



Sathya Sai International  
Organisation

RANDOM ACTS OF  
CONSCIOUS KINDNESS (R.A.C.K.)  
(Putting Love into Action)

# RANDOM ACTS OF CONSCIOUS KINDNESS (R.A.C.K.)

(Putting Love into Action)

*"The very word human or humane is used to denote kindness." – Sathya Sai Baba*

## Why Kindness?

1. Kindness is the universal language that one heart speaks to another.



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

Mark Twain

2. Your kindness can mean the world to someone. Lao Tzu said: *"Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love."*
3. Kindness is not just a social act of consideration for others according to the needs of the moment or even because of one's gentle disposition. Rather, it is an expression of one's awareness of the interconnectedness of life and of all creation.
4. When it is borne of selflessness and self-sacrifice, so that one's kindness seeks nothing in return for one's dedication, kindness is a manifestation of the Higher Self within, the recognition that we are more than the bones and mind stuff that we identify with.
5. Kindness is not just a human quality; it is proof of the

presence of God in our lives. In Galatians 5:22 it is written: *"But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control."* It is said that these nine qualities are the result of living in the Spirit. In the Bhagavad Gita, it is said that the Lord is seated in the hearts of all (Ch. 15, verse 15); the metaphysical heart that is the seat of positive qualities of love, charity, kindness, etc..

*"Of all the different flowers of devotion, God accepts the flower of human kindness with the greatest love."*



Sathya Sai Baba

6. It is perhaps little wonder that the Dalai Lama once said: *"My religion is very simple. My religion is kindness."*
7. The absence of kindness is proof of our ignorance of our Higher Self.

*"Nothing can make our life, or the lives of other people, more beautiful than perpetual kindness." – Leo Tolstoy*

## **Understanding R.A.C.K.**

8. Random Acts of Conscious Kindness is not unique and our actions need not be grand or change the world. One sees opportunities for random acts of conscious kindness in our city everyday. R.A.C.K. is a journey of self-transformation; every little act of kindness towards others enables us to reduce the grip of our ego, our little self, and live connected to our Higher

Self – *“No act of kindness, no matter how small, is ever wasted.”* – Aesop.

9. Why RANDOM? Wherever there is a need we should be ready to serve selflessly, expanding our hearts and minds beyond the narrow confines of our kith and kin. Our kind acts make us kinder and we nurture the purity of our mind to overcome the dominance of selfishness and ignorance. Our kindness prepares us to receive the grace of the Lord.



*“Perfect kindness acts without  
thinking of kindness.”*

Sathya Sai Baba

10. What ACTS? An essential goal for any humanist or spiritual seeker is to become an activist for the interconnectedness of all beings and the love that holds our whole creation together. Every little act of kindness to our fellow being is an affirmation of our humanity and an offering to God: *“The smallest act of kindness is worth more than the grandest intention,”* said Kahlil Gibran.
11. How? By being CONSCIOUS (or mindful, as the Buddhists say) that there is no one in the world who does not desire kindness to be shown to him and that *“The simplest acts of kindness are by far more powerful than a thousand heads bowing in prayer,”* Mahatma Gandhi.
12. KINDNESS: as an emotion it represents compassion and as a feeling it represents empathy. When practiced with an attitude of self-sacrifice, it is Divine

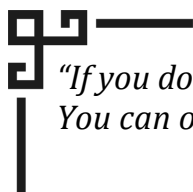
Love. *"For it is in giving that we receive,"* said St. Francis of Assisi.

13. The emphasis of the R.A.C.K. is not on the recipient of your kindness, he/she may or may not be changed; the objective of R.A.C.K. is to change you, to uplift you, so that you experience the Divine Love of the Lord.

## **Kindness to oneself**

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14. We cannot be kind in our thoughts, words and deeds unless our minds have been trained to constantly express kindness. Our kindness within or even our desire to become kind inspires us to practice R.A.C.K. at home and in the community. To understand and experience the virtue of being kind, first learn to be kind to yourself.

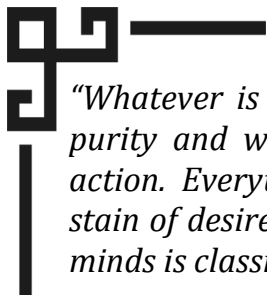


*"If you do not understand, you cannot love.  
You can only imagine that you love,"*

Indries Shah

15. We deny ourselves happiness and peace within by allowing our minds and hearts to be consumed by negative thoughts of the past or fears of the future because these feed the enemies within us (e.g. anger, jealousy, hatred). So does living day-to-day seeking pleasure through gratification of our senses and striving to satisfy our desires, or through our attachment or possessiveness of people and things, or seeking name and fame (and so feeding our ego). Experience shows in these ways way we deny ourselves permanent happiness.

16. Purity of the mind is essential. The journey of purifying our mind and refining our intellect, when practiced with faith and devotion, will gradually reduce the grip of the enemies within and allow love to shine forth as kindness and the other virtues. Be kind to yourself by seeking forgiveness for past sins and resolving not to commit these again.



