

## **Nourishment for the Neshama**

**<http://lvracha.com>**

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### **Inspiration for Kindness - A Poem**

The world is round, the sea is green  
But we live in a system that can't be seen.

Power to torment, or power to be kind  
What we generate is justice that is not blind

"Do not do to others what is hateful to you"  
Is not just love but a description of truth.

Overcoming our instincts from anger to hate  
Reflects this wisdom and seals our fate.

Too idealistic you say? Too hard to do?  
The task is before us, it is reachable and true.

Our spirit is dulled, our focus compelled  
By lustful matters and a will that's rebelled.

Make kindness the effort, ask for our desires,  
Judge others favorably, behave above the mire.