

Poetry Series

Roshan Sabapathy
- poems -

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Roshan Sabapathy(1971)

An avid Photographer and an amateur poet. Roshan started writing poems for his beloved teacher that left his school after inspiring him. He has written a number of poems mostly about nature, emotions and hope. He often writes to empathize with others or when looking at the brighter side of life.

A Teacher...

Is one who learns about life constantly.

Is one who keeps young by growing up again and again.

A teacher is one who knows nothing about the workings of life,

But he is able to rationalize each event of a life.

A teacher is usually looked up to,

But he never looks down.

A teacher learns as much as he teaches.

A teacher is a permanent student!

A teacher gives knowledge without reserve,

He gives himself and pieces of his life.

A teacher shows the way which he thinks is the best,

But he listens and is never afraid to try new ways.

A teacher leads,

But mostly he follows.

He shows his students how to lead,

And when they have learnt it well,

He follows.

A teacher is a person.

Roshan Sabapathy

After The Rain

One by one the droplets fall
Every droplet holding on for dear life
While a pool of water lay idly stagnant at the top.
The droplets scramble to climb before they drop

They fall to the ground in a splatter
Was it their fate or did they falter
After all, they were part of the pool
They just decided to go forth and venture.

Thus is the harshness of life.

Roshan Sabapathy

Barren Land

The land is dry and barren
Rain and life are too distant
Yet I squeeze the sand in false expectation
For creative thoughts or seeds of fruition

Ideas are poured into the sand
In hopes of some fertilization
But it quickly soaks into the land
Leaving me with no creation

With a hope that the land will yield again
I water and seed and try in vain
To get an idea or a creation
From my muddled head

Roshan Sabapathy

Beating Nature At Her Game

Numb emptiness is what you feel,
As the layers of life is peeled.
A shot through the heart,
A stab like a dart.
Sadness fills the crevices,
Expanding your whole being,
Until it explodes into tears, overflowing.

Tears leave the crevices empty again,
Only to be filled by another pain.
And the process repeats.
You need to learn to beat,
The downward pull of nature's feats.

The other feats of nature,
The bold, the beautiful, the future.
Are what you need to see.
Colourless it may seem to be,
But look hard enough,
And the brightness will shine
And give colours to your view.

The smiles of others,
And the laughers can be shared.
If you allow it
To penetrate your being.

The pain will diminish,
As you participate
The sadness will finish,
As happiness, you bait.

It will pass
The pain,
Will not last!

Roshan Sabapathy

Differences

The sky joins the sea,
Dispelling any traces of boundary.
Peaceful, quiet and serenity.

The sun peaks out from yonder,
Its rays reflecting in the water.
The horizon is highlighted,
Chaos is started.

Now boundary clearly stated,
Movements and sounds are started.
The feeding and fighting begin,
Segregation is a sin!

It all continues,
Until the end of the new,
When the sun disappears,
And the horizon too.

Peace, quiet and serenity,
Till the next sunrise.
Where differences is a priority.

Roshan Sabapathy

Divinity

Divinity is within,
Without which, we feel empty.
Truth is within,
Without which we are lost.
Love is within, and everywhere,
Without which we cannot live.
Dharma is within,
without which we cannot act.
Ahimsa is all around us,
We need to bring it within,
Without, ALL will be gone.

Roshan Sabapathy

Don't Do It, Live It

Life is more than your job,
Life is more than the fancy car you drive,
Or the big trendy house you live in,
Or the tonnes of cash you have,
Life is more than the number of friends you have,
The kinds of clothes you wear,
Or the trend that you must follow.

Life is about having the right balance of:
Work to keep you productive and contributing,
Just enough wealth to give you more opportunities,
Family to love and care for,
Good relationships and friendships to keep you sane,
A roof to shelter you and clothes to keep you warm,
Life is about the balance of
Spirituality,
Emotion,
Physical being,
Psychological well being,
Intellectual stimulus,
Social connectivity,
And Civic responsibility.

Roshan Sabapathy

First Light

First there was the darkness
It spread out to all corners
Encompassing every part

A feeling of dread
Crept into my mind
Then slowly, a glow appeared

It started to grow and diffuse
Brighter and brighter
Chasing away the darkness

Filling every part
Until it overpowered everything
With it came the warmth

And the feeling of hope

And I opened my eyes
To welcome the sun.

Roshan Sabapathy

God Waves Goodbye

Lost, beaten, tired and still afraid
Water and rubble everywhere with no one in sight.
She wades through the water looking for some aid
Dragging herself from place to place with all her might

Looking and searching desperately, trying to find
Her daughter, her son and her baby boy
Trying to keep bad thoughts out of her mind
She trods on holding her baby's toy

The pain slowly creeps into her
As her hope diminishes and is replaced by fear
Bodies floating, people crying, the smell of death in the air
She suddenly stops and breaks down in despair

She screams "GOD! This is unfair! "

Roshan Sabapathy

Gratitude?

