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# Everyday Saintliness

What does Everyday Saintliness Mean?

According to Webster's Dictionary:

- “Everyday” means an encounter that is typical and ordinary
- “Saintliness” is the quality or state of being Saintly
- “Saint” is a Holy or Godly person



So I believe the definition of Everyday Saintliness is:

*A state of being pure and holy in our Hearts during an ordinary encounter with another human being.*

## Who Is A Saintly Person? A quote from Radhanath Swami

“The great saintly persons are humble and dedicated to serving God and uplifting humanity. Associating with them opens the door to liberation.”



## Who Is A Saintly Person? A quote from Radhanath Swami

“A saintly person is not one who shaves his head or wears saffron robes or is unmarried or walks around naked. That is not the meaning of a saintly person.

A saint is one who is self-controlled, who is a friend of all living beings, who is equal to everyone, who is compassionate, who is merciful, who is the humble servant of all and who only speaks the word of God.”



## Who Is A Sainly Person? A quote from Radhanath Swami

“The great saintly persons are truly humble and dedicated to serving God and uplifting humanity. They genuinely are concerned with our welfare and they want to train us and teach us, without expecting anything in return except the fulfillment of seeing us become blissful in relationship to God.



Such a selfless person repeats the word of God as he or she has heard from previous spiritual masters. He or she is not someone who is simply using intellectual gymnastics to present a wonderful philosophy for self-advertisement. Associating with such saintly people opens the doors to liberation.”

## To Find Everyday Saintliness

I believe we find a person who is compassionate, a friend to all and who serves his fellow brother or sister humbly and with love.



I believe Jesus' teaching "LOVE THEY NEIGHBOR AS THEY SELF" inspires us to be saintly. With Love in our Hearts we help each other, we see our brother and sister as they really are without outer Judgment. And we connect to them with an Open Loving Heart. It's that easy.

# Quotes from Mother Teresa

- Let no one ever come to you without leaving better and happier. Be the living Expression of God's Kindness, Kindness in your face, Kindness in your Eyes, Kindness in your smile.
- A life not lived for others is not a life.
- If we pray we will believe; if we believe, we will love; if we love, we will serve.
- Never be so busy as not to think of others.
- The good you do today will often be forgotten. Do Good Anyway.
- The problem with the World is that we draw the circle of our Family way too small.



## Quotes from Mother Teresa

- Go out into the World today and love the people you meet. Let your presence Light new light in the hearts of the people.
- If you can't feed a hundred people, then just feed one.
- One of the greatest diseases is to be nobody to anybody.
- Each of them is Jesus in Disguise.
- We think sometimes that poverty is only being hungry, naked or homeless. The poverty of being unwanted, unloved and uncared for is the greatest Poverty. We must start in our own homes to remedy this kind of poverty.





## Quotes from Mother Teresa

- Every time that you Smile at someone, it is an action of Love, a gift to that Person, a beautiful thing.
- Not all of us can do great things. But we can do small things with Great Love.
- At the hour of our death when we come face to face with God, we are going to be judged on love, not how much we have done, but how much love We put into the doing.



# I AM the Compassionate Heart of the Peacemakers Mother Teresa

March 2016 Maui Prayer Vigil HeartStream

“Each time you are graceful in some way, in the way in which you live, move and have your being, the light of peace is magnified. Each time there is an infusion of love through your hearts as you give the fullness of who you are to another, that radiant light that is pure peace, with all of its possibilities for harmonization, equanimity and resolution of conflict, works its perfect work within the atmosphere surrounding you and through the very auric field that you bear by the living light of your Presence.”



# I AM the Compassionate Heart of the Peacemakers Mother Teresa

March 2016 Maui Prayer Vigil HeartStream

The work of charity is the work of peace. The work of love is the alleviation of any type of suffering brings peace into manifestation through the princes and princesses of peace, who you are and who the saints upon Earth are, one with us in heaven.



Be that love, blessed ones. Be that relief so that at the last breath of many who are passing from the screen of life, they may at least have some sensation of hope, of grace through one who cares, through one who loves them as they love God.

# Charity As Active Love Is What Will Move Hearts Endowed by God's Inspiration to Join Your Efforts

Mother Teresa December 02, 2010 HeartStream

Realize, dearest hearts, that at the core of this mission is love. Love is what will sustain you! Charity as active love is what will move hearts endowed by God's inspiration to join your efforts. And lest you think only that the alchemy of visualization and of some sort of almost magical means of precipitation is the way to fulfill your greatest goals, let love be fulfilled within all. Let givingness be impressed through your vision and let a prayer, a simple prayer for peace, solace and harmony always be on your lips, uttered silently as required as you extend your heart through your hands in loving service to others.

