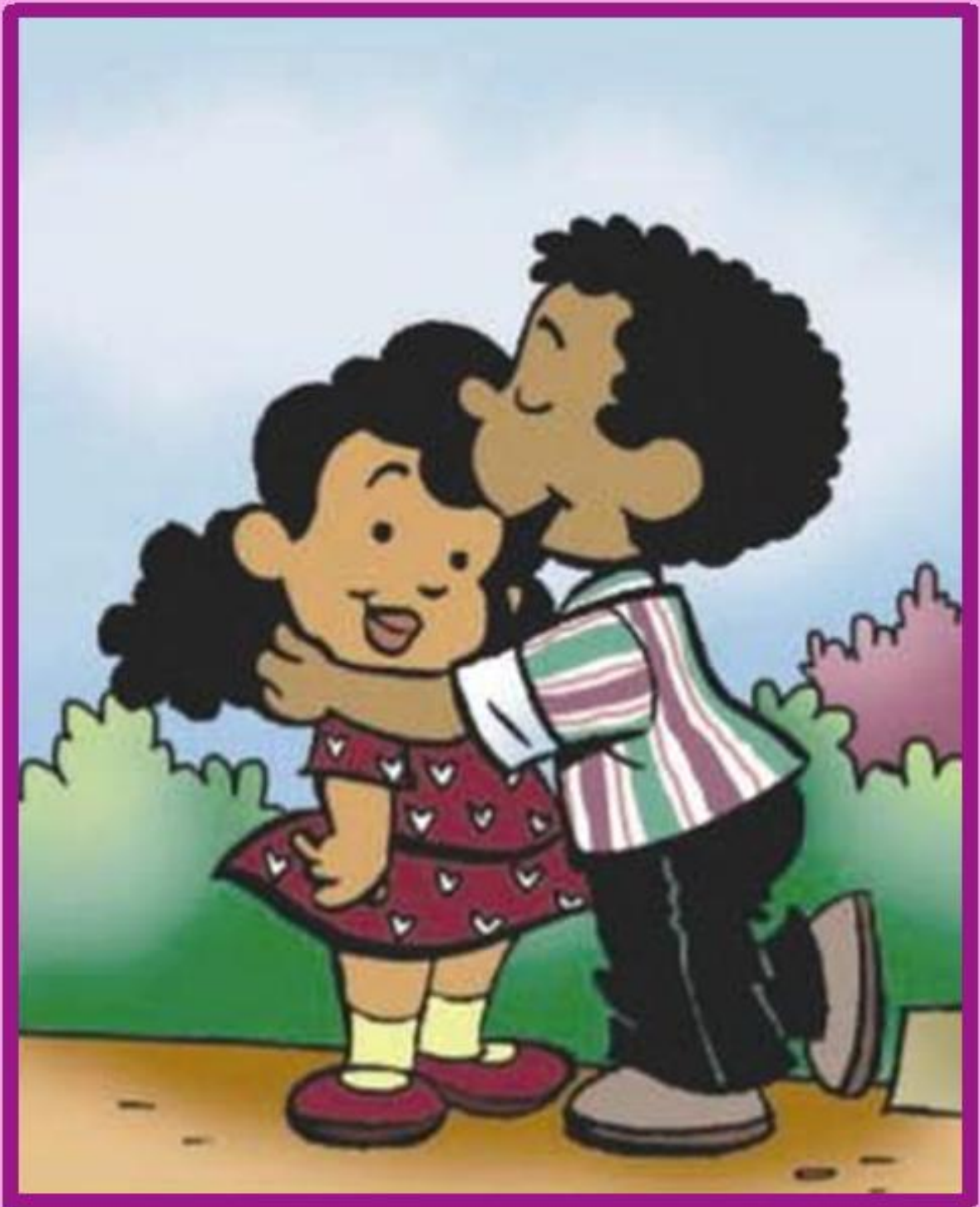# What is Kindness?
什么是恩慈?

