

# Kindness Campaign: Gems of Love Blessing Scroll Printable for COURAGE

♥ Created to start a simple kindness campaign in YOUR community; at a cancer treatment center, hospital or wherever a little note of inspiration is needed. ♥ Print, cut, roll, tie, leave scrolls to gift some kindness to a “stranger”.♥

made with ♥ by Becky Jaine & the Sacred Kindness Circle Meetups of Raleigh, North Carolina. visit [www.beckyjaine.com/kindness](http://www.beckyjaine.com/kindness) to download the accompanying *Kindness Tutorial for this project*.



“Courage is not the absence of fear,  
but rather the judgment that something else  
is more important than fear.”  
– Ambrose Redmoon



“There is no hope unmingled with fear,  
no fear unmingled with hope.”  
– Baruch Spinoza



“The human spirit is stronger  
than anything that can happen to it.”  
– C.C. Scott



Today I will try to live in the present moment  
--unless it is unpleasant-- in which case I will have a cookie.

~ Cookie Monster



“When you come to the end of your rope,  
tie a knot and hang on.”

– Franklin D. Roosevelt



“Cancer can take away all of my physical abilities.  
It cannot touch my mind, it cannot touch my heart, and it cannot touch my soul.”

– Jim Valvano



“You gain strength, courage, and confidence  
by every experience in which you really stop  
to look fear in the face.

You must do the thing  
which you think you cannot do”

– Eleanor Roosevelt



“The human spirit is stronger  
than anything that can happen to it.”

– C.C. Scott



“Optimism is the foundation of courage.”

– Nicholas Murray Butler



If you're going through hell, keep going.

~Winston Churchill



We acquire the strength we have overcome.  
~Ralph Waldo Emerson



The only courage that matters is the kind  
that gets you from one moment to the next.  
~Mignon McLaughlin



Once you choose hope,  
anything's possible.  
~Christopher Reeve



Hope is that thing with feathers that perches  
in the soul and sings the tune without  
the words and never stops... at all.  
~Emily Dickinson



Wherever you go, no matter what the weather,  
always bring your own sunshine.  
~Anthony J. D'Angelo



I have learned to use the word impossible  
with the greatest caution.  
~Wernher von Braun



I've got dreams in hidden places and  
extra smiles for when I'm blue.  
~Author Unknown



Heaven is under our feet, as well as over our heads.  
~Henry David Thoreau



Turn your face to the sun and the shadows fall behind you.  
~Maori Proverb



A cloudy day is no match for a sunny disposition.  
~William Arthur Ward



Be like the bird that, passing on her flight awhile on boughs too slight,  
feels them give way beneath her,  
and yet sings, knowing that she hath wings.  
~Victor Hugo



The power of love to change bodies is legendary,  
built into folklore, common sense, and everyday experience.  
Love moves the flesh, it pushes matter around....  
Throughout history, "tender loving care" has uniformly  
been recognized as a valuable element in healing. ~Larry Dossey



Courage is fear that has said its prayers.  
~Dorothy Bernard



Optimism is the foundation of courage.  
~Nicholas Murray Butler



I have heard there are troubles of more than one kind.  
Some come from ahead and some come from behind.  
But I've bought a big bat. I'm all ready you see.  
Now my troubles are going to have troubles with me!  
~Dr. Seuss



Do not dwell in the past, do not dream of the future,  
concentrate the mind on the present moment.  
-Buddha



"Drink deeply. Live in serenity and joy."  
-Buddha



"Vision is the art of seeing things invisible."  
Jonathan Swift



As long as one keeps searching,  
the answers come.

~Joan Baez



"Life is the first gift, love is the second, and understanding the third."

Marge Piercy



Promise me you'll always remember: You're braver than you believe,  
and stronger than you seem, and smarter than you think.

A. A. Milne (Christopher Robin)



Be joyful though you have considered all the facts.

Wendell Berry



"The two most important days of our lives  
are the day we are born and the day we figure out why."

Elaine Cannon



"Never allow others to determine what you think about yourself."

Unknown



“People may forget what you say or did,  
but people will never forget the way you made them feel.”  
Mother Teresa



"It's not how much we give but how much love we put into giving."  
– Mother Teresa



"Forget not that the earth delights to feel your bare feet  
and the winds long to play with your hair."  
-Kahlil Gibran



"The secret to happiness is to plant trees under whose shade you will never sit."  
-Nelson Henderson



"Let yourself be silently drawn by the strange pull of what you really love."  
- Rumi



"Thank you for being."  
-Native American Greeting



Ring the bells that still can ring  
Forget your perfect offering  
There is a crack, a crack in everything  
That's how the light gets in.

leonard cohen



Start close in, don't take the second step or the third,  
start with the first thing close in,  
the step you don't want to take.

~David Whyte



All things are transient on this Earth, be it power, glory, wealth, and even entire civilizations.  
All we can do is to put our full love into our lives, professions, and families,  
making a work of art of the few precious years that are granted to us.

~Robert Muller



We can drop the fundamental hope that there is a better 'me' who one day will emerge.  
We can't just jump over ourselves as if we were not there."

—Pema Chodron



Everyday life is the prayer. How we conduct it, cherish it, celebrate it, consecrate it.  
~Sarah Ban Breathnach



May you be blessed with health and happiness beyond measure  
and may you hold eternal peace in your heart.



*Everything we want in life is downstream.  
Drop the oars. Stop trying to push the river.*

~Sister Cathy Beckley



One breath to let go...  
One breath to get here...  
One breath to ask "Now what?"

Christina Baldwin



Navajo Prayer

May there be beauty above me  
May there be beauty below me  
May there be beauty before me  
May there be beauty behind me  
May there be beauty within me  
May there be beauty around me  
The world is restored in beauty



"Just to be is a blessing.

Just to live is holy."

—Rabbi Abraham Heschel



"At each stage of learning we must give up something,  
even if it is a way of life that we have always known."

—Ginevee



"If the only prayer you said in your entire life was 'thank you', that would suffice."

—Meister Eckhart



"There's a blaze of light in every word.  
It doesn't matter which you heard  
The holy or the broken  
Hallelujah."

—Leonard Cohen



"When you come to the edge of all that you know and are about to  
step into the unknown, faith is knowing one of two things will happen:  
There will be something to stand on, or you will be taught how to fly."

—Unknown



"Each morning we are born again.  
What we do today is what matters most."

—Buddha



"I dwell in possibility." —Emily Dickinson