My message is truly for all peoples and all aspiring saints in the earth. My love flows to all who continue to look to or pray to me as a new saint within the Catholic faith.



**YouTube Video** – A Mini Bio of Mother Teresa

## Time for Sharing!

How has Mother Teresa or another saint/saintly person inspired your life?



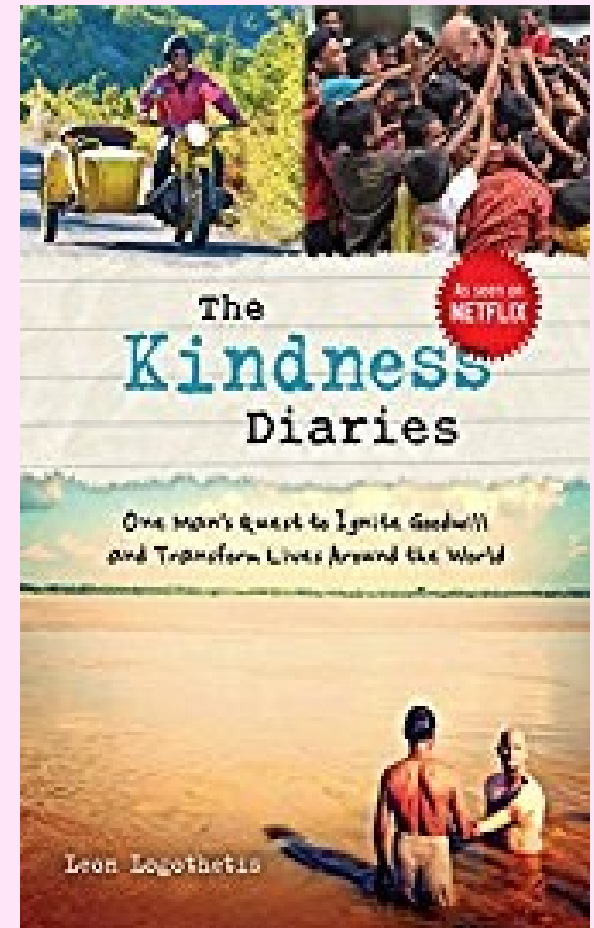
In Everyday Saintliness we give from our hearts. We give because we see the God Self in our brother and in our sister, even if it's just a smile, or a helping hand, or a kind word. We do this because we know it will make someone's day a little lighter, a little more joyful, a little better...



# The Kindness Diaries

The incredible journey of one man who makes his way around the world on a vintage motorbike by relying on the kindness of others.

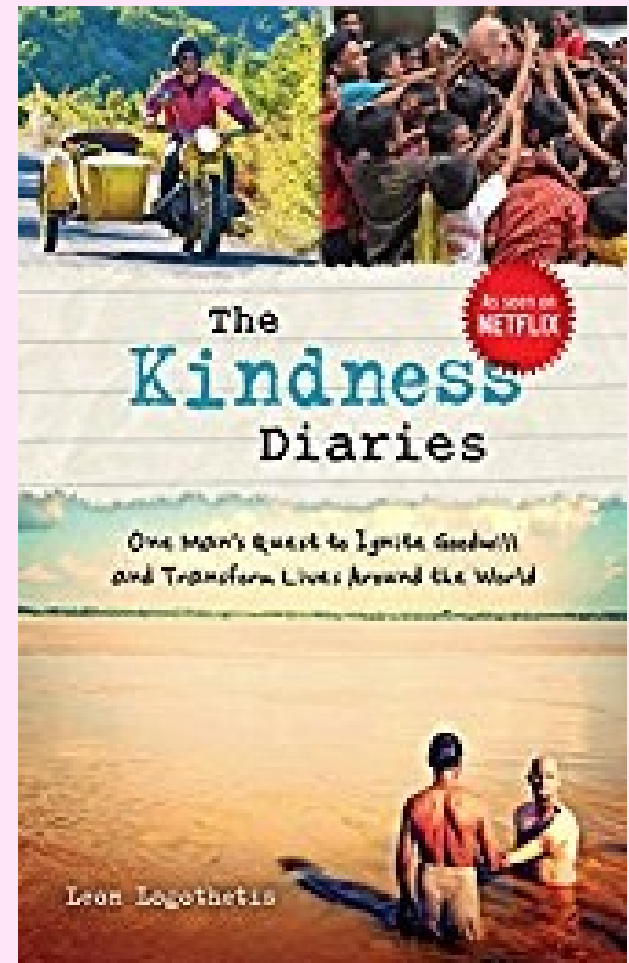
One Former Stockbroker who takes a journey searching for the answers that haunt us all. Are there still kind people in this world that will help a fellow human they really don't know? He leaves his unfulfilling job to seek and travels on a motorbike around the world depending on the kindness and generosity of strangers to help him make his way. His need for food, lodging and fuel will become a daily task as he meets people of different cultures and backgrounds. With an older motorbike that tends to breakdown just as much as it seems to run, Leon gets a helping hand from some of the kindest people to keep him on his journey.



