

Please accept these to meditate on personally and/or share and hand out to family or friends!

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*Be led by love, instead of driven by fear. ~ Dr. Joanne Vizzini*

*Diversity is about all of us, and about us having to figure out how to walk through this world together. ~ Jacqueline Woodson*

*A lot of different flowers make a bouquet. ~ Muslim Origin*

*Love is friendship set to music. ~ Joseph Campbell*

*Diversity: the art of thinking independently together. ~ Malcolm Forbes*

*Be happy for this moment. This moment is your life. ~ Omar Khayyam*

*Happiness is when what you think, what you say, and what you do are in harmony. ~ Mahatma Gandhi*

*A smile is happiness you'll find right under your nose. ~ Tom Wilson*

*If you want to be happy, be. ~ Leo Tolstoy*

*Be happy with what you have and are, be generous with both, and you won't have to hunt for happiness. ~ William E. Gladstone*

*Injustice anywhere is a threat to justice everywhere. ~ Martin Luther King, Jr.*

*Joy and happiness, by definition, are the results or fruits of wholesome actions. ~ Dalai Lama*

*Peace is not an absence of war, it is a virtue, a state of mind, a disposition for benevolence, confidence, justice. ~ Baruch Spinoza*

*There may be times when we are powerless to prevent injustice, but there must never be a time when we fail to protest. ~ Elie Wiesel*

*Right is right, even if everyone is against it, and wrong is wrong, even if everyone is for it. ~ William Penn*

*Your vision will become clear only when you look into your heart. Who looks outside, dreams. Who looks inside, awakens. ~ Carl Jung*

*There is something of yourself that you leave at every meeting with another person. ~ Fred Rogers*

*One kind word can warm three winter months. ~ Japanese proverb*

*When you find peace within yourself, you become the kind of person who can live at peace with others. ~ Peace Pilgrim*

*Joy is the simplest form of gratitude. ~ Karl Barth*

*Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy. ~ Thich Nhat Hanh*

*Sorrow prepares you for joy. It violently sweeps everything out of your house, so that new joy can find space to enter. ~ Jalaluddin Rumi*

*It is only in sorrow bad weather masters us; in joy we face the storm and defy it. ~ Amelia Barr*

*Excessive sorrow laughs. Excessive joy weeps. ~ William Blake*

*Love yourself. It is important to stay positive because beauty comes from the inside out. ~ Jenn Proske*

*A friend is what the heart needs all the time. ~ Henry Van Dyke*

*We either make ourselves happy or miserable. The amount of work is the same. ~ Carlos Castaneda*

*Peace requires everyone to be in the circle – wholeness, inclusion. ~ Isabel Allende*

*Friends are kisses blown to us by angels. ~ Author unknown*

*Recognize yourself in he and she who are not like you and me. ~ Carlos Fuentes*