



daily GOOD

If beings knew, as I know, the results of giving & sharing, they would not eat without having given. Even if it were their last bite, their last mouthful, they would not eat without having shared, if there is someone to receive their gift. --Buddha

Psychiatrists have discovered a biological basis for altruistic behaviour that suggests we benefit from performing seemingly selfless acts.

Be The Change:

Read about what Catherine Ryan Hyde calls 'Pay It Forward':
<http://www.payitforwardfoundation.org/home.html>