

## Art of Loving-Kindness

A teacher asked her pupils to tell the meaning of loving-kindness.

A little boy jumped up and said, “Well, if I was hungry and someone gave me a piece of bread, that would be kindness. But if they put a little jam on it, that would be loving-kindness.”

I can relate to that. The little fellow had some wisdom beyond his years. Love and loving-kindness have many definitions. Author James S. Hewett offers some practical examples:



- Money can build a charming house, but only love can furnish it with the feeling of a home.
- Duty can pack an adequate sack lunch, but only love would decide to tuck a little love note inside.
- Money can buy a television set, but love controls how much it is watched, and what is watched.
- Obligation sends a child to bed on time, but love tucks the covers in just right and passes out kisses and hugs.
- Obligation can cook a meal, but love embellishes the table with a potted ivy trailing around slender candles.
- Duty writes letters to a child at camp, but love tucks a joke or a picture or a fresh stick of gum inside.
- Compulsion keeps a sparkling house, but love and prayer produce a happy family.
- Duty is easily offended if it isn't appreciated, but love learns to laugh and to work for the sheer joy of doing, giving and contributing.
- Obligation can pour a glass of milk, but love adds a little chocolate to it.

The associates of Life Care, Century Park and Life Care at Home understand this principle. Every day, in an array of instances, they turn responsibility into loving-kindness.

It is an art they have mastered.

– Beecher Hunter