

Understanding of Life

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ARMAL THAKUR

UNDERSTANDING OF LIFE

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NIRMAL THAKUR



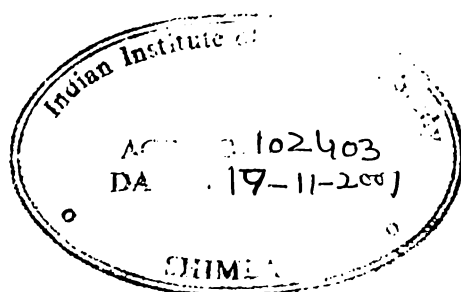
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Preface

Nirmal Thakur's poetry creates an aura of exalted emotions that enrich our lives with hope and joy. Further, all these poems, congregate up innate spirit of man which is ever engaged in imparting a humanistic purport to our entire life and its latent truth. It appears from the reading of these poems, that intrinsic goodness, is an inseparable part of man's mind and heart. Her sense of perspicacity and understanding human nature, and its intricate predicaments, exemplify a strongly wonderful grasp, without any preconceived notions or prejudices.

Her poetry, undoubtedly, is a conscious expression of the noblest human sentiments and thoughts. She is sensitive and aware of the sufferings of a wordily man, in search of a meaningful existence. She fully knows the agonies and pains of search for truth and purposeful life. There is a constant and consistent streak of anguished attempt pervading all her poems. The infinite values of human life, and the contemporary on-slaught on its aesthetic and ethical areas, constitute her profound concerns. Her passionate anxieties about man's destiny and incorrigible faith in human dignity, infuse humanism to her poems. There is again, understandably, a genuine amalgamation of sublime thoughts and delicate feelings in her words, that she picks up to convey her straight forward meaning.

Her poetry enables us to lead a life of happiness free from frustration, worry and tension. There is strong synthesis between the content and thought remains immaculate. She is gentle and loving, soft and low, when communicating noble ideas and emotions which, many at time, defy convenient expression. Expression, to her is supreme and sacred, and perhaps without knowing, "it is not an activity confined to his (her) consciousness or designed to meet his (her) own spiritual satisfaction... it is only successful when it renders meaning intelligible, when it makes his (her) state of mind clear to others." (R.A. SCOTT JAMES). It can be safely construed, by going through the poems, that she "carries the thought content expressed over the threshold of somebody else's consciousness." After Dr (Ms.) Hetty Prim, Himachal has another English poetess, whose sincere concerns for man's destiny derive strength from

a deeply religious inclination. The cultural background does play a significant and positive role in moulding their poetic concept. Both exhibit a tremendous awareness of social problems, man's sufferings and sickening monotony deeply rooted in the system, that almost kill the soul of a man, and from here, both these poetesses, lead us slowly to a world entirely different, then the present in which man is woefully struggling to exist.

Author's main characteristic of her poetry, is the absence of any violent or fierce denunciation of evil forces, existing in the life of a man, and society at large. It is a kind-hearted prescription to elevate man and his soul, and at this point, nature with all its beauty, grandeur blessing and wanton exuberance, seems to provide solace and much needed inner vitality to man. Nirmal's preoccupations with man's basic goodness and its meaningful exploration are visible throughout in these poems, "*understanding of Life*" which are an extension of thought-content of her earlier book of poems '*Realm of Thoughts*.'

She does not boast of grand and lofty new ideas, but in a casually careful methodology, her religiously philosophic mind evinces intense interest in the soul and spirit of man. Man's soul needs liberation. Man's salvation is essential in order to establish a solid social system. For the setting up of an ideal social structure, man and his destiny require corrective measures and as such, he ought to understand the inherent power, the positioning of his soul and life, the necessity of salvation, the impact of his good and bad deeds on destiny, the invisible strength of truth, meditation, the curative essence of struggle and determination, the essential ingredients of hope and duty. In brief, poetess's concerns with life and its spiritual dimensions remain intact and she, as said earlier, calmly and silently, moves ahead to create poetically a world of harmony and peace. The power of her words is that she without being didactic and demagogic, conveys to man, that the world can be still made better and worth-living, provided he faithfully follows the inner-voice and externalise's Soul's unconscious probings. Moreover, in her poetry, the perceptible influence of "*Bhagvad-Gita*" is discernible, when she without mentioning, discusses obliquely the twin philosophy and discipline of *Karmayoga* and '*Samkhyayoga*' which according to her are important to attain a blissful and harmonious life. Thus in her own unsophisticated language, she builds up a high-voltage structure based on social and economic equality, emotions and dreams with a sense of commitment to man and society and this alone lends credibility to her poetic world.

P.C.K. PREM
Novelist

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Soul

The essence of the relationship of body with the soul
It maintains no identification with the body, that is all
The survival of the body depends on the discretion of
the soul

Reflecting in the body like a face in the mirror, is the
key-role

The beginning and the final merger of body fabric
into five elements

The whole universe comes into creation this way for
further development

The soul keeps itself alienated from the Karmas of the
body's affairs

Finally the body settles to pay the penalty of bad
deeds by ritual and prayers

The body revolves on the wheel of birth and death
The cycle runs on till the soul drifts apart from the
body to the last breath

Body goes through many changes and assumes
different forms

But the soul remains the same incapable of being
perished and distortion

The soul is not tainted by any false and mean
attributes

Standing aloof from the body and nothing to
contribute

In Gits it is written, 'through iron is influenced by the
magnet'

But iron is iron, which has its own identity of being
independent

The whole universe comes to shape by an illusion, to
understand is too deep

It is just like a dream to a person in sound sleep
Life and death in the world is perpetual in nature
With the loss of body, the soul remains unaffected as
true to cosmic order

The soul is placed much higher than life itself in
pedestal

Unmoved by activities of an individual whether
physical or mental

The body is the victim of many innumerable and
impious sins

Putting human beings to insult and disgrace with no
sympathy to win

The travail of acute suffering by the body at the end
Leading to shocks and panicks bears difficult to tend
Disfigured and grief-stricken body with looks
unbearable

When the soul hovers around leaving the body in a
state most miserable

The soul which is infinite, eternal and unborn
Has to bear up with the trouble of birth and death
for time unknown

