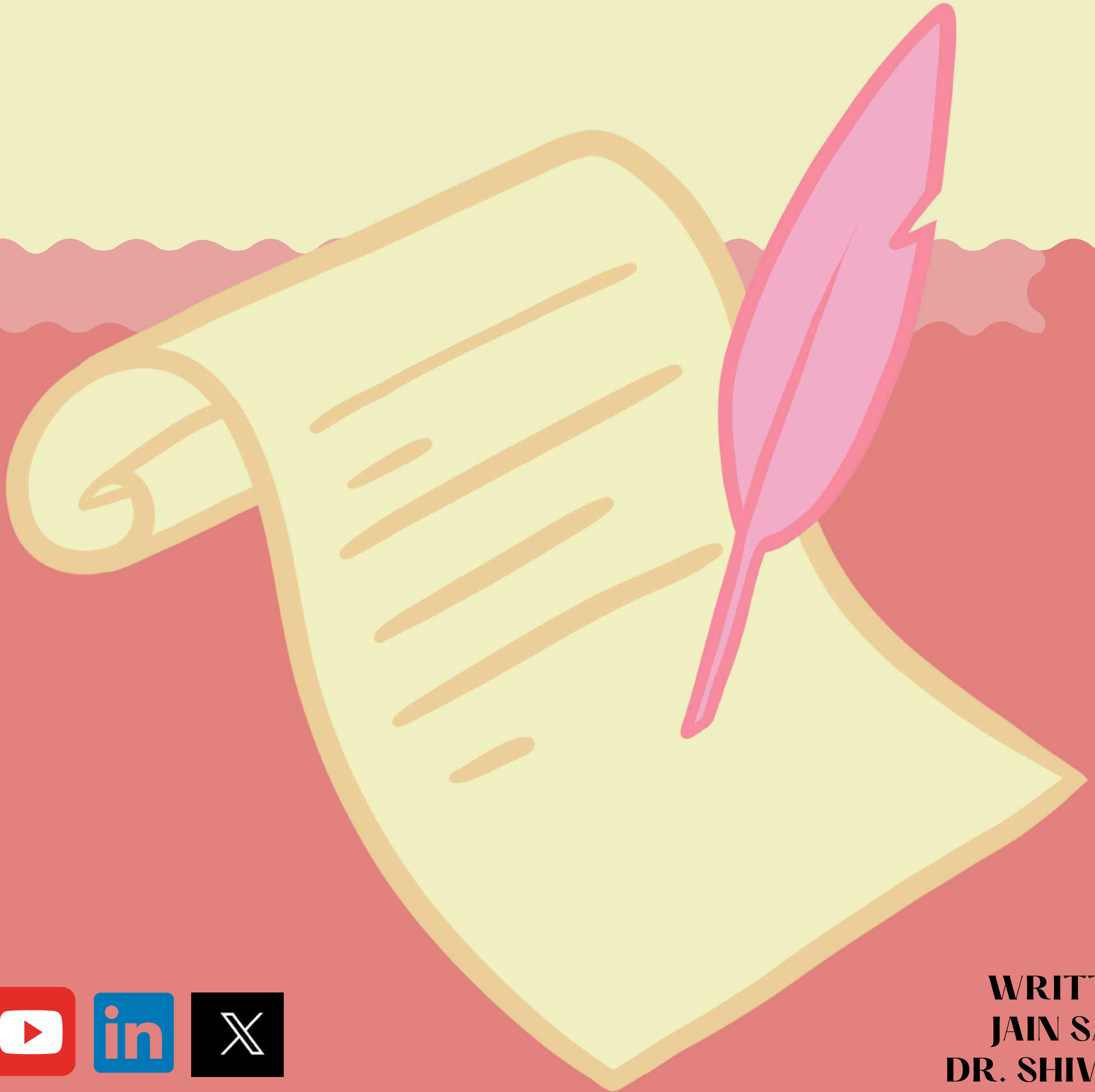




SHIV PRAGYAM



# SHIVPRAGYAM POEMS



WRITTEN BY  
JAIN SADHVI  
DR. SHIV PRAGYA





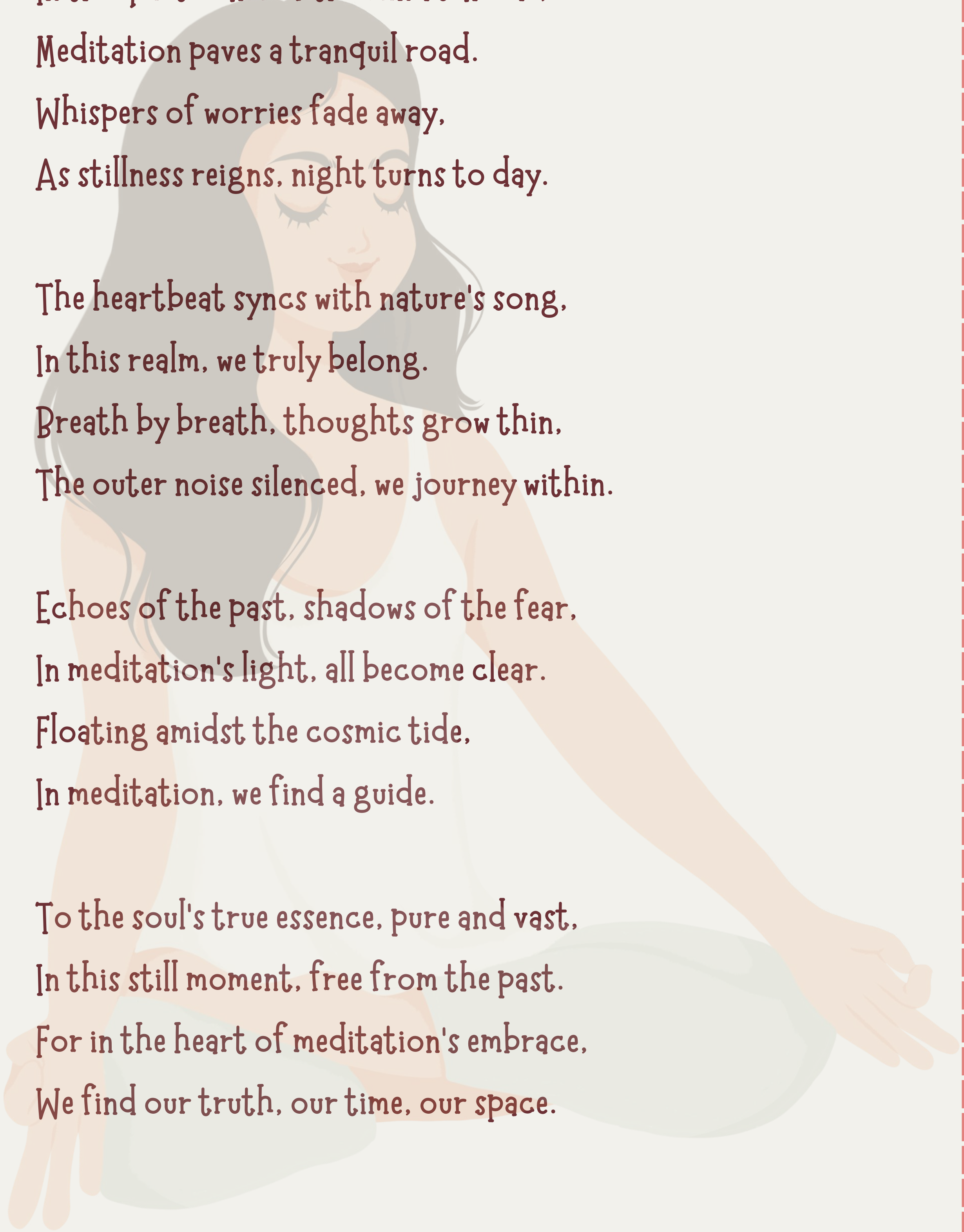
# MEDITATION

In the quiet realm of the mind's abode,  
Meditation paves a tranquil road.  
Whispers of worries fade away,  
As stillness reigns, night turns to day.

The heartbeat syncs with nature's song,  
In this realm, we truly belong.  
Breath by breath, thoughts grow thin,  
The outer noise silenced, we journey within.

Echoes of the past, shadows of the fear,  
In meditation's light, all become clear.  
Floating amidst the cosmic tide,  
In meditation, we find a guide.

To the soul's true essence, pure and vast,  
In this still moment, free from the past.  
For in the heart of meditation's embrace,  
We find our truth, our time, our space.





# MEDITATION

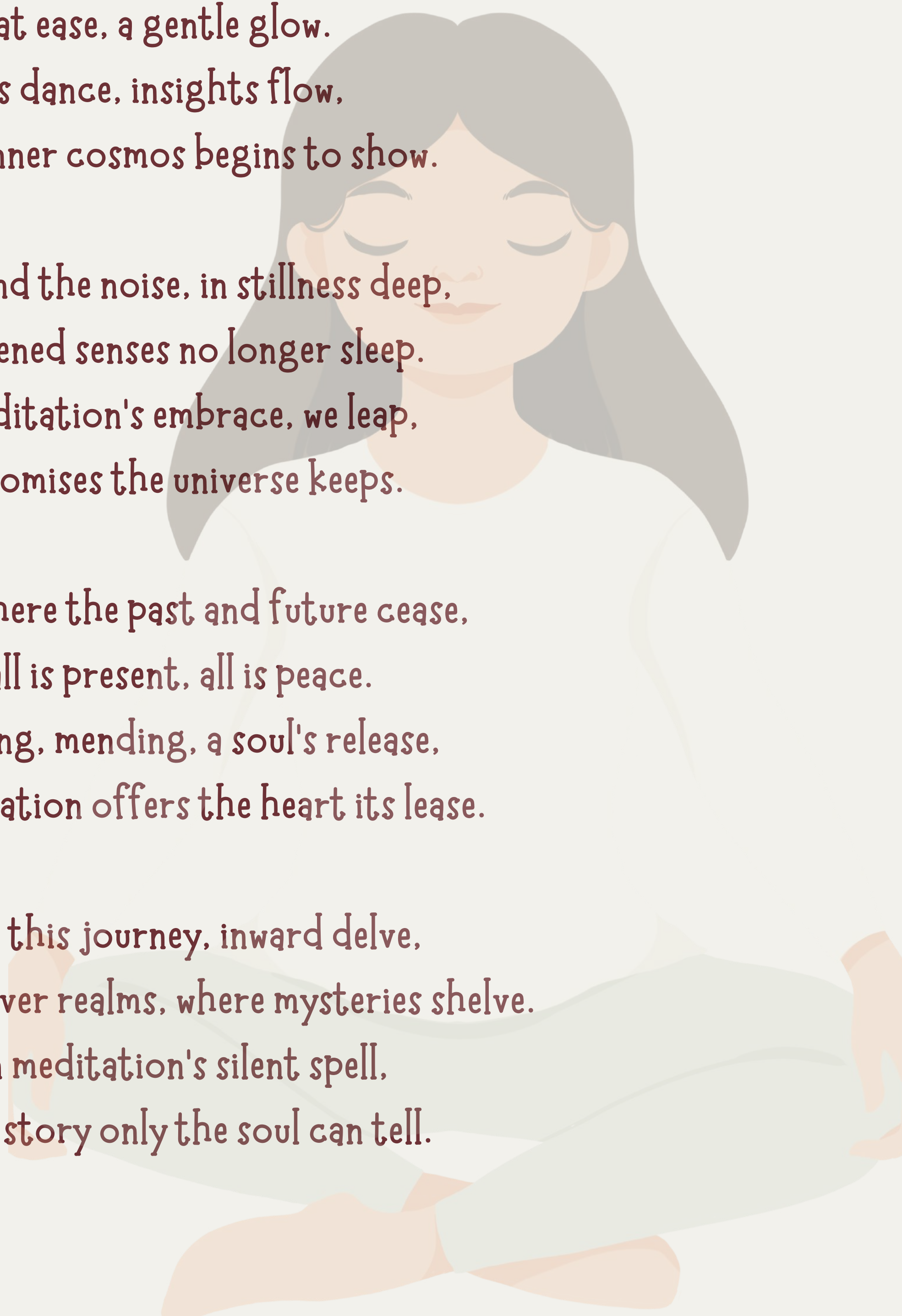
Amidst the world's relentless chatter,  
In meditation, all things scatter.  
A sacred space, where thoughts don't matter,  
The soul's own realm, on a silver platter.

Breath in rhythm, heartbeat slow,  
Mind at ease, a gentle glow.  
In this dance, insights flow,  
The inner cosmos begins to show.

Beyond the noise, in stillness deep,  
Awakened senses no longer sleep.  
In meditation's embrace, we leap,  
To promises the universe keeps.

It's where the past and future cease,  
And all is present, all is peace.  
Binding, mending, a soul's release,  
Meditation offers the heart its lease.

So, in this journey, inward delve,  
Discover realms, where mysteries shelve.  
For in meditation's silent spell,  
Lies a story only the soul can tell.





