

Am The Big Heart - Spreading Love and Positivity

Are you ready to embark on a journey filled with love, compassion, and positivity? Look no further, because Am The Big Heart is here to brighten your day and make the world a better place for all of us. In this article, we will explore the mission, values, and impact of Am The Big Heart, as well as the inspirational stories that have touched countless lives. Get ready to be inspired!

The Mission of Am The Big Heart

Am The Big Heart is on a mission to spread love, kindness, and positivity throughout the world. With a strong belief that small acts of kindness can create a ripple effect, this organization strives to make a difference in people's lives by offering support, encouragement, and compassion in various ways.

Whether it's through providing emotional support to those in need, promoting mental health awareness, supporting charitable causes, or simply brightening someone's day with a heartfelt gesture, Am The Big Heart believes that even the smallest acts of kindness can have a profound impact on individuals and communities alike.



I Am the Big Heart by Elaine Equi(Kindle Edition)

★★★★☆ 4.6 out of 5

Language : English

File size : 2056 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Print length : 98 pages
Lending : Enabled



The Values of Am The Big Heart

At Am The Big Heart, the core values that guide their actions and initiatives are love, empathy, and inclusivity. They believe that love has the power to heal, uplift, and create positive change in the world. Through empathetic and compassionate actions, Am The Big Heart aims to make everyone feel valued, accepted, and appreciated for who they are.

Inclusivity is another fundamental value of this organization, recognizing that diversity is what makes the world beautiful. They strive to foster an inclusive environment where people from all walks of life can come together, share their stories, and support one another.

Bringing Love and Positivity to the World

Am The Big Heart has been making a significant impact on individuals and communities around the world. Their initiatives range from organizing volunteer events to supporting local charities and individuals in need.

One of their heartwarming projects is Love Bags for the Homeless. They distribute bag packs filled with essential items such as food, clothing, hygiene products, and encouraging notes to those experiencing homelessness. These Love Bags not only provide immediate support but also aim to foster a sense of dignity, reminding those in need that they are not alone and that someone cares.

Am The Big Heart also actively promotes mental health awareness. They understand the importance of mental well-being and work towards eliminating the stigma surrounding mental health issues. Through online campaigns, workshops, and support networks, they provide resources and encouragement to those struggling with mental health challenges.

Inspiring Stories of Love and Kindness

Am The Big Heart has touched the lives of countless individuals, and the stories of love and kindness that have unfolded are truly inspiring.

One such story is that of Sarah, a young single mother who was facing financial difficulties. When Sarah reached out to Am The Big Heart, they provided her with financial assistance and connected her with local resources for further support. Through their compassion and empathy, they gave Sarah hope and the belief that she was not alone in her struggles.

There are also stories of individuals who joined Am The Big Heart as volunteers and discovered their own purpose in spreading love and positivity. Jack, a retired teacher, started volunteering at a local nursing home after being inspired by Am The Big Heart's initiatives. He now spends his days brightening the lives of elderly residents, showing them care, and reminding them that they are loved.

The Power of Small Acts of Kindness

Am The Big Heart understands that small acts of kindness can create a ripple effect that reverberates throughout our world. By spreading love and positivity, they hope to inspire others to do the same. No act of kindness is too small, and everyone has the power to make a difference.

Whether it's a smile, a kind word, or a thoughtful action, Am The Big Heart believes that each act of kindness can contribute to a more compassionate and harmonious society. They invite everyone to join this movement and become part of something bigger - something that has the power to transform lives.

Am The Big Heart is an organization dedicated to spreading love, kindness, and positivity to people from all walks of life. Through their mission, values, and inspiring initiatives, they have created a global movement that aims to make the world a better place. Join them in their quest to spread love and positivity, and together, let's make a difference, one small act of kindness at a time.



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A love story to the emotional self—this heart is tender, but it also has a savage bite.

What does it mean to be the big heart? Or to hope to be the big heart? Or to fail to be that big heart? How far can a heart stretch? How does being a parent stretch it further? How does a heart manage under the pressure of

children, of self, of hospital technician, of partner, of death? In this collection, big heartedness is both demand and desire. It emerges from family life—the kid who says to your face that she prefers her other parent; the father monkeying around in the art gallery; the mother who “gets on with it” in silence; the husband, distant and intimate under the marriage yoke. There is also in this collection the stirring of wilder desires than family is supposed to nurture, feelings more fiercely self-assertive than a parent—a mother particularly—is supposed to admit. This collection asks how to rise to the occasions that family presents and also how to let oneself spill over the bounds of familial roles.

Venart’s poems reach into the past but don’t get lost there; they look the present in the face—they have to: the clock is ticking, the children calling, there are hot dogs to be sliced and the dog won’t walk itself. The title is ironic. And also kind of secretly stoically hoping that it's not ironic. But it is:

...And now everyone is arrow
arrow, arrows. Everyone harpoons.
And I am the big heart, aren't I?
When my black dog was being put down, in her last
second I whispered, Squirrel.
(from “Epiphany”)



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