

# BE A HERO FOR A BETTER WORLD

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**"Our times call for the transformation of rallies, protests, and marches into massive, intentional sacred healing rituals, in which we ally ourselves with all humans, the compassionate spirits, the ancestors, and the spirit of the earth and stars."**

**- Lenore Norrgard**

## **Do One Thing for a Better World**

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

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