

## MEDITATION

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Knock, it will be opened  
Throw, let it be caught  
Sail, you will be known  
Fight, victory will be yours  
Sleep, you become energized  
Bathe, to make you neat and clean  
Think, you shall be worshipped  
Prepare and face the world  
Defeat your temper  
Have presence of mind  
Manage the crisis  
Be confident to conquer  
Share passion, don't divide attention  
Concentrate and acquire wisdom  
Meditate and be passionate.