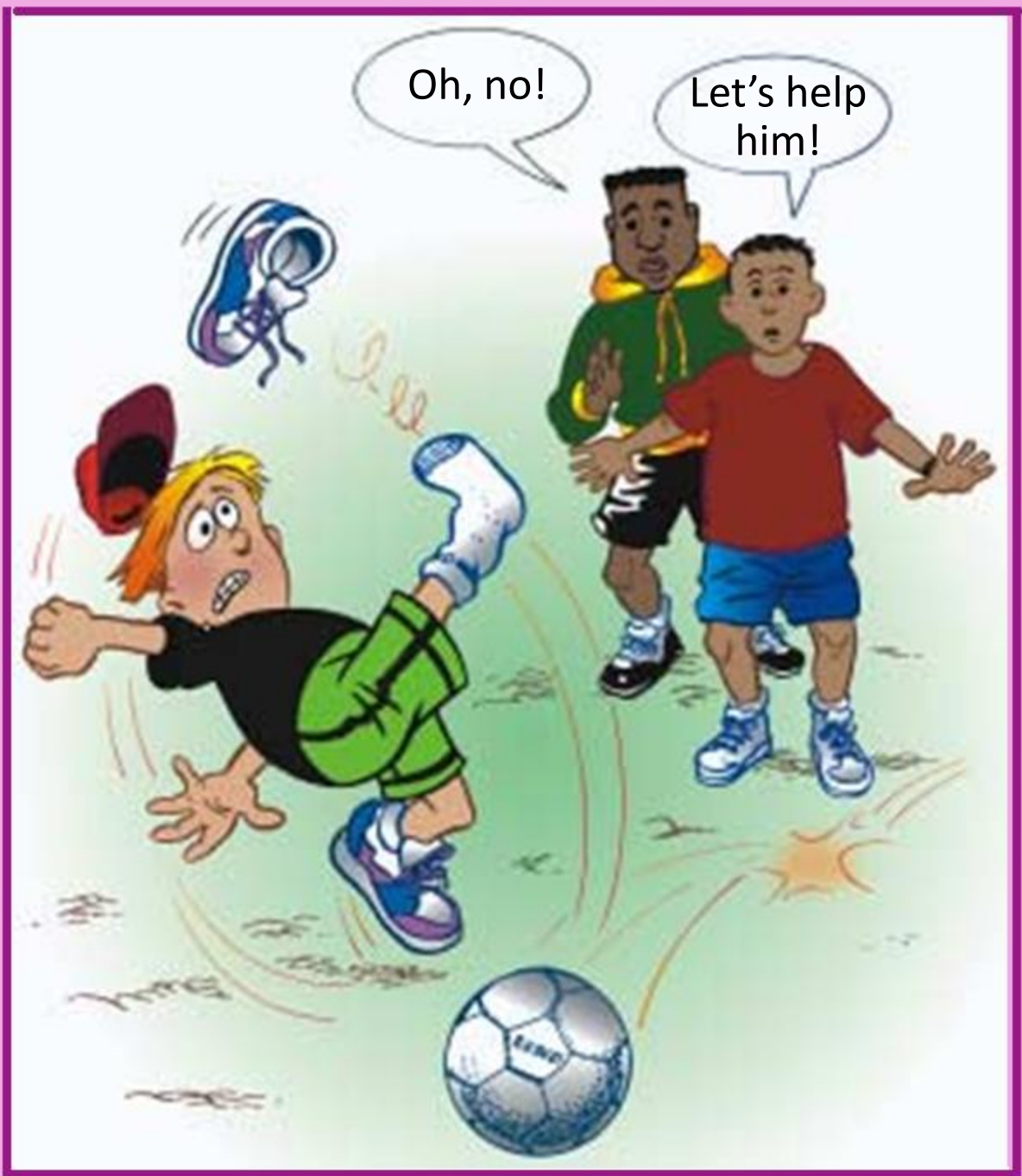恩慈是爱的行为。

Kindness is love in action.

