

## INSPIRATION

### The Science of Happiness

As far as possible without surrender, be on good terms with all persons. Speak the 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 your achievements as well as your plans. Keep interested in your career however humble; it is a real possession in the changing fortune of time.

Exercise caution in your business affairs, for the world is full of trickery. But let this not blind you from 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 counsel of the years, gracefully surrendering the things of youth. Nurture the strength of spirit of shield in sudden misfortune. But do not distress yourself with imagination. Many fears are born of fatigue and loneliness.

Beyond a wholesome discipline, be gentle with yourself. You're a child of the Universe, no less than the trees and the stars; you have right to be here. And whether or not it is clear to you, no doubt the Universe is unfolding as it should be.

**Therefore be at peace with God, whatever you conceive him to be and whatever labors and aspirations, in the noisy confusion of life, keep peace with your soul. With all its shams, drudgery and broken dreams, it is still A BEAUTIFUL WORLD.**

***BE CHEERFUL. STRIVE TO BE HAPPY.***