My name is Hans Van Rostenberghe (pot)
I am living in Malaysia and love to read a bit of life's philosophy. Just trying to
express some of the thoughts in a melodious way.
I chose the author name of Aufie, which is a contraction of auto and fiets,
Flemish for car and bicycle. How I came to this author name is a long story.
My blog is found by googling pot
If we manage to all serve each other
Each of us will have
More than 7 billion servants
And what will be more gratifying still
Each of us will serve
More than 7 billion friends

Aufie Zophy
A Beggar

A beggar on the corner of the street;
I turn away from him; I don't look.
Is he really a poor one in need?
I'm afraid that he may be a crook.

But perhaps only half of the beggars
are really crooked and often cheat.
How about the other half of them,
who are truly in trouble and big need?

Now what would disturb more my peace of mind?
To have given money to a beggars who cheat?
Or to have been too afraid and worried an
not have given anything to one in true need?

Aufie Zophy
A Bit Of Love

Imagine a sea,
a large sea;
no, imagine an ocean,
A huge ocean
filled with love.

Within that ocean
we swim and enjoy
its greatest depths
but so often we are not aware
we live in an ocean of love

When sad or upset
we can just inhale
or swallow a few gulps,
let a bit of that ocean
enter our hearts

For family and strangers,
for friends and enemies,
just take a cup or two
and share a drink of love.

A bit of love, a few drops
is often all we need
to turn a dark moment
into a shining present

A bit of love, a small cup
is often all we need
to turn a bout of stress
into an oasis of peace.

A bit of love, a sip or breath
is often all we need
to live a life of purpose,
to change the world.
A New Life (Frances/Aufie)

Having lived on the leaves of a single tree
Donny caterpillar was having a miraculous day
He was namely becoming a butterfly, you see?
And not just anywhere: he was born in the USA

From a twig hung the half empty cocoon
As the tiny life struggled to emerge all shy
Gone were his greedy leaf eating days
Donny unfolded his wings, ready to fly

He flew and saw a being with an orange face;
it was making a loud and thunderous noise.
The creature actually belonged to the human race.
Donny will not easily forget such an awful voice.

Then the man disappeared as if eaten by the screen
And an amazing field of poppies suddenly appeared
Where a lady lay smiling blowing bubbles in the air
Donny flew against the glass wishing he was there

Images on screen were changing, furious and fast.
So many things came on, even news with a twist;
it made Donny dizzy, because nothing would last
Soon he was on the couch of a butterfly psychologist

Dr Bloom took one look at poor Donny
You've been bamboozled by very bad TV
The prognosis is rather a natural one
Meet some like minded bugs and go have fun

With Dr. Bloom's advice to stay far from TVs
Donny got up from the couch and flew away
Back to the fields, the flowers and the trees:
With his friends continuing his first butterfly-day

You'll find Donny blissfully happy
Flying around in perfect health
Life is sometimes not a bed of roses
So choose a place you can be yourself
Aufie Zophy
Abundance

Waves of enchanting orange morning light
broke on the shore of sand so white.
The sea, colored by it in pastel, wonderfully,
whispered to the sun, a bit angrily:

'Hey, this is MY shore, to break my waves.
Please, dear sun, take back your wavy rays'.

The sun, smiling a warm, kind smile at once,
explained gently, the principle of abundance:
' Of everything created, God gives more than enough
We can truly share all things on earth with love'.

Aufie Zophy
And Everything Was Fine

Sitting on her lap
My head against her chest
Sleepy eyes but still awake
On my mother's lap
The world was far
My mama near
I was sitting on her lap
And everything was fine...

Aufie Zophy
Bread Reversal

A crumb goes
To the hungry child

A broad loaf goes
To the waste basket

Let us reverse
the bread story today!

Aufie Zophy
Bridging The Night

An orange sun
shines from behind the trees
Soon it 'll be dark
but the sweet memories
of the orange light
adorning the beach and the sea,
will linger on 'till tomorrow morning

Aufie Zophy
B-You-Tiful

The scent of lavender
lavishly roams in my nose
but it is just imagination.

The touch of the softest grass
grasps and tickles my toes
but it is only imagination

A sip of superbly brewed coffee
cozily entices my taste buds
but it is in my imagination

The most sweet tunes of a flute
flush my inner ear with sweetness
but it is just in my imagination

Then, I look at you,
b-you-tiful as ever;
it is real

Aufie Zophy
Civilization

The world once was
Ocean and land
And trees and flowers
And men and women
Then came civilization

Agriculture started
We produced more food
Than we could eat
And got time
For non-animal things

Men and women
Took control
Cities and streets
And houses and vehicles
And money

Oh big world
With oceans and land
And trees and flowers
And men and women
Civilization

For more than two millennia
There have been also
Extraordinary people
Who became proponents
Of love and compassion

They were single hearted
Sources of inspiration
Sources of peace
Happy, wise people
Making others happy

And civilization went on
In a world with oceans
And land and trees
And flowers
And men and women

Civilization needed wealth
And wealth was never equal
Love was always in the heart
But suppressed by
Search for wealth

Leaders were mongers
Fear mongers
War mongers
Love was every everywhere
But there was not time for love

And civilization went on
In the world with land and oceans
We got better and better
And now we are all connected
But ☐

But our leaders still are fear mongers
And we let them
Our leaders are still war mongers
And we let them
For how long?

When will we see through the web
The web of deceit, of lies
When will be open our hearts
For all people in this world
To whom we are connected now

How long will it take
For the wisdom seeds planted long ago
To sprout and grow ferociously
Envelop the world with people
Who open their heart for love?

The love and compassion
That has been in this world
 Everywhere and always
It is time, high time
That we get more wisdom

Let us start now to create world
Where love reigns
A fully united world
Where taxes are used for all!
No more hunger!

A world
Where love reigns
Let us start now
A world where
Love reigns

Aufie Zophy
Contribution To Evolution

Afternoon, enjoying a lovely breeze,
Sitting in the soothing shadow of casuarinas
When suddenly a fallen needle shaped leave
Touches my cheek softly.

'Hi leaf.' 'Hi, Hans'
Feeling pity for the fall of the leave
I asked about how sad it was to be like this.

'Not sad, my friend'
'This is my nature.
When I spouted I was bright green.
I enjoyed the afternoon cool of the sea
I enjoyed the light, helping me
to make oxygen and feed the tree.
I enjoyed seeing how the birds and bees
Were happy I was there for them,
I enjoyed basking in admiration of men
Of women who passed by and appreciated my beauty
I enjoyed the meaning I gave
I enjoyed my contribution,
My contribution to evolution.
It will never die.
My body is now brittle and no longer green
I have fallen from the high crown,
But my body will feed new leaves
And my contribution to evolution will never die.'

These were the last words
of a dear casuarina leaf.

Aufie Zophy
For My Sons

My sons,
I pray for you.

May our dear God give you wisdom
Wisdom to live a life filled with goodness.
Goodness from you to others
and goodness from others to you.
Wisdom to live a life filled with sharing
A life filled with joy and peace of mind
A life filled genuine happiness and honesty
A life filled with respect from you and for you.

May our dear God give you love
a life filled with love
a loving wife and loving children
loving friends and loving neighbors.
Our hearts are full of love
May our dear God help you to bring it out
to give it away to all around you
to receive love from all around you.

May our dear God protect you
and give you a life of safety
and good health
protect you from evil friends
from excessive sin

May our dear God show you His path
and inspire you to follow it
Cause if we follow His path
peace and joy and happiness
flows from within to flood
our soul, heart, mind and body.

Aufie Zophy
Forest Of Gratitude

In the shadow of the tree
of endless grace and amazing mercy,
ilies a magic acorn filled with gratitude,
spouting fast into a giant oak of awe,
exploding into a forest of kindness,
filled with wonderful paths colored with love.
Let us all get lost in this forest of gratitude,
leaving behind and never return
to the barren cities of greed.

Aufie Zophy
I Am

I am,
I love.
A white rolling wave
in the blue ocean
whispers in my ear:
You are,
You love.
I want to thank the wave,
I want to love the wave,
but before I can,
it breaks on the shore
and ceases to be, while
I am,
I love.
The beauty of the wave,
Its silent whisper
are still so much alive.
When I close my eyes
I see and hear it:
You are
You love!

Aufie Zophy
In The Monsoon Season...

On the stairs by the sea, sitting down,
I absorb the strength of violent winds.
The waves' white foam has turned brown.
Skies give away only a slit-like glimpse
of their deep and far-away azure beauty.
I inhale, melting in the view of the tree,
feel intimately connected to the wild sea,
while cloudy heavens seem to embrace me.
The soulful thoughts end quite abruptly,
when my son from behind calls suddenly.

Aufie Zophy
Little Purple Flower

I am a little purple flower
My petals so extremely small
I 've stood in the grass for many an hour
Enjoying a breeze most of all

But, oh, what happened to my peers!
Just yesterday, it moved me to tears
While the children of John were playing their game
My peers were trampled to death, what a shame

When just before that, some bigger flowers were damaged
The children were scolded badly by John
But when my brothers were ravaged
It was noticed, sadly, by none

Today, however, I had a reason to smile
A nerd, or so he must be
Looked at this little purplish flower, a while
And took a picture of me

Even if tomorrow, to the worst of my fears
I have to die, as yesterday my peers
I will do so happily
since someone has seen the beauty in me.

Aufie Zophy,
8 May,2010, Bachok

- - - - - - - - - - - - - -

I wish you all sea of flowers

Flower flower flower flower flower flower flower flower
Flower flower flower flower flower flower flower flower
Flower flower flower flower flower flower flower flower
Flower flower flower flower flower flower flower flower
Flower flower flower flower flower flower flower flower
Flower flower flower flower flower flower flower flower
Flower flower flower flower flower flower flower flower
Aufie Zophy
My Mother's Lesson In Empathy

At the time, I was a five-year old boy
A visit to my aunty, always a joy
My cousin was playing with cars at the back
He just had a new one, the body in black
Orange lines on the side, oh boy, what a toy

Only a few minutes later, it is hard to believe
My cousin was called and he had to leave
This left us alone, that beautiful car, and me
The temptation was great, as great as could be,
I could not resist and became a thieve

Into my pocket, very smoothly it went,
I was delighted, extremely content
When we reached home, I told to my mom
With much pride about what I had done
And that's where contentment would end

My mother, incredibly sweet, incredibly bright
Swallowed her anger but asked in a voice, slightly tight
Please consider for a minute or two
How you would feel if someone did this to you.
Deep in my mind, I considered this plight.

It was easy to see the horrible feeling
I'd caused in my cousin by carelessly stealing
Our next visit, I was allowed to put it silently back
That car, with orange stripes on a body of black
Since then, I 've quit forever the stealing

I don't think that there ever could be
A more brilliant lesson in empathy

=================================================
to my sweet loving late mother, a thousand times,
mother mother mother mother mother mother mother mother mother mother
mother mother mother mother mother mother mother mother mother mother mother
mother mother mother mother mother mother mother mother mother mother mother
mother mother mother mother mother mother mother mother mother mother mother
mother mother mother mother mother mother mother mother mother mother mother
mother mother mother mother mother mother mother mother mother mother mother
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mother mother mother mother mother mother mother mother mother mother mother

Aufie Zophy
My Son

My son, I can see so many good things in you
And here I am really honest and true.
My son, I love it when your caring heart opens wide
When I had a headache you came and sat by my side

My son, some of your talents for drawing, I have seen
You are really good at it, believe me, fantastic, I mean
My son, there are really so many good things in you.
Even so far, I have mentioned just two

My son, you have a talent for language, you do
Yes learning a language is easy for you
My son, Here’s number three, there is so much more
So much more in you, I truly adore

My son, I do understand that being 14 is quite challenging
There are so many things changing
But please my very lovely son,
Keep on bringing out the good that’s in you, please keep on.

Your loving father, Papa

Aufie Zophy
My Waves (For My Youngest Readers)

{poem inside little story}

- Hello, waves of the sea.

- Hello, Hans, how are you?

- Today I want you not to call me Hans, but Aufie.

- Aufie?

- Yes, Aufie is my poet name and today I want to write a little poem about you.

- Whoa! A poem about us? That makes us so happy, Aufie.

And the waves showed me their whitest foam, that was ornamenting their dancing backs And they spoke in their sweetest voice ever.

Here comes my poem:

My dear wavety waves,
Your soft enthralling voice sounds to me like a lullaby
It helps me rest and eases tenderly my sleep at night
My heart is really touched upon the wonderful sight of your dancing foam so amazingly and snowy white
It shines in the evening sun, oh so bright

- Aufie, this is nice, but this is only one stanza. Where are the other stanzas?

- Dear waves, some poems have only one stanza Can call me Hans again now.

- Dear Hans, we just want to know, when you talked about your heart Was this really true?
- Yes

- And when you talked about your tender sleep,  
  Was that also really true?

- Yes

- That is so nice of you!  
  We like your poem

- Thanks my dearest wavety waves.

- Thank you so much, Hans.  
  When we want you to write another poem about us  
  We will call you Aufie,

- That sounds great, my friends

- But then it has to have more than one stanza

- Promised!

Aufie Zophy
Naivete

Idealism of today is called naivete
Tomorrow, or sooner it'll be reality.

The next revolution will be
one of kindness
one of wisdom

the naivete of today
the reality of tomorrow!

Aufie Zophy
Nano

Some nano-molecules of joy
have entered my heart this morning
while I was cleaning a bit of my garden

Some nano-molecules of peace
have entered my mind this morning
when I saw and heard some beautiful birds

The nano-molecules of joy and peace
initiated a chain reaction of love
All love hidden inside, suddenly bared

Aufie Zophy
Our Choice

Walking on a hot and scorching day
We meet a splitting of the way
A way downwards looking shady, some trees are there
A way upwards, sandy without trees, just looking bare

Somewhere deep inside we know
The downwards shady path goes low
And down that place, there is no tree
Just heat and sweat and more ennui

Somewhere deep inside we are aware
That the way up, though initially a little bare
Will bring us to a place with lots of shade and big relief
It is God’s way, so I believe

Shall we choose the way below with instant pleasure?
Leading down to a place of heat, we cannot measure
Or shall we make little effort on the upper way?
And enjoy shade and breeze day by day

Aufie Zophy
Q..... World Peace

How many of us do sincerely pray for world peace
How many just think it is an illusion
If we go on not praying for world peace
If we go on thinking it is an illusion
Just an illusion it may remain.

Aufie Zophy
Praying with ego, or praying with soul,
The ego prayer is our ego, talking.
It sees prayer as a sacrifice of our time,
So that later we will benefit.
I will do something for God,
so I can get rewards later.
Can you see the huge arrogance
already creeping in, in the motives alone.
I, my ego, will do something for God.
How can we do something for God?
God is so great and omnipotent
that He is not affected by any of our actions.
We cannot affect God.
Only God can affect us.
But the ego prayer is still thinking:
If I please God now, make the sacrifice
and say the prayers I have memorised,
I will get my rewards later,
while the others deserve their own punishment;
- something we may even enjoy to see if the moment arrives,
since they have been so stupid
not to follow the same rules we believe in.
Our ego is always thinking in a commercial way.
Superior versus inferior.
I do something for you, you do something for me.
A mild form of corruption?
Only our ego could make us think and act as such.

The soul prayer is our soul, praying
It sees prayer as a gift of God to us
something sent to us from heaven,
something we can do for ourselves.
Praying is no longer a sacrifice we make for God,
it is a privilege we accept.
By praising God and praying with our heart, our mind and our soul,
we will immediately experience peace of mind
and if even that would be the only reward,
it would be already enough for us to keep on praying.
But it is not the only reward.
In the process we gain insights that help us,
live a more complete and happy life full of peace of mind.
It will really help us to see God’s plan for us.
We will become alerter and try to miss fewer opportunities to do good.
We will start to live more as a soul person and less as an ego person.
Living a life according to God’s plan,
we may die with great peace of mind that lasts well into eternity.
After a soul prayer we will not feel to be the good ones
deserving rewards in distant future,
while the ones not praying like us are the bad ones
deserving punishment;
after a soul prayer we will realise all of us are poor sinners
and it is our duty to do as much good as possible
and in the process inspire as many people as possible to do good with us.
This will result in an immediate but lasting peace of mind

Aufie Zophy
Silence

Contemplation, searching for my soul
Silence encompassing all
Alone but not in solitude
Silence giving fortitude

My ego-thoughts trying to prop up
Silence makes them stop
Soul is what I’m searching for
Silence, silence I adore

Connecting to my soul
Silence winning after all
Thoughts connect with high above
Silence fills my soul with love

Conscience conquering my mind
Silence makes it look so kind
Soul and conscience hand in hand
Silent wish to never end

Grateful heart joins in
Silence makes it all akin
Thanking God for this silent contemplation
Thanks for silence, thanks again

Aufie Zophy
Small Moon Poem

The moon, above the sea
is touching my eyes softly
with the sweetest song,
my heart has ever heard.

Keep singing, sweet moon,
your gentle voice coloring
the shore in delicate silver
behind a black crown of a tree.

Aufie Zophy
Soothing Sea Sounds

Soothing, breaking one by one,
Peaceful brushing on the shore
In crescendo and then back down
My soul is asking for much more

- - - - - - - - - - - - - - - - -

Sea, sea sea sea sea sea
Sea, sea sea sea sea sea
Sea, sea sea sea sea sea
Sea, sea sea sea sea sea
Sea, sea sea sea sea sea
Sea, sea sea sea sea sea
Sea, sea sea sea sea sea
Sea, sea sea sea sea sea
Sea, sea sea sea sea sea

Aufie Zophy

www.PoemHunter.com - The World's Poetry Archive
Speck Of Significance

In the universe, a human so small,
Looking just like a speck of dust
But born with a mind and a soul
And able to think, love and trust.
Many think that as a human, just one
Not a positive change can be made, nothing great
What could a good deed selflessly done
Ever mean in a world full of hate?

But if a butterfly in India, flapping its wings
could cause a storm over the Atlantic
Just see how one of the small insignificant things
Can have an effect, so gigantic
Then why would your simple random kind act
Just by chance or by divine intervention
Not snowball and have a huge impact,
Perhaps a kindness revolt of enormous dimension

So in each of our lives we must
Make a choice of incredible importance
Do we want to be just a speck of dust
Or a speck of significance.

Aufie Zophy
Tears Of A Wave

In a big ocean, not far from the shore
A small wave couldn’t take it anymore
It broke out in panicky tears
Another wave enquired about the worst of its fears

'All waves are breaking on the coast line
We are so near, it is no longer fine.
What is about to happen is awful, can’t you see?
Soon, nothing will be left of us, nothing of me.'

The answer of the companion was this:
'My dear friend, you seem not to know what reality is.
We are just a part of the ocean and forever we will be
Realising this you should not worry for you or for me.'

(I had shared this story, I had read in a book, with one of my fellow poets on poemhunter and she encouraged me to put in verses. Many thanks for this and also to other poets who have given me many other encouragements.)

Aufie Zophy
The Apple Cloud

In the desert: a scorching heat!
It is the temperature of greed.
In the sky almost uniformly blue,
there is a little cloud too.

As if magic, it takes the form of a grape.
It swells and grows into a big apple's shape.
And from my wonderful apple cloud,
Sweet drops of wisdom start raining out.

And as if by the hand of God
A grassy carpet forms on the sand so hot
The raindrops of wisdom are spreading love
A wonderful kindness coming from high above

On the grass, soulful flowers start to grow
And all over gentleness and harmony flow
In the meantime, still wisdom is pouring out
From that wonderful apple cloud.

Oh, no my friends, this is not just a dream,
In our world now still full of greed, soon will stream:
A flow of love causing a true wisdom revolution:
That will be the pinnacle of God's planned evolution!

Aufie Zophy
The Disappointed Vulture

One day, a vulture saw a dying hungry child
A meal was in the vulture's mind
The child died and the vulture wanted to eat
But to its own surprise, there was no meat

Aufie Zophy
The Dove Of Truth

The dove of truth is sitting in our garden
Our gaze inside the room
Light and truth just outside our window
Our eyes see only gloom

The dove of truth is making dovely sounds
Our ears like better beat and drum
Love and truth just outside our window
But our ears are deaf for them

The dove of truth is still sitting in our garden
Her message clearly there
Love and light just outside our window
But our egos would not care

If just our ego could be silenced
The dove of truth is never far away
Truth, light and love is all around,
Our soul will pray.

