

For the antidote.

These days, we focus on the Coronavirus and its effect on humanity. Scary stuff. Unfortunately, that is not the only dangerous toxin infecting people today. There is a cultural virus, equally or more contagious, that is causing great disconnect and divide in the world, and destroying souls in the process: Anger, intolerance, hatred and ill will. As if a biological nightmare was not enough.

But, while we have much to be concerned about, we have just as much to be optimistic about. Because you wanna know what else is also super catching? Kindness. When we are kind to someone, chances are that that someone will show kindness in turn. Kindness brings joy and peace, and it's synonymous with tolerance. Also, guess what? Scientists say that warm-fuzzy feeling we get from performing such an act strengthens our emotional immune system. I think probably our physical immune system too. Plus it's a twofer — acts of kindness bless both the giver and receiver.

If there is something to be caught, let's hope it's happiness from a spreading kindness contagion. Spreading a dose of goodness every chance we get might just do it. It's the compassionate way of God. So people, yes, let's wash our hands. A lot! And let's be kind. Let's please be kind.

For kindness, the antidote to our cultural dysfunction, today and always, I am thankful.

What are you thankful for today?

Until next Thursday's post…si Dios quiere.

"Do not let kindness and truth leave you; Bind them around your neck, Write them on the tablet of your heart."
-Proverbs 3:3

"Today I bent the truth to be kind, and I have no regret, for I am far surer of what is kind than I am of what is true."
-Robert Brault

"Do not be daunted by the enormity of the world's grief. Do justly, now. Love mercy, now. Walk humbly, now. You are not obligated to complete the work, but neither are you free to abandon it."
-Rabbi Tarfon



[Note: By the way, in case you're not Spanglish-speaking, "si Dios quiere" means God-willing. Mom finished most of her sentences with that phrase. I added it to my sendoff

> in her honor after her passing].

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