

A Quarter Smile!

Have you ever been walking along and found a penny on the ground? Sometimes it might even be a dime. When I find a dime, I have to say something if I'm with someone else. It's not a taunt but more of a "Isn't it great? I just found a dime!" I even find myself smiling for a few minutes after the treasure is locked away in my pocket.

As I walked down the aisle of a local department store recently, I passed a lot of people looking down – frustrated expressions – counting pennies as they picked up items for the shopping cart. Seldom did I see a smile. (I even heard one woman say she was going to smack her child if he didn't behave.) What takes us to such a place emotionally? Is it the busy schedule we must keep to stay even with life? Is life just a mundane collection of days through which we pass in order to pay our dues? Is there more?

I am trying an ongoing experiment you might have fun joining. First, I must find something in my day to be pleased about. Second, I put up a smile that is easy to walk around with. (Not a big grin – people will think you're up to something.) Third, say hello with that smile on your face and watch the other person's smile appear. I have had an entire aisle at the grocery store smiling – it works.

Not every person will be able to smile back. Sometimes life is just a little heavy for a light heart. Your smile though, even if not returned, will lift a little of that person's burden. Isn't part of our purpose on this earth to bear a little of each other's burden? When we reach out to each other we allow others to reach out to us. I don't expect to be joining hands and singing Kum-baya in the grocery store aisle but it's nice when someone says hello.

A good life statement might come from the movie "Forest Gump." You know the one about the chocolates. You might not always know what you're gonna' get, but count on it to be sweet if you let it. Just a final note – Yesterday I found a quarter on the street. There's going to be a lot of smiling next time I go the grocery store!