Truth Truth Truth Truth Truth Truth
Truth Truth Truth Truth Truth Truth
Truth Truth Truth Truth Truth Truth
Truth Truth Truth Truth Truth Truth
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Truth Truth Truth Truth Truth Truth
Truth Truth Truth Truth Truth Truth
Truth Truth Truth Truth Truth Truth
Truth Truth Truth Truth Truth Truth
Truth Truth Truth Truth Truth Truth

Aufie Zophy
The Golden Egg

Suppose you had a goose,
A goose that would produce
A golden egg a day
You wouldn’t want to lose
That special golden goose
You’d care for it in every way

Now something of more incredible worth
Was given to each of us at birth
We’ve got a worthy thinking brain
If positive, loving thoughts we’d feed it
Yes that is really all that’s needed
Just think of all the golden eggs to gain

If we keep up with doom and hateful thinking
Consuming drugs, excessive drinking
Getting stressed about any item in the news
Neglect good deeds and thoughts of pure
We can count on it, perfectly sure
That we will lose our brain as golden goose

Let’s feed our brain with all the best
Positive thoughts, lofty aims, a loving chest
Let’s focus on God’s way, forget the rest
Search daily for some goodness in the news
And sure your brain, just like the goose
A golden egg a day it will produce

Aufie Zophy
The Morning Sun

The morning sun may not remember
how it has been shining yesterday
Did it show its rays warm and tender
or did it, behind clouds, shy away

It is not tired when it shone for long
It does not care about the days gone by
Today it has decided to sing its song
with color pearls in a super splendid sky

Aufie Zophy
How I wish I would have the special words
To write the very most fantastic verse
I would pen it down with feathers of birds
write the nicest poem in the universe

I would dip the colourful plume in ink
That is magic and wonderfully blue
Using gothic letters of which I think
Anyone could see they were made for you

And this world would be full with jealous eyes
They would all be envying you so much
All people ’d turn their heads towards the skies
Wish a poem was written for them as such

But this one was for you and you alone
A superb poem, with a wonderful tone

Aufie Zophy
The Most Precious

77 leather bags
66 diamonds
55 bracelets
44 watches
33 cars

and then there was
that one smile...

Aufie Zophy
The Never Ending Poem Of Good Ideas

Note: I start this poem with 1 stanza only and invite everyone reading it to add 1 powerful positive idea to the poem in the form of one stanza of minimal 2 and maximal six lines. It has to rhyme! The practical approach on how stanzas can be added is explained below (this poem's story) . Here comes the never ending poem of positive ideas:

THE NEVER ENDING POEM OF GOOD IDEAS

The words in this stanza are meant to be the start of one of the longest, most wonderful pieces of art full of powerful ideas, imagination, super smart touching and moving each reader's soul and heart.
1. 14.7.14 (by Aufie Zophy)

For all mankind my wish would be,
all peoples on this earth set free;
All peoples here, all peoples there,
forever breathing freedom's air.
2. 16.7.14 (by Joseph Anderson)

Whenever you have time take a seat
let it be spent for the mind to understand the read
Together with the heart just listen to the beat
thinking about life and how fast it speed
And try to find its meaning, do we meet
3. 17.7.14 (by Unwritten Soul)

There is a thing called HOPE, LOVE, AND FAITH
that we must grab on to before it's too late
love making is what can be sold,
but love is what makes us whole,
and faith and hope cannot be taken away
for it is something that will always stay.
4. 18.7.2014 (by Louis Rams)
Utter a word of kindness to all you meet  
If not, arch your lips into a pleasing smile  
You can give it absolutely free of cost  
Yet it will leave the world less hostile  
. 19.7.2014  (by Valsa George)

We live in a world  
of everlasting change,  
the changes that we make  
will decide our fate  
let's make it free of hate  
. 24.7.2014  (by Dave Walker)

How many times can we say alas!  
And this too shall pass  
. 24.7.2014  (by Persian Nightingale)

One day, may every man on earth forever be  
As they've been born: equal, innocent, free  
To overflow with smiles and warmth of pure love.  
Could our earth our moon and sun fill the entire human race  
with only love and kindness, and make us forget all wars?  
Please hurry to connect, we need to catch our last chance!  
. 25.7.2014  (by Elena Sandu)

Feel the love and let it flow  
As a never-ending stream  
Through the veins of all humanity -  
Make it real, not just as a dream  
Make it real, not just as a dream  
. 28.7.2014  (by Valerie Dohren)

It's a miracle that I can walk  
It's a miracle that I can talk  
It's a miracle that I can see  
It's a miracle these ears of me  
Isn't our whole life a miracle?  
. 5.8.2014  (by Aufie Zophy)
When in poverty wallows the multitude
One of sharing should be your attitude
Do not hoard wealth more than you need
Or merely to satisfy your enormous greed
From your abundance, when the poor you feed
From the clutches of selfishness you'll be freed
. 5.8.2014 (by Valsa George)

My creative mood is dead for some time
watching life lost in senseless crime
Each time I lift my fingers to write
flashes of gruesome scenes override
this has been ever since the Gaza strike
I pray and hope the end of it is bright
. 10.8.2014 (by Nor Hayati Osman)

your stanza
. (by you)

&lt;&gt;

Aufie Zophy
The Next Step

Just now I have made a big decision.  
I hope it won't meet any derision.  
It is about the next step I will take,  
the thousand brief journeys I'll make

My next step, I really want it to be,  
one that makes me a bit more happy.  
A step towards love and being kind  
A step towards grace and peace of mind

A step without even considering  
What others might say about it or think  
But it will make the world a bit better  
That is, what in the end, will matter

I hope that my next step, my dear friend,  
will become in the world a kind of trend  
We will not bother to stand high or low  
what 'll count is the direction we're to go

A thrill is moving through my heart  
I hardly can wait to make this start  
Thrilled about opportunities I may meet  
to do good, I will get right on my feet

Come on my dear friends and foes,  
Get up, as the saying goes  
Our next step will be in the right direction  
A tiny stride closer to wonderful perfection

Aufie Zophy
The Perfect Tree

A tree in your garden
A tree in your street
A tree in your park
carries wonderful perfection.

Have you seen it?
Did you notice its perfection?
Did you touch it?

Take a look at it, touch it,
that wonderfully perfect tree,
that is ornamenting your garden,
your street, your park.

Aufie Zophy
The Rose, Named Love

Overnight, in the garden I own,
a little red rose, named Love, had grown

Seeing its glory, I knew from the start
I had to pluck it, place it in my heart

From this exquisite rose, I am giving away
to my friends, a petal or two, every day

And of magical petals, I have no lack
'cause for each petal I give, two grow back

A big rose named Love will as long as I live
fill up my heart: tonnes of petals to give

Now quick, I am sure that in your garden too,
there will be a magic rose, named Love, for you

Aufie Zophy
The Sea...

Music of rolling waves
enters my hungry heart
striking a chord of harmony
with the sea of abundance

The notes roll up and down,
and a wondrous breeze of love
inspires my mind and soul
to open up for torrents of peace

My ears filled with beauty,
heart no longer hungry
my being lightly afloat
in God’s Glory

Aufie Zophy
The Song Of Heaven (Haiku)

the song of heaven
sweetly sung by breaking waves
heaven kissed the sea

Aufie Zophy
The Song Of Heaven (Sonnet)

The violent waves of the stormy sea break
It is the song of heaven that they sing
Amazing, wonderful music they make
Adorable roars, truly enlight'ning

Heaven is pleased and delights in it all
A heavenly cloud gives the sea a kiss
The horizon, at a distance so small
Embraces the sea, an ocean of bliss

But heavenly songs and heavenly scenes
Without the beautiful image of you
Do not seem complete and so in my dreams
I'm not here alone, but we're here with two

So much I love sounds and sights of the sea
Much more dear's still, the love 'tween you and me

Aufie Zophy
The Soul-Ar Eclipse

A house, a car, as nice and expensive
A focus on things, so fixed and intensive
The morals are gone, the ego is lying
The soul is eclipsed and silently crying

Prayer is left, faith is obscured
By drinks and by sex our egos are lured
Stocks and cash demand the attention
No place for the spiritual dimension

Even if creed and religion’s alive
The ego makes it a reason for strife
No thought during prayer, only through lips
It’s hardly a cure to the soular eclipse

Prayer with heart and prayer with mind,
Acts without strife, and randomly kind
Are the way of the good ones, the way of the wise
Our world and our lives are meant to be nice

Aufie Zophy
The Wind's Blowing

The wind's blowing wondrous words
flowing like wild honey into my heart
drop by drop, so miraculously sweet
tickling my mind with a tinge of smart

Dear wind, keep blowing
Dear honey, keep flowing
Soon the words become silence
The drops become a sea of love

The waves of love and kindness
Engulf my spirit and my soul
Then, awakening slowly starts
A heart refilled with light, love for all

Aufie Zophy
The World Changed

A wooly cloud, orange and purple,  
entices my heart to melt and dissolve,  
to unify with soul and cloud.  
We float like an eagle on warm winds,  
no destination, just moving  
through pastel skies.  
We become magic rain,  
adorning like dew drops,  
the eyes of everyone we touch  
and love is shining;  
kindness reigns.  
The world is changed

Aufie Zophy
Theater In Bachok

This morning I went to a theater show in Bachok
I got comfortably seated on the first and only row
with a glass of freshly squeezed watermelon
naturally sweetened to perfection.

The first actress to come on stage
was a butterfly, performing brilliantly
the most elegant dance just in the air
Her wings were brown and white
and then she landed with her feather light feet
on a green leaf of a flowerless tree.

The second actor came on immediately
a white butterfly doing a rock and roll
The birds came on stage before it was their turn
but who cares about turns in this theater.
A choir of invisible doves
made their lovely sounds in the background
for an aria of a proud yellow bird.

When my drink was finished,
I was allowed to go on stage
and have a private chat with many actors
They spoke a strange language
but perhaps they understood my heartfelt praise.

Aufie Zophy
To Be

Two peaceful souls
were playing in the crown
of a wonderful forest tree.

Of peace I wanted to know
and approached the souls:
please talk of peace to me.

"The big problem is our focus:
it is on what we want to have,
not on what we should be

Let us first be kind, honest and true,
and pray with heart and soul;
so that what we're meant to be, we see

Then peace and peace of mind
and all that we want to have
will come flying to us automatically"

Such was the response of two souls,
peacefully playing in the crown
of a wonderful forest tree.

Aufie Zophy
To Our Amazing Creator

Our Amazing Creator, so full of Grace,
So full of Forgiveness and Fatherly Traits
Lots of Praise and lots of Thanks we give
For this Wonderful World and the Fact that we Live.

We dream of Your Kingdom
Somehow It will come
Somewhere in the World or high in the Sky
We will see Its full Glory after we die.

Amazing Creator of Night and of Day,
To You we ask for help and to You do we pray,
Help us to serve You however we may,
Help us to see and do all things in Your way.

This little prayer, how small it may be
I hope it will help me, help me to see
To see all the things that You'd like me to do
To help where I can and be faithful to You

(Bachok, 19 May, 2010)

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Aufie Zophy
A pair of hands is praying
for a wave of triple wisdom;
a breeze of truth and light
to make everyone
in this world still filled with greed
see the highest axiom
that only selfless kindness
will bring true happiness

Aufie Zophy
Twee Aapjes

Er was eens een aapje in de Efteling,
dat heel graag de ezel uithing.
Alhoewel hij zich goed kon concentreren,
hield hij helemaal niet van leren.
Op 't eerste gezicht had hij een mooie snoet,
amar zelden was hij vriendelijk of gewoon goed.
HIj voelde zichzelf altijd den besten,
en hij hield ervan om anderen te pesten

Hij had een broertje, jonger een jaar,
maar die was heel anders; 't is waar.
Hij had een beetje een scheve mond,
maar toch was het zo dat iedereen vond

dat dit het liefste aapje was van uren in't rond.
Hij las veel in boeken en hield van studeren;
HIj was ijverig en bereid om altijd te leren;
hij was niet lui en altijd vroeg uit de veren.

Mijn beste vrienden, nu heb ik een vraag,
ik wil nu eens weten, heel graag:
Welk van de aapjes, welk van de bei,
was meest gelukkig en vaak ook blij?
De aap die graag peste en zelden las?
Of denk jij dat het zijn lieve broertje was?

Aufie Zophy

www.PoemHunter.com - The World's Poetry Archive
Two Little Monkeys (Poem For Children)

Once upon a time there was a monkey that liked to behave like a donkey. At first sight he had quite good looks but he really hated reading books. Even though he had quite a fast mind he rarely was friendly or kind. He thought that he himself was the best and liked to lie to and bully the rest.

One of his slightly younger brothers was always loving and caring for others. His looks were said to be not as good but he read as many books as he could. His mind was a little bit slow. He was humble and kept his voice mostly low. He was friendly and everyone would find that his little monkey was always kind.

Now tell me, my dear friend. Who do you think in the end was the most happy monkey? The one behaving as donkey? Or the one who kept his voice low? I am very sure, the answer, you know!

Aufie Zophy
Waltz

The morning land breeze blows softly
And the long thin branches
High on the casuarina trees
Are dancing a perfect waltz
On the impeccably blue sky

Aufie Zophy
Wandering Cloud

Relaxing in a lazy chair
Casuarina branches, painted on an ever blue sky
A breeze of traveling fresh air
A wondrous white cloud wanders by

Where it will go I am clueless
before long, all again is blueness
I feel a bit lost without
my wandering white wondrous cloud

Bachok, 2010

Aufie Zophy
Was It Six Days Or A Trillion?

Was 6 days all it took to make this world’s creation?
Or was it an evolution over a billion years or longer?
Is what we read in Genesis an oversimplification?
Which of both theories is stronger?

But why would it matter?
Should we take the story of Genesis to the letter?
Or should we look for the meaning inside
The ultimate message, leaving all else aside

The message is that all was created by God
Is this contradicted by evolution? No, definitely not.

If we would write the evolution according to current understanding
How many people of the tenth century would have got a clue
To what it meant and in the ending
They might have rejected the main message that is oh so true.

The message is that all was created by God
Is this contradicted by evolution? No definitely not.

It is time that all of us realise
The world is full of miracles, it’s all just there.
No matter how long it took to materialise
The hand of God is everywhere

If somebody will write in the year 3000 about creation
And about all things that live and exist.
What we think now, will be an extreme oversimplification
Only the main message will persist

The message is that all was created by God
Nothing will ever contradict this, no, absolutely NOT

Aufie Zophy
Waves

A wave of moonlight
Hits the waves of the ocean
The sound of a breeze
Ripples of inspiration
A wave of peace in my soul

Aufie Zophy
We Can Move

The potential in each of us
is like the one in an acorn.

It is huge, hard to imagine
how big the influence can be.

It needs the right place,
the right nurturing, the right 'soil'.

We CAN make this world a huge 'oak forest'
full of love, peace and harmony. Each of us CAN.

An acorn on the wrong soil
will lose its potential.

But we have a choice.
If our soil is not good,
we can move.

WE CAN MOVE!

We can move to the right soil
so we can move the world

Aufie Zophy
What We Think And Feel...

The evening sun shone its magic light
on the trees along the white sand shore
a superb scene, a pure delight,
an amazing sight, rarely seen before

My thoughts were filled with love
Feelings warm, affable and kind;
perhaps they came from high above;
filled my heart, flowing to my mind

In the middle of my lovely walk,
So many children playing in the sand
stopped their game to come and talk
we laughed and they became my friend

These children's love that came my way
Somehow, it made me understand
that what happens to us day by day
does on what we think and feel, depend

Aufie Zophy
When The Night Falls

When the night falls,
my thoughts wander
to the sea of abundance.
My ears listen to Tibetan music.
My eyes dream of lakes and mountains.
My heart visits the land of love.
My soul swims in endless oceans of goodness.

When the night falls,
when silence appears,
when most people sleep,
my thoughts wander...
My eyes see smiles and happy faces.
My ears hear chuckles and laughter.
My soul sees the revolution of kindness.

That huge revolution of kindness getting nearer and nearer
and nearer and nearer and nearer and nearer and nearer.
Soon all of us will see our true nature,
kindness everywhere, greed gone.
My thoughts wander
a bit closer to a dream
but every new day, also
a bit closer to the upcoming reality.

Aufie Zophy
When Your Heart Seems Hopelessly Broken...

Deceived, a heart full of hurt
Bitter and hard, Hatred burning
A flood of tears
Will the tide ever be turning?

Even though your heart, he has been destroying
Life seems so nice to him, he is still enjoying.
You are alone, all alone with a heart full of hurt
You shout it out loud, but remain unheard.

Through all the hatred you find in your heart
the suffering and pain becomes worse
You want peace, but where do you start,
All you are is bitter, hateful. You curse

When we pray for help and support from above
For the one who had lost all love,
the idea of forgiving seems to grow stronger.
We do not want to hate for much longer

Once we can forgive in our heart
grief starts to fall apart.
Tears may come back on and off
But we become able to live, love and laugh

When we decide that we want to keep hatred so strong
We will continue to hurt and be bitter all along.

Aufie Zophy
White Lines (Haiku)

amazing white lines
light'ning in the darkest skies
Frightening beauty.

Aufie Zophy
Why Is My Soul So Quiet

I often wonder why my soul is so quiet
It has to be so silent for me to hear my soul's voice
I often wonder why my ego is so loud
My ego's shouts are heard, even in the loudest of noise

Perhaps the answer lies in the inherent nature
The inherent nature of ego and soul
Perhaps the inherent nature of soul is stillness
and that of ego is not quiet at all

It would be easier to live a life full of love,
surely if our soul, a bit louder would cry
But it may well be that love without silence
would not be true love; perhaps that's why...?

Aufie Zophy
Wisdom And Love

I,
oh no, you,
I want to start not with I
but with you

Feelings of love
Eternal warmth is mine,
No, yours and mine
Wisdom from above
Light will brightly shine
On me,
On you and me

Becoming one, wisdom and love
Light and warmth melting in each other
Empathy and compassion, love
Humbleness and honesty, wisdom
Integrity and innocence, love
Justice, wisdom
Love and wisdom all around
Warmth and light unite
For you and me,
For us,
Yes, we.

Aufie Zophy
Words

Words point at the Truth
Just as you can point
With your finger to the moon

But just as your finger
IS not the moon
Words ARE not the Truth

And just as we can see the moon
Without your finger
It is possible to see the Truth
Without words

It's good to be guided by the words
To find the Truth
But without silence
Without reflection
Without connection to your soul
Any word will be in vain.

The words are there for us,
Let us see them with our soul.

(inspired by a Zen Story)

Aufie Zophy
The Umbrella Tree

Near a hotel pool, close to the sea
Stands proudly, this huge umbrella tree
Its thick branches, far and widely spread
Blooming with flowers, small and softly red
on top of a wealthy green leafy bed

A breeze from the ever blue sea gushes by
Making hundreds of flowers fly high
And beauties that once ornamented the tree,
In a snow-flaky fashion, a pleasure to see,
Fall down in the pool, fall down on me

Looking at the flowers in the pool, I note
They seem to enjoy to be lightly afloat
But then it occurs to me, a jolt in my head:
They do not enjoy, they’re dead
They have become floppy, hopelessly wet

My mind fills with thoughts of my own mortality
How long will my body, my mind still be?
But my body and mind are not what makes up me.
I am my soul, which after death will be free
I think it may still come back to see
This miraculously beautiful umbrella tree.

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Aufie Zophy
X..... A Little Sadness

Reflecting on my life at the end of the week
A tear leaves my eye and caresses my cheek
My ego wants to force a smile, but my soul doesn’t feel the need
This little sadness doesn’t taste bitter; it is sweet

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Aufie Zophy
X..... Amazing Dance

the wavy hard sand
was massaging my feet
when a startled crab
in the shallow sea
danced away from me
it doubted a while
should I dig in here
or tango some further
It tangoed quite a bit on
A score of small fishes
waltzed fast to the deep of the sea
Was is the crab
or were they also afraid of me?

But the most wonderful dance
was still performed by the waves
white pearls of sweat
ornamented their foreheads
they made the music
they sculpted the sand
The sand that was wavy
and still was massaging my feet.

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this poem is meant for beach lovers
I love the
Beach beach beach beach beach
Beach beach beach beach beach
Beach beach beach beach beach
Soooooo Much

Aufie Zophy
Jesus: turn your other cheek
Mohammed: fight a holy war
Paradoxical so it seems
Who is wrong and who is right?

A question that has bothered me
For so long until one day
I saw the movie, Gandi
It solved it straight away

I saw Ghandi fighting
The strongest of holy wars
While turning his cheek
A fight on the highest possible plane

I read the speech “I have a dream”
Another warrior for justice
Non-violence was his creed
Another holy war while turning cheek

The contradiction is only fake,
We have to fight injustice
With all the might we can
But on the highest plane.

