

Buddha:

“The past is already gone, the future is not yet here. There’s only one moment for you to live.”

Kalidasa:

Sanskrit, Poet, India C. 4th-5th CE

Look to this day:

For it is life, the very life of life.

In its brief course

Lie all the verities and realities of your existence.

The bliss of growth,

The glory of action,

The splendour of achievement

Are but experiences of time.

For yesterday is but a dream

And tomorrow is only a vision;

And today well-lived, makes

Yesterday a dream of happiness

And every tomorrow a vision of hope.

Look well therefore to this day;

Such is the salutation to the ever-new dawn!