***One man's quest to ignite goodwill and transform lives around the world.***

# The Kindness Diaries

You can feel the sadness of many that have struggled and are willing to help anyone that asks for help. Leon learns by traveling in Europe, India, Vietnam, Cambodia or North America that there are still wonderful people in the world that show kindness to anyone if they ask—from a homeless man willing to share all that he has in the world to the people that opened their homes to a complete stranger just to keep him for one night without asking for something. There is still kindness in the world.

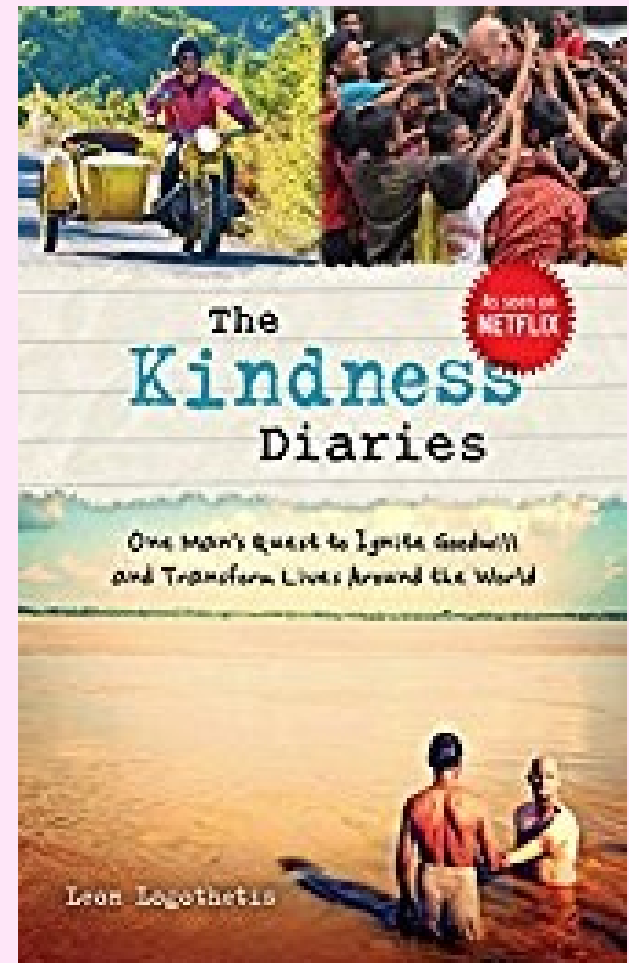


***One man's quest to ignite goodwill and transform lives around the world.***



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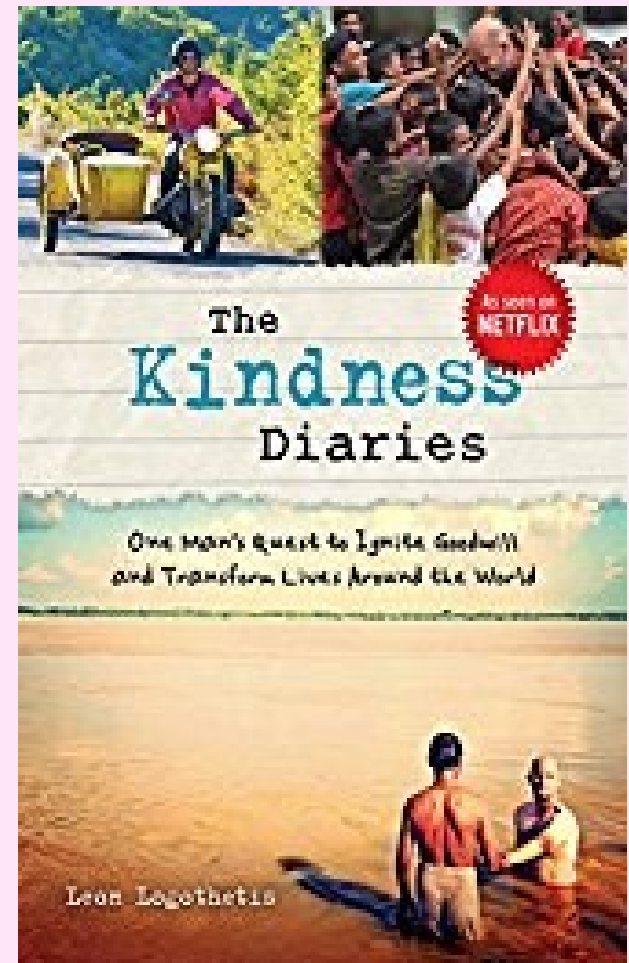
Leon Logothetis has a series on Netflix of 13 episodes about his travels. I really loved watching them. It's amazing that he traveled relying on the Kindness of strangers. No money, no food and no shelter—he had to ask strangers if they could help him out and many times strangers would, out of the kindness in their hearts. Some had little to offer but offered what they had. Some believe it is a blessing to help out a stranger. And a lot of people he asked just said NO.