# MEDITATION

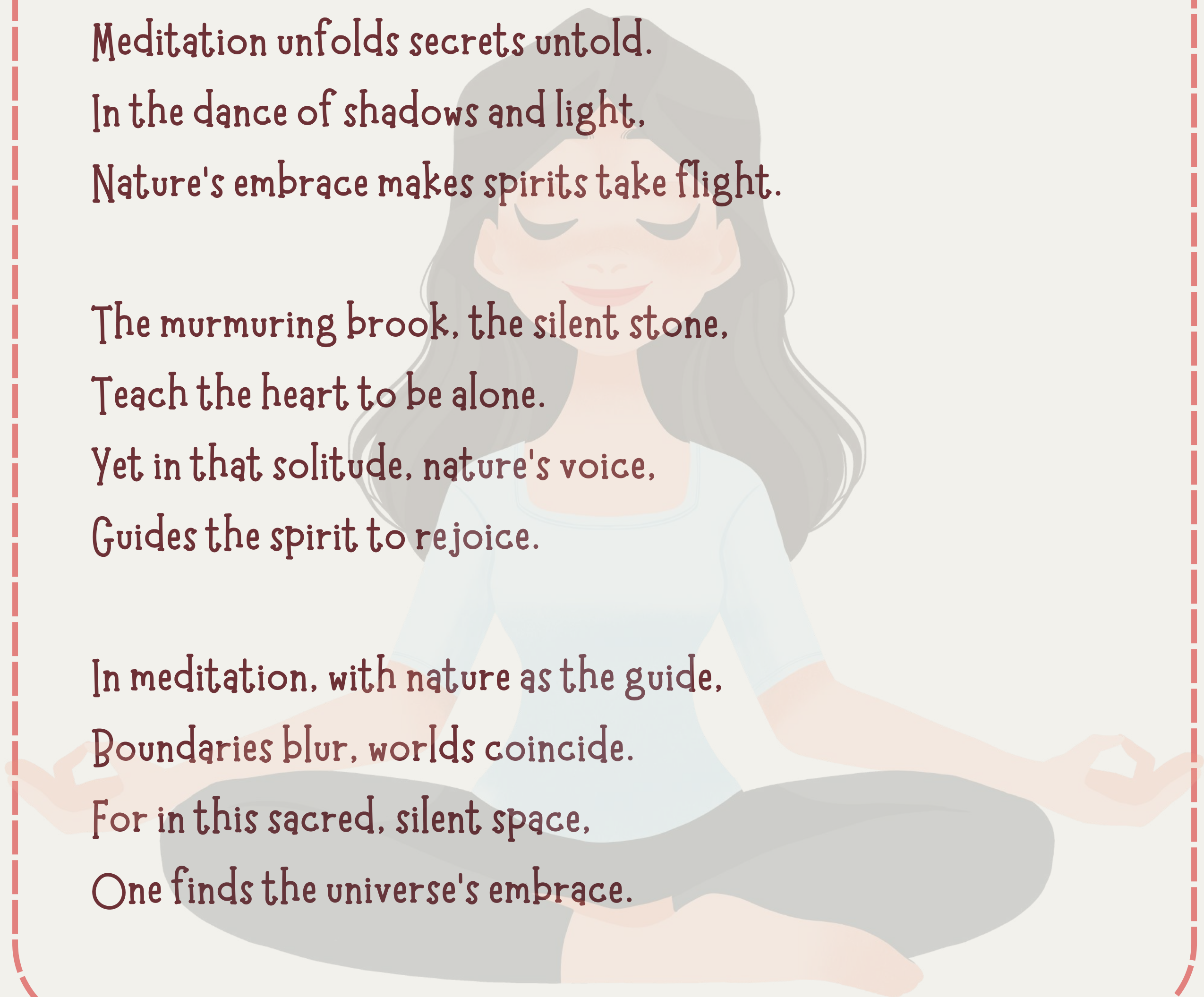
In the lap of nature, under a canopy vast,  
Meditation weaves a connection that's meant to last.  
The whispering trees, the flowing stream,  
In their midst, one finds a dream.

With every breath, the mountains sigh,  
Birdsongs become a lullaby.  
Nature's rhythm, heart's gentle beat,  
In this union, soul and serenity meet.

Leaves rustle, tales of the old,  
Meditation unfolds secrets untold.  
In the dance of shadows and light,  
Nature's embrace makes spirits take flight.

The murmuring brook, the silent stone,  
Teach the heart to be alone.  
Yet in that solitude, nature's voice,  
Guides the spirit to rejoice.

In meditation, with nature as the guide,  
Boundaries blur, worlds coincide.  
For in this sacred, silent space,  
One finds the universe's embrace.





# GURU

In sacred halls of wisdom's might,  
A guru stands, a beacon light.  
Guiding souls through darkest night,  
With teachings pure, and insight bright.

With patience vast, and vision clear,  
They calm our doubts, dispel our fear.  
A compass when the path's unclear,  
Guru's wisdom, we hold dear.

Beneath the tree of knowledge, they sit,  
Illuminating every bit.  
In their shadow, we find our wit,  
By their grace, our minds are lit.

For a guru's more than just a guide,  
In their teachings, we confide.  
In life's tumultuous, churning tide,  
It's by their side, we always stride.

So, in reverence, we bow and say,  
Thank you, guru, for lighting the way.  
For in your wisdom, we find our day,  
And in your guidance, our souls sway.





# SILENCE

In the quiet hush of the world's refrain,  
Silence speaks, devoid of stain.  
A canvas blank, yet full in gain,  
It's where whispers of the soul remain.

Amidst the clamor, the noise, the din,  
Silence is where truths begin.  
A sanctuary from life's ceaseless spin,  
A realm where peace dwells within.

Not just an absence, but a presence too,  
A language that the heart always knew.  
In its depths, emotions brew,  
Echoing tales both old and new.

Golden and rich, a treasure profound,  
In silence, the universe's secrets are found.  
Where words falter, and voices are bound,  
It's in silence that meanings abound.

Embrace the quiet, let it seep,  
For in its embrace, the soul takes a leap.  
Beyond the chatter, so shallow and cheap,  
It's silence where our deepest thoughts sleep.





# SILENCE

In the realm where words retreat,  
Silence finds its seat so sweet.  
A tapestry woven, so complete,  
Where heart and cosmos discreetly meet.

Between the beats, in the quiet hush,  
Beyond the world's incessant rush,  
Silence paints with a tranquil brush,  
A universe vast, in a timeless crush.

Not an absence, but a profound voice,  
Guiding souls with a subtle choice.  
In its depth, spirits rejoice,  
Hearing truths that need no noise.

It's the canvas of dreams, so wide,  
Where secrets and whispers reside.  
In its embrace, pretenses slide,  
For in silence, truths can't hide.

Cherished, golden, and ever profound,  
In its depths, life's mysteries are found.  
Where words falter and bounds are unbound,  
It's in silence that souls are truly crowned.





# KNOWLEDGE

In the vast expanse of thought's domain,  
Knowledge stands, both boon and bane.  
A lantern bright in night's dark lane,  
It's the rain that quenches the seeker's pain.

Books stacked high, wisdom of yore,  
Endless oceans, uncharted shore.  
With every fact, the heart yearns for more,  
For knowledge is a journey, not just a lore.

It's the bridge where past and present meet,  
The melody that makes life's rhythm sweet.  
In its depth, both humble and elite,  
Find the answers, incomplete yet replete.

Yet knowledge alone doesn't suffice,  
Without wisdom, it's but a device.  
For in the heart's silent advice,  
True understanding does arise.

So, treasure the knowledge, hold it tight,  
But let wisdom guide its flight.  
For in the dance of day and night,  
It's knowledge that ignites the inner light.





# PATIENCE

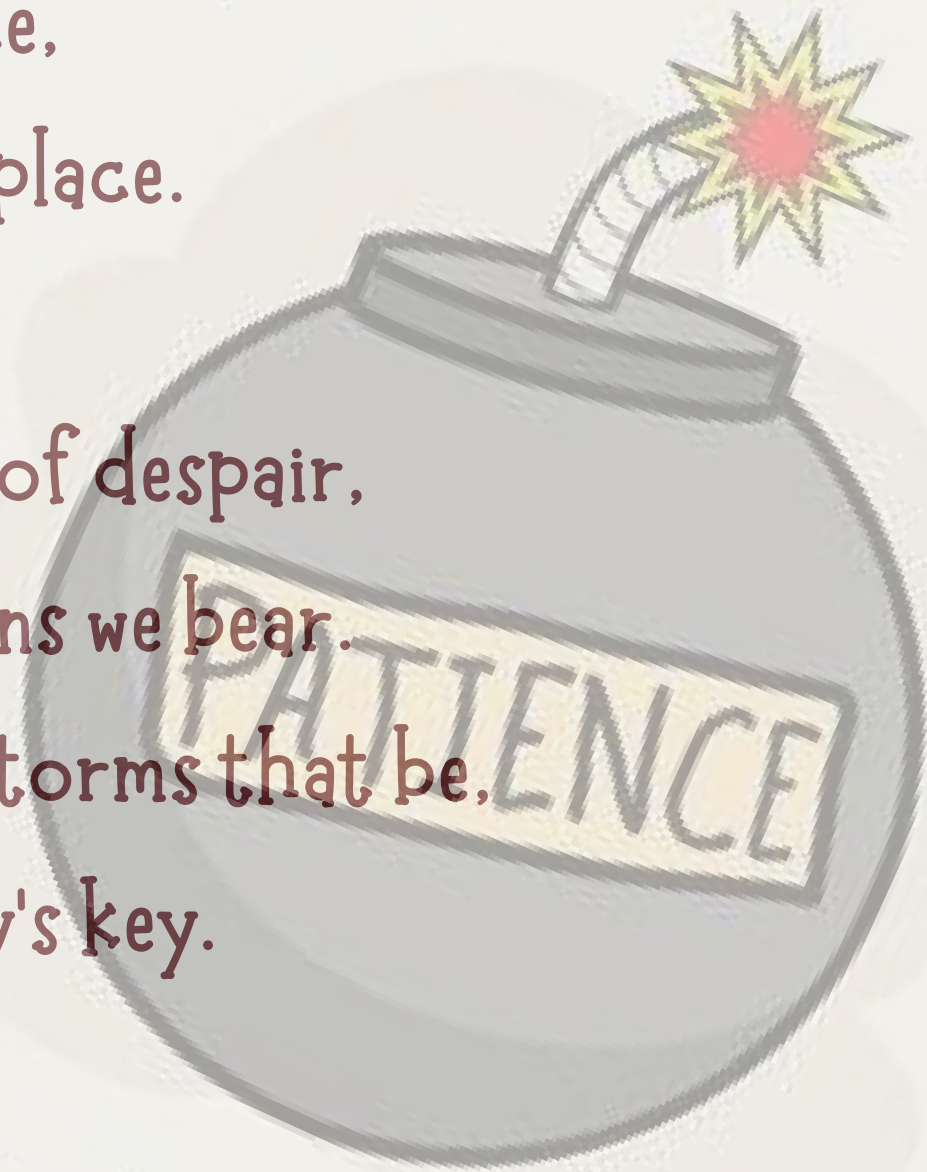
In the realm of time, where seconds flow,  
Patience is the virtue we all should know.  
A gentle breeze, a calming grace,  
In life's hectic race, it finds its place.

It's the silent strength in times of despair,  
A steady hand when life's burdens we bear.  
With patience, we weather the storms that be,  
Finding peace in chaos, serenity's key.

Like a sapling that grows into a mighty tree,  
Patience nurtures the best within you and me.  
It's a lantern in the darkest of nights,  
Guiding us through, to the dawn's soft lights.

In patience, we find understanding's embrace,  
Healing wounds and mending what's misplaced.  
It's the canvas on which wisdom paints,  
A masterpiece of love, where every heart faints.

So, in the symphony of life's fleeting song,  
Patience is the melody that keeps us strong.  
With its gentle touch, we find our way,  
Through the trials of life, come what may.



PATIENCE  
— IS —





# KARMAS

In the realm of actions, our fate is spun,  
Karmas, the deeds, under the sun.  
Every act, a thread, in life's grand design,  
Weaving our destiny, the tapestry divine.

With every choice, the pattern takes shape,  
Good deeds or bad, our path we make.  
As we sow, so shall we reap,  
Karmas guide us, in waking and sleep.

The wheel of karma forever turns,  
A cycle of lessons, from which we learn.  
To break free from its binding chain,  
Seeking enlightenment, release from the pain.

In the end, it's the heart's intention that counts,  
Karmas transformed by compassion's fount.  
In this dance of life, we must play our part,  
Navigating karmas with a loving heart.



# NON VIOLENCE

In a world where chaos often reigns,  
Non-violence stands, breaking all chains.  
A gentle force, yet it contains,  
The power to heal, where hurt remains.

Not just a pause in act of war,  
But a deep ethos, at the core.  
It whispers peace, legends of yore,  
Teaching hearts what to strive for.

Beyond the fist, beyond the sword,  
Lies a strength, by many adored.  
A resolve, by love underscored,  
Non-violence, humanity's reward.

It's the bridge 'twixt souls apart,  
A silent symphony of the heart.  
Where words fail, it plays its part,  
Binding worlds, a timeless art.

In this journey, may we realize,  
Non-violence is the truest prize.  
For in its embrace, the spirit flies,  
Seeking horizons, where the sun never dies





# STRESS MANAGEMENT

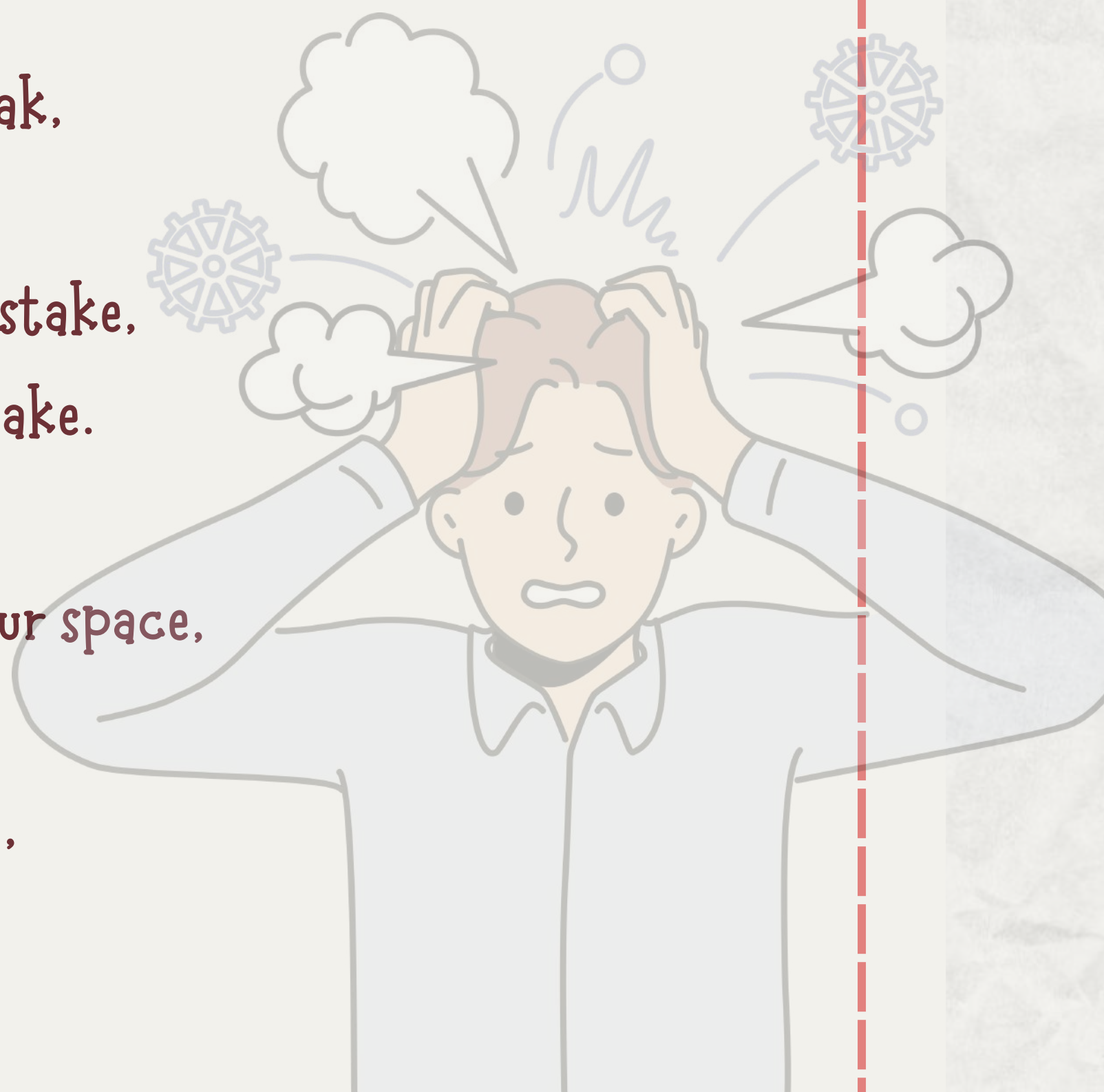
In the tempest of life's relentless quest,  
Amidst the noise, the fears, the jest,  
Lies a tool, above the rest,  
Stress management, our protective vest.

