

From the Twenty Four Hour a Day Book

Look to this day,
For it is life,
The very life of life,
In it's brief course lie all
The realities and verities of
existence,
The bliss of growth,
The splendor of action,
The glory of power –

For yesterday is but a dream,
And tomorrow is only a vision,
But today, well lived,
Makes every yesterday a
dream of happiness,
And every tomorrow a vision
of hope.

Look well, therefore, to this
day.

Sanskrit Proverb