Thee image was preserved with exactness, O Father; for taking up thy cross, thou didst follow Christ, and by thy deeds thou didst teach us to overlook the flesh, for it passeth away, but to attend to the soul since it...
We believe that God is present everywhere and that "the eyes of the Lord look upon good men and evil in every place"; but we must believe without a shadow of doubt that this is especially so when we assist at the Divine Office. Therefore, let us always be mindful of what the prophet says: "Serve the Lord in fear"; and again, "Sing psalms wisely"; and, "I will sing to Thee in the sight of the angels". Hence we must consider how we are to behave ourselves in the sight of the Divinity and of His angels, and let us so stand to sing, that our mind may be in harmony with our voice.

Rule XIX of St. Benedict (d. ca. 547)