

Bidding Farewell to Diabetes with All Probability

One of the most common and awful diseases today,
Attacks very easily and leads to dismay.

The situation for a diabetic takes us back to the 80's;
Facing the Caribbean fast bowlers – dreadful n mighty.

The list of prohibitions makes one's stressful tone,
The days of sweets, potatoes and rice are gone.
What to eat and what not to makes one puzzled,
How to take control of it in life's 'hustle and bustle'.

Diabetes is truly a silent and hidden killer;
It's catching fast to the urban dweller.
Wrong lifestyle and tension invites this guest,
Lack of walking and exercise wish it "All the best".

Now it is time to bid farewell to this disease,

Self-awareness is a must to give the life a new lease.

Make 'Positive lifestyle and Spirituality' the best buddies,
Make God permanent companion and follow Rajyoga studies.

Start the day with Nectar Time Meditation every day,

All the diabetic toxins will be soon washed away.

Bathing in the rays of Purity, Love, Bliss and Joy,

Experience the Almighty's ocean in full sway.

By listening to Godly versions with applause,

All the doubts and negativity will be clean bowled.

His addressing us as "Sweet Children" fill us with positivity,

The diabetes will be gone forever in all probability.

Now, Supreme Surgeon is welcoming you spreading His arms,
Hug him lovingly, forgetting all worldly attachment and charms.

Now time is less before the last bell to be rung.

Just take one step of courage and success will be done.