

Poetry Series

Rehab Helmy
- poems -

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Rehab Helmy(4-1-1987 (Lily))

A Girl With A Broken Heart

once upon a time,
I was wandering in a beautiful garden
I saw a pretty girl sitting on the grass
she looked torn deep inside,
and tears filled her eyes
a little girl with a broken heart
nothing I can do to comfort her
I told myself why don't I talk to her?
I asked her why all this tears?
you are still young and beautiful like spring flowers
she looked at me with teary eyes, and told me:
what becomes of a girl with a broken heart?
I was touched by the look in her eyes
now sitting at the same place,
I wonder what happened to the girl with sore eyes?
I've nothing but blame myself-
for not trying to make things better
maybe she is in another garden now
and her soul leaps high with the hummingbirds,
singing a happy song
with the smell of fragrant roses all around her

Rehab Helmy

A Little Girl

one rainy day
I saw a little girl
sitting on my door step
with a wetted hair
crying in pain
I felt pity for her
I gave money to her
she gave it back to me
I looked at her
she looked back at me
all I need is love, she told me
what's your name? I asked her
it should be sorrow, she answered me
no, it should be Lily of the valley, I told her
why are you interested? she asked me
because you are as priceless as a pearl, I replied her
she smiled to me and I hugged her
all she needed was love

Rehab Helmy

A Message To Him

to the one whom I gave my soul
a new day has come and
I'm still waiting
I'm still waiting for something to happen
I know we aren't together anymore,
but I'm still thinking about you
since the day you said goodbye,
I'm still waiting and thinking about you
your heart is deep in mine,
and I will n't ever let go
maybe I'm waiting for something to wake me up,
but now I 've nothing but waiting for you
once, I dreamed of the day when we are together is so near; but
now I 'm waiting for you to come back and tell me:
nothing is gonna make us any happier than being together
I 've nothing but waiting for you.

Rehab Helmy

A Prayer

a new day has begun
standing by the window
holding another cup of coffee
watching the blue sky
and feeling morrow breeze
fresh and cool upon my face
thanks God I'm alive
the more I thank you,
the more I feel I didn't
forgive us God for our human cruelty
you 've created everything beautiful
and keep giving us many blessings,
but we are still getting the best of
everything around us without remembering
how great you are.
forgive me God for not thanking you as well
I know of your mercy and forgiveness,
so I'm standing here praying,
asking you to accept me and purify my soul
I feel alone when I'm away
make me close to you
to feel inner peace
I know I always make mistakes
because I am a human,
but I also know of your mercy
so, forgive me God the most gracious, the most merciful.

Rehab Helmy

A Self-Dialogue

I 'm sorry for

blaming you for everything

I was so hard on you

and let you down

everytime I just run away

leaving you bleed behind

and do nothing to comfort you

I was selfish with you

hurting you so many times

'll you please forgive me this time?

I 'll do anything for you and won't hurt you again

there is nothing left on me but you

so, do you still wanna be no one but me?

Rehab Helmy

Beautiful Roses

how beautiful you are!
I know you know you are beautiful
I like all colors on you
cheerful and colorful you are
I keep looking at you day and night
O beautiful roses, I have a bed as colorful as you are
I called it my little bed of roses
it reminds me of you
I dream of a bed in a garden,
where I can find you all around
I must thank you because
you make my day and color my life

Rehab Helmy

Dear Sir

Dear Sir,

do you really know how much I care for you?
the pain of loving you is rocking me deeply
feeling like scattered pieces of a paper thrown aside
'll you please put me together?

I need your kind heart forever with mine
just think as long as you wish, but don't let me down
think of me and you together like a portrait painted craftily
we 'll just need eachother and nothing more
we won't need a final touch

Dear Sir

can you see how lonely I 'm without you by my side?
I 've nothing to add to my life but you
I can't even imagine me without you
if you don't really care, I don't know what 'll happen to me
so, please tell me your answer gently
because if your answe is no,
it 'd smash the leftover pieces of my heart!

