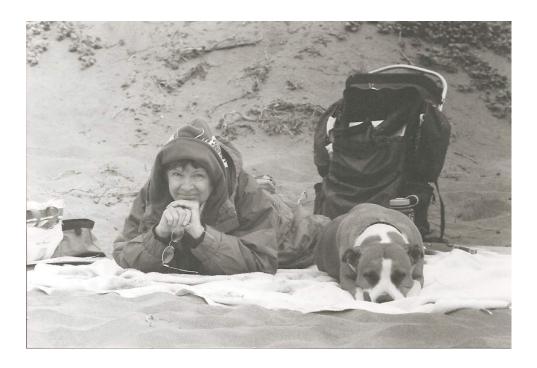
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## December, 2009



- ---What nurtures your spirit?...Do that.
- ---What does not nurture your spirit?...Stop doing that.
- ---Live simply.
- ---Be grateful, and share with others.
- ---Forgive yourself [and make amends to those you've harmed].
- ---Forgive others.
- --- Maintain compassion for those who are suffering [most days, that's just about everybody].
- --- Do work that makes a contribution to the community.
- ---Keep an open mind; support others in being who they are.

Adapted from: Peace is Every Step, Thich Nhat Hahn