

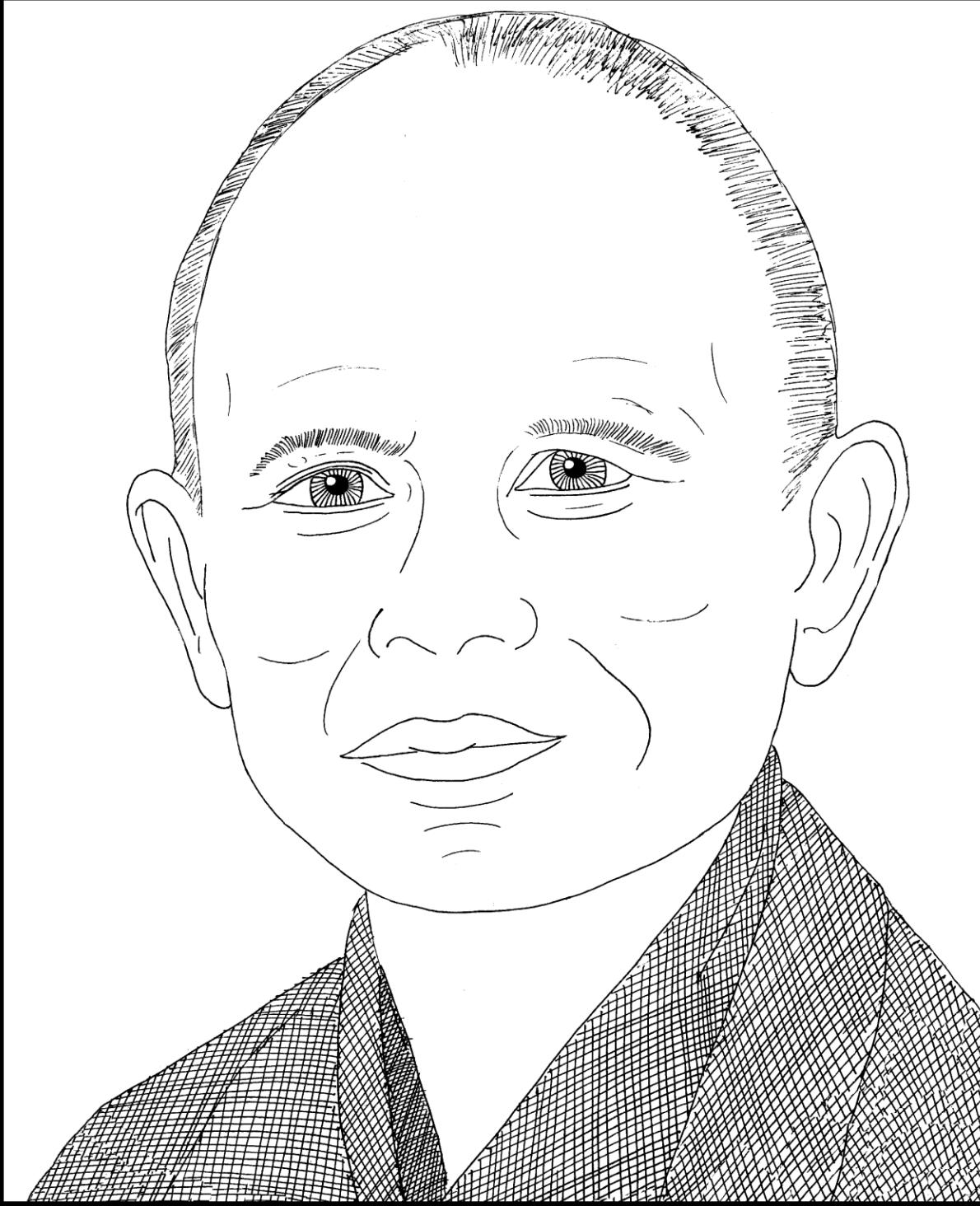
BE A HERO FOR A BETTER WORLD

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"The essence of nonviolence is love. Out of love and the willingness to act selflessly, strategies, tactics, and techniques for a nonviolent struggle arise naturally. Nonviolence is not a dogma; it is a process."

-- Thich Nhat Hanh

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...every act of compassion makes a difference...every day counts for a better world...

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