

Exponential Kindness

In a thought provoking and inspiring conversation, Wren and Zane, discuss the transformative power of kindness and the potential ripple effect it can create. They explore the concept of initiating a chain reaction of kindness.

This is the sixth, in a series, of what I will simply call “Conversations”. Even though, the story is fictitious, the “Conversations” are written, as a verisimilitude, meaning the characters, subjects, events and details, may not be true, but are intended, to be similar, to a real life story. Now, on to the Conversation, entitled, "Exponential Kindness":

Hi Zane.

Oh, Hi Wren, great to see you. What's on your mind?

I've had this reoccurring thought, I want to talk over with someone, and I can think of no one better, that I'd like to share this idea with, than you.

Sure, I would love to hear about your idea.

I've been thinking about the power of beginning a Ripple Effect to make the world a better place.

What type of Ripple Effect would be similar to what you have in mind?

An analogy, often used to explain what a Ripple Effect is, would be dropping a pebble in a pond, and those ripples caused by dropping a pebble in a pond,



spread out 360 degrees in all directions to disturb the water's surface, affecting plants, animals and everything in the wake of the path of the ripples.

Thank you. With your example of what a Ripple Effect is, I can now visually understand the far reaching effects started by just one action.

Zane, I want to make a difference for the better in the lives of others. I want to show acts of kindness to others, and perhaps some of those people receiving acts of kindness will pay an act of kindness forward, like the proverbial passing of the baton, they will also pass that baton of kindness to others.



Thank you for taking the time to consider my idea, Zane. I believe creating a ripple effect of kindness can make a significant difference for the better in the lives of many.

I want to show acts of kindness, not only to those within my immediate circle of influence, but also to make a determined effort to reach out and show acts of kindness to total strangers, wherever they may live on planet earth.

What are your thoughts on the potential ripple effect of such acts of kindness

Wren, your idea of initiating a chain reaction of kindness is quite an intriguing way to exponentially help others.

If you've ever seen rain drops, falling on a still body of water, with each rain drop, making waves in a 360 degree pattern out from where each raindrop hits the surface of the water, then you can begin to really visualize the power of the ripple effect, reaching many people. Just imagine, that each of those raindrops, creating ripples in the water, when hitting the surface of the water, represents an act of kindness given someone.



Zane, it's fascinating how a small act of kindness can have a far-reaching impact over time.

The number of people affected by one person's initial act of kindness can increase exponentially, when the recipient of that kindness goes on to show an act of kindness to someone else.

An individual's kindness can trigger people to spread positivity in other ways, even if they can't afford to donate to charity or participate in organized volunteer activities.

When people benefit from kindness, they are more likely to "pay it forward" by helping others who were not originally involved, creating a cascade of cooperation that influences others in their social network

Kindness can spread positivity and inspire others to behave in a similar way. When one person shows an act of kindness to someone else, it can start a chain reaction that spreads positivity to others.

When one person performs an act of kindness, it can inspire and motivate others to follow suit and spread more acts of kindness.

Never underestimate the power of your own kindness, as it may inspire countless others to make the world a better place, one act of kindness at a time.

I'm glad we arrived at the same conclusion, Zane. This means that by initiating this chain reaction of kindness and others inspired to continue it, we could potentially create a significant positive change within a short period of time. It gives me hope that, the ripple effect of spreading acts of kindness has the power to make a positive impact in the lives of others on a global scale.

Indeed Wren! The power of compounding acts of kindness is truly remarkable. By encouraging individuals to embrace this mindset and contribute to the betterment of society, we can foster a culture of compassion and empathy. The ripple effect you proposed has the potential to create a lasting impact that goes far beyond what we can currently imagine.

Thank you, Zane. I believe that by spreading kindness and with others being inspired to do the same, we can contribute to a world that is more caring and supportive. It all starts with one person and their commitment to making a difference. I'm excited to see what we can achieve by implementing this idea.

I share your excitement, Wren. Let us not underestimate the power of a single act of kindness and the potential it holds to transform lives. By initiating this ripple effect we can pave the way for a brighter future for all. I'm fully on board with your idea, and I'm ready to join you in making a difference, for the better, in the lives of others.

That means a great deal to me, Zane. Together, we can inspire countless others to join this movement of kindness. By nurturing and spreading this ripple effect, we can create a world where acts of kindness are the norm and compassion thrives. Thank you for your support and partnership in this endeavor.

Zane, as we move forward with our commitment to create this ripple of kindness, I propose that we begin by each showing an act of kindness whenever we have an opportunity to do so.

What type of act, would you consider qualifying as an act of kindness?

I can think of no better example, is that an act of kindness, is following what has come to be known as "The Golden Rule".

The Golden Rule, is a profound ethical principle of treating others in the same way we desire to be treated ourselves. It serves as a guiding principle for human interactions and relationships. Jesus, in His teachings, found in the Bible, emphasized the importance of treating others in the same way we desire to be treated ourselves.