When pressures mount, and shadows cast,  
And the present's tethered to the past,  
Breathe deep, let worries be unmasked,  
For in calm repose, solutions are unclaspd.

Mindful moments, a pause, a break,  
A step back for sanity's sake,  
A gentle reminder, for our own stake,  
That peace is a choice, we can make.

Embrace the chaos, but find your space,  
Seek balance, at your own pace,  
For in the heart's quiet embrace,  
Stress finds its rightful place.

So, when the world feels too immense,  
Turn to techniques, build your defense,  
For managing stress, is but common sense,  
A path to peace, and life's true essence.





# EGO MANAGEMENT

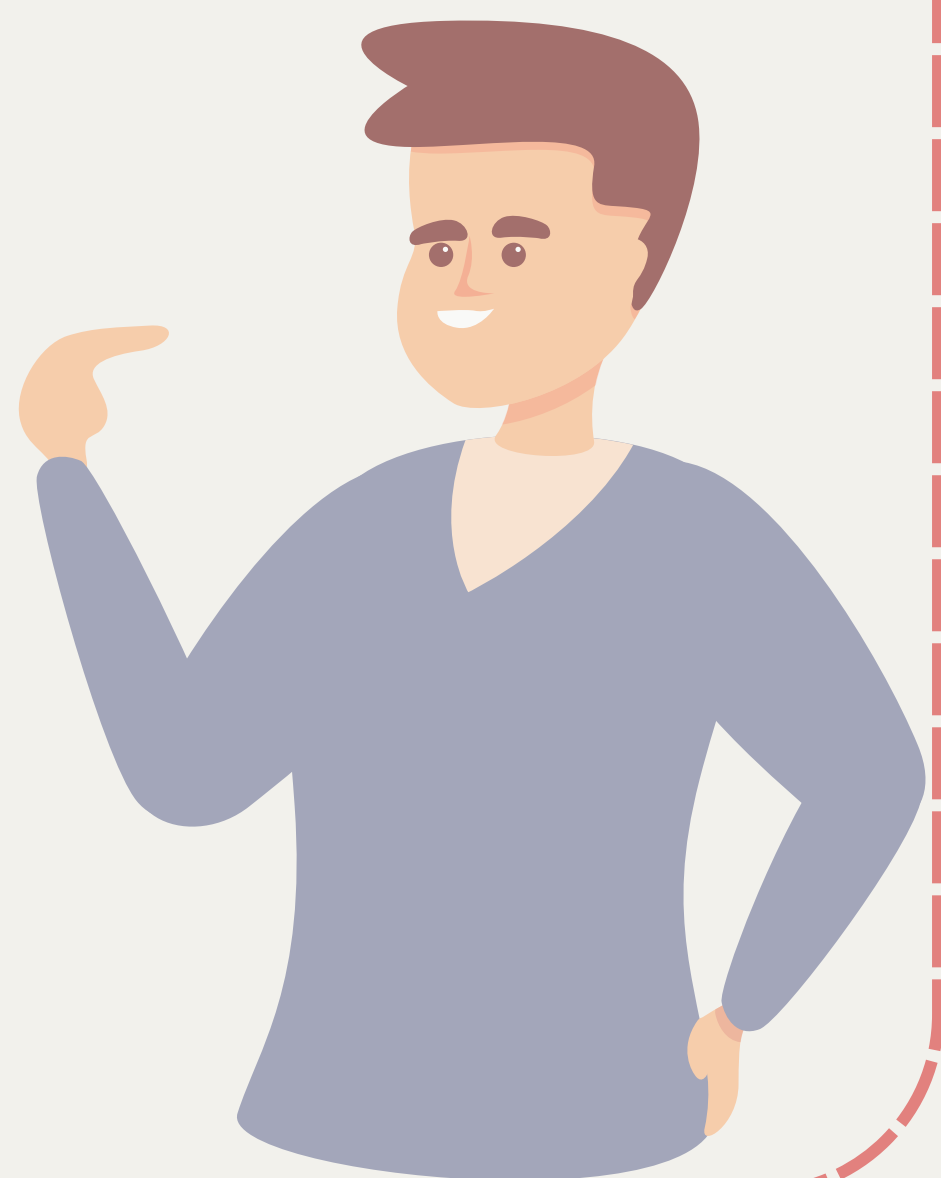
In the theater of life, with its grand display,  
Ego often takes center stage, leading us astray.  
A mask we wear, in the light of day,  
Yet managing it is the enlightened way.

It boasts, it claims, it seeks the fame,  
Yearning for applause, playing the game.  
But true wisdom, not just a name,  
Is realizing we're all the same.

To tame the ego, first understand,  
It's but a shadow, a grain of sand.  
In the vast cosmos, hand in hand,  
Ego's but a line, in life's grand band.

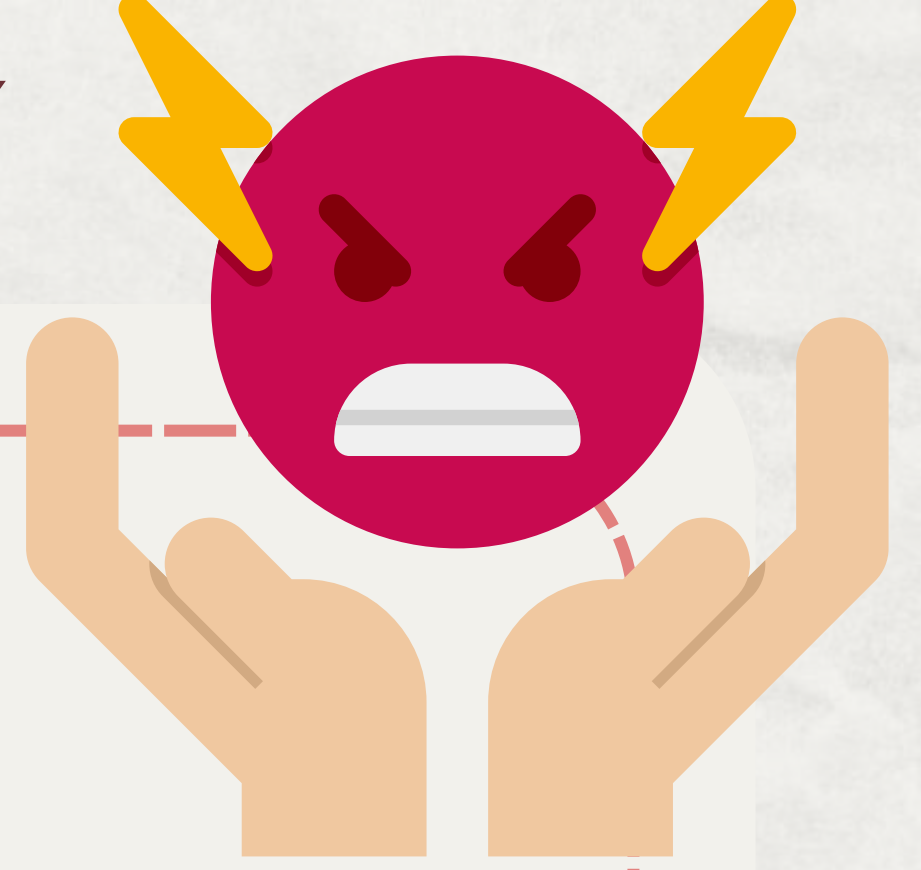
Reflect, introspect, dive deep within,  
Where ego ends, the soul begins.  
Seek balance, let humility win,  
For that's where true journeys begin.

Ego management, a dance so fine,  
Between the mortal and divine.  
For in that balance, we align,  
With a purpose pure, and life's true sign.





# ANGER MANAGEMENT



In the fiery furnace of emotions' surge,  
Anger rises, on the verge.  
A tempest wild, a storm that'll urge,  
Yet its mastery, to peace, is the bridge.

Quick to ignite, slow to fade,  
Its flames can both heal and invade.  
But with awareness, its impact can be swayed,  
Anger managed, is a blade well-played.

Pause and breathe, count to ten,  
Seek the calm, time and again.  
For in that moment, find the zen,  
Where anger's storm becomes a gentle rain.

Reflect upon its root and cause,  
For understanding can give one pause.  
With patience as your guiding laws,  
Anger's grip will loosen its claws.

Anger management, a path so wise,  
Where emotions are seen with open eyes.  
In its mastery, our true strength lies,  
Turning storms into serene skies.



# DECEIT MANAGEMENT

In the maze of life, where shadows play,  
Deceit often finds its winding way.  
Cloaked in charm, leading astray,  
Managing it, is the light of day.



Behind a mask, it hides its face,  
A subtle dance, a shifting base.  
Yet in understanding, we embrace,  
A strength to navigate this murky space.

Trust, once broken, is hard to mend,  
But awareness can be a trusted friend.  
To decipher lies, on truth depend,  
And let authenticity set the trend.

To manage deceit, stand firm and tall,  
Listen to intuition's clarion call.  
For in the heart's echoing hall,  
Truth's resonance will never fall.

Deceit management, a path of sight,  
Discerning darkness from the light.  
With wisdom as the guiding kite,  
One can soar, with integrity in flight.



# GREED MANAGEMENT

In the vast expanse of desires' sea,  
Greed often rises, unchecked and free.  
A hunger endless, a constant plea,  
Yet managing it is the key to be.

It whispers of more, never content,  
In its allure, many are sent.  
But wisdom teaches, with intent,  
That true wealth isn't just what's spent.

To curb the greed, one must discern,  
That life's true riches aren't just to earn.  
In moments of gratitude, we learn,  
The value of what we truly yearn.

Reflect on needs, wants, and excess,  
Find joy in simplicity, more in less.  
For in the heart's gentle caress,  
Lies the cure to greed's duress.

Greed management, a journey profound,  
Seeking balance on this battleground.  
For in restraint, we are unbound,  
Discovering treasures, all around.





# TIME MANAGEMENT



In the dance of moments, swift and fleeting,  
Time marches on, never retreating.  
A resource precious, always depleting,  
Yet its management is life's true meeting.

Seconds to minutes, hours to days,  
Time's tapestry in myriad ways.  
Yet with intent, one sways,  
Crafting masterpieces in life's forays.

To harness time, prioritize and plan,  
Capture moments, as best one can.  
For in each grain, in life's vast span,  
Lies potential, awaiting the guiding hand.

Pause and reflect, delegate and divide,  
Seek balance, let purpose be the guide.  
For in each tick, dreams reside,  
Time well-managed is life's pride.

So, as the clock's hands steadily advance,  
Embrace the rhythm, take the chance.  
For in time management's graceful dance,  
Life unfolds, in a purposeful trance.



# SELF CONTROL

In the theater of desires and fleeting thought,  
Self-control stands, a battle hard-fought.  
A silent strength, often sought,  
It's the anchor when storms are wrought.

Amidst the pull of urges wild,  
Where passions flare, beguiled,  
Self-control, neither meek nor mild,  
Guides the soul, like a parent to a child.

To master oneself, the ancient quest,  
Above all trials, truly the best.  
For in self-control, we're truly blessed,  
Finding harmony, laying unrest to rest.

It's the bridge between impulse and act,  
The wisdom to discern fiction from fact.  
With self-control, we pact,  
A life of purpose, gracefully intact.

In the dance of chaos, ever so grand,  
Self-control helps us understand.  
That in its grip, firm like sand,  
We shape our destiny, with our own hand.



# HONESTY



In a world adorned with masks and guile,  
Honesty stands, pure and worthwhile.  
A beacon bright, devoid of vile,  
Guiding hearts for many a mile.

It's the language of souls, clear and true,  
A foundation strong, a bond that grew.  
In its embrace, pretense bids adieu,  
For honesty shines with a radiant hue.

Not just words, but actions too,  
A compass steadfast, forever anew.  
Amidst the fog, it's the clear view,  
The path it paves, to oneself be true.

In tales of valor, in love's sweet song,  
Honesty is where truths belong.  
For in its cadence, right or wrong,  
The heart finds its strength, ever strong.

So let us cherish, this virtue so rare,  
In a world of facades, beyond compare.  
For honesty, with its radiant glare,  
Lights up the path, in life's grand affair.



# BE DISCIPLINED



DISCIPLINE

In the grand orchestra of life's campaign,  
Discipline emerges, a rhythm to maintain.  
A silent promise, a self-made chain,  
Guiding dreams, through sunshine and rain.

It's the backbone of ambition's flight,  
The torch that burns, fiercely bright.  
Amidst distractions, it holds tight,  
Steering the ship through the darkest night.

Not mere routine, but a sacred vow,  
To one's purpose, it allows.  
In its embrace, procrastination bows,  
As discipline, the path endows.

It's the bridge from dream to deed,  
Watering the soul's deepest seed.  
With discipline, one can indeed,  
Turn hope into a blossoming reed.

So in the dance of goals and vision,  
Seek discipline, make it your mission.  
For in its steady, unwavering precision,  
Lies the magic of dreams' fruition.



