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# You Are A Star .

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Somebody should polish all the stars !

They're looking a little bit dull.

Do you also feel that they need some polishing ?

Don't you feel that someone out there should go there , should polish them tenderly and make them look full of pride.

By the way have you looked at them lately, in that distant sky !

If not , look at them today because you're one of them. They're your brothers and sisters ! Watch them, and see yourself running with them.

Remember the molecules that make up our body, the atoms that construct the molecules, are traceable to the stars .We all are stars with people names.

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The amazing thing is that every atom in our body came from a star that exploded. Few of those stars exploded few millions of years ago. The stars exploded, and all the dust became the rivers, the mountains, the rocks, the water ...and us. And may be the atoms in our left hand probably came from a different star than our right hand, the atoms in our head came from one star and atoms in our heart came from another star!

We are all stardust. We couldn't be here if stars hadn't exploded, because the elements - the carbon, nitrogen, oxygen, iron, all the things that matter for evolution - weren't created at the beginning of time.

They were created in the nuclear furnaces of stars, and the only way they could get into your body is if those stars were kind enough to explode.

So, forget your happiness, forget your sorrows, forget your wins and losses, forget your friends and foes, forget everything else and look at the stars.

Some of them died so that you could be here today.

And with that explosion started the chemistry of life.

Guru Nanak said it hundreds of years ago "?? ??? ?? ?? ?? ??????" (we all are born from one light) and scientists have proven it lately.

In a sense, we are all connected to each other biologically, to the earth chemically and to the rest of the universe, with those stars atomically.

Behaviour of each one of us is a result of one or other chemical reaction with some physics also added to it.

We attract or repel, and we remain unknown to many others as they happen to be beyond our magnetic fields or we are out of the range of their attractive forces.

The day you feel dull, the day you feel sad, the day you feel abandoned, get out and look at that star.

Yes the one, you always see, you always stare at!

What if you and that star, both are made up of the dust of one same star?

What if that star is telling you that today is the first day of the rest of your life and it may be telling you 'THE REST OF YOUR LIFE IS GONNA BE THE BEST OF YOUR LIFE'.

Won't you believe him?

We all need problems & challenges as dark as nights. Because we're stars and we can shine only when some darkness is out there!

More the darkness, more we would shine!

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Keep this thought in your heart , always!

We are all stars,our bodies made of atoms , all these atoms dance to a mysterious tune, in tune with an invisible piper!

Pran Arora