

Norbert Fabián Čapek's "Ten Advices"

- 1) Live simply. Live in such a way that you have few needs. Don't worry unnecessarily, especially don't let other people's worries trouble you. Be content with what you have.
- 2) Don't cling to material things. Remember that material things are fleeting. Be interested in deeper things; you will gain more. Keep your inner freedom.
- 3) Live through beauty. Don't forget beautiful, joyful moments, but do forget sad, unpleasant ones. Rid yourself of anger, resentment, hatred, and forgive those who hurt you. Be grateful for the good, and don't forget it.
- 4) Live through the present. True life is what you are experiencing right now. Don't fear the future – trust in it. Don't think about old age, and don't dwell too much on the past.
- 5) Be creative. Don't be idle and always keep yourself occupied with something. Stay curious; always learn and educate yourself.
- 6) Seek beauty. Take joy in beautiful things, nature, music, literature, and other arts. Beauty is nourishment for the soul.
- 7) Rejoice. Keep yourself in good spirits. Cultivate humour, and remember that a cheerful mind is half of both health and beauty.
- 8) Be loving towards people. Show kindness to others, and they'll show it to you. Help others! Think more about making others happy than about your own troubles. If you can't say something good about others, it's better to remain silent.
- 9) Be modest. Maintain moderation and restraint in all things.
- 10) Have faith. Take care of your faith in God – the Supreme Wisdom (*Nejvyšší Moudrost* [f.]). Be aware of her presence within yourself and in everything.