# BE DISCIPLINED

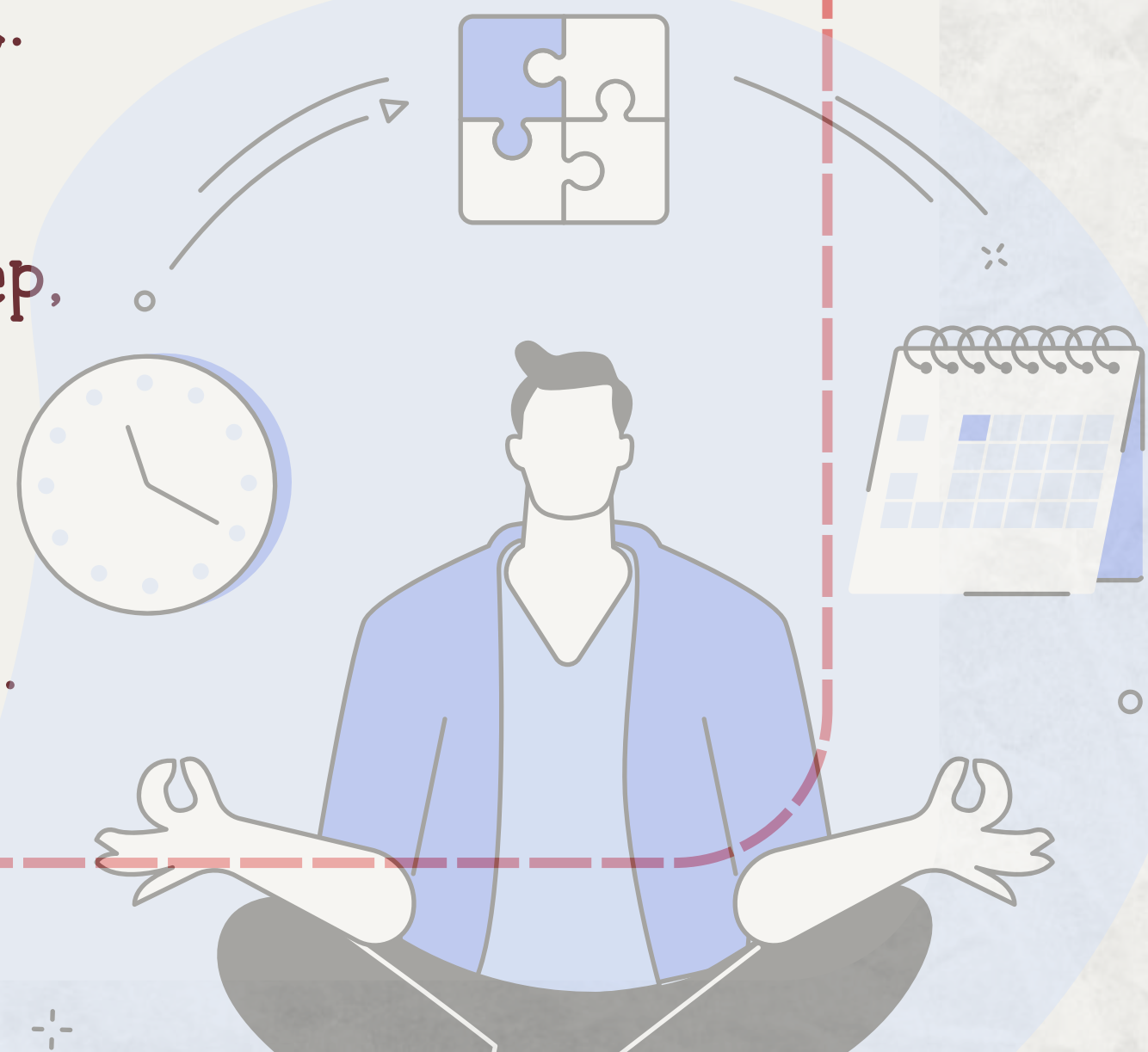
In the realm where will and action align,  
Self-discipline stands, both fierce and benign,  
Not a cage, but a compass guiding the way,  
Turning night's temptations into the promise of day.

It's the silent strength, often unseen,  
Fueling dreams, making visions keen,  
Against fleeting desires, it holds its stand,  
A steady beacon, in shifting sand.

Each choice it shapes, each step it guides,  
In its embrace, true potential resides,  
For goals that gleam, like distant stars,  
Are reached with discipline, past all the scars.

It's not just control, or a rigid line,  
But a dance of balance, graceful and fine,  
The heart's wild beats, the mind's quick flight,  
All find their rhythm, in its guiding light.

Though the journey may be long and steep,  
Discipline's promise is one to keep,  
For in its grasp, we truly find,  
The masterful art of the disciplined mind.





# BE DISCIPLINED

Discipline, the compass directing our sail,  
Guiding us forward, without falter or fail.

Not merely rules, or a rigid line,  
But a dance with purpose, a rhythm divine.

With discipline, mornings greet with a promise,  
Nightfalls whisper of dreams, honest and honest.

Every step, every choice, an aligned decree,  
Molding the future, shaping what's to be.

It's not just restraint, or holding back tide,  
But channeling passions, letting purpose decide.

In life's vast ocean, amidst waves so rife,  
Discipline's the anchor, steadying the strife.

Embrace it with heart, let it be your guide,  
For with discipline, life's treasures won't hide.



# PRAYER

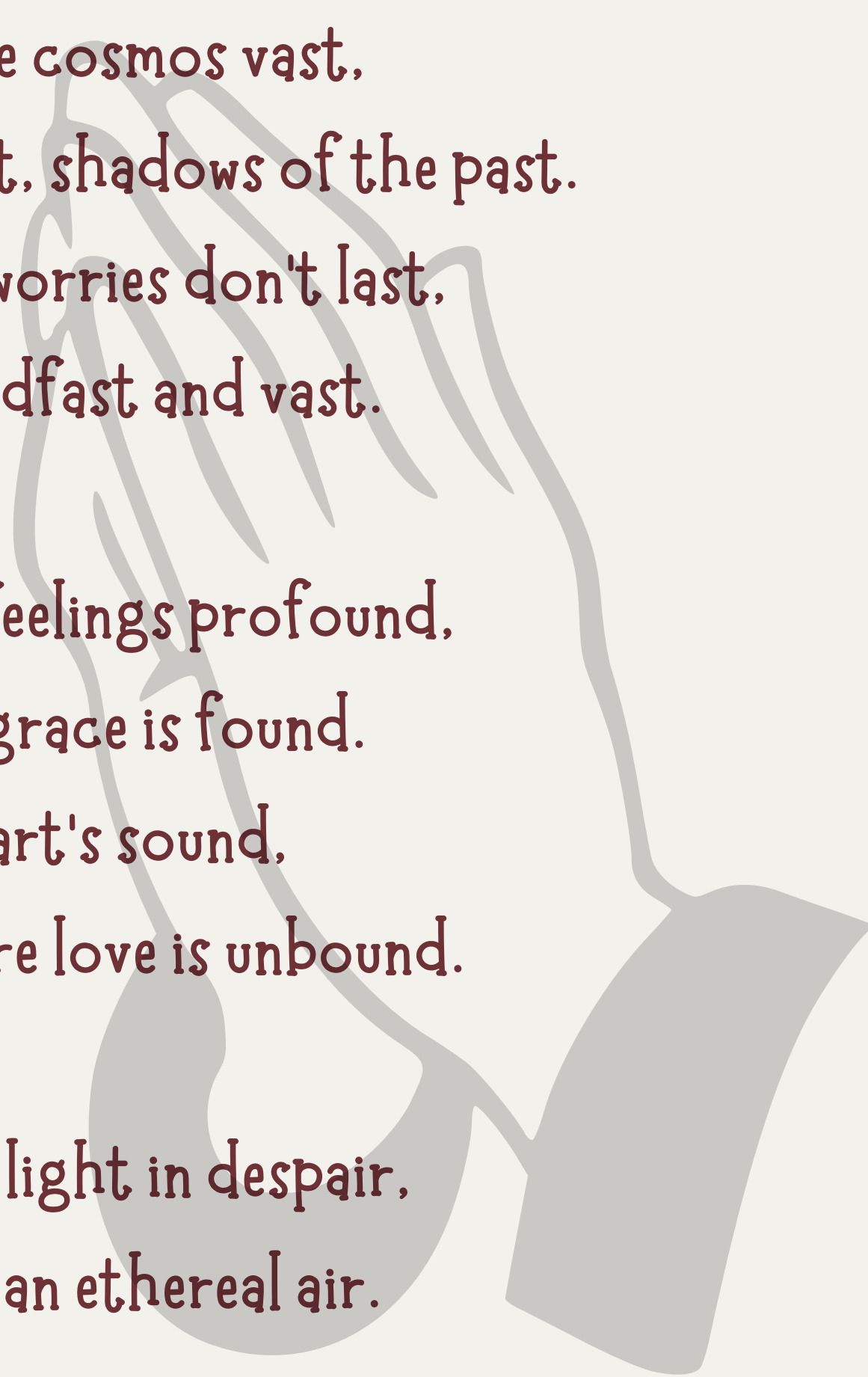
In the quiet corners of the heart's chamber,  
Lies the act of prayer, a sacred ember.  
A dialogue of souls, a soft surrender,  
Where hopes arise and fears dismember.

It's the whisper to the cosmos vast,  
Echoes of the present, shadows of the past.  
In prayer's embrace, worries don't last,  
For it's a bridge, steadfast and vast.

Not just words, but feelings profound,  
A connection where grace is found.  
In its rhythm, the heart's sound,  
Seeks the divine, where love is unbound.

A balm for wounds, a light in despair,  
Prayer offers solace, an ethereal air.  
In its fold, burdens become rare,  
For in prayer, we find a sanctuary rare.

So, let the spirit in reverence bend,  
To the universe, a message send.  
For in the act of prayer, we mend,  
And with the divine, our souls blend.





# POSITIVE THOUGHTS



In the vast canvas of life's grand array,  
"Be Positive" shines as the guiding ray.  
Amidst storms and shadows that may sway,  
It's the mantra that keeps gray at bay.

It's not mere words, but a mindset keen,  
A perspective bright, through thick and thin.  
In its embrace, challenges are seen,  
Not as dead ends, but chances to win.

Through darkest tunnels, it's the glowing light,  
Transforming nights into days so bright.  
With positivity, burdens feel light,  
Making dreams soar to a majestic height.

In the dance of doubts and dismay,  
Positivity is the song that'll play.  
Turning obstacles into pathways,  
It's the compass leading the way.

So, wear this armor, come what may,  
Let positivity be the guide, every day.  
For in its essence, life's colors lay,  
Painting rainbows, keeping the gray away



# BALANCE YOUR LIFE

In the intricate dance of life's grand scale,  
Balance emerges, both fragile and hale.  
A harmonious tune, beyond the pale,  
Guiding our journey, without fail.

Between dreams and duty, the tightrope we tread,  
Seeking the center, where peace is bred.  
In balance, both heart and head,  
Find their rhythm, gracefully led.

It's the anchor amidst storms that roar,  
The quiet strength, seeking no encore.  
In its embrace, life's essence does pour,  
Turning chaos into a lore.

Not just equilibrium, but a conscious choice,  
To silence the noise and heed the inner voice.  
For in balance, we truly rejoice,  
Life's symphony, in perfect poise.

So, in the dance of joy and strife,  
Seek balance, the heart of life.  
For in its tender, timeless rife,  
Lies the magic, cutting through strife.



# REDUCTION OF SORROW

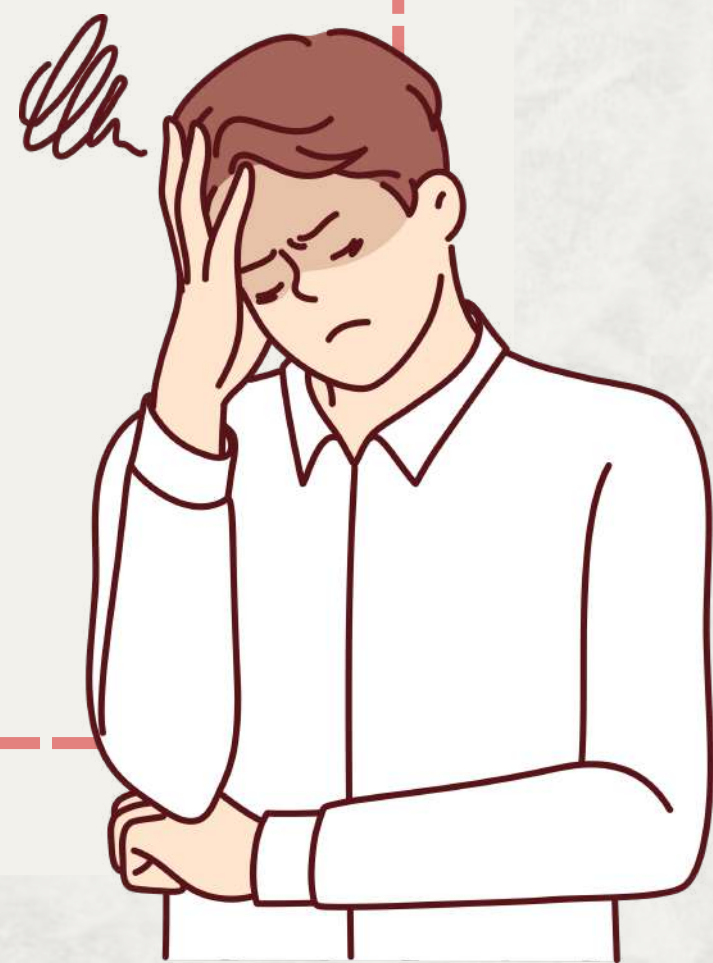
In the vast expanse where sorrows linger,  
Seek the touch of time, the gentle finger.  
For in its embrace, pain grows slender,  
And to joy's call the heart grows fonder.

Acknowledge the pain, don't turn away,  
For in acceptance, healing finds its way.  
Share the burden, with words convey,  
For in shared sorrow, shadows fray.

Seek the beauty in life's simple delight,  
The morning's glow, the starry night.  
For amidst the darkness, there's always light,  
Guiding the heart, making the world bright.

Remember, sorrow is but a fleeting phase,  
A moment's pause in life's grand maze.  
With hope as the compass, let the spirit blaze,  
For in resilience, sorrow decays.

So, to reduce sorrow, stand tall and true,  
Embrace the lessons, let go the rue.  
For with each dawn, life renews,  
And joy's horizon is within view.





# REDUCTION OF SORROW

In the heart's vast chamber where sorrows reside,  
Seek paths of light, where hopes coincide.  
Sorrow reduction, a journey so wide,  
Guiding the spirit, with grace as the guide.

Embrace each tear, yet let it flow,  
For in its release, healing begins to grow.  
Seek the sun, even amidst the snow,  
For even in darkness, there's a glow.

Find solace in laughter, in memories sweet,  
In melodies soft, in rhythms that greet.  
For in such moments, sorrow faces defeat,  
And life's bitter turns become discreet.

Lean on shoulders, share the weight,  
In shared pain, sorrow's grip does abate.  
For in unity, hearts resonate,  
And love's power, sorrows negate.

Sorrow reduction, not just a phrase,  
But a beacon bright for life's challenging maze.  
For with each step, in life's grand ballet,  
Light conquers darkness, keeping sorrow at bay.





# MENTAL BALANCE

In the dance of thoughts and emotions wide,  
Mental balance is the steady stride.

Neither too high with euphoria's flight,  
Nor too low in the depth of night.

Like a tightrope walker, poised and calm,  
Finding center amidst life's qualm.

Embracing joy, facing sorrow's face,  
Yet grounded firmly, in wisdom's embrace.