In the Bible, in the book of Matthew Chapter 7, verse 12, Jesus says, "So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets." End of Quote. Here, Jesus highlights the comprehensive nature of the Golden Rule. Jesus affirms the timeless value and universality of the Golden Rule when he states, in the portion of verse 12, found in Mathew Chapter 7, which states: "this sums up the Law and the Prophets." End of quote.

Similarly, in the Bible, in the Book of Luke, Chapter 6, verse 31, Jesus reiterates the Golden Rule by saying, "And as ye would that men should do to you, do ye also to them likewise." End of Quote. This concise statement reinforces the idea that our actions toward others should mirror the treatment we desire for ourselves. It encourages empathy, compassion, and consideration for the well-being and dignity of others.

We should exercise empathy and put ourselves in the position of others. By doing so, we become more conscious of our impact on those around us and strive to treat them with fairness, kindness, and respect. The Golden Rule promotes a fundamental shift in our mindset, urging us to consider the needs, feelings, and rights of others just as we value our own.

We can experience the transformative power of love and selflessness in our relationships with others when we live by the Golden Rule. The Golden Rule emphasizes that our conduct should not be driven solely by self-interest but should reflect a genuine concern for the well-being of those around us. By living according to the Golden Rule, we can contribute to a more harmonious and compassionate society, fostering understanding, forgiveness, and unity.

In summary, the Golden Rule serves as an ethical principle guiding our interactions with others. By treating others as we desire to be treated, we demonstrate empathy, love, and respect, fostering a more compassionate and harmonious world.

Thanks Wren. Following the Golden Rule will help me in providing genuine acts of kindness to others.

The Golden Rule is a moral principle that emphasizes treating others in the same manner we desire to be treated ourselves. It underscores the importance of reciprocity and respect in our interactions with others. For instance, if we expect to be treated with dignity and consideration, it is incumbent upon us to extend the same courtesy to others.

This ethical principle holds significant philosophical weight and has been articulated in different ways by various cultures and traditions throughout history. Its enduring relevance lies in its ability to provide guidance for our actions across diverse situations. I want to delve deeper into the Golden Rule, exploring its nuances, refining its application, and understanding how it can be effectively put into practice.

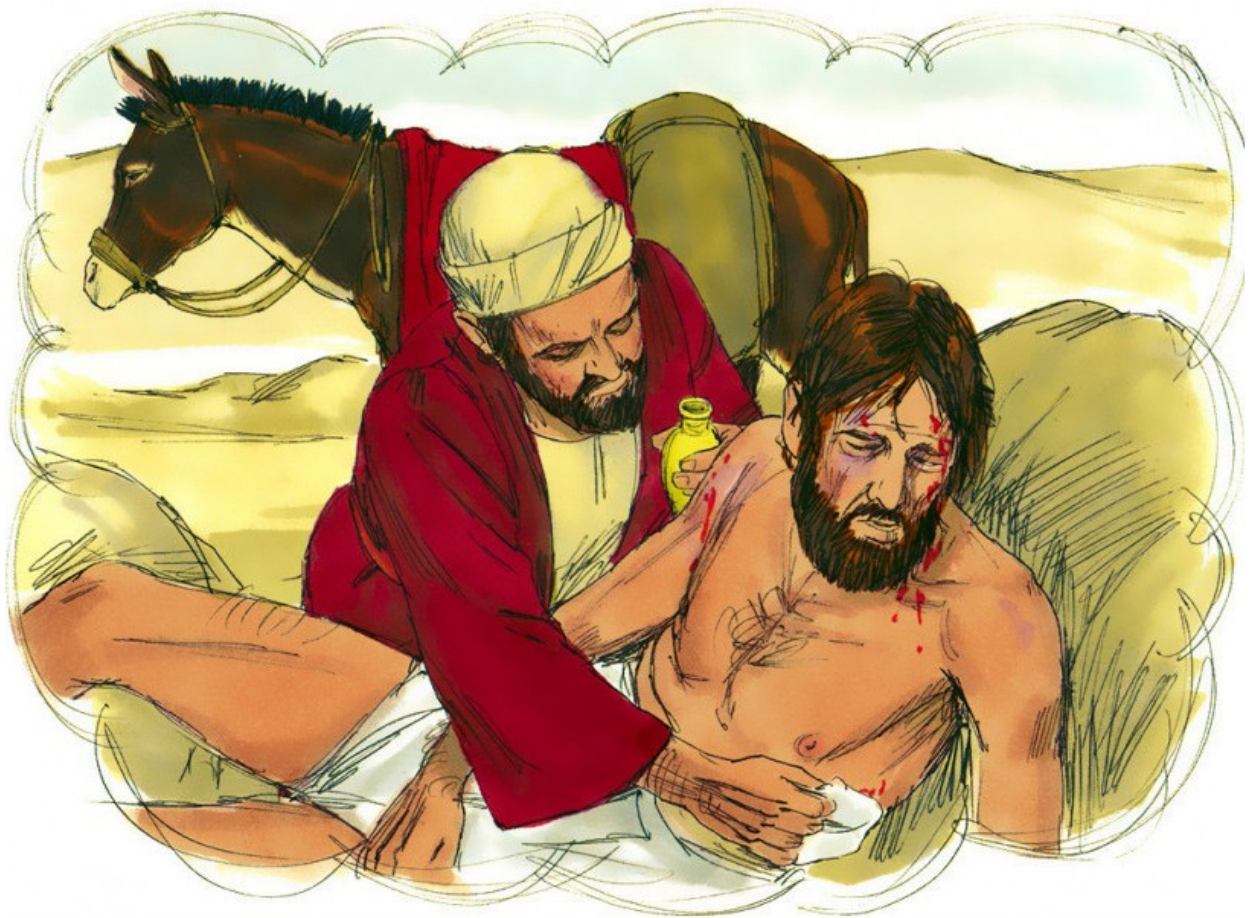
By understanding the Golden Rule in its broader context, we can gain insights into the fundamental principles of empathy and compassion. It encourages us to go beyond self-interest and empathize with the experiences and needs of others. The Golden Rule challenges us to consider how our actions impact those around us, and prompts us to act with kindness, fairness, and generosity.

