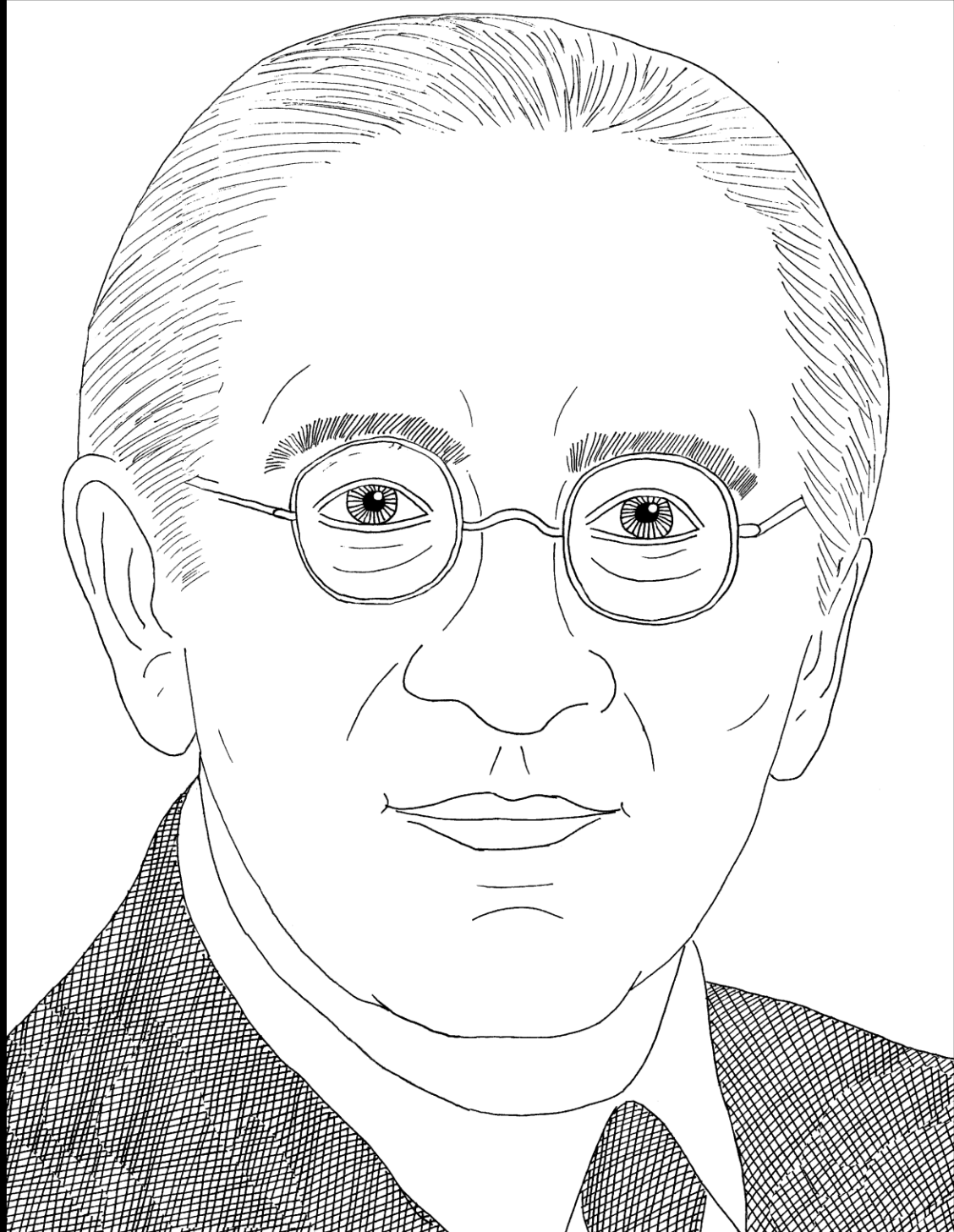


# BE A HERO FOR A BETTER WORLD

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"The true spiritual life begins within the individual when he perceives the importance of it, and begins to realize what spiritual values are. Therefore, in order for man to emerge from his present state of chaos, he must experience a revolution of a new type, one that will have neither a political nor an economic character. We may call it the individual self-revolution. There is nothing that can better transform man from his materialistic conception of existence to a spiritual awareness of life than such individual revolution from within..." -- Frederick Kettner

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...every act of compassion makes a difference...every day counts for a better world...

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