



Vision, Focus & Perspective

The thought manifests as the word;
The word manifests as the deed;
The deed develops into habit;
And habit hardens into character;
So watch the thought and its ways with care,
And let it spring from love
Born out of concern for all beings.....
As the shadow follows the body,
As we think, so we become!

Buddha, Dhammapada

Indian philosopher & religious leader (563 BC - 483 BC)

