



## 2002 Gandhi-King Season for Nonviolence

Day 63 - Tuesday April 2, 2002

Thought for the day

### Release

A Sufi proverb says, "When the heart weeps for what it has lost, the spirit laughs for what is found."

Release the weight of your past, the judgements of yourself and others, and be the change you wish to see. You really do make a difference in our world.

