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The mind is a castle fortified
with courage and conviction.

The mind is a cocoon nestled
with the pangs of yearnings .

The mind is a refuge for having
sheltered many a secret cravings.

The mind is a loom weaving
multifarious threads of ecstasy and agony.

The mind is a womb impregnated
with the seeds of hope and bliss.

The mind is a spyglass magnifying
myriad dreams and nightmares.

The mind is a dungeon tormenting
with the fetters of pain and despair.

The mind is a cage rankled by the

qualms of conscience.

But a question looms large

Which one reigns supreme, Heart or Mind??

A balmy touch;
a comforting hug ;
a gleaming glance;
a soothing voice;
a lingering fragrance;
a gentle breeze;
a lone teardrop;
a furtive look;
an endearing smile;
a passionate kiss;
a fond remembrance;
..... a moment is what it
takes to ignite an enduring love.

Love is a prism ;
Spectral of cheer n bliss
reflecting through its lens .
It is sublime ;
endearing and ennobling,
liberating and captivating.
It is pristine ;
metamorphosing ordinary
into precious.
Hope is a beacon steering

through the vicissitudes of
the ocean of life;
manoeuvring the dark tunnels of loss
surmounting the mountains of grief .
Care is a gentle breeze ;
wafting and permeating
the dungeons of despair and desolation,
soaring the sagging spirit
and the sinking soul .
Let the sacred trinity of
Love , Hope , Care
prevail everywhere !!!