

The Verities

Look to this day,
For it is life,
The very life of life.
In its 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
by Kalidasa
Indian poet and playwright
Fifth century A.D.*