

VINTAGE VALUES

Your A-Z Guide



(Christine de Pisan in her study c1410 – 1414)

*Eliza Redgold/
Elizabeth Reid Boyd Ph.D.
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*Values come from the word valere, to be strong.
These Vintage Values have been tested through
time. They will give you inner strength ...*

My name is Eliza Redgold. It's the Gaelic meaning of my full name, Elizabeth Reid Boyd. I'm an academic and author of fiction and non-fiction.

This A - Z of Vintage Values comes from the past to inspire us in the present. In 2016, I posted them regularly as Monday Motivation on my Facebook author page. I've put them together here for your enjoyment. What's more, writing these values got me through a challenging time - I hope they will give you strength if you need it too.

Illuminated letters would once have been richly colored and gilded. Print out the letter and color it in for further illumination.

Eliza/Elizabeth

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#MondayMotivation #VintageValues

A is for Amity

To be amiable is to be good company, to be friendly and agreeable. When we settle things amicably, we choose not to be hostile, but to have good will, to honour the good over the bad. Amity is a state of peace and friendship we can all choose to live in.



B is for Beauty

Beauty isn't just about appearances. Beholding real beauty goes deeper. It turns and guides us towards what is worth seeking in our lives. 'The best and most beautiful things in the world cannot be seen, nor touched ... but are felt in the heart,' said Helen Keller.



C is for Charm

*Charm is magical; it comes from the words **spell** and **song**. It is an attractive form of social enchantment. But its false spell can easily be broken, for a manufactured charm doesn't ring true. Real charm resonates with sincerity - the most charming are in tune with themselves and those around them.*



D is for Decorum

Decorum is a form of honor. It is tasteful or modest behavior. It is our sense of decency in how we present ourselves to the world. We reflect our standards and honor ourselves in our personal décor, by how we adorn and behave ourselves. Let's decorate!



E is for Elegance

Elegance is the stylish art of refinement. It is a form of spiritual distinction and discernment, an ability to refine pure gold, even when faced with adversity. 'The presence of a person whose spirit is truly "elegant" is unmistakable', says author Caroline Myss.



F is for Fidelity

Fidelity is having faith in each other, and being faithful to ourselves and our beliefs. Fidelity doesn't mean ascribing to outdated dogma or bygone mores, but to our own codes of conduct. Whatever codes we create to live by, we're unfaithful if we break them.



G is for Grace

Grace is amazing. It is the courteous gift, the sweetness of answered wishes and prayers. Being full of grace is a miracle, an honour bestowed, which is offered to all. It is radiant; we are drawn towards it. Grace lights up our faces; it lights up the world.



is for Hospitality

Hospitality offers a friendly or generous reception, whether to guests or to strangers. Hospitality does not count the cost; its heritage is to offer care and sustenance to those who need it. Honest thanks are required when we give and receive hospitality.



I is for Integrity

Integrity has two meanings. The first is honesty: being sincere and truthful, straightforward in feelings and actions, as well being genuine. The second is to do with wholeness and soundness. Having integrity means we are genuinely at one with ourselves. We are whole: we know we are enough.



