

## Sanskrit Proverb

On Awakening:

"...we sometimes select and memorize a few set prayers which emphasize the principles we have been discussing." – (p.86 of the AA "Big Book")

Look to this day,  
For it is life, The very life of life.  
In its brief course lies 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.