

✧ *Desiderata* ✧

Go placidly amid the noise and haste and remember what peace there may be in silence. ✧ As far as possible without surrender be on good terms with all persons. ✧ Speak your truth quietly and clearly; and listen to others, even the dull and ignorant; they too have their story. ✧ Avoid low and aggressive persons, they are vexations to the spirit ✧ If you compare yourself with others, you may become vain and bitter; for always there will be greater and lesser persons ... than yourself. ✧ Enjoy your achievements as well as your plans. Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time. ✧ Exercise caution in your business affairs: for the world is full of trickery. ✧ But let this not blind you to what virtue there is; many persons strive for high ideals; and everywhere life is full of heroism. ✧ Be yourself. ✧ Especially, do not feign affection. ✧ Neither be cynical about love; for in the face of all aridity and disenchantment, it is perennial as the grass. ✧ Take kindly the counsel of the years, gracefully surrendering the things of youth. ✧ Nurture strength and spirit to shield you in sudden misfortune. ✧ But do not distress yourself with imaginings. ✧ Many fears are born of fatigue and loneliness. ✧ Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe, no less than the trees and stars. ✧ You have a right to be here And whether or not it is clear to you, no doubt the universe is unfolding as it should. ✧✧✧ Therefore be at peace with God, whatever you conceive Him to be, and whatever your labours and aspirations, in the noisy confusion of life keep peace with your soul. ✧ With all its sham, drudgery and broken dreams, it is still a beautiful world. ✧ Be careful. ✧ Strive to be happy.