The soul struggles hard not finding the passage to get
out of the body

The body stands accountable to the wicked deeds,
which by nature are rowdy

Destruction of the soul with the destruction of body
is an illusion

The eternal and indestructable soul stands no chance
of discussion

Death renders the body mortal but the soul remains
immortal

After death, the soul migrates into another body as
ordained pre-natal

Salvation

Liberation of the soul from bondage of life and death
from its perpetual continuity

Only then the salvation is attained to share joys with
the Absolute Divinity

It is the power, the Happiness, the light, the
knowledge, the love and peace

Removing the veil of darkness, fills up life with
Supreme bliss and divine grace

Attainment of salvation becomes possible only
through the realisation of the self

You achieve it through arduous practice by spiritual
awakening of unique help

Only then the eternal soul lifts you up from the coil
of hope and desire

Helping you to lead a life of satisfaction, proves
worthy to admire

You need to sharpen your consciousness to find
answer to this grave mystery

Like 'who I am', 'where I am' and 'Where I am going
in life's history

To resolve this riddle of life, there are big questions
marks

Becomes easier to solve with enlightenment full of
spiritual sparks

Searching of the soul and not the body is a
complicated task
Requires deeper knowledge of the self to remove this
ignorant mask
To wash off the poisonous sins of body in malignant
form of big or small
To facilitate the merger of the self in All pervading,
'who is All and One in All'

Contact with the sense object shrouds the secret in
delusion
Avoiding submission to the senses seems the first and
the last solution
By then only, you are free from pleasures and pains
and travails of birth and death
This is the only practical way to attain salvation and
enjoy divine mirth

Desire, anger and greed stand an obstacles on the
way to spiritualism
Misleading and misguiding the self and play a
desructive role of dualism
Self-conceited ego of an individual plays an endless
havoc every-where
Creating devilish mentality and proving harmful to
all concerned here and there

Desire tempts the suppression of lies and self-created
manipulations
Results in distoring the peace of mind which causes
frustrations

Blindly forced to lead a life of utter falsehood full of
artificiality

Shattering the perfection in life as also removes you
away from the goal of spirituality

Involving in the pursuit of amassing wealth and
power as main priority

Detachment with alluring forces is the first step to
understand the spiritual reality

Attachment with body runs one into deep troubles,
frustrations and delation

The mortal body with its sense organs plays games of
destruction and ruination

True spiritually doesn't mean the renunciation of
worldly life

Rather expecting you to lead a magnificent life full of
divinity in life

Gita says, 'A spiritual man is as stable as a tree firmly
rooted in the earth'

Endowed with experience, knowledge and life with
celestial mirth

Divine Shakti

It is an invisible shakti like wind which is felt but not
seen

The whole universe is ruled by its power, which is
unseen

This inner and hidden power has a miraculous force
of creation

No body can ever challenge this unborn shakti nor
fathom its destination

It is fathomless and immeasurable beyond human
calculation

Always working and moving like blood in the body
circulation

This dazzling power can let loose its reign of terror to
break off your well-guarded fences

Knocks off your Ivory towers of dreams by
awakening your subtle psychic senses

This amazing power turns impossible things into
possible

Capable of changing pleasant surprises into shocks-
again the same power is responsible

Changing your cherished aspirations and hopes into
despair

An expectation into night-mares beyond imaginations
and repair

When in fury, indulges into acts of serious violation
and ravage

Causing destruction, devastation and ruination as a
work of savage

Driving you crazy and rendering you homeless
without any shelter

These mysterious acts of power, make you go helter-
skelter

There is no let-up from misery, penury, suffering and
danger

Your life-saving treasure and property are blown off
with high intensity and anger

Who does this all? Who controls this universe with
power of unique kind?

No body can answer, where human beings remain
mute, dumb and tongue-tied

Finding not any escape from its fury, leaves you
absolutely amazed

Feeling miserable, deplorable and in a state of total
daze

When Shiva, "the God talks about his Shakti in fury"
He says

"I am Shiva the destroyer in my loose hair," in
causing devastation

"I am the Dancer of the doom, the cyclone and
destruction"

The same Divine Shakti in peace acts as a healing
balm

Then you are blessed with happiness, bliss, solitude
and calm

Behind all your activities, there is driving, powerful
and spontaneous force

It is a fountain of knowledge, energy and strength of
great source

This Divine Shakti performs wonders and surprises
surrounded in mystery

Operating and functioning against human knowledge.
true to reality

This power keeps the whole universe trapped under
the cover of an illusion

In order to watch the universe goes on finally
wrapped in blind delusion

Helps in throwing off the veil of illusion by attaining
knowledge of inner self

By understanding the path of secret truth and
sincerity of great help

Self-surrender to the Divine Shakti takes you out of
darkness

By arousing your consciousness and wisdom to light
and truthfulness

It is a radiant light of enlightenment which shows the
true guide-line

By Sadhana, it leads to discovery of an occult power
turning life smooth and fine

By invoking this spontaneous power, you are in a
state of trance

Helping the mind to unfold the secret of Divine
power leaving nothing to chance

With the blessing of Divine power your face lits up
with celestial light

By the same grace of Shakti makes life easy by
deciding for you what is right

It will carry you through all difficulties and dangers
in life's race

By surmounting the most tedious problems with its
blessings and grace

Deeds

Karmas of the previous birth are the main factors to
decide for you everything
In determining the fate and major events of your life
in full swing
Deeds both good and bad by nature play their
respective roles
Accordingly making life happy and miserable in
varying degrees major or small

On the basis of Karmas, your fate is determined and
functions under the influence of deed
All expectations and hopes refuse to go against what
is written in the fate indeed
Both good and bad deed make contributions in
showing good and adverse effect
You undergo the experience of both joy and sorrow,
when you are put to test

While going through the good phase, your life is full
of earthly paradise
Adversity and hardship seem endless when it is
otherwise
Life runs on under the powerful impact of deeds both
pious and impious of different motive
Living a life of curses and blessings as dictated by
past Karmas, since there is no alternative

Wicked deeds, of the past seem prolonged with its
tenure long and obscure
No protection, no shelter from any side and life is
insecure
Darkness envelops all around and life is full of
pathos
State of utter confusion and disorder everywhere,
nothing but all chaos