For in balance, we find our true might,  
Navigating darkness, embracing light.

It's the anchor in stormy seas we sail,  
The calm breath amidst winds that wail.

In the journey of highs and lows we span,  
Mental balance is the inner peace's plan.





# INCREASE YOUR WILLPOWER

In the heart of challenge, when doubt does tower,  
Lies the silent strength, the seed of willpower.

Like a muscle, it grows, when trained every day,  
With each small resistance, it finds its own way.

Push past the urge to settle or rest,  
For in perseverance, willpower's at its best.

With every 'no' to temptation's sweet call,  
The spine grows straighter, standing more tall.

Picture a flame, steady and bright,  
Burning within, giving strength and light.

Focus on goals, let them be your guide,  
For willpower thrives when purpose won't hide.

Each day's a step, in this grand endeavor,  
To grow willpower, and give up never.

With belief in oneself, and a vision so clear,  
Willpower emerges, dispelling all fear.





# SELF INTROSPECTION



In the quiet chamber of thought, I delve deep,  
Where memories linger and silent dreams sleep.

A mirror of the soul, introspection's gaze,  
Reflects truth untold, through a shimmering haze.

I question my motives, my actions, my creed,  
Seeking clarity on what truly I need.

Dancing shadows of past mistakes blend,  
With hopes for tomorrow, messages they send.

In this sacred space, where self meets the self,  
I unearth joys, pains, and emotional wealth.

Who was I? And who do I aspire to be?  
Introspection's lantern reveals answers to me.

A journey inward, where truths intertwine,  
Self-introspection, where the soul's stars shine



# BATTLE WITH SADNESS

In the silent realm where emotions reside,  
Battles with sadness, we often must bide.

A heavy cloud, casting shadows so deep,  
Stealing joy's whispers, making the heart weep.

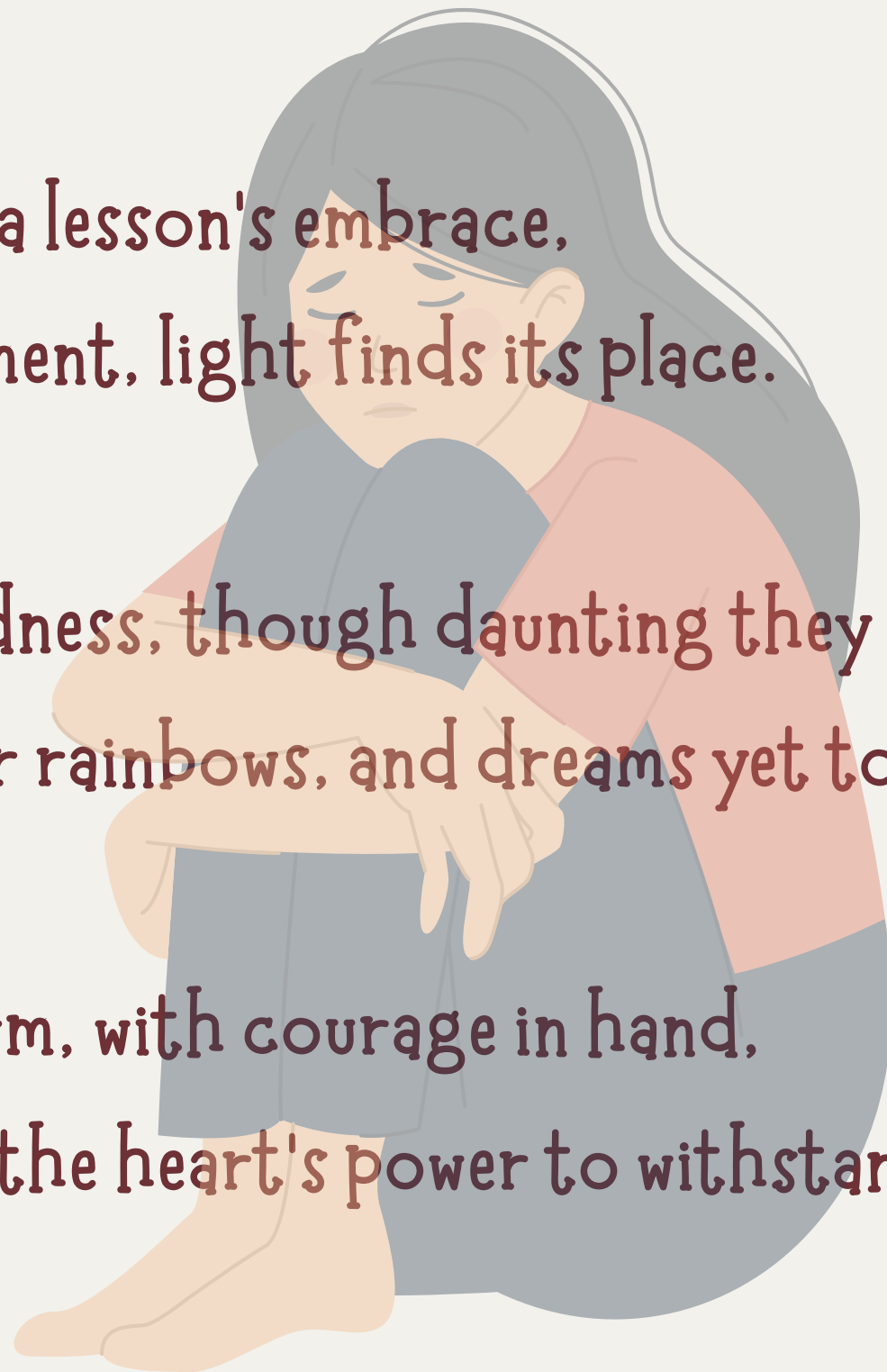
Yet in this struggle, a strength does emerge,  
Resilience and hope, where despair once did surge.

For every tear, a lesson's embrace,  
Every dark moment, light finds its place.

Battles with sadness, though daunting they seem,  
Carve paths for rainbows, and dreams yet to dream.

Facing the storm, with courage in hand,  
One discovers the heart's power to withstand.

Though sadness may linger, like night's cold embrace,  
Dawn's promise remains, bringing warmth and grace.





# IS IT NECESSARY TO BE RELIGIOUS?



In a world of beliefs, diverse and profound,  
Is it necessary to be religious, to be morally sound?

For some, religion offers a guiding star,  
A compass of values, both near and far.

Yet others find solace in nature's vast hymn,  
Seeking no scripture, their faith lies within.

Some say religion binds communities tight,  
A shared tapestry of rituals, radiant and bright.

But others question, in thoughtful introspect,  
Can virtue exist, without a religious sect?

In the heart's quiet whispers, answers may lie,  
For religion's a choice, personal, and nigh.

Is it necessary? The answer's not clear,  
For faith's journey is private, to each one, dear.





# IS IT ESSENTIAL TO CHANGE THE LIFESTYLE?

In a world ever-evolving, shifting each tide,  
Is it essential to change our lifestyle's stride?

The planet cries out, its resources so thin,  
Urging us all, to look deep within.

Old ways may comfort, tradition's embrace,  
But tomorrow beckons, at an alarming pace.

Tech advances, nature's plea grows loud,  
Asking us to adapt, and not be too proud.

Yet, it's not mere fashion, or trends that we chase,  
But sustainability, and a healthier space.

Is change essential? Some argue with might,  
While others nod slowly, seeing the light.

To change or not, each soul must decide,  
But for Earth's sake, let wisdom be our guide.





# CAN THE MOOD SWINGS BE CONTROLLED?

In the realm of emotions, turbulent and vast,  
Can mood swings be controlled, anchored to the mast?

Like waves that ebb, then surge and roar,  
Moods shift and change, forevermore.

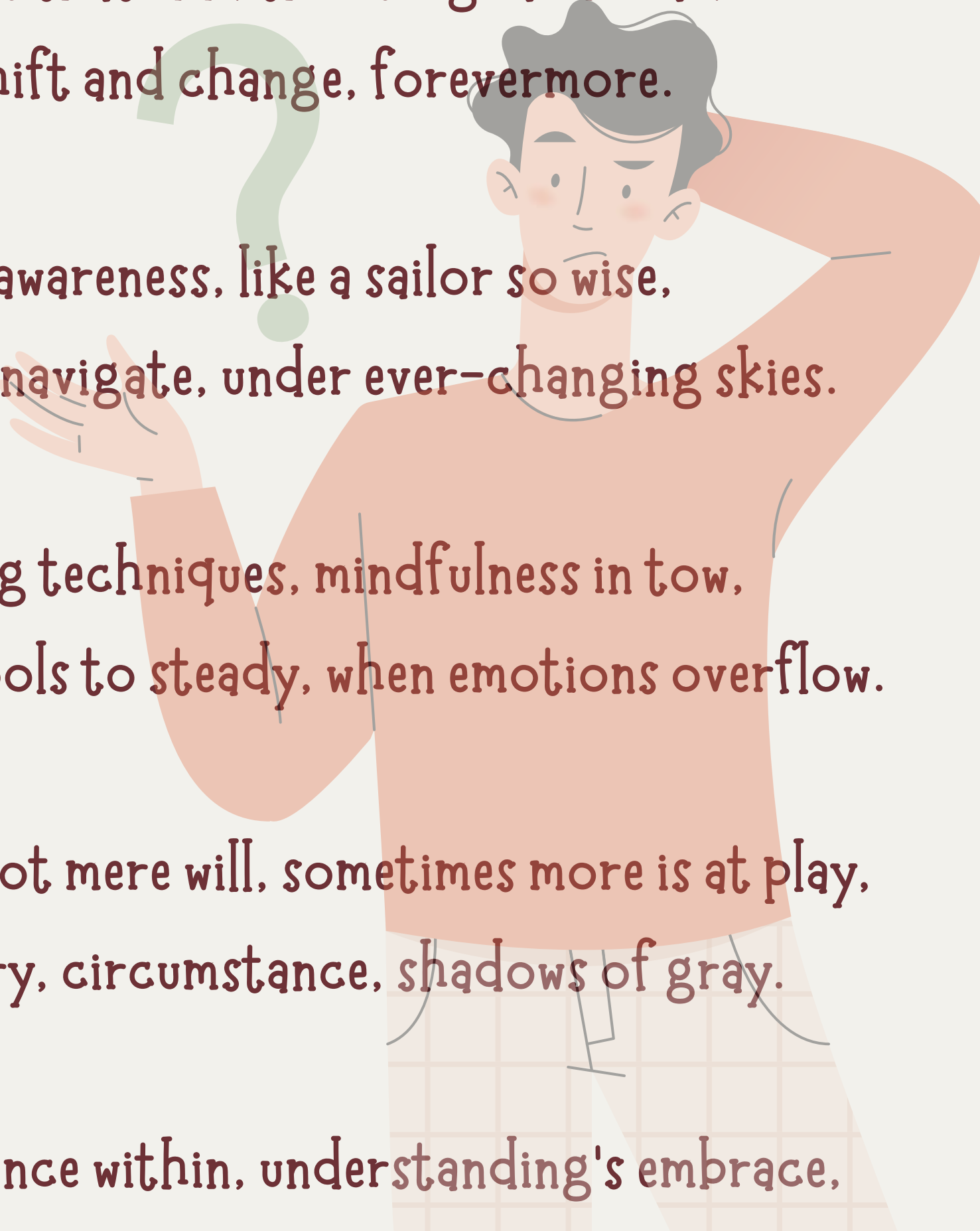
Yet with awareness, like a sailor so wise,  
One can navigate, under ever-changing skies.

Breathing techniques, mindfulness in tow,  
Offer tools to steady, when emotions overflow.

But it's not mere will, sometimes more is at play,  
Chemistry, circumstance, shadows of gray.

Seek balance within, understanding's embrace,  
Know triggers, surroundings, set a steady pace.

Can they be controlled? Perhaps, to some degree,  
With patience and insight, we find the inner key.





# BATTLE WITH LUST

In the heart's hidden chambers, where desires ignite,  
Lies the age-old battle, with lust's fervent might.

A fire that rages, consuming the soul,  
Urging one onward, often past control.

Yet within this tempest, a voice calls for reason,  
Guiding us through, every passionate season.

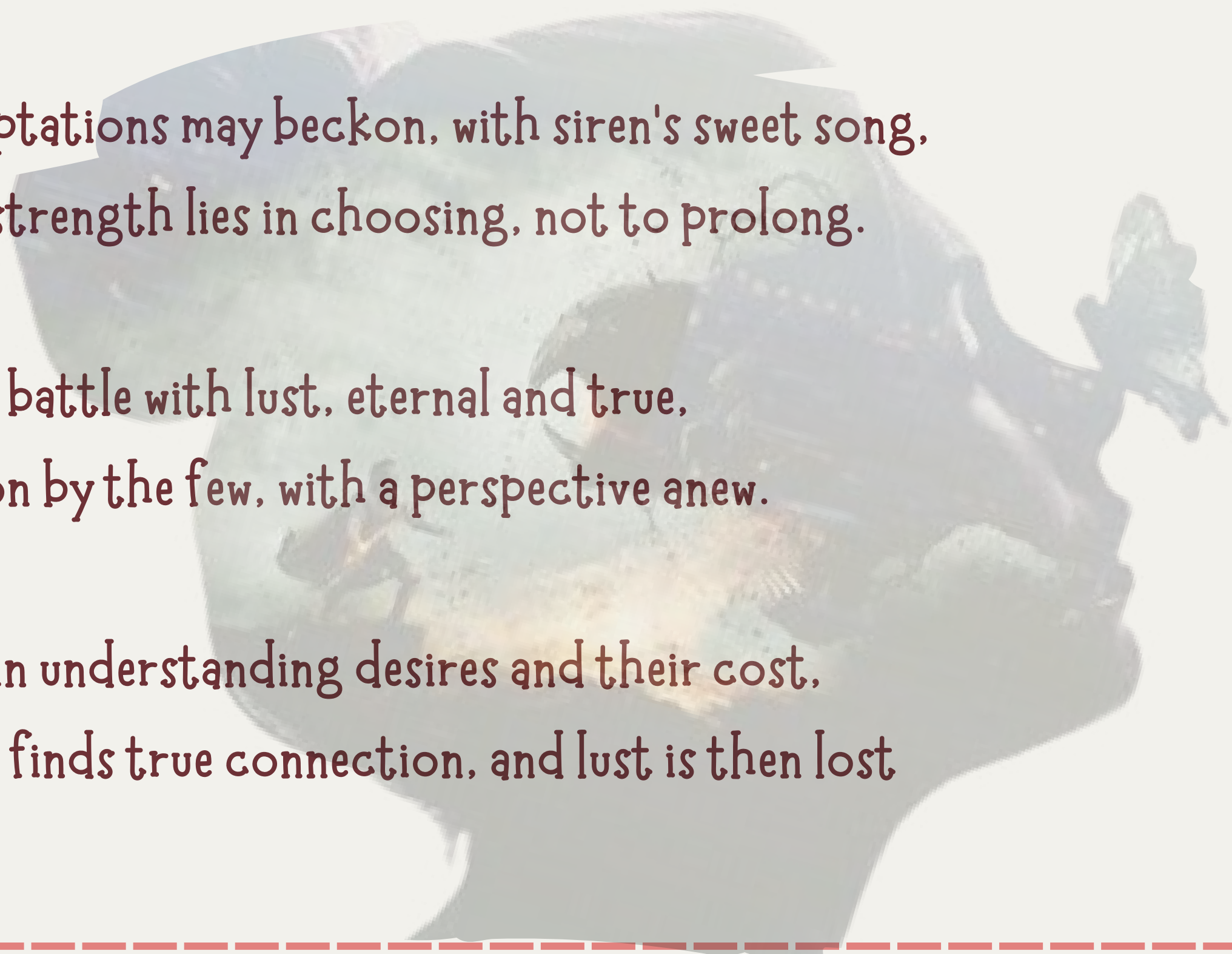
Lust, often mistaken for love's tender touch,  
Can blind and mislead, asking for too much.

