

Poetry Series

VINOD A K
- poems -

Publication Date:
2009

Publisher:
Poemhunter.com - The World's Poetry Archive

VINOD A K()

(01) The 'gap' Called Life!

The 'Gap' called Life!

Journey of life
From cradle to grave
A glance let me have
at this 'Gap' between
The point End and
The point Starting!
Caught in this 'Gap'
Thinking we 'own'
This intangible space
And the transient time!
In this 'ownership' illusive
Lose, don't we
Moments precious
Of love, peace & harmony!
Overpowered by our Ego,
With Greed, Anger & Jealousy!
Like a journey in a bus
Family& friends
Are the co-passengers
And Events momentous
Just the passing scenery!
Yet, in all arrogance,
As said the great Bhagat Singh
"We live as if, we won't die!
We die as if, we never lived! "
This 'Gap' called Life,
What then is the purpose?
To Discover my True Self
By removng all Ignorance!
Spreading love with compassion
Bringing smiles to everyone!
Leaving a fragrant mark indelible
In this 'Gap' called Life!

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(02) Why Should I Blog?

Why should I blog?

Is it because, to vent, I need a stage?
With anonymity, as added advantage!

I have no frustration to let out,
And don't need publicity to brag about!

What started it all was a quick inspiration
Or was it to impress a special someone?

Here I am, wondering what to blog
When, on this busy day, I am supposed to slog!

Just when I thought of dispatching this blog to history,
I discovered that I could create poetry!

The power of spontaneity
Is indeed noteworthy!

Harvesting these spontaneous thoughts
Will now be the purpose of my blogs

VINOD A K

(03) 'science Of Thoughts'!

'Science of Thoughts'!

Thought is the driver of being
Sad thoughts, tears they bring
While Happy ones steer you to smiles!

As negative emotions they do breed
Thoughts of Anger, Lust and Greed
Are gateways to hell, say the wise!

Thought about materialistic object,
Leads us to emotional Attachment
Says a Bhagvad Gita Verse!

Desire comes from Attachments,
Triggering the next chain of events
Anger sprouts form unfulfilled Desires!

From Anger Comes Delusion
Delusion wipes out Memory with confusion
Erases Discernment, finally destroys, as self loses!

Thought bad or good, what it does
From the True joyous Self, our Attention it diverts
From Bliss & peace, we are deprived thus!

Why let thoughts drive us?
Let go the thoughts, and attain 'Thoughtless Awareness'
With Sahaja Yoga meditation that Liberates!

Mercifully in this Blossom Times,
We've got Sahaja Yoga, the ultimate spiritual science
To the Divine Vibrations, miraculously it connects!

Thoughtless when we are, attention is purified
Enveloped by divine cool breeze, to our Spirit we get bonded
Of the eternal play we become a witness!

Effortlessly we ascend and evolve spiritually

True Guru, O Shri Mataji, I bow to thee
My actual identity of 'Atma' – the soul, am able to realize!

PS: Get your self realization now

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(04) Ode To The Divine Mother

Ode to the Divine Mother

Found the great treasure of my life
Got the answers to questions, beyond science
O Shree Mataji, the True Guru, embodiment of divinity
With deep reverence, I bow to thee

This devotee, thou miraculously reformed
From darkness to light, ignorance removed
O Adi Shakti, the primordial source of energy
For thy divine benevolence, I bow to thee

With thy presence, unlocked the energy divine
Unleashing with ease, creativity infinite
O Shri Mataji, Mother of all poets and poetry
For thy divine inspiration, I bow to thee

As mother earth, thou giveth balance and gravity
Erasing all my sins, negativity and impurity
O Shri Mataji, the creator of Lord Ganesha, the Ganapati
Guardian of my innocence and chastity, I bow to thee

Just a glance of thee, removes all chaos instantly
I am in bliss, I am in joy to realize thy divinity
O Nirmala Maa, the very manifestation of Adi Shakti
Giving us salvation instantly, I bow to thee

A 'particle of dust', Mother, in childhood, you aspired to be
Touched by thy hands divine, such a particle, let me be
O Shri Mataji, on thy Lotus Feet, let me always be
As that 'particle of dust', thy divine instrument, I bow to thee

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(05) Ode To My Love, My Wife

Renu, my dear wife
My sweet heart, love of my life
I got you how! Wow! My splendid fate
I can't believe, this fortune so great
Of your father, you were an ardent fan
But finally of your life, I became your man!
It was worth the wait, whatever I had to strive
To impress you and make you my wife!

