

*Don't look around and see what the world needs.*

*LOOK at what you need to truly come alive*

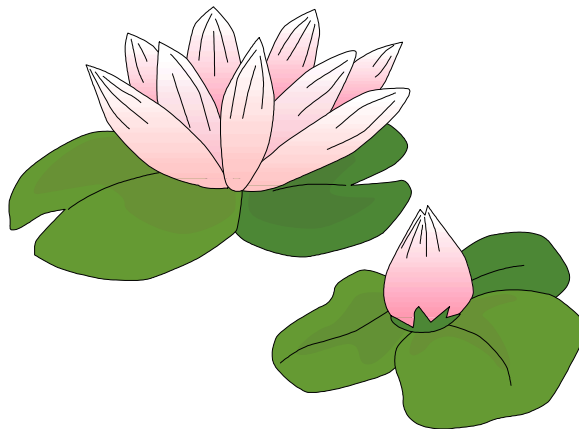
*and give that to yourself,*

*because what the world needs is...*

*“truly alive people”,*

*and give that gift to the world!*

*-- Harold Thurman Whitman*



**Be yourself.  
Life is precious as it is.  
All the elements for  
Your happiness  
are already here.**

**There is no need to  
Run, strive, search, or struggle.  
Just be.**

**Thich Nhat Hanh**