

The Within

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In the garden of life,
Sow your efforts, wither you weeds
Root with respect, bloom with compassion
So, you may stand through sun and storm,
For the truest harvest is character.

In the kitchen of life,
Find your flavour, blend to favour
Stir with patience, season with ease
So you may nourish every soul,
For the essence of life is in togetherness.

In the sport of life,
Train your spirit, conquer your fear
Discipline even in pain, focus even in chaos
So you may play with honour and valour,
For the victory lies in genuine endurance.

Cultivate, Create, Strive
Within you



For every better day

With you and with others.