Renu, my dear wife
My sweet heart, love of my life
'Of opposites' we are pair
Me dark and you very fair
You are organized and meticulous
I am disorganized though spontaneous
My poetic instincts you do admire
But my helping hand in the kitchen, is what you aspire!

Renu, my dear wife
My sweet heart, love of my life
As if I am a kid, me with care you look after
You gave me my sweet daughter
Anagha, our purpose of life, our treasure
Filling our life with joy and laughter
As Success, whatever I have achieved,
To Your Presence in my life, they are ascribed

Renu, my dear wife
My sweet heart, love of my life
I don't know, whether I could become your Hero
But, without you in my life, I am a big Zero!
In all ups and down of life, you've supported me!
Sweet heart, on this wedding anniversary
Instead of dress, gold or diamond jewelry
I gift you, filled with all my love, this poetry!

(Wrote this to gift to my wife! Today is our wedding anniversary!)

21.04.2009

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(06) The Taste Of India!

The Taste of India

To North of India, come 'chak le'
The ubiquitous Chole bhature,
Paranthe wali gali's Pranthe,
Ttikis, chaats and gol gappe
Delhi's food you wont forget pyaare
pyaz ke kachori, mirchi bada
Bajre Ki Roti, Dal- bhaati- choorma
Jodhpuri Lassi and Bikaneri Bhujiya
Feel Rajasthan's mouthwatering aroma
Sarson da Saag & Make di roti
Chicken tandoori, the taste Punjabi
Special Lassi, Malaai Maarke
That is Punjabi spirit, balle balle
Pethaas of Agra
And Pedaas of Mathura
Discover Poori
with Kaddu ki subzee
Rice with Yellow Dal-Fry tasty
Here comes the taste of UP
With something special Lucknawi
The famous kabaabs and phirnee
Imarti, Kulfi and Jalebi with dahi

Food from the Eastern States,
Ros gollas and paayas luscious
Ras malai and raj bhog
Besides these great mishti mild yet strong,
There is Bhaat & macher jol,
The unique taste of steamed hilsa dish
Indeed, Kolkata is paradise for Lovers of fish
In terms of great taste, not so far
Unbelievably is the state of Bihar
Littee and aaloo ka bartaa
Discover this primordial taste in Patna
Also Tilkoot and 'Sathoo' nutritious
Bihari food is indeed delicious

From the Western part of the country,
Khaakras, Theplas, Dhoklaas with mirchi
The Gujarati flavour spread globally
From Maharashtra & Mumbai amchi
Omnipresent vada paav so tasty
Cutiing chai refreshing & Sev puri
The unique Bakerwadi from Pune city
Not to forget the Lonawala chikki

South Indian Food with strong brand 'Udupi'
Indelible taste of Chennai City
Vada, saambhaar, dosa & idli
And the intoxicating kaappi
For the non-veggies, chettinaad spicy
Also the Biryani Hyderabadi
Puttu kadala, Parotta,
Fish curry from Kerala
Wow! The nostalgic Ona sadya
And the delicious Aappam with stew
Can be resisted by only few
Kerala cuisine refreshing as morning dew

The food & flavor with wide variety
Nowhere in the world you can see
This great Unity in Diversity
The Great India, in one Country
Jai Bharat! Jai Hind! Yummy!

(A memoir of the taste of food savored by me during my travel and stay across
the lengths and breadths of India)

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(08) Left, Right & Centre

Left, Right & Centre

At any moment, given
'Where am I?' – just ask the question
Either to the 'Past' we are clinged on,
Entangled in emotion of what has gone

Cruising in the 'Future', or we are
Deep in illusion, with plans & ideas galore
The reality, in the process, we miss
Unable to enjoy the 'Present' moment, thus

Why is the present moment so elusive,
To solve this puzzle, is there anything creative
A spiritual marvel & concept so amazing
To the esteemed netizens, I thought of sharing

Left, Right & Centre
A spiritual concept, you were left to wonder
Past, Future & Present – three states of being
Left, Right & Centre – Channels are these denoting

The Left is the Past and Right, the Future
The Present Moment of Reality, the Centre
While Two extremes are Left and Right Channels
The Central Channel denotes complete balance

In meditation, 'Sahaja Yoga', the ultimate spiritual science
Brings us in balance and to Central Channel it retains!
In the light of our spirit, with complete balance,
'The present moment', we enjoy with divine solace!

Miraculously, the divine works on its own
Capturing the elusive present, divine powers we atone!
Thoughtless! Stressless! We are in total bliss!
Fabulously, The Divine 'touches' us!

The 'Divine' becomes 'Tangible'! For us mortals!
Manifested and felt as a refreshing 'Cool Breeze'!