But with introspection, and virtues held tight,  
One can discern, wrong from right.

Temptations may beckon, with siren's sweet song,  
Yet strength lies in choosing, not to prolong.

This battle with lust, eternal and true,  
Is won by the few, with a perspective anew.

For in understanding desires and their cost,  
One finds true connection, and lust is then lost





# HOW TO REFINE THOUGHTS?

In the workshop of the mind, where thoughts take flight,  
Lies the art of refining, making them light.

Begin with awareness, the first crucial step,  
To observe each thought, its depth and its depth.

Question its origin, its root and its core,  
Does it uplift or drag, what's its purpose, what for?

Meditation's soft whisper, a tool so profound,  
Helps sift through the noise, till clarity's found.

With patience and practice, let wisdom imbue,  
Filtering thoughts, retaining the true.

Surround with positivity, read, learn and discuss,  
Absorb enlightening tales, let knowledge be thus.

To refine one's thoughts, like gold from the dross,  
Seek truth, seek balance, and self-awareness, the boss





# CHURNING OF MIND

In the depths of the psyche, a maelstrom does whirl,  
The churning of mind, in a ceaseless twirl.

Thoughts clash and collide, both old and anew,  
Seeking direction, a perspective true.

Dreams intermingle with memories past,  
Shaping our present, shadows they cast.

Like butter from cream, insights might rise,  
From the churn of the mind, to life's vast skies.

This inner turmoil, though taxing it seems,  
Often births brilliance, ignites dormant dreams.

Embrace the churn, let it refine the soul,  
For in this turbulence, one finds the whole.

In the end, from chaos, clarity might bind,  
Such is the power of the churning mind.



# CAN DELUSION BE REDUCED?

In the labyrinth of thoughts, where delusions reside,  
Is there a way to lessen their pervasive tide?

With introspection as the lantern, shining so bright,  
One can navigate the mind's shadowy night.

Education and knowledge, the torchbearers true,  
Illuminate misconceptions, bringing clarity into view.

Open dialogue, a heart willing to learn,  
Helps shatter illusions, at each twist and turn.

Seek out perspectives, from sources diverse,  
To challenge and reshape the universe, you converse.

Mindfulness practices, grounding one's core,  
Can reduce delusions, opening wisdom's door.

Yes, with effort and intent, one can deduce,  
The pathways to follow, to reduce life's delusion's misuse.





# SIMPLE LIVING

In a world that clamors, loud and intense,  
Simple living emerges as the purest defense.

With belongings but few, and desires kept slight,  
Life takes on a rhythm, airy and light.

Nature's whispers, the rustling of leaves,  
Hold more value than what the world perceives.

A cup of tea, a book in hand,  
Simple joys that truly understand.

Materialism's race, the endless chase,  
Is replaced with contentment, a slower pace.

Richness not in things, but moments pure,  
In simple living, the soul finds its cure.

For in simplicity, truths gently unfurl,  
Reminding us of what truly matters in this world





# SIMPLICITY

In the vast tapestry, woven so grand,  
Simplicity stands out, a trait so unplanned.

Not adorned with excess, nor draped in pretense,  
It speaks in soft tones, making perfect sense.

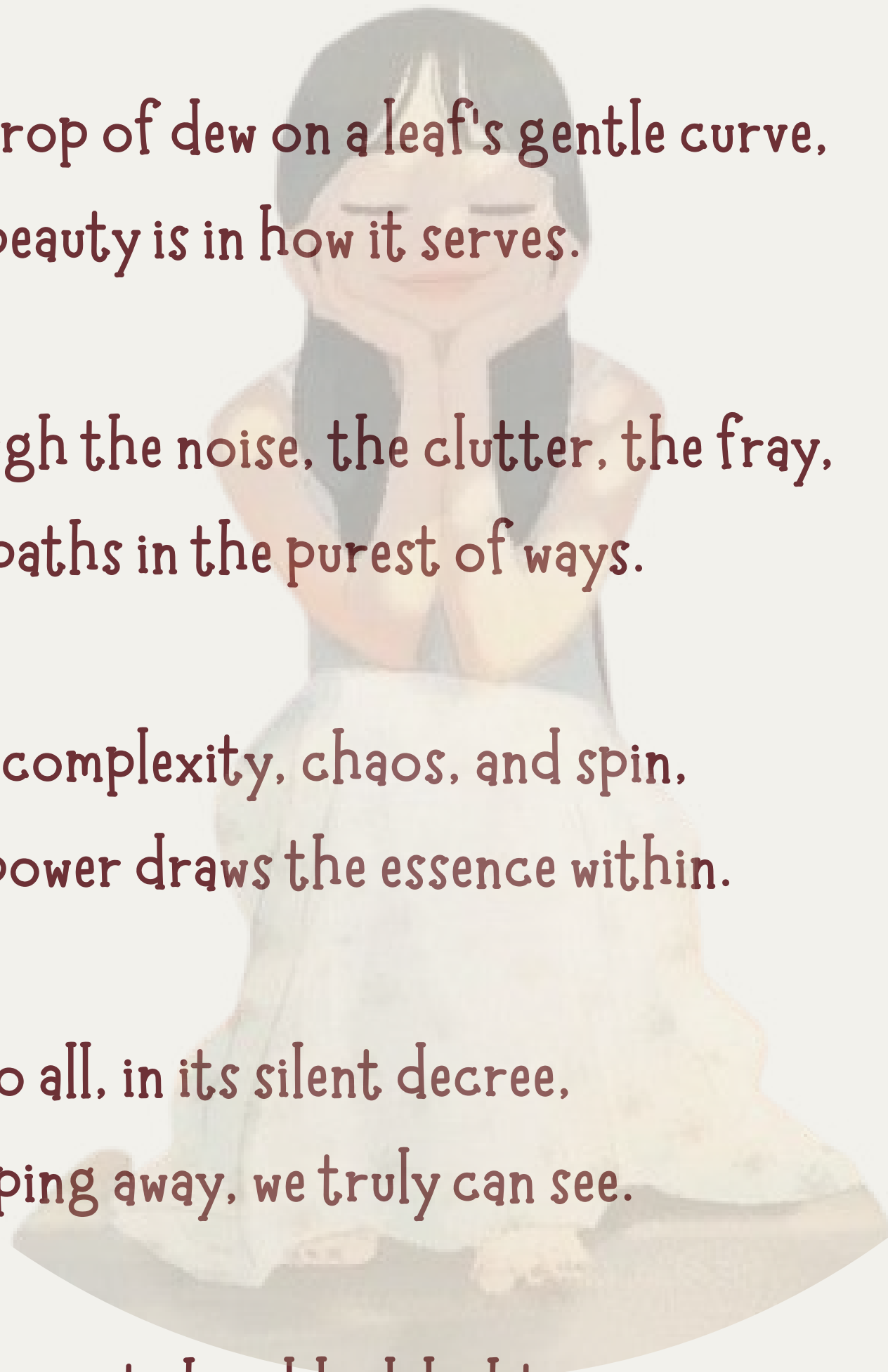
Like a clear drop of dew on a leaf's gentle curve,  
Simplicity's beauty is in how it serves.

It cuts through the noise, the clutter, the fray,  
Illuminating paths in the purest of ways.

In a world of complexity, chaos, and spin,  
Simplicity's power draws the essence within.

A reminder to all, in its silent decree,  
That in stripping away, we truly can see.

For simplicity, in its humble delight,  
Shines brilliantly, purely, in its own quiet light.





# RELATIONSHIP BETWEEN SOUL AND BODY

In the dance of existence, a partnership profound,  
The soul and the body, forever are bound.

The body, a vessel, temporal and finite,  
Holds the soul's essence, a beacon so bright.

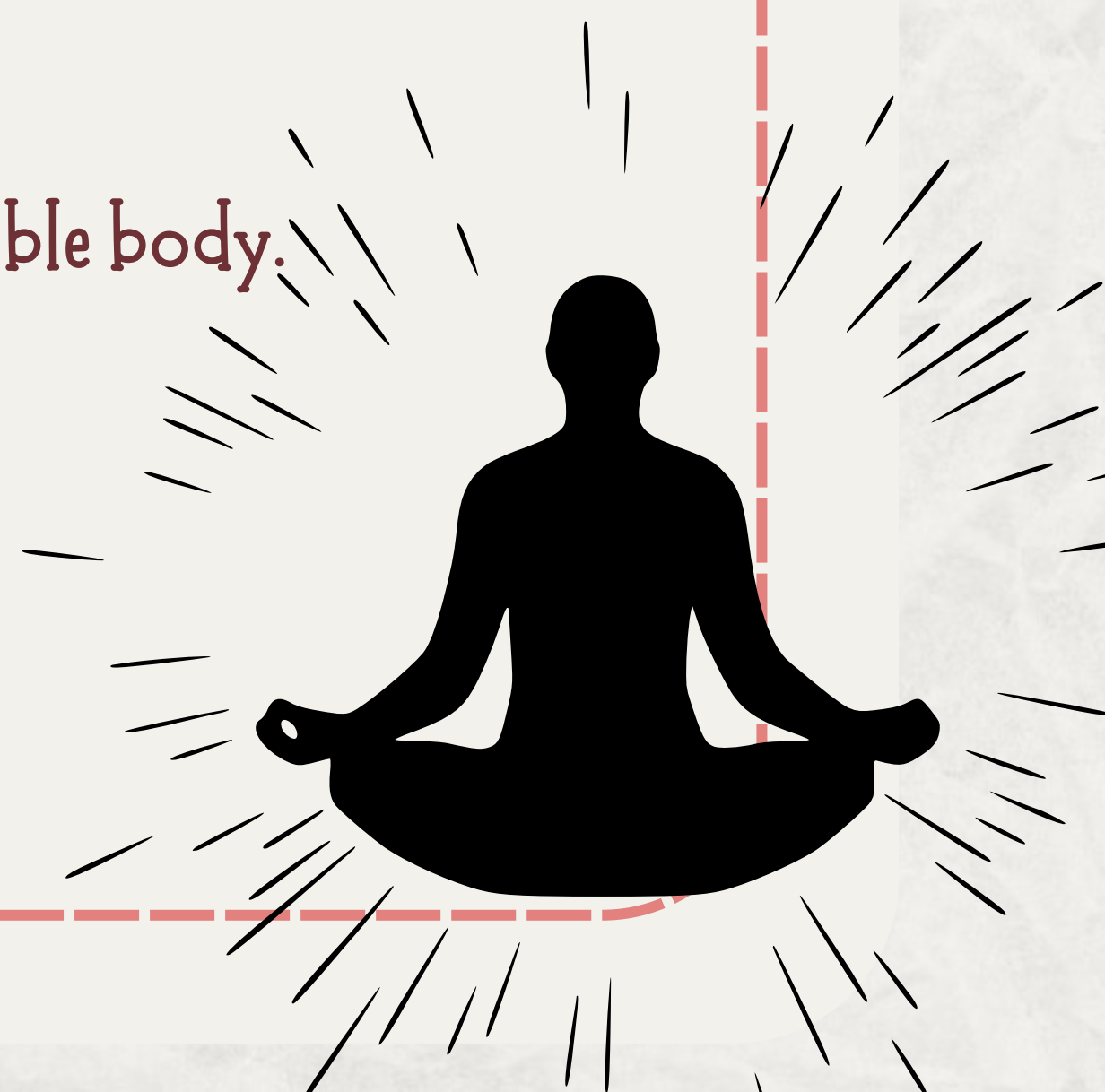
The soul whispers secrets of ages gone by,  
While the body expresses, with a tear or a sigh.

One is the earth, grounding and real,  
The other the sky, with dreams it reveals.

They work in tandem, in joy and in strife,  
One feels the pain, the other, the life.

Though one may wither, as time takes its toll,  
The other remains, an eternal, glowing soul.

This bond, unbreakable, defines our story,  
The dance of the ethereal soul and the tangible body.





# MUDITA MEDITATION

In the realm of the heart, where emotions reside,  
Mudita meditation illuminates, casting envy aside.

Celebrating the joy, in another's success,  
It cultivates happiness, and curbs the distress.

Rather than jealousy, or a gaze that compares,  
Mudita uplifts, it genuinely cares.

Rejoicing in others, their triumphs and glee,  
This meditation teaches us how to truly see.

In the mirror of contentment, we begin to reflect,  
A world where love and joy intersect.

It's a practice profound, in compassion so deep,  
Where shared celebrations are the treasures we keep.

For in Mudita's embrace, we come to understand,  
The joy in others, enriches the land.





# YOG NIDRA

In the realm of stillness, beyond the conscious mind,  
Lies the practice of Yog Nidra, a gem to find.

A bridge between waking, and deep slumber's call,  
It's a journey inward, where barriers fall.

Guided by voice, to landscapes serene,  
Beyond daily clamor, to places unseen.



Each layer of being, peeled back with care,  
Revealing the core, the true self laid bare.

