

# CONTINUE

a poem by Maya Angelou

My wish for you  
Is that you continue

Continue

To be who and how you are  
To astonish a mean world  
With your acts of kindness

Continue

To allow humor to lighten the burden  
Of your tender heart

Continue

In a society dark with cruelty  
To let the people hear the grandeur  
Of God in the peals of your laughter

Continue

To let your eloquence  
Elevate the people to heights  
They had only imagined

Continue

To remind the people that  
Each is as good as the other  
And that no one is beneath  
Nor above you

Continue

To remember your own young years  
And look with favor upon the lost  
And the least and the lonely

Continue

To put the mantle of your protection  
Around the bodies of  
The young and defenseless



Continue

To take the hand of the despised  
And diseased and walk proudly with them  
In the high street  
Some might see you and  
Be encouraged to do likewise

Continue

To plant a public kiss of concern  
On the cheek of the sick  
And the aged and infirm  
And count that as a  
Natural action to be expected

Continue

To let gratitude be the pillow  
Upon which you kneel to  
Say your nightly prayer  
And let faith be the bridge  
You build to overcome evil  
And welcome good

Continue

To ignore no vision  
Which comes to enlarge your range  
And increase your spirit

Continue

To dare to love deeply  
And risk everything  
For the good thing

Continue

To float  
Happily in the sea of infinite substance  
Which set aside riches for you  
Before you had a name

Continue

And by doing so  
You and your work  
Will be able to continue  
Eternally