Rehab Helmy

Destiny Or Imagination?

Is there a real love once in a lifetime?
or is it our feelings convincing us there is one?
can we just ignore this feeling?
or it is something that is meant to be?
can we be like a deserted place haunted by gosses,
for our hearts belong not to us but others?
or is it our pleasure to live away from our hearts?
is it destiny or imagination to be believed in?
mind me not two birds in love,
but my mind is questioning:
are we trusting our imagination just that simple?
or it is destiny we follow?
once I thought if I can believe in my imagination,
so can I imagine myself happily never until the end of time?
I believe our true love is all over us found in nature
for I myself true love is roses:
always cheerful and smiling to me
giving me the most precious gift in my life
an odour of Daisy and Carnation
a color of violet and plum
a softening touch dearer than Orientals and Emeralds
a painted portrait in the origin with no lie
I can resist not giving up my all to nature
for beauty and perfection truly found

Rehab Helmy

Epic Thoughts

Yesterday morning I woke up on hearing a bird singing
a lovely voice coming out of a cheerful bird
the song made me hear a strong voice deep inside asking:
'when 'll you just stop yearning for those days? '
days of passion and longing
when there was a harmony between two happy souls
but what becomes of the cruelty of life?
sometimes it makes a loving heart turns into stone!
suddenly, the song ended
or maybe the bird itself stopped singing,
sharing my own sad feelings!
even the hum of the clock faded away
I continued with my own thoughts
' You have changed!
Hour by hour you change
You didn't even want me around!
Maybe you had your reasons,
but now I 've mine too! '
I can hardly remeber that old smile on my face whenever I see you
or the beating of my heart whenever I hear your voice
I 've been trying so hard to forget those memories,
but my heart failed me!
you told me how much you loved me,
and how our love was meant to be
my fault was when my heart depended on you
you should have told me that your feelings had faded
although I say I hate you now,
I 'll always be missing you
and although I told myself I won't be blinded by love again
I 'm still in love with you and my heart is broken now
I didn't know that love would be so hard on me
and I 'm in so much pain,
more pain than I can bare because my heart is with you
can you feel what I 'm feeling now?
or, just you don't care at all?
you are the reason of my endless sufferings,
after you had always been a reason behind my sweet happiness!
I 've to forget all about you like you did long before
I know it's hard for me,

but I 've no other choice!
then very slowly I became aware of the bird
singing another song
I stood by the window listening to the song
trying not to dull the bird with my own epic thoughts!

Rehab Helmy

Everything I Am

everyday is a new day
the world is shiny and pleasant
God's creation all around me
I feel inner peace
how great this what I'm feeling
I can see light,
even when it's dark
when I'm feeling blue, I pray to God
and how great what happens next
would you like to know what?
I forget pain and troubles
I feel like a released bird,
happy and flying so high
I'm everything I'm,
because of one great man
with him, I feel all the love in the world
without him, I'm lost
he is as light to my eyes much as sun to the earth
he is prophet Mohammed peace be upon him
teacher of humanity and peace
I miss him everyday and night
everyday I remember what he said
about us to his companions:
- " I miss my brothers"
- 'aren't we your brothers? '
- 'you are my companions
my brothers are people,
who 'll come after and follow me'
so, everyday my love for him
grows deeper and more than ever
he is my everything and
I'm everything I am because of him
till we meet in Heaven, I 'll always miss you

Rehab Helmy

Fear Me Not For Wearing A Hijab

Why are you standing so far away?

come near and fear me not for wearing a hijab (veil)

I wanna obey the Creator of the world, so that's why I 'm wearing it

I 'm a successful businesswoman and a princess in my home

I respect everyone and judge not anyone I don't know

I don't care how people look like

I look more at their hearts

I don't say anything bad because I 'm a moralist

I 'm doing my best to be in a good relationship with my Creator

and wearing my hijab is supporting me and giving me a push forward

fear me not for wearing a hijab

because my best example is Mary, mother of Jesus Christ

she is the purest woman ever on earth

and I wanna keep my chastity like her

men respect me because they know deep inside that

I 'm wearing a hijab not to seduce them,

but to make our society moralistic and ideal

fear me not for wearing a hijab because I won't do you any harm

you are one of God's creatures and I respect all God's creations

Rehab Helmy

Finally Again!

