

"Looking at various means of developing compassion. I think empathy is an important factor: the ability to appreciate others' suffering."

Dalai Lama

"Laughter is timeless. Imagination has no age. And dreams are forever."

Walt Disney

"Never underestimate the power of good food. Eating delicious food can be a life-changing experience."

Shon Mehta









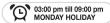
Our hand is the extension of our heart no matter how small it is...











ENLIGHTED

