



daily GOOD

"Every object, every being, is a jar full of delight. Be a Connoisseur."

--Rumi

Thoughts and even subtle emotions influence the activity and balance of the autonomic nervous system (ANS). The ANS interacts with our digestive, cardiovascular, immune and hormonal systems. Negative reactions create disorder and imbalance in the ANS while positive feelings such as appreciation create increased order and balance in the ANS, resulting in increased hormonal and immune system balance and more efficient brain function.

Be The Change:

Smile at at least 20 people.