror below him. But the real horror was later — when he entered the small town after the battle was over. Every house, every building was filled with the mangled, the injured, the dead. Driven by pity at the suffering he saw all around him, Dunant stayed in the town for three days doing everything he could to help.

He was never the same man again. War was barbarous. The world should abolish it. This was not the way to settle differences between nations. And most of all, there ought to be a worldwide organization to help people in times of suffering and chaos. Henri Dunant returned to Switzerland. In the next few years he became a fanatic on the subject of peace and mercy. He began to travel all over Europe preaching his message. Eventually his business suffered in the effort and he was soon broke. But he persisted. At the first Geneva Conference he carried on a one-man assault against war. As a result, the Conference passed the first international law against war — a movement that was to give birth eventually to both the League of Nations and the U.N.

In 1901, Dunant was awarded the first Nobel Peace prize. And though he was penniless and living in a poor house, he gave the entire prize to the worldwide movement he had founded. Henri Dunant died in 1910 almost totally forgotten by the world. But Dunant needed no monument to mark his grave. As a symbol of the organization he had fathered, he had taken the Swiss flag, a white cross on a red background and reversed it: a red cross on a white background. The organization that became his everlasting monument was the Red Cross.

Historical record

This is my simple religion. There is no need for temples; no need for complicated philosophy. Our own brain, our own heart is our temple; the philosophy is kindness.

Dalai Lama

Life is mostly froth and bubble,
Two things stand like stone.
Kindness in another's trouble,
Courage in your own.

Adam Lindsay Gordon

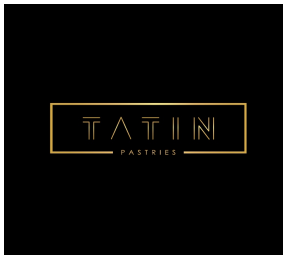
Be kind, for everyone you meet is fighting a battle you know nothing about.

Wendy Mass

Man is always progressing. His circle of knowledge is ever widening, and his mental activity flows through many and varied channels.....Man is, in reality, a spiritual being, and only when he lives in the spirit is he truly happy.

Baha'i Writings

*Thank you for joining us this evening.
We hope you enjoyed the reflections and discussions.
Please join us for light refreshments.*



Thank you to TATIN for assisting with refreshments tonight. They offer fantastic bakery items baked daily - including bread, donuts, pastries and tea and coffee.

TATIN - Find them at 143 Bulleen Rd, Balwyn North

UPCOMING - Wednesday March 13th at 7.30pm - 9.00pm

THEME – Balance

Feel free to invite family and friends to a future session. Please book online.



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