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Mental Balance

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Life is like a garden of clement feelings which is full of torment,

Stern, rocks, dehydration of stones and also harshness,

You must face all these,

You must taste not only sweetness

But also sourness of life.

If you think that

Distress and obligation and failure will not come in your life,

It is impossible,

You cannot change this world,

You cannot escape circumstances which are given by God.

Those who has discord, stern and contentious behaviour,

There is no advantage to fight them,

And what is the benefit to think about failure, past and loss?

They only destroy your mental balance.

You can control only yourself,

You can control only your habits, behaviour,

Mental balance and also peace of mind,

These are only related to you.

You can get these qualities in your life,

If you want comfort and peace in this world,

Then you must develop these qualities,

And you must become the master of your mind.

Introduction to the poet:

Pooja Kushwaha is an aspiring poet who is just at the threshold of her writing career. She is a research scholar from the Department of English and Modern European Languages, Lucknow University. She is currently pursuing Ph.D. on Poetry. She is a firm believer to make her identity. Her many poems and fiction has been published in the *Criterion International Journal*, *Tare Jamme Par Magazine* and many anthologies like *What If*, *The Lost Soul*, *Pain Dwelling in Beauty*, *Aael*, *Isq-E-Jahar*, *The Unspoken Tale* etc. Her first anthology *True Love* has been published in 2019. Her first single author book *Glimpses of love* (2020) has been also published. She often composes poems about contemporary problems, identity, nature, God, love and also motivational poems for the society.