

My Symphony

To be content with small means, to seek elegance rather than luxury and refinement rather than fashion, to be worthy, not respectable, and wealthy, not rich – to study hard, think quietly, talk gently, act frankly – to listen to stars and birds, to babes and sages with open heart – to bear all cheerfully, do all bravely – await occasion – hurry never –, in a word, to let the spiritual unbidden and unconscious come up through the common. This is my symphony.

William Ellery Channing

There are three marks of a superior man: being virtuous, he is free from anxiety; being wise he is free from perplexity; being brave, he is free from fear.

Confucius