



*“You have power over your mind, not outside events. Realize this and you will find strength.”*

*– Marcus Aurelius*

We do not have any power over external events. Conversely, events have no power to cause us to think or feel any particular way, even though they may adversely affect our physical surroundings. What we *do* have is an amazing power; the power to choose the way we look at events, which, in turn, effects our feelings about them. Choose wisely, the thoughts you entertain.

*“Our task must be to free ourselves by widening our circle of compassion to embrace all living creatures and the whole of nature and its beauty.”*

*– Albert Einstein*