

## Daily Reminder, April 1, 2020

Written by Tzu Chi Foundation  
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### Working Together to Mitigate Disasters

**Love** needs to be expressed  
not just in words,  
but through actions.  
We must never let love  
turn into neglect  
or sincerity into indifference.



Loving reminders from Tzu Chi  
2020.04.01

### Working Together to Mitigate Disasters

The hardest thing for us to control is our appetite. Everyone fears the virus, but people are still not afraid to eat whatever they please. The source of this virus is our appetite for meat, so the only sure way to prevent such a pandemic is to avoid the source of the disease.

*Loving reminders from Tzu Chi*