Springspiration

Pratik Pramtora

Follow this and additional works at: https://ir.una.edu/lightsandshadows

Part of the Poetry Commons

Recommended Citation


This Poetry is brought to you for free and open access by UNA Scholarly Repository. It has been accepted for inclusion in Lights and Shadows by an authorized editor of UNA Scholarly Repository. For more information, please contact jpatel1@una.edu.
My nerves are on the edge
My life has seemed too much for me
I've lost all faith in worldly things
I do not know where to turn
I'm surrounded by despondency, despair and hopeless feelings.

Step back, think
The river beneath the pool does not flow the same
Sometimes it’s high, sometimes low
Sometimes goes in circles – fast or slow...

Step B-A-C-K think realize
God installed creative force within you
You've your inner self
To rely upon, to lean upon, to call upon.
I won’t fail you if you don’t fail it.
Picturize your worries and fears fading
See the sun emerging within the clouds
Make sure you have shades with UV protection ;-) 
See yourself restore your confidence
Your faith in life and living.

Before any incident occurs in the outside world
It occurs in the inside
Our consciousness is separated
Into One that is awake
Other that works 24 hours
The conscious
And the subconscious
Both form an iceberg
The top is the tip
Only 10% limited power
Confined by time and space
Yet called the boss
Subconscious - the creative core
Is all but the tip
90% unlimited power and planning
Confined to nothingness -
The genie, the servant.
At solar plexus behind the stomach in the abdomen
Is the throne of the subconscious mind.
Propelling infinite cosmic intelligence
In this world
In this room - In you
In the branches that you hold
In the roots of your leg
Stretching far, vast and beyond.

Install a small mighty thought
Set your target
Add emotion, passion, dedication
Visualize your goal for 20 minutes daily
Wait patiently for the result...

You have the tools to victory
Fasting, silence, prayer
Positive thinking, meditation.

Block delete discard all negative commands
Drag each harsh document to the recycle bin
And hit enter to permanently remove them.

Earn, learn, love and serve
What you conceive and believe
Thou shalt achieve.
Your subconscious is the light in your darkest moments
Your subconscious cultivates strength for you
Take everything in a positive stride
Take each day as it comes
Let each petal roll itself out
Smile when it is ready and blooms.

Go achieve your goals
But do not violate the rights of others
May the spring of inspiration
Always flow in your life.