



**EDGAR'S
MISSION**

A FARM SANCTUARY

our mission is kindness



Kindness Kit

21 simple ways to be kind to animals!



Because life is better with kindness...

With difficulty hearing and a throbbing in my head, I found my frightened and confused eight year old little self in a strange and unfamiliar place – a hospital ward. I was about to be removed from my offending tonsils and adenoids. Cast adrift from my familiar world in a place that smelt weird and felt cold, despite the heating offered. Bewildered, and with a throat on fire I awoke to the terrifying thought “where on earth was I?” Then I looked around and saw a kindly nurse sitting next to my bed. She offered me a glass of water, and then placed a cool flannel over my burning forehead and spoke soothing words. I will never, ever, forget her kindness.

Since that day, the power of kindness has never been lost on me. A kindly smile, a simple gesture, a helping hand. Kindness is a gentle strength that dwells within us all, and just like our muscles the more we exercise it

the more it will grow and the benefits that flow are many fold; bettering lives, relationships and indeed the world.

Over the years I have come to recognise that regardless of form, every being who treads, flies, or swims upon this earth wants, needs and deserves kindness too! So wherever you are, whoever you may be, please come on board and help make kindness contagious. I guarantee you will feel better for it, because life really is better with kindness.

Yours in Kindness,

Founder and Director
Edgar's Mission
A farmed animal sanctuary

Why Being Kind Feels Good

You know the warm glow you feel after an act of kindness? Scientific studies have shown that there are many benefits of doing good for the body and soul.

Kindness boosts your serotonin levels, a chemical that makes you feel happy and calm. It also stimulates oxytocin, the ‘love hormone’, which helps to lower your blood pressure and improves heart health, as well as making us feel more optimistic

and confident. Endorphins reduce pain in the body, and reports show that stress, anxiety and depression are all decreased. Helping others can also increase your energy levels, and even make you live longer!

Studies also show that kindness is teachable to others, and it is contagious. Just by witnessing you performing an act of kindness, others will feel good and will be inspired to do something kind too!

“There’s no such thing as a small act of kindness. Every act creates a ripple with no logical end.” – Scott Adams



Why be Kind to Animals?

Here are some animals whose lives have been transformed by kindness.

From companion animals to farmed animals, marine life to wildlife - all are capable of a full range of emotions. They experience love, joy, grief, fear, and have complex ways of communicating.

By getting to know them, it's clear that each one is an individual who wants to live a meaningful and happy life, no matter what their species. So the real question is...if we could live happy and healthy lives without harming others, why wouldn't we?



Leon Trotsky

When Leon was a tiny piglet in a pig farm, his unwell mother fell on him, crushing his hind limbs but not his determination to live. Needing time for his growing bones to heal was counter to Leon's unfettered will to seek and explore. So a tiny cart was built to help him achieve his goals pain free and today, he no longer needs his rad wheels to get around.

Read his full story at edgarsmission.org.au/leon-trotsky

Finn

Finn, an oceanic blue shark, had been swimming freely in the depths of the Indian Ocean when he became hopelessly entangled in an illegal fishing net set by poachers. After struggling for hours, Finn had all but exhausted himself. That was until he felt the hands of a Sea Shepherd crewmember fighting to free him. When Finn was eventually released from the tangled net, he thanked his rescuer with a little kiss on her finger. The entire 5.5km of net that Finn was caught in was recovered and destroyed. Finn now swims happily in the ocean as one of the lucky ones.

Find out more at seashepherd.org.au/our-campaigns



Brad Pit

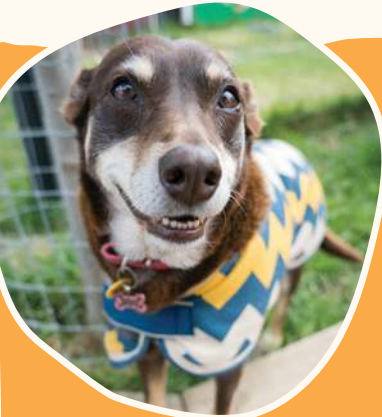
When a kangaroo fell down a mineshaft 7 metres deep, his desperate attempts to escape were futile. That was until he was happened upon by some children playing, who alerted local wildlife rescuers. Brad Pit was saved and cared for until he was ready to be released back to his home in the wild.

Read more at facebook.com/FiveFreedomAnimalRescue

Red Baron

Born a male in the egg production industry, Red Baron's fate looked grim indeed. Gassed, frozen and sold off as snake food, he somehow managed to survive and found himself in a safe haven at just two days old. Quickly showing himself to be endearing, trusting and vulnerable, this handsome rooster readily accepted the kindness of his favourite human... and her shoulder soon became his perch.

Read his full story at edgarsmission.org.au/red-baron



Vet Nurse Ruby

Ruby was purchased for a pretty penny as a wee pup. But when she failed her working sheep dog training, her human decided she was worthless and took her to another property where his friend was to shoot her. Pointing the gun at the trembling dog, something in Ruby's pleading eyes pierced his soul and he laid down his gun and found another option for her. Ruby has now found her place in the role she was destined for - sanctuary Vet Nurse, assistant tour guide and friend.

Read her full story at edgarsmission.org.au/ruby

Clarabelle & Valentine

Before arriving at sanctuary, Valentine's mum Clarabelle lived on a dairy farm. There, every baby she carried, gave birth to and nurtured would have been taken away shortly after birth so her milk could be harvested for human consumption. Clarabelle had passed her 'productive' days and was to be sent to market, already carrying a calf in her bulging belly. When Valentine was born, Clarabelle hid her precious secret to keep her safe. Years later, the two remain together in sanctuary, and their bond is stronger than ever.

Read their full story at edgarsmission.org.au/valentine



Leo Tolstoy

When a little lamb was found by a kind heart huddled by the side of the road near an abattoir, he was bundled up and was soon sanctuary-bound. Whilst a fracture confirmed Leo Tolstoy had landed on his tiny head, it appears he also landed on his tiny hooves. Leo's huge personality, independence and charm, plus his ability to knock on doors when he wants to come inside, continues to knock on the hearts of everyone he meets.

Read his full story at edgarsmission.org.au/leo-tolstoy

Miss Chief

The day the newly born Miss Chief rolled out the back of a truck that was slaughterhouse-bound was to be both her most terrifying and fortuitous. She was lucky to have been seen by a Good Samaritan and brought to Edgar's Mission, where she has become an ambassador for her kind as she merrily greets our many visitors.

Read her full story at edgarsmission.org.au/miss-chief



21 Steps to Kindness!

Being kind to animals has never been more simple. From easy things you can do now, to long term actions that will make the world of difference, you can go from awesome to hero in 21 steps.

For more details on each step, visit kindnesskit.org.au

Start here:



Well done!!!

The Golden Rules of Being Kind

- ✓ **Be kind to yourself.** It's ok to make mistakes - it's an opportunity to learn. Practising self-care including gratitude, mindfulness and meditation can help.
- ✓ **Be kind to others.** Humans are animals too! By being compassionate and not judging others, people will often be more open and kind in return.
- ✓ **Pass it on.** By spreading kindness to others, you will be inspiring others to do the same. To order a free copy of this Kindness Kit for someone else, visit kindnesskit.org.au



About Edgar's Mission

Edgar's Mission is a not-for-profit sanctuary for over 450 rescued farmed animals with a vision of a humane and just world for all. Since our humble beginnings in 2003, we

have rescued over 5,000 farmed animals in need. Edgar's Mission is set on 153 peaceable acres near Lancefield in Victoria's Macedon Ranges, and offer free sanctuary tours.

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