Looking back and looking ahead at the top of your
voice you shout
Caught in the middle of storm, who can help you
out?
Here the merciful God comes to your help at once as
a saviour of humanity
He can only mitigate your woes and suffering that is
the only remedy

His guidance and light comes to you as a healing
balm and timely need
In steering the ship of your life by lending his
sympathy as a valuable feed
Generating energy, courage and strength by showing
the real light
To face life with for-bearance, tolerance and spirit to
fight

The benevolent God wants you to be pure and neat
at heart
Demanding compassion, forgiveness and human
virtues from the very start

Heart needs the freedom from lies which stands as
the main obstacle

Only then God comes to your side to transform
misery into joy by miracle

Your clean heart can often see the reflection of God's
image

By peeping into your heart, you get the flood of light
and guidance by His grace

Like all the electrical gadgets only function when
connected with main power supply

Similarly when your pure heart links up with the
power of absolute

You get intuition and vibration of thoughts on which
you always rely

Destiny

Since you are the master of your destiny where your
will doesn't prevail

Depending a lot on you as how to shape it before
embarking on the right trail

You need to strive hard for achieving the set goal of
your ambition

Stepping up efforts with fervour and zeal are a must
to get what you want in this direction

You are the sole designer of your career and plans of
future prospects

Just like professional architects and engineers who
design buildings and big projects

Your earnest efforts alone with a trace of luck and
sincere labour

Bringing laurels and feathers to your cap with God's
blessings and special favour

When your destiny shines on account of your hard
toil and wisdom

Then there is no yardstick to measure your joy and
happiness which comes seldom

Celebrating victory as a reward of your labour like a
farmer who reaps the harvest

Your destiny is the product of your hard toil, labour,
efforts and sincere quest

As destiny begins to reveal itself and moves to the
real and bitter truth

Expecting you to fight out against heavy odds and
ends with nail and tooth

Destiny is a blend of both joys and sorrows as well as
misfortunes and fortunes

At times bringing you at the peak of glory and at
times you are doomed

One also stand as a victim of one's past deeds which
affect your destiny

Nature plays its dominant role in moulding your fate
is a fact in reality

God the great master, the creator of this vast and
limitless universe

In His Divine Court of jurisdiction, decrees weals and
woes.

There is a mixed proportion of joy, sorrow and a
passing phase of misery

Caused by wicked deeds resulting into affliction and
injury

Giving equal justice to all in accordance to the
intensity of your past deeds

No distinction in His Court of justice between rich
and poor indeed

There is fair, true and upright justice in His Highest
Court

Entire humanity has to bear up the punishment as
there is no other resort

There is struggle in life throughout as a major part of
destiny

As escape from reality is not possible without an
appeal to God for mercy

Action

Giving a practical shape to your plans is the other
name of action

Taking strong actions well in time helps avoiding
conflicts and friction

Get up and swing to action in time saves nine
As it is said, 'Make hay while the sun shines'

When the country confronts with the problems of law
and order

Hurry up, jump into action and fight for the security
of its border

When you find the freedom of the country is at stake
Be ready to meet the aggression with full might and
smiling face

Action is unavoidable for the safeguard of your birth
right

Stick to your convictions and be ever ready to put up
a bold fight

Whether you are an administrator, actor or director in
the films

Ensures the streamlining of your respective unit and
makes you shine in the realm

It regulates your whole system to the best tunes of
perfection

It is again through action of physical exercise which
brings satisfaction

Inculcating the discipline of the highest order in every
sphere

Enabling you to work with team spirit in a cool and
favourable atmosphere

When mischief mongers and bad elements are upto
some mischief

It is only by means of action, you catch hold the
criminal thief

No culprit manages to go scot free when strong action
is there

Under the functioning of strict law and order, nothing
goes hay-wire

It needs action in the form of meditation to cure the
ills of mind

Relieves you from worries and anxieties of all kinds

Never let you fall and waver in your determination

And finally leading towards joy and goal of salvation

Action serves fruitful purpose and adds weight to
your name

Enhancing your prestige as a man of strong action
and fame

Placing you always on the top in the list of high
priority

Establishing your tight hold over the helm of affairs
in superiority

Action sounds the last note to be cautious, active and alert

While acting and dealing with situations, you look efficient and smart

Finally it results in all round joy, happiness and cheers

Facing life boldly with least hesitation and fears

, Meditation

Meditation is a device by which mental and physical disorders are restored

All the mischievous activities of mind linked with senses are implored

It requires a complete and deep concentration of mind on desired goal

Governing and controlling the cunning mind is a painful task, is not small

The notorious mind which functions under the tight-grip of alluring senses

Making life deplorable for earthly beings by digging serious trenches

Its blind indulgence towards the attraction of senses of temporary joy

Where the veil of ignorance traps you in its deep folds, thinking you as a mere toy

Meditation helps you to control the mind with its devilish traits

Capturing the role of double-dealing mind which never acts straight

Acting, working and operating to the attraction of sense object

Taking human beings for a ride under the powerful senses of its magic net

Senses completes the process started by the assertive
and commanding mind
Causing oppression and suffering and leaving you in
a wondering state of its kind
Senses are in full authority to enjoy objects to which
mind is blind
Resulting in certain amount of joy and sorrow that is
all you find

Physical body is just like a vehicle used for action
Needs tuning and cleaning through understanding
and meditation
Physical immortality is misconception leading to web
of illusion
For inner growth, meditation sets you on the right
path away from delusion

Slowly and steadily, meditation brings you closer
with the terms of reality
Delinking the mind with senses and moves towards
the goal of immortality
The state of super mind leads to perfection in
attaining the Divine light
Ensuring smooth-sailing life throughout to make it
worthy and bright

Developing the self with Divinity after arduous
measures of austerity
The merger of finite into the infinite brings bliss and
happiness in reality

Claiming search and enlightenment only through
means of meditation
Ending to all tension, misery, worry and confusion
resulting out of Frustration

With meditation you enjoy longevity, purity of
thoughts and deeds
Claiming all the humane virtues like open and clear
heart seems easy to read
The same practice prompts **you to acquire** lasting
peace, grace and power
Emerging successful in **pursuit of** achieving salvation
of Supreme tower

