

KINDNESS – Buddhist View



Kindness (*dayà*, *avera* or *saïgaha*) is a general term for an attitude towards others characterized by care, friendliness, gentleness and love. The Buddha very often admonished us to not just be kind or think in a kindly manner but to `become kind' (*dayàpanna*), meaning that we should express it through our actions (M.I,288; A.IV,249). Genuine kindness is devoid of selfishness or the desire to dominate or hurt another. It can express itself as generosity, helpfulness, patience when others are slow or inept, speaking in a pleasant manner, making strangers feel at home and going an extra distance for someone. In short, kindness is love expressing itself through

speech and action. See Generosity and Hospitality.