One shiny day,
 he passed me by
I told myself:
'am I dreaming or is it him in the flesh? '
 finally he came back again
telling me how much he miss me!
 didn't I suffer enough with a poor heart?
I couldn't reply him at the moment
 for my voice failed me
all the moments we shared together
 passed before my eyes for a moment
I searched deep down in my soul for anything I can offer him
but I didn't find anything
I was about to tell him:
 ' I still want you more than ever '
when my mind told me:
 ' but I am not giving in this time '!
- ' my only love, isn't it too late? '
- ' we can begin fresh '
- ' how can I forget the pain I suffered long ago? '
now I 'll take my heart back
I can't take it any more
I forced back a tear from falling down on my cheek
 for he never saw me cry
he has always knew only the joyful part of me
I can't find this happy girl any more
she is now gone away,
 maybe to nowhere!
goodbye to you
 goodbye to everything forever
maybe it is too late
 but I forgive you
though ever so long after my broken heart is dust!

Rehab Helmy

Glorious Men On Earth

My mind wonders:

' why don't I write about the most glorious men on earth? '

no perfect word can describe how great they are

great Prophets of God

Prophets of peace and humanity

we 'll always miss and need them

if only we could gather around them all now,

happily never after we 'll be

imagine yourself sitting here beside our great father Adam,

smiling to Joseph and his father Jacob

or hosting Abraham and Solomon

' poor soul, 'll they accept your invitation to this little house? ! '

' mind! don't even wonder '

' kindness and purity are nothing-

compared to how all the great Prophets were '

how about talking to the wise Prophet and king David

whom God gave wisdom and provided with a gentle voice?

on hearing it one may forget one's ownself,

one's hunger, thirsty and pain

'll I be the happiest soul on earth taking a walk with Jesus?

O God, now I am speechless

a great man and a glorious Prophet he was

one of your chosen and blessed Prophets

everyday I keep thinking of him and his great miracles

whenever I think of him, my love for him grows deeper

he is a special Prophet to me and I'm sure that-

he knows how I feel about him

how about praying with Prophet Mohammed?

the noble of nobility, the generous and the softhearted

the best man on earth he really is

he taught us how to love God and told us about

the life and morals of all the Prophets confirming their same message

thanks God, you are more kind to us even than our parents

you saved our souls by sending us your great teachers of humanity

I know them all by the name and love them all the same

but I don't want to forget anyone

Moses, Jonah, Noah, Aaron, Isaac, Salih, Shu'aib, Lot....

they have all the same message I know:

peace, love and worshiping God faithfully

I can't prevent my pen painting down my own feelings
O God, I beware witness that
they all delivered us your message frankly and clearly
thank them all for us, Lord
I know that there is no thanks 'll be enough beside
the hardships they suffered and the sacrifices they did
to make your message clear to us
truly they are the most Glorious Men on Earth

Rehab Helmy

Holy Month

Welcome back Ramadan
Holy month of spirituality and blessings
thank you God for giving us this Holy month
who is ready to be pure and sineless like a new born baby?
let's pray and ask God whatever we want,
because it's the month of acceptance
get ready to let all desires of life and be in God's hands for a month
with God's infinite mercy and forgiveness,
all sins shall be melt and replaced with peace deep through our souls
all kinds of charity are always doubled in reward
and much more in Ramadan
let's do our best and work hard to deserve God's endless mercy
welcome back Ramadan
I wish all the year were Ramadan!