Meditation pulls you out from falsehood into truth
and out of weakness into force
Out of pain and grief into bliss and out of bondage
into freedom of course
Out of death into immortality and out of darkness
into light of reality
Out of confusion into purity and out of self-division
into unity

Truth

The foundation of truth is unshakable and as strong
as a pillar
Just like a chain-rope connecting the rudder wheel
with the tiller
Its roots are deep like a steep slope difficult to scale
the height
Treading the narrow path in a zig-zag manner, with
fear and fright

Absence of truth leads to utter confusion and you
sound guilty conscious
Exposure to lies creates conflicts and doubts which
makes you look furious
Decisions taken on the basis of lies trap you into
serious troubles
Groping in the dark, caught tripping as a result of
mischiefs

Creating pollution of thoughts which shows a sign of
cowardice
Lowering your credibility down to the drain and you
claim no price
Forced to make more manipulation and fabrications
of lies in your self defence
Feeling shaken up and nervous when put to cross-
questioning by the sitting bench

Things go hay-wire on account of your self-created
and shady misdeeds
Adopting all foul means to wriggle out of the mess,
you pay timely heed
This is how the whole dramatic scene ends up in the
great mess
Causing worry and agony and brings unpleasant
strain and stress

Whereas truth makes you stronger in convictions and
you stand firm as a rock
Sailing through life smoothly with no bitter and rude
shock
Drawing a distinct line between what is right and
wrong
Helps to develop the best in you which makes your
will power strong

While pursuing the right path of truth, your
conscience is clear and up-right
No policy of playing the game of double-standard
appears in sight
No hanky-panky in dealing with every day problems
and situations
Because of openness, truthfulness and sharp
visualisation

In truth, there is no other game except your own self
observation
In this game of truth, God is the only judge to
measure your true dedication

Knowledge of truth sets you free from all worries and
tribulation

The light of truth leads you to real happiness and
salvation

The banner of truth with the slogan of freedom,
justice & light

Relays the deep messages of your mental picture full
of courage & grit

Heart needs the freedom from lies which is the main
obstacle

Only then the misery of life is transformed into joy
by miracle

Your final writ runs where atmosphere of truth
prevails

Emerging you more stronger after combating the
forces of lies

Truth pulls you out from weakness into powerful
force

Out of desperation into stability and confidence of
course

Leading to real success in every field of life in the
long run

Enjoying a fair name and prestige for all times to
come

It is the victory of light over darkness, truth over evil

Ultimately leading to all round victory of real over
unreal

Determination

Determination means a will to achieve anything of
your likes

Whether you aim at smaller or higher goal depending
on individual appeals

“Where there is will there is a way”, sounds right in
a way

Looking for devices to achieve your aim by all means
and ways

Heart and soul begin to function with a singular
devotion

Acquiring your aim, becomes the central focus of
concentration

As day follows the night as a universal routine in
quick succession

Similarly your mind discovers the new strategy and
work with total obsession

Though the attainment of goal looks like a tight walk
rope

But with firm resolution and determination, there
appears a spark of hope

The unshakeable convictions in you help towards the
goal of actualization

The courage emanating from within yourself further
boosts up your determination

Nothing impossible to attain with your firm
determination of strong stand
No encroachment from any angle in the realm of
your sweet-land
Your strong will-power can perform magic beyond
any body's belief
By strengthening the will-power and lending you a
great relief

Consolidating and building up your tower of goal
brighter and brighter
Cementing up with your zeal and stepped up efforts
by taking steps swifter and faster
When the goal is won by you as a result of your
unaltered determination
Your spirit soars high up in the sky beyond any
degree of speculation

Earning reputation of being brave as Iron-man of
strong will-power as award
Ensuring more and more successes ahead in life as a
token of reward
Bouncing with joy and happiness as a sign of your
personal victory
Adding to joy as a mark of your confirmed stability

Struggle

Struggle in life takes you right deep down to the
earth
Preparing you to the full fledged training of mind at
full length
Struggle in the beginning makes you as strong as
pillars of Iron
Understanding the pains of others like a clock works
on a note of siren

With struggle in life, you learn to live with terms of
reality, hardship and shocks
Ever-ready to reconcile with adversity, you become
firm like a rock
Emboldening you to face the twists and turns of life
with full might
Grappling with situations and facing music of life
with broad smile and least fright

Going through hard struggle, you become a different
person of hard-stuff
Dealing with heavy odds and ends of life, you
become more tough
In the beginning struggle tastes sour and bitter is true
in every case
But the ultimate truth switches over to gains in the
final phase

With struggle you can move heaven and earth with
full strength
Leaving no stone unturned in the aimed direction at
any length
Going through fire and water, you emerge victorious
in the end
Gaining more and more confidence in yourself which
no one can lend

As a result of hard toil, you learn adaptability,
knowledge and wisdom
Leading you to the high way of tolerance and
experience as you live in the real kingdom
Sobriety, unfailing courage and sharp judgement
prevail in your personal case
You look much ahead of your age, which seems rare
in the race

That life without struggle is like an unripe fruit has
rightly proved
Discarded and thrown by every body which keeps
you dispirited
It keeps you on your toes to learn a lesson by your
own self efforts
With time you gain perfection and mastery by being
very smart

It develops your inner self more assertive and stronger
with time to come
Acquiring all round ability to carry on with life in the
long run

Success emerging out of struggle seems notable and
marvellous indeed

It is the fruit of your labour which stands as a
contributory factor in the field

Hard struggle in the end makes you as a Rider on the
Lion

It is like a touch stone, testing and infusing courage
in you like two sides of a coin

Fruits earned by a hard struggle are sweet and
enjoyable

Like your hard-earned money, struggle in life is
worth appreciable

Hope

As it is said, "Hope always springs eternal from the
human heart

The heart performs its duty like an obedient servant
so sweet on its part

Sowing seeds to all expectations and nourishes hopes
at every stage.

