

# Always be a little more kinder than you can

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The recent news about the mother elephant who died while pregnant has left me speechless. What could have possibly been going through their minds? Imagine the trauma if this were to happen to you or someone you loved. Just because they are animals, we mistreat and abuse them, taking advantage of their lack of intellect and evolution. This is ruthless and tragic.

To have empathy and compassion for your surroundings first one needs to start from within. Your projections and reactions need an internal cleansing and rewiring at the subconscious level to think, feel and act differently. Only then can one respect, value and be grateful for everything around us.