The Golden Rule is a timeless principle. I want to have deeper understanding of the Golden Rule and how best to utilize the principles of the Golden Rule to show acts of kindness to others.

Ultimately, the Golden Rule cultivates a mindset of empathy and consideration, fostering harmonious relationships and contributing

to a more compassionate society. Practicing the Golden Rule has the potential to positively impact the lives of others, our personal lives, our communities, and the world at large.

I too, want to have a deeper understanding of the Golden Rule and to utilize the principles of the Golden Rule to show acts of kindness to others, much like how the Good Samaritan, in the Bible helped a wounded man, that had been severely beaten by robbers, and left him all alone, alongside a road, where the Good Samaritan happened to be traveling.



Parable of the Good Samaritan

Luke 10:25–37

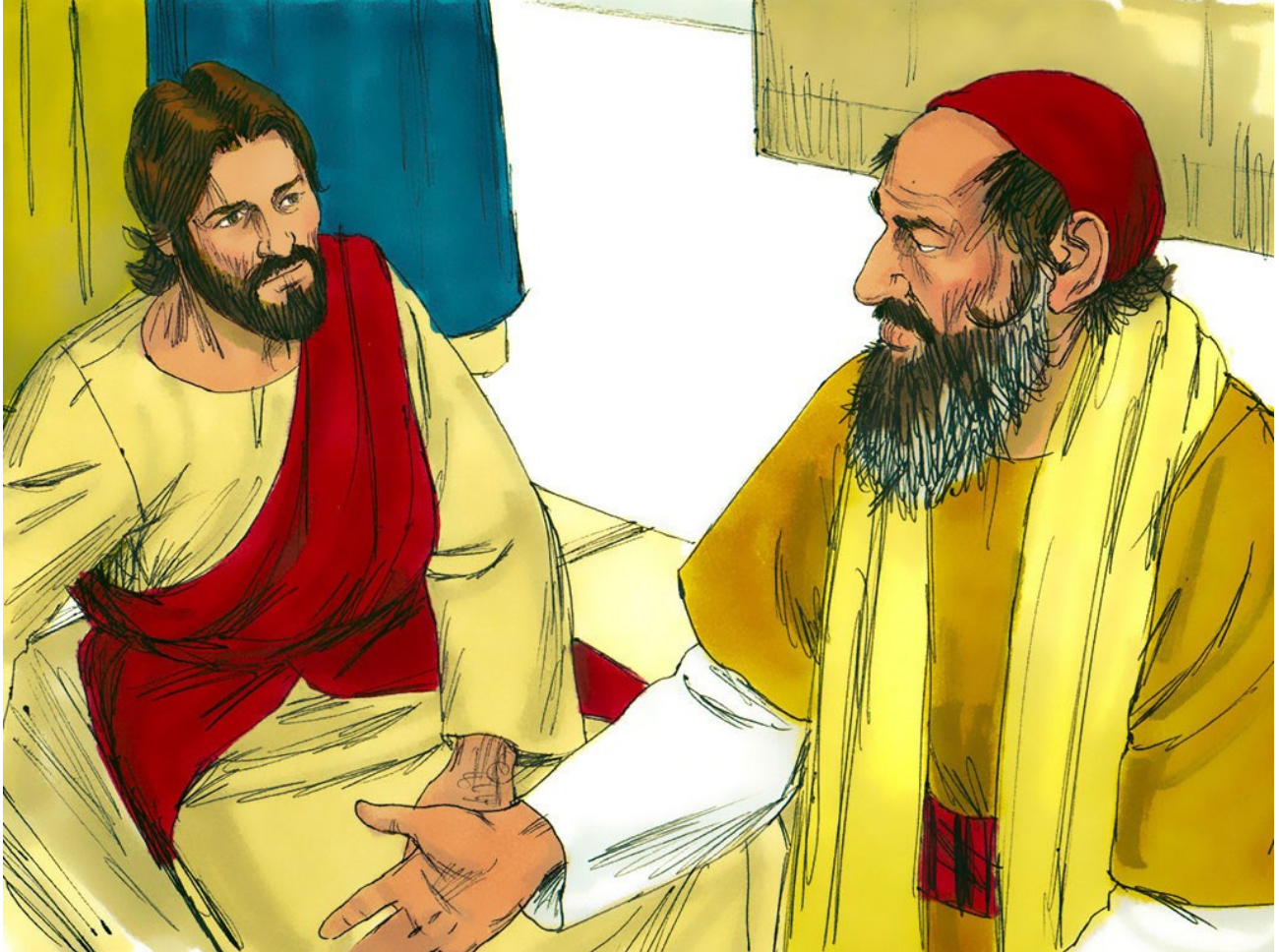
The Story of the Good Samaritan illustrates an excellent example of an act of kindness.

