



*We have a tendency to think in terms of doing and not in terms of being.*

*We think that when we are not doing anything, we are wasting our time.*

*Our time is first of all for us to be. To be what? To be alive, to be peaceful, to be loving.*

*And that is what the world needs most.*

*Thich Nhat Hanh*

*1926 - 2022*