

Kindness Connects With Rice?

Kindness today is something of rarity, and oftentimes mistaken for flirtation. As time goes on and the world around us progresses, people become more and more nasty, there is less and less of kindness. People will look at you funny or treat you weird for simply trying to be nice to them and it's sad. People are becoming more and more self absorbed, self centered, selfish, and the feeling of entitlement grows stronger. Simply just smiling at somebody and acknowledging them can change their whole day and you don't even know it. Simply telling somebody that you appreciate them and what they do could change their whole week, and it goes a long way. Studies show that when you treat others with kindness and do nice things for people to help them, that person, and you both feel better. Not only does it go a long way for them, but it also goes a long way for you. Let me tell you something, the power of human energy is extraordinary and incomprehensible. There's a test that has been conducted many, many times, and it always seems to get the same results. This test or experiment is known by different names depending where you are in the world. Some simply call it the rice test, some call it the rice consciousness test. Anyway, you take one small jar, fill it with plain white rice and a small amount of water, label it "hate" or "I hate you."

Then you take another jar of the same size, fill it with the same amount of plain white rice and water, label it "love," or "I love you." Every day around the same time you pick up the jar labeled "hate" and say "I hate you," pick up the jar labeled "love" and say "I love you." Within a few days to a week or two, the jar labeled hate will now contain rice that has rotted while the jar labeled love will have a sort of yellow glow and will remain fresh. Somehow the water molecules understand the energy you're giving off and takes its form. Now, the human

body is $\frac{2}{3}$ water, and planet earth is 97% water. So it makes sense that people's thoughts, words, and actions can literally change the world, right? If everyone on earth did something kind for someone everyday, it makes sense that naturally, people would be happier and maybe even love and appreciate each other more.

So, since the studies show that doing kind things for people not only makes them feel better, but you as well, it makes sense that my example and these studies are connected, right? Being kind to somebody, will go a long way for both you, and them, making them feel better about themselves, like someone cares and that they are appreciated, they may even appreciate themselves a bit more. The individual that's day is now brightened due to your kindness and generosity, will most likely pass that on to someone else, and they will pass it on to another... and another... and the cycle repeats. This, is how simply being kind, could literally change the world.