The story, commonly known as The Good Samaritan. told by Jesus, is found in the New Testament of the Bible, in the book of Luke, chapter 10, verses 25 through 37, which reads as follows:



“And, behold, a certain lawyer stood up, and tempted him, saying, Master, what shall I do to inherit eternal life?”

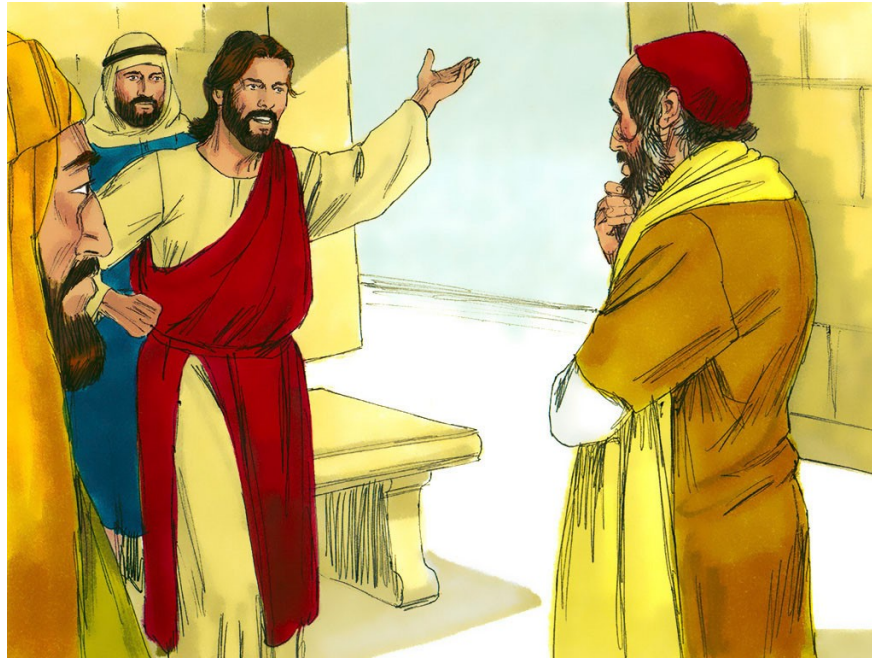
He said unto him, What is written in the law? how readest thou?



And he answering said, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy strength, and with all thy mind; and thy neighbour as thyself.

And he said unto him, Thou hast answered right: this do, and thou shalt live.

But he, willing to justify himself, said unto Jesus, And who is my neighbour?



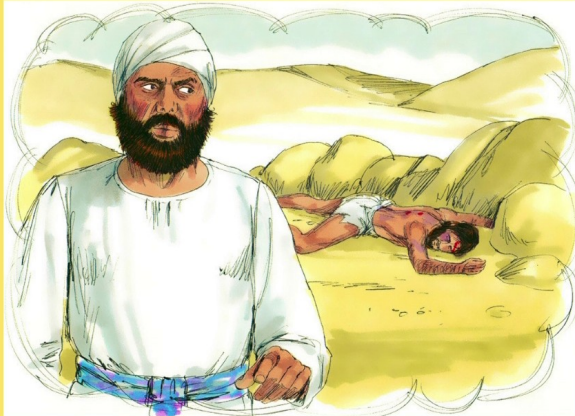
And Jesus answering said, A certain man went down from Jerusalem to Jericho, and fell among thieves, which stripped him of his raiment, and wounded him, and departed, leaving him half dead.



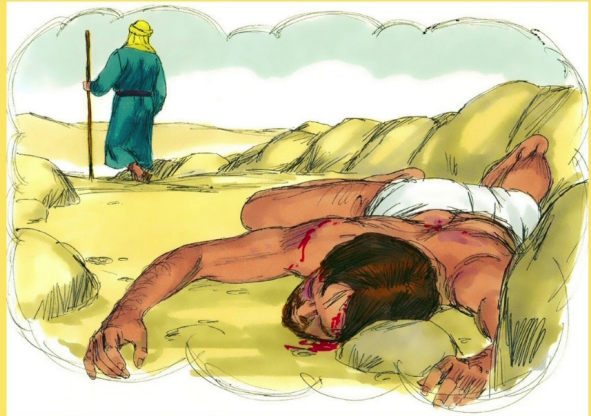
And by chance there came down a certain priest that way: and when he saw him, he passed by on the other side.

