In reading these lines, it is clear to me that to keep a constant stae of happiness and to keep bad actions/thoughts at bay, we must try to think positively. If somebody else is being negative and you encoourage this negativity by agreeing or even feeding this negative pattern, you are held accoutable as much as the person professing the negativity. In a teaching environment, i feel 'what goes aound comes around', so by spreading positivity throughout your dialect with students, the feedback should also be mostly positive. In sum, encouraging positive comments/behavior and letting go of the negative, ensures a positive relationship with students and people you surround yourself with