

Understand the human race as a body and yourself as a cell in that body. When there is difficulty in the cell, there is difficulty in the body. When one cell hurts, the entire body hurts, for no one is an island unto themselves.

Those who are
reluctant to unify and
cooperate with one
another and give up
their individuality
know not the beauty of
joining the whole.

The fortress mentality
is a jailor's mentality.
Cooperation breeds
success.

Love your planet
and the people upon it.
We are all one.

Try to have
good thoughts,
do good deeds, and
speak good words.

Every cell within the
body possesses its own
consciousness.

The body is the
macrocosm, the cell is
the microcosm;
but together they are
the body. They are
worlds apart, yet
they are of the same
universe.