And likewise a Levite, when he was at the place, came and looked on him, and passed by on the other side.

Priest



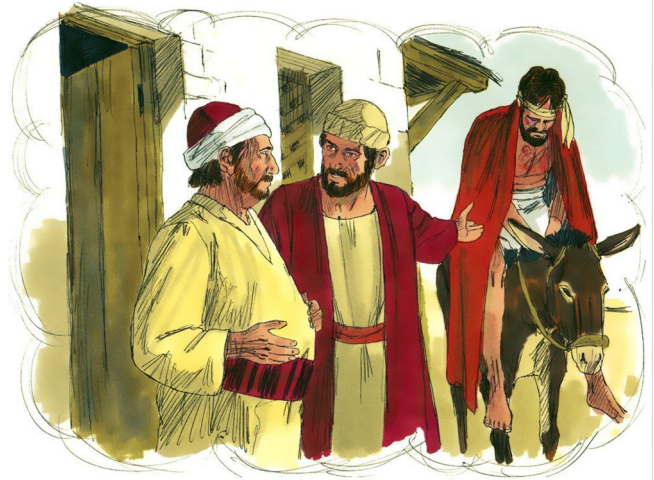
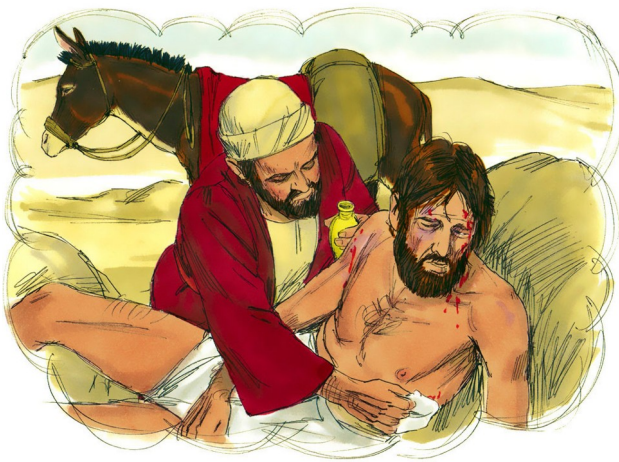
Levite



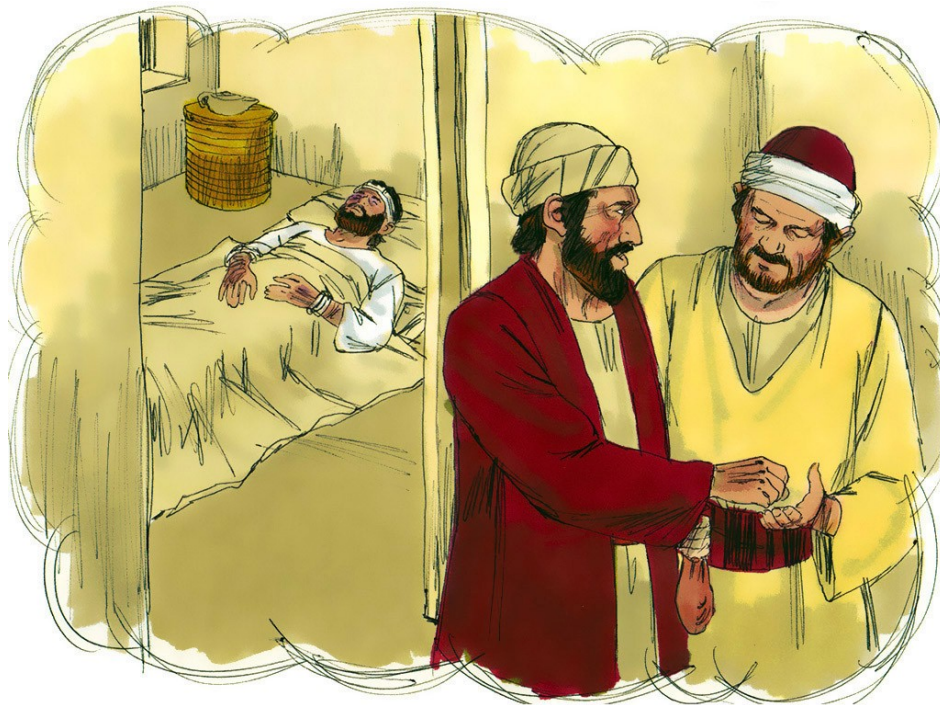
But a certain Samaritan, as he journeyed, came where he was: and when he saw him, he had compassion on him,



