

Poetry Series

Nudershada Cabanes
- poems -

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Nudershada Cabanes(October 20,1975)

3 Haikus On Sunbeam

I caught a sunbeam
Piercing through the window pane
Held it in my hand

In a stream of light
It filled the corner with rays
As sunbeam entered

The wall was dappled
With flecks of silvery light
In the early morn

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A Beautiful Sunny Day

It's a beautiful sunny day
The sun is shining brightly
At this restive hour of the day
The sky is clear, a deep azure
With no clouds drifting to mar its beauty
Some people are taking their siesta at this hour
Others just chatting away to pass their time
Music is softly playing in the other room
The coconut leaves are restless
As the breeze gently blow kisses
At their long, slender, droopy, leafy body
The smell of the earth is pungent in the air
Diffuse by the heat of the sun and spread by the passing breeze
Freshly laundered clothes are hanging to dry under the blazing sun
The heat is blistering, drying and wilting the leaves
Of the gumamela tree standing in the front yard of the house
Tiny butterflies hover in the trees
I watch the interplay of nature as I sit by the door
It's a beautiful sunny day
And the touch of the breeze feels soft as it whiff my face

Nudershada Cabanes

A Chameleon

Your love is a lie a big fallacy
That should not be taken seriously

You are a charming chameleon
Your love is full of deception

Winning girls' hearts is your aim
Collecting them is your game

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A Dark Period Of History

A dark period of history
Is remembered today
Its lesson ever fresh
And cannot be forgotten
Like A deep wound
That left an ugly scar on the skin
That reminds of the pain
Everytime it is seen
A past that torn a nation apart
The wounds will never heal
As long as people remember the pain
This nation cannot move on
From that dark history
It is chain to its past
That was reigned in infamy

Nudershada Cabanes

A Falling Star

Think of yourself
As a star that shines
But whose light
will fade away one day
While you are at your brightest
Do all the best you can
For one day you'll become
A falling star
And your light
Will cease to shine

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A Gift Of Time

The best gift that you gave me
Was your precious time
Time that created memories
Time that became moments
Time that left its trail
In the corners of my mind

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A Gumamela Blossom

The Leaves look fresh
As they hang in the trees
Vibrantly alive
After showering
In the pouring rain
Only the gumamela tree
Is not happy
A single flower snap
From its branch
In the cold rain
A trail of red falling
To the ground
A gumamela blossom

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A Mother's Love -2

A mother's love
So gentle and sweet
Like a soft caress
Upon my cheek

So tender and soft
It is never rough
A blessing and comfort
To a weary heart

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A Mother's Love -3

A mother's love
So full of grace
In her loving touch
And warm embrace

So strong and firm
A pillar of strength
That pulls me up
When life is tough

My mother's love
I can never forget
Wherever I go
As long as I live

Her love is a flame
A light in my life
That shaped who I am
Guiding me aright

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A Mother's Love-1

A mother's love
So pure and true
None can compare
My whole life through

So great and lasting
It never wane
In good and bad times
It stays the same

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A Mother's Lullabye

In the hush of night
Mother sings a lullabye
For her little child
Rocking him in her shoulder
She puts him to sleep

Her soothing sweet voice
Comfort to the sleeping child
Like a warm sunshine
Bathing him in its soft light
In a cold and lonely night

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A Passing Day

A day passes by in a steady pace
Turning and returning in succession
Alternately changing courses with the night
Moving with time in the cycle of life
Each day that passed by is gone
Lost in the page of time
Like falling leaves drifting in the autumn winds
Never to be found again
Yet each day that comes and goes leave a mark
A trail in the memory of time
That become part of life's story and history
To be remembered as we travel on

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A Passing Interlude

You were a song
That my heart sang
A song in time
A tune of an age
A melody of a season
A passing interlude
In the orchestra of my life
A song that will be forgotten in time
In the yellowing of memories with age

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A Promise

We promised to hold
Each other's hand
As wwe journey together
And to never let go
I'm still holding on to yours
Not knowing what the future holds
But I have faith and hope
In you and me, in us together
That whatever happens
Whatever fate befalls us
We will hold each other's hand
To the end of the line

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A Rainy Night

The moon is hiding
Her face veiled by thick, dark clouds
On a rainy night
Darkness wrapped the sky in black
Bereft of stars and moonlight

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A Rose Can Bloom In All Season

You were once a sun
And I was a sunflower
I go wherever you go
It was your light I longed to see
It was your radiance I wanted to bask in
It was your warmth I yearned to feel
I glowed and sparkled under your shadow
But that was before I realized my worth
I was never a sunflower
I was a rose and will always be
I ceased to be a sunflower
When I found myself to be a rose
I no longer need to follow you
A rose can bloom in all season
Even in the coldest snow

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A Starless Night

The night has settled
Darkness blanketed the sky
No star is in sight
Shadows moving silently
Finding kinship with the night

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A Summer Day

On a summer day when the sun is high
You can see the kites flying in the sky

Bright colors soaring in the summer wind
Released by little hands holding the strings

Kite runners waiting for kites to fall down
To lay claim on fallen kites on the ground

When summer sky turns cerulean in may
Little children fly kites to spend their day

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Adversities In Life

Adversities in life
Cannot pin you down
Nor the hard blows
Thrown your way
You can always get up
And fight back
It is when you lose
The will to live
And not fight
When you choose to surrender
And yield to what life decrees
That you have finally lost
The battle with life

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Be It For A Season Or A Lifetime

I wrapped your hands in mine
When you gave it to me
And held it to my heart
We made a promise
To never let go of each other
As we walk on this road
Be it for a season
Or a lifetime to last
There will be no goodbye

Nudershada Cabanes

Be Still

Be still

Let silence engulf you

Let it take you to a place

Where there is peace and quiet

Enjoy the solitude

Feel the rhythmic beating of your heart

Be conscious to the drawing of your breath

Listen to the whispers of your spirit

Life is moving in you

See yourself in silence

Meet with your soul

Converse deeply like old friends

Gaze at your reflection

In the mirror of your heart

You will see the beauty

Of who you are with clarity

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Beauty Of Life

The beauty of life
Can be seen in simple things
In the most mundane
Things that are ordinary
We take for granted each day

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Beauty Of The Mind

The uniqueness
Of each individual
Lies in the beauty
Of their mind
How they see things
Interpret meanings
Perceive the world around them
How they interact with life
All these differences makes
Everyone unique
Every mind sees differently
A word, a symbol, a picture
Can evoke different feelings
In different people

Nudershada Cabanes

Beside You

Beside You

Is where I always want to be
Either walking, standing, or sitting
Eating, sleeping or watching anything
I want to be beside all the way

Beside you

I want to hear the lovely sounds
Enthralling my ears
And see the beauty of life unfolding before my eyes
Beside You is the happiest place I will ever be

In all seasons of my life
In all moments of my days
I want to spend them all
With you and beside you
In all and every way

Nudershada Cabanes

Birds Long To Be Free

Birds long to be free
To fly and soar in the sky
To flap their wings
As they ride the wind
To ascend to the heights of heaven
Like a man that dreams of freedom
To live freely without chain
Birds long to be free
To live among other birds in the trees
Not in gilded cage with lock and key

Nudershada Cabanes

Birds Sing Their Praises

Birds sing their praises
To the Lord who gave them wings
Everyday of their life
They thank Him when they sing

Birds sing their praises
To the Lord who gave them the trees
To make it their home to nest
For as long as they live

Birds sing their praises
To the Lord who made them fly
To see the world from a mountaintop
When they soar above the sky

Birds sing their praises
To the Lord who gave them beauty
The plumage on their feathers
The sweetness in their melody

Birds sing their praises
In the morning and at night
In the rising of the sun
In the twinkling of the stars

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September 13,2017

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Borrowed Time

We live on borrowed time
Doing everything we can
With all the best that we can

A time to return what was borrowed will come
Eventually life ceases, everything comes to a halt
And we are like wilted leaves falling to the ground

Life like a wheel keeps turning in the revolution of time
In the tree of life we are the leaves that life shed off
With each coming and passing of seasons in the flow of time

Yet life gives us the chance to make use of the borrowed time
To live our life to the fullest and shine our brightest
To become what we should become and dare to be

