

Health News (Week 51- 2016)

By Robert Redfern

I first read Desiderata nearly fifty years ago when I was in my 20s. It made a big impression then and still does now..... in my 70s. Of course, I could not resist editing it slightly from its original 1920s language but trust I kept the meaning.

I will try to live by it over this holiday period with my family but afterwards I will 're-join the battle' against fake news from the media and its Pharma/Medical paymasters broadcasting stories about 'breakthrough' treatments that never are.

"A Happy Healthy Christmas/Holiday Season, Peace on Earth and Goodwill to All"

From Robert & Anne Redfern

" Go placidly amid the noise and the 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 but clearly; and listen to others, all have their truth.

Avoid loud and aggressive persons; they are vexatious to the spirit. If you compare yourself with others, you may become vain or bitter, for always there will be persons who are different than yourself.

Enjoy your achievements as well as your plans. Keep interested in your own life and health plan, it is a real possession in the changing fortunes of time.

Exercise caution in your personal 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 scepticism and disenchantment love is as perennial as the grass.

Take kindly the counsel of elders, gracefully surrendering the things of your youth.

Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with dark imaginings. Many fears are born of fatigue and loneliness and not asking for help when needed.

Beyond a wholesome discipline, be gentle with yourself. You are a descendent of your ancestors and a child of the universe no less than the trees and the stars; you have a right to be here and a responsibility to be your best.

And whether or not it is clear to you, no doubt the universe is unfolding as it should. Therefore, be at peace with your Creator, whatever your beliefs.

And whatever your labours and aspirations, in the noisy confusion of life, keep peace and love in your soul.

With all its sham, drudgery and broken dreams, it is still a beautiful world. Be cheerful.

Strive to be happy."

Max Ehrmann, "Desiderata" 1927