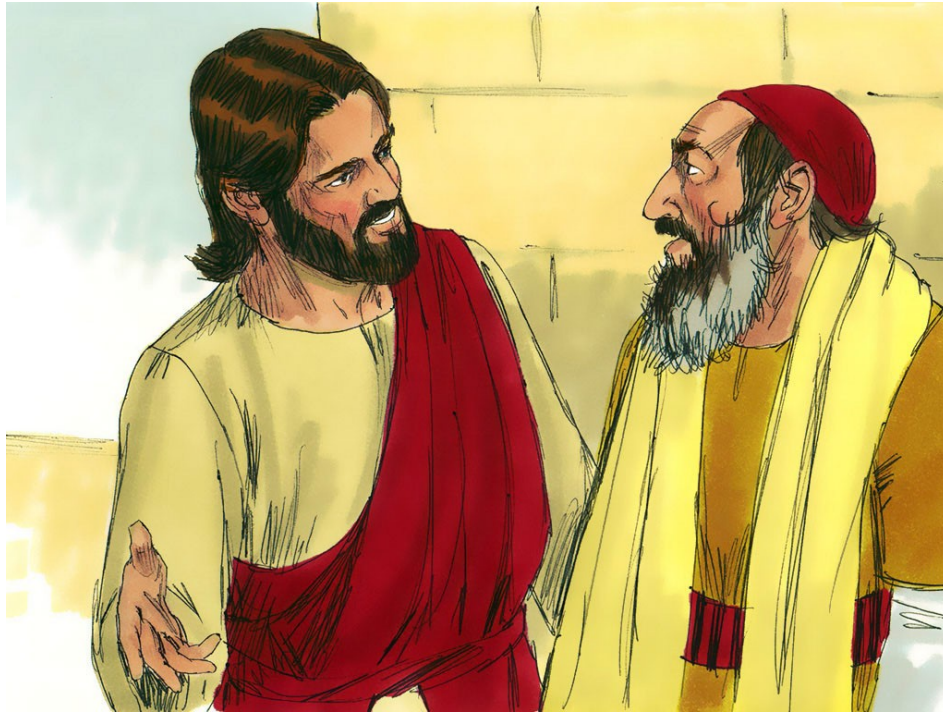
And went to him, and bound up his wounds, pouring in oil and wine, and set him on his own beast, and brought him to an inn, and took care of him.



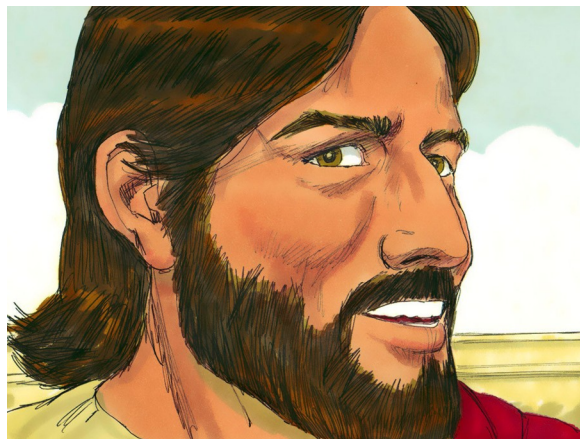
And on the morrow when he departed, he took out two pence, and gave them to the host, and said unto him, Take care of him; and whatsoever thou spendest more, when I come again, I will repay thee.



Which now of these three, thinkest thou, was neighbour unto him that fell among the thieves?



And he said, He that shewed mercy on him. Then said Jesus unto him, Go, and do thou likewise.”



End of quote.

Yes, the story of the Good Samaritan is a powerful and timeless story that conveys a profound message about compassion and love for our neighbors.

In the story, a Priest, as well as a Levite, passed along the road, and neglected to provide help to the injured man, badly beaten by robbers. And, the Samaritan, did the right and good act, of stopping to help the injured man, not able to help himself, due to the severity of the injuries inflicted to him by the robbers.

I found it interesting, that Jesus said, in this Parable, that the priest “saw him” and that the Levite “looked on him”, with him, referencing the man, that was badly beaten by the robbers, and left alongside the road. And Jesus also said, that the Samaritan “saw him”. All three of these people, the Priest, the Levite and the Samaritan, saw this badly beaten man, and even after seeing the need of someone else, only one of the three, the Samaritan, did the right thing, which was to help his neighbor, by doing for his neighbor as he would like for someone to do for him, if he experienced the same circumstances.

It is estimated that Jesus was gathering followers and began preaching approximately in the years 25 to 29 AD. At that time, in History, when Jesus told this parable, the route connecting Jerusalem to Jericho gained notoriety for its perilous nature and challenging conditions. It became to be known as the "Way of Blood" due to the frequent incidents of robbery and violence, resulting in bloodshed inflicted by bandits. In the Parable of the Good Samaritan, Jesus uses the backdrop of the treacherous route to teach a profound lesson about compassion and love for others.

As the story unfolds, a Priest and a Levite, both esteemed members of Jewish society with religious responsibilities, come across a man who has been brutally attacked and left for dead. Despite their religious training and moral obligations to help those in need, they

choose to ignore the wounded man and pass by on the other side of the road.

It was a Samaritan that helped the injured man, and not the Priest or Levite. Back then, Samaritans were often considered outcasts and social enemies by the Jews due to their mixed Jewish-Gentile heritage. Prejudice and animosity ran deep between the two groups, and it would have been shocking for an audience, listening to Jesus, to hear that a Samaritan was the hero of the story.

