



=====

Remember the Power of A Smile

=====

I placed the items on the moving belt. Slowly my packages moved towards the cash register.

The cashier was tired. I could see it on her face. It was towards the end of her shift. She had no doubt been standing and ringing the cash register all day. I know the cash registers don't ring anymore, they are computerized, but when I worked as a cashier, they rang. . . . So she rang the cash register.

I am sure she had duties to perform when she arrived home. Even punching the clock would not likely stop the work.

My four-year-old grandson, Trasca, was with me.

She performed her job with all of the speed tired muscles and weary spirit could summon. Trasca stood in front of her across the belt. His tiny frame was inches below the top of the moving belt. I don't know what made him move away from me and stand there. Children can at times move more on instinct than logic. He stood there looking up.

Sensing something. She looked down. "**Oh my God, look at that SMILE !**" she exclaimed. She changed. The tiredness left. The dreariness left. She appeared as fresh as if she had just walked through the door.

Trasca continued standing and smiling. She continued to be revived. It was a Spectacular Moment. I saw not the power of a child, but the power of a pure smile. You have the same power.

Each day you will meet someone who is tired, weary, and dreary. Remember, you have the power of a smile. For many, the first tired, weary, dreary person you will meet will be in the mirror. Even in the mirror, the power of a smile still works.

When you have a huge smile, the muscles of your face contract on a special gland in the brain that releases a hormone in the brain that eases stress and causes a slight euphoric high.

Is that true? I don't know but that's sure what it feels like in my brain. Smile real big right now and see if that gland is in your brain too.

She was still bubbling as we walked out of the store. Trasca never said a word. He only smiled. Remember Trasca when you meet your weary person each day. Remember the power of a smile. Remember you have it. . . . Remember someone needs it. . . . Just Remember.

~ Hope You Enjoyed ! ~