Rehab Helmy

In Memory Of A Great Teacher

I know not of a man better than him
a man of morals and purity
my best teacher and example in life
I love him more than myself
he taught me how to be kind
and help the poor
I can't be a bad person,
when he is my teacher
I follow him in every single act
because he is the best teacher ever
never he lied and never rebuked anyone
he called for women and human rights,
thousand years ago.
I help the orphans and support charity,
because he is my best example.
he lightens my whole life
and I'm happy for having such a precious teacher
he is a timeless teacher,
a teacher of all ages
he is prophet Mohammed peace be upon him

Rehab Helmy

Jesus Loves You And Loves Us All

My best friend Julia,
I heard you tell others:
' Jesus Christ loves you '
yes, he loves us all
don't be surprised when I talk about him
I told you before that I love Prophet Muhammed so much
but you don't know that I love Jesus the same
and he's my best example too
I believe that no one can unlove him
not only because God wants us to love all his messengers,
but also because he really is a great man of morals and purity
maybe we didn't live with him,
but we can love and follow him with no end
Dear friend,
if people all over the world support charity and help each other,
he 'll be proud of us all
so, let's do good things and let down all evils
I 'm sure that he knows how much we love him
just tell others:
' Jesus loves you and loves us all '

Rehab Helmy

Mr Proud

Hello Mr Proud
come, join me in the back yard
isn't it a fresh shiny day?
you say you miss my everything
how much do you miss me Mr Proud?
greatly? ...how sad!
are you still waiting for my answer?
well, there is nothing left of me
so, you won't be a part of me
go away and miss me forever
search for another victim of your sweet words
and don't make a fool of yourself again
because I memorize your words as well
just go away and let me finish my tea
goodbye Mr Proud

Rehab Helmy

Our Beloved Prophet Muhammed

I 've been searching for you in everyone's heart
do they really love you as said?
do they truly know who you are like me?
words of love are easy to say but difficult to be felt
you are the best man on earth
you were always kind, loving, patient, wise
and of course you are the chosen
you have the best qualities compined together
and never you hurt a thing
when I 'm alone thinking of you,
I feel sorry for me not living at your time
if I were living there, I 'd be much more better
I 'd be one of the happiest people for seeing you everyday
I 'd learn everything and anything directly from you
in a beautiful simple way
I 'd shine like a bright star whenever I look at you
I 'd be like an angel walking on earth if I may say!
I can't add more words than what God said of you
you were a mercy sent to earth
and even hereafter you 'll take our hands to Paradise
I wish I 'd be your neighbour in Paradise
now I know what I should do to deserve this honor
I 've to work hard on being a better girl
I promise you my precious teacher,
I 'll do my best to be your neighbour forever and ever

Rehab Helmy

Shall I Love You

shall I love you once more time?
I can hardly answer this question
once, I loved you and
gave up my soul to you
you broke my heart and still do
shall I be kind and give you
my precious heart again?
or shall I keep my pride and lose you?
hardly I can answer any!
everytime you say sorry,
and hurt me again
the one real thing you dont know:
it hurts so bad and I'm bleeding deep inside
you can see a strong girl on the outside of me,
but no one know how this girl feels
I 've to be strong and
shall not love you once more
yes, this is my decision
I must lose you forever
someday, you 'll be a memory, no more
I can find myself again
now, I can sleep and dream of
a beautiful garden, surrounded by
colorful roses and sweet butterflies

Rehab Helmy

Such A Good Companion

I keep looking at you for hours
how shiny you are!
you lightens all this world everynight
my God is yours and yours is mine
how greatly you are held upon the sky!
you are such a good companion
when I look at you, you make me feel how life is great
I can see all the beauty of this world in your eyes
I can feel you looking at me too!
you are sweet that I couldn't take my eyes off of you
so, I wrote these words with your light upon the sheet!
still looking at you, I won't sleep tonight
tonight is yours
I 'll just stay with you
you are such a good companion

Rehab Helmy

The Best Of Both Worlds

everyone keep asking me who am I?
I'm just an ordinary girl
I believe in all prophets
I believe in humanity
I read the Holy Quran
I read poetry and literature
I'm against racism
I support charity
I'm just an ordinary girl
I wear a veil
I respect human rights
I'm not an angel
I'm not a rationalist
maybe I'm not perfect because no one is,
but I'm always me
I 've the best of both worlds.