Despite the prevailing hostility and disdain sometimes directed towards Samaritans from Jews, this compassionate Samaritan sees the suffering man and is moved with genuine empathy. He stops to provide immediate assistance, pouring oil and wine on the man's wounds to cleanse and soothe them. These were precious commodities in those times, highlighting the depth of his care.

The Samaritan then goes further by binding the man's wounds with bandages, even using his own clothing to fashion them. Recognizing the severity of the man's injuries, he lifts him onto his own donkey and takes him to an inn. There, he continues to care for him throughout the night.

The next day, when the Samaritan has to resume his journey, he doesn't simply leave the man at the inn. Instead, he ensures that the innkeeper takes care of him. He gives the innkeeper two silver coins, a considerable sum, and promises to reimburse any additional expenses incurred in nursing the wounded man back to health.

Through this parable, Jesus challenges his listeners to rethink their notions of who their neighbors are and what it truly means to love and care for others. The Priest and the Levite, who represent religious and social elites, fail to show compassion despite their privileged positions. In contrast, a Samaritan, with Samaritans, at that point in history, often despised by the Jews, demonstrates

genuine love, going above and beyond expectations to help someone in dire need.

The central message is clear: love and kindness know no boundaries of ethnicity, religion, or social status. The parable calls us to emulate the compassion of the Good Samaritan and extend our care to all, even those whom society might consider outsiders or enemies. It reminds us that true love transcends prejudice and is expressed through selfless action for the well-being of others.

For me, knowing when to help, is when you see a need. To see a need, and having the ability to help, and doing nothing to help, is what the Priest and the Levite did in this story. Seeing a need, and helping, is what the Samaritan did in this story.

I am going to make a determined effort, when I see a need, that I don't simply ignore that need, continuing on my way, ignoring someone needing help, but stop and help, as best I can.

It is thought provoking, to remember, that Jesus told this story to the Lawyer, in answer to the Lawyer's Question, "And who is my neighbour?"

After Jesus told the parable, in Luke Chapter 10, verse 36, Jesus asks the lawyer:

"Which now of these three, thinkest thou, was neighbour unto him that fell among the thieves?"

End of quote.

The three people in the story, being the Priest, Levite and the Samaritan.

And, the Lawyer's response, and instruction by Jesus found in Luke Chapter 10, verse 37, reads as follows:

“And he said, He that shewed mercy on him. Then said Jesus unto him, Go, and do thou likewise.”

End of quote.

After reflecting, on this parable, told by Jesus, I am going to make a determined effort, to be neighborly to others.

When considering everyone on planet Earth as your neighbor, the term "neighborly" takes on a broader and more inclusive meaning. In this context, being neighborly refers to the act of showing kindness, empathy, and consideration to all individuals, regardless of their geographic location, culture, background, or beliefs.

A neighborly attitude involves treating all human beings with respect and compassion, acknowledging our shared humanity, and actively seeking to create a harmonious and supportive global community. It encompasses qualities such as being helpful, understanding, and tolerant, as well as being willing to offer assistance or support to those in need, regardless of their nationality or affiliation.

In the context of a global community, being neighborly extends beyond just the people living in close physical proximity to us. Being neighborly means that we all are interconnected and interdependent, and our actions have an impact on others around the world.

Embracing a neighborly approach means striving to create a world where cooperation, goodwill, and mutual understanding prevail, promoting a sense of unity and solidarity among all individuals on Earth.

Considering the fact, that everyone living on Planet Earth are neighbors, certainly broadens the definition of neighbor and what it means to be a good neighbor. What do you think about these ideas we've discussed today?

Wren, I wholeheartedly agree with your proposal. It is essential that we lead by example and actively demonstrate the values we advocate for. By initiating this ripple of kindness within ourselves, we can inspire others to follow suit and join us in spreading goodwill. My desire is, that when I see a need, and I have the ability to help with that need, that as best I can, I will treat people, the same as I would want to be treated, if I were in their same situation.

That's wonderful to hear, Zane. Your dedication to this cause is truly inspiring. I, too, want to show acts of kindness to others. Together, let us strive to be catalysts for change in showing acts of kindness to others, and in the process, others may be encouraged to also begin showing acts of kindness to others. I want to help people, when I see they need help, and I can help in some way.

Absolutely, Wren. Our commitment to this cause can have a significant impact not only on the lives of those directly affected by our acts of kindness but also on the collective consciousness of society. Through our consistent efforts, we can foster a culture of empathy and compassion that can transcend borders and inspire a global movement. Not giving to receive, but simply giving of ourselves, with our time, talents, work, money and resources, is rewarding in other ways, other than material gain.

Research has shown that generous behavior activates the brain's reward regions, like the nucleus accumbens, leading to an increase in dopamine, the "feel-good" neurotransmitter associated with motivation and pleasure. Generosity can even trigger neural patterns

similar to those observed in parental caregiving, which makes sense since both involve selfless actions.

