

Non-violence

it's a call

it's a way of life

it's an action

it's a voice

it's about caring for Earth

it's about caring for each other

it's about education

it's a change in your heart

it's a change in your mind

it's a change in the systems

it's risky

it's visionary

it's about sustainable living

it's the only way to be just

it's a choice

it's peace-filled

it's prayer-filled

it's what we do.