Rehab Helmy

The First Chapter Of The Book Of My Life

Today I 'm writing down on a new blank sheet -
the first chapter of the book of my life
this chapter is to remind me whenever I read of the new life of mine
once, I heard a man crying in pain
praying and asking You for forgiveness
I was touched deep inside by the simple words he used
I told myself: 'when was the last time you asked God for acceptance? '
O God, how cruel of me not asking for forgiveness before!
I know of Your mercy so here I am
forgive me God for everything
I 'm sure that You won't leave me alone in pain
because truly You said: ' pray, and I accept your prayers'
I 'm not perfect and make mistakes because I 'm only human,
so forgive me for not knowing You as well
from now on whenever I 'm in so much pain to bear or not,
I 'll just come and pray to You
knowing that You 'll give me many blessings later
even all the glorious Prophets suffered long ago
and I 'm not better than them
forgive me God if I didn't thank You for the air I take every second
forgive me if I didn't appreciate the mind You gave me-
above all other creatures
O lord, You are the One who give and never prevent -
unless it's for our good
and You are the One who inspire us to pray
How Generous You are! , giving us many blessings-
even when we don't thank You and thank others instead!
mind! this chapter 'll remind you to thank God whenever you read- before it's too
late

Rehab Helmy

The Girl I Used To Know

These days, you are not the girl I used to know
weren't you the one who used to tell me:
' keep smiling we have a great God '?
just tell me what happened to you?
if you don't have all what you ever wanted it's not like the end
now it's my turn to tell you:
' you 've a great God who gives and never prevents,
unless it's for your good
even a harmful thing to you may has a good thing behind'
let's say these things you 've always wanted aren't the best for you
now or later, God 'll give you better things
even better than you 've ever wanted
just be patient and come back to the girl I used to know
come with me, we 'll go pray and read the Holy Book
now, I can see how much better you are
remember these words of mine:
' whenever you pray to God and read His Holy Book,
you 'll be surrounded by Angels to protect you
until you are back someday in God's hands'
don't ever be sad, only God knows what's best for us
truly you should be proud because we have a great God who loves us

Rehab Helmy

The Happy Lover

He is called the happy lover
for keeping a warm smile always on his face
even when he is feeling sad
no one will never know
and this sweet girl is everything to him
he is ready to do anything for her
a merry couple married for love
no Romeo and Juliet or Antony and Cleopatra are compared to them
the happy lover told his sweetheart:
'I will always keep happy and strong just for you'
she told him:
'and I will keep smiling to the happy lover of my own'
sitting under a cherry apple tree, the happy lover said:
' you will always be my fragrant rose and the only sweet girl of mine'
truly the happy lover must be his name!

Rehab Helmy

The Little Secret Rhyme Of My Heart

My heart leaps up and down whenever you look me in the eyes
my cheeks turn into red when you say: ' I love you'
my heart sways when you tell me: ' I wanna touch your hand '
I lose my mind when I see how much you wanna hold me in your arms
feeling your heart mingling deep with mine,
and the pain of love and emotions
a very special silent moment,
when our eyes meet and our hearts speak
how much I need you?
I don't even know!
can I breathe without air?
can I live without my soul?
can I live with no mind?
this is me when without you
you are the words on my lips
you are the thoughts on my mind
I still get lost in your eyes
and it seems that I can't live a day without you
I just wanna set and stare at you
it is the first time to realize how much I love you!
even when you 're away, our hearts and souls connect
and mingle in one with harmony
playing on the piano sweet melodies of love
and the string of our loving heart is the happy singer of our song
hold me tight and don't ever let go
don't say anything
just look me in the eyes,
and our soul shall speak all the unspoken words
hear me now:
" this is my little secret rhyme of my heart
don't tell anyone about it
it 's our own secret now! "

