

" AS A MAN THINKS

ALL THAT WE ARE IS THE RESULT OF WHAT
WE HAVE THOUGHT, IT IS FOUNDED ON OUR
THOUGHTS, AND IT IS MADE UP OF OUR
THOUGHTS.

IF A SPEAKS OR ACTS WITH A PURE
THOUGHT, HAPPINESS FOLLOWS HIM LIKE A
SHADOW THAT NEVER LEAVES
HIM

HE ABUSED ME, HE BEAT ME; HE DEFEATED,
HE ROBBED ME; IN THOSE WHO DO NOT
HARBOR SUCH THOUGHTS HATRED
WILL CEASE.

— Buddha

BY: LEON IRBY

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