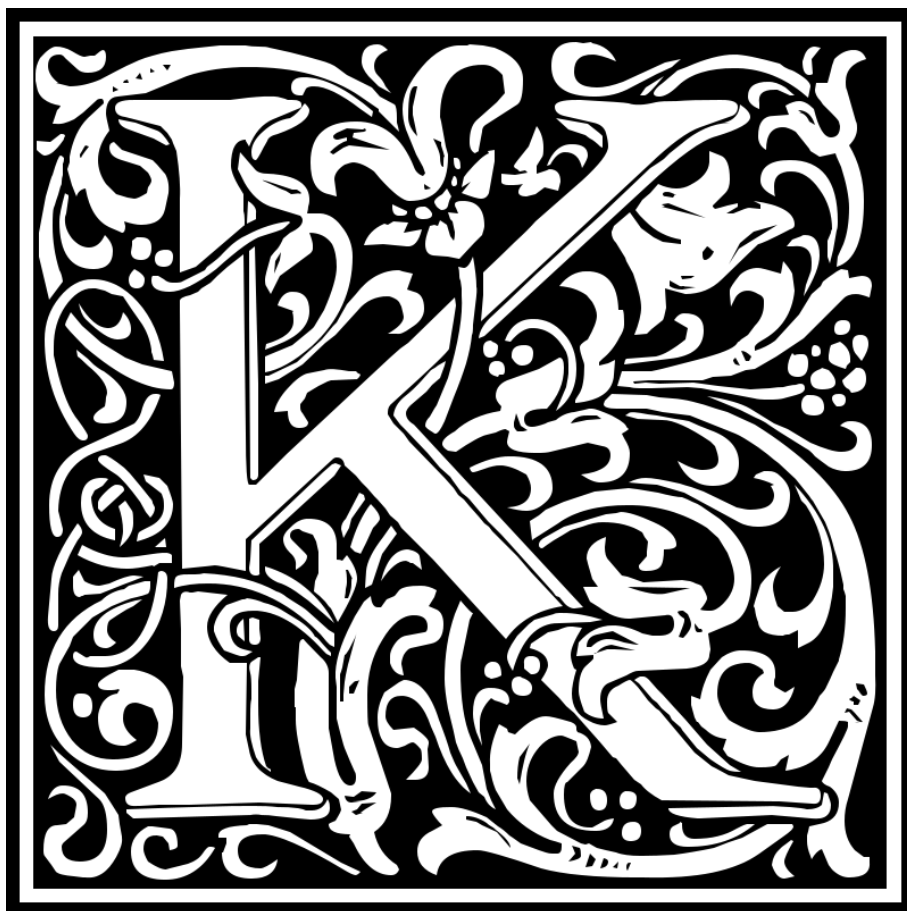
J is for Justice

Justice is deep magic. It is not shallow or superficial. Justice is more than our laws, courts and juries. There is always a deeper justice that lies beneath the surface. Justice is about fairness, giving what is right and proper to everyone. We can all call for justice, whoever, wherever we are.



K is for Kindness

To be kind means to be gentle, thoughtful and considerate in our conduct towards others. The word comes from kin, reminding us of our shared humanity. We are all kindred spirits. Being kind to each other means recognising the spirit within us that we all share.



L is for Loyalty

Loyalty can't really be bought. Loyalty sets our moral compass towards our true north star. Loyalty is being steadfast and faithful even in times of doubt and strife, in good times and bad. We owe ourselves and each other our allegiance.



M is for Modesty

Living or behaving modestly is not to be mistaken for not being good enough. Modesty may be humble about its own merits, but it has its measure. Modesty doesn't feel the need for excess, or to boast. To be modest is not to be less than; it is being secure in the knowledge that less is more.



N is for Nobility

Noble means notable. It is excellence that goes beyond expectations. It is to do with content of character; it does not rely on rank or wealth. 'Tis virtue, and not birth, that makes us noble,' wrote John Fletcher. True nobility is made, not born.



O is for Obligation

To be obliging is to be courteous and helpful: an obligation which we are all under. Obligation compels us to keep our promises and our agreements, to follow through. Obligation is binding, it holds us together. Noblesse oblige.



P is for Prudence

Prudence has been called practical wisdom. It's a form of foresight, of intuition, an educated guess. Its practices are thinking ahead, setting boundaries, recognising consequences to come, and planning for the future. It's planning on your ability to manifest your dreams.



Q is for Quality

Quality is a preference for the best. It is a degree or level of excellence or accomplishment to which to aspire, the choice for higher things. Choose quality over quantity: Quantity is not required for quality of life.



R is for Restraint

Restraint is a form of self-control that doesn't need to have it all or take it all at once. It holds back but doesn't hinder. Restraint retains time to get in touch with what's wanted and needed, instead of being harried and hurried. Restraint can wait for the real thing.



S is for Sympathy

Sympathy reminds us what we like about each other. It's the ability to share another's emotions or sensations. It halves our troubles and doubles our joys. It's showing that we care, even if we can't fully understand. It's companionable. Show your sympathy.



T is for Trust

*Trust comes from the word **traustr** which means strong. Trust is the strength that lies behind a promise or pledge. Being trustworthy is how we live up to being who we are and doing what we said we would do. Trust doesn't need to check up; it believes a word is a bond.*



u is for unity

united we stand, divided we fall. unity is the state of being as one, of acting together for the common good. It brings us together. It is the harmony we can live in if we honour the whole, and our own different parts in it.



