Don’t look around and see what the world needs.

LOOK at what you need to truly come alive
and give that to yourself,
because what the world needs is…
“truly alive people”,
and give that gift to the world!

-- Harold Thurman Whitman

Be yourself.
Life is precious as it is.
All the elements for
Your happiness
are already here.

There is no need to
Run, strive, search, or struggle.
Just be.

Thich Nhat Hanh