



NOT TO LOSE

Francisco Cândido Xavier



UNITED STATES
SPIRITIST FEDERATION

**MAY GOD NOT PERMIT ME TO LOSE MY
ROMANTICISM, THOUGH KNOWING THAT
ROSES DO NOT SPEAK.**



**THAT I DO NOT LOSE MY OPTIMISM,
THOUGH KNOWING THAT THE FUTURE THAT
AWAITS US IS NOT A HAPPY ONE.**



**THAT I DO NOT LOSE MY WILL TO LIVE,
THOUGH KNOWING THAT LIFE IS, IN MANY
MOMENTS, PAINFUL.**



**That I do not lose my interest in
MAKING GOOD FRIENDS,
though knowing that, as the
world turns,
they wind up departing from
our lives.**



**That I do not lose the will to HELP PEOPLE,
though knowing that many of them are
unable to see, to recognize and to return
this help.**



**THAT I DO NOT LOSE MY EQUILIBRIUM,
KNOWING THAT COUNTLESS FORCES
DESIRE MY DOWNFALL.**



**That I do not lose the WILL TO
LOVE, though knowing that the
person that I love best,
may not share the same feelings
for me.**



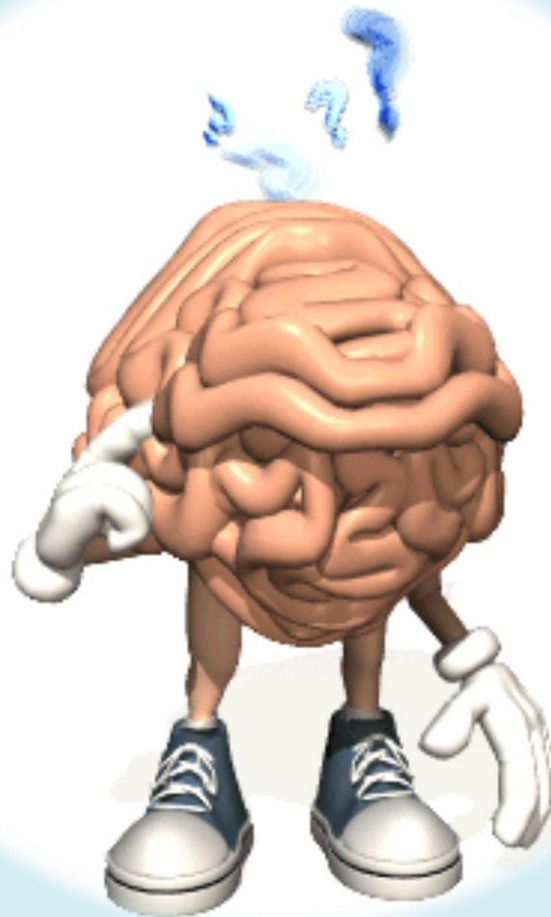
**THAT I DO NOT LOSE THE LIGHT
AND THE BRILLIANCE OF MY EYES,
THOUGH KNOWING THAT MANY
THINGS THAT I WILL SEE IN THE
WORLD, WILL DARKEN MY VISION.**