V is for Valour

Valour is a battle value; heeding the call to be brave; to have our finest hour. Valour isn't rushing headlong into conflict. It may mean putting a brave face on it, or having the courage to walk away. We must be strong enough to never surrender our values.



W is for Wisdom

'Joy is wisdom', wrote the poet Yeats. Wisdom is the joyful craft of life. The wise know enough to listen to the voice of knowledge and experience, and to take the advice of the ages. We will remain none the wiser unless we open our hearts to joy.



X is for ?

X is the sign of the kiss and the cross, of love and sacrifice. It is the unexplained, the essential, unknown element in the equation, the unexpected that we can always expect to arrive, just when we need it the most.



Y is for Yearning

The yearning of the ages is for what we do not know. To yearn is to be filled with great longing for that which we can barely describe. 'This gray spirit yearning in desire, To follow knowledge like a sinking star; Beyond the utmost bound of human thought,' wrote the poet Tennyson.



Z is for Zeal

Zeal is an enthusiastic effort. It throws its heart and soul into the fun of life. It can sometimes be a little too exuberant, but it is essential for keeping ourselves, and others inspired. Zeal offers its own effervescent reward.



About this Vintage Gift

I hope you've enjoyed this selection of Vintage Values. The illuminated letters (now in the public domain) are by 19th century artist and writer William Morris, a founder of the Arts and Craft movement, and one of my personal heroes.

Please feel free to visit my website at www.elizaredgold.com

You may enjoy my historical fiction '[Ladies of Legend](#)' series starting with *NAKED: A Novel of Lady Godiva* (St Martin's Press) or some of my light-hearted [romances](#) (Harlequin).

Out now is some exciting non-fiction (writing as Elizabeth Reid Boyd) [The Secrets of Mindful Beauty](#) (Skyhorse Publishing, New York). "If you think the answer to anti-aging and looking good comes from a jar, a salon, or a surgical procedure: think again. The best beauty treatment is in your own mind."

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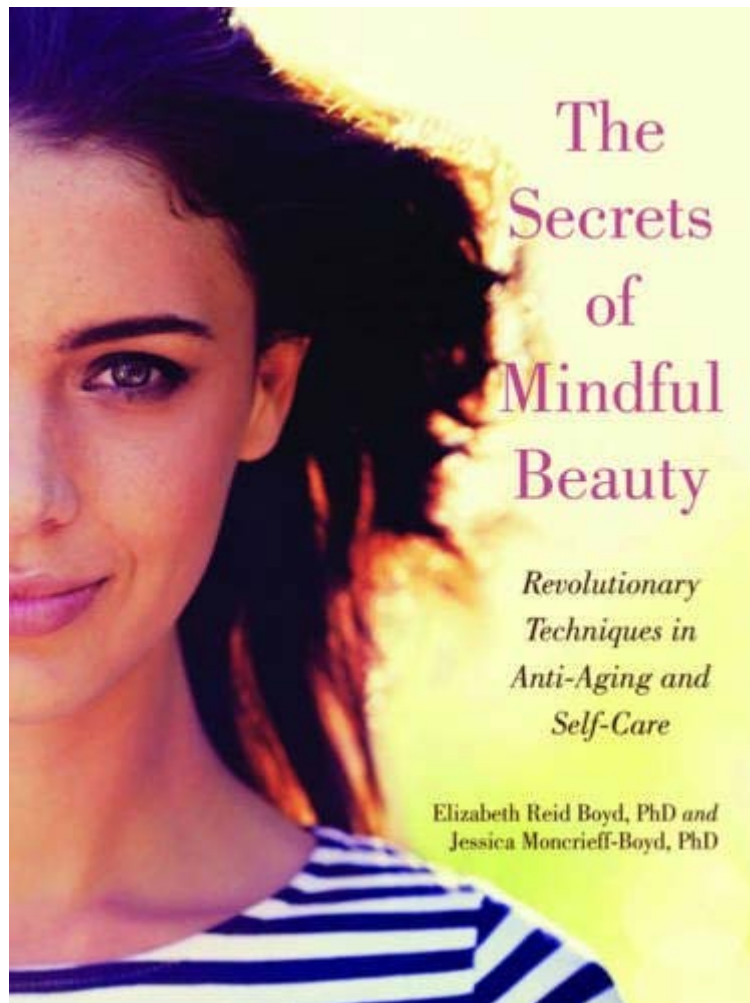
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Best wishes,

