Champs Ulysses Cabinatan
- poems -

Publication Date:
2011

Publisher:
Poemhunter.com - The World's Poetry Archive
Champs Ulysses Cabinatan (November 18)

My father was a writer in our local dialect. Writing was his hobby and he was working as a Mechanical Engineer.
I took up Engineering course in college and working now in the Gulf region.

I have no specific time or day to write. Sometimes, when an idea came up to my mind, I jot it down or type it on my phone.

I usually get some of my ideas during a car/bus ride, then when I'm on my computer, I type it.
((Bloom)))

Where you are

((BLoom)))

Wherever you are

((BLoom))

when the sun is shining

((BLoom))

when the rain is pouring

((BLoom))

when life seems stagnant

((BLoom))

when you fall on the ground

Bounce back

((BLoom))

With or without a booming sound

everywhere and everyday,

just

((BLoom))