

The background of the cover is a vibrant, abstract artwork created with soft, blended colors. It features several overlapping geometric shapes, primarily triangles and polygons, each filled with different patterns of lines and colors. The colors range from deep blues and purples to bright yellows, greens, and reds. The overall effect is a sense of movement and depth, reminiscent of ripples in water or a complex, multi-layered landscape.

silent ripples

soul's journey

Arya Dharod



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Must I follow?

*I am a timid little Afghani girl
must I give up my education
just because my abusive father believes
school is no place for a girl
must I follow?*

*I am a young innocent boy
in the slums of Dharavi
must I give up my childhood
my play and enjoyment with friends
to toil all day in the hot sun
just to pay for our food and shelter
and my dad's daily packet of tobacco
must I follow?*

*I am born to rich but stubborn parents
must I follow in their footsteps
walk down the path they have carved out
without my having any say in it
must I live my life as per their law
even though my aspirations and dreams
are worlds apart from theirs
must I follow?*

*Society is telling me
that it is high time
to start searching for a partner
to think about marriage
and settling down
but there's a million things I haven't done
and so much I wish to achieve
before all that
must I follow?*

*My religion
my parents
my friends
my society
my country
everyone wants
a say in how I live my life*

*May I choose to follow
my own heart
for a change?*

Tiny lights

*Those tiny lights
inside each and every one of us
that we hold close to our hearts
that we protect with our lives
that we think of when we are unhappy, alone
they keep burning bright and strong within us*

*Until one fine day
we grow up
and that little light
is stamped off
by our parents
our teachers
our friends
by society
as everyone tells us
that our dreams and visions
aspirations and goals
are either impossible to reach
or simply not worth it*

*And we foolishly listen
to everything that everyone has to say
and slowly but surely
those tiny lights
dull down, flicker off
and lie dormant
tucked into a little corner of our heart
waiting for someone to believe in us again*

*Something deep within to tell us
to turn that dull, flickering
nearly dead tiny light back on
and make it shine again*

The first step

The first step is always the hardest
first relationship
first child
first competition
first apology
first trust
first kiss

The first step is always a risk
one doesn't have any foundation
nor the work of others to build upon

It's a gamble
a leap into the unknown
requiring not only smarts
but hell, a lot of guts

But is the one who takes the first step
gets the first mover advantage
is remembered by history
as the first one who tried

The one who
starts a movement
builds a brand
transforms a country
is the one who had the courage
to take that first step

It's difficult but it's worth it
the start is what stops most people!

Worry

*Hundreds of thoughts
racing around in one's head
an intense and troublesome feeling
that eats one up from inside*

*So many ways things could go wrong
so many possibilities of mistakes, failures
tsunamis and earthquakes
fever and the flu
rejection and dejection*

*Worry
it eats you up from inside
drives you crazy to the point
where you just want to quit
and shut everything up*

*And then when
the event goes smoothly
the exam is written well
the test is passed
the deal secured
no mistakes, no failures
nothing goes wrong
everything flows as expected
as planned
it's a big success*

*And later you laugh at yourself
for worrying so much
all for nothing*

*You knew deep inside
that you would do well
nothing would go wrong*

*So the next time
worry begins to make you stress and pace
over-analyse and over-think
stop and ask yourself
"What's the worst that could possibly happen?"
and you will have found the answer*

You never know

*You never know
you never know
what is going on
in the hearts and minds
of the people around you*

*How they are suffering
hurting, and struggling
what they have lost
and what they have
yet to gain*

*So be kind
for everyone is fighting
a difficult battle!*

*The silent man standing
next to you in the subway
may have just lost his job
and is returning home dejected*

*The impatient lady waiting
just behind you in queue
may have just been diagnosed
with a terrible disease
and has only months to live
yet so many things to do
before she says goodbye*

*The lonely new boy in your class
may still be struggling to cope
with the pain of his parents' divorce
and what could be worse at this time
than changing schools*

*The new funny looking neighbours
just next door
may have just migrated here
from a different nation
and are totally clueless
of how things work here*

