

Quiet I bear within me.  
I bear within myself  
Forces to make me strong.  
Now will I be imbued  
with their glowing warmth.  
Now will I fill myself  
with my own will's resolve.  
And I will feel the quiet  
pouring through all my being.  
When by my steadfast striving,  
I become strong  
to find within myself  
The source of strength,  
The strength of inner quiet.