Giving rise and incentive to all kinds of hopes from
the Vicinity of its small cage

It acts as a booster to your sagging and low profile
spirit

Ensuring at every stage that you stay happy, gay and
bright

Sustaining you throughout, on both false and true
promises of hopes

Convincing you to wait and watch for the opportune
time, leaving no scope

It is the best and the most stimulating tonic to enliven
you till the end

Continues to strengthen your heart as the only
energetic source to fend

Dictating the note of hoping against hopes to pull
you out of frustration

Encouraging the survival of your hopes with no trace
of demoralisation

Unfailing hopes bring messages and optimism from
all sides

Building pillars of nourished hopes and takes you for
a glamorous ride

Embolding you to behave like a day dreamer who
builds castles in the air

Mistaken and being blind folded by the fostered layer
of hopes

When gleam of hope is dashed to the ground, you
are left for nowhere

Enveloping darkness from all sides, leaves you
wondering here and there

With illusive and deceptive hopes you feel dejected
and heart-broken

Causing disappointment to the whole situation and
you feel shaken

False hopes soon transform your elated spirits into
utter dismay

Upsetting your plans and moods to a point of no
return whatever you say

Crumbled and crushed hopes which leave you
desperate and torn-apart

Mustering courage again to begin life afresh from the
very start

Expressing faith in the saying, "Darkest hour is
nearest the dawn is the last hope
Still infusing high spirits in you which at times comes
out true
With the fulfilment of hopes, you bounce on top of
the world with full inspiration
Believing flash of hope still bears fruits in your
favour at the culmination

Duty

Duty and freedom go hand in hand like the policy of
give and take

Doing your duty to all concerned according to moral
terms and dictates

Abiding by duty means the same as abided by the
law of the country

For the dereliction of duty, you are bound to face the
consequences in reality

Involvement of discharging duties in different
respective fields

Depending much in accordance to the nature of
authority they wield

High sense of duty enhances your prestige in the eyes
of one and all

It highlights your achievements, which are not at all
small

Performance of duty with the heart and soul from the
core

Adding to the sense of consciousness and brings out
the best in you to the fore

Well done duty leads to lasting happiness and mental
satisfaction

Where you are the top runner in the race course to
enjoy all benediction

Duty brings unity in the family, in the country and
every where you hear

Lack of duty leads to dis-unity and disappointment
seems unable to bear

Negligence of duty cautions a serious note of
objection

You face the music of life with punishment as a result
of reaction

Running away from duty brings dishonour to your
name

Violating the principles of Ethics and Morality at the
cost of your fame

In the absence of duty your fair name goes down to
the drain

Nothing helps you out in the creation of your own
stress and strain

Similarly you have a duty to perform towards
yourself

One needs to acquire a deep knowledge to
understand one's innerself

Bringing the mind under control by strict observation
For the merger of your soul with the Supreme for
identification

Again it is your duty to save your mother land from
invaders

Face the challenge to the country from bad elements
and traitors

Save the honour of the country before its interests are
put on barter

Be honest to discharge the duty which tops your
name among the martyrs

In safe-guarding the freedom of the country, you
need to display the spirit of patriotism

Fulfilling your duty in a just and right manner of
truism

Selfless duty brings applauses and country wide
laurels

Walking with your head high you win a number of
gold medals

Experience

An experience is a valuable boon which comes at ripe
age

Claiming all round maturity and knowledge in you
like a sage

An experienced man is a key-master in dealing with
all situations

Possessing the capability of breaking through the
mystery of man made creation

Playing his cards well, he stands at the helm of affairs
Not the least chance of slipping on the rickety stairs
It is the amount of experience which carries weight in
every field

Keeping with rank and file and dignity and authority
you wield

Whether occupying a seat of the chief of Army or a
Naval Officer in any station

Whether you are a teacher, an administrator or a
leader of the nation

It is by virtue of experience, you are there on the
national glare

You shine on the firmament as long as the day is
there

No bungling, no mismanagement and no confusion,
when experience is there
Resulting in total perfection and things look absolute
straight every where
Experience is the other name of efficiency and
pragmatic life
Depending on your experience for final discretion as
a matter of deep in-sight

It is by the medium of experience in mediation,
enabling you to attain salvation
Assisting you to understand the innerself with the
help of observation
By sagacity of long-standing experience which places
you on the exalted ladder
It is a stepping stone to enhance your position and
prestige, who dares to Shatter?

An experienced man brings the functioning of things
into the main stream
By virtue of his rare acumen sets things in order
without waste of time
Bringing sharpness, grasping power and the knack of
conducting yourself
Adding to distinction, superiority and credibility of
unique help

The value of an experience is just like the highest
trump card
Its out beaten value is well understood by those who
try a hand at cards

An experienced man proves highly beneficial to the
service of people at large
By tackling and sorting out problems all round is
fruitful at any stage

Knowledge

Knowledge is as vast as the vastness of an ocean
Thousands of rivers merging into it, still there is no
commotion

The fountain of knowledge is endless and its depth is
unfathomable

Imbibing even a part of this limit-less knowledge
truly terms as creditable

A pursuit of knowledge tempts to discover the height
of keenness to know

The more you learn still you strive for more and
more to know

Knowledge in any professional field needs thorough
special skill

With practice it adds up to more amazingly because
of regular drill

Leading to sharp inquisitiveness to understand the
mystery of nature

As 'How' and 'What are the causes of suffering of
human creature?

