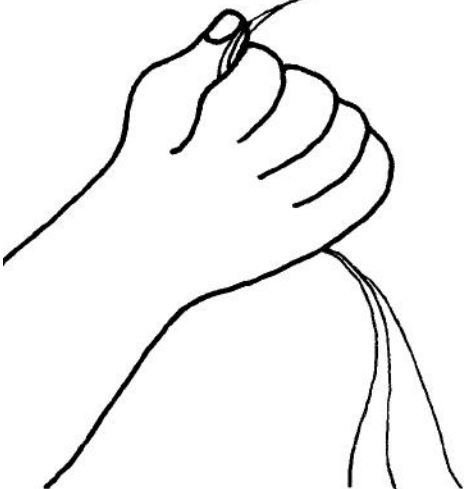
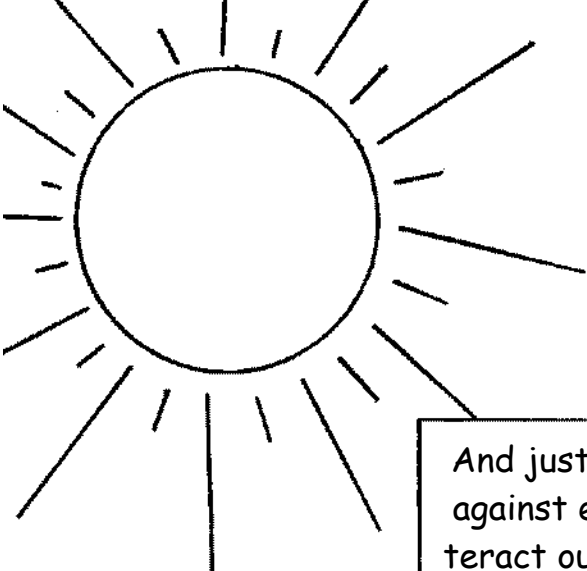


People's moods are like balloons in a way – they contract and expand, deflating with one mood as they fill up with another. There's only so much emotion our brains can hold, so the more you fill someone up with sad emotions, the less room there is for happy ones, and the more a person is pumped up with happiness, the less room they have for bad emotions like sadness or anger.





And just like a bunch of balloons kissing up against each other in a group, as people interact our moods are constantly bumping up against each other, rubbing off one on another. Other people feel whatever emotions you put out there, just like you absorb the emotions of all those around you. We can't help but leak into each other.

So the more you treat others with kindness and love, the more these good vibes will be reflected back to you. We should remember this if someone is floating their grumpy balloon, or you see someone swelling with sadness. Nothing works better at popping sad or angry or grumpy balloons than love or kindness or understanding. Let's suck that negative air right out of their head, and fill it up with joy instead, until there's no room for anything else. Let's make sure that in everything we do we're inflating each other's balloons with the kind of good feelings we want to feel!

