

Poetry Series

**Emilia Young**  
**- poems -**

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# Emilia Young()

# Beautiful Sunset

Beautiful sunset  
Blazing red rolls of clouds  
Swatches of indents upon them  
As if animated  
Floating at ease  
And then I spied a gleaming ray peeking through  
Slowly descending to sweep over the parkland  
Now so still  
People walking their dogs  
Trodding silently in the glow of the evening  
I peered through my glasses  
Looking for signs of tomorrow's weather...

Emilia Young

# The Joy Of The Lord Is Solid And Enduring!

The joy of The Lord is solid and enduring  
It is never empty  
It stands the test of time  
All men will acknowledge Him in eventuality  
This joy is the only true delight  
For nourishment and comfort  
Such perpetual exhilaration unceasing  
Let us drink deeply upon these...

Emilia Young

# When Stress Arrives...

When stress arrives  
Tell it to back off  
Assess the precise situation  
Evaluate the best possible response

When stress arrives  
Breathe deeply  
Collect ourselves  
Address the problem creatively

When stress arrives  
Compose ourselves  
Attack the most mundane task with vigor  
As if heaven and earth depends on it

When stress arrives  
Pause and reflect  
Upon our capabilities  
Reset our minds using our internal clock

When stress arrives  
Take our focus away  
To a far off pleasant scenario  
Be detached...

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