My Mother slipped away on August 1, 2011 at a local hospital in the ICU unit. For nearly eight months, I had no need to drive by or visit anyone in that hospital. I tried to eat carefully and take care of myself, so that I too would not have to return there for any illnesses.

Right before, Mother’s Day, May 2012, my mother in law got ill and was admitted into the same hospital. I wasn’t early morning rituals around the house, I saw some silk flowers laying around my garage. Then I noticed some empty vases that were laying across from the box of flowers. My inner voice suggested that I put them together and make an arrangement for not only my mother in law but also for a sick aunt in law.

At first, I thought the idea was silly since I really hadn’t kept in touch with the family much. I had sent some cards out for the holiday but that was going to be my limit on giving.

I walked over and cleaned the vases and started making floral arrangements and before I knew it the task was completed and the flowers looked beautiful.

I got excited, got dressed and headed to the hospital. My mother in law’s eyes lite up, when she saw me walk through that hospital room door with a vase full of flowers. Her appreciation for the visit, along with the flowers, was overwhelming. We spoke of many things and the conversation inspired me in so many ways.

You know, I am so glad that I listened to my inner voice on that early morning. Not only did I help to brighten someone else’s day with an act of kindness, but I received some enlightenment for myself also.

The same response was gifted back to me with the visit to my aunt in law. Their children, family and friends have also heard of that day. And I am grateful that I was allowed the opportunity to be a vessel to deliver some happiness to others.

In return, I went to sleep appreciating that one thought per day, if we choose to follow it, can guide us into a path that can bring kindness, encouragement and other wonderful fruits of the spirit to someone who may need to receive that gift. And as we give, so shal we receive. If not now, then certainly, later.