

Never, ever underestimate how powerful it is to pause, notice someone, and ask "How are you doing, really?" We need to practice seeing each other more.

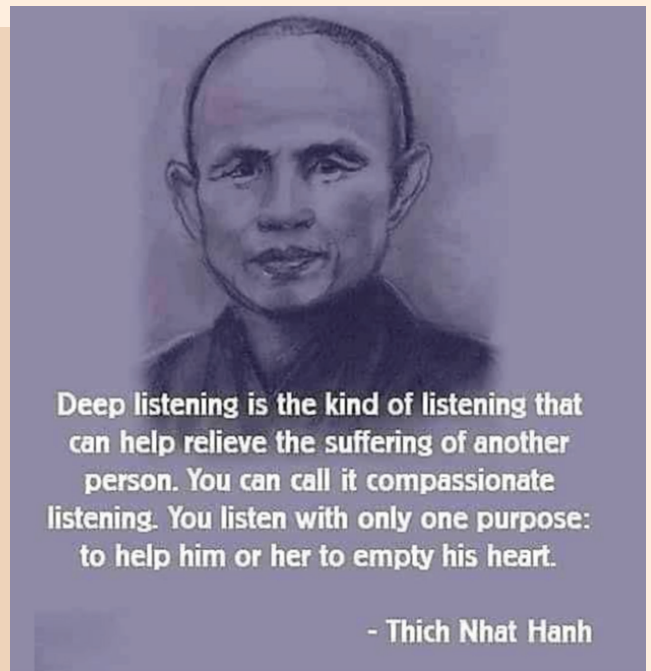


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Maneé Hoffmann

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Deep listening is the kind of listening that can help relieve the suffering of another person. You can call it compassionate listening. You listen with only one purpose: to help him or her to empty his heart.

- Thich Nhat Hanh

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SAY IT

Never be afraid to let someone know, if they brightened the room they just walked into. Or if something they said, inspired you to change. Never be embarrassed to share a compliment with a stranger and don't ever fall into the trap of believing that the people you love know that. Say it. Always say it. Your words may land a little awkwardly at first but in the dark of the night those seeds will plant themselves into someone's mental garden and start to bloom. Sow seeds, wherever you go.

Donna Ashworth



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Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.

- Leo Buscaglia

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