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Cacophony Of Sounds

The cacophony
Of sounds floats and fills the air
Heightened by darkness
Voices rise in unison
Singing hymns inside the camp

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Chances We Let Go

We let go of many chances
When opportunity comes
Knocking at our doorstep
Because of what we have heard
From those who have been given
The similar chance that we are given now
Those who have gone through the path we are about to take on
But have failed to succeed in their attempts
Their failures become our gauge to measure
The feasibility of such undertaking
We base our judgements and decisions from their failures
We let many chances slip from our hands
By rejecting chances coming our way
In so doing we never dare to stray from a common path
Where most have walked and travelled on
We prefer to stay on the same lanes
Without trying to experience the things firsthand
To know the difference
Mediocrity becomes the easy path to take
We remain a caterpillar wrapped in our cocoon
For the rest of our life
Never daring to become a butterfly

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Cloak In Poetry

Cloaked In poetry

I am free to voice my thoughts

I am free to write my opinions

I am free to share my feelings

And perceptions of the world around me

Poetry gives me cover

It shields me from the prying eyes

It gives me space where I can be myself

It gives me freedom to roam

In the wilderness of my mind

My thoughts are free to fly

In the skies of my mind that is limitless

My heart becomes an ocean

Where feelings surge every now and then

Cloak in poetry I am free

Nudershada Cabanes

Come With Me

Come with me
Let's share a drink
We'll toast to one another
To celebrate our meeting
This is a boon from heaven
A divine gift, a blessing
Let me share a cup with you
To acknowledge our friendship
And to thank the divine
For sending you to me

Nudershada Cabanes

Dare To Stand Alone

Dare to stand alone
To walk the solitary path
To stay away from the crowd
To be on your own

There is peace in solitude
When you can gaze at the stars alone
Or marvel at the radiance of the moon
On a silent hour of the night

There is beauty in silence
When all you hear are the silent whispers
Of your own heartbeat
As your mind wanders to dream

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Drifters

We are drifters
Wandering through
In the ocean of life
In an uncharted course
With nothing to guide us
Our future untold
We're just living in hopes
And dreams to give us wings
We're drifting like birds in the wind

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Droopy Leaves [Haiku]

The droopy leaves
Took their bow
Before the sunset

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Eclipse

The moon and the sun
Collided in an eclipse
The world watched in awe
As Celestial beings met
For a brief moment in time

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Evening Birds

Darkness cloak the trees
Their shadows looming around
Gloaming has arrived
Evening birds are twittering
Happily singing their song

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Experience Has Been My Best Teacher

I could not retrace my steps
There's no turning back for me
I have to move forward with time
What I was before is part of my history
What I did was part of the lessons learned
Experience has been my best teacher
And my heart has been my truest guide
The path I treaded and the road I chose to walk on
Has been the best route, the best of what I can make out
In my passage through this life
I have come this far and still moving forward
The past no longer haunt me
For now they are only memories

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Faces Of Loneliness

In a crowded bar room
Sitting in a dark corner
A lonely man drinks his whiskey
Smoke swirled around him
As he puff on the cigarette he's smoking
The music was playing loudly
But he was oblivious to the noise inside the bar
He was lost in his own thoughts
Drowning his misery
In the glass of alcohol in his hands

In a deserted street
A lone figure stood under the street lamp
His frame casting a shadow behind the post
In a lonely night like this
When everyone is asleep in their homes
He is outside spending the night outside
With only the light and the stars for company

At home sitting in her bed
A young girl cannot sleep
The hour is ticking by as she tried to shut her eyes
The night has a way of haunting her thoughts
Loneliness creeps into her heart
When night comes to shade her with its darkness

The faces of loneliness can be seen
When the day is gone with the setting sun
When the night appears cloak in blackness
When one is alone in the deep hour of the night
When memories haunt you with their ghost

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Fear Is A Poison

Fear is a poison
It numbs your senses and mind
Clouds your reasoning
Paralyzes your thinking
As your heart race anxiously

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Feelings And Emotions

Feelings, emotions
Rage and stir relentlessly
In the human heart

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Fickle Weather

The sky looked gloomy
As the fickle weather changed
Grey, dark clouds gathered
They covered and blocked the sun
From shining its light today

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Focus [senryu]

Tomorrow can wait
Focus on the moment now
Live your life today

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Forces Of Nature

Man becomes a helpless creature
When pitted against forces of nature

He stood no chance of winning
When nature lash back at him

The forest fire, the heavy rains
Are nature's finest instruments

Thypoons that could last for days
Bring disaster to human race

Nudershada Cabanes

Go With The Flow

Learn to dance
To the beat of life's drum
To keep your footing

Go with the flow
Of life's swift current
To stay afloat

Nudershada Cabanes

God Is Faithful To His Promise

God is faithful to His promise
He never failed to give His light
In the million mornings we wake to
In the countless sunrise we see

God is faithful to His promise
His love never ceases to flow
In the pouring rain that nurtures life
In the falling night that gives us rest

God is faithful to His promise
He made this world a beautiful place
In the changing of the seasons
In the blossoming of flowers

God is faithful to His Promise
For everything He made and gave
The beauty that surrounds us
The gift of life we all enjoy

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Goodbye To September Rains

Goodbye To September rains
I had my days and my moments with you
Today your magic spell ended
We shall meet again next year
Tomorrow October comes
With a promise of new memory

I shall welcome her with open arms
For she is the queen of all months
I remember her most

I look forward to meet her
From year to year
She is my birth month

I shall be dancing in one of her days
Celebrating the gift of life
Of the many months in a year
God chose her to deliver
The bundle that was me
Into this world of living
To be initiated into humanity
To live and feel and breath life
In all its essence and wonders

Nudershada Cabanes

Guns And Glory

The power of guns is terrifying
With every shot it creates tremor
With every sound from gunshots
The human heart quivers with fear
When the trigger is pulled
It never misses a target
Guns are for powerful people
It gives them glory
And a feeling of grandeur
Everyone cowers at the sight of a gun
Yet gun is not the devil
When used with responsibility
Guns give protection and security
They allay fear
They keep a nation protected
From external threats
But when guns go to the wrong hands
They can annihilate life
With every fire shot
A human life is taken away
Another soul falls to the ground, lifeless
Guns give glory when use for a noble cause
But they become the devil's advocate
In the hands of evil people
That have no respect for human life

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Health Is Wealth

People milling in the hospital lobby
Each with their own concern
Some are waiting outside the laboratory
Others lining in the pharmacy

Health issues is everyone's concern
When sickness strike it does not exempt
Young or old, rich or poor alike
Anyone can fall victim to a disease

When one's health is down you cannot do anything
When sickness knocks, you fall into his hands
Prevention is better than a cure they say
When disease claim your life money gives no guarantee

What good is your money when your health is not good
You can't enjoy the simple joys like eating your favorite food
True is the saying that 'Health is wealth'
When you are healthy you have the best of wealth

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September 02,2017

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Heaven's Melancholy

The night is gloomy
Luna hides in the shadow
Of the misty sky
Heaven is melancholic
Drowning the earth with her tears

Nudershada Cabanes

Heaven's Touch

The noon day sun stand at its full height
As it reach the zenith
Its light brightly shining
Illuminating all corners of the earth
Everything looks bright under its glow
The sky's cerulean shade deepens
White clouds look more fluppy, cotton like
As they roll and drift dreamily in the vast sky
The trees' verdant leaves are glossy under the noon day sun
The flowers's hues appear more alive and vibrant
As they sway in the zephyr wind at midday
Palm leaves dance, tickled by the caress by the soft breeze
It's a beautiful day in summer
When everything is alive and shining under the sun
Life breaths the warmth of heaven's touch
When all life feels alive in the cold earth

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Hidden Longings

Perhaps it is our hidden longings
That give birth to our dreams
When we miss those
Who are no longer present
Our mind remembers every memory
Replays every scenes
We have collected and stored
In our memory bank
And when we sleep
Those memories visit us
In a dream
And our longings are answered
We feel happy and sometimes sad
That stays even when we wake up

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Hope [Senryu]

The future is bright
It holds a lot of promise
I am full of hope

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Huwad Na Kalayaan

Huwad na kalayaan
Ating tinatamasa
Hindi tayo nakakalaya
Sa ating nakaraan
Na inukit ng tadhana
Sa ating kasaysayan

