```java
import java.util.regex.*;

public class regularExpnAssisted {

    public static void main(String[] args) {

        String pattern = "[a-z]+";
        String check = "Regular Expressions";
        Pattern p = Pattern.compile(pattern);
        Matcher c = p.matcher(check);

        while (c.find())
        System.out.println( check.substring( c.start(), c.end() ) );
        }
    }
```