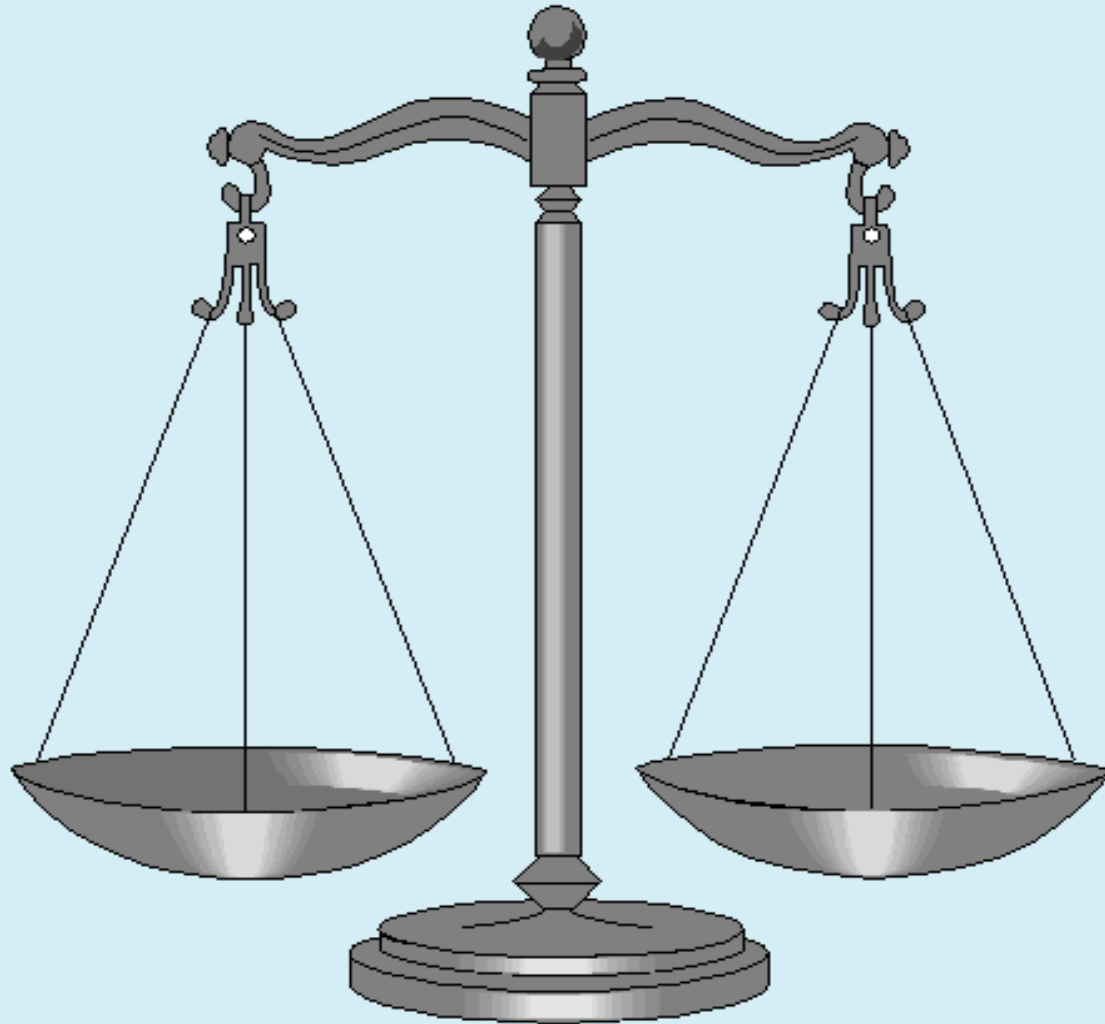
**That I do not lose
my ENTHUSIASM,
though knowing
that defeat and
loss are two
extremely
dangerous
adversaries.**



**THAT I DO NOT LOSE MY REASONING,
THOUGH KNOWING THAT THE TEMPTATIONS OF
LIFE ARE COUNTLESS AND DELIGHTFUL.**



**THAT I DO NOT LOSE THE SENSE OF JUSTICE,
THOUGH KNOWING THAT THE ONE HARMED
COULD BE ME.**



**THAT I DO NOT LOSE THE STRENGTH OF MY
EMBRACE, THOUGH AWARE THAT ONE DAY MY
ARMS WILL BE WEAK.**



**THAT I DO NOT LOSE THE
BEAUTY AND THE HAPPINESS
OF SIGHT, THOUGH KNOWING
THAT A LOT OF TEARS WILL
DROP FROM MY EYES AND
FLOW FROM MY SOUL.**



**THAT I DO NOT LOSE THE
LOVE FOR MY FAMILY,
THOUGH KNOWING THAT
MANY TIMES IT WOULD
DEMAND INCREDIBLE
EFFORTS ON MY PART TO
MAINTAIN ITS HARMONY.**



**THAT I DO NOT LOSE THE WILL
OF GIVING THIS TREMENDOUS
LOVE THAT EXISTS IN MY
HEART,
THOUGH KNOWING THAT OFTEN
IT WILL BE SUBJECTED AND
EVEN REJECTED.**





**That I do not lose the will to be
GREAT, though knowing that the
world is small.**

**...THAT I NEVER FORGET THAT
GOD LOVES ME INFINITELY,
THAT A SMALL GRAIN OF
HAPPINESS AND HOPE WITHIN
EACH ONE IS CAPABLE OF
CHANGING AND
TRANSFORMING ANYTHING,**



**BECAUSE LIFE IS CONSTRUCTED IN OUR
DREAMS AND IS SUMMED UP IN LOVE!**