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I Am Not Without Hope

I am not without hope
Hope is always with me
Like a flowing stream
It is ever springing in my heart
Ever bubbling like a brook
When life seems low like an ebbing tide
And stark like a gathering dusk
It help me to rise from the gutter I am in
It help me to see life with optimism
It help me to trust the future with faith
And entrust my affairs to the hands of God

Nudershada Cabanes

I Dipped My Pen In The Ink Bottle

I dipped my pen
In the ink bottle
And let it drip endlessly
Into a page of paper
Like a vein pulsing with life
The words flowed
From a stream of thoughts
Like blood from an arterial wound
My pen drips of blood from my heart
It blotted the paper with tears
That were unshed
As the words painted my emotions
Feelings that raged within me
Came flooding, eager to be free
I dipped my pen in the ink bottle
Over and over again
Till all the emotions have been drained
From the sanctuary of my heart

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I Know You By Heart

I know you by heart
No matter how many lifetimes
We have to go through
In whatever guise you take
I will know you
I will feel you
My soul recognises your soul
We are entwined
From the beginning of time

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I Miss My Hometown

I miss my hometown
The place of my birth
The land of my fathers
The cradle of my youth
I miss its proud mountain
That stands aloof
In the heart of the mainland
I miss its ocean teeming with sealife
I miss its green sea
That sparkle under the rays of the sun
And its white sands beneath the shore
The vast horizon that has no end
I miss its ground
Where my feet had run and trampled on
Its gentle breeze that blew my hair
On hot summer days
I miss the sound of the wind blowing
When a storm is coming to our shore
Oh how I miss those things
If only I can come home

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I Shall Look For You Among The Stars

I shall look for you among the stars
In the night sky on a starry night
Like Sirius you will be shining bright from above
Twinkling in the distance for my eyes to see
You'll be part of the constellation
Your light shining brightly as ever
I don't have to feel lonely
Knowing you are always there
To shine for me wherever you will be

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I Try To Wind Back Time

I try to wind back time
To bring back the past to now
And let time stand still
I want to undo the things I've done before
To do better at those I was good at
And to do best at those I was better
But Alas! Time cannot be turned back from its motion
I can only learn from past mistakes
And try to do my best from now on

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I Want To Know

Show me your scars
Let me trace my fingers on them
Let me feel its roughness beneath my touch
I want to know if it still hurt
If the pain still linger
If the wounds have completely healed

I want to know if you can trust again
If you are strong enough to take another risk
If you are brave enough to take another chance at life
If you are still the same person
Despite having been wounded by life

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If I Could Wind Back Time

If I could wind back time
I would rewrite my story
I would undo my mistakes
And choose a different path
But life cannot be rewinded
Nor can it be replayed
It can only be lived forward
And learn from life's lesson
That experiences taught me

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In A World Of Dreams [string Of Tanka]

Images unfold
As memories awaken
In a world of dreams
You see things you never saw
See people you never met

Only in a dream
That strange, bizarre things happen
In a sleeping state
The places, scenes and faces
Come to life you can feel them

You see your love ones
Who are on the other side
Feel their love once more
As they talk to you in dreams
They make you happy in your sleep

And when you wake up
You realized it's not real
You were just dreaming
Glipmses of another world
That you cannot understand

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In Life's Vast Garden

In life's vast garden
We all have our season
To bloom and to shine

We all have our time
To live our dreams and fly
Like the butterflies

Learn to be patient
To wait for your own time
For your life's season

Where you can blossom
Like flowers in springtime
As you live your life

Nudershada Cabanes

In My Solitude

In my solitude
I found many things
I found myself
I found the value of silence
I found the importance of listening
I found the significance of tuning in
To the whispers of my heart
To the longings of my soul
To the silent voice of life in me

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In Reminiscence

Music is playing
Serenading lonely night
With its sweetest notes
Streams of memories rush
In reminiscence

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In The Deep Of Night

In the deep of night
With no sound to mar the stillness
I lay awake with thoughts running in my head
Thoughts of a wandering mind
When the world is asleep
I lay dreaming, imagining
Thinking about anything and everything
That my mind can conjure
Silence offer me company
As my thoughts fly away
On wings of dreams into the deep of night

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In The Deepest Part Of The Heart

In the deepest part of the heart
Is an island, solitary
Unreachable and untouched
Where the deepest and profound feeling live
Where the well of loneliness dwell

Nudershada Cabanes

In The Garden Of Life

In the garden of life
All things bloom
And become beautiful
In their own time
At their own pace
Learn to be patient
To wait for your time
Everything has its season
Don't be in a hurry to bloom
Take your time to be ripened
So you can become beautiful
In your own unique way

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In The Revolution Of Time

The serene morning
Inspires my mind
To think with clarity
To ponder on the questions
That life raise for me to answer
Why am I here?
What is my purpose?
What's in store for me at the morrow?
Is there more to life than just existing?
If this is the only life
Why aren't we all live the same lives?
Life is not a happenstance that time created
Beyond this life there is more
Waiting to be experienced, to be lived
Another life, in another lifetime
In the revolution of time

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In The Sands Of Time [Senryu]

In the sands of time
When everything have been lost
Only love remains

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Journey

Sail through life with care
Paths of life are strewn with thorns
It is not easy
Take a map to chart your course
As you journey on life's sea

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Leaves Dancing In The Tree Tops

Their colors glisten
Under the golden sunlight
Varied shades of green
Leaves dancing in the tree tops
glowing in the afternoon

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Leaves Of Trees

The sun's golden rays
Baths the leaves of trees with light
Their color glisten
Shades of green, chartreuse, yellow
Basking in the setting sun

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Let Love Be For Your Growth

Let love be for your growth
As well as for your pruning
Let it nurture and nourish your soul
And refine your character
Don't let love grow wild
Like weeds that do not give blossoms
But let love be for your taming
So it would grow like a rose in a garden
Though its thorns will prick your hands
But its beauty is everlasting
Let love make you into a beautiful person

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Let Love Reign

Let love reign in your heart
Let it be the crown to rule your life
And guide your every step
Let other feelings bow in humility
Before her majesty
For love is the greatest power
Where great strength are drawn from

Nudershada Cabanes

Let Your Dreams Fly

Let all of your dreams fly
Give them wings to soar high

Push them with so much faith
A bright future await

Success is sure to come
When dreams rise with the sun

To fly on silver wings
As you reach for your dreams

Nudershada Cabanes

Life Is

Life is full of hope
Life is full of possibilities
Life is full of promise
If you never stop dreaming
If you persist with life
If you never give up
If you believe
That life has a meaning
That you have a purpose
That God has something for you

Nudershada Cabanes

Life Without Passion

When I think of summer
I think of passion
Like a warm summer
Passion is ever burning
In your heart
It is a constant stirring
That burns in your soul
The fire that motivates you to act
The fuel that flames your intention
To live your life to the fullest
To go for what you want
To do your best in everything
To fight for what you believe with much zeal
Life live without passion is dull
Pale and colorless with no radiance
To make your life shine

Nudershada Cabanes

Like A Circle Of A Ring

Let our relation be
Like a circle of a ring
With no break in the middle
To ensure it last for all time
Where there is no ending
To what we have begun
Let there be no goodbye
Or farewell to our meeting
Just an endless bond
That would stretch toward eternity
Where everything lives forever
And will not end

Nudershada Cabanes

Like A Rose

Like a rose
Our love grew
Beautifully with time
Despite the thorns
Along the way
Even with the passing years
It keeps blooming
In the garden
Of our hearts
Tenaciously clinging
In all seasons
Of our life

Nudershada Cabanes

Like The Wind

I am like the wind
A passing entity
A fleeting motion in space
In the memory of time
I am here when you see me
When you don't see me
I ceased to exist
It is your remembering
That gives me life
That makes a reality
Of who I am

Nudershada Cabanes

Lotus Blossoms [3 Haiku]

Pink lotus blossoms
Growing in muddy water
A delightful sight

The lotus blossoms
Floating in muddy water
Remains pure, unstained

They sit in stillness
As they stay above water
Untouched by the mud

Nudershada Cabanes

Love Can Pierce Your Heart

Love can pierce your heart
So deep that you don't realize
What happened
Till you are lost in its maze
Drowning in its ocean
And drifting in its tide
As the waves of love toss and turn
Inside your heart
And you are changed forever

