

DESIDERATA

Go placidly amid the noise and haste, and remember what peace
there may be in silence. As far as possible 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 loud
and aggressive persons; they are vexations to the spirit.
If you compare yourself to others you may become vain and bitter
for always there will be greater and lesser persons than yourself.

Enjoy 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 as perennial as the grass.

Take kindly the council of the years, gracefully surrendering
the things of youth. Nurture strength of 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 the 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 and drudgery and broken dreams,
it is still a beautiful world.

Be careful. Strive to be happy.

(Found in Old Saint Paul's Cathedral, Baltimore, Built in 1692, the document was discovered under
The Alter during renovations in the early 1940's. Author & Actual age of Text Unknown)