



## daily GOOD

There is no fire like greed,  
No crime like hatred,  
No sorrow like separation,  
No sickness like hunger of heart,

And no joy like the joy of freedom.  
Health, contentment and trust  
Are your greatest possessions,  
And freedom your greatest joy.

Look within.

Be Still.

Free from fear and attachment,  
Know the sweet joy of living in the way.

--The Buddha -- from the Dhammapada, translated by Thomas Byron

**Be The Change:**