***One man's quest to ignite goodwill and transform lives around the world.***

# The Kindness Diaries

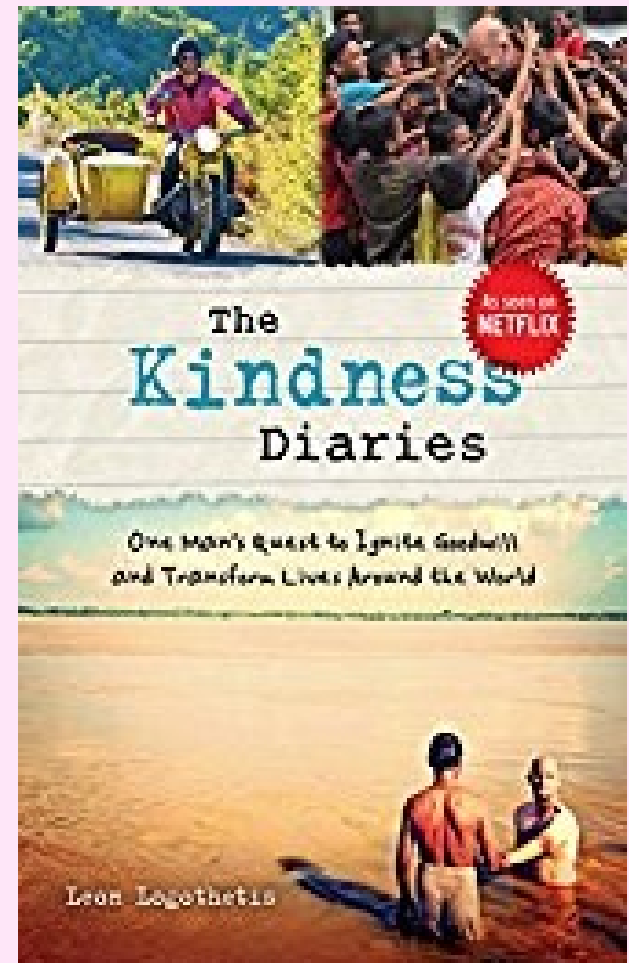
In one episode in India he was looking for a place to stay—wasn't having much fortune. Finally someone recommended he ask at an orphanage. So he went there and met with the Director. He noticed the children had no shoes, very little sporting equipment to play with and unsafe water to drink. He played some sports with the boys and was offered to spend the night.



***One man's quest to ignite goodwill and transform lives around the world.***

# The Kindness Diaries

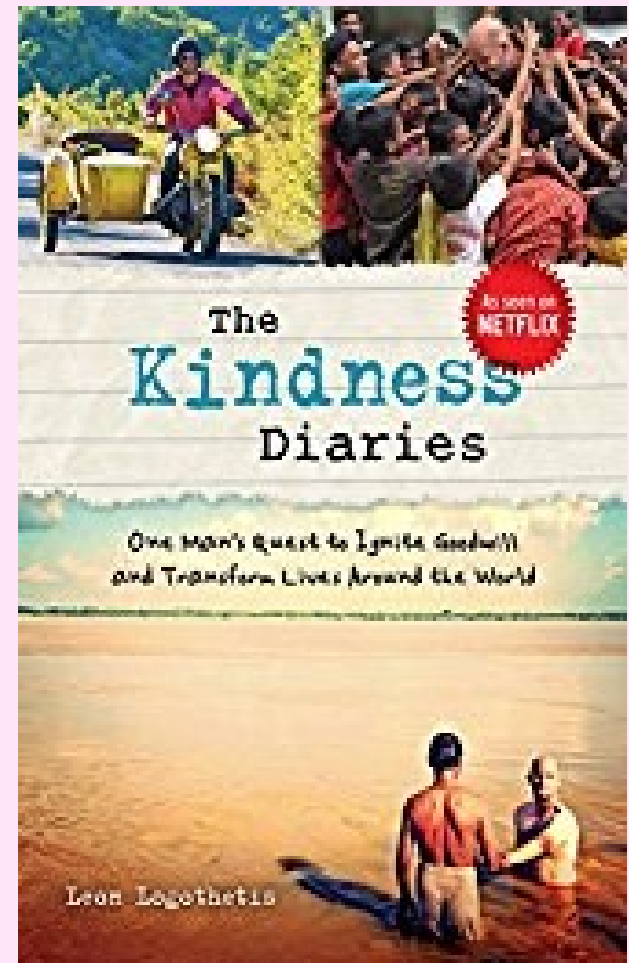
He saw how the man who ran the orphanage did so much with so little, yet has helped many, many children. As he was leaving, he told the Director that he and his film crew wanted to help the orphanage. They wanted to make a donation so they could have clean water for the kids. They purchased a water purifier. They purchased new sporting equipment and they purchased books for their library. At the end of the episode, they showed the children enjoying the donations.