Fighting a holy war
While turning cheek
Winning is the only outcome
Indeed a blissful paradox

Aufie Zophy
X..... Early Dinner

The setting sun
is struggling
to fight the darkness,
but is slowly giving in

A magic light red cloud in the sky
shines through crowns of casuarinas
majestically dancing on the rhythm
of the cool evening breeze

The fading red light
accentuates the silhouettes
of crisscrossing bats,
looking for an early dinner

Aufie Zophy
X..... Early In The Morning

Half of the setting full moon
hiding behind an early morning cloud
A colourful sunrise, coming soon
In the morning silence, faint steps seem loud

Feeling of love, fresh like dew
Devotion, tremendously deep
Prayers for blessings, a day brand new
Happily aware, while others still sleep

Dreaming of a day full of kindness
Extreme friendliness in the plan
Forgiving wilful blindness
Making a difference, I hope I can

Aufie Zophy
X..... Gentle In Reverse (Mirror Sestet)

Keen on suit and tie, but what do coat and tie mean?
Mean indeed, can the gentlemen be if only on money they're keen
Lean on compassion, liking to put up a scene
Seen as handsome but on their shoulder not a cripple could lean
Obscene in their language, always looking clean.
Clean hanky in pocket, but harassing a teen, truly obscene

Aufie Zophy
X..... Glory (Haiku)

Colorless sunrise
A dark cloud above the sea
Still full of glory

Aufie Zophy
X..... Haiku: Changing Colours

A fluffy cloud drifts
Closer to the setting sun
And its colours change

Aufie Zophy
X..... Haiku: Perfection

A true perfection
Is a perfect illusion
That’s just what it is

Aufie Zophy
Happiness for us
Lies in small good things, it does
But most in our mind

Aufie Zophy
X..... On A Lighter Note

You are so ugly, so extremely ugly
So ugly, I have never seen,
Said the drunk man to a lady

You are so drunk, so extremely drunk
So drunk, I have never seen,
Said the lady to the drunk man

Yes, but my drunkenness
Will be over by tomorrow,
Said the drunk

The real funny part of this story
Is that the ugliness of the drunk himself
May well last into eternity

Aufie Zophy
Sometimes,
Everything seems to go wrong
Everything seems so depressing
It can go on for quite long,
Until we stop to count our blessings

I had fractured my shoulder
the pain was sharp
My mood got quite deep, quite down,
But then just outside my garden...

I was sitting there quietly
Looking at the South China Sea
The sun made it look bright
Bright brown in front,
'cause of sand thrown up by the waves
Hues of bright green to blue behind
With spots that were really dark,
The shadows of a few scanty clouds

All this seen through a frame of white sand below,
A blue sky above and in perspective,
fresh green branches of trees at the sides
How could I be sad for much longer
With such images in front of me?

One of the clouds moved in front of the sun
And a slight breeze came along
To give a refreshing cool to my cheeks
And blow away the moist that had formed on my forehead.

While the ever-changing shadows of the clouds
Continued to colour the sea in ever changing patterns
Two small birds started to argue with their lovely voices
And were flying through and fro.

The breeze got a bit stronger
and made the coconut leaves do their typical dance
The music of the waves was enriched
by the sound of the rustling leaves

I removed a few dry casuarinas leaves
that just had fallen on my cahier
From the parent tree
swaying softly in the wind

The amazing beauty of the scene had me dreamy, when...
My beautiful wife brought me two of my favourite doughnuts
With a cup of steaming hot coffee.
The pain of the fracture seemed to have become so small...

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Aufie Zophy
Peace

A pregnant coconut tree
Quadruplets about to be born
Through its gently shuffling leaves
Rays of the fast rising sun
allow a lovely sneeze

Music of an orchestra of birds
floating on sounds of breaking waves
Soft breezy air carries a smell of the sea
A feeling of close to perfect peace
gulfs my body, mind and soul

A small salamander runs by on awkward legs
The sea is blue, the sky carries fluffs of wool
In perfect harmony with the green of grass and trees
The peace goes on, a close to perfect peace
A butterfly flies by and the peace goes on

Aufie Zophy
X..... Snow

On my way home at night in the car,
I have to travel still a distance, quite far
Thick flakes in the sky causing some fear
praying for safety for me and my family, dear.

But somehow along the slow ride,
A big joy props up from inside
The peace of the dancing flakes in the night
A feast for the eye, impeccably white.

Some wonderfully sculpted flakes hit the screen of my car
looking like diamonds, the shape of a star
The heat in my car makes them melt all too fast
How I wish, a little longer they’d last

With my eyes kept safely on the road,
I cannot keep out of mind the lovely thought
of waking after the night in the midst of an exquisite sight
with branches of trees in a tight dress of bright white.

Aufie Zophy
X..... Sunlight Reaching The Heart

The sun on my skin
The heat reaches my bones within
A wave of love
Sweeps through the core of my heart

Aufie Zophy
X..... The Bird

A little bird is flying by
It lands here straight in front of my
So many questions in its eye
My soul is listening or at least would try

"Why the humans, so endowed by God,
Still want to be so cruel to us, birds
Don’t they appreciate what they got?
My brother captured, sister killed, can you explain in words? ”

I try to talk about capitalism and human greed
About loss of morals, unsatisfiable need
But the bird seems not to understand what I say
It gets soon scared and flies away.

Aufie Zophy
Unconditional love always wins

There was a girl, named Rabia Captured by vicious men Sold as slave at a very tender age Imagine, if you can

Work was tough Hard, early until late, every day The master was rough Bad temper was his way

The master came home quite late one night He could hear from Rabia’s room some noise He was concerned, went nearer It was a whispering voice

He was curious to whom his servant Would still talk to so late at night He went to the window to see And could not believe the sight

The girl he treated rough and hard Was sitting there to pray Asking blessings for her master From the Creator of night and day.

Through his heart, a remorseful wave: Who was he to treat this saintly girl as slave He set Rabia from slavehood free A true saint, she went on to be

Aufie Zophy
X..... When We Silently Pray

Have you seen a crab on the beach,
Running towards the water of the sea?
That is how our brain feels
Getting closer to divine wisdom
When we silently pray

Have you seen a young tree
Its roots penetrating the earth
Its branches embracing the air
That is how our heart feels
Reaching out for love
When we silently pray

Have you seen a piece of bread
That was dropped in a bowl of soup
Drenched, completely wet
Its texture changed forever
That is how our soul longs
To be immersed in our Creator
When we silently pray.

Aufie Zophy
A specialist did his rounds in the morning,
Then, was hungry and went for breakfast with his friends:
“Have you seen the match between Uruguay and Spain?
Spain is strong, any attempt to beat them will be vain.
Germany, Maradonna have nothing to gain.”

In the mean time inside his clinic, a patient in pain:
‘When will the doctor be able to see me? ’
I am sure he is helping out in an emergency.
I pray, it turns out okay,
please doctor, come as soon as you can be.

Aufie Zophy
Y.. Morning Magic (Haiku)

Please, God, let it be
That early morning magic
Stays 'till night with me

Aufie Zophy
Y..  The Little Light

There is a little light,
A little light in your heart,
A little light that has tremendous power
If we allow, it can obliterate all darkness.
That little light in your heart
Let it shine.

There is a little light,
A little light in your soul
If we allow, it carries tremendous wisdom
It flashes sparks and thoughts of goodness
That little light in your soul
Let it shine.

No matter how dark is the night
Within, you can always find that little light
The light in your heart, the light in your soul
They’re always there to brighten your world
These little lights of your heart and soul,
Let them shine.

Aufie Zophy
Y.. A Deep Valley

A valley, unfathomably deep
It's dark, it's cold; bitter tears I weep
Is there a way up, is there a way out?
Should I be quiet or just start to shout?

I'm lost in the labyrinth of being worried
Engulfed in self pity I am almost buried
Monstrous dinosaurs of hatred surround me
My ego's nasty revenge has not yet found thee

I want to get out at any cost
The more I fume, the more I am lost
A hopeless jungle of feeling bad
The situation just drives me mad

Until finally,

I come across the path of love
Leading to somewhere high above
A path created by wisdom of Saints
It seems to be free of all restraints

I start to follow this path of unconditional love,
Away from this valley, I want so much to get out of
Worry and hatred are left behind
Bye, deep valley, I have freed my mind

--

Note:
This poem is about one hour or so I spent in nature in solitude
soon after a very disheartening verbal encounter
with one of my teenage sons whom I love soooo much.
Really, love is our God's way......

Aufie Zophy
Y.. A Firm Yes

In a wonderful cartoon, i had the pleasure to read:
A lonely person stood on the corner of the street
He was pulled to one side by a good hearted soul
He was pulled to another side by a good hearted soul
Each wanted to invite him for dinner, a good deed

Could it ever be, that there is a lack of lonely people in the world?
Will it ever happen that more people want to invite lonely people
than there are lonely people?

I ’d answer with a firm YES
’cause we are living in a spiritual world
and more spiritual it becomes!

Aufie Zophy
Y.. Charms Of The Sea

The white foam
of majestic waves
usurps my spirit

The perfume
of the sea
pervades my mind

The reflection
of the late morning sun
beams into my heart

The sound roars and
my whole being is seized
by the magic of the moment

Aufie Zophy
Y.. Didn't

I wanted to wait
But I didn't

You wanted to help
But you didn't

He wanted to respect
But he didn't

We wanted to donate
But we didn't

You wanted to talk
But you didn't

They wanted to build
But they didn't

Don't we all have good intentions?

Aufie Zophy
Hey, Jay,

A disabled boy,
'Do not stare at him, this way'
Staring may be wrong?

A disabled boy,
Instead we look away.
Is turning away not wrong?

A disabled boy,
To stare or turn away,
Which one is more wrong?

A disabled boy,
'Have compassion' they say
Or is compassion also not right?

A disabled boy,
Perhaps there is no right or wrong,
If we 'd just follow our heart?

Aufie Zophy
Y.. Huge

A billion metric tons of friendliness
sit in the heart of everyone on earth
An inexhaustible sea of kindness
Resides in our hearts since birth

Why only milligrams, we use,
a few droplets at a time?
There is really nothing to lose
If we let what's in our heart just shine.

Stinginess with water from a sea?
Stinginess with metric tons from that heart of thee?
Let's set all that friendliness, all that kindness free
Let's shower a bucket full on friend and foe, why shouldn't we?

Aufie Zophy
Y.. Humility

When we bend forward
When we kneel
To praise our God
Let's become truly humble

When we bend or kneel
To praise our God
Let's decide to give up
The childishness of adulthood

After we 've bent or kneeled
To praise our God,
Let's live the child-like life of children
A child-like life full of love and wonder

Aufie Zophy
Intimate Freedom

Intimate freedom?

So many people go on with the most intimate act
Shortly after they met, after the first contact
Lust and desire, need for pleasure, a gift a God
And then He forbids it, quite cruel! Or not?

Imagine your one-time girl experiences a pregnancy
After your very pleasant and happy intimacy
A child without father, the mother too young
Or illegitimate abortion, a feat causing guilt, often life-long

But now we have means to avoid such ills
We do have devices and wonderful pills
With proper protection, even HIV has no chance
So why not enjoy the pleasure of the intimate dance?

Still, my sons, please think of the size of the feeling
We generate in young girls through 'virginity stealing'
Every day, broken hearted people, driven to the brink
Are hopeless, overwhelmed by sadness, unable to think.

Some may say, no problem if both are fully aware
It is not love, just pleasure we share
What a huge mistake to think we are above
The power of nature, of falling in love.

Next time, just think, perhaps when too early intimacy would start,
You 'll be the one, ending up devastated, with a broken heart.
After you gave the best of yourself, you are dumped for another
Your feelings ignored, your love of your life, she couldn't bother

For yourself or the girl you desire, avoid this curse
Being dumped after love, nothing seems worse.

Intimate contact, still a present from God, super fine
As long as we reserve it for the very right time!
Written in clear language for my two teenage sons
The rules of our Creator make so much sense!

Aufie Zophy
Y.. It Is All In The In

Love
With or Without in
A Fall or a Choice
Lightness or Virtue
Weakness or Strength
Transient Ecstasy or
Permanent Peace of Mind
In makes all the Difference.

Aufie Zophy
Y.. One Second Ago

One second ago or even less
A thing flashed through my mind
A thought it was, I guess
It was particularly unkind

Now I have a choice to make,
I think a lot here is at stake
I can let bloom the unkind thought
or destroy it, make it naught

A bit proudly, here I state
My choice has been already made
With thanks to our God above
The unkind thought was replaced by one of love.

Aufie Zophy
Tired at night, I went to sleep
I slept tremendously deep
I slept a very long time

I woke up in October of 2110
and some history books of then
were laying in that room of mine

How exciting it was, how queer
to read the history of the coming years
I was in for quite a surprise

The heroes of the 2011 history books
were labelled as what they were, just crooks
Heroes in 2110 were nobody else than the wise

There were some wise people, so clever
who brought to us kindness and wisdom forever
these were the heroes of 2110

Among the heroes, prophets and thinkers were found
poets of wisdom, their names all around
Sages and wise ones from way back, 2010

In 2110, from what I could read
there was no longer hunger, no more greed
thanks to the poets sharing wonderful words

I prayed to go back to the time when I had started to sleep
I wanted to share that news, so good, so profound and deep
I was happy to wake up in the now, my prayers were heard

So here I share the wonderful news at last
That greed and hunger will soon be a thing of the past
it all 'll have started in 2012 during spring

History books of the future mention a kindness revolution
Starting in May 2012, affecting all subsequent evolution
Isn't that a wonderful thing?
Aufie Zophy
Y.. Reality

Reality
Is dark and gloomy
But I see so much light

Reality
Is negative and bad
But I see so much goodness

Reality
Is falsehood and deceit
But I see so much honesty

Reality
is ugly and hideous
But I see so much beauty

Reality may be changing slowly
Please try to see
Take a look together with me

Aufie Zophy
Y.. Simple

It's so simple, rough acts boost our ego,
but trouble our soul, trouble our life
Nice and kind acts boost our soul
and will lead to peace of mind

It's so simple, rough words boost our ego
but trouble our soul, trouble our life
Nice and kind words boost our soul
and will lead to peace of mind

It's so simple, rough thoughts boost our ego
but trouble our soul, trouble our life
Nice and kind thoughts boost our soul
and will lead to peace of mind

It is really that simple, we always have the choice
It is just a very true fact of life
Just think about the last time you acted, talked, thought rough
Just think about the last time you acted, talked, thought nice

Aufie Zophy
Y.. The Cloud

A sublime white cloud
Hanging above the sea
Fluffy and streaky
Transparent and bright
White and blue
Fully abstract
A marvellous sight

That cloud,
So nice.
No ancient Greek,
Nor Michelangelo
Nor Van Gogh, Nor Picasso
Has ever made anything
Of such astonishing beauty

Such a sublime piece of art
Sculpted, painted,
By the Ultimate Master
Of all Sculptors, painters

&lt;
Aufie Zophy
Y.. The Girl

The girl is wearing a head scarf
She is also wearing trousers

Condemned by Westerners for wearing the scarf
Condemned by Muslims for wearing trousers

The girl is
not condemning others...

- - - - - - - - - - - - - - -

&gt;
girl girl girl girl girl girl girl
  girl girl girl girl girl girl girl
  girl girl

Aufie Zophy
Y.. Touch

&l;/&g;We were reaching out to touch
We didn't touch a thing
We didn't touch a body
We touched a soul.

And suddenly, the world changed forever

Aufie Zophy
Y.. Tree Of Life

The tree of life
It has a branch
A money making branch

The bigger the money making branch
The more comfortable our life
But if the money making branch
Is the only branch
On our tree of life
It is such an ugly and unstable tree.

A prayer and devotion branch
Will stabilize the tree of life
Let it be a real big branch
On your tree of life
But if only two branches on a tree
Imagine how ugly it would still be!

So let there be branches
Of Affability and Charity
Of Cheerfulness and Friendliness
Of Gentleness and Honesty
Of Humility and Compassion
Of Spirituality and Wisdom
Of Courage and Hard work

With these branches present,
It will carry soon the lush greenery
Of love and job satisfaction
And soon enough, the tree of life
Will bear the fruits
Of peace of mind and happiness.

A wonderful tree of life I wish you
with many fine branches
and lots of greenery and fruits.

Aufie Zophy
Y.. Trolls Of Discontentment

Ignoring the marvellous blueness
of the skies, the woman inside
tries to paint on his life's canvas

Blinded by the greenness
in the meadow on the other side
He starts to graze just grass

He may never choose to cease
the trolls of discontentment's seize

Aufie Zophy
Y... As Long As!

Religious teachings can truly inspire
As long as they do not make a loving heart putrefy
Through advocacy of hatred, a true toxic waste,
that kills all flowers in the garden of the mind;
Hatred, always coming from the ego of the preacher,
Never coming from a majestic omnipotent Creator;
Hatred is trying to lure our hearts into condemnation,
Misjudgement, arrogance, false feeling of superiority.

Rituals can help us to get closer to the Divine
As long as we do not allow them to become a flood
making rusty the wires of our mind.
Rusty wires may prohibit to tune in to the music,
in to the divine melodies containing fantastic truths
in to the roaring cry of nature
to render selfless service to all humans
and to become truly humble

Holy scriptures are great guides to human life,
As long as we do not allow the books to petrify
into large rocks inside the stomach of our soul.
Large rocks may obstruct all further nurture
from the manna of divine wisdom
from the nectar of unconditional love
that is found throughout nature
in the spirit of all humanity and above.

Holy scriptures, Rituals, Religious teachings
are great tools for humanity to use
As long as they do not become tricks that are abused
to please our ego and silence our soul

Aufie Zophy
Y... As We Can

Doing something pleasant
Doing something unpleasant
Let's do it as well as we can.

Talking to someone nice
Talking to someone rude
Let's talk as well as we can

Praying in glory
Praying in frustration
Let's pray as well as we can

Aufie Zophy
Y... Calling

A calling can be so strong
It makes us move away
A calling can be so strong

We move away for long
From our loved ones
We move away for long

We miss our loved ones
But our calling is so strong
We miss our loved ones

Our calling can be strong
Following our calling can hurt
But it can be oh so strong.

Following our calling can hurt
But isn't it our soul's desire?
It may be worth the hurt

Aufie Zophy
Y... Close To My Children

I was dreaming
I was a magnificent tree
With my children as saplings
standing around me
sharing my roots

I was dreaming
I was a beautiful rose
With my children as buds
standing near me
on the same stalk

I was dreaming
I was a reddish apple
with my children as blossoms
standing near me
on the same branch

I woke up
and my children were near me
So many thanks, my God.

Bachok, Nov 2011
I want to be close to my children
Children children children children
Children children children Children
Children children children children
Children children children children
Children children children children

Aufie Zophy
Y... Elegant Violence

After five days of gloom
and dark monsoon,
sparks of colour in the sunrise
betray an enticing pause in the season

Strong winds still stand
and sweep up white chunks of water
that jump out of the sea
in violent bouts of elegance

Aufie Zophy
Y... Flood

Can you feel the monsoon of love
Can you feel the typhoon of kindness
Can you feel the hurricane of care
that are about to make sane this world

Just open your eyes and ears
Just open your hands and heart
and be a part of the flood
of love, kindness and care...

Aufie Zophy
It's uncontainable
It flows
Have you seen it?
The world is flowing
Towards goodness
Goodness is flowing
Many do not see it
It just flows
It's uncontainable

Aufie Zophy
Y... Food For The Soul

Food for the body

I know of men, who do not have enough,
Lacking food and drink, their life is rough
Day in, day out they struggle for food
There is no time for any other good

Food for the ego

I know of men who have enough food and drink
So they have time for something else to think
Their egos are hungry for money, power and fame
Getting more, being restless, an endless game

Food for the soul

I know of men who are contented with how they live
They focus on soul and never cease to give
To give love and support, perform acts randomly kind
They are the ones who have at any time peace of mind

Aufie Zophy
Y... Garbage Man

Become a garbage man
Every day, just for a minute
Search for some litter
Pick up some garbage
Where ever you can

Don't stoop down.
Not good for the back
Just sit on your heels
Stay squatted and look up
It gives you a special perspective

Pick up a hand full
Walk to the bin
Not the nearest
The walking is exercise
Good for your body

So, become a garbage man
It can give you perspective
It is good for your body
It is good for the world
Just a hand full per day.

-

Note:

Garbage men really deserve ou full respect.

I got the idea to write this piece when I was picking up a handful of garbage from the beach. I thought if there more people picking up garbage than people throwing garbage, littering would no longer be a problem.