Nudershada Cabanes

Love Is

Love is the piercing of your heart
The breaking of its walls
The melting of the ego
The shedding off of pride

Love is the soft whispers
The silent echoes of your longings
The gentle stirrings in your soul
The flame that warms your heart

Nudershada Cabanes

Love Is A Bridge

Love is a bridge
That connects us
From here to forever
When we cross the bar
From this life to next

Nudershada Cabanes

Love Is Eternal

Love is eternal
It is the source you came from
A home you return to
When you leave this trail
When you have reached the end
Of your life's journey
In this valley of tears

Nudershada Cabanes

Love Is The Answer

Love is the answer
To most of the needs today
That beset people
From all walks of life, young, old
We all need love to be whole

Nudershada Cabanes

Love Keeps Flowing

Her heart is like a fecund land
Where love is ever blooming
In its vast garden
In the aridity of life
When hope seem to lose its spark
Love keeps flowing
From the oasis of her heart

© Nudershada M. Cabanes

Nudershada Cabanes

Love's Sweet Call

The sweet call of love
Beckons the heart to follow its voice
To yield to its soft whisperings
To surrender to its gentle proddings

Nudershada Cabanes

Masters And Slaves

We become masters
And at times we become slaves
To our own feelings

Nudershada Cabanes

Memories

Memories gather like dust
Fading slowly into dark recesses
Blurring in the passing time
Drifting hazily to oblivion
Where everything melts away
Forgetting seems easy
With the locking of door to memory
Time heals all wounds
A day to remember shall come
When the heart has mended
When the pain is gone
When the tears have dried
Like wilted leaves in the fall
When new blossoms are blooming
Revelling in the warmth of spring

Nudershada Cabanes

Mind Becomes A Cage Of Fluttering Butterflies

Mind becomes a cage
Of fluttering butterflies
When thoughts that need
To be expressed
Are trapped and cannot flow out
Beautiful thoughts so wanting
To be heard
Will be blown away
Like dust in the wind
Thoughts when unexpressed
Remain locked and cannot fly
Expression gives wings to thoughts
And the mind becomes an unlimited sky
Where thoughts are free to fly and soar high

Nudershada Cabanes

Monsoon Rains In October

Thunder rumble in the distance
Wind howl in a loud hissing voice
The leaves are restless in the trees
Rustling to the blow of the wind
The sky is dark with gray clouds
Obstructing the light of the sun
Rain just pour suddenly in big drops
Like hooves marching on the metal roofs
The storm has come to visit again
Breeding worry and fear in the hearts
Rain water flood the streets that rise to knee level
Some houses are like pools
As dwellers wade in muddy water flowing from the street
Trash floats in all direction
That brings displeasure to the eyes
Every year people have to endure nature's wrath
When monsoon rains come in October
It breaks the routine of life for a while
And disrupts the normal flow of life

Nudershada Cabanes

Morning Sun

Morning sun rising
Clad in sparkling robe of gold
Glowing in the sky
Smiling with pride it shines bright
Diamonds pale to its brilliance

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September 11,2017

Nudershada Cabanes

My Faith In You

I feel restless when you are out of my sight my love
Like a sailboat tossing and drifting in the sea
Lost without the lighthouse to guide its way
Your presence is a beacon that helps me through the day

Your love is the anchor that keeps me grounded
A force that holds me steady on my feet
No gales nor tempest could ever shake my faith
My faith in you my love is firm and will never break

Nudershada Cabanes

Never Let Go Of Your Dreams

Don't let go of your dreams
Norture them in your heart
Nourish them with faith
Hold fast to them like a life line
One day all your dreams
will come true
Never let your dreams die
Or wither in your heart
Fan their embers to flames
And keep them burning
Till you have reached them
One by one

Nudershada Cabanes

Never Regret

Never regret the path you've taken
Nor be disappointed by the turn of events
You have live your life as you believe
And you have done all the best you can

Life is a journey with no guarantee
That the choice you have made was right
But the important thing in life is
To realize that it is never too late

You can always begin again
Start from the scratch of yesterday
And chart a new course to take on
As you live your life today

© Nudershada M. Cabanes

Nudershada Cabanes

Nothing Last Forever

Nothing last forever
The pain and the agony
The difficulties of life
Everything will pass away
Just like the rain that came
To wash the earth from its dirt
And flooded the ground for days
Now it is gone along with the dark clouds
The sun is brightly shining today
Drying the wetlands where the rain poured
The sky is clear, a cerulean shade
Leaves in the trees are dancing
To the song of the breeze
A contrast to the gloomy weather yesterday
Nature can teach us many lessons on life
On endurance, patience and fortitude
The trees remain standing after the storm
The birds sing their song after the heavy rain
The sun rise and shine bright after a stormy night
Every event and vicissitudes of life
Are just passing through
Nothing stays permanent
Nothing last forever

Nudershada Cabanes

On A Starry Night

On a starry night
When the moon is not around
And the night is dark
The sky becomes a haven
For stars to twinkle and shine

Nudershada Cabanes

Only My Heart Will Remember

I cast a long glance to the past
Allowing my mind to look back at the images
One by one they slowly drift away
To sleep into the vaults of memory
Before I close the door
I see you there as if you never left
But as I turn my glance to the present
You have become a shadow
A silhouette standing
At the edge of my consciousness
A day will come
When my memories of you will vanish
Into the dark corners of my mind
Like twilight creeping into the darkness of night
In the passage of years
As time flies forward to infinity
Only my heart will remember
Every memory you left me

Nudershada Cabanes

Our Strength Lies In Unity

Divided we become weak as a nation
Our strength lies in unity as its people
This land needs to heal from the wounds
That the past has inflicted on its soul
Let the past be buried to the ground
But let its lesson be never forgotten
Like the dead heroes whose lives we celebrate and memorialize
It is time to put the pieces back together
To make this country whole again
From its fragmented past that tore it apart
End the division forge a union
Work for the love of country not for ones political party
Foster unity among the citizen
And make this nation great again

Nudershada Cabanes

Pandemonium

We woke to a pandemonium
As we read the newspapers
And hear from the news
The tragic state of the world
Where people die a senseless death
Everywhere there seems to be chaos
Strife becomes the order of the day
Evilness is rampant
Criminals are free to roam the streets
Innocents are killed, their life sacrificed
An offering to appease the demons
In the criminals's soul
This world is beyond redemption
The negative forces are too many to resist
Only the perpetual light of love
Can heal the world from its wounds
And bring back serenity to its fold

Nudershada Cabanes

Peace Of Mind

To have peace of mind
Ignore all the distractions
Focus on yourself
Live your life in harmony
With all the rest of the world

Nudershada Cabanes

Peace Of Mind 2 [Tanka]

Peace of mind settles
When you have thrown all away
The clutters in life
That tried to disturb your peace
And hinder your happiness

Nudershada Cabanes

Poetry, Art And Music

Poetry, art and music

They seem to flow from sadness

They spring from the deepest feeling

They find a place in melancholy

Where pain is painted as a masterpiece

Where heartaches are expressed with piercing poignancy

Where longings are sung From the bottomless pit of the heart

Nudershada Cabanes

Politics Is A Dirty Game

Every game has its share of dirt
There is manipulation and cheating
Rules are not always followed
Some rules are bent to suit some agenda
And politics are among this game
Politics is not exempted from these dirty tricks
They give politics its flavor and color
Saucy, spicy, hot and chilly flavors
They give the media something to talk about in their news
And the people would go haywire as their interests are rouse
Tongues wag, secrets revealed
Life becomes an open book for everyone to read
That is how politics work
It thrive on human frailties and follies
Everywhere in the world the flavor and color of politics is ripe
It makes the world spin in political orbit
It takes a shrewed mind to see the dirty tricks in politics
Not to fall for the wrong ideology and become a blind follower

