

"Choose, everyday, to forgive
yourself. You are human, flawed,
and most of all worthy of love."

ALISON MALEE



LOVE

#pauseandlove
lovebutton.org

"To hate
is an easy lazy thing.
But to love
takes strength
everyone has
but not all are
willing to practice."

RUPI KAUR



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Life just
gets so
much better
when you
stop taking
things
personally!

You don't have to
be pretty like her.

You can be pretty
like you.



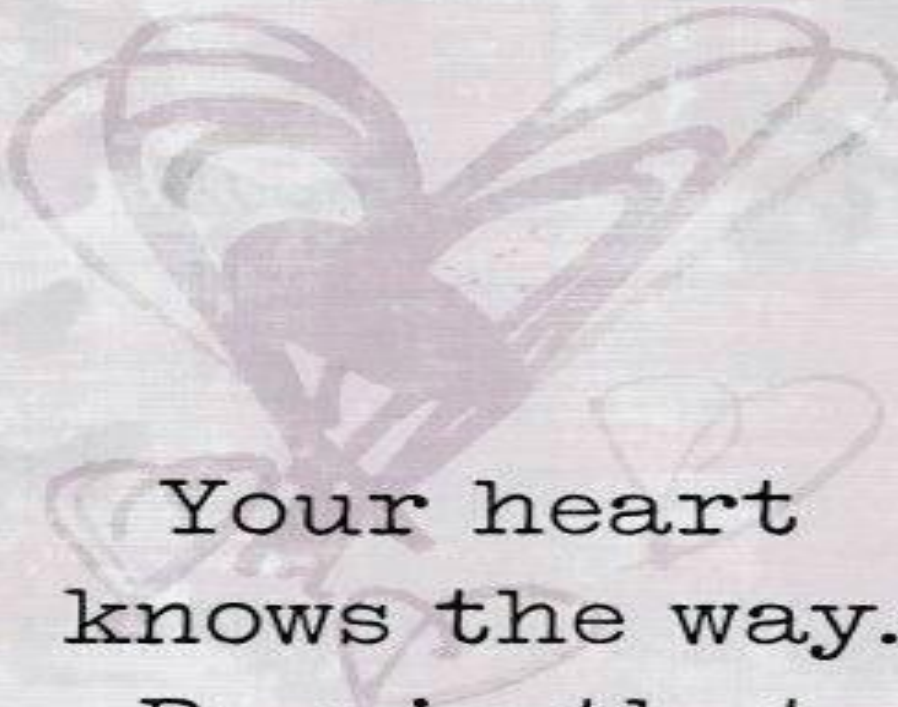


The nicest thing in this life is knowledge of Allaah and **love for Him**. The nicest thing in the next life, is to **see Him**.

Ibn al-Qayyim


al Jawab al-Kafi (p. 277)





Your heart
knows the way.
Run in that
direction.

-Rumi

A vertical photograph of a sunset over a large body of water. The sky is filled with large, billowing clouds in shades of orange, red, and pink, transitioning to a deep blue at the top. The horizon is a bright orange line. In the foreground, a boat's white wake cuts through the dark water. To the left, a dark, silhouetted shoreline with trees is visible. The overall mood is serene and contemplative.

Very little is needed to
make a happy life; it is
all within yourself, in
your way of thinking.

