

## ALL LIVING THINGS DESERVE LOVE

All around me are people and animals that deserve love. Their mere existence is a call to humankind to be open to giving from the heart.

In the eyes of another human is a clear reflection of me. I see myself in their reality, so it reminds me to treat them with kindness. Seeing what life throws out to us teaches me to be empathetic to someone who suffers.

Although I sometimes have disagreements with my loved ones, I refrain from being unloving. I treat them how I know I wish to be treated.

Sometimes my impatience and anger cause me to respond impulsively. In those cases, I apologize immediately. Differences in opinion are a part of life. I teach myself to handle them respectfully and lovingly.

My favorite pets are dogs, but I am kind to all animals that I come across. They all understand emotions and relish in kind treatment.

When I consider how inhumanely homeless animals are treated, my heart breaks. I encourage my friends and family to adopt the animals, so they have a loving home. It is the least that I am able to offer to other living beings.

Today, love is the order of the day. It is the ingredient that keeps relationships solid and empathy flowing. I love sharing love with anyone or anything I come into contact with.

## REFLECTION QUESTIONS

**1**

How do I show love and kindness to the people and animals around me?

**2**

What can I learn from seeing myself in the reality of others?

**3**

How can I encourage others to treat all living beings with love and respect?