A thirst of knowledge all through life remains
unquenched

It is a safe treasure kept under lock and key well-
guarded and well fenced

Profound knowledge of inner self helps you to enjoy
heavenly bliss

Ensuring smooth-sailing life and no change to falter
and slip

Enlightening the mind with maturity of thoughts and
a virtue of sobriety

Marching to the high way of progress and life is full
of meaning and worth

Reading is the source of immense pleasure, truth and
light

Causing injustice to your-self when not utilized as a
matter of right

Knowledge is like a jewel which sparkles and shines
every-where

Ensuring mental satisfaction, joy and happiness as
long as the day is there

Bringing closer to reality which you claim your sole
possession

No materialistic wealth can replace this joy mainly of
your obsession

Possession of knowledge is valueless and the most
precious boon

Standing by you through thick and thin but-a-few
understand it soon

To have a deep knowledge of any subject is your
pride

Adding prestige to your fair name and brings victory
on your side

It is the true hall-mark of your accuracy, intelligence
and intellect

Depth of knowledge leads to clarity of vision and
perception in fact

Freedom

It is the birthright of every citizen which our
constitution provides
Living and breathing in the air of freedom who dares
to deprive
Expression of thought and airing views is your
personal liberty
Giving full protection to your rights and property
with full security

For the preservation of freedom be ready to pay any
price
And to put a bold front against the policy to divide
Stick to your guns when the unity of the country is in
peril
Guarding the banner of freedom, strike out with full
force of barrel

Even for your personal freedom, fight it out till the
last breath
Get up and go ahead, even if you have to face the
gallows of death
Be ever prepared to revolt against all oppression and
tyranny
Infusing you to take pledge to break off the chains of
slavery

Voice of freedom is the echo of all rational thinking
persons

Maintaining your self respect is a point of strong
reason

Don't sit back, get ready to break off the walls on the
way

Toil and struggle hard to keep the challenge to
freedom far away

Bearing the burden of insult and injustice is a slur on
your name

Stand to the need of an hour and meet the challenge
with a smiling face

Only then your sub-merged dreams transform into
promising reality

No looking back, just march ahead in life with true
success and victory

Again it is human desire to get freedom from the
cycle of birth and death

Self-realisation by means of meditation is the only
choice left

It is the most predominant and eternal voice of
human soul

Whether it is the freedom of the soul or the freedom
of the country it is the same goal

Need of freedom arises in every walk of life

Ensuring the right spirit of confidence, bravery and
pride

In an atmosphere of freedom, your final writ runs in
all matters

Displaying your intellect and talent full of courage in
bold manners

Paving the high way road to progress and prosperity
To carry through the decisions of life, you claim the
perfect mastery

To work out in the right direction is a job of your
profession

The remote control to design plans is in your
possession

Solitude

Living in solitude is a wonderful experience to relish
Subsiding anguish and agony is a strong human
desire to cherish

When confronted by precarious and perplexed
situation

Providing solution to the tangled problem is its
contribution

Giving vent to your submerged feelings well-
nourished by the heart

Wiggles you out of the mess and gives you the
needed mental rest

When surrounded by worries and tension, you want
to stay in seclusion

Imparting you the freedom of thinking is the best
provision

Solitude is bliss readily comes to your comfort and
solace

Working of the mind in collaboration with the inner
power is only possible with God's grace

Loneliness offers you the full freedom to remember
God by meditation

He only peeps into the mirror of your heart by mere
concentration

When far from the maddening crowd, you are at
peace with yourself
Combating with hard time, the same loneliness
renders you the best help
Lending the best devotion and attention to achieve
your ultimate aim
Crowning your efforts with thumping victory and
name in the final game

Providing you the best privacy when struck by
calamity
Reconciling and convincing you with terms of hard
reality
In healing the wounds of mind, it acts as a soothing
balm
By confining to loneliness, you come out absolute cool
and calm

Increases the power of concentration when you
confine to solitude
Giving the best potential force which boosts up your
attitude
Loneliness lends time to ponder over your vicious
and wicked deeds
To wash off the sins of the past to offer prayers to
God is final need

Pride

It stems up from the high sense of an elated ego
turns you blind

Maintaining airs of distinction above all reflects a
shallow mind

· Haughty behaviour and temperament depreciates his
total personality

Grilling feelings as he is one heaven-born and too big
and mighty

A person with deep-rooted egoism adores a life of
freakish style

Self-propounded and well-knit theory keeps his
moods in high profile

Emboldened by an arrogant stand he spends his life
in vain glory

Pride wrecks the nerves as a result nothing goes into
his top-storey

Highly incapable to adopt unfair means to hurt others
self-respect

Attaching all the values and importance to himself
inspite of all stupid defects

Behaving himself as the king of kings and holds
higher rank on earthly space

While displaying the loftiness he scores the highest
marks in the race

His passion for flattery and psychopancy becomes
stronger day by day
Over riding the feelings of others as long as his
egoism stays
Human situations are dealt with the most inhuman
angle
Finally leading to utter hatred, contempt and wrangle

Pride brings sudden fall when reaches its height
An artificial structure soon topples down with time,
presents a pathetic sight
Getting topsy-turvy in life awakens him to sudden
reality
Sending shivers down the spine as a punishment by
the destiny

Finally groping in darkness in a most disgusting
shattered state
Shocked at the disastrous consequences at a role
played by his fate
As a shaken and demoralised person lacks support
from every side
Learning a bitter lesson out of his misdeeds and high
sense of pride

Poverty

To live with poverty is a curse of gruesome example
of fate

Just like consuming poisonous pill which leaves a
horrible bitter taste

Causing affliction and distress and gives a massive
heart-ache

Acute poverty with dampened spirits appears as life
is put on stake

Blows of misfortune seem too cruel to the one's hit
by poverty

Wondering for what crimes and faults they have to
pay the heavy penalty

Fate also plays the biased role full of destitution

Life seems as a woeful tale with all suffering and
privation

Life for poor is a store house of sighs, pangs and
penuary

Filling cup of life with turmoil, grief, pathos and
misery

No chance to stand in comparison with those who
live in palatial buildings

Sleeping over the footpaths in utter dismay as they
claim no ceilings

Cherished dreams of poor turn out to be a big farce
in life

Interests and hopes are belied and is a matter of great
surprise

Meaningless life holds to promises of happiness and
jubilation

It is just like a rolling stone which gathers no moss
and ends in frustration

Agony is writ large on the faces lacks words beyond
depiction

Plunging life into pitch darkness, what a sad
narration?

