

## Doing Something Good Revitalizes You



Research shows that those who engage in volunteer activities are likely to have enhanced immunity, to live long, and not to develop dementia.

We all have an experience of feeling better after doing something good for others regardless of whether our deeds are big or small. Through helping other people and seeing them become happy, we will naturally feel happy as well. All of us are endowed with a kind heart by nature—we are just not very good at expressing it through actions.

Let's give it a try. Why don't we increase our immunity and revitalize ourselves?

Tenrikyo, the Teachings for the Joyous Life

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*People will grow if you nurture them.  
Nurturing others requires sincerity.  
Sincerity is tending. Tending is to apply  
fertilizer.*

—Osashizu, June 24, 1890



Whether we are nurturing a child or an adult, they will grow if we nurture them, and they will not grow if we do not nurture them. Nurturing others requires the sincere efforts

of those who raise them. Unless we provide care and support appropriate for the growth of the people we are nurturing, we cannot ensure their healthy growth or development. When they are feeling down, we need to give them words of encouragement, and when they appear impatient, we need to give them some advice. When we use our voice to give nurturing care, the voice becomes their fertilizer. Our words are indeed important. Yet, just as plants and trees need adequate amounts of fertilizer, our words should not be too much or too little for them.

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