

What's in a smile?

A written word for #BeTheRipple
With Love

Have you noticed how when you smile how good it makes you feel? Have you noticed how when you smile and it is from the heart, how wonderful life can be?

And when that smile which is from the heart, is directed at another, like you, a human being, how much it lights up their face, their eyes shining bright, a connection made?

A smile given and a smile returned; An acknowledgement that we are in this place, in this world of work, in this life. Together.

A smile from the heart, can operate like a switch when you enter a room, because we are energy you see, that changes the temperature from ice cold to fire warm. A welcome presence.

A smile from the heart when shared can send a million messages in times most needed that say "it will be okay"; "life can be better"; "it will pass"; "you matter"; "you are welcome here"; "your opinion matters"; "you belong"; "you are loved."

Indeed, a smile from the heart sets up another human, because we are human, for a readiness to smile from the heart at another and another and another, creating a ripple that spreads kindness and acceptance.

A ripple that springs forth from a root of unconditional LOVE.