

Stay Calm



# INTRODUCTION

## Grenville Kleiser

was a North American author. He was the author of a long list of inspirational books and guides to personal development. Kleiser also worked as an instructor in Public Speaking at Yale University. Kleiser was born in 1868 in Toronto, Ontario, Canada. Grenville died on August 27, 1953



# INTRODUCTION

The poem "Stay Calm" by Greenville Kleiser is a very beautiful poem. In this poem, the poet speaks about how staying calm and getting the hold of the situation can prove beneficial for you than others. The poem tell us about the advantages of keeping hold of our nerves and keeping calm can only benefit us.

When you feel like saying something  
That you know you will regret,  
Or keenly feel an insult  
Not quite easy to forget,  
That's the time to curb resentment  
And maintain a mental peace,  
For when your mind is tranquil  
All your ill thoughts simply cease.

It's easy to be angry  
When defrauded or defied,  
To be peeved and disappointed  
If your wishes are denied;  
But to win a worthwhile battle  
Over selfishness and spite,  
You must learn to keep strict silence  
Though you know you're in the right.

**Regret:** पछतावा

**Resentment:** क्रोध/द्वेष

**Tranquil:** शांत

**Cease:** बंद करना/ समाप्त होना

**defrauded :** धोखा देणा

**Defied:** ललकारणा

**Peeved:** गुस्सा होणा

**Disappointed:** नाराज होणा

**Denied:** मना करना

**Selfishness:** स्वार्थी प्रवृत्ती

**Spite:** द्वेष/ बैर

So keep your mental balance  
When confronted by a foe,  
Be it enemy in ambush  
Or some danger that you know.  
If you are poised and tranquil  
When all around is strife,  
Be assured that you have mastered  
The most vital thing in life.

Confronted : सामना करना

Ambush: छुपकर बैठा हुवा

Tranquil: शांत

Vital: महत्वपूर्ण

Foe: दुश्मन

Poised: तैय्यार रहेना

Strife: संघर्ष/ विरोध

## **EXPLANATION: STANZA-I**

Many times in life you may get upset and feel the desire to respond with unpleasant or unfair words. It may be in response to a severe insult that is hard to forget. However, it is during those situations that you need to take control of your emotions and try to calm down. It is important to keep yourself cool because only then your all negative thoughts will stop coming in your mind.

# EXPLANATION: STANZA-II

Many factors can make you angry, including when you have been cheated or disobeyed. Similarly, you will find lots of reasons to get irritated and disappointed especially when things are not going as per your wishes. However, one thing to keep in mind is that it is not worth getting upset or angry over each and every thing. You need to fight against anger and selfishness. It is only possible if you can manage to stay calm even after knowing that you are not wrong.

## EXPLANATION: STANZA-III

So you need to keep calm in the most difficult situations like when you are standing face to face with an adversary or competitor, or when you are facing a challenging situation or when someone is waiting to attack you or when you think you are in danger. You should remain calm during the times of conflict, argument, or dispute. Only then you can lead a peaceful life and become able to apply it in personal life. That thing is nothing other than being master in keeping calm at all times.

# CONCLUSION

**In short, this poem suggests us to maintain the peace of mind in worst ever situations. Everyone should take control of their emotions and try to calm down. It is important to keep yourself cool because only then the negative thoughts will stop coming in their minds. It will also lead you towards the peaceful and happy life.**