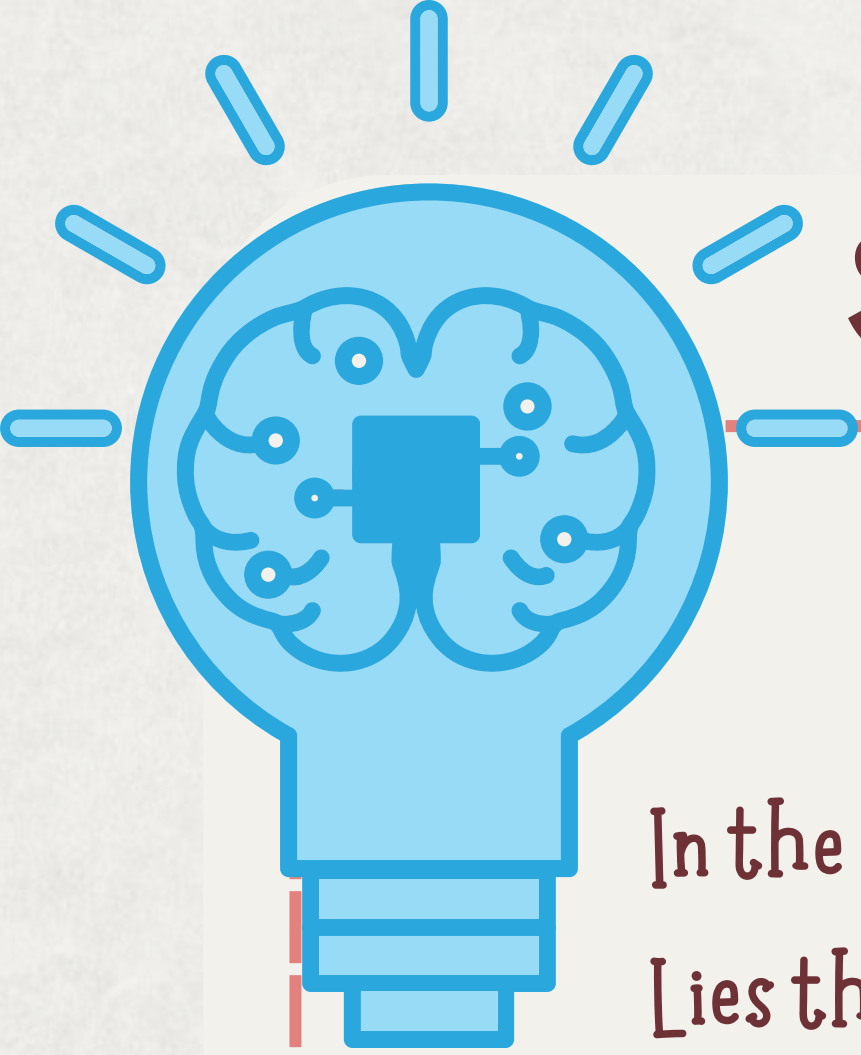
Tensions dissolve, and worries release,  
In this state of 'sleep', we find profound peace.

Neither dreaming nor waking, in this space in-between,  
Yog Nidra offers insights, rarely foreseen.

A rejuvenation of spirit, body, and mind,  
In the depths of Yog Nidra, our true self we find.



# POWER OF YOUR SUBCONSCIOUS MIND



In the depths unseen, where thoughts intertwine,  
Lies the power immense of the subconscious mind.

A reservoir of memories, dreams, and beliefs,  
It shapes our reality, in relief and in grief.

While consciousness steers the boat by day,  
The subconscious charts the course, in a subtle way.

Its whispers are soft, yet they shape our fate,  
With beliefs deep-rooted, both small and great.

Harness its power, with intent and care,  
For it can manifest dreams, make you soar through the air.

Plant seeds of positivity, water with love,  
And watch as wonders descend from above.

For in the vast ocean, of thoughts undefined,  
Lies the limitless power of the subconscious mind.



# YOGA

In the dance of breath and movement combined,  
Yoga emerges, a harmony defined.

More than just poses, or a stretch to behold,  
It's a journey inward, tales ancient retold.

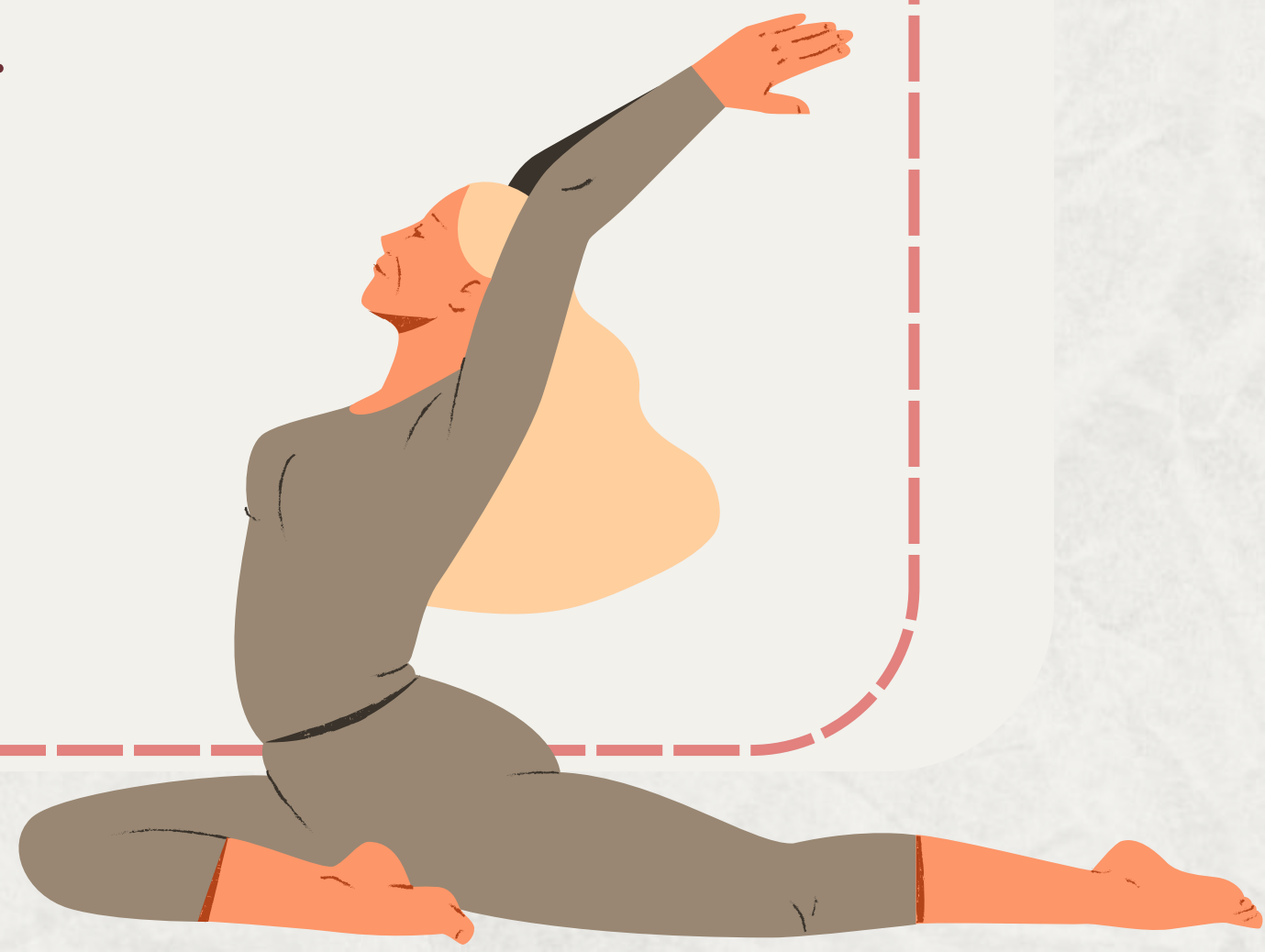
Uniting the mind, the body, the soul,  
Yoga's practice makes the fragmented whole.

A bridge to the cosmos, to the self profound,  
With each asana, deeper truths are found.

It calms the tempest, the internal churn,  
Igniting a flame, helping souls to learn.

From mountain to tree, to the warrior's stance,  
Yoga is life's most enlightening dance.

In the sacred rhythm of inhale and release,  
Yoga offers the heart its deepest peace.





# MUDITA YOGA

In the heart of compassion, where pure feelings reside,  
Mudita Yoga emerges, casting envy aside.

Beyond mere poses, stretching limb and spine,  
It's the joy for others, radiant and fine.

With every breath taken, and gesture so wide,  
Mudita celebrates others, with arms open wide.

Not just asanas, but a mindset so true,  
Rejoicing in successes, in skies both gray and blue.

No room for jealousy, in this practice profound,  
Only shared elation, universally unbound.

Rooted in unity, connection, and care,  
Mudita Yoga teaches us to be aware.

Of the beauty in others, their triumphs and glee,  
Through Mudita Yoga, we're all truly free.





# MUDITA KRIYA

In the sacred space where emotions flow,  
Mudita Kriya beckons, casting a radiant glow.

Beyond mere actions, deeper than the eye sees,  
It's a ritual of joy, carried by a gentle breeze.

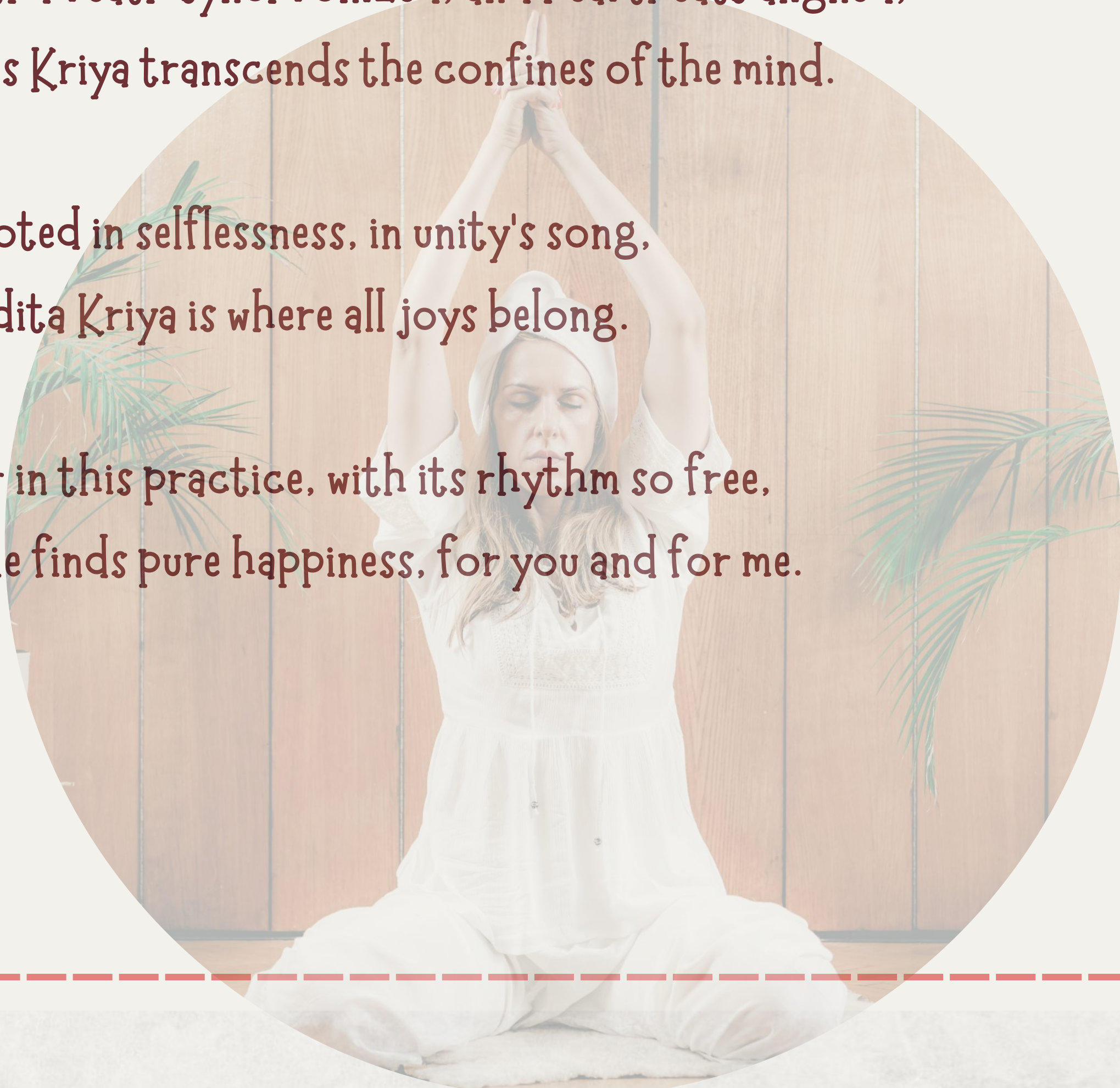
Energizing the spirit, purifying the core,  
Mudita Kriya is an opening door.

To a realm of rejoicing, for others' delight,  
Lifting oneself, to an empathetic height.

With breath synchronized, and heartbeats aligned,  
This Kriya transcends the confines of the mind.

Rooted in selflessness, in unity's song,  
Mudita Kriya is where all joys belong.

For in this practice, with its rhythm so free,  
One finds pure happiness, for you and for me.





# SELF HEALING

In the stillness of the mind's retreat,  
Meditation's dance, soft and discreet,  
Echoes of pain begin to wane,  
As self healing flows like gentle rain.

Whispers of breath, in and out,  
Banish the shadows, erase the doubt,  
Each moment's focus, so profound,  
In this silence, true self is found.

With every heartbeat, a rhythmic song,  
In this space, we truly belong,  
The past's wounds, once deep and raw,  
Fade away, as new strength we draw.

The world outside may churn and shout,  
But within this peace, there's no room for doubt,  
For in the depths of our inner sea,  
Meditation unlocks the key to be free.

Embracing light, expelling the night,  
In this journey, we find our true might,  
Mending and healing, a soul's elation,  
Such is the power of deep meditation.





# ENERGIZE YOUR MIND

In the vast expanse where thoughts entwine,  
Seek the spark to energize your mind,  
Not just caffeine or a fleeting jolt,  
But a radiant fire that never will halt.

Awaken the neurons, let passions flare,  
Dive into knowledge, breathe in the air,  
Every challenge, a chance to refine,  
Harness the power of the infinite line.

With books as fuel, and dreams the wind,  
Let curiosity's wings be un-pinned,  
For an energized mind, agile and spry,  
Soars above clouds, kisses the sky.

Dance with ideas, let them collide,  
In this waltz, let your spirit reside,  
Stoke the flames, keep them aligned,  
For a vibrant journey, energize your mind.

Embrace the wonder, seek out the find,  
In every corner, every bind,  
With zeal and zest, intertwined,





# LEARNING TO SILENCE THE MIND

In the realm where thoughts endlessly chatter,  
Finding the stillness can truly matter,  
To silence the mind, is no simple feat,  
Yet in that hush, the heart's true beat.

Whispers of past, shouts of the 'morrow,  
Drown them out, let go of the sorrow,  
For in the gaps between the noise,  
Lies a serenity, a profound poise.