I hope in this poem there is nothing disrespectful of garbage men. They really do a great job en deserve our respect as much as doctors and lawyers deserve our respect (as indicated in the comments by unwritten soul below)

Aufie Zophy
It is dark, no moon, no light
Just darkness, a starless sky
The wind blows, the waves break
A single firefly passes by

Soon the firefly is gone
Leaving me in thedarkest of nights
The tiny fly made me anticipate
A sunrise with the finest of lights

Bachok, January 2012

Aufie Zophy
Y... Just Above The Horizon

&lt;/&gt;
Up high,
Up high in the vast sky
I searched for ultimate beauty
Ultimate beauty was what I yearned to see
But then just inches above the horizon
Right in front of my wide open eyes
I found the most amazing
The most picturesque
Of all clouds
Luxurious soft pastels
Of light purple and
Mellow orange
Almost caressing the sea

Aufie Zophy
Y... Let's Be Grateful

Let's be grateful for

Amazing Astonishing All-encompassing Altruism
Breath-taking Brightness and Beauty
Cheerful Cute Children
Delightful dazzling dreams
Elegant Extraordinary Endeavours
Fine Fantastic Fabulous Friends
Great Gentle Good Greetings
Heavenly Honest Healing Humanity
Inspiring Illuminating Innovative Ideas
Jovial Jolly Joyful Jokes
Keen Kindheartedness
Light, Love and Life
Marvellous Magnificent Magic Mornings
Nice Nature
Outstanding Opportunities
Pleasant Pastimes
Queer Qualities
Ravishing Reality
Superb Superlatives
Tangible Thrilling Thoughts
Unbelievable Utterances
Very Valuable Views
Wonderful Wishes
Xceptional Xcellence
Yummy Yoghourts
Zealous Zest

And that's just the tip of the iceberg

Aufie Zophy
Y... Let's Feel It

We say that our Creator is the most gracious
Let us say it again and feel it
Really feel the grace and love of our God

We say that our Creator is the most forgiving
Let us say it again and feel it
Really feel the forgiveness of our God

Let’s feel it. Let us be filled, feeling Love
He filled our hearts with Love and kindness at birth
So freely to share with all around us, all the world

Free refills, whenever our love reaches a soul,
when a smile adorns the face of a child
Free refills at every prayer, every thought of God

We used to say thanks to God for He created the world
Let us say it again and feel it
Feel the thanks, the gratefulness deeply in our hearts

Feel the gratefulness for our wonderful senses
Feel the gratefulness for all the things we have
But most of all for that enormous Grace and Love

Let's feel the grace, Let us feel the forgiveness
Let's thank from truly within
Let us feel it,

Let us feel it with our mind,
Feel it with our heart
Let us feel it with our soul...

Aufie Zophy
Y... Listen

Listen
listen carefully
listen to your soul
you may hear the melody of kindness
you may hear the melody of honesty
the melody of humbleness
the melody of caring
all melodies of truth
one by one, so nice
beautiful melodies
worth listening.
Listen

Aufie Zophy
Y... Magical Moments Of Amazing Beauty

Walking on the beach
Children seeking shells
Running around, having fun

Evening sun setting over the land
Shining a wonderful light on the breaking waves
The sky soft and blue

Tattered clouds above the sea
Taking on a breath-taking mixture of colours
Yellow orange in front, purple gray tales

Fluffy here and solid there
Living colours reflected
in the green of the deep sea

Part of me wanted to sing
But my mind ran out of words
Magical moments of amazing beauty

After 5 minutes it was gone
The dark clouds were dark again
The green sea had turned gray

The sky was still soft
I tried to close my eyes,
Focus on the sound of the waves

But the magic of the moment was gone
The colours had vanished
Leaving nothing behind but a memory

Nothing more than a memory
Nothing less than a memory
A memory to cherish

A memory of moments
Magical moments of amazing beauty
When will the next one come?
Y... Mirror Marvel

A long stretch of wet sand
Exquisite watercolour
Bottomless pond of delicate blue sky
Deep inside, wool of clouds floating
below the tops of fine casuarinas
A wave is flooding the lovely canvas
Ripples move slowly away
to create another mirror marvel

Aufie Zophy
Y... The Breeze

A warm welcoming wind
embraces me with endless caress.
The pores of my skin inhale
I open my eyes but soon shut them back

Healing oxygen, overflowing with air
Tender goodness soaking all of my cells
My mind is penning superlatives
while my spirit is lightly afloat

Aufie Zophy
There was once a one-year old boy
He was playing with a knife as a toy
He was having a real great time
How nicely did his lovely knife shine

Then came the father, got the surprise of his life.
As fast as he could, he took away the dangerous knife
The boy felt treated unfair and started to cry
His pleasure ended abruptly, he didn't know why

His tiny mind was not developed enough
to understand that it was his father's love
that was the reason why the knife was taken away
No way he’d understand what happened that day

It is also impossible for any of us to understand
the why of a tsunami or sudden death of a friend
we can go as deep as we can, we can try
but we never will reach the true answer to why.

Just our human mind's capacity is far too small
for us to understand the ultimate reason of all
I believe a supreme reason exists for everything
Sometimes we just have to accept what is happening...

Aufie Zophy
Y... Three Hundred

We all
were born with
three hundred talents
three hundred gifts
three hundred strengths
but only
ninety nine weaknesses

Aufie Zophy
Y... Ugly?

Back in 1998, a Pakistani man came to my place. 
Large white spots all over his pigmented face, 
Scarce hairs on his cheeks; so ugly, did he appear 
I let him in but not without some fear

He sat down, i gave him a drink and he talked to me 
About good deeds and what they were meant to be 
About the peace of mind that a good act brings 
about this immediate reward for all kind things

He talked about the people returning many times a favour 
for many of our well meant and kind hearted endeavours 
and then also about that peace and beauty 
that for all of us may well last into eternity

Mesmerised by the great wisdom he had come to share 
I sipped my coffee and became suddenly aware 
that this wise Pakistani man in the end 
was not ugly but the most beautiful friend

I had come to realise that true beauty does reside 
not in the looks we have, but somewhere deep inside

- 
This really has happened 
a perfect stranger dropping by 
with a great message

Aufie Zophy
Words of truth
Let them fly and soar
Like a grand eagle in the winds
Gliding with wide open wings
For anyone to adore

Words of goodness
I hope, dream and desire
that they fly and penetrate
in our souls and minds infiltrate
and never tire to inspire

Words of beauty
Let them fly and resonate
With or without the rhyme,
delightful every place and time
From and for the soul they emanate

Words of truth, goodness and beauty
Let them forever fly through the skies
Let them be a pleasure for ears and eyes
for those who want to hear and see
Words of truth, goodness and beauty

- - - - - - - - - - - - - - - - - - - -
Words, words, so many words
words, words, words, words, words, words words, words, words, words, words,
words, words, words, words, words, words, words, words, words, words,
words, words, words, words, words, words, words, words, words, words,
words, words, words, words, words, words, words, words, words, words,
words, words, words, words, words, words, words, words, words, words,
words, words, words, words, words, words, words, words, words, words,
words, words, words, words, words, words, words, words, words, words,
words, words, words, words, words, words, words, words, words, words,

Aufie Zophy
So many differences between one another
I love my Muslim brother
I love my Christian brother
I love my Hindu brother
I love my Bhuddist brother
I love my Jewish brother
I love all my sisters too
Somewhere deep inside
I believe that God loves all of us too

Let us celebrate our differences
Let us learn all from one another
Let us celebrate our similarities still more

I love my black brother
I love my white brother
I love my yellow brother
I love my red brother
I love my brown brother
I love all my sisters too
Somewhere deep inside
I strongly believe
That God loves all of us too

Let us celebrate our differences
Let us all learn from one another
Let us celebrate our similarities still more

I love my liberal brother
I love my socialist brother
I love my central democratic brother
I love my right winged brother
I love my left winged brother
I love my communist brother
I love all my sisters too
Somewhere deep inside
I strongly believe
that God loves all of us too
Let us celebrate our differences
Let us all learn from one another
Let us celebrate more still our similarities

I love my rich brother
I love my poor brother
I love my obese brother
I love my hungry brother
I love my middle class brother
I love all my sisters too
Somewhere deep inside
I strongly believe
God loves all of us too

Let us celebrate our differences
Let us learn all from one another
Let us celebrate still more our similarities

Can you imagine a world
Where all of us would be the same?
We need the differences
The key is humility, humbleness

Let us celebrate our differences
Let us learn all form one another
Let us celebrate still more our similarities

Aufie Zophy
Y.... Hard Is The Fall

Wise persons tend to be really humble ones
No matter how wise or what they have done
They tend to realize their limitations

But oh, how difficult it can be
To maintain our humility
Challenges are often so plenty

Any achievement, be it professional
Material or educational
Religious or recreational

All are pushing us into a feeling of superiority
Yes here we are, here are we, look at me
Look at me, I am better than you, really!

We stand tall on this high and narrow pedestal
We feel superior, better than all
But invariably, hard is the fall.

Humility
Poise, humility
Modesty, humbleness, humility...

Aufie Zophy
Y.... Have You Seen Love

Have you ever seen love
Have your ever heard love
Have you ever felt love

Have you ever seen God
Have your ever heard God
Have you ever felt God

Some people
have never felt true love

Some people
have never felt the presence of God

Aufie Zophy
Y.... Hope

There is hope
That one time
We'll all have enough

Enough food
Not too much
Just enough
No more hunger
No more obesity
Let's start to work for this today...

There is hope
That one time
We'll all have enough

Enough clean water
To drink
Or orange juice
No more thirst
No more drunkenness
Let's start to work for this today...

There is hope
That one day
We'll all have enough

Enough love
Not the ego love
Enough soul love
No more heart aches
No more needless hurts
Let's start to work for it today...

There is hope
That one time
We'll all have enough

Enough wisdom
Enough for a healthy laugh
Wisdom for a sincere tear
No more arrogance
No more money blindness
Let's start to work for it today...

Let us start today
A kindness revolution
The biggest revolution
Ever
Let's all hope together
And work for it today.

Aufie Zophy
Man became men

Once Man was whole
And then just as
Hand became fingers
Man became men

Man became Farmer
Man became Doctor
Man became Scholar
Man became Ruler

Each became different
But somehow meant to be whole
With heart we may rent
Of life for valuable soul

..................................................

Green the land over the field
Green the heart over the greed
Please farmer, use some of the grains to feed
Those who go hungry, those in biggest need
Harvest your love not just crop, be Man farming
If you are a Man among the men

.........

Lend your love and care dear man
Share your honest care as you can
Please doctor, don't just do quick consultations
Don't just get rich by prescribing medications
Be heart warming to men, be Man healing
For you are a Man to care for the men

.........
Speak dear man among the men  
Man for the soul, speaks with mind  
Please scholar, become Man thinking  
Assimilate ideas, yours and others  
True mind, merging two worlds with no bother  
True ego, humble as Man among others  

.............  
Rise a man among the men  
After votes crowing to rule a land  
Please politician be an honest man with power  
Stand for the place you crowned as trusted by others  
Be a true leader-Man, a back bone for hoping men  

.................................  
Man among the men  
Fight to understand  
Live love and meaning to be a man  
We are the Man and we are the men  
Whoever we stand as, we are a man among them  
If we really understand  
Be a Man not just one of the men  

Aufie Zophy
Y.... No Time

Some cutters of wood
cannot find the time
to sharpen their axe
to sharpen their saw

Some drivers of cars
cannot find the time
to service their cars
to fill up the fuel

Some human souls
cannot find the time
to read poetry
to pray or do good

Aufie Zophy
Y.... River Meets Desert

A young river,
So strong
Nothing could stop it
Nothing went wrong

Big rocks in its way
No problem at all
It went over them
Around them if tall

But then it met the desert
Water sank deep into sand
Huge problem for the river
It looked like its life was to end

Desperately
It turned to our God
'Please, God help me
To get away from or over this spot'

A voice from above said
'Look at the wind in the sky
It crosses the desert so easily
So just stop to cry! '

'But I am not wind, I am water
How can I cross
Please help me
I am at a loss'

'Did you forget dear river, '
Said the voice from above
'Long time before you were a river
The wind carried you with love'

The river let its water evaporate
Allowed the wind to carry it once more
In its loving arms,
wind held the river as before
Across the desert they went
A lot of water in a big large cloud
And at the other side
The wind let it rain out

There the river again became strong
Even better and stronger than before
With much vigor it ran
For everyone to adore

Dear young men and women alike
If you meet with the desert or anything wrong
Remember who carried you
Before you became a river so strong

By: Aufie Zophy
Y.... Simple Reflection

I passed by a group of three girls
While I was walking all alone
The most beautiful one had curls
And was busy talking on the phone

As I passed them, I could hear
The girl on the phone say, I hate it
She said it really loud and clear
I heard it even though I was not concentrated

As I went and continued my walking
I still reflected and I thought
About what the girl was talking
And what my ears had caught

Oh, Handsome men and beautiful girls,
Or anyone else living in this amazing world,
Do not let your mind be contaminated
By words and thoughts of hatred.

Aufie Zophy
Y.... Spirit?

White matter
Small lesions

Watson's spiral
Small mutations

Proteomics
Small variations

On top of that
Methylations

And then
Glycosylations

What is the effect of temperature?
And that of magnetism?

And all these quarks
Waves and particles...

How about thoughts and health?
Power of thinking?

Mind and body!
Soul and heart!

Spiritual being?

Aufie Zophy
Y.... Strength

The strong politician presents his own ideas with confidence
The weak one tries to find fault with his opponents

The strong business man presents what he wants to sell
The weak one breaks down the competition, you can tell

The strong scholar presents the ideology he believes in well
The weak one wishes other-thinking people to hell

The strong politician knows that races do not matter
The weak one tries to get votes by condemning others

The strong business man knows his prices are fair
The weak one feels the need to compare

The strong scholar gains popularity preaching all-encompassing love
The weak one tries to look strong preaching hatred and being tough

Anyone who is strong, will focus on love and togetherness
They try to learn more still, respecting differences

The weak ones will try to elevate the image of their own
by focusing on division and hatred and putting others down

Aufie Zophy
Y.... The Power Of Now

Three seconds ago
Many things have happened
But do what you want
You cannot change anything
that happened 3 seconds ago

Three seconds from now
Anything could happen
Think what you want
You will never know
what will happen 3 seconds from now

Tomorrow nobody may think
anything big about these 2 moments
just 6 seconds apart
But now they are different
as day and night

Aufie Zophy
You are the flower
I am the leaf
We drink the same juices
We 're nourished by the same source
We have the same roots
Is not that source feeding our roots,
The Soul of our souls?

Aufie Zophy
Y.... The Sun Never Sleeps

When the dark of the night
Seems to win its fight with the light
We are merely in the shadow of the globe

When emotional pain
Seems to obtain its gain
We are merely in the shadow of our hearts

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Aufie Zophy
Y.... The Worst Thing (Haiku)

The worst thing on earth:
so few people take the time
to think and reflect

Aufie Zophy
Y.... This Morning, ...

I prayed for myself
For a perfect health
For a heart filled with love
For a mind filled with brilliant ideas
For a connected soul

I prayed for my wife and 2 sons
For a perfect health
For a heart filled with love
For a mind filled with brilliant ideas
For a connected soul

I prayed for my extended family
I prayed for my village
I prayed for the whole world
I prayed for world peace

I managed to believe that one day
world peace will become reality
because that is the will
of our majestic Creator

Let us all pray for world peace
Let us all pray that more people
manage to focus on similarities
and less on differences
Let us all pray together
Each in our own unique ways.

Aufie Zophy
Y.... Wave Of Peace

Peace

I dream
of a wave of peace

A giant wave
Reaching beyond the fences
Moving deep inside

A wonderful wave
Drenching all the minds
Pentrating deep in hearts
Changing souls forever

A tsunami
Devastating all walls of greed
Destructive to violent thoughts
Ripping apart perversion
Erasing arrogance

A wave of peace, streaming
envelopping the world
Softening hearts
Wisening leaders

Just peace
Dare to dream with me
Let us all pray together

Let's dream and believe
In a wave of peace

An awesome wave of peace

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Aufie Zophy

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Y.... Who?

Who is guaranteeing salvation for some
And wilfully misleading others
Is it our most gracious and most forgiving Creator
Or the ego of our preachers?

Who is promising heaven for followers of the same
And guaranteeing hell for others
Is it our most gracious and most forgiving Creator
Or is it the ego of our preachers?

Who is labelling cultural differences and rituals
As the law of the Creator
Is it our most gracious and most forgiving Creator
Or the ego of our preachers?

Who is it?

Aufie Zophy
Y.... Wonderful

Wonderful is the sea
Delightful
Magnificent
Awesome.

Brilliantly blue in the deep
Pure
Breathtaking
Beautiful.

Superbly white near the beach
Astonishing
Marvellous
Wonderful

Aufie Zophy
Y..... A Little Tree

One day, I found in a spot
Not so far from the sea
I thank you so much, my God
A lovely, wonderful tree

Its fruits, I started eating.
They were filled with love.
And I could not help but think
that I'd never get enough

One of the seeds of the fruit,
I have planted it in my soul
And now it's a pleasure to look
And watch a little tree grow.

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Aufie Zophy

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Y..... Happiness

I guess it was my aunty's fault
That before I was six years old
It were my looks that made me happy
She just never stopped praising me

Later when I went to school
I realised I was a bit of a fool
To be so proud about my looks
My happiness shifted towards my books

Oh yes, I studied so hard
Most kids and my teachers thought I was smart
Every time I came home with good grades
Wow, that is fantastic! I was praised

But then came the teenage years
Happiness depended on approval of peers
My marks did not earn me any admiration
My looks had undergone some deterioration

I had grown fat and puberty came late
I got pimples, making it all still less great
I had grown into quite an unpopular kid
Happiness? I seemed to grow far away from it

Throughout my youth however
There was a place, I was let down never
It was my home, it was the presence of mother
She cared for her kids, truly like no other

After puberty, my appearance improved a bit
Even though I am still not proud about it
My grades allowed me to further my education
But happiness is another equation

I realise now that being fully happy
Is lying not so much outside of me
My biggest asset is still the care I received
Even though my mother has already deceased

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She equipped me with a caring personality
and that is exactly what makes me happy
I get peace of mind while caring for another
Thanks to the great example of my loving mother

I have also appreciated my spiritual life
Imparted by mother and also my wife
When to our source, we try to connect
Life comes so close to being perfect

Another source of happiness has been
The magical beauty of nature, I 've seen
I love to spend time on the beach to unwind
That's where wisdom seems to pour in my mind

If I am allowed to summarise,
Since long I came to realise
That happiness is truly lying within after all
In wisdom, in love, in a beautiful soul.

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Happiness, Happiness, Happiness, Happiness, Happiness, Happiness, Happiness,
Happiness, Happiness, Happiness, Happiness, Happiness, Happiness, Happiness,
Happiness, Happiness, Happiness, Happiness, Happiness, Happiness, Happiness,
Happiness, Happiness, Happiness, Happiness, Happiness, Happiness, Happiness,
Happiness, Happiness, Happiness, Happiness, Happiness, Happiness, Happiness,
Happiness, Happiness, Happiness, Happiness, Happiness, Happiness, Happiness,
Y..... It Must Be Sung

Close your eyes, imagine
All the water of the seas,
Inundating your heart
A deluge of love and peace

Keep them closed, your eyes
And try to feel it deep inside
That silent storm of peace and love
An endless stream never to subside

Then open your eyes, open wide
And try to realise, it isn't just a dream
The fountain's abundant flurry
Soaking your soul with love for real

Feel the hard blowing gusts of wind
Blowing love and peace in soul and mind
Let your heart open up and sing
The song of love and being kind

Do not doubt, do not listen to TV
Love and peace is everywhere around
It must be sung it can't be kept
Just let it flow and ever more abound

Aufie Zophy
Y.....  The Biggest Freedom

I pray for love
We are all bathing in it
We just have to open our hearts,
to open our minds
And let it in

The biggest freedom is ours
To let it in or lock it out

I pray for hope
We are swimming in it
We just have to open our hearts
to open our souls
And let it in

The biggest freedom is ours
To let it in or lock it out

I pray for wisdom,
We are soaking in it
We just have to open
To open our minds
And let it in

The biggest freedom is ours
To let it in or lock it out

I pray for spirit
We are swimming in it
Let's allow our selves
to drown in the huge love
the huge wisdom and spirit
that is around us all time

Aufie Zophy, Bachok

Aufie Zophy
A flake of truth
A crumb of honesty
A dropp of kindness
A grain of humility

Himalayan mounts of truth
Thousands loafs of honesty
Oceanic fluxes of kindness
Truck loads of humility

From a good start
To a lofty destination

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honesty honesty
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Aufie Zophy
Y..... A Fool   In Europe

A Norwegian fool
thought that it was cool
to kill girls and young men,
about eighty; imagine if you can.

