



daily GOOD

In ordinary life we hardly realize that we receive a great deal more than we give, and that it is only with gratitude that life becomes rich. --Deitrich Bonhoeffer

Meeting Michael: A Kindness Story

"I was sitting at my desk today, looking out the window. I saw an old homeless man crossing the street, carrying a suitcase. I remembered the many times I had looked on from afar, feeling sorry for the homeless but doing nothing... Sometimes we think about compassion but we push it into the deep corners of our heart because we're too busy with life, too shy, or too afraid of strangers. But all it takes is a little awakening... I did what I never thought I could as I'm an introvert and afraid of strangers. I burst out the front door and ran after the old man." That split-second decision led to a moving encounter that would blur the line between giver and receiver.

Be The Change:

The next time you have an opportunity to "awaken" to your own compassion, take it.