

KINDRED SPIRIT
Inspirations

Each issue we select wise sentiments that resonate well and inspire us to live joyfully and with heart. If you have a favourite, email us at editor.kindred@gmail.com

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YOU CANNOT BE IN A STATE OF COMPASSION
IF YOU ARE IN A STATE OF REACTION.
CONVERSELY, YOU CANNOT BE IN A STATE OF REACTION
IF YOU ARE IN A STATE OF COMPASSION.

CULLEN BAIRD SMITH