*So the least you can do is
be kind
for everyone is fighting
a difficult battle*

Anger

*We allow our mind
to become blurry and muddled
overcome by our rage*

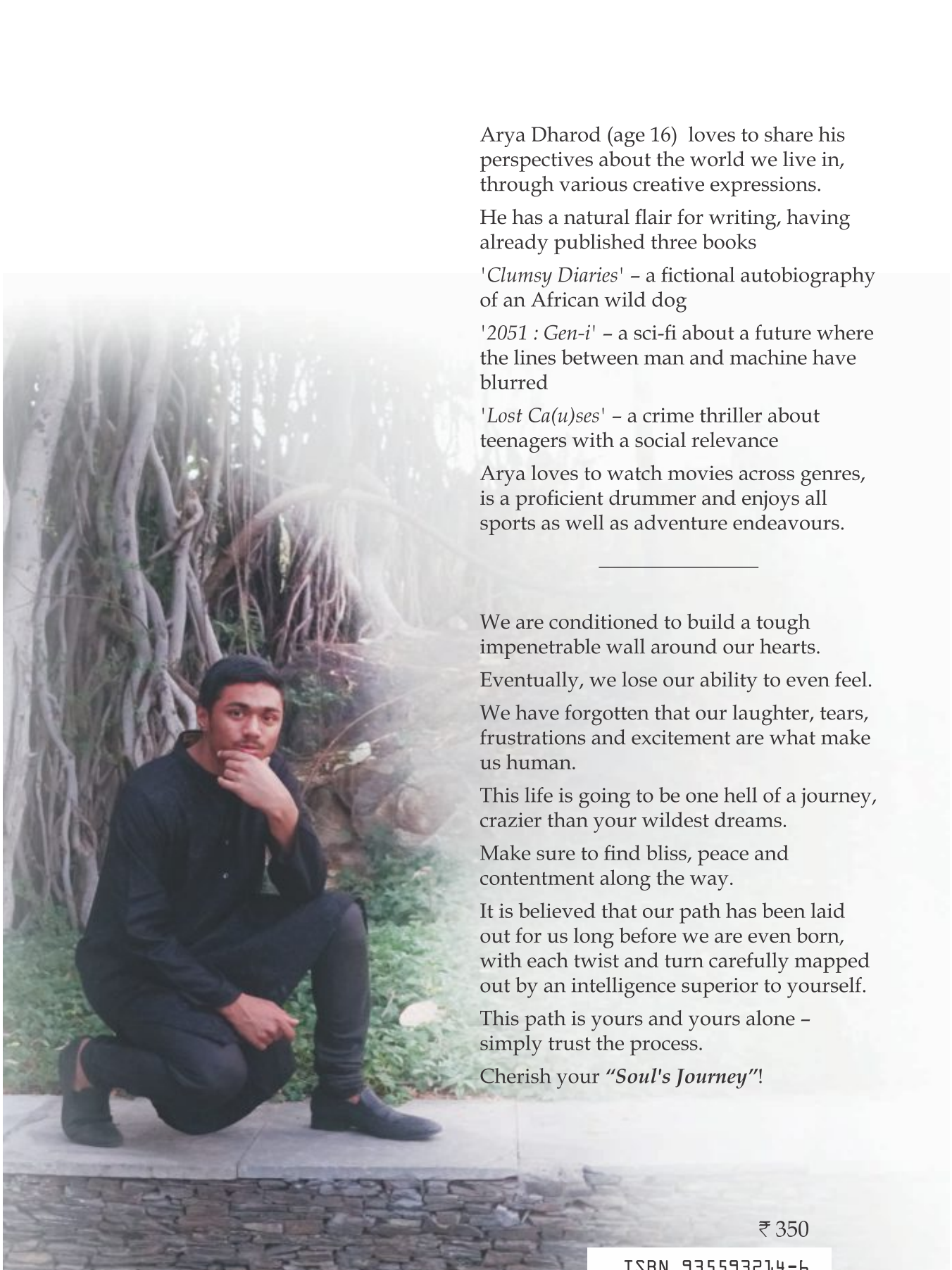
*We blurt things out
without thinking twice
stinging comments and taunts
that we will definitely regret
and the other person
painfully remember*

*We forget to use our reasoning
our basic common sense
and blame all our mistakes
on someone or something else
forgetting any part that we had to play
in the entire mess
forgetting that there are two sides
to every conflict*

*We throw things around
we hurt the people we love
and foolishly ruin our own hard work
our brain seethes
with corrupt and evil thoughts
of hatred and revenge*

*We allow this anger
to consume us
to swallow us whole
and it keeps multiplying
because we keep feeding
the fire with fire
making it grow fiercer, stronger, larger
blindly raging ahead
destroying everything and everyone
in its path*

*We always forget
that letting the fire just be
even for a few moments
and robbing it of much needed fuel
will cause it to slowly wither away
to just a few tiny sparks and embers
dying, dying
and then suddenly
gone*



Arya Dharod (age 16) loves to share his perspectives about the world we live in, through various creative expressions.

He has a natural flair for writing, having already published three books

'*Clumsy Diaries*' – a fictional autobiography of an African wild dog

'*2051 : Gen-i*' – a sci-fi about a future where the lines between man and machine have blurred

'*Lost Ca(u)ses*' – a crime thriller about teenagers with a social relevance

Arya loves to watch movies across genres, is a proficient drummer and enjoys all sports as well as adventure endeavours.

We are conditioned to build a tough impenetrable wall around our hearts.

Eventually, we lose our ability to even feel.

We have forgotten that our laughter, tears, frustrations and excitement are what make us human.

This life is going to be one hell of a journey, crazier than your wildest dreams.

Make sure to find bliss, peace and contentment along the way.

It is believed that our path has been laid out for us long before we are even born, with each twist and turn carefully mapped out by an intelligence superior to yourself.

This path is yours and yours alone – simply trust the process.

Cherish your "*Soul's Journey*"!

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