



*Dr. Sangeeta CS*

*Thoughts and words*

*My mantras for  
everyday life*

*Sangeeta CS*  
*21-1-20*





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## *Word from the Author*

I started writing poems about 5 years back when I was going through many changes and was at a turning point in my life. But now I have realized that life itself is topsy turvy and it was just the beginning.

Each poem is based on a situation I experienced and helped me feel better instantly.

I am happy to share them with you and hope that it will help you overcome obstacles in your life.

These poems helped me get through and cope with my problems and eventually become my mantras for everyday life.





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1.

## *Sparkle*

I wish you could see the light within you,  
I wish you could feel the warmth around you,  
No matter how far the light,  
You can always see it within yourself.  
Through the coldness you can feel,  
The warmth from inside of yourself  
Be a sparkle shining bright spreading light and  
warmth around  
See the light within you, feel the warmth  
within you,  
Till you realize what a beautiful thing you are.

## 2.

### *The Past, Present and Future*

Here I am in the present.  
Looking back at my perfect childhood  
My carefree childhood, which is long gone,  
I'm wishing for those days to come back.  
which I know will never be back.

I wished till I realized,  
What I am now  
I am a little child's dream,  
I am the fruit of all the hard work I put in.  
A new hope for the wonderful people,  
who made my childhood carefree.

I will push through my way till I succeed.  
Just a little more; I have come a long way.  
I will work till I shine bright enough to spread the  
light to the world.  
I will never give up until I reach the top.