

## *Theme Reflection*

Transform anger with kindness  
and evil with good,  
meanness with generosity  
and deceit with integrity.

These three ways lead to the heavens:  
asserting the truth,  
not yielding to anger,  
and giving, even if you have only a little to share.

Words of the Buddha  
(Dhammapada 223 & 224) Translated by Ajahn Munindo