All of us for sure already know.
Yahoo, TV, papers, all proud to show.
The terrible news we already got.
What would happen if we knew not?

The Norway fool, proud he must have been.
His picture everyone has seen.
And even what he thinks and wants to say
is sent by eager journalist our way.

The terrible news we surely got.
Would we be worse of if we knew not?
Why are we all so keen to know
what stupid people do and show?

Every single day we eagerly hear and read
about the wars and crimes that we don't need.
We seem to be so addicted to bad news
'til our peace of mind, we tend to lose.

Tell me fair and honestly,
would we be worse of, you and me,
if we would dare to refuse
to listen to all the awful news.

I am sure that for every bad thing,
a thousand good ones happening.
Unless more people do refuse,
we'll see only bad things in the news

So I invite you now to join me,
not to look at news anymore on tv.
All that time we will prefer to spend
Sending inspiring emails to a friend!
Aufie Zophy
Y..... Don'T Touch It

Have you seen a fire?
I mean a big one with high flames?
Any human touching it
Will suffer intense and lasting pains

Such is the law of nature
Nothing else could happen or be
Touching flames causes pains
Isn ’t that easy to see?

Hatred is also like fire
It burns upon every touch
Pain is intense and lasting
Excruciating destruction, so much

Such is the law of nature
Nothing else could happen or be
Touching hatred causes pain
It is not difficult to see

And so is also anger
A blaze of uncontrolled heat
You touch it and bad burns
Are the only outcome to meet

Such is the law of nature
Nothing else could happen or be
Touching anger causes pain
It is not difficult to see

Lies of any nature or kind
Like smouldering ashes so hot
Touch lies and you suffer
Lies may seem ok but they’re not

Such is the law of nature
Nothing else could happen or be
Touching lies causes pain
It may not be easy to see
Honesty love and kindness
Are like a cool breeze on a hot day
My boys, these laws of nature
Are here forever to stay

Aufie Zophy
Y..... Get Ready

Get ready
Get ready for beauty
Get ready, Man
Get ready, M'am
Get ready boys and girls

Beauty is in the sky
Beauty on the water, under the water
On the ground, in the ground, under it
In your soul, in your heart, in your mind
It is in the eyes, on the face
Beauty is everywhere
Get ready for a beautiful day

Get ready
Get ready for wisdom
Get ready, Man
Get ready, M'am
Get ready, boys and girls

Wisdom is in the sky
It is everywhere on the rise
It lies in the random kind act
In the books, in your smile
On the net, in the work we do
In the prayers we say.
Wisdom is on the rise

Get ready,
Get ready for kindness and love
Get ready, Man
Get ready, M'am
Get ready boys and girls

Kindness is coming
It is in a bullet train, an unstoppable TGV
Millions on board already
Gathering momentum, Exponential increases
The train moves at dazzling speed
With open doors, sucking in more and more people
Soon a billion will be on board
Then it will take only seconds
To envelop the whole wide world.

Get ready for a beauty revolt
Get ready for a wisdom revolution
Get ready for a huge kindness revolution.

Bachok, 2012
Y..... Ice And Vapour

A hard start of the day
A loud quarrel with my son
Yes, a real hard start today
Puberty seems to go on and on

A whole day of fuming
Hardening my heart
This one I am not accepting
Now he went too far

Then in the evening, before we met,
In my inbox in my phone
A message from a Sufi poet
Melted my heart of stone.

A dropp of water, said the poet,
Make it cold and it will freeze to solid
Then add some heat or warmth to it
And it immediately becomes fluid

The solid icy phase is static, cannot move
Just like a bitter heart is cold and full of limitation
Then let forgiveness in, all will improve
The solid melts or even will go to sublimation

Still add more warmth and kindness to it all
The gaseous state is soon achieved
And our heart and our soul
Will float, expand, what a relief

I threw away my plans for a cold shoulder
I let my frozen heart melt a bit
My miserable day seemed soon to be over
Forgiveness now was filling it

When I returned from work, I smiled to him
Thanks to that message in the mail.
I received a warm handshake in return
All ice melted, warmth and love prevail
Aufie Zophy
Y..... Knowing Ourselves

Whenever I think I know myself
Something happens that makes me doubt
I do know a bit about myself
I set out my own principles
Principles I love, I want to live by
But then so often I fail

Why do I fail?
Which part of us fails?
Which part of us sets the principles?
I think I can experience my soul,
Am I my soul?
Is my soul owning my mind, my heart, my body?

Why does my soul not take charge all the time?
My heart and mind seem to have to search
To search so intensely for my soul
to put my big ego aside
Is my ego competing with my soul?
It seems to be never quiet
Why my soul does not compete harder?

And then my thoughts, flying coming in, going out
I have written them down.
If I read my thoughts from the past
I feel I get to know myself a bit better
'cause thoughts come from the mind
They come from the soul, from the heart
And yes, also from the ego.

Aufie Zophy
Y..... Light Delight

A fluff white cloud and a branch of lush casuarina,
Glorious bliss to the eye, wonderfully pure
Breezily dancing like a gracious ballerina,
Painted on the late morning sky of soft azure

Sheer and wild delight
Flows through my veins
Pushing firmly aside
Any sorrow or pains

The sun stands high over a heavenly sea
The green of the tree in yellowish rays
Celestial blue over snow-white breaking waves
What a rejoice, these resplendent light plays

The child in me jumps up inside
My soul is bathing in its delight
Fascinating nature, fine and bright
A stunning game of love and light

Aufie Zophy
Y..... Luscious

My white cloud angel
Flies with outspread wings
In front of the smiling moon
And talks a luscious rainbow

Aufie Zophy
More Than Just A Dream...

The future holds something bright.
We have gone through the agricultural revolution,
the industrial revolution, the IT revolution,
and what not.

The next one will be
the wisdom revolution
closely intertwined
with the kindness revolution.

The poetry of our current poets
is sizzling and boiling
boiling over and
soon will warm up the world.

Small kindnesses are slowly
taking the place of big greed.
Reason taking the place of violence.
Positivity replacing negative

The current warmongers will not last long
and perish in shame and regrets.
Soon the last remnants of our barbaric human behaviour
will remain captured on recorded images.

They will serve as last proof
of an era that will be looked upon
with cold shivers
by the next generations of humans.

This is really more than a dream of mine.
It has grown into a conviction.
We do need poets to keep
writing their heart and soul

into poetry that speaks and inspires,
that motivates and gives warmth,
that is slowly but certainly
changing the world forever
Aufie Zophy
Y..... Nature's Story

The early morning orange
Tells me a story of peace and being kind
But isn't it a bit strange
That peace and friends are hard to find

The static high casuarina tree
Tells me a story of tolerance and dignity
But why is it that I see
So much anger, hate, lack of integrity

The deep and tumultuous sea
Is telling me a story of strength and beauty
But somehow all around me
Garbage and dirt is everywhere to see

Aufie Zophy
Somewhere deep inside
I am aware of health
Health is still our greatest wealth
For healthy hearing, healthy vision
For healthy organs, healthy motion
This awareness is in need of polish

Somewhere deep inside
I am aware of love
Of all nice feelings from above
For kindness moving my very core
For warmth in my heart and so much more
This awareness is in need of polish

Somewhere deep inside
I am aware of wisdom
A mind's only true kingdom
For wise words thought
For wise words read and spoken
This awareness is in need of polish

Somewhere deep inside,
Resides my spirit and my soul
Perhaps the most important of all
That great light guiding
That inspiration, intuition abiding
This awareness needs some polish

Oh my Creator, oh my God
Help me so that thanking, I forget not
Be aware and thank for the diamonds in the rough
Residing deep inside, hidden, appearing though
Let us polish, make the diamonds shine so bright
Let us polish, polish, expose them to the light

Aufie Zophy
Y..... Quarks Inside

The morning sunlight
In all its glory
The morning sunlight
In all its glam

Every molecule in my heart
Is jumping up and down
The quarks inside collide
Emanating a mini beam of light

I hope that this little beam of light
Coming from my heart in a way
Can just like the morning sun
Brighten the lives of those I meet today

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&Aufie Zophy

Y..... Row

Sitting at the river bed
I prayed to God, I said
Please help me, show the way
Show me the light of day

Then in front of me
a small boat passed
a man was rowing

I suddenly realised
God gave already the water
God gave already the boat
But I had to row

Aufie Zophy
Y..... The Balloon

I went to the sea of love, this noon
I took it and put it in a blue balloon

I brought this balloon, so blue
all the way, especially for you

So, quick, quick, quick
Give this balloon a prick

let's bathe in its content
a sea of love, to never end

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Aufie Zophy
Bachok

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&lt;&gt;
Here is the sea of love:
Love Love Love Love Love
Love Love Love Love Love
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Aufie Zophy
Y..... The Energy In The Air

I breathe in
I breathe in a big breath
A big breath of clean air
A big breath of pure energy
A breath of power

I take a breath
A deep breath of healing
A deep breath of love
A deep breath of wisdom
A breath full of spirit

I breathe the sea breeze
Bringing freshness
I breathe in stormy winds
I inhale their creativity
I inhale their strength

Oxygen is flowing in
entering my lungs,
Permeating my being
And I breathe in once more
A big deep breath.

Aufie Zophy
Y..... Unblind

Tonight,
I saw the nightly light
Creating a glorious sight
On a field of grass

Then i suddenly realised
That all day long
I had been blinded

Only now at night
I saw the glorious sight
Of nightly light
On the grass

I had not seen any glory
The whole day long
something must 've blinded me

Blinded by sunlight?
Or blinded by buzz?
By clutter and buzz
Of a busy day

Blinded by the rush
By a bout of anger
By things that matter little
I had missed the glory of the day

I had missed the glory
Of all the trees i'd passed
The glory of the grass
Of sea and skies

I had missed the glory
Of all the friendship
Of all the love and kindness
Of everyone i'd met

Oh, my God,
I must have been blind
Blind to all this glory
Blind to all this grace

Please, my God,
Unblind me
So tomorrow I will see
The world in all its glory

The glory of the skies and sea
Of the grass and trees
Of everyone around me
Please god help me see

Aufie Zophy
Oct, 2012, Bachok
Aufie Zophy
Y..... Zebra

Zebra goes to drink
Crocodile jumps
Zebra escapes

Zebra tells son
Not to drink
At that lake

Son goes anyhow
Nothing happens
Son zebra returns

Son thinks
father zebra
does not make sense

Son goes again and again
Son convinced father is wrong
Until one day....

Aufie Zophy
Life is a miracle
A wonderful tree thrills my eyes
It is a miracle
A magnificent song enters my ears
It is a miracle
A delicious soup amuses my tongue
It is a miracle
The warm sunlight cuddles my skin
It is a miracle
The smell of sweet lavender reaches my brain
It is a miracle

My feet touch the grass while I walk
It is a miracle
An original thought crosses my mind
It is a miracle
A lovely gesture moves my heart
It is a miracle
A heart felt prayer hugs my soul
It is a miracle
Oh yes, life is a miracle
But only if we are aware
of the miracle

Aufie Zophy
Heart Of The Monsoon

In the heart of the monsoon
The sky decided to undress
Blue skin and a yellow soul
Rays of light and warmth caress

Bright white teeth on laughing waves
Trees smiling with wet green eyes
Dark cloud above the sea seeming shy
brightening up a bit or at least it tries

But then the cloud decides
The story ends too soon
And streaming rains return
In the heart of the monsoon

Aufie Zophy
A man was blind
‘cause he kept his eyes closed all the time
He had not seen any light
He did not believe in light

A man was deaf
‘cause he kept his ears closed all the time
He had not heard any sound
He did not believe in sound

Another man
Kept his mind closed all the time
He had not received any wisdom
He did not believe in wisdom

Another man
Kept his heart closed all the time
He had not felt love
He did not believe in love

Another man
Was not aware of the beauty of his soul
He had not experienced God
He did not believe in God

And then it happened that

The blind man opened his eyes
The deaf man opened his ears
The other men opened their minds and hearts
Connected to their beautiful souls
And all became believers
And the world leaped to harmony

Aufie Zophy
Today, let us celebrate
The trait of affability
Warm affection we can create
What a wondrous capability

Getting simply down to earth
Receiving anyone as a great guest
A friendly act, a kindly spoken word
A positive thought, a loving chest

Warmth, joviality, cordiality
This is best, this is the way
The trait of affability
Let us celebrate it today

Aufie Zophy
A hundred years from now, I will be dead
And of all my body, including my head
Nothing will be left, except just,
Perhaps a very small pile of dust.

But somewhere deep inside the hope is there
That some of my thoughts, some of my care
some of my spirit, some of my inspiration
will still be alive, moving a new generation

A hundred years from now, also you,
You will be dead like me, too
I hope that also your spirit lives on
In many generations to come

A hundred years away,
We’ll be dead, yes, you and me
but our kindnesses of today
will be still alive, they’ll still be.

Aufie Zophy
Y/ Epoh And Evol

Epoh, Poeh, Peho
O yes we get it scrambled
Evol, Voel, Velo,
O yes we get it scrambled
Hope and love
O yes we get it often scrambled

Let us unscramble it today
Let us put in effort and time
To get at least these two unscrambled
Hope and love unscrambled

There is so much hope
There is hope that one day
We will have a truly caring society
With no one left behind, all get love

There is hope that one day
Bullying will stop
In all its forms
It will be replaced by love

There is hope that one day
Peace will be there for everyone
A borderless world
Without armies, only love

There is hope that one day
Zionists and Talibans are shaking hands
That they will see the true message
Of our Creator, which is love

There is hope that one day
Kindness will be on all our minds
More than money and power
And above all that, love

There is hope that one day
Hunger will be something of the past
All will have enough of food and drink
Through labours of love

There is hope that one day
We will all drive electrical cars
With engines getting free energy
Obtained from turbines fed by wind

There is hope that one day
All of us will be united
Caring for the common good
Serving each other according to our talents

There is hope that on a daily basis
All of us will be able to hug the trees
The most magnificent trees
The most beautiful flowers

O, yes, there is so much hope
There is so much love
Let's unscramble them today

Aufie Zophy
A flying fish was flying,
Flying too high, flying too far
Ending up on the beach
Gasping for water

Torrential rains kept it alive
But how it longed that someone 'd
Pick it up and throw it back
In the ocean of our Creator

A flying soul
Was flying too high
Was flying too far
Away from the ocean of God

The ego had brought it
To throwing stones at a helpless woman
He was praised to heaven
And the soul lay gasping

The ego had brought it
To throwing bombs on 4 year old kids
He was called a hero
And the soul lay gasping

The ego had brought it
To a hell of manipulations and lies
He thought he was really rich
And the soul lay gasping

The ego had brought it
To the rape of children
He thought he had had fun
And the soul lay gasping

The ego had brought it
To preach hatred
He thought he was popular
And the soul lay gasping
A flying fish had
Decided to fly
To fly away from the ocean
The ocean of Love

Aufie Zophy
Dear Universal Soul from high above
Please fill me with unconditional love
Please fill me up, really to the brim
Please do not leave a single space within
For hatred, anger, fear and other negativity
Just unconditional love, wisdom and positivity.

Aufie Zophy
Y/ News?

I sat on my porch
and just in front my eyes
two butter colored butterflies
made the most lovely and sexy dance
around a thick white flowery branch.

I worked a bit in my garden
and just next to my hands
I saw seven industrious ants.
They carried together a grain of rice
with loving dedication, isn't this nice?

I made a walk on the beach.
There was a couple holding hands.
I saw so many families and friends,
sharing lots of drinks and food,
sharing jokes and much of good.

I came inside; on was the TV.
A newspaper lying in front of me.
What did I see?

Aufie Zophy
One day,
I will wake up and see
See that all men and women in the world
Have realised that we have a common soul
A common soul that is connected the Great Soul

One day,
I will wake up and see
See that all men and women in the world
Have come to appreciate their differences
As rich sources of wealth and evolution.

One day,
I will wake up and see
See that all religious leaders have agreed
That we all pray to the same Great Soul
That we all need to live together in perfect peace

One day,
I will wake up and see
See that skin colour does not matter any more
That people of different creeds pray together
for the common good of each and every one on earth

One day,
I will wake up and see
See that a tremendously disruptive kindness revolution
Has evolved from hearts of children and adults alike
Crushing all big rocks of greed to dust

One day,
I will wake up and see
See all people walking hand in hand, working together
To get the last mouth in Africa fed with wondrous food
Muslims and Jews, White and black, all just hand in hand

One day,
I will wake up and see
See scientists working on projects all together
With the sole aim of creating harmony and acceptance
Of each just as we are without the need to change or label.

One day
You will wake up
Wake up and see, see with me
We will see all these wonders evolve
We will stand in the greatest awe

=-=-=-=-=-=-=-=-=-=-=-=-=-=-

Hope hope hope hope hope hope hope hope hope hope hope
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Aufie Zophy
One Regret

A man on his deathbed
Here is what he said:
'I have only one regret'

'I have tried to be good,
To be as rich as I could'

Then about the regret, his voice grew quite faint:
'My regret is not to have lived more like a Saint'

Aufie Zophy
Paradise

Our world 'd be an amazing paradise
If we would just be always kind and wise
But all too often we cannot bother,
and then we're starting to hate each other
and in this way we surely jeopardise
our fabulous wonderful paradise

Bachok, 9 June 2013
Aufie Zophy

Aufie Zophy
Deep inside my heart and mind
a soft and lovely mood, I find
it warms and lights a gentle spark
my soul no longer in the dark
A flame of gold, a superb light
A lovely fire, sweet and bright

Humble, gentle, passionately kind
Smooth simplicity endlessly refined
Slow and tender, flames increase
Fueled by truth and love and peace
I can see so clearly, feel so good
It started with a soft and lovely mood

Aufie Zophy
Soul

That wondrous place, deep at our center
A flawless filter for words that enter

A source of thoughts and unspoilt truth
A well of peace and absolute youth

Why don't we connect much more
To that amazing spark sitting at our core

Aufie Zophy
The most beautiful appearance
of the moon is early at night
when it stands low in the sky
A big pinkish orangey ball

The most beautiful appearance
Of the sun is at twilight
When it stands low
Just above the horizon

How about us?

Aufie Zophy
The Golden Key (Sonnet)

One day, I will melt all the gold on earth
And make a wonderful key with it all
This special key of incredible worth
Will fit well to unlock your heart and soul
The remote buttons will work like a smile
Like a lawine of sweet and loving words
I will turn the knob with a lot of style
And happy thoughts will fly to you as birds
A simple spin of the sweet golden key
Just like a wonder, magic fun and true
Will cause, for everyone to hear and see
A wave of peace and happiness in you
Let's dream of a universe filled with love
And all may get a key from High Above

By Aufie Zophy

**Feel free to use this poem for non commercial purposes.
Just always mention the poets name

Aufie Zophy
Tuning In

All around us are radiowaves
People without a radio may be not aware
But even with a radio
We hear only noise if not tuned in
If tuned in properly suddenly sense comes out

All around us are television waves
People without a television may be not aware
But even with a television
We see and hear only noise if not tuned in
If tuned in properly suddenly sense is there

All around us is God
All of us have a mind, heart and soul
But if we do not tune in,
All we get is noise
If tuned in properly, what an experience

If we tune in properly
Truths will be there never told on radio
Visions will be there never shown on tv
Guidance will be there never seen on earth
Peace of mind inevitable.
Let us just tune in.

Aufie Zophy
When I feel low in energy
I make a walk on the beach
I think of the goodness of God
I think a positive thought
And I do not feel low anymore

Aufie Zophy
Give us the words
The words that can cut deep into
And destroy the soul of arrogance

Give us the words
The words that can fuel the flames
Of passion for truth and honesty

Give us the words
That can destroy the seeds
The seeds of greed and envy

Give us the words
The words that can fertilise and help to bloom
Perpetual pink cherry blossoms of helpfulness

Give us the words
Words that can pulverise and make to dust
The ugly rocks of Egotism and selfishness

Give us the words
That ignite the rocket engines to never stop
a huge world changing kindness revolution

O my God, give us the words
that lead to endless unconditional love
for every human soul in this amazing world

Aufie Zophy
Y/. The Golden Key (A Sonnet)

One day, I want to melt all gold on earth
And make a wonderful key with it all
This special key of incredible worth
Will be fit to unlock your heart and soul
The remote buttons will work like a smile
Like a lawine of sweet and loving words
I will turn that key with a manly style
And happy thoughts will fly to you as birds
A simple turn of the sweet golden key
Just like a wonder, magic fun and true
Will cause, for everyone to hear and see
A wave of peace and happiness in you
Let's dream of a universe filled with love
And all may get a key from High Above

Aufie Zophy,

Bachok

If you want to use the above sonnet for any (other than commercial) purpose, feel free to do so, but please mention the author’s name under the poem.
Thanks, Hans @ Aufie Zophy
Love your spouse,
Love your son
Love your daughter
Love your mother
Love your father
Love your sister
Love your brother
Love your friends
Love your neighbour
Love your colleagues
Love your pets
Love the drivers you meet on the road
Love the people you see in the lift
Love the people you meet on the bus
Love the people you meet on the train
Love all the people
Love your house
Love your car
Love your garden
Love the beach
love the woods
Love the grass
Love the flowers
Love the weeds
Love the ants
Love the clouds
Love the sun
Love the moon
And above all,
Love the Creator of all the above

And enjoy swimming in a sea of love

Aufie Zophy
Y/. Imagine

Imagine
That enough people
Would believe
That the world is good
That the world is loving
That the world is wonderful
What a good
What a loving
What a wonderful
World it would be...

