

## Morning Walk

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Last Sunday I woke up early in the morning. The weather that day was very pleasant cool breeze was blowing and the sky, too was cloudy. I felt like going out for a walk.

I called my friend Sem, with the idea in mind to ask him to join me for a morning walk. He at once agreed to join me.

Very soon we found ourself in the lap of nature and were breathing fresh and cool air. Everything around us looked fresh and green. Every now and then some little drop of rain would drop on over head. This would add to over joy and freshness.

The birds were chirping on the tree tops. The dew drops on the beds of grass looked like little pearls. Little sparrows were flitting in the air. Butterflies were flitting from flower to flower. Nature seemed to be at her best at that time.

The scene now appeared on the eastern horizon. Its rays seemed to be struggling to thorough the clouds that had begun to look red. The scenery at that time was breath-taking. In the mean time shepherds had come out with their flocks of cows and sheep. Their hearts were full of joy. Their lips were humming some sweet song of life.

Soon we reached near a lake and we dipped our feet in the fresh, cool water. It was time to return home.

With unwilling steps, I returned home, with memories of my morning walk. Morning walks refresh over mind and body – it is a way to stay healthy.