

BE A HERO FOR A BETTER WORLD

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"We often think of peace as the absence of war; that if the powerful countries would reduce their arsenals, we could have peace. But if we look deeply into the weapons, we see our own minds - our prejudices, fears, and ignorance...Seek to become more aware of what causes anger and separation, and what overcomes them. Root out the violence in your life, and learn to live compassionately and mindfully."

-- Thich Nhat Hanh

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...every act of compassion makes a difference...every day counts for a better world...

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