Aufie Zophy
Y/. New Me

An almost perfect silence
embraces my body, heart and soul

A whispering fountain of sparks
illuminates my inner thoughts

Herbs of love are sprinkled
on the plainness of my hungry ego

A perfect silence,
light and love
A new me emerges

Aufie Zophy
Y/. A Small Bird

A small bird
Beautiful feathers
Flying from tree to tree
Singing fabulous songs

A small spark
A beautiful soul
Flaring up with inspiration
A source of fabulous thoughts

Encage the bird
Its feathers become dull
Withering like a flower
Fallen out of the vase

Encage the soul
The fire will be doused
No more light no more heat
A pile of ashes

I don't know why since the middle ages
Many a religious leader forcefully engages
To put the souls of their followers in cages

Let the bird fly
Set the soul free
Let the bird sing
Let the soul inspire

Please leaders of today
Try not to encage our soul
Not to encage our mind
Not in any way

Aufie Zophy
Y/. A Tough Ride

As a traveller I have enjoyed time and again
The green leafy woods and shady paths therein
But this time, there were no woods in my sight
A travel through the desert seemed to be my plight

The heat was excruciatingly hot
My camel moved but speed, it knew not
Every movement, even my breathing
Seemed to make heat exceedingly seething

Every day I met an oasis, sometimes even two
The shade was great and there was fresh water too
I wanted to stop and stay for long
But me and my camel just kept going on

While in the oasis I wanted to think and write and pray
Something quite impossible in the desert heat by day
But my short time there was mostly consumed by sleep
Also quite impossible in the middle of the heat

How I longed to change the desert for the green and leafy woods
How I wanted to enjoy the shadiness and its lovely fruits
Even the savannah was something often on my mind
A trip through there seemed already amazingly kind

I knew that one day the trip through the desert would end
Just for now in the desert I was stuck with the camel as my friend
There was no clear purpose, no real basis
Just traveling in the heat from oasis to oasis

After 6 weeks of sand and sand and heat
The border of the desert did I meet
Now I am truly back in the green and leafy woods
Enjoying my journey on the grassy paths and all their goods

Aufie Zophy
Y/. A Whiff Of Conscience

A whiff of conscience
whispers in our heart
listening in absolute silence
hearing it, a work of art

A bright flame of goodness
for our eyes to see
A fire of rightness
warmth on our skin to feel

Soft winds of love, so kind
blowing breeze of soul
illuminating our mind
an ideal, an inspirational call

Nectar of honesty
Roses of integrity
Aromas dancing merrily
Cherry blossoms of charity

A whiff of conscience
Sitting somewhere deep inside
Shining throughout the universe
An inextinguishable light

(Bachok, 3 July 2014)

Aufie Zophy
Y/. Abundance

The silent river
feeds its abundant water
to the thirsty sea.

Who’s enjoying peace
the quiet giving river
or receiving sea?

Aufie Zophy
And Now

Yesterday the world was cruel
And now it is kind

The day before yesterday the world was violent
And now it is full of peace

Three days ago the world was greedy
And now it is charitable

Four days ago the world was full of lies
And now it is only truth

Five days ago the world was negative
And now it is positive

Six days ago the world was ignorant
And now it is wise

One week ago the world was just a prelude
Only now we become real

Aufie Zophy
Y/. Another Chance...

If you feel life is mean,
Give life one more chance

Visit your mother
Do a bit of gardening
Enjoy the sunlight
Say a prayer in your heart

Life’s small kindnesses
can eclipse big meanness

Aufie Zophy
Y/. Beyond Beyond Imagination

A heart full of love

Sweet memories dancing in my head
We had no secrets, everything we knew
Hurt, oh yes, but love so much stronger
Far away but yet so close and near
Love of father and son, way beyond imagination
The uniqueness of our bond, beautiful beyond that

With full eyes, I forgive anything and everything
May the scales of life, tilt with tremendous gravity
Towards your good deeds and fantastic care
May your perfect soul enjoy eternal peace and indulge
What happens after death, may be beyond imagination
But I hope and pray it is for you beautiful beyond that

Bachok, December 2013

Aufie Zophy
Reminiscing about the past
My mum, unwavering soft care
It has been going all too fast
Caring heart, always there

My childhood before my eyes
A tree-strong source of inspiration
My dad, my mum, amazing ties
A flame, a fire, heart warming liaison

I hope I manage to keep alive
And let God multiply
all the good, all care and smiles
Bless my parents, parents my

. BLISS

Aufie Zophy
Y/. Energy

The energy flowing through the branches of the trees in spring
The energy flowing through the flowers and blossoms that bloom
The energy of the sea, ocean and its gusty winds
It gently flows through my veins and arteries too

The energy of painters, poets and bards making fun
The energy of wild tigers, lions and leopards too
The energy that flows through the rivers, moon and sun
It flows through my veins and also through those of you.

Aufie Zophy
Y/. From A Boat On Sea

Today, the lovely North-Sea,  
cuddling me super softly,  
held me in her wavy arms  
I adored her color charms

Sounds of salty water dear  
Baroque music in my ears  
North-Sea, my dear North-Sea blue  
How I love these hues of you

Aufie Zophy
Y/. Jungle

When we were born
A grain of love was planted
It spouted in our little hearts

And our baby smiles
Could not be contained
It went on growing

It blossomed, bloomed,
Fruited, filling our being
The joy of giving

It kept growing and flowing
the delight of loving
A true jungle of kindness

Aufie Zophy
Y/. Just Sitting There

Thousands of grains of sand
are sticking to my hand
Millions of microdrops of salty sea
are flying around the head of me

And I am just sitting there
on that vast and lonely beach
wanting to be
a little servant of humanity

Aufie Zophy
Y/. Never Waiting Again

While waiting in a queue or jam
Let's try to connect to our heart
And search for a lovely feeling

While waiting for the elevator
Let's try to connect to our God
And search for a lovely thought

While waiting for a train or plane
Let's try to connect to our universe
And search for some lovely words

We may end up
Never really waiting again!

Aufie Zophy
Y/. Purple

I took a walk this morning
On the beach
I could see so many flowers
Growing in the wild

All of them were coloured purple
So beautiful
Perhaps God’s favourite colour
Is purple

Looking at the bright white sand
So delightful
God’s favourite colour could also
Be white

A bush with small yellow flowers
So exquisite
Perhaps God’s favourite colour
Is yellow

The sea so blue, the grass so green
So soothing and lovely
Gods favorite colour might as well be
blue or green.

But then on my way back I see again
all the purple flowers
It must be purple
:)

Aufie Zophy
Y/. Revolution

Rolling waves are roaring
One word they roar:
Revolution

Revolution of love
Revolution of life
Revolution of caring kindness

My flying feathered friends
One word they sing:
Revolution

Revolution of love
Revolution of life
Revolution caring kindness

Flaming orange clouds are painting
One word they paint:
Revolution

Revolution of love
Revolution of life
Revolution of caring kindness

Whizzing winds are whispering
One word they whisper:
Revolution

Revolution of love
Revolution of life
Revolution of caring kindness

Oh, yes it is
in the waves of the sea
in the song of the birds
in the clouds in the sky
in the sound of the winds
A huge kindness revolution
And it is coming soon.
Listen, look,
Plunge in, float towards
Embrace, Enjoy

Aufie Zophy
Y/. Sense-Ational

The smell of the sea was more special
More precious than that of a rose in spring
The wind on my skin was so sweet and soft
It was fantastic, a real caressing
The sounds of the waves, real music
Mozart, Bach, never heard such a thing
The view of the sea the colours so nice
Blue green, white waves, amazingly amazing

I tried to smell, feel, hear and see
All at the same time, simultaneously
But this was really much easier said than done
When I looked and listened, the smell was gone
Focusing on smell and the breeze from the skies
gave me the sudden strong urge to close my eyes
I tried again and again to absorb the senses of the sea
And what was first two, became soon a wonderful three.

After some time I finally could sense all four
It felt like being one with the sea in my core
I felt and smelled and heard and saw
It really had me standing there in awe
I licked my lips and guess what
I could taste some of the sea’s salt...

Aufie Zophy
Y/. The Light

I have traveled in the dark
With only glimpses of light
Now and then a spark
As my one and only guide

But something from inside
Has happened now to me
It's making things look bright
The light, now I can see

With the light in sight,
I walk now the road, straight
To reach the mighty light
My soul and mind don't want to wait

Aufie Zophy
Y/. The Wondrous Story Of Clara

This is about Clara who was a tiny drop of water
A good girl, followed what her father taught her
She lived in the ocean, was happy and full of cheer
Until one day, what happened to her, oh dear?

One day she basked near the surface of the sea
In the sunshine, enjoying all the warmth and energy
But of this energy she got too much, there’s no denying
She evaporated and found herself soon flying.

She flew and flew, far and through the wind so high
She wondered where, oh where to, shall I fly
She gathered with other drops of water in a cloud
Wind pushing her over the land where she rained out

Little Clara ended up in drinking water for a man
Think about little Clara’s fate, imagine if you can
After passing through his mouth, stomach and gut
She entered a warm red fluid, they called it blood

She was carried through vessels thin and long
What an experience, she did not cry, she was strong
When she passed the brain, out of the vessels she went
Yes our brain consists of water, about seventy percent

In the brain she seemed to settle down and stay
She started to enjoy it there more day by day.
She was in the brain of a man, his name was John
And listen to what the man, named John has done

John was a charitable man, doing many a good deed
He liked so much to help those who were in need
Whenever he did so, his brain was a fantastic place to be
Clara enjoyed the love and peace and tranquillity

Once when John was praying to the universal Soul
His brain was at peace and it felt sooo good for all,
That another little drop of water, named Molly
Started to spontaneously dance of joy and jolly
All drops of water in John’s brain took a stance
And joined Molly in her fantastic dance
They were dancing for quite a while
That night John slept with a great smile

One time when John was in deep meditation
The thoughts of John emitted a bright radiation
Clara and Molly who had become each other’s friend
Enjoyed the clear light and wished it not to end

When John was sick and was about to die
The two friends dreaded to say goodbye
But somehow they had to leave John’s brain
They left his body and again became drops of rain

They fell in a small brook that swelled in the monsoon
And with millions of companions they reached a river soon
In the river they travelled steadily for hundreds of miles
And when they saw the ocean, they were all in smiles

They travelled to great depths of the sea
And enjoyed their origin ecstatically
When they told their friends about the adventure and the fun
The friends decided to go immediately basking in the sun.

Aufie Zophy,
Bachok, June 2013

As deep as the ocean:
Aufie Zophy
Y/. Winning Whisper

An ominous, gloomy cloud
Of anger, frustration and shout
It darkens our sky, it’s getting loud
It’s about to thunder and rain out.

But there deep in our hearts
There is a whisper that starts
It is a whisper of unconditional love
Perhaps coming from high above

What will happen, ’ll fully depend on what we listen to more in the end
To the thunder, shall we give in?
Or will we let the soft whisper win?

Aufie Zophy
Y/.. A Diamond Bird

A diamond bird
Flaps its diamond wings
A thousand rainbows
Dance on the white sand
The blue sea dizzy

A diamond bird
Lands on my shoulder
I grab its feet
A look in my eyes
A whisper

A diamond bird
A thousand rainbows
I 'd like to possess
But set it free
And nature smiles

Aufie Zophy
A Restful Mind

Listening to soft sounds of the blue sea,
a dose of healing energy flows through me.

My eyes closed, my soul showing a smile,
thoughts train stopped, but just for awhile.

A wave of liveliness wanting to start,
eager to be injected in my tired heart.

The train of thoughts seems not at ease
but I pray for silence, I pray for peace.

And what props up in my restful mind?
only thoughts of love and being kind...

Aufie Zophy
Y/.. Flowers Of Faith

Faith is like a garden,
full of beautiful flowers
If people pluck them
or even step on them
the garden is not affected
Because flowers of faith
grow faster, must faster
than anyone can steal or destroy

Aufie Zophy
Y/.. Gold

My mug is full of gold  
and i am not happy  
It is love that I need

I try to be loved  
But no one loves  
It is love that I need

I try to give love  
Many give back  
It is love that I need

Gold is fine, beautiful  
I want it, I love it  
But it is love that I need

I need love

Aufie Zophy
Y/.. Intention

This morning I wanted to be the sunshine
in the life of everyone i'd meet

Now at night, I am not so sure
Not sure if any rays have shone

Sometimes small gestures or a kind word
can make a difference in someone's life

I hope I had some of these today
'cause of big good deeds I am not aware

Perhaps the small talk with my son
or a very simple hi or smile

I still hope that my day has meant a thing
for here or there a soul, a heart or mind

Aufie Zophy
Y/.. Magic In Twilight

Softly engulfed in pastel orange hues
purplish small clouds were drawn
on the sky's canvas above the wavy sea

I entered the pleasantly warm sea water;
was floating on the breaking waves
while the magic colour play continued

There is truly magic in twilight.
Beauty...
Peace...

Aufie Zophy
Y/.. Much More

When I walk on the grass
When I walk on the sand
and feel the millions of blades of grass
and feel the trillions of grains of sand
under my bare feet
I wonder

I wonder
about the grass,
about the sand,

I wonder
about the grass, how did it grow so green
about the sand, why are its grains so small

the grass at night
with the moon's light
So pleasing

the sand during day
with the bright sun's rays
So pleasing

I love the grass, I love the sand
but much more still
I do love you, my fellow human being

I love each moment of harmony
within our large families
I love each little kindness
between two strangers

I love the grass and sand
But so much more,
I do love you

Aufie Zophy
Y/.. Not Enough

In our wide wonderful planet
Cruelties and sadness are abound
Greed and hatred, name it
you can find it all around
We have enough of all of these
No need to spread this type of news

The thing that is not enough
Is loving kindness, simply love
So if you see or do an act of love
don't be shy just spread the word
Write more about what is not enough
and make this a little better world

Aufie Zophy
Y/.. One More Cup

Bread from bakery Paul
Saturday morning, 9 am
A breakfast with my mom

Chatting in the kitchen
Sharing what we knew,
Secrets, stories, news,

The moments I cherish most:
It was when I got ready to stand up
My mom said: have just one more cup

I never could resist
Sure I loved the steaming hot coffee
But much more, my mom's loving company

Oh, the lovely moments with my mom
How I miss these lovely weekend morns
How I wish I could have just one more

For everyone whose mom is still alive
A great plan, a few words of warm advice:
Have soon a meal with her. It'll be nice!

Aufie Zophy
There is a tree
A wonderful tree
The tree of kindness
It is the fastest growing tree
In this world, God bless

There is a tree
The wonderful kindness tree
Taking deep roots forever to last
In a million people's heart
Spouting and growing enormously fast

There is a tree
That wonderful kindness tree
It grows so fast, that soon enough
The whole wide world on sea and earth
will be filled with comfort and love

There is a tree
That wonderful tree of kindness
Roots spreading in another million hearts
spouting and growing reaching high and wide
And then in another million hearts it starts

And then another two million
And five million more to come
A billion hearts soon will follow
I already smell its wonderful blossom
Roots in everyone's heart will show

Oh, it is growing so fast, this tree
let's sit and enjoy in its amazing shadow
And just let the roots in your heart grow!

Aufie Zophy
The river of love flows
from its inexhaustible source
Sandbanks slow it down

That sandbank of greed
That sandbank of pessimism
That sandbank of narcissism

Bulldoze the sandbanks away
Let the river of love flow
from its source inexhaustible

The world needs more love
and less sandbanks
Bulldoze the sandbanks

and let the river flow
Bulldoze the sandbanks
and let the river of love flow

Aufie Zophy
Y/.. Small Meditation

The soft silence of my room
invites my thoughts to wander
Connecting to the universe
refusing on the news to ponder

Aufie Zophy
Thirst

The dry soil
The brown grass
The thirsty tree
a thunderstorm

Aufie Zophy
Y/.. Unity

Blue vastness dressed in a skimpy white dress
Partially hidden by a wealth of green leaves
Blowing a wave of exquisite beauty into my eyes

Moving my heart, fusing my heart with my soul
Inspiring thoughts of unique universal unity
Connecting all beating hearts to each other

Making them melt with trees and flowers,
and oceans and seas, with mountains and deserts.
with moon and with sun, in a grandiose harmony

Connecting all beating hearts
to the whole wide wonderful universe
Connecting all beating hearts.

Aufie Zophy
Y/.. Winds Of Wisdom

Let the winds of wisdom
Fill my heart with a flow of love
Let them feed the flame of my soul

Let them blow from the east
From the west and south and north
From every side and from above

Let the warm winds of wisdom
Whistle their wonderful song in my ears
Let them blow, let them flow

Let them touch my skin, reach deep into my lungs
Penetrate my mind and move my spirit.
Let the winds of wisdom blow and flow.

(Bachok, 7 March 2015)

Aufie Zophy
Y/... A Little Poem With No Title

Once we are aware that we find
only in altruism true peace of mind
we will live with total focus on that
and leave the selfishness for the mad

Aufie Zophy
Y/... Cup Of Enthusiasm

The morning sun rises

Its silky warmth kisses my skin
Soft yellow rays fly straight to my heart
Exquisite colors make the sky smile
What a wonderful way for a day to start

I drink a cup of enthusiasm
Freshly plucked from the most beautiful tree
And the loving winds of care and kindness
Carry me to a place where the world needs me

A day of sweet labor, coming from deep within
A positive difference joyously made
A satisfied soul, peace taking over my mind
The trees still smile, the light doesn’t fade

Aufie Zophy
Finding Beauty

If we are focused on negativity and ugliness we will find negativity and ugliness

but

if we are focused on positivity and beauty, positivity and beauty we will find

Aufie Zophy
Flowers,

Embodied living beauty
made for us to be adored
many days they shine for us
but too often they're ignored

the more we let them in our heart
the more we open up our mind
the more beauty in our life
all of us will find

Aufie Zophy
Y/... If The Moon Could Dream

If the moon could dream,  
it would dream  
that you and me  
filled would be  
with unconditional love  
but for now,  
I am dreaming alone

Aufie Zophy
Y/... India

A village by the river
colourful houses adorn
the peaceful streets
beautiful smiling faces
steps down to the river
a woman in bright sari
washing clothes
savouring India
in all its glory
happy people
glorious feelings

Aufie Zophy
Y/... Love And Peace

A red rose with heart shaped petals smiled at me
blissful love was flowing, it was so easy to see

Golden light shone peace through my hungry heart
Hunger, thirst and greed falling slowly apart

Finding love, finding peace, a sea of bliss
Finding peace, finding love, an ocean of tenderness

Aufie Zophy
Y/... Saved

The sweet fragrance
of a white frangipani flower
showing her yellow heart

I was seduced
Enticed to pluck
The urge to possess

An idea of wilt and death
Came flying just in time
To prevent a deadly pluck

Aufie Zophy
Can we all think today, right now
about the loneliest person we know
in this whole wide world?
And give them visit or call?

We are never too late
to make a positive change.

Aufie Zophy
Y/... The Song Of The Bees

I was sitting in a long and lazy chair
Enjoying the afternoon’s heat
With a breeze of lovely fresh air
And a book, a wonderful read

When out of the high branches of the trees
On my shoulder landed a swarm of bees
One of them climbed up near to my ear
What she whispered was amazing to hear;

“You know my human friend, we bees are quite wise
We like to work and make some honey, so nice
We visit the flowers every day of our life
No way we just sit and relax in our hive”

I thought that was a great message of the little bee
I thanked her for sharing her wisdom with me
She smiled and crawled back to my shoulder
Another one came up who looked a little bit older:

“Did you know my lovely, human brother
We bees care very much for one another
If one little bee hurts, no matter young or old
She is never left alone” was what I was told.

