

# Heart of Gold



**H**ave you got a heart of gold? It may be an odd saying, but everyone knows that having a heart of gold means a person is kind, giving, and helpful. You may know someone that read a book, or had a significant illness and it changed their approach to giving and acquiring "things". Or you may know someone that has been a "giver" since childhood, the child that gave away toys and books – and lunch!

Research has shown that giving makes people feel good and we know that "... giving from the heart, without strings attached or expecting something in return, results in the release of hormones such as oxytocin - also known as the cuddle hormone. In a recent study, participants were given either an injection of oxytocin or a placebo. Those receiving the oxytocin were 80% more generous than those receiving the placebo."

When you think about becoming more charitable, you may wonder if you've got "the right stuff" – after all what came first, the act of giving or charity in the heart? Newer research from Harvard has found that giving actually creates a positive feedback loop "with happier people giving more, getting happier, and giving even more".

Make the commitment now to help yourself by helping others. You can start today and science tells us that any form of giving without expectation has those wonderful happiness and healthiness benefits. In the words of a popular 70's song "C'mon Get Happy!"

Sources: [www.metaphysics-for-life.com](http://www.metaphysics-for-life.com)  
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