

Did you know that the human brain is predispositioned to remember negative events? This dates back to our early primitive years where signaling early danger was crucial to our safety and survival. We must never close our eyes to the suffering of the world yet we must neither become blind to all the goodness that still prevails. There is another face to humanity too. And to testify this I wrote down each and every "goodness" I experienced and observed on my trip. I feel this a valuable exercise to wake up and boost the heart's natural capacity to love, care and help. Here are a few to share;

*the check in attendant allowed me to take my luggage as carry-on even it was slightly too large (saved me \$25)

*I hugged a honeymoon couple goodbye after we sat and chatted in the plane together

* an airport officer going way back to another unit to get my jacket that I forgot at the previous screening

* the jolly captains of the plane congratulating everyone for boarding in record time (12 min) with a full plane and asked us to applaud for ourselves

* Nelson who introduced himself politely when seating next to him on the next plane

* the flight attendant making different mistakes and she would joke about it and so would the passengers around

* spontaneous eye contact and smiles a few times on the airport grounds

* strangers starting random group conversations with each other while waiting in delay

* friendly food caterers giving me free hot water upon request (my new ayurvedic habit) even if it was closing time

* the cabdriver from Africa walking with me passed midnight in the pouring rain through the street, door to door to find the right housenumber of my bed n breakfast address.

* the busdriver letting me go pee while the bathrooms were way at the end of the hall and departure was in 5 min (I had to, the ride was 2 hrs with no stop)

*in Sedona: at the supermarket locals in line giving me their store membership number so I can get the grocery discount

*our teacher Sarah loading her car with the large garbage bags every day after the training so she can separate the garbage at her house for recycling

*on the way back I was the only one in the bus, so Paul, the driver, and I would listen to oldies music as he shared his inspiring lifestory with me and explained the history of the dramatic mountain landscapes we were driving through

Inspired?

I invite you to take the challenge ! Make *your* list of it's a good world, you'll be surprised!

I thank each of you brave ones from the depth of my heart, who choose every day to be friendly, hopeful, caring and loving even when sometimes there is no reason to and you still give your best to the world, you are my hero!

"Loving the world is a beautiful job, but someone's gotta do it"