Not born in the lap of luxury nor with silver spoons
in the mouths

Rather it is a bed of thorns, giving pricks and shocks
with least doubts

What competition with moneyed person, where his
life flows with milk and honey

Poor can not make the best out of everything because
of meagre sum of money

They run from pillar to post to seek justice and
sympathy

Their attempts and efforts bear no fruits in the field
of apathy

Dream

Dream is an-endless phantasy as our inborn nature
Building castles in the air is a part of human
creature

It lifts up your mind to the greater height of
culmination

Giving free play to your rich and fanciful
imagination

When the contemplative mind links up with the sub-
conscious state

Becomes very easy to see the reflection of your mind
straight

Sub-conscious mind acts and provides solution to
your problems

Which otherwise in reality hang in a state of
doldrums

You can vividly see the working of your mind in the
dreams

Like you clearly see the picture of your body system
on the X-rays machine

Mind works in complete co-ordination with your
sweet-dream

Is quick and responsive which shows the true spirit
of a team

You view the whole fanciful picture of life in dream
Watching as the shooting of a film goes on the screen
In dreams, lovers play with their romantic
 imagination
As they are talking to their beloveds under
 intoxication

In dream, you feel as you are heaven-born flying with
 golden wings
Floating with promises of high-flown hopes and
 behaving like a real king
Messages of joy and sorrows are relayed to you just
 like on a television set
No load of worries on your mind and mentally you
 are put to rest

Some dreams are nasty, horrible and frightful
You wake up and shout to put this question what is
 this all so dreadful?
While some other dreams entertain you to happy and
 enjoyable moment
And you want to remain in that state of trance for
 your benefits

At times in dream, you weep, cry and scream
Conveying you the unpleasant message of death and
 doom in dream
The sub-conscious mind functions at a faster speed
 under hallucination
When you wake up and find, you are taken in by
 delusion and fascination

Soon your rickty tower of dreams is heavily cracked
down

And you have been left in the lurch looking like a
clown

This is an interesting history of our sub-conscious
mind

Where blend of joy, happiness and suffering you all
find

Self-Respect

Keep your self-respect on the top and safeguard it at
any cost

When wealth is lost nothing is lost, if honour is lost
everything is lost

With your protected self-respect you proudly sit on
the pavillion ·

And proclaim yourself as one among the renowned
billion

It is your indispensable crown studded with gold and
jewel

Don't allow anybody to rob you off this jewel, if by
chance any body acts cruel

It is a priceless jewel and keep it safe under your
custody

Never permit others to misuse it even for the sake of
courtesy

With the fall of a single jewel, its over all value for
ever is gone

Then what special charm and grace is left with you to
be shown

Ensures, no body raises an accusing finger at your
self-respect

Only your bold behaviour is the last resort to protect
your honour in fact

When honour is gone, act fast and knock at the door
of justice

Don't project your image as you are a symbol of
weakness and mercy

Don't lament, jump into action at once and give a
clarion call to fight

Win back your self-respect at any cost, as a matter of
personal right

Replace back its full price by fighting out tooth and
nail

Channelise your entire energy to get the lost respect
back on the right trail

It is upto you to upgrade its value to the highest rate
Protect it from any damage and ensures that it is
always safe

This jewel is specklessly clean, crystal clear and full of
original lustre

It is just like a fine beautiful cloth made of delicate
texture

Ensures that you put the crown at a right place
As no body dare touch it and put you to insult and
disgrace

Take a solemn pledge to retain this invaluable gift in
your hold

Whether you have to live or die to keep its dignity
intact under your fold

Self-respect is an indispensable jewel which is your
top pride

It adorns you on all the occasions with respect, joy
and smile

Relaxation

Our mind is just busy like a bee in various
occupations

Hardly any time left at its discretion and disposal for
relaxation

Working round the clock at the speed of a machine in
competition

Its working capacity fails when forced to work under
exertion

The receptive mind stops functioning when in an
absolute weary state

No perception, no concentration and things go helter-
skelter at a fast rate

At this stage, your mind needs break from the on-
going activities

Let the mind rejuvenate itself by sharing in fun and
festivities

Even your mind has the upper most right to relax in
a carefree way

Otherwise your name in the efficiency record is
pushed far away

You can seek the best recreation in the company of
nature all around

Restoring the mental balance and health to its perfect
shape and sound

Natural resources of reaction are in plenty and of
immense pleasure
Snatch out time once a while to have a festive treat at
your leisure
Sit among the tall majestic trees and among bright
and colourful flowers
Tall trees remind you the sky-scraper buildings of
high towers

Listening to the sweet chirping of birds add more to
your attraction
Whole vista of nature is there to provide grand
welcome to your satisfaction
Relax yourself in the lap of nature midst its
enchancing beauty
Demanding you to do this needy service to yourself
as a foremost duty

Relaxation of the body and mind needs top priority
Healthy mind in a healthy body brings results of
greater utility
Refreshes yourself to resume the routine with more
vigour and strength
Rest renews your energy and increases the capacity to
work at any length

Music

Whereas poetry is the reflection of voice of heart is
true and sound

Music gives vent to the feelings of your heart the
other way round

Woven to-gether in nature of function and harmony
in concrete shape

Touching the depth of mind to find out the real truth
as ordained by fate

Music brings relief to your writhing heart & pent-up
emotions

By comforting your disheartened mind which helps
to avoid commotions

It has the magical attraction to capture your fanciful
mind

Winning you over to its side from the human
affliction of mankind

Music is the soul, the spirit and life of the working
mind

It boosts up the unity between feelings and emotions
of strong bind

Bringing the ruptured mind to the terms of full
enjoyment and satisfaction

By providing heart-throbbing thrill which takes us far
away from dejection

It is a source of enjoyment and recreation of fun-
giving delight

By lending you happy moments which makes life
fresh and bright

Giving you the best company and helps to break off
the boredom of busy life

Seems as music has again renewed your life with
pleasure in rife

Is bewitching, alluring and creates an atmosphere of
humming tune

Motivated by its intoxicate influence, movement of
the body begins soon

Its tempo and rhythmic sound add fun and glamour
to the sight

What a wonderful excitement and a wonderful charm
out of music's might?

Music has the power even to evoke the almighty God
for His Divine blessings

The echo of the melodious music can shake the
Supreme Power to mitigate human suffering

Even hard-hearted persons can not resist from its
irresistable spell

All fall into its ceaseless charm and without it life is
hell

It has the sustaining power which wards off
monopoly and depression

Drooping spirit again sets to tune with least trace of
tension

Under its powerful spell, the mind is not under your
control

Feelings and emotions are swayed by its sweet music
of carol

Company

Nature is the best company to give you peace of
mind and solitude

Looking for what sort of company it is upto your
attitude

It is lasting, soothing, effective and free of
pollution

To this enriching and thought provoking company,
there is no other solution

Beneficial for both physical and mental point of view
Inviting attention to the glamour of nature seems
always fresh and new

The beauty of snow-covered mountains under the
silver light of moon

Who can forget this fantastic sight of nature so soon?