恩慈是爱被转化成了日常生活的点点滴滴。

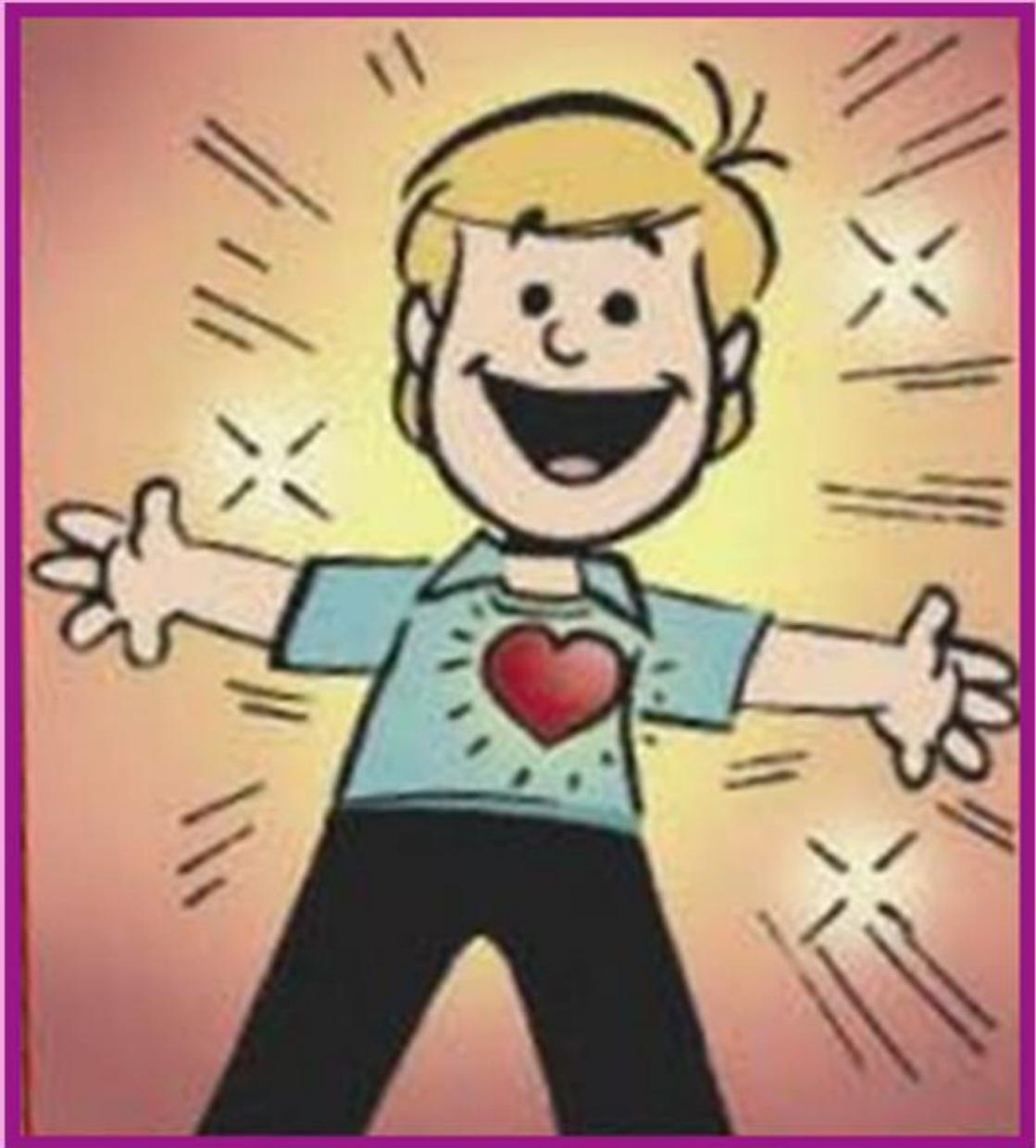Kindness is being considerate of others.