Nudershada Cabanes

Pray For The Dead But Pray More For The Living

Pray for the dead
But pray more for the living
The dead are gone
They are now resting in peace
It is we the living
That needs the prayer most
For we do not know what life brings
Pray for the hearts to be kind
Pray for everyone to be compassionate
Pray for all of us to be tolerant
Pray for our world to be safe
Pray for our life to be good and fulfilling
Pray for peace that we can all enjoy
Pray for a better and brighter tomorrow
Pray for our children to have better lives than we have
Pray for the world to be united in one purpose
Pray for the criminals to see the value of life
Pray for the faithfuls to be firm in their belief
Pray for the world leaders to be guided
Pray for the sick people to be healed
Pray for the the poor to have patience to endure
Pray for the refugees seeking asylum in other place
Pray for those under oppression
Pray for those whose lives are a severe test
Pray for all that matters in our life
Pray that the world may see better days ahead
Pray for guidance and enlightenment
Pray for happiness to fill our hearts
Pray for all sorrows to be wiped away
Pray for a new morn where we are all free

Nudershada Cabanes

Real Love

Real love allows you
To grow into your fullness
Allows you to be free
And to have your own space
But never loses sight of you
It gently prods you to fly
Till you can spread your wings
And fly on your own
It is not scared of letting go
Cos real love is trusting fully
That you will come back
To where you always belong

Nudershada Cabanes

Receding Daylight

Receding daylight
Signifies the coming end
The termination
Of the day as the sun set
When night take its turn to fall

Nudershada Cabanes

September

My dear September
You are here again
Your joyous spirit is felt
In the festive mood you bring
Your presence preludes Christmas
A season of love and giving
Today I hear Christmas songs playing
A reminder of the fleeting nature of time
Everytime you walk in I feel nostalgic
As every passing day brings nearer
To the end of the year
Yet I welcome your coming
Cos you're just a month away from october
Soon I will be seeing Christmas lights in the streets
And Christmas trees standing in the halls of offices
My dear September I only wish
That September rains wouldn't flood our place
Like you did for many years

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September 01,2017

Nudershada Cabanes

September Morn

Bright September morn
Mercurial weather smiled
The sky a mirror
Reflecting the sun's brilliance
It's light piercing the thin clouds

Nudershada Cabanes

Silence

Silence can be lovely
When you let yourself tune in
To everything that is going on
Around you and inside you

Nudershada Cabanes

Silver Lining

I did not see a silver lining
When I look at the sky this morning

The sun hid his cheerful, happy face
In dark clouds that were drifting in space

Rain poured from the gathering black clouds
Flooded the street that leads to our house

When sky turns gray and the weather rainy
My heart sinks and wish for a sunny day

Nudershada Cabanes

Silver Thread

Dark ominous cloud
Looms above, veiling the sky
Only a sliver
Of sunshine breaks through their wall
Silver thread among the black

Nudershada Cabanes

Sleep Is What You Need

Sleep is a cure to some problems
Sometimes it also cures ailments
It invigorates the body
And refreshes the mind
When you feel tired get some sleep
When you're under stress go to sleep
When your mind is exhausted you cannot think straight
A good sleep is what you need
Sleep gives rest to your mind and body
When your heart is weary sleep is a therapy
Thus never ignore sleep when it comes
Leave all your cares and just take its hand

Nudershada Cabanes

Something About A Night

There's something mystical about a night
It is full of secrets
It is wrap in silence
Shadows come out from their hiding places
When darkness envelope the night
Loneliness is more keen when night falls
Life takes a pause from its flow
As it cast a spell over the living

Nudershada Cabanes

Stars In The Night Sky

The flickering light
Of the stars in the night sky
Gives hope to the heart
Of a lonely wanderer
Who lost his way in the dark

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September 01,2017

Nudershada Cabanes

Start Your Day With A Smile

Start your day with a smile
Greet everyone you meet
With a smile on your face
Be like the sun that brings cheer
Whenever your radiant smile is seen
Smile is good for your well being
It gives you confidence and win you friends
It is a good exercise for your facial muscles
Smile opens door to luck and opportunity
Smile is contagious share yours with everyone

Nudershada Cabanes

Summer Heat

The wind blows gently
As the summer heat heightens
Cooling burning skin
Glass of watermelon juice
Quenches thirst, soothing parched lips

Nudershada Cabanes

Sunny Weather [2 Haiku]

A sunny weather
Sun pierced the rolling white clouds
In the sky so blue

Sparkling rays of sun
Spread on the face of the sea
It mirrored the sky

Nudershada Cabanes

Sun's Reflection

The sun's reflection
Shimmered in the still water
Of a little pond
Where water lilies and lotus
Flowers grow in profusion

Nudershada Cabanes

Take A Look Around You

Take a look around
See what needs to be done
Be part of the solution
Not the cause of the problem
Shine your light in times of darkness
Live to inspire not to discourage
Be a bridge that connects and unite people
Spread love live in harmony with others
Accept and respect, tolerate differences

Nudershada Cabanes

Take Care Of Your Heart

Take care of your heart
Be gentle with your own flaws
Forgive and forget
Learn to love yourself better
Leave the past behind, move on

Nudershada Cabanes

The Awaken Mind

The awaken mind
Stays open, alert, probing
Always vigilant
Ever doubtful, questioning
Once the mind opens
It keeps seeking for answers
As new perceptions
Take root in the human psyche
Thoughts fly free with no limit
Roaming in its vast mansion

Nudershada Cabanes

The Book Of My Life

Open me, don't be afraid
Lift my pages and read me
Be gentle when you turn my pages
Don't tear at my edges
Nor leave marks of your fingers, they hurt
Read me as when you were reading your first story book
With wonderment, anticipation and excitement
What you find may not be as beautiful
As a fairytale you first read
But a story that was woven from the fabric of my life
You will read of the scars
From the wounds that life has inflicted on me
And of things that made my life a kaleidoscope of colors
They were created by life experiences
I encountered in my journey in the path of life
The love I have given away and received
The time I shared with people who matter to me
They are treasures I keep in my chest
Read me to understand me
Do not judge what you find unpleasant in me
This is my story, the book of my life
Where hands have trailed on my pages to read me
Read me well, read me to the last
For it is in your reading me
That I find my worth

Nudershada Cabanes

The Burning Candles

Standing in the golden candelabra
The candles guarded the night with their light
Like watchmen guarding the king's old palace
They silently burn through the cold dark night

Holding their vigil with utmost reticence
Brightly burning as their bodies dying
Their waxed melted and slowly dripped away
Like snow thawing in the heat of the sun

At break of dawn the burning candles died
Snapped by gust of wind from the open door
Night has left, the darkness has disappeared
Sun is rising to guard the day with light

Nudershada Cabanes

The Butterfly

How happy is the butterfly
That only live to flit and fly

With its dainty gossamer wings
Happily dancing in the wind

Its wings flutter in the breeze
Frolicking in the leaves of trees

Nudershada Cabanes

The Climb

There is so much to see
At the end of the road
A new landscape
A new vista
A new perspective
A new sight to dazzle our eyes
Yet we can only see them
When we dare to walk that road
To see for ourselves what it has to offer
To experience the thrill it gives
As we travel along its many bends and curves
Each road we take can lead to another road
Every crossings lead to another direction
Life offers many road for us to walk on
And each road we take are different from the other
Sometimes we find ourselves walking on a grassy road
Other times we travel on a hilly road
And still at other times we traverse a road
That we never dream of traversing
As they are slopy and steep to walk on
Some roads we have to climb to reach their end
Which is arduous and full of risk
But it is only in climbing them that we will see
The beauty lying behind those roads
They are waiting to be discovered and explored
The richness they offer remain hidden from our eyes
Until we dare to venture into them
The climb of our life remains a dream
Till we take the first step towards the top

Nudershada Cabanes

The Clouds

The clouds wander endlessly
Drifting lazily in space
Rolling in the azure sky
Cotton candies floating by

Like rolling hills they move away
In their slow processional way
Clouds of foamy white, blue and gray
Paints the sky on a sunny day

Nudershada Cabanes

The Colors Of My Love

There is no way to describe
The colors of my love
For their hues are not confine
To the colors in a wheel
They are vibrant and fresh
Like the greens in a field
Brightly blazing like flames on summer nights
In the cold of the autumn wind it is ever warm
Amber and flaming like the saffron sun
Time and season cannot dull their luster
Not even the frost of the snow in winter
The colors remain alive, they never fade
Untarnished and glowing with the passing years

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Nudershada Cabanes

The Comfort Of The Night

There is comfort
In the falling night
When darkness wrap its cloak
Upon the earth
There is peace and silence
Even nature takes repose
Everything becomes silent
As sounds are muted or muffled
Night is a time for rest
Where worries and cares of the day
Are forgotten or left behind

