

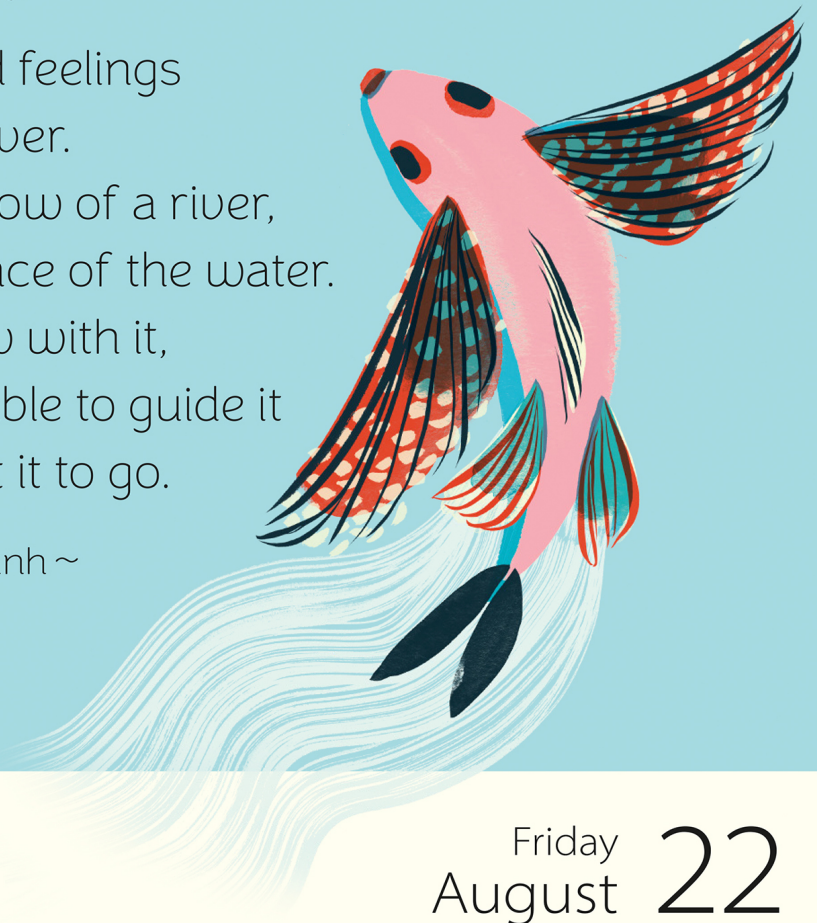
Touching Peace 2025

Our thoughts and feelings
flow like a river.

If we try to stop the flow of a river,
we will meet the resistance of the water.

It is better to flow with it,
and then we may be able to guide it
in ways we want it to go.

~ Thich Nhat Hanh ~



Friday
August 22