恩慈是体贴别人，它是生活的金科玉律：你们希望人怎样待你们，就怎样先待人。

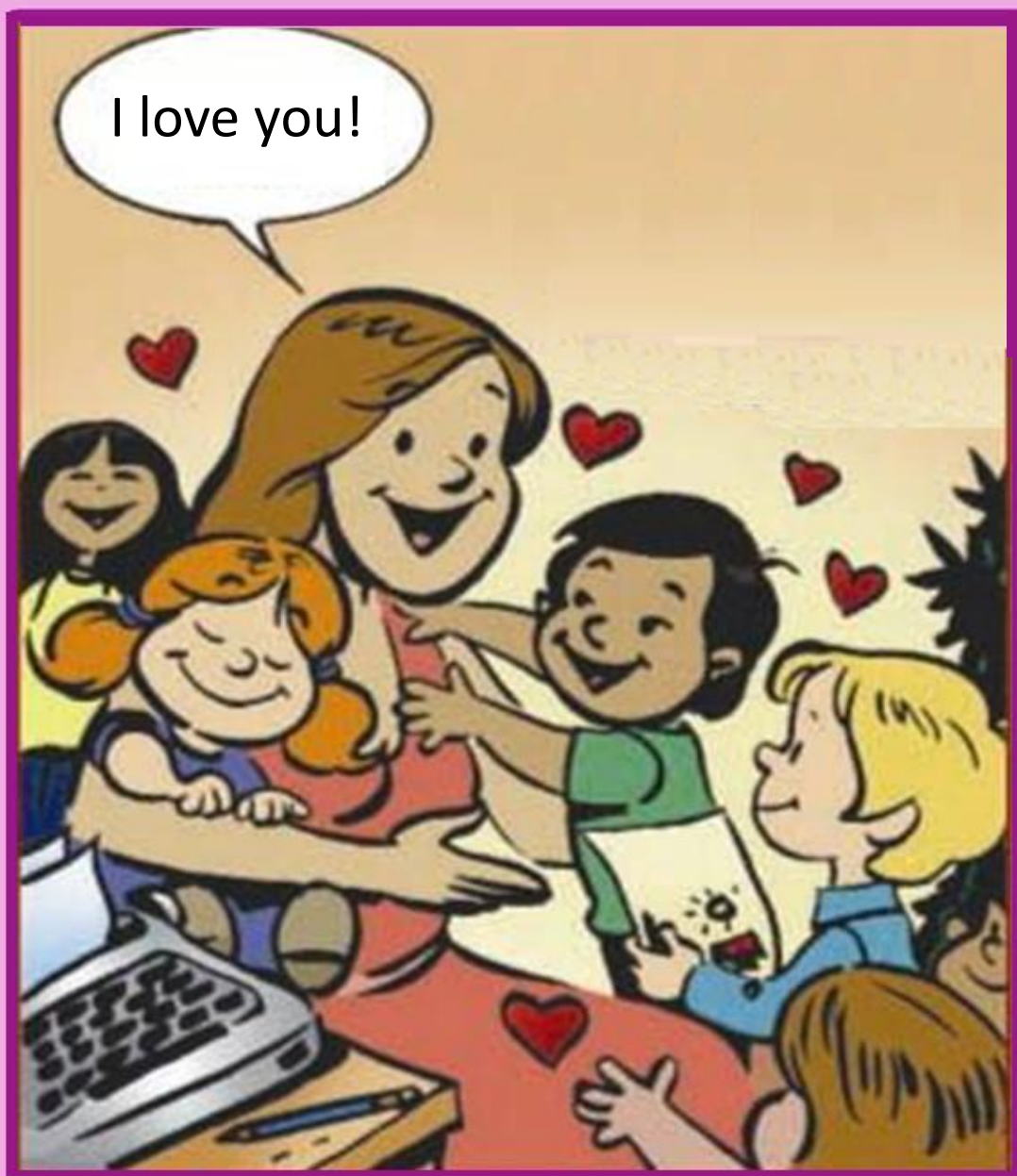Kindness is living the Golden Rule: Do unto others as you would have them do unto you.

恩慈是不挑剔别人的过错与毛病。

Kindness is turning a blind eye to the faults and mistakes of others.

仁慈是使我们想要做好事的一个深层愿望，
即使我们没有得到回报也是一样。

Kindness is an inner desire that makes us
want to do good things even if we do not
get anything in return.

你的善言善行会显示出你在乎别人的快乐与平安，也会使他们想以同样的方式对待你。

Your kind words and kind deeds tell others that their happiness and well-being are important to you, and that makes them want to respond in like manner.

Kind hearts are the gardens,
Kind thoughts are the roots,
Kind words are the flowers,
Kind deeds are the fruits.
Take care of your garden,
And keep out the weeds;
Fill it up with sunshine,
Kind words and kind deeds.

- Henry Wadsworth Longfellow

仁慈的心是花园，
仁慈的思想是在其中成长的根，
仁慈的话语是开放的花朵，
仁慈的行为就是结出来的果子。
要好好照顾你的花园，
不要让杂草丛生；
让它充满了阳光的照耀，
长满了仁慈的话语和仁慈的
行为。

--朗费罗