Nudershada Cabanes

The Day Is Over

The sky's azure hue
Fade away as dusk set in
The day is over
Threads of flaming red and pink
Line the edge of the skyline

Nudershada Cabanes

The Earth Cries In Her Agony

The rain floods the street
The earth is full to the brim
She cannot contain
The wrath of heaven
She cries in her agony

Nudershada Cabanes

The Falling Leaves

The falling leaves swirl
Dancing in the blowing wind
In their dazzling suits
Autumnal shades exploding
It's memory bright as gold

Nudershada Cabanes

The Flow Of Thoughts

It's almost 3 a.m
And I'm still awake
My mind is flowing with thoughts
At this late hour of the night
Thoughts streaming, rushing
Listless like flutterings of butterflies' wings
They flow in a flood of words
As I uncaged them from my thoughts
And gave them wings with my pen
To fly in the page of a book
To make them live longer
To make them last forever

Nudershada Cabanes

The Hands Of Fate

Who am I?
Who are you?
In this voyage of life
We drift through
Like sails
On stormy seas
Helpless, powerless
To fight what life decrees
Our life or death
All is held
By the hands of fate

Nudershada Cabanes

The Heart Always Remember

In the passing of time
The mind learns to forget
But the heart always remember
The way it feels
As life moves on with time
The pain is numbed
The hurt is forgotten
And the wounds are healed
But the memories remain
Through the years
Which the heart always remember
And cannot forget

Nudershada Cabanes

The Heart Is Never Empty

The heart is never empty
It is always full like a cup
Brimming with joy and happiness
And sometimes with sorrow and sadness
But never with emptiness
For the heart is a well
It is a spring
Where all feelings keep flowing

Nudershada Cabanes

The Hues Remain

The hues remain
In the confines of my heart
Where your hands have trailed and touched
Though their brightness have faded
Their silhouette is still visible
A testament to our love

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Nudershada Cabanes

The Infinite Future

Time is swiftly revolving
Flying on its wings
Spinning in its orbit
Running in its tract
In its march towards the future
The infinite future
That no one knows where and when it would end
We are racing to that future that is not certain
Running side by side with time
Yet the future keeps spanning
As we move towards it
It leaves us in its tract as it moves further away
Towards another future that is far ahead beyond our reach

Nudershada Cabanes

The Long Stretch Of Silence

The long stretch
Of silence
Lay between us
Like a river
Between two mountains
Deep, cavernous
The abysmal silence
Is hard to break now
Like the vast ocean
That is hard to cross
It disconnected us
We have become strangers
To each other
Only silence hear
The unspoken words
We dare not say
We hide what we feel
In this long stretch
Of silence

Nudershada Cabanes

The Miracle Of A Million Morning

Everyday we wake up
To a new morning of our life
As we live each day
With hope always blooming in our hearts
We see a million mornings
Through out our life
Unfolding before our eyes
The sun never fail to shine
To bring sunshine to our days
To brighten the gloom and darkness
We feel in our hearts
When we are down and depress
When life gets awry, do not despair
Think of the million mornings
That we wake up to
Bringing hope and promise
In every sunrise

Nudershada Cabanes

The Miracle Of Life

The fading moon
The ebbing tide
The passing season
The pouring rain
The breaking dawn
The rainbow after the storm
Heralds a new beginning
For life to take a new turn
As new hope spring
In the continuity of life
Where shadows cast over our days

With every sunrise
With every rainfall
A new life blossom
Life becomes magical
With every miracle of life
We witness and hear
In the sounds and songs of birds
And of butterflies and bees
In the opening of tender buds of flowers
In the flowering of the fruit trees
In the sprouting of the sown seeds
In the harvest of grains and wheats
In the birthing of infants
In the sweet smile of mothers
In the strenght of every soul

The Miracle of life is beautiful
A thing to behold with amazement and awe
Life is full of beauty
If you seek to see its beauty
In every wondrous things you hear and see

Nudershada Cabanes

The Moth

Dazzled by the flame
Attracted by the bright light
The moth came closer
Hovered near the burning lamp
Burned its wings, fell to its death

Nudershada Cabanes

The Mystical Night

The mystical night
Descended from her abode
Drape in raven's plumes
She spread her arms in the sky
Darkness surrounded the earth

Nudershada Cabanes

The Nearness Of You

The nearness of you gives me warmth
Like a blanket in a cold night
Comforting me as I lay down to sleep

You fill me with a sense of calmness
When you are near me
When I feel you close to me
You give me a feeling of security

I feel no fear
No worries assail me
Having you near me is enough
To quell them all away

In you I found a shelter
To cover me from the storms
In you I found a home to call my own
In you I found the love that I always long

Nudershada Cabanes

The Ostentatiousness Of Life Is Drown By The Austerity Of Death

Tombstones stood like hedgerow
In a wide and grassy graveyard
Carved from white marbles
A piece of marker for identification
With only the name of the deceased
And the date of birth and death inscribed
It is ironic how death can make
An illustrious life seem so small
Even the tombstones are replete of titles
That people have achieved in their lifetime
As though a sneer to the grandeuseness of life
They once enjoy while alive
Death makes everyone insignificant
A person who used to live in big mansion or villa
Could be contain in a vase or an urn
As his remains are cremated
The ostentatiosness of life is drown
By the austerity of death
In the grassy graveyard, every being that once lived
Are equal as they lay to rest in peace

Nudershada Cabanes

The Poets

Poets are purveyors of words
They weave patterns from their thoughts
To create an image of lasting beauty
Like an artist that paints a picture
With a palette and a brush
Poets draw a picture with their pen
Crafting each and every line
With precision, meticulousness and careful attention to details
They are a designer, with words as their accessories
To create a masterpiece
The poets's mind is a limitless canvas
Where all feelings, emotions and human thoughts
Are painted and brought to life in the pages of a book
The pen is the only tool that the poets need
For their fecund minds to create
Words become pictures as poets spin a story
Colors, taste, aromas, fragrance come to life
In the tapestry of words they weave

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September 05,2017

Nudershada Cabanes

The Power Within Us

A drop or a splinter
A speck or a grain
A ray or a beam
Are but little
They are small in size and little in quantity
Each is insignificant on its own

Yet they are part of a whole
That when put together
Become a force to reckon with

Just like you and I, and us
Together we can be a force
That can bring change and make things happen
We can make a difference
We can make a better world

If we try, if we work as one
If we can see the same vision with the same eyes
If we can put aside our differences
And see beyond the wall that divide us

We are small and insignificant when alone
But we have the power within us to be great
The power of one voice, of one vision
We have the power to change the destiny of our world

Nudershada Cabanes

The Promise Of Dawn

The promise of dawn
Help me endure the darkness
And the long silence
Of the cold and lonely night
As I await its coming

Nudershada Cabanes

The Pull Of Love

Like a quicksand
Love pulls you to its depth
Till you are lost in its abyss
Till you are drown in its mysteries
When you stumble upon its course
In an uncharted trail
Uncertain of the steps to take
You can only trust fate
To deliver you safely
Ublemished and whole
Unscathed and unscraped
From its thorns and its pains
The Pull of love is strong
You can only yield to its gravity
Until you finally fall into its hands

Nudershada Cabanes

The Rain

Listen to the rain
Dropping on the roof
Rushing to the edge
Dripping down the gutter
Falling to the earth
Splashing on the ground
Pooling on the pavement
Flowing to the drain
Streaming to the sea
The sound of rain echoed
As they drop and drip
Like notes of music
Assailing your ears
At times they flow in soft strain
And at times they roar with the blowing wind

Nudershada Cabanes

The Search For Meaning [3 Tanka]

We search for meaning
As We traverse life's pathways
Looking for answers
To all the questions of life
That challenge our narrow minds

We find the answers
That we think is right and true
A truth that is born
From our limited views
That our mind can understand

We perceive the world
Through lenses of our own eyes
That only see a part
The whole picture gets muddled
To which we cannot relate

Nudershada Cabanes

The Sight Of The Sun [Haiku]

