

## **EARLY RISING**

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Early rising  
And early sleeping,  
Proper exercising  
And proper breathing,  
Proper dieting  
And proper relaxing,  
Positive thinking  
And positive meditating,  
Positive acting  
Without reacting  
Imparts sound health  
And sound mind.  
Provides mental strength  
And spiritual strength.  
Makes a man healthy  
And wealthy.  
Makes him thriving  
And rising.  
Leads towards positivity  
And prevents from negativity.  
Makes him dutiful  
And personality beautiful.  
Makes him perspiring  
And his carrier inspiring.  
Makes his life blissful  
And his mission successful.