The act of giving is rewarding to the brain and brings about positive feelings. However, these brain connections may take time to fully develop, which is why children and teenagers might not be as enthusiastic about giving as they are about receiving. As people mature into adulthood, they tend to embrace and appreciate the rewarding nature of giving.

The Apostle Paul, reminded us of the words of Jesus, in the Bible, in the Book of Acts, Chapter 20, verse 35, that reads as follows:

“I have shewed you all things, how that so labouring ye ought to support the weak, and to remember the words of the Lord Jesus, how he said, It is more blessed to give than to receive.”

End of Quote.

To give without expectation of anything in return, is rewarding, in and of itself.

Just knowing, that you’ve had a positive impact in the well being of another human, can be extremely rewarding.

I couldn't agree more, Zane. It's remarkable to think about the potential ripple effect that will occur as more and more people join us in this endeavor. The impact will be exponential, with each act of kindness igniting a spark within others to do the same. Together, we can create a wave of positive change that surpasses our wildest expectations.

In the Story of the Good Samaritan, the Samaritan was going about his daily activities, traveling along a road, not expecting to find a person needing assistance, but when he did, he knew, it was the right thing, to help that person, in need, and he did that right thing, and helped the traveler beaten by robbers, and left along the side of the road, as best he could.

There are so many needs out there, it seems almost like an impossible task, to help everyone in need.

Yes, but all of us have the real opportunity, to not neglect to help a person, when we see they have a need.

You may not be able to help everyone, but you can help one.

I will now tell you a story, known as, "The Starfish Thrower", written by Loren Eisely.

Once upon a time, there was a wise man who used to go to the ocean to do his writing. He had a habit of walking on the beach before he began his work.

One day, as he was walking along the shore, he looked down the beach and saw a human figure moving like a dancer. He smiled to himself at the thought of someone who would dance to the day, and so, he walked faster to catch up.

As he got closer, he noticed that the figure was that of a young man, and that what he was doing was not dancing at all. The young man was reaching down to the shore, picking up small objects, and throwing them into the ocean.

He came closer still and called out "Good morning! May I ask what it is that you are doing?"

The young man paused, looked up, and replied "Throwing starfish into the ocean."

"I must ask, then, why are you throwing starfish into the ocean?" asked the somewhat startled wise man.

To this, the young man replied, "The sun is up and the tide is going out. If I don't throw them in, they'll die."



Upon hearing this, the wise man commented, "But, young man, do you not realize that there are miles and miles of beach and there are starfish all along every mile? You can't possibly make a difference!"

At this, the young man bent down, picked up yet another starfish, and threw it into the ocean. As it met the water, he said,

"It made a difference for that one."

The end.

Great story. Thanks for sharing the story, "The Starfish Thrower" with me.

That story resonated with me, as a reminder, to do what we can, when we can, as best we can, to show an act of kindness to others. Just as the boy in the story made a difference for that one starfish, you can make a difference for the better, by helping just one person.

Indeed, Wren. Our shared vision and commitment will be the driving force behind this movement. By starting with ourselves and extending our kindness to others, we will create a virtuous cycle of compassion that will touch the lives of countless individuals. I'm grateful for your partnership in this noble cause.

The feeling is mutual, Zane. Your unwavering support and shared passion are invaluable to me. Together, we will be the change we wish to see in the world, inspiring others to follow in our footsteps and become beacons of kindness. I am excited to embark on this journey with you, knowing that together, we can make a lasting impact.

Wren, Let our journey begin! Each act of kindness we show, has the real possibility to set off a chain reaction that will touch the lives of

people far and wide. Our commitment to this cause is unwavering, and I am honored to be by your side as we embark on this mission. Together, we will create a world where kindness prevails and compassion knows no bounds.

Zane, our conversation on the profound impact of kindness and its potential to initiate a chain reaction of positive actions, has been the motivation I needed, to begin showing acts of kindness to others, as I have the opportunity to do so. We've explored how a single act of kindness can serve as a catalyst, inspiring others to follow suit and create a domino effect of compassion and empathy.

By understanding the power we hold as individuals to influence those around us through acts of kindness, we recognize the importance of embracing the responsibility of showing acts of kindness to others with unwavering determination. Through our collective efforts, we can become agents of change, leaving a lasting legacy that will continue to inspire and uplift generations to come.

Let us remember that every act of kindness, no matter how small, has the potential to make a significant difference in the lives of others and in the world at large. Together, we can create a more compassionate and caring society, one act of kindness at a time.

Thank you for engaging in this meaningful discussion.

You're most welcome, Wren. I'm honored to be part of this journey with you. Together, we will strive to make a lasting impact and leave a positive legacy. Let us now embark on this mission to create a world where kindness knows no bounds.

Our journey begins now, and I have every confidence that we will succeed in making a difference in the lives of others. Together, we will create a world where kindness is a universal language, and acts

of compassion become the norm. Let us proceed with compassion, grace, and an unwavering commitment to our shared purpose.

The End

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