***One man's quest to ignite goodwill and transform lives around the world.***

# The Kindness Diaries

*A short video.....*



***One man's quest to ignite goodwill  
and transform lives around the world.***

## Look Up and Look within to Understand the Full Nature of the Radiance of the Light Who You Are

“Do not look to others to fulfill who you are within the Sun of your divinity. But look up and look within to understand the full nature of the radiance of the light who you are. When you abide within this level of conscious living, then you, like Jesus, can bear joy to the world, can sing your song, can write upon the universe your own beautiful rendering of your artistic creation you live in consonance with the Presence, as you abide in harmony with the light within all life.”



# Everyday Saintliness

Yes, we have to look into our hearts and feel God's Presence, God's Love and God's Joy within. When we feel it deeply and it runneth over, we are able to share it with those around us in our Everyday life, our Everyday environment and our Everyday World.



# Everyday Saintliness

*Time for more sharing!*



## Extending Graciousness to Life

“Many of you are now attempting to be gracious within your lives. The grace of this graciousness flows through you through the power of the Holy Spirit. When you are gracious to one another, there is an aspect of God’s consciousness, as pure love, that flows from you and within your auric field to all life.



Extending grace through your hands, through your gestures, through your eyes, through your mindfulness—all of these circumscribed by love through your heart—affords every lifestream the essence of who you are; the joyful and aromatic scent of your true selfhood, one with God; and an amazing interplay of light that flows through that graciousness as a blessing to the soul and an uplift to the spirit.”



## A Quote from the Maha Chohan

“You see, blessed ones, when you are gracious, when you extend grace from your heart through the way in which you interact with others—your family, your spouse, your co-workers, your friends and especially those whom you do not know, whom you may be meeting somewhere along life’s path—there is an interchange that manifests through your auric field merging one with another whereby my Presence, yea, the Presence of the Holy Spirit, alights within that interchange and allows love, true divine love, to be expanded at the nexus of your communion.”



# Everyday Saintliness

There is actually a website called:

[Random Acts of Kindness.org](http://RandomActsOfKindness.org)

There is also an official World Kindness Day on November 13, 2017.

Mark your calendar and perform a Random Act of Kindness!



# Random Acts of Kindness

Ideas from their web site:

1. Let someone go in front of you in line who only has a few items.
2. Try to make sure every person in a group conversation feels included.
3. While you're out, compliment a parent on how well-behaved their child is.
4. Put your phone away while in the company of others.
5. Practice self-kindness and spend 30 minutes doing something you love today.
6. Leave a kind server the biggest tip you can afford.
7. Smile at five strangers.
8. Donate old towels or blankets to an animal shelter.



# Everyday Saintliness

I know that each and every person in this community is exceptionally Kind. We do share from our Hearts and that is what I Love about our community. We also have to extend that Love to others we meet in our day-to-day lives. Being Kind is about being Kind to Everyone, Everyday. When we give to others, we also receive. There are blessings waiting for us as we give and give. This is so true.



# Everyday Saintliness

A personal story:

Neighbors Helping Neighbors



# Everyday Saintliness

A short video: Twenty Random Acts of Kindness



## Loving-Kindness and Peace Open the Door to Greater Abundance

“As we model loving-kindness, that love and that kindness naturally draw, through the magnet of our hearts, love and kindness to us. At times that love and kindness come as gratitude from others for what we are giving and employing and radiating, and it may come in the form of abundance and the givingness of others.







# Thank You

Sonya Christian

Meru University Staff

The Hearts Center Creative Arts Team



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