

Why FMs make me cry.

I LOVE the Internet. Oh, sure. I've been known to grouse about a hyper-connected world, about the need to "unplug" but truthfully, I don't complain very often. The Internet has made my life easier in so many ways.

It has also delivered to me entertainment that brings me joy. Take Flash Mobs, for example. If you don't know what they are, Wikipedia defines them as follows:



A **flash mob** is a group of people who assemble suddenly in a public place, perform an unusual and seemingly pointless act for a brief time then quickly disperse, often for the purposes of entertainment, satire, and artistic expression. Flash mobs are organized via telecommunications, social media or viral emails. (Note: not to be confused with **smart mobs** that are organized as publicity stunts or political statements.)

Here is a link to the very first Flash Mob I ever saw, several years ago:

<http://www.youtube.com/watch?v=jwMj3PJDxuo>

It moved me to tears. I react the same way every time I see one (even if I've seen it before!). The question is, "Why?"

When things move you to tears that's a clue that whatever you are focused on is putting you in touch with your Source Energy. My thoughts, as I watch these videos run along the line of:

This is amazing! They do this for the sheer enjoyment of it and to bring pleasure to others.

Look at the childlike wonder on the faces of some of the observers! This is Source Energy communicating through these people.

How fun!

There is indeed hope for the human race if we can conjure up something as incredible as this.

The Law of Attraction dictates that you get more of what you focus on. When I watch Flash Mobs, I am attracting more fun and more childlike wonder. Contrast that to what I would be attracting if I watched a distasteful or violent video (not to mention the News).

With so much pain in the world already, why invite more? Pay attention to your emotions and only feed your mind things that make you laugh or move you to tears.

Here is my favorite (so far) Flash Mob. I invite you to send me yours. Go ahead. Make me cry!

<http://www.youtube.com/watch?v=kbJcQYVtZMo>