



## daily GOOD

Let your love flow outward through the universe,  
To its height, its depth, its broad extent,  
A limitless love, without hatred or enmity.  
Then as you stand or walk,  
Sit or lie down,  
As long as you are awake,  
Strive for this with a one-pointed mind;  
Your life will bring heaven to earth.

--Sutta Nipata

**A Limitless Love**

**Be The Change:**