Close your eyes, let go of the race,  
Embrace the calm, the quiet space,  
Each fleeting thought, acknowledge, then release,  
In this dance of detachment, find your peace.

Listen to the breath, its gentle sway,  
Guiding you deeper, showing the way,  
In the vast silence, so profound and deep,  
The universe's secrets, yours to keep.

As ripples still on a tranquil pond,  
The mind finds rest, a bond beyond,  
With practice and patience, over time refined,  
Discover the art of silencing the mind





# CONQUER THE MIND

In the vast arena where battles are fought,  
The mind stands as a fortress, with lessons self-taught,  
But to conquer it truly, to reign it in tight,  
Is to master the darkness and step into the light.

Winds of doubt, storms of desire,  
Challenge its realm, setting it afire,  
Yet with determination, steel and grace,  
One can find the path, the sacred space.

To conquer the mind is no minor feat,  
With its twists and turns, its deceit so sweet,  
But with inner strength and a will that's refined,  
One can unravel the threads that bind.

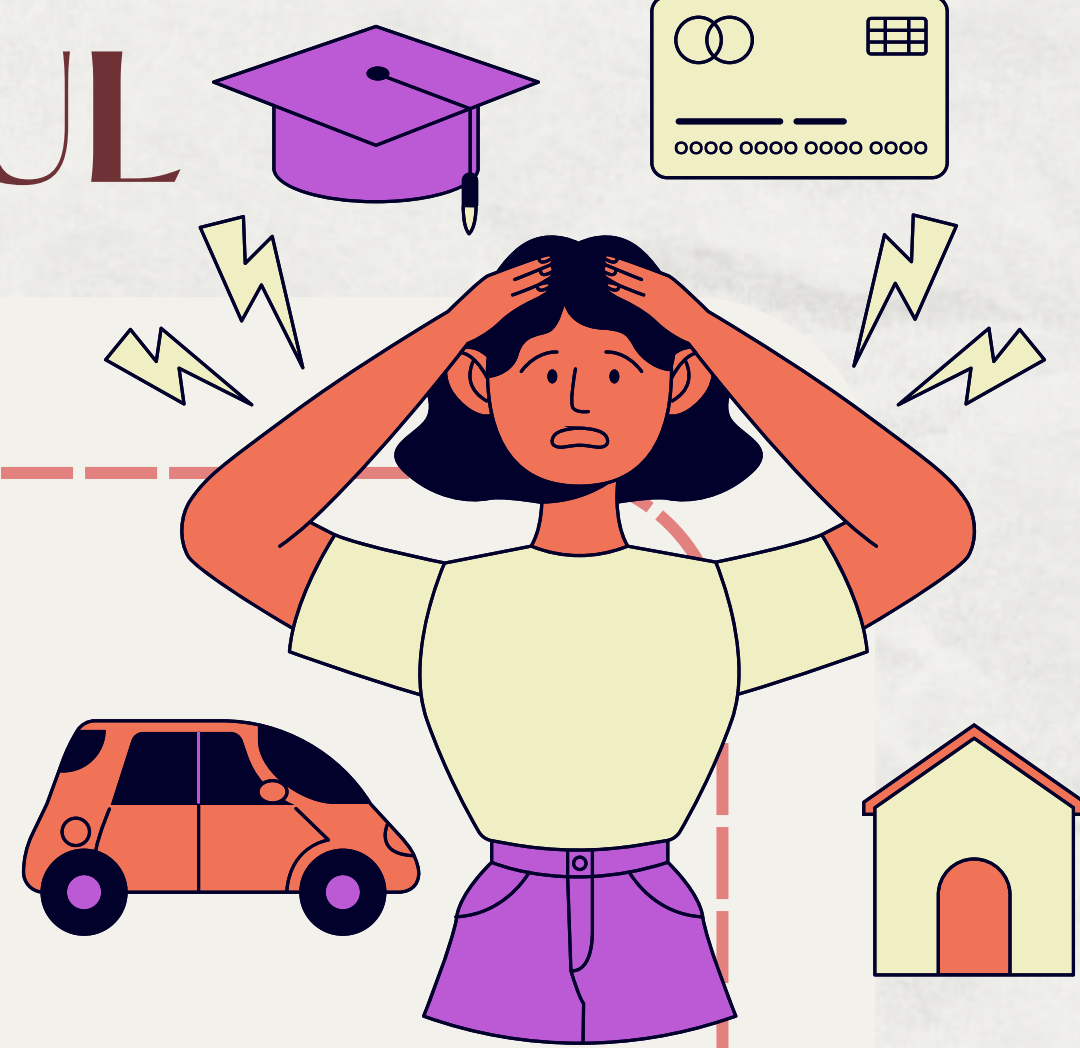
Past the chaos, beyond the strife,  
Lies a realm of clarity, a richer life,  
For in mastering the mind, one finds the key,  
To unlock potential, to truly be free.

So stand tall, with resolve in your spine,  
Face the tempest, let your spirit shine,  
For in the heart's fire, fierce and kind,  
Lies the power to conquer the mind.





# MIND FULL TO MINDFUL



From a mind that's bustling, always full,  
To a state of presence, where senses pull,  
The journey from chaos to serene grace,  
Is one of mindfulness, a sacred embrace.

Drowning in thoughts, the world a blur,  
To truly seeing, feeling, as things occur,  
From being lost in a whirlwind's spin,  
To breathing deeply, taking it all in.

The shift is subtle, yet profound,  
From noisy clutter to a quiet sound,  
From racing moments that swiftly pass,  
To savoring each one, making them last.

Mind full of worries, doubts, and fears,  
Transforms to mindful, wiping away tears,  
In this transition, a magic unfurled,  
A dance between the inner and outer world.

So let the journey from full to be,  
A voyage to mindfulness, setting you free,  
For in that space, so vast and kind,  
You'll find the essence of a peaceful mind.



# HOW TO RELAX

In a world that spins with frenzied pace,  
Find a moment, a tranquil space,  
To relax is an art, a gentle song,  
A place where all worries don't belong.

First, breathe deeply, let the air flow,  
Feel it cleanse, watch stress go,  
Close your eyes, let go of the race,  
Embrace the calm, let heart find its base.

Nature's whispers, a gentle stream,  
Can transport you to a dreamer's dream,  
The rustling leaves, the bird's soft song,  
In nature's lap, we truly belong.

A book in hand, a cozy nook,  
Lost in tales, in every look,  
Music's rhythm, its soothing trance,  
Let your soul sway, take that dance.

Warm tea's embrace, or a bath's gentle glow,  
Feel tensions ebb, and tranquility grow,  
Mindful meditation, the universe vast,  
Connect to the now, let go of the past.

So when the world feels too complex,  
Find your method, your way to relax,  
For in those moments, short or long-spanned,  
You'll rediscover life, and where you stand





# THE MIRACLE OF MINDFULNESS



In the dance of the present, where moments entwine,  
Lies the miracle of mindfulness, so pure and divine,  
Not just an act, but a radiant state,  
Where we truly see, love, and relate.

Beyond the clutter, past the mind's noise,  
Mindfulness brings a profound poise,  
Each breath acknowledged, every sensation felt,  
In this presence, all facades melt.

The fluttering leaf, the child's gaze,  
Are seen in their essence, in a luminous haze,  
Simple acts, like sipping tea,  
Become ceremonies of connectivity.

It's not just about being aware,  
But a deep connection, an affair rare,  
With the universe, the soul, the heart's song,  
In mindfulness, we truly belong.

The miracle isn't in the grand or vast,  
But in appreciating the present, not just the past,  
For in this gentle, conscious embrace,  
We find love, beauty, and boundless grace.



# STRESS LESS , ACCOMPLISH MORE

In the whirlwind of tasks, deadlines tight,  
There's a secret mantra, shining bright,  
"Stress less, accomplish more," it says,  
A beacon guiding through the chaotic maze.

A clenched mind, tensioned and taut,  
Often misses the solutions it sought,  
But when it's at ease, free and clear,  
Paths unfold, visions draw near.

It's not about doing less, or slow pace,  
But harnessing energy, in a mindful space,  
For a relaxed mind, agile and keen,  
Sees opportunities, where none had been.

Breathing deep, finding one's core,  
Opens the gates to accomplish more,  
For stress is a thief, in the night's guise,  
Stealing clarity, wearing a disguise.

So when the weight seems too immense,  
Step back, let go, and dispense,  
With unnecessary burdens, fears untold,  
And watch your potential gracefully unfold.

For in the calm, beneath the azure sky,  
Lies the mantra to aim high,  
Stress less, with heart at the fore,  
And watch yourself accomplish so much more.





# HAPPINESS

In the vast expanse of life's great dance,  
Happiness beckons, with a radiant glance,  
Not just a feeling, fleeting and brief,  
But a state of being, beyond belief.

Found not in possessions, or gold amassed,  
But in fleeting moments, memories that last,  
In laughter shared, in love's warm glow,  
In the quietude of a moonlit shadow.

It's the joy in a child's innocent glee,  
The comfort of shade beneath a tree,  
In the song of birds at dawn's first light,  
Or the peace in a silent starry night.

Happiness is both simple and profound,  
In nature's wonders, it's always found,  
Yet also in challenges, when we rise,  
Discovering strengths, under the skies.

Not a destination, at journey's end,  
But a companion, a true lifelong friend,  
So seek it within, let it be your guide,  
For in true happiness, our souls reside.





# COMING HOME TO YOURSELF

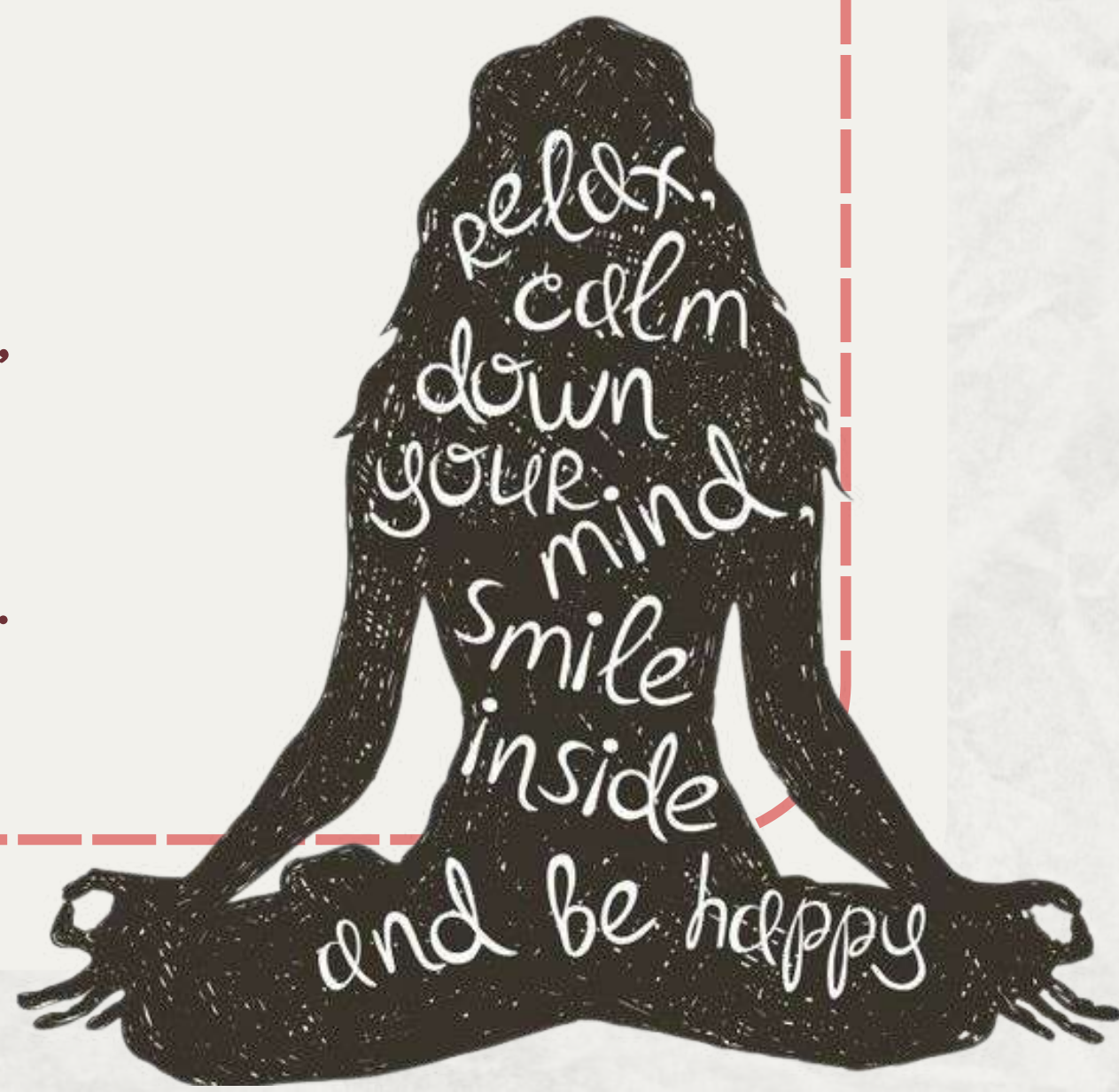
In life's vast voyage, where paths do twist,  
Amidst the noise, a truth exists,  
Beyond the hustle, past external wealth,  
Lies the journey of coming home to oneself.

Not a location, nor brick and stone,  
But a space of heart, where one's truly known,  
It's the quiet whisper of the soul's song,  
The place where all truths belong.

Amidst the masks, the roles we play,  
There's an authentic self, not led astray,  
To come home to it, to truly see,  
Is to embrace one's own company.

It's in the mirror's gaze, deep and clear,  
Beyond the doubts, past the fear,  
In the core, where memories dwell,  
There lies the story, only you can tell.

So when the world feels vast and wide,  
Turn inward, let your spirit be your guide,  
For in the dance of shadow and light,  
Coming home to yourself feels just right.





# STRENGTH IN STILLNESS

Amidst the tempest, the roaring sea,  
There lies a strength, silent as can be,  
Not in the clamor, nor storm's loud thrill,  
But in the profound depths of the still.

The mountains stand, ancient and grand,  
Not for their motion, but where they withstand,  
For in their quiet, their silent might,  
They hold the secrets of day and night.

Stillness isn't weakness, nor passive retreat,  
It's a power, grounded and complete,  
It's the pause between heartbeats, a space between thoughts,  
A reservoir of strength, where battles are fought.

In the hush of the dawn, before the world wakes,  
In the silent gaze, where no word partakes,  
There lies a fortitude, pure and endless,  
Revealing the strength that's born of stillness.

So when the world demands you to race,  
Seek the silence, find your base,  
For amidst the noise, and life's wild drill,  
True strength emerges in the embrace of the still!

