

# BE A HERO FOR A BETTER WORLD

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**"There is a criterion by which you can judge whether the thoughts you are thinking and the things you are doing are right for you. The criterion is: Have they brought you inner peace?**

**If they have not, there is something wrong with them -- so keep seeking!**

**If what you do has brought you inner peace, stay with what you believe is right."**

**-- Peace Pilgrim**

## Do One Thing for a Better World

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

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