

**Your smile says  
YES to Life,  
YES to yourself,  
to joy in the stillness  
of the present moment.  
Uniting the world,  
transformed  
by this gift  
for a beautiful world.**

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**Stop for a moment  
every day.  
Become still,  
completely still.  
Visualize our planet Earth  
-the blue planet-  
in your heart.  
An inner smile  
spreads outwards,  
silently.**