

**Sorrows and Sufferings**

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Sorrow! Sorrow! Part of life  
Thy arrival has perfected the life.

Sorrow! Sorrow! Virtue of life  
Through which man reaches the highest station of life.

Sorrow! Sorrow! Winter of life  
Thy departure is followed by the spring of life.

Sorrow! Sorrow! Beauty of life  
Thy arrival has beautified life.

Sorrow! Sorrow! Reality of life  
Through which one can realize life.

Sorrow! Sorrow! Pillar of success  
Through which one can get rid of unsuccess.

Thy departure is followed by joy  
Through which one can get perfection and enjoy.