I was excited for all this wisdom to hear
From a group of little bees, so close to my ear
But this was not yet where it would end
Because up came another bee-ish friend:

“My kind human companion, did you know
Every day, every bee will make a bow
For we always thank our Creator so great
For every flower and all that He has made”

I was amazed to hear all this, more than a bit
These bees were so wise, no doubt about it
I wanted to hear so much more of my bee-bee friends
But soon they flew away and that’s where the story ends.
Aufie Zophy
Goodness is all around us
But verily, most of it
I have yet to let in
Yet to discover

After a life of mainly ego
Catching only glimpses
Of the divine traits
I want to change

I want the glimpses,
Those fantastic glimpses
No longer be glimpses
But become the main

Cumulonimbi of peace
Palaces of silence
Love and love and love
Generosity beyond control

O, my God, make my every minute
into one of these amazing glimpses

Aufie Zophy
Y A Ball Of Love

I closed my eyes
I was with my late father

He was full of love
Love and warmth
Tenderness and affection
My cheeks were glowing
Love and joy
And love and love

Vulnerability of last years
Gone
Ambition of earlier years
Gone
He was so full of love
He was love
Completely uncovered love

A ball of tender warm love
Just in front me
I felt it all
My heart merged with the love
In these moments of extreme love
My heart out of my chest
Out of my chest

Aufie Zophy
Y A Delicacy

A spoon full of life
A small pinch of love on it
True delicacy

Aufie Zophy
Y A Tear

A tear in my brown right eye
was ready to leave and roll.

A heart with a small crack
leaked some precious blood,
some precious love

Life 'd been harsh;
self control not easy.

The tear was rolling now
down slowly, down.

Tumult in my soul;
revolt becomes humble

Turning to God.
Strength seeps in.

The tear dries up,
the crack heals,
love flows

Aufie Zophy
Y A Thousand Beautiful Feelings

A thousand beautiful feelings,  
ready to fill our heart.

Giving an eye to the colors of the sky  
or just the wooden furniture in our room

An ear for the sound of the breeze in trees  
or just the tune of a favorite song

A touch of our feet on the grass  
or just an unbelievably soft carpet

A smell of an exquisite bouquet  
or just a drop of lavender oil

The taste of the sea salt on your lips  
or just a delicious cup of coffee

Take a minute right now for beauty;  
it is never far away.

Soon a thousand beautiful feelings  
Will be filling our heart

Aufie Zophy
Y A Wonderful Deal

the cost of kindness
is perhaps some vulnerability
but even then,
it is still an excellent deal

Aufie Zophy
Y Adoring, Ignoring

While adoring
the million shades of green
in the coconut tree's crown,
basking in the midday sun,
against an azure blue sky,
I was ignoring
the magnificence of casuarinas
giving me a cooling shade,
whispering the sweet song
of the soft sea breeze,
that gently shook their leaves

Aufie Zophy
Y Align

We find great peace
by loving our children

We want our children
to be number one

But the peace we find
lies in loving our children

We want our children
to be very wealthy

But we find our peace
in loving our children

We want our children
to be powerful professionals

But we find our peace
in loving our children

Why we do not prioritize
to teach our children to love?

Aufie Zophy
Y At Night

Endless tenderness of soft moonlight, shining on the deserted sandy beach. calming my workoholic restless mind; deep in my soul it seems to reach.

Shells whiter still than sand reflect and seem to be on fire on this nightly heavenly land; sparkles, not ceasing to inspire

Fluffy clouds in the dark expanse are writing the name of our God drawing humbly in the sky, immense: We love you Lord, thanks a lot

The gentle waves, a lovely song whispering peace, peace, peace it goes on and on, so long, The inside of my heart at ease.

Love engulfs the unworldly scene My skin enjoys the nightly breeze All the worries of the day have vanished, they went away

Love is what remains.

Aufie Zophy
Y Before I Close My Eyes

Today is almost gone
Soon I will go to bed
and close my eyes

I want to, before I do so,
say a warm word of thanks
a word of thanks
to our God,
a word of thanks
to my family
to my friends
to my staff

A very warm thanks
for all the love that came my way

Thanks

Aufie Zophy
The world is good
and it gets better

I start with myself
You start with yourself
She starts with herself
He starts with himself

If all of us
we start with ourselves
to make our own self
a bit better today

Today will be the best day
in the world ever.

Aufie Zophy
Y Breaking Free

It is not abnormal
to be a slave of my desire
and yet
I want to break free
from this normality

It is not abnormal
to worry about tomorrow
and yet
I want to break free
from this bad habit

It is not abnormal
to just conform to society
and yet
I want to break free
from blind conformity

Let us all break free together
leave the normal behind
let's break free
here and now!

Aufie Zophy
Y Bubbles

Bubbles bubbling my ears
my belly my legs all bubbled
Blue pool green tree
love in my veins sky blue
soul afloat, light of compassion
kindness dream revolves
slowly becoming reality

Aufie Zophy
Y Car Of Life

When I am choosing my car of life
It is not a Ferrari, I want to drive
Porsche or Merc are not what I am
Nor Tesla or Lambo, and neither BM

For my car of life, I 'm ignoring all class
What I want is just a big bus made of glass
A huge glass bus for all to fit in
my family and friends will all be within

We will drive along roads tremendously nice
We'll enjoy our great journey to paradise
Come, join the bus now, no need for ticket or fee
Your place is reserved in that big glass bus of me

Aufie Zophy
Y Colors Of Love

Let us reach deep in our heart,
and then the painting will start
in the colors of love, kindness and peace;
not one single soul, entering our place
will miss out the warmth and bliss
upon the sight of colors like this

You may choose to believe it or not:
in no place, the painting will stop.
Our whole house will be colored the same;
our street, village, and soon our whole state
Hues of love and kindness 'll glow everywhere
And no, the painting will not stop there

It 'll go on 'til the whole land is covered in love
Kindness in front, from behind, below and above
All my brothers and sisters 'll use their brush
painting colors so adorable, vibrant and lush.
Until all children in our whole world wide
Will enjoy love's bliss and kindness' light

Let us all take up our biggest brush today
And start painting the world, right away.

Aufie Zophy
Y Dangerous Harmony

Living in total harmony is dangerous
Dangerous to the huge alcohol industry
They may go bankrupt

Living in total harmony is dangerous
Dangerous to the enormous drug cartels
They may crumble down to nothing

Living in total harmony is dangerous
To religious leaders preaching doom and hell
They thrive on creating discord and hatred

Living in total harmony is dangerous
Dangerous for politicians worldwide
They get votes by creating illusions of threats

Living in total harmony is dangerous
Dangerous for our own arrogance
Let us live in total harmony anyway

Let us live in complete harmony anyway
Let us live in all encompassing harmony anyway
Let us choose total harmony anyway.

Harmony, make it total
Make it complete
Make it all encompassing

The alcohol and drug industry can stop destroying lives
Let the people there convert their business to charity

Preachers of doom and wicked politicians can learn it too
They can become real volunteers operating in anonymity

Choose total harmony anyway...

Aufie Zophy
Dear Cloud,
When will you break your silence
When can I hear the story
of your unthinkable journey
of the things you've seen,
of the winds that've blown

Dear Cloud,
When will I hear your tale,
the secret of your magic game
shape of sheep and then of fish
shape of face and then of birds
and then again completely formless

Dear Lady Cloud
How much I want to hear your music
How much I want to read your poetry
How much I want to see your dance
Please reveal to me the story,
the secret, your private art

Aufie Zophy
Y Delicate, And Yet...

There is something so exquisite in them
Something so special and superb

And yet they have been deprived
Of the best of foods
Of the best of education
Of the best of rights

There is something so delicate in them
Something elegant and fine

And yet they've been oppressed
Been beaten
Been humiliated
Been abused

There something so beautiful in them
So dignified and great

And yet they have been raped
And vilified
And trafficked
And even sold

But there is hope, my smart friends
Things have been and are still changing,
From Florence to Malala.

One day we will all live in harmony
We are all so different
And yet so one

Aufie Zophy
Y Easy

Life is not easy...

I pray...

Easy.

Aufie Zophy
Y Een Traan (Dutch)

Een traan in de hoek van mijn oog
zit klaar om over mijn wang to rollen

Een kleine barst in mijn hart
een beetje bloed lekt uit
en een beetje liefde

een harde noot
zelf controle zoek

Een traan in mijn bruin rechter oog
Klaar om over mijn wang to rollen

Mijn ziel in onrust
zoekt een beetje nederigheid

Ziel zoekt
en vindt wat vrede

De barst geneest
De traan droogt op
Liefde vloeit

Aufie Zophy
Y Equity

I loved the spouting coconut
It got a special place
I loved the casuarina shoot
It got a special place

The coconut and casuarina shoot
Shared a common garden
The sunlight shone for both
And so did nourishing rain

One grew a thousand leaves
Tiny needle shaped and small akin
One grew a few giant leaves
Majestically waving in the wind

Phenomenal beauty of the casuarina
Its oxygen was shared for free
In perfect harmony with the loveliness
Of the superb amazing coconut tree.

So different, my two cherished trees
And yet loved by God so much the same.
A fully fulfilled potential each
‘cause someone cared, each in a special place

The huge diversity of each of us
Is to be celebrated in every way
But all deserve the care and rights
To reach their full potential day by day

So let’s give to all children dear
equal space and 'light' and 'rain'
full potential for each to achieve
Diverse, but how we all would gain!

Aufie Zophy
Y Every Second

With a gift, a smile,
The world is getting better
every single second

With a gesture of love
A kind word, a hug
Every second, better

An extra mile, a superb effort
A beaming glance, a lovely look
A wellness wish, a simple praise

More affable, more loving
More empathy, more compassion
More kindness, more caring

Oh, yes
the world
is getting better,
every single second.

Please wake up;
no more news induced numbness.
The world truly
gets better every second

Aufie Zophy
Somewhere far away,
in another galaxy,
there is a little star
that started to shine
several years ago.

Its light is traveling
at a dazzling speed
towards our planet
with a message of love
a message of kindness.

Less, much less now
than a light year away
that lovely little light
from that tiny star
will reach us soon.

Once it reaches,
no heart 'll remain shut;
all the beauty and love
will enter freely
into all humanity

Oh, little star
let your light come
and keep on shining
for a world, a planet
that needs you oh so much.

Aufie Zophy
Y Feelings

Hands on the keyboard
wanting to express
deep feelings
without a name.

Searching thesaurus
after thesaurus
for what the heart feels
but there is no name

Yet it's simple
not complex
only deep
but no name...

Aufie Zophy
Y For Ever

Too many times
we have fallen
in love for ever

But time has come
to vanquish the in;
from in love
to just love

A love that
truly lasts
for ever

Aufie Zophy
Y Garden - Love Story

This is a love story
Of immense love
Between the gray skies
And the trees in my garden
The trees were smiling
Reaching high to the sky
And the clouds sacrificed self
Their bodies getting smaller
To feed the trees
As a mother feeding
Giving so much of herself
And the trees grow a bit taller
Reaching a bit higher
To the skies.
Standing, ornamenting
Smiling
Sky and trees,
Love forever

Aufie Zophy
Y Genius

Opening our heart,
For the tremendousness
The enormousness
Of the creative force
Residing in the universe

Letting flow thru our veins
The magnificence
Transcendence
Letting it use our mind
Our hands for elegance

Resplendent excellence
Just being the channels
An instrument, no claims
Glory and bliss, no claims
Humble till the end.

Aufie Zophy
Y Good Night

When at night I make it silent
and I try to stop my thoughts
my heart eyes perfect peace

my sleeping soul awakens
a spark becomes a fire
my mind so close to God.

I say a little prayer,
Bliss sits on my shoulder
I open up and let it in.

Good night my friends

Aufie Zophy
Y Grandpa, Coconut Tree

'Listen with your heart
and you will understand'

't was Grandma Willow of Pocahontes
saying these words, this glorious wisdom,

one will love Pocahontas
But still so much more
one cannot escape loving
this marvelous grandmother
Grandma Willow

How wish I'd have
a grandpa coconut tree,
giving me advice and wisdom
whenever I need it.

And yet, if I manage to make it silent,
sitting on a deserted lovely beach,
The thoughts flowing into my mind
seem to come from heaven

Aufie Zophy
Y Grateful Soul

The grateful soul and the greedy ego
Sometimes they fight

If the first one wins,
peace of mind is mine
If the second one wins,
often I may feel full
but rarely satisfied.

Aufie Zophy
Y Haiku (Waves)

dark cloud blocks full moon
sound of breaking waves in spring
magic as ever

Aufie Zophy
Y Hard To Believe

Reading news, we meet
falsehood
corruption
decadency

it may be hard to believe
that the world gets better
minute by minute.
And yet it does! !

An idea whose time has come
is simply unstoppable
The idea of random kindness
has come to the world
Anyone trying it,
feels so fulfilled
with peace and love
that it is spreading fast!

Hold on tight
A completely disruptive
enormously gigantic
kindness revolution
is on its way

It is unstoppable
It will blow away all hypocrites
Lying leaders will fall deep and hard
a world of truth and sincerity lies before us
Hard to believe?
Believe!

Aufie Zophy
Y Heart Melting In Soul

When the birds are flying
through an azure blue sky,
crisscross from tree to tree
to visit their singing companions

When purplish beach flowers
open up early in the morning
to show their amazing shades
of white to mauve in their heart

When a distant island in the sea
towers as hills spouting from the water,
that looks like a giant turquoise sheet
on a bed surrounded by pristine beaches

When earth pampers me like this,
my heart seems to melt into my soul.

Aufie Zophy
Y Hey, Hey People Of Every Nation

Hey, hey people of every nation
please read this small but real calculation

If you do two random kind acts every day
That would be more than 700 in a year, Okay?

Hey, hey women and men of every nation
please read this small but real calculation

Now nobody, really nobody is immune to kind acts
but lets take only ten percent would 've any effects

Hey, hey poets and readers of every nation
please read this small but real calculation

That would mean every year 70 would be inspired
by 1 person living kindness without getting tired

Hey, hey poets and readers of every nation
please read this small but real calculation

that means that just 1/70 or less than 1.5 percent
needs to believe, to touch the whole world by year end

Hey, hey people of every nation
please read this small but real calculation

Let's hurry to be part of this 1.5% choosing to be kind
Please people listen to your soul, your heart and mind

Hey, hey women and men of every nation
please read this small but real calculation

Join quickly the revolution of kindness and bliss
You will never regret, reading and reacting on this

Hey, hey poets and readers of every nation
please read this small but real calculation
If the sky were water
It would be a favorite diving site
The deep and bright green trees
Being wonderful corals
With birds as singing fishes
From the superb morning skies
One would not want to miss a cloud
Crowds 'd dive in the dark of the night
With its spectacle of moon and stars
But for now, the sky is 'only' sky

Aufie Zophy
Y If You Are The One...

If you are the one emitting the light and warmth, it is quite impossible to experience the dark and cold.

If you are the one emitting peace of mind and serenity, it is quite impossible to be disturbed and stressed.

If you are the one bringing happiness to others, it is quite impossible to be sad for a long time.

If you are the one bringing inspiration and encouragement, you may never end up in the drab and gloom.

Aufie Zophy
Y In The Air

I pluck a pluck of love
I breathe a breath of tenderness
All just from the air
It's in the fresh air at the sea.

I stand under a shower of peace
I inhale a breath of happiness
All just from the space
It's in the space all around me

Kindness descends in a million parachutes
A breath of compassion fills my lungs
Just from the sky
It's in the sky everywhere

Come with me and enjoy
all the love, peace
kindness, grace
Let's pluck a big pluck out of the air...

Aufie Zophy
Yesterday I went inside,
inside my heart
I replaced all blood
with a torrent of love.

Love is what is pumped now
through my arteries
to my brain, to my words
to my hands, to my deeds
to my lungs, and vocal cords
My skin cannot contain
It's flowing, gushing
gushing in and out

Inside my heart,
a torrent of love...

Aufie Zophy
Y Inspiration

A gentle nudge to breathe in spirit
With the universe and all harmony in it
Work and walk and write and talk in spirit
Joyous peace and bliss, let's just live it
Feeling a wonderful flow, go with it
A sincere longing to live and love in spirit

Aufie Zophy
Y Is There An Eye?

I wonder:
Is there an eye
of any beholder
that 'd not find beauty
in the overwhelming elegance
of the wondrous shells
I found today
on the shore

Aufie Zophy
Y Leaves And Waves

Through the leafy bed of the shrubs and trees
I can see the wild waves running on the seas

The leaves of shrubs, the things we do or say
The leaves of trees, our thoughts, day by day

The wonderful breaking waves of the sea
the Love that is always there for you and me

Most of the things that we think, say or do
Have been already thought, said or done
But love is forever there and always new
Never been seen in any of the days bygone

If the leaves are too dense and too much
we cannot experience the waves as such

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Bachok,27.11.2015
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Aufie Zophy
Y Life 's Not Easy But Beautiful

Anxiety, nervous tension
Adrenaline running in veins
Stress seems the only dimension
Impossible to keep it in reins

Some storms indeed come our way
Peak winds we have to endure
Hurricanes however, not long do they stay
How to recover, where is the cure

As the strength of the wind slows
We can change the focus of mind
Pretty flowers can get us out of the lows
A forest, a sunset, a friend who is kind

Life is most of the time not easy
But if we do look for beauty
Stress will most likely ease
Mind may come to peace

Aufie Zophy
Y Lilies Of The Valley

A baby as tender
as the fragrance
of lilies of the valley

A toddler, good boy
as the perfume
of a jasmine flower

A child doing his best
as strong as the smell
of a stormy sea

Dreaming of a princess
as beautiful as the sight
of the skies at dawn

Studying, working hard
as hard as the touch
of a polished diamond

But then
becoming aware
that what counts is:

To be loving and tender
as the fragrance
of lilies of the valley

Aufie Zophy
Y Little Poem Of Consolation

In my heart I found this spark of dedication
To write a little poem of consolation
For all my friends brothers and sisters
Who live in darkness, or anything sinister

Dear Bros and Sisters, it may seem to last forever
But I pray for strength for you, to give up never
I want to end this little poem, if I may
With an old but still fabulous cliché:

After the darkest hour, comes dawn

Aufie Zophy
Y Lonely

a tall lonely tree
on a mountain near the sea
a tear drop appears

Aufie Zophy
Y Love And Stand

I love them
I like them
I love them

And yet some traits,
I cannot stand

I love them
But if they...
And if they...
And surely if they...
I cannot stand it
But still I love

Oh, my God when will
unconditional love
come my way
to be mine,
so I can love
I can stand
I can love and stand.
No matter what.

Aufie Zophy
Y Love, Kindness And Compassion

My God,
Give me endless compassion
Give me endless love
endless kindness
and abundant wealth

Give the wisdom to value
endless love, endless kindness
and endless compassion,
at least as much as
abundant wealth

If I will manage this,
I will have a life full,
filled with love, kindness
filled with compassion
and yes also abundant wealth

Aufie Zophy
Y Lovebeautytruth

Give me love, I ask;
Then become aware that love
is sitting right in my heart

Give me beauty, I ask;
Then become aware that beauty
was the painter of the skies

Give me truth, I ask;
Then become aware truth
is dominating the world

Let us be full of
love, beauty, truth;
have it in great abundance.

Aufie Zophy
Y Lovely Gift

alabaster white steel
elegantly curved
dynamic aerodynamic
adorned with pink and purple
a gift from the heart
for a caring team

a moment of pride
a few moments of love
Intense peace
a lovely gift.

Aufie Zophy
Y Magical Bandage

All of us are now and then wronged in major ways.
It hurts, it stresses,
it distracts, it presses
It hurts more than a wound in our skin

When we feel being wronged,
hatred, feelings of revenge
put salt in the emotional wound
It hurts more, hurts to the core

And yet our God has given a wonderful healing bandage
A bandage we often refuse to use, for far too long.
it is the magical bandage of forgiveness and loving anyhow.

Aufie Zophy
Y Mama Cried

I saw my mama cry
I did not know why

One afternoon, I wanted to play outside
But what seemed so natural and right
Became as if it was a sin, overnight
No playing outside, to the home confined.

I saw my papa cry
I did not know why

Next, we were on a boat at sea so wide
It seemed like an endless boring ride
Smelly, crowded, no place to hide
Hungry, thirsty, tired, every thing tight

I saw my mama cry
I saw my papa cry
I was sobbing too.

Next, staying in a camp was our plight
No room for me, still could not play outside
My brother had become ill, proper care denied
Limited food and drink, days later he died

I saw my papa cry
I saw my mama cry
I was sobbing too.
My crying was loud.
I was shouting it out.