*"Whatever is done lovingly, with righteous purity and with peace of mind, is a good action. Everything which is done with the stain of desire and with agitation filling the minds is classified as a bad action."*

Ramana Maharshi

17. Be free from the ego. Sathya Sai Baba said: *"We can reach the mansion of liberation if we walk on the stepping stones of devotion, wisdom, renunciation and knowledge of Reality."* With liberation, comes permanent happiness.

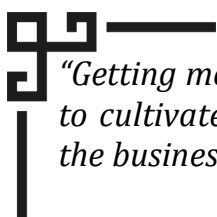
## **Practice Kindness**

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### *Create a Habit of Kindness*

1. As obvious as the need for kindness is, our competitiveness and yearning to be 'successful' has actually led us to disavow the virtue of kindness. Seeking happiness in the material world has fed the six enemies within, which are obstacles to being kind. Our past actions characterized by these enemies have created deep impressions in our sub-conscious mind.

2. Yet, the turmoil in the world is the reason why we should revert to a teaching common in many religious/spiritual traditions: give in order to receive, or in our case, give kindness to get kindness. Practicing kindness can change your perspective ... and your life.



*"Getting money is not all a man's business:  
to cultivate kindness is a valuable part of  
the business of life."*

Samuel Johnson

3. In as much as there are consequences of being hurtful or blind to the suffering of others, the fruit of our kind actions will help us on our spiritual journey. Watch your words, action, thought, character and heart to avoid bad consequences. In moments of unkindness, stop and 'catch yourself', you are about to fall.
4. Every conscious act of kindness accumulates to eventually become a habit of kindness. The habit of kindness with understanding of the oneness in all creation is a spiritual exercise that purifies the mind and heart, and strengthens the intellect. Pure thoughts and deeds enable us to remove the six enemies and negativity in our sub-conscious mind. With simplicity and purity, the turmoil caused by competitiveness can be blunted and peace can return.
5. Practice kindness REGULARLY. Aristotle said, *"We are what we repeatedly do. Excellence, then, is not an act, but a habit."*
6. In being kind, we find the presence of God.

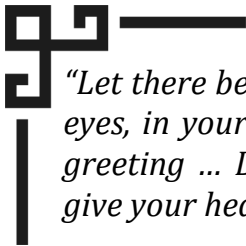
*"They will become Godly when  
they have God in their hearts."*

Riaz Ahmed Gohar Shahi



### *Strategies to practise Kindness*

1. Prepare a list of possible acts of kindness depending on our circumstances, e.g. householder, businessman, professional, career woman, young adults, children, etc. For example:
  - ◆ Housewives: cook or serve the helpers randomly.
  - ◆ Businessman: practice fair trade, pay a fair wage, donate to a good cause, etc.
  - ◆ Professional: do some pro bono work or use your knowledge and skills to serve society.
  - ◆ Career woman: support a colleague who could use a little help.
  - ◆ Young adult: give up your seat in the bus to those in need.
  - ◆ Children: help around the home and take care of younger siblings.



*"Let there be kindness in your face, in your eyes, in your smile, in the warmth of your greeting ... Don't only give your care, but give your heart as well."*

Mother Teresa

2. Be committed and dedicated. Inspiration doesn't always come before one acts, it sometimes comes after one acts. So don't give up, don't get 'bored'. Believe in



the power of Kindness.

3. Don't judge who deserves your kindness and who doesn't. You really don't know. Judging others does not make you kind; it makes you judgmental.

*"Silence the angry man with love. Silence the ill-natured man with kindness. Silence the miser with generosity. Silence the liar with truth."*



The Buddha

4. Practice one act of kindness in thought, word and deed each day.
  - ◆ In thought: say a private prayer for someone or have a good thought for/about someone, especially someone you may not like.
  - ◆ In word: say something kind or be helpful.
  - ◆ In deed: lend a helping hand to the mother struggling with a child and pram up some stairs or help someone junior to you in a task he/she must complete.

You may or may not make a difference to their lives, but you'll make a difference to your life.

*"Be the change you want to see in the world."*

Mahatma Gandhi



5. Don't expect any gratitude – that's a bondage you can live without. Be kind because you are kind.
6. Notice your feelings when you are kind and when you

are not. Check if you:

- felt good the first time, and the 10<sup>th</sup> time, and the 100<sup>th</sup> time
- felt happy for the recipient
- felt good when thanked or gratitude shown ... or it didn't matter
- felt thankful for the opportunity – imagine climbing the ladder on a board game
- got bored after a while and lost interest in the spiritual exercise – imagine stepping on a snake and going backwards
- lost focus

Understand habit formation: After the initial enthusiasm in any new endeavor, reality sets in. Accept this reality. Ask yourself: “How will I feel if I do this?” and “How will I feel if I don't do this?” Remember your kindness will transform you and allow you to earn the grace of God.

7. Constantly reflect on your R.A.C.K. After a little time, see if:
  - your kindness was really random, i.e. to anyone in need
  - is becoming a habit
  - you experience joy in doing something kind everyday

It may help to keep a list, review it after one week and then reflect on how you could do better.

8. If it will help, share your weekly record with a fellow devotee who is on the same journey as you.



*“... the heart which houses kindness is the  
temple of God.” – Sathya Sai Baba*



