

GO PLACIDLY AMID THE NOISE & HASTE, &
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 & clearly; and listen to others, even the dull & ignorant;
they too have their story. ☞ Avoid loud & aggressive persons,
they are vexations to the spirit. If you compare yourself with
others, you may become vain & bitter; for always there will be
greater & 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 &
disenchantment it is perennial as the grass. ☞ Take kindly the
counsel 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 & loneliness. Beyond a wholesome discipline, be
gentle with yourself. ☞ You are a child of the universe, no less
than the trees & the stars; you have a right to be here. And
whether or not it is clear to you, no doubt the universe is un-
folding as it should. ☞ Therefore be at peace with God,
whatever you conceive Him to be, and whatever your labors &
aspirations, in the noisy confusion of life keep peace with your
soul. ☞ With all its sham, drudgery & broken dreams, it is
still a beautiful world. Be careful. Strive to be happy. ☞ ☞