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# THE EXPRESSION

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**SIMPLE JOYS**

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**Poem**

It is what the world is made of?  
Simple joys!  
That helps one to sustain and to rise  
To feel the pain and pleasures with the same might  
To bear and forebear all the actions, whether jubilant or disparaging!

Wake up and see the light!  
That which begins with the beautiful sunshine, the morning bright  
The green scent of the earth;  
And caress of the lilies and the Sunflowers  
Fill the day with a broadened sight  
Simple joys of life, embrace with all acceptance and benevolence

See the innocence of a child  
Which is never frightened with anything that comes its way  
See the mother with love so unconditional  
And the father with responsibilities many  
Smiling all the way, with all pressures of life!  
Simple joys of life, feel with all sensibilities without any remorse.

See the farmer sowing seeds of happiness  
Who believes that green saplings will emerge dancing from the earth

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Filling the environs with abundant trees tied with threads of harmony  
And fruits of good actions, flowers of satisfaction  
Knowing no self defeat and a will to move on and on  
Simple joys of life, give away with open hands and free minds!

See the young minds all involved in a will to learn  
With the blessings of elders as a firm support  
See the music that makes the ambience melodious  
See the people dance in the rain, hitting the dance floor  
After a hectic working day  
And feel the music in the air  
Simple joys of life, gift others profusely!

There is something that binds us all  
Matters not to which caste and class, rank and file we belong to  
The winsome bonds of friendship and humanity  
That makes feel belonged!  
Do not find beauty and happiness outside  
The indestructible happiness is inside our hearts  
Open your hearts to all!  
Widen it and explore the treasure inside!  
Live in the moment and every time  
Cherish the simple joys of life!

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