The high range of mountains is another wonder of
nature's master piece

Climbing the higher altitude of these mountains is
beyond human reach

Nature with all its brightful colour is always ready to
greet

Attracting the mind and prepares to give you a grand
treat

Alluring and fascinating sights always move before
your eyes
Capturing your fancy, when you look at the full
moon in the sky
Pacifying your ruptured mind when crowded by
worries and tension
Healing the mind with soothing balm and with caring
attention

Your mind is at peace when away from the hustle
and bustle of life
Fills up every cup of life with pleasure and delight
full of rife
Nature provides you all the charms to your entire
satisfaction
You stay as happy as the day is long to enjoy all
attraction

Nature teaches as many sublime virtues and lessons
Like mountains represent the qualities of stability and
firmness
The sun teaches us to give without exception and
prejudice
It just shines for everyone without ill-will and malice

Splendid objects of nature reveal the hidden meaning
Nature unfolds its mystery to a few who have deep
understanding
Rivers express fluidity and flexibility and trees
illustrate forbearance
Who can over-look these superb gifts of nature of
great magnificence

Finally unfathomable power of oceans affect our
consciousness

Nature is full of rare wonders bringing human
creatures to awareness

It brings lasting joy and happiness to the mind
Cheers you up at any time whenever the time you
find

Love for nature keeps you always fresh, gay and
alive

Staying in the company of nature makes you always
smile

Harmony

Harmony puts things in order and in proper shape of
agreement

Working under your hand and seal for the final
settlement

Even the whole body system functions in unison with
conformity

Mal-functioning of any system leads to sickness and
disunity

In the absence of harmony the whole system bounds
to collapse

Seems as harmony link is some where missing as a
lapse

Harmony sets the frequency of wave motion to form
orderly chords

Emotions and feelings suddenly get swayed by its
final concord

Bringing co-operation and capacity to cope-up with
the working tune

Leading to combination of consistency and
understanding very soon

Bonds of harmony and friendly treaty knit together to
form the unity

Like the melodious song complete in mellow and
silver-toned in amity

Unanimity of mind with body leads to amicable
functioning
Ensuring happiness at every step towards healthy
way of thinking
Lending ears to the spell-bound music and its
changing voice of modulation
Conveying the notes of harmony and consistency in
syncopation

Listening to the high toned musical songs of national
anthem
Every word of it appeals harmonical in tune when
sung in lyrical rhythm
Heart-beating music of the choral singers creates an
atmosphere of impressive ceremony
Lost in the trance of sweet melody accompanied by
the tune of perfect harmony

Finally it is harmony which brings top most
uniformity in life
Enabling you to enjoy the pleasures and joy in full
rife
Life itself is like a sweet little melodious song
The song of life combined with harmony keeps you
happy all along

Humour

Only a few claim the wit of humour is a
kind of gift
Sending waves of laughter and cheers is a sign of
healthy lift
To click the fancy of others is become a part of your
life feature
With this inborn jovial nature, you sound a
wonderful different creature

Art of wit in your possession is a monopoly
Your sharp wit always at work to break off the
monotony
Others find in you the most favourite and fun giving
company
By striking the sense of humour, you earn a word of
praise by many

Helping you as well as to ward off the humdrum of
every day life
Enlivens your moods and temperament with high
spirits of jovial type
Endowed with a sharp and quick-witted sense of
heart-throbbing humour
Upholding the supportive spirits of jovial fancy to the
climax of glamour

Lifting up the sagging spirit and finding yourself in a
lighter mood

Providing to your mind a balanced and much
nourishing food

Humour is the spice of life which keeps you away
from tension

This is the only quick available device needs for
mental relaxation

Keep up this wit of humour upto the mark as a
source of recreation

Always ready to provide you the fun and timely
rejuvenation

Share this wit with others whole-heartedly in the best
manners you like

Equipped yourself with this unique art of humour to
lead a happy life

Sense of witty humour keeps you gay, happy and
alive

You always stay healthy, cheerful, fit and fine

You become smart and active to catch up the fancy of
all

By displaying your attic wit full of humour in a way
big or small

World Peace

No individual nation can ever break
Provided the world peace at large is not at stake
Peace is the very soul and strong pillar of every
 nation
Ensuring all round prosperity and development in
 right direction

War is an evil which eliminates the entire human race
For the preservation of name, heritage and civilization
 better to avoid any strife
Vigils of war send alarms of horrors and death knell
Massacre, insane killing with burning of foul human
 smell

Savage and barbaric acts of terrorism is a slur on the
 face of humanity
Needs strong condemnation by all as a voice of
 universal community
A few hand-picked are always at work so called
 antinationalists
Causing stir, sensation and panic among the nations
 proving highly irrational

Declaring supremacy of power over others in the
 competition race

Displaying full show of nuclear weapons as scientific
inventions free of course

Placing personal interest, whims and vengeance above
the nation

Drifting you away from your morals & conscience
with a reputation of degeneration

Here arises the need of all big powers to come
forward as a united team

In safeguarding the peace and unity of all nations
involved with interests keen

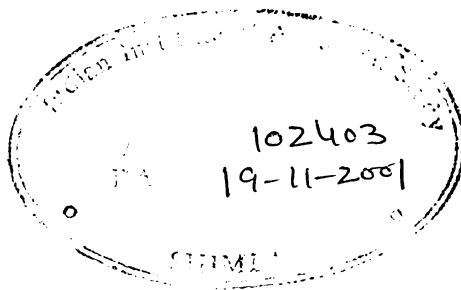
Agreements, consensus and treaties for world peace
to protect human rights

Can save the human race from the hands of cruels
with full might

As citizens, for the preservation of peace be ready to
pay any price

Be prepare to put a bold front against the policy to
divide

Stick to your guns when the peace of world is in peril
Strike out with full force of reasoning, justice and
non-violence as your powerful barrel





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