Rehab Helmy

The Real Us

proudly we are a united nation
west or east
black or white
poor or rich
no matter, if we are Muslims
Prophet Mohammed is our example
we are against terrorism
we are against racism
we are against humiliation
we are against force
we are against occupation
we are against killing the innocents
we are against destruction
we support charity
we support humanity
we help the poor
we respect the old
we respect our families
we obey our parents
we pray to God
we have faith
we are not arrogants
we are not superficial
we are not liars
we say truth
we have chastity
we are brave
we help each other
we like God's creations
we have inner peace
we are happy in life
we believe in all Prophets,
and the last one, Prophet Mohammed
this is the real us
and this is our real Prophet Mohammed
proudly we are a united nation

Rehab Helmy

To My Beloved Virtuous Mother Mary

O mother, my eyes are full of tears for losing you
yesterday, I read about you in God's Holy Book
I told myself: ' I wish I were there at your time '
your mother was so honest with God,
so He has chosen you above all the women of all nations
if I write about your purity and virtuousness,
it 'll take me ages and still won't tell everything
truly Prophet Muhammed said of you:
' Mary is one of the best four women on Earth '
I 'll call my daughter after you,
because you are my best example
I just can't stop tears from falling down because I really miss you
from now on, you are my best example
to my beloved virtuous mother Mary
till we meet in Heaven, I 'll always love you

Rehab Helmy

To My Best Friend

to my best friend I wrote these words.
you are my best friend
always by my side
when I need you,
and when I don't.
you keep my secrets
inside your deep heart.
when I need you,
you are always here by my side.
you are always a good listener.
you have witnessed all moods of mine
when I had the blues,
and when I felt like touching the sky.
you are the only one who comforts me.
dont ever let go and stay here with me my dear diary.

Rehab Helmy

True Love Shall Not Die

True love shall not die
True feelings shall not fade away
with or without you, we still have a lifetime to pass
and sweet memories to keep
let's call it a beginning
goodbye is just the gate to new days to come
we should be strong enough and find our own ways!
do you remember the day when I first met you?
you gave me hope telling me there is a better life to come
now don't give up hope
promise me to start fresh a new life full of hope and joy
whenever you feel alone and there is no place to go
just close your eyes and my soul 'll find the way to yours
this is my last words before saying goodbye
I 'll love you forever and always
because true love shall not die

Rehab Helmy

Unspoken Words

Mind, come solve the mystery!
you are used to solve nearly everything with logic
there is some unspoken words deep in my heart
my heart can't see anything but these words
no one will know about the unspoken words but you
so mind, come solve the mystery!
these words are:
broken, hurt and crying
my heart wonders:
can we forgive someone so many times?
mind, can you solve the mystery?
maybe it is something easy for you to solve,
but not as to my heart
for no logic reside in mine heart
so, I came begging you to relieve me
I am waiting for your answer
don't be late and come solve the mystery!

Rehab Helmy

Welcome Sweet Death

Welcome sweet death
finally here you are coming for me
with the sweet odour of heavens to take me away
to a new world of no pain or sufferings
a place where all my beloved ones lie in peace
I 've been waiting for you to set me free in God's hands
I don't know why people fear you
I 've never feared you!
after you take my spirit out of me gently,
it 'll fly high through heavens
and rest on a tree beside the rivers of Paradise in a bird's body
my body shall be wrapped with a white coffin
and the odour of Musk is coming out of me refreshing my nose
I shall not be too proud, but I also know of your forgiveness and mercy
so, I hope you accept me God in your unlimited Paradise
I expect a sweet smile on my face at last before I 'm gone
with no more words to be spoken
now, I 'm ready sweet death
take me away to the world of immortality
to Paradise God promised us

Rehab Helmy