

"As I walked out the door toward the gate that would lead to my freedom, I knew if I didn't leave my bitterness and hatred behind, I'd still be in prison."

Nelson Mandela

"Forgiveness is not an occasional act, it is a constant attitude."

Martin Luther King Jr.

"Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom."

Viktor E. Frankl

All beings tremble before violence.
All fear death.
All love life.

See yourself in others.
Then whom can you hurt?
What harm can you do?

The Dhamapada