Unconditionally we love; we learn to forgive
We clear away all emotions negative!

Liberating from the delusion maze
Helping to attain salvation with ease
Sahaja Yoga takes us to a state, so joyous
To believe and enjoy, just try & experience!

(Please visit and)

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(09) Haiku – Meditative State

HAIKU – Meditative State

Cool Breeze Fountain
On the crown of my head
I am in divine solace

Aware, no thinking
Focus Pure Attention on
Mother's Lotus feet

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(10) Meditative State - 2 (Haiku)

Meditative State - 2 (Haiku)

In Total Silence
Formless, Shapeless Awareness
There is a release

A deep dive inside
Unfathomable depth
Fuse with ether

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(11) Haiku / Senryu - Collection

1. ALL IN ONE, ONE IN ALL

Divine Confluence
To ocean rivers flow
Water finally

2. CYBER CHARGER

Dawn at Dusk
Tiresome day refreshed
Someone comes

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(12) Meditative State - Haiku - Part 3

The connect set up
With Divine all pervasive
The Cool Breeze Caress

An Empty Vessel
Immersed in Ocean
Full within without

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(13) Panorama - Haiku Collection

Panorama - Haiku collection

1.□

The yellow carpets
In Punjab's great plains
of mustard flowers

(Inspiration: A drive through the fields of Punjab)

2.□

Snow clad mountains
Pine trees many thick and deep
An eerie silence

(Inspiration: an evening in Khajjiar, India's Switzerland)

3.□

Tall yet small, behold
Coconut trees numerous
On Hills, distant view

(Inspiration: A drive through Malabar, western ghats section in Kerala)

4.□

Stars bountiful sky
Splendid Illumination
The jungle this night

(Inspiration: A jungle safari and campfire at Bandipur Forest reserve,
Masinagudi)

5.□

An Eagle Alone
In colony of clouds
Sky is the limit

(Inspiration: A relaxed glance at the sky above, saw an eagle gliding and
enjoying the view from the zenith, all alone)

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(14) Seven Gateways To Heaven

Seven Gateways to Heaven

The Mystic Science & Concepts
Of our body within, Seven Chakras or Energy fields
Gateways to Paradise, need to transcend
To Realize self & spiritually ascent

Awaken O' Mother Kundalini
Benevolent power, the divine energy
Residing in the sacrum bone holy
Rise! Rise! Let the self unite with divine!

Origin of Backbone, is the gateway first
Journey begins at Chakra Mooladhara
To transcend, need the Entry Pass
of Purity, Chastity & Innocence

Just above the hips, The gateway second,
The Chakra Swadisthana
Bestows Creative powerhouse
Get Pure Attention & knowledge, to cruise

In and around the Navel, The gateway third
Solar Plexus- Void and Nabhi Chakra
Contentment, Generosity & Righteousness
Destroying Greed, Helps one to traverse

The gateway fourth
In the Heart, Chakra Anahata
Overcoming Insecurity, becoming Fearless
In the light of the spirit, Elevate! Rise!

At the neck, mouth & nose, The gateway fifth
Is the Vishudhi Chakra
Speech of benevolence & Collectivity
Remove Jealousy & Rise with Divine Diplomacy

The gateway sixth
At Back and Forehead, The Agnya Chakra

Forgive everyone permanently
With forgiveness, ascent instantly

At crown of the head, The gateway seven
Is Seventh Heaven, the Sahasrara
Uniting with the divine pervasive
Enjoy the Cool Breeze of Paradise

The Seven Gates, O' Seeker, navigate with ease,
Affirming the aforesaid respective qualities
With Sahaja Yoga, the great spiritual science
Bringing all religions in divine confluence

Recognize The True Guru Shri Mataji
Creator of Sahaja Yoga, to evolve spiritually
Bestower of this spiritual science profound
Salutations to thee for the great treasure we found

Visit:

And

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Golden Times!

Gifted are indeed, the College days
The Golden times, energizing our life's ways

What we've learned here,
Will give shape to our career

'Best of Both Worlds', here we had got
Free from the controls, but guidance we sought

The professor's seamless guidance was always there
Yet, we had the freedom to decide or go anywhere

Our beloved college has endowed us
The values, wisdom, knowledge & skills precious

The joy, fun and frolic also came along
Wish, these Golden times would be with us for long

Together, as Classmates, we have seen these Golden times
As we depart, let us cherish these memories of four years

Let us get networked and keep in touch
As friends forever in all times, possible as much ☐

It is now time to say bye to these Golden times we love
To uphold the fame of our beloved college, let us resolve!

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