

If we truly want to grab on to joy and be free of negativity, we only need to do one thing: wake up each day with the intention of loving others well. Once we do that, we find kindness is like a figure 8. We begin the day thinking we are out to make life better for others, and end the day realizing the one who really benefited was us.

We walk down the path to help someone else along the way, but we are the ones getting our soul fed. We are the ones whose joy has radically increased.

The Negativity Remedy

Nicole Phillips



Our happiness isn't based on how others treat us; it's based on how we treat others and how we treat ourselves. When you latch on to kindness, you have a great tool at your disposal. It calms the places that are judgy and bitter and fills the places in your soul that are empty.

The Negativity Remedy

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Make a decision to stop saying negative words. It's like recovering from an addiction; you have to decide at some point that the way you've done things in the past is not the way you want to do them in the future. Enough is enough.

Start with a little self-monitoring.

Was that comment true?

Was it helpful?

Was it kind?

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Several years ago I read a story about a group of salesmen leaving a convention and were late to O'Hara airport for their flight home. They began to run through the busy airport, and crashed into a table stacked with beautiful gift baskets of apples, overturning it.

Apples bounced everywhere, but the men kept running. All except one. He stopped and told his companions to go on. He found the young boy who managed the apple stand on his knees, in tears, groping for the scattered apples.

The salesman got on his knees beside the boy, gathered apples and baskets, and helped him set up the display again. He opened his wallet and placed three large bills in the boy's hand. "It will more than cover the cost of the damage. I'm very sorry we messed up your day."

We walk down the path to help someone else along the way, but we are the ones getting our soul fed. We are the ones whose joy has radically increased. The salesman turned back to the lobby to arrange for a new flight home. He hadn't walked far before the boy called out,
"Mister, are you Jesus?"

Story from Brennan Manning, quoted in [*A Life Beyond*](#)
David Jeremiah