

Desiderata

Go placidly amid the noise and haste, and 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 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 with 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 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 doubt the universe is unfolding as it should. Therefore be at peace with God, whatever you conceive Him to be, and whatever your labors and aspirations, in the noisy confusion of life, keep peace with your soul. With all its sham, drudgery, and broken dreams, it is still a beautiful world. Be careful. Strive to be happy.

The Jello Theory

Picture an olympic size pool filled with strawberry jello. The idea in life/a day/ a year/a week - whatever - is to cross this pool on top of the jello. To walk across without sinking into the muck.

When you are caught up in the daily hassles of life or whenever you lose the big picture on your meaning or purpose or overall guiding principles, then you are in the muck of the jello to some degree.

Some people are at the bottom of the pool wading through life way over their heads in the muck. Some just have a leg in the muck or perhaps temporarily faltered. Most people are in the jello to some degree all the time - it is VERY hard not to be.

The idea is to walk along the surface of the jello and not sink and get sticky. As with real jello, it is very hard to walk across it without sinking a bit here and there.

Silence, star gazing, conversation with some people, and many other things will help to raise you out of the muck of the jello.