

Neil Gaiman ends his poem **“What You Need To Be Warm”** with the verse:

*Sometimes it only takes a stranger, in a dark place,
to hold out a badly-knitted scarf, to offer a kind word....
...to make us warm in the coldest season.*

Corinna Luyken ends her soul-warming illustration-book, **“my heart”** with these words:

My heart is a shadow,

a light, and a guide.

Closed or open....

get to decide.



Photo by Zac Duranton Unsplash

In the section of the “**Mahabharata**” (translated by Bibek Debroy) titled *Markandeya Samasya Parva*, we read a person (who makes his living selling deer and buffalo meat) explain what *dharma* is to a previously conceited Brahmana, Koushika. Among the traits essential to a good life, this person says, is an attitude of “*constant compassion towards all beings.*”

Peace ☐

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