Aufie Zophy
Y Mind, Heart, Soul

My mind wants to gather knowledge
but the big paradox is
that the best way
to gain and retain it
is to teach

My heart wants to receive love
But the big paradox is
that the best way
to get lots of it
is to give kindness to each.

My soul wants wisdom
but the big paradox is
that it does not come
as much from books
as it comes from love!

Aufie Zophy
Y Miraculous Blend

Beige brown
Soft and a wonderful leaf on it
The lazy chair in the garden

My muscles relaxed
A soft breeze on my cheeks
Sun rays gentle and warm

A little prayer enters my mind
Asking for inspiration
For guidance and peace

Creative forces, floating in air
Tainted with love from within
Miraculous blend

Aufie Zophy
Y Morning In Bachok

The morning sun shone.
The sweet warmth of the rays
magnified their exquisite beauty
and the sky's lovely tenderness
was dancing in the soft light.

I inhaled the beauty
and it went straight to my heart

I tasted the tenderness
and it went straight to my heart

I absorbed the warmth
and it went straight to my heart

Aufie Zophy
Y Ode To Nicu Nurses

A tiny hand of a baby
Reaching for the love of his mom
Touching the nurse's heart

No one can imagine the size
Of the flow of love
From nurse to child

Aufie Zophy
Y Only One Remains

An eagle glides through the skies
Perfectly beautiful and full of grace

A wonderful fish swims through clear waters
Perfectly beautiful and full of grace

Then it happens: The eagle meets the fish
The eagle still glides, the fish no longer

Aufie Zophy
Y Orchards

If our cities were orchards;
our flats tree huts,
decorated with cherry blossoms
and perfume of jasmine flowers;
our highways babbling brooks,
surrounded by choirs of birds;
and love the universal language;
bridges would be redundant
‘cause we all ‘d be connected
Soul to Soul

Aufie Zophy
Y Peace, Don't Kick Peace

Imagine peace.  
somewhere deep inside  
Moments of quietude  
a little silence  
a soft breeze

Let it flow, the peace  
Thoughts of anguish or anger  
All gone  
Only peaceful thoughts  
Or no thoughts at all

Peace is here now,  
just enjoy  
Peace, peace, peace  
We bathe in it  
Peace, peace, peace

Now imagine all people  
In the same peace  
The whole world in peace  
Not so hard to do

Peace is a natural state  
A gift of our God  
but sometimes  
Within our small own world  
We kick it out.

Peace keeps coming back to us  
But every day we kick it out  
A gift we refuse

Our small self, our ego,  
thinking the world is not fair  
Peace gone

Our small self, our ego,  
talking harshly instead of full of love
Peace gone

Our small self, our ego,
feeling hurt about almost everything
Peace gone

Our small self, our ego,
thinking we are better than the rest
Peace gone

But the gift keeps coming back
Our God keeps giving it to us
day by day by day

One day we will accept it
Choose friendliness and kindness
no matter what

Peace will be ours
and we will spread it to those around
and they will spread it too

No need to wait for tomorrow
Let us start today

A small wish from me
of peace to you
of peace to your family
of peace to your friends
of peace to your colleagues
of peace to your world
of peace to our world
of peace to the world

Aufie Zophy
Y Pleasant Present

I wish you a pleasant present
The past has permanently passed
The future's untouched and unsure

We can only enjoy one single moment
It is nothing else than the present

We cannot give the power to the past
to have negative effects that last

Let's make the right choices now to nurture
a bright light to illuminate the future

I wish you all a present
that is truly, truly pleasant

Aufie Zophy
Y Rain

Long period of drought
Finally dainty rain drops
Heavenly manna

Aufie Zophy
Y Rocky Path

In this adventure, called our life, we climb on rocks; the sea below rages.

The rocks hurt our feet bleed Waves splash high slapping the stones

The rocky path goes up and down but keeps us safe above perilous waves

Sometimes we curse, we curse the path but it is the path, that makes the journey.

That wondrous journey strengthening our feet strengthening our heart elevating our soul.

Aufie Zophy
People deny the existence of God
based on cruelty displayed on TV.
If He'd be good, power He'd have not.
If He'd have power, how evil He'd be?

The answer lies according to me
in imagining a perfect world.
How awfully scary would it be
to live in a perfect world?

By whatever we do or act.
It'd become less perfect

Creativity, motivation,
lending a hand to a person in need
Charity, helpfulness, inspiration
all suddenly absolutely obsolete.

Can we imagine how dull it would be
to live if all was perfectly nice.
Animalistic indulgence for you and me
In an extremely boring paradise.

Somehow we were given the power of creativity,
we were allowed to co-create something nice
Somehow we have power to think with positivity
to love and help and make self-sacrifice

These things give us perfect peace of mind
We get that feeling of happiness, so great
Through being loving, helping and kind
Admit it, that is just how we were made

Aufie Zophy
Y Secret Place

A lone purple flower of amazing beauty
In the white sand not far from the sea
Moves my heart, touches my soul

The sand gets softer, becomes fluid art
It allows the flower to move into my heart
In a very special place that is secret to all

The flower sits there, kindles my mood
Soft purple beauty, it's doing me good
A giant effect of a flower so small

Aufie Zophy
Y Seven Thousand Lights

seven thousand lights
reflect on the rippling sea
night may never come

Aufie Zophy
Y Shine

Today, I want to pray,
to pray for that light,
that little light inside,
that wants to shine,
shine like the moon,
or even as the sun.
That little light
that always wants to grow,
to glow and give warmth
to whomever feels cold.

Today I pray for the light
the light inside,
that I may open up my heart
to let it shine.

Aufie Zophy
Y Sleep Not Yet

Just before closing eyes at night
all compassion and kindness
of a day passed again too quickly
crosses the eye of mind and heart

These enchanting moments of darkness
quiet prevails and thoughts seem fading
the soul still shy but coming out in glory
pouring passion and peace in endless harmony

The air weighs in on our naked skin
healing power surrounds from above
it invades our pores, it invades our lungs
and soon a wave reaches every cell

The soft pillow holds my head
Sleep invites waiving wonder dreams
but the magic and the peace of the moment
keep me from closing my eyes

Aufie Zophy
Y Snow

dreaming of snow flakes
dotting the night softly,
magically white

dressing bare branches
in their most wonderful
bridal gowns

fields hidden under
an intricately woven
carpet of crystals

an ocean of Beauty

Aufie Zophy
Y Softer Than Air

The cadence of the universe
enters my being via my skin;
a mind that is quiet, immersed
by the music of the vastness within

Touched by waves of supreme ease
warmth and light full of soul
song and vision of eternal peace
for myself and the world as a whole

Aufie Zophy
Y Softness

Whenever the softness of my heart
cuts through the sharpness of my mind
I manage to get a bit closer to my soul

Aufie Zophy
Y Soon

When I manage to make it silent
a strong belief enters my heart
that soon everyone will know
who and what we really are

A strong conviction of my soul
all will understand life and mind
cheap pleasure will just be cheap
values will be just valuable

A strong faith in humankind
Honesty, truth, love, friendship
kindness, tenderness, sweetness
Compassion sympathy, cordiality

When I manage to make it silent
I get absolute certainty
that the world soon make this turn
that ugliness and greed will crumble

Aufie Zophy
Y Still In Time

We are late to eradicate hunger
. but if we start today, we may be still in time
. to save many brothers and sisters from starvation

We are late to start a kindness revolution
. but if we start today, we may be still in time
. to save many bothers and sisters from a heartbreak

We are late to create world peace
. but if we start today, we may be still in time
. to save many brothers and sisters from senseless destruction

We are late, we are very late to make the world a better place
. but it is never too late to make a positive change
. let us start today...

Aufie Zophy
Y Suddenly

At one moment in our life
all of us 'll suddenly realize
that happiness does not depend
on material gains and wealth

We become instantly aware
that for happiness to be there,
we need love and smile and care
for each and everyone anywhere

There is truly only one way
Let us start here and now, today :)

Aufie Zophy
Y Tear

Tear,
O powerful queen
bearing a torch of fire
to melt the heart of stone
Diamond of the eye
baring, unveiling, rolling
a tender trail.
Miraculous drop.

Aufie Zophy
Y Tears

Tears of bitterness
for not having anymore
for having lost

slowly turn into

Tears of gratefulness
for having had
for having loved

Aufie Zophy
Y That Bit Of Love

A bit of love in my heart
moves, increases the beat

That bit of love sits there
moves, makes me rove

a rainbow on a dark cloud
a firefly in a dark, dark night
a spot of red in a black and white photo
a moment of silence in the middle of a thunderbolt
a small piece of silk woven into a large cloth of burlap
a bit of love

A bit of love sitting
inside my heart

Part of me wants to keep it
to guard it with all my might

Part of me wants to give it away,
give away for free to anyone I see

'cause that part knows
about that wonderful piece of magic:
by giving away a bit of that bit of love,
the bit will grow so fast, so furious
that it won't be a bit anymore

Aufie Zophy
That Tiny Hand

The tiny hand
of the fetus
Waiving on the screen
of that big machine
Capable to become
A hand to hold on to
A hand to be fed by
A hand to give
A hand to lift up
A hand to write
A hand to draw
A hand to love
That tiny hand
of the fetus in the womb

Aufie Zophy
Y The Beauty Of Reality

I sat in a blue bus, on its side a white line
We rode through a landscape wonderfully fine
and a man sitting in the seat in front of me
was reading the paper absorbing all negativity
while missing completely the beauty of reality

Aufie Zophy
Y The Big Bang Of Love

From somewhere deep in our hearts
Out of nothing a petal of love starts
Blossoming in flowers with colors so wild
Finger painted by a most imaginative child

The flower is fragrant beyond any norm
It grows and grows into a fabulous form
It engulfs our body, mind and soul
The beauty within unexpectedly tall

It all grows so quickly, increases so fast
A room filled with tenderness forever to last
It breaks out of the room, out of the house
Soon a village, whole cities, it will encompass

The flowers of love, on the streets, in the air
The flowers rain out and shine kind tender care
To the whole world and universe, ever expanding
A love and kindness for all without ending

Aufie Zophy
The Cat And The Wall

A boy tried to climb over a wall
The wall was not very tall
But perhaps the most slippery of all

The boy tried and tried and tried
But failing to get over it was his plight
A tear came and yes he cried

A small kitten walked by
Climbing the wall in one try
But also, it fell and started to cry

Meow, never i can get over that
Meow and soon came mother the cat
She saw her small baby cat a bit sad

Climb on my shoulders she said
And little kitten just did that
Over the wall went baby and mother cat

The boy got a brilliant idea that moment
It was his own home where he went
He got over the wall with his mother’s help

Aufie Zophy
The coconut leaf
bending downward in the wind
waving with all arms

Aufie Zophy
Y The Color Of Love

Love is red, Red as ruby
Red as the most beautiful rose

Love is blue, blue as sapphire
Blue as the most wonderful skies

Love is green, green as emerald
Green as the most majestic trees

Love is yellow, yellow as gold
Yellow as the morning sun

Love is white, white as silver
White as the most pristine snow

Love,
more beautiful
more precious
than any gem
than all diamonds
in the world

Aufie Zophy
The firm wind caresses
each of my brown eagle feathers
The softness of the fresh air
kisses my white eagle cheeks

Below, the long nipah leaves
wave me a warmhearted welcome
The ripples on the shallow river
greet me with a thousand lights

I soar, i flap once and soar a lot more
Steering a bit to the left and to the right
I reach the beach and the shore,
Turquoise and blue, a lovely sight

A lone unshaven man stands
close to the breaking waves
His arms spread, his eyes closed,
his face towards the winds of the sea

I sincerely wonder:
what kind of poetry can a man write,

If he has never seen the world
Through the eyes of an eagle
If he has never floated above the world
High in the skies like me, the eagle

Aufie Zophy
The Extra Step

Every now and then, we feel satisfied
So satisfied with what we feel and do
We have a good heart and are often kind
Occasionally some charity too.

But my God, my good Creator, today
I want to take at least one extra step
An extra mile on on that golden way
Please God help me to run an added lap

If every day, a few new steps we take
One more small kindness and a loving phrase
An enormous difference we would make
Towards a better world in many ways

Let's commit each day to a little more
Soon harmony will reign on every shore

Aufie Zophy
Y The First Leaf

The living fresh greenness
of the first leaf of spring
Sure a perfect omen it is
of a most wonderful thing:

Soon the whole crown of the tree
will be covered with a luscious bed
of fresh, green leaves for all to see
How much nicer can it ever get?

The living fresh kindness
of few of our loving acts today
sure a perfect omen it is
of a most wonderful way:

Soon the whole wide world
will be engulfed in a kindness sea
Quick go and spread the word
Nothing better could happen for you and me

Aufie Zophy
Y The Invisible Thread

Between the valves of our heart
inside the blood, swimming freely,
there is a woven thread of kindness
playing, enjoying itself invisibly.

That thread makes us see the worth
and the charm of a buzzing bee,
the appeal of an exquisite bird,
the allure of a statuesque tree.

It's this invisible thread
that allows us to see
not only with our eyes
but with love and empathy.

That thread softens our voice
even when anger inside boils
That thread allows us to give
even when our hands want to take.

That thread that makes us soft
even when we wanted to be tough
That thread that makes us fear not
when we talk try to talk to our God.

That thread worth more than gold
giving us love and tenderness untold
A fine invisible thread deep inside,
a source of divine peace and light.

Aufie Zophy
Y The K-Word

music of Kindness
is playing a pleasing piece
pleasing peaceful song

colors of Kindness
are painting masterly art
drawing peace at heart

pleasing heart and mind
Kindness is kindling the soul
spirit filled with peace.

Aufie Zophy
The Little Key

A small prayer
for kindness
for love

A soft longing
for affability
for friendship

A discrete desire
for compassion
for empathy

A simple want
for tenderness
for care

A minute search
for a smile
for a wink

Soul was praying,
longing, wanting
searching

A little softness
A little silence
A small key

A small key
to open the heart
A bit of silence

A gush of love
of kindness, of friendship
of big compassion

A huge stream
never ending
an open heart
An ocean of bliss
flooding the world
engulfing my soul

Silently gushing
quietly flooding
softly engulfing

A little prayer
A little longing
A little search

The key is never far away

Aufie Zophy
Y The Magic Of Dawn

My heart filled with delight
whenever I get to be outside
when the dark of the night
gives way to the day's light

Wonderful thoughts enter my mind
A soft breeze, oh so kind
carresses my cheeks, plays with my hair
Palpable magic sits in the air

Un-name-able beauty
hangs everywhere in the sky
A heart full of grace to be
here, not in my bed, but outside

Aufie Zophy
Y The Old Lady

a grey haired lady
sits between budding roses
in the city park

Aufie Zophy
The rain came down hard
Hurting the skin of my head

Worries blinded my thoughts
Then I prayed for guidance

I started to imagine
the best possible outcome

It drove away my worry
it helped me see clearly

the outcome was
as good as possible

Aufie Zophy
Y The Way

Choosing love
not waiting
not chasing

Choosing to love,
to give love,
from our heart:
inexhaustible
just there to share

NOT waiting
to be suddenly overwhelmed
NOT chasing
for systematical appreciation

an act of giving,
an act of sharing
an act of compassion
an act of feeling with,
of doing for, of serving

Choose love,
Love, love, love,
Live love, give love
And never feel
a lack of love again

Aufie Zophy
Y Thoughts

A magical whiff of substance
glowing electrically in my brain
transmuting image to word
transforming word to feeling
never far from the universal Soul
permeating into reality
through action and perception.
Truth subtly manifested
through a magnificent thought.

Aufie Zophy
To our dear mother earth,  
who gave to all of us birth:  
your fever we want to cure.  
Will we succeed? Not so sure!

Some of our sisters and brothers  
seem not to care for any others.  
They seem not worried about your health,  
apparently blinded by money and wealth.

When pushed on the topic of your fever,  
they will make any kind of endeavor  
to deny it and claim nothing is wrong;  
a lack of emotion, their greed much too strong.

I still hope, our dear mother earth,  
holding all treasures of incredible worth,  
that we will find people in numbers enough  
to treat your disease with utmost caring love.

Let us work all together to find a solution,  
stop all the waste and unnecessary pollution,  
reduce carbon emission, preserve our trees,  
keep clean our earth, our oceans and seas.

Now is the time to move and act.  
The disease of our mother is a certain fact  
No man with a bit of intellect, a bit of a brain  
can be allowed to ignore your fever again.

Aufie Zophy
Y True Nature

This is a small prayer
for all people
in this big world
to become a bit aware
of our true nature
which is love
which is kindness
which is compassion
which is peace
which is harmony.

A small prayer
for all of us
to become aware
that only a life
filled with our true nature
is THE source of
true happiness

Help me, my God,
Help all my friends
all my family
all my colleagues
all my neighbors
and all, all others
in this big world
to love, be kind, compassionate
and be an instrument of
Your peace and harmony.

True happiness...

Aufie Zophy
Y Unfolding Mission

Tic toc, tic toc,  
close to dawn;  
magic moments.

Amazing love,  
Tender care,  
moves slowly from my heart  
where it was safely stored,  
to my awakening awareness

Sitting in this bath  
of lovely care,  
a gentle wave of joy  
washes over my spirit.

The first orange sun rays are coming in,  
in my room, in my eyes, in my soul;  
and my mission for the day becomes:  
to share the love and care in which I bathe  
with every soul, I will meet

Aufie Zophy
Y Unteachable

It's unteachable
the beauty encompassing
complete forgiveness

Aufie Zophy
Y Very Very

My family
A lovely wife
Two lovely sons
The VVIPs of my heart

Aufie Zophy
Y Way

When I withdraw from buzz and silently pray
I ask from deep within to find God's way
Then, my mind is filled from high above
Sublime thoughts of unconditional love

Aufie Zophy
Y White As Snow

a beautiful smile
on a disabled boy's face
teeth white as snow
full of warmth, melting my heart
with unconditional love

Aufie Zophy
Y Wonderful Drops

Look at these wonderful drops
They are separate and yet one.
They are big and yet so small.
They contain wisdom
and wisdom contains them

Aren't they wonderful drops?

Aufie Zophy
Y Written In The Sand

It is written in the sand
The purpose of our life
Millions of grains of sand

If the sea'd have erased it from the shore
The grains will have whispered it to the drops
And waves, the braking waves will sing
The purpose of our life

If the heat of day erased it from the surf
Evaporating mist 'll carry it to the clouds
Where they will paint it in amazing skies
The purpose of our life

The clouds will rain and
And diamond beads will ornament the rose
The rose's scent will tell it
The purpose of our life

But if we fail to find it
In the sand or song of waves
In the clouds or scent of roses
The purpose of our life

We may have to make it quiet
And look deep within our heart
Where it will be dancing all around
The purpose of our life.

If we do not find it in our hearts,
We may have to return to sand
It is written in the sand.

Aufie Zophy
YHeaven On Earth

Today I met a stressed friend
I talked and tried to help
A genuine bright smile on his face
It felt like heaven on earth

Aufie Zophy
Yes, Of Course, I Am Not Stupid

Did you have a peaceful day?
Too often the answer is 'Nay'

But why there is no peace in our life?
The reasons we give are stress and strife.
The killings in Nice are driving us nuts.
The world economy, surely the budget cuts.
The nasty traffic driving us crazy and wild.
A nagging neighbor, the crossness of my child.
Our spouse not happy, my friends not real.
And that pain in my back is all that I feel.

And yet Peace, the Peace with capital P,
is in the air, for all to grab for free.
If we make it inside calm, serene and kind,
we can always allow peace to enter our mind.

Somehow we were endowed with a gift, a superb right:
We can rise above the response of fight or flight.
Enslaved to our instincts, we often don't succeed
to make use of that present, which we badly need.

Peace is all around, all the time for me and you.
Just look at the sky, whether it is pristine blue
or covered in grey clouds, as far as we can see.
Peace is in flowers, a stretch of grass, in a tree.

Even if in your room, now there are none of these,
think about love, friendship, or just about peace.
The wonderful message, you received from a friend
the joke that made you roll and laugh without end

Peace is really never really far away.
Even if none of the above came your way,
we can always get quiet, look deep inside
and find in heart and soul, a superb light

If a fish in water refuses to drink.
soon its body will hopelessly shrink.
If in our mind, we do not let in peace
soon its soundness will hopelessly cease

We have to be busy with the ubiquitous peace.
let's have thoughts of peace, we never release.
Open our mind to the world of nature's beauty
letting in peace a right, no rather a duty
Drink it, as water that a fish would drink
do not allow our mind's soundness to shrink

If tomorrow someone comes your way
and asks: did you have a peaceful day?
you'll answer: 'yes of course, I am not stupid! '
of course you had a peaceful day, yes you did!

Aufie Zophy