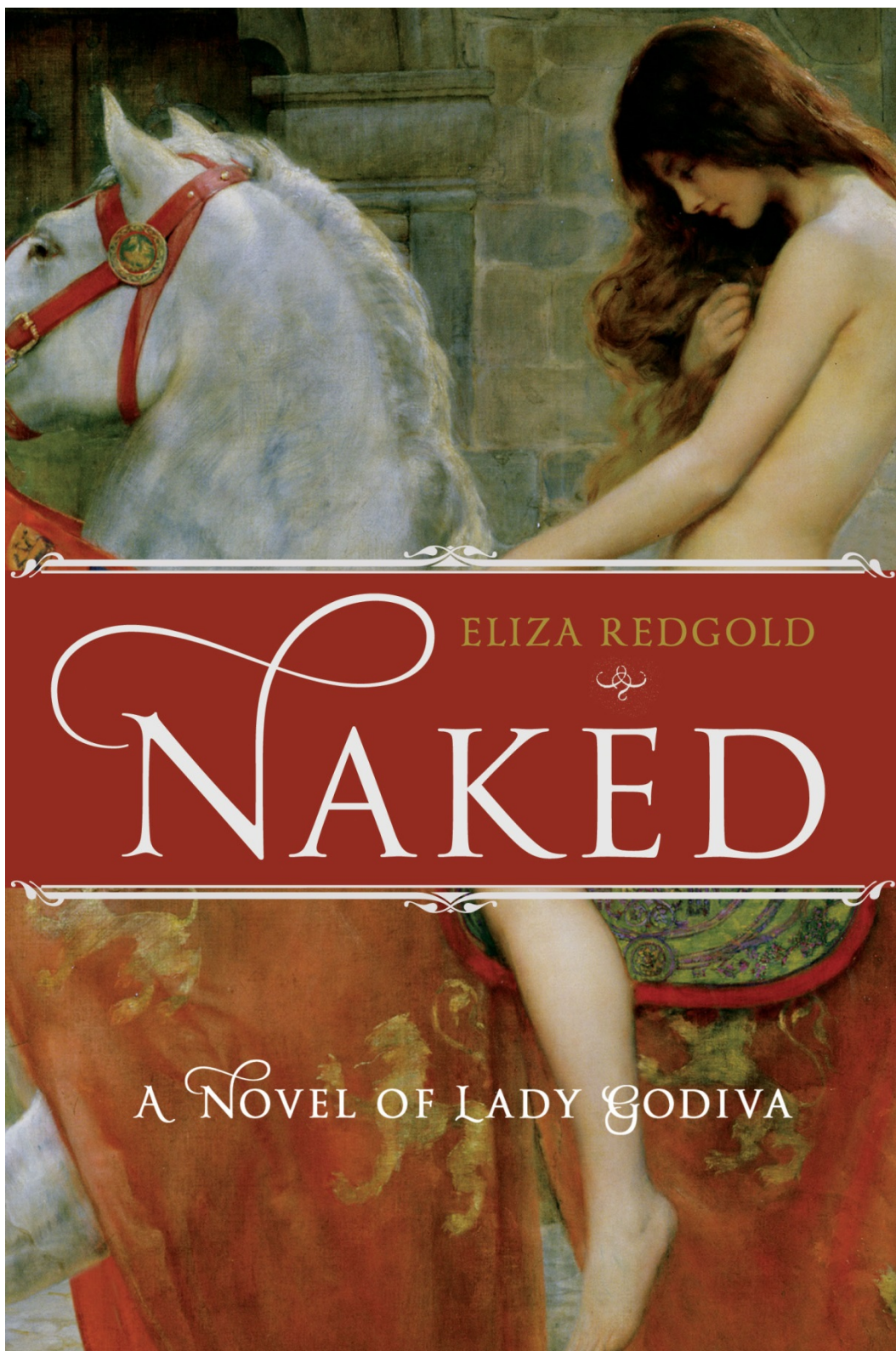
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