Gratitude is a feeling of joy
Joy for all that is
Joy for all that will be
Gratitude brings waves of fulfilment
Fulfilment of what there is
Fulfilment of what I have
It makes me more than content
It makes me enjoy with renewed vigour

Gratitude fills my heart
It fills my whole being
That it overflows with tears
Gratitude expands and amplifies
And through it I feel complete
Satisfied that I have lived.

It does not take away
My will nor my vision
Instead it lights up my way
And prods me along
Gratitude is life itself!

Experiencing it is heaven
Heaven indeed.

Written by
Roshan Sabapathy

Roshan Sabapathy

Important

What's important is the life that we live
Not the life that is judged to be
What's important is the person that we are
Not the person we want to be

What's important are the dreams that we dare to dream
Not the dreams that come true
What's important is the action we take
Not the action that we intend to take

What's important is the way we think
Not the way we behave
What's important are the words that we mean
Not the words that we speak

What's important is not the people that we love
But rather, the love for these people
What's important in not the love
But the sincerity of it

Importance is not a matter of priority,
It is a feeling that is assessed differently, frequently
So get it right

Roshan Sabapathy

Kavitha

With her eyes, I see the beauty of the world
With her ears, I hear the sweet sounds of laughter and joy
With her smile, I enjoy the fruits of friendship
With her touch, I feel the gentleness of care
With her hugs, I learn about the wonderful ways of life
With her heart, I feel the essence of love
With her, I am.

Roshan Sabapathy

Peace

Thoughts slip through the crevices,
And start to empty out in slow drips.
The mind slows down to almost a grinding halt.
All around is slow peace and beautiful silence.
The heart beats to the music of quiet immotion.
The eyes feel the heavy burden of the eyelids.
The limbs gain weight and sink into position.
The spirit comes alive with increased mindfulness.
The soul rejoices in the present moment and sees beyond.
You are one with all and one with yourself.
The feeling is light and afloat.
Peace and joy surrounds you and flows through you.
REST.

Roshan Sabapathy
19 October 2015

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Rain

Dark clouds gather in the sky
Growling and rumbling in anger
Exchanging blinding stares at one another
Grunting in disgust and distaste

With rage, they breathe heavily
Blowing gusts of winds with their mighty lungs
Droplets of perspiration trickle down their brows
As they get ready to do battle

Tension builds as chaos is about to begin
Every muscle is tensed and ready to strike
Eyes alert and observing every detail
Time stands still as they wait for the first move

With a loud thunderous sound, weapons clash
Sparks fly as steel hits steel
The sky lights up and vicious sounds are heard
The sky opens up and blood spills all over the earth

Roshan Sabapathy

Remember

Remember the times that you laugh,
It'll bring many more laughs in the days ahead.

Remember the times that were tough,
It'll help you pick yourself up.

Remember the days of fun and joy,
It lets you dream of a beautiful world.
And a beautiful life.

Remember all your experiences of joy and sorrow.
As it will help you learn more about life.

Remember as much as you can.

You will learn a lot more,
If you keep remembering.

Roshan Sabapathy

The Last Amazement

A ray of light comes shining in through the curtains
The warmth of the morning sun falls upon his face
The chirps outside grows louder filling the room with beautiful music
The scent of morning dew and fresh grass fill his nose

Slowly, his eyes open to meet the light
A smile appears at the corner of his lips as he watches the birds
He takes a deep breath of fresh air
Filling his lungs with the morning aroma

Then, his eyes close as he exhales his last breath

All movement stops.
But the beauty of the day outside still remains.

Roshan Sabapathy

The Need For Mum

In the rush of life,
We ignore her words
In the rush of life,
we forget her work

In the rush to live our lives,
We want her out of the way
In the rush to live our lives,
We decide without her say

In the rush to independence,
We belittle her thoughts.
In the rush to our own existence,
We overlook what she has taught.

But the independence that we find,
And the existence that we mind,
Would be meaningless,
Without her in our lives

Roshan Sabapathy

The Vision Of Tomorrow

The vision of tomorrow,
Is what you make it to be.
The darkness of today,
Will be the light of tomorrow;
Only if the darkness is observed,
Only if its contours are felt,
Only if it spurs you to build a fire.

With this fire,
The rays will shine to every corner.
With this fire,
You will feed your soul and other's.
With this fire,
you will be able to fight the darkness of tomorrow.
With this fire,
You can vision the future.

Roshan Sabapathy

Welcome To My World

The mountain of clothes looks like a treacherous climb
Daddy's big raincoat would make a great slide
The soft comfortable sofa, a trampoline with more than flight
The pots and pans, a nifty drum for my band
The box of tissues, a car, a truck or even a van
The blanket on my bed is a perfect cover as my tent

Welcome to my world,
Where everything is something else,
Through the eyes,
Of a three year old mind.

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