The sight of the sun
Beaming after days of rain
Fills my heart with joy

Nudershada Cabanes

The Silent Trees

The silent trees stand
Under the blazing sun

They never complain
Under the pouring rain

Their lush green leaves
Provide shade from heat

A comfort to weary travelers
A home to birds and bees

Nudershada Cabanes

The Sky Is Mourning

The sky is mourning
Heaven's tears keep falling down
The earth is flooded
Rivers rise, overflowing
The ocean is full of tears

Nudershada Cabanes

The Song

The melody of the song is haunting
Evoking feelings inside me to spring

The haunting voice is so sweet soft and tender
Bringing my mind to wander and remember

Nudershada Cabanes

The Song Of Life

Live your life to the fullest
Do not settle for a mediocre life
Life is a song to be sung
Let your heart sing the song of life
Let the melody of life play its tune
Let the rhythm of life run its course
Through your veins and sinews
Life calls for a celebration
Allow your heart to be moved
By the beauty of life
By the music of nature
By the sweet fragrance of love
Live in harmony with life
Hear the timpani in the orchestra of life
Dance and sway to its rhythmic beat
Feel its magic and its miracle
Life is the best of all gifts

Nudershada Cabanes

The Sorrowful Sky

The sorrowful sky
Looks grim, her face has darkened
To shade of ash grey
Soon the heaviness would burst
Tears of grief will fall as rain

Nudershada Cabanes

The Stages Of Love

The stages of love
Can be likened to a musical note
That begins in pianissimo

Soft and tender-

And as it deepens into a crescendo
The intensity is so high
That it reach the peak of ecstasy

But as love reach the dinuendo
The spark gradually fades away
Leaving a lingering memory.

Nudershada Cabanes

The Sun

The sun is awake
Wrapped in silvery tunic
He rise in glory
Golden beams brighten the field
Where the rain had lain for days

Nudershada Cabanes

The Sun Goes Into Resting

The sky's bright hue fade
In the receding daylight
Shades of gray appear
Preceding the coming night
The sun goes into resting

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September 11,2017

Nudershada Cabanes

The Sun Is Up

Wake up
The sun is up
Open the window
Let the sunlight flow
See the light dancing on the wall
Feel its warmth touching you
From your head down to your toes
Bath in its radiance, bask in its glow
Be energized be enthusiastic
Today is another new day
Be glad for another day of life
To live and to love

Nudershada Cabanes

The Things I Wish To See [2 Tanka]

A bright sunny morning
A sky that is clear and blue
Dry pathways and streets
Are the things I wish to see
When I wake up tomorrow

No more cloudy sky
No rumbling thunder and rain
Just a fine weather
Is what I wish to enjoy
After weeks of rain and storm

Nudershada Cabanes

The Tide

The tide is churning
Raging in the stormy sea
Big waves rise and fall

Nudershada Cabanes

The Touch Of The Breeze

The touch of the breeze
Was featherlike on my face
A gentle caress
A whiff of soft and cool breath
Blowing on a warm evening

Nudershada Cabanes

The Trees Greet The Day

The trees greet the day
Waving their leaves at the sky
Grateful to the sun
For the warm rays of sunlight
That nurture and nourish them

Nudershada Cabanes

The Two Sides Of Life

The two sides of life
The good and bad
The beauty and ugly
The happy and sad
They always go together
They are never apart
Like the sun to a day
Like the moon to a night

The two sides of life
The dark and light
The right and wrong
The left and right
There are only two choices
To choose from as we will
Whatever we choose
We let it our master

The two sides of life
To be born and to die
To love and hate
Without knowing why
To war for peace
To die and live
Life is a mystery
With only two sides

Nudershada Cabanes

The Uncertainty Of The Future

We fear what we cannot control
Things that are beyond our hands can stop
Like the forces of nature when they strike
Like accidents we cannot foretell
Life is fragile like a brittle glass
That can shatter and break if dealt without care
Like a string that can snap when strongly pulled
We have no control of our fate
We do not know what and where our destiny lies
We only know it when we meet it
Our life is not within our control
How it would go and run as we live is not for us to know
Or we could avoid misfortunes and accidents
If we have knowledge of the future
We could prevent disasters from happening
But life is controlled by unseen forces
That determines when things happen

Nudershada Cabanes

The Waves Of The Heart

The waves of the heart
Stirs constantly, giving rise
To mix emotions
That rage, surge and overflow
In different shades of feelings

Nudershada Cabanes

The Wheel Of Life

Like the tide at sea
That rises and ebbs
With the phase of the moon
The wheel of life flows
In an up and down movement
It is constantly turning
Never static nor permanent
It raises you up at times
And at other times
It brings you down
Change is the only thing
That is ever constant
In the wheel of life
The rest are just fleeting motions
In the endless march of time

Nudershada Cabanes

The Wind Of Change

A new wind is here
Arriving with a full force
Changing everything
The blow of the wind of change
Goes in all direction
Uprooting everything along its path
In a wave of change the world is renewed
As old and dying traditions,
Customs and values fall one by one
Life has taken a new course
New horizons are discovered
New trails charted, mapped
The wind of changed toppled
The old glory days
And with its coming
A new face of life and living emerged
Life is metamorphosed
By the wind of change
With the changes it brings

8.29.17

Nudershada Cabanes

The Withered Rose

The withered rose
Was once a bud
In the Spring
Tender and young
Delicate and soft
With a promising beauty
That was just unfolding

It bloomed into a rose
Whose beauty delighted the eyes
When summer came
In flaming red it frolicked in the sun
As the breeze caressed its velvety petals
It danced to the song of the wind

Its scarlet shade turned pale
As months passed by with the change of season
Autumn came so soon with its biting cold
The rose became sickly from the cold winds
Its color no longer vibrant and fresh
The flaming red was replaced by pallor

Winter came, the rose shrank
Its beauty faded and wrinkled
The icy fingers of frost crawled
On its pallid face
That was once so soft and silky
Now its loveliness is gone
Plucked by time in its passing
The withered rose now lay
In the winter snow dying

Nudershada Cabanes

Their Memory Lives Through Time

I do not miss them
They are always here with me
My heart carries them
They are in my thoughts, alive
Their memories live through time

Nudershada Cabanes

There Is Melody In The Flow Of Life

Cloistered like a hermit
I fly in the vastness of my thoughts
I swim in the deepest ocean of my heart
I hear the secret songs of life
The soft murmurs of the wind
There is melody in the flow of life
In the streams of comings and goings
That can only be heard when I am silent
When I retreat to my own shell
When I become a shadow
To the passing of days in my life
When I can see things with detachment
Everything becomes clear
My senses awakes from their sleep
Rouse by the sound of silence

Nudershada Cabanes

There Is No Time Like The Present

You
Are here
At this time
In this moment
When life treats you well
When fate is kind to you
Where everything goes your way
You are in the fullness of life
Like a flower blooming in season
Amidst life's changes and adversities
You have weathered life and faced all the odds
To get through to where you want to be
There is no time like the present
When the things you have worked for
Are there within your reach
Success is not far
Go for your dream
It is time
To act
NOW!

Nudershada Cabanes

There Is Nothing Wrong With The World We Live In

There is nothing wrong with the world we live
It has everything we need to live to survive
Everything has been provided for us
We can find everything in nature
Things that sustain our survival as we live through life
We only need to use our mind to understand the ways of life
And to use our heart to understand each other
What is wrong in our world is We, it is us the human race
We humans are to blame for all the problems that we have
Our selfishness and greed has resulted in these conflicts
Our hate and prejudice towards others not of our kind
Has made it difficult to live with one another
We cannot be free of our biases and discriminations
Our human nature is what keeps us from moving forward
We are divided by our skin color, by our religion, by our beliefs

Nudershada Cabanes

There Is Sadness In Goodbye

There is sadness in saying goodbye
That squeezes your heart and make you cry

Goodbye makes your heart feel sad
As some things will never ever last

For in your heart you know it's the end
When there's no hope of seeing again

Nudershada Cabanes

Thoughts Are Windmills In Your Mind [Chain Verse]

Feel everything
Everything in life
Life comes and goes
Goes like the wind blowing
Blowing to unknown paths
Paths you never imagined walking through
Through out your life there are shadows
Shadows pf uncertainty and doubts
Doubts that lead to discovery
Discovery of your inner self
Self awareness comes when you are free
Free of fears that haunts your thoughts
Thoughts are windmills in your mind
Mind is cage when you cannot express
Expression is the way to freedom
Freedom from your own narrowness and limitations
Limitations that hinder you from living
Living your life to the fullest