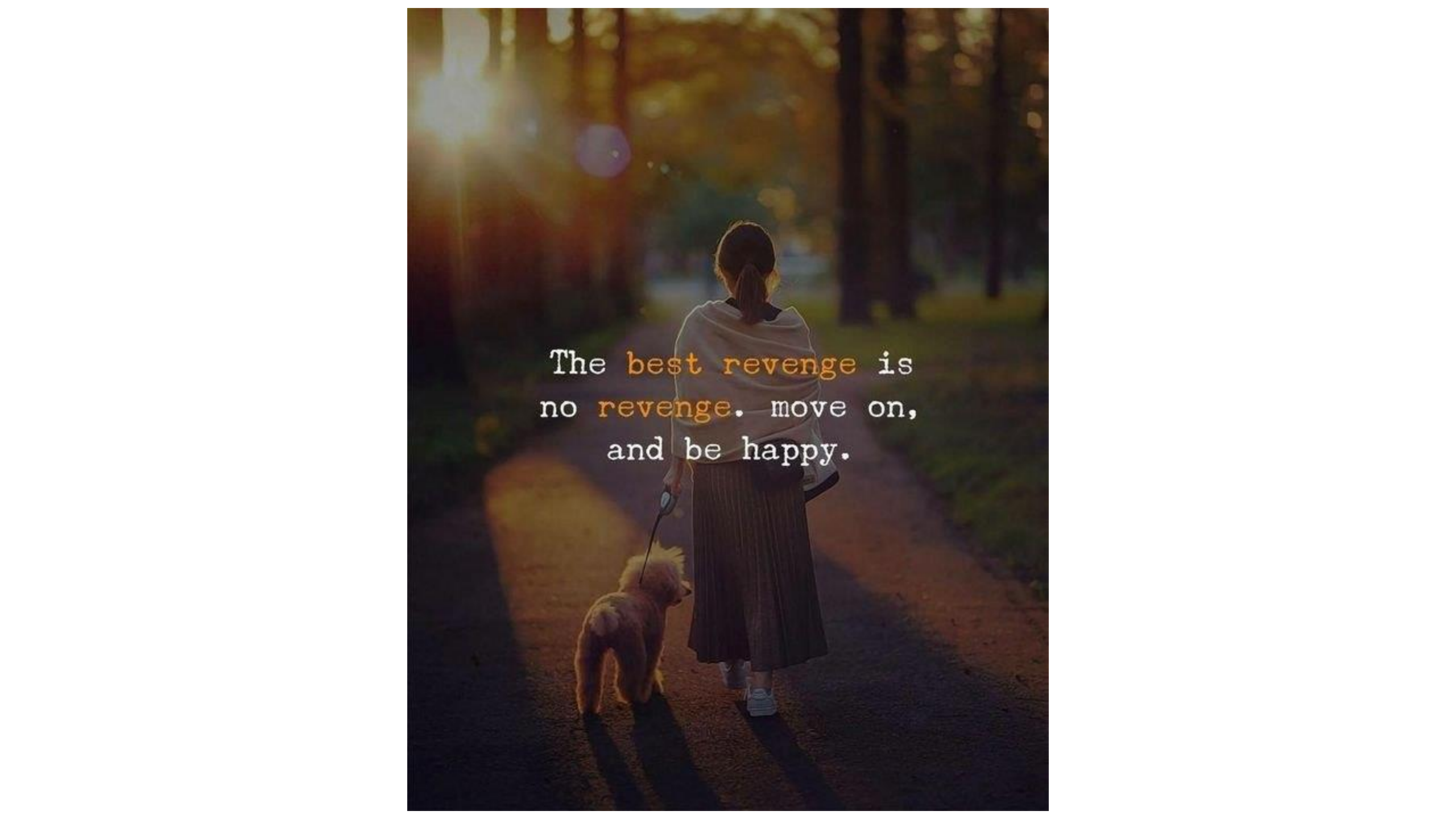


**Always end
the day with a positive thought.
No matter how hard things were,
tomorrow's a fresh opportunity
to make it better.**



Love is
the bridge between you
and everything.

— RUMI

A woman with her hair in a ponytail, wearing a white shawl and a dark pleated skirt, is walking away from the camera on a paved path in a park. She is holding a leash for a small, fluffy, light-colored dog. The scene is bathed in the warm, golden light of a sunset or sunrise, with long shadows cast on the path and a soft glow from the trees in the background.

The best revenge is
no revenge. move on,
and be happy.