



daily GOOD

Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy. --Thich Nhat Hanh

A Tribute to Mr. Happy Man

For over thirty years, Bermuda's Johnny Barnes stationed himself every morning for six hours at a busy traffic intersection. He made sure to tell all who passed by that he loved them. His delight and sincerity were infectious, and the people of the island loved him back. His service was a simple reminder of the power of happiness and loving-kindness to change any day for the better. Though Barnes passed away earlier this week, his spirit lives on in this beautiful film, and in all the hearts he touched.

Be The Change:

Take a cue from Johnny Barnes: surprise a stranger today with a bright smile and a kind word.