

Be Kind to the Mind: Feel the Magic (B and C) Poem Paired with Poster #3

By Mahi Singh Gujral

Who said

Big acts alone make heroes-

Big acts alone are big?

Mind friendly support

Is just as big

And in the long haul

Perhaps even bigger

Than many big deeds.

Even big time heroes

Need it, ordinary folks

Need it, so also you and me

It inspires us

To do our bit

Even a smile

Is big

A positive thought

Is big

A supportive gesture

Is big

A small deed

Is big

A sensitive nod

Is big

A sensitive silence

Is big

Tolerance

Is big

Inclusion

Is big

Patience

Is big

Assurance

Is big

Encouraging

Is big

Listening

Is big

Talking

Is big

Understanding

Is big

Caring

Is big

Being trustworthy

Is big

Compassion

Is big.

Empathy

Is big.

Even asking for help

Is big-

Heroes also do this!

Who said

Big acts alone are big?

These little biggies

Make the big ones big.

Small acts of kindness

Could move those who move mountains.

Spread this secret

These give peace

To the mind, indeed

To do bigger and better and smarter deeds

The bits add up

And guess what?

Those who give

Feel peace

Those who receive

Feel peace

This is a win-win secret

Spread it please!

Feel the magic

In you and in me!

Just be real, be practical

Do your bit

Feel the magic

Do the bits.

With your kindness

Spread happiness - in self as well

Feel the connect - with others as well.

Be kind. Be kind to the mind

Yours and mine.

Feel the magic in real time

Feel the magic in self as well.

Never mind how the story ends

You did your bit with the magicking mind!