Nudershada Cabanes

Time Moves Away

The months walked by so fast
Tiptoeing through my days
Silently moving on in a steady pace
Taking me in a spin
Barely a year has passed
When father passed away last year
It was in November
A bitter month to remember
For all its sad memories
Now it's September
Just two months before November
To complete a year of his passing
How fast the time went
Weaving memories to carry along in its flight
As I walk through life
From day to day, from year to year as I live
Today as September walks in
I am reminded of many things
It reminds me that this year is almost over
That it's almost a year since father has passed on
And that it's the month of my brother's birthday
Life is a celebration of the comings and goings
As time moves away, as years passed away

Nudershada Cabanes

Time Stood Still

Time stood still
For a moment
When we met
All motions stopped
Just the beating
Of our erratic heart
That seemed to race
Inside our breast
A magical moment
Frozen in time in my head

Nudershada Cabanes

To Every Beginning An Ending Waits

To every beginning
An ending waits somewhere
Lurking behind the shadow
Or just waiting on the next bend
Like a sail drifting in the sea
It will reach the shore in time
To every quest a time to cease eventually comes
The feet will tire from wandering
The mind will stop from imagining and dreaming
The heart will refrain from longing and desiring
The will of life prevails
As the time marches forward
When everything surrenders to fate
That only time can tell and knows when

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Nudershada Cabanes

To Live - I

To live is to feel
To sense every mood
To hear every beat
To listen to every rhythm
And every pulse of life
To tune in to every sound
And every rustle
To feel the hush and silence
That sometimes make us pause and listen to the muted sound
To embrace with openness all that life brings
The blessings as well as the misfortunes
For these are the things that give life its meaning
And the essence of living

Nudershada Cabanes

To Live-Ii

To Live is to embrace life
With acceptance and willingness
To take it by the hand
And take whatever it brings

To live is to be passionate
To tackle life with verve
To be ever ready for what it brings
To handle its blow without fear

Nudershada Cabanes

Unwind The Clock

The time is running out
Our cups are almost empty
We had our joys and our moments here
Soon it will be time for goodbye
We shall set sail to our own seas
And land on different shores

The doves are calling
The bells are ringing
It's almost time to leave

But let me tarry here
For a little while
I want to gather more treasures
To bring with me when I embark for the sea

I want to smell the roses in your garden
And share a glass of wine in your chamber
I want to dine in your table and drink from your cup
All these I shall keep
In the storage of memories

Unwind the clock
And let the hands of time pause from their ticking
Be with me before the hour of parting arrive

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Ways Of Remembering [Tanka]

A little prayer
An offering of flowers
And lighting candles
Are ways of remembering
The life of the departed

Nudershada Cabanes

We Have A Purpose

We don't live by chance
We exist for a reason
We have a purpose
To pursue a role to play
As we make our way in life

Nudershada Cabanes

We Make Choices And Decide [2 Tanka]

In embracing life
We accept its challenges
As we live each day
We make choices and decide
Living up to its demands

How to live our life
Whatever path to follow
Is our own choosing
Life only shows us the view
We chart the course to take on

Nudershada Cabanes

We Need A Mirror To See

We need a mirror
To see the beauty
Within you and me
To reflect to us
The things we cannot see
A mirror tells us
What we want to know
Without judgement
Without prejudice
It just shows what it sees
In what we hide
From each others eyes
In front of a mirror
We can reveal everything
To her lifeless eyes
As we take off the mask

Nudershada Cabanes

We Run After Time

We run Run after time
Or time runs after us
Sometimes we run
Alongside with time
Either time rules us
Or we rule time
Time determines
Everything in life
When things begin and end
When chances and opportunities
Come knocking at our door
When seasons change
When people come and go
When to fight and give up
When to hold on and let go
Only time knows

Nudershada Cabanes

When Darkness Reveal Its Beauty

The silver moon glow
As the gentle wind blow

The street lamps are lighted
A candle light flickered

Trees are silent standing tall
Their shadows reflected on the wall

When darkness reveal its beauty
Night feels wonderful and lovely

Nudershada Cabanes

When Everything Was New

Her tears flowed before she could shut her eyes to keep them from falling. The strain of song has opened the door to her memories.

They gushed like a spring and her heart quivered as everything came back in a flash. She thought she had forgotten them. The feelings reawakened, warm and sweet like a springrain of that long ago, when everything was new, when love was just starting to bloom in the prairie of her heart.

Nudershada Cabanes

When I Am All Alone

My heart is calm
There is no stirring
No flutterings of wings
Just a rhythmic beating
Pulsing within my chest
I hear every rustle
The silent hum of the wind
The plucking of guitar string
The sound of of voices
Carried by the gentle breeze
I am alone with my thoughts
The discomfort on my left leg is keen
I feel a piercing pain in my heart
That comes every now and then
When I am all alone
My senses are more awake
I can feel everything with keenness
I am drawn deeper into the well of my being

Nudershada Cabanes

When I Lost My Way

You are the candle
That lights my path in darkness
When I lost my way
The ray of light that shines through
In the mornings of my days

Nudershada Cabanes

When I Met You

When I met you
Music started playing
In the chambers of my heart
Where silence used to dwell

When I met you
Flowers started blooming
In the barren desert of my soul
Where nothing stirred within

When I met you
I saw an eternal spring
Winter sorrows disappear
When I met you my dear

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When Love Touches Your Heart

When love touches your heart
Your world is metamorphose
Life becomes more meaningful
Everything you see looks beautiful
Like flowers forever in bloom
In the garden of your heart

Nudershada Cabanes

When Tomorrow Comes [5 Senryu]

Tomorrow's promise
Awaits me to fulfill it
To regain my loss

Today I have failed
Made too many wrong choices
Committed mistakes

I can't turn back time
To undo the things I've done
Time is moving fast

But all is not lost
Failure gave me a lesson
To achieve success

I shall keep moving
And make up for my losses
When tomorrow comes

Nudershada Cabanes

Within Each Person

Deep within each heart
There is a song waiting to be sung
there is a melody waiting to be heard
There is a music waiting to be played

Within each of us
There is a story waiting to be told
There is a beauty waiting to be seen
There is a wisdom waiting to be shared

Within each person
There is so much to be appreciated
There is a goldmine to be unearthed
There is a treasure to be discovered

Nudershada Cabanes

Yellowing Leaves

The yellowing leaves
Of the old coconut trees
Stretch in the noon sun
Like hands that are reaching out
For comfort on a hot day

Nudershada Cabanes

Yesterday

The midnight hour strike
Calendar date move forward
It's one day ahead
Yesterday is nowhere, gone
Its leaves belong to the past

Nudershada Cabanes

You

You are the song in my heart
The dance of my life
The wings that let me fly

You are the star in my nights
The sun in my days
The rainbow in my sky

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You And I

You and I
We are complementary
Like a doorlock
And a key
Like notes and lyrics
In music
Like a pen and a paper
Incomplete
Without the other
You and I
We complete each other

Nudershada Cabanes

You Are A Masterpiece

You live, you breath
Your heart, beats
You are alive
To see and feel life
Feel its flow like current flowing
Feel the life in you
Its rhythm pulsating within
You are a powerhouse
A human machine
You are limitless with your mind
Your intellect is supreme
Your emotions are sublime
Your passions overwhelm
You are a masterpiece, undefined

5.20.16

Nudershada Cabanes

You Only Live Once [Two Tanka]

You only live once
You are given one lifetime
To spend your whole life
To do what you have to do
To the best of what you can

Find your way through life
Never waste any moment
Search for your purpose
Do not live an empty life
Be full, you only live once

Nudershada Cabanes

Your Essence

Your essence linger
Even if you go away
Like a sweet fragrance
Filling all of my senses
Everytime I think of you

Nudershada Cabanes

Your Memory Is Never Gone

In every path you've treaded
The marks of your footprints stayed
They clung to the earth
Where the soles of your feet touched
Creating a memory in the trails of time
The smell or your breath
Lingered in the air
Blown by the wind into the unknown
To merge with the breeze
Your tears became water
That nourished the earth
That had dried up and condensed
To become rain
That nourished life
To give hope to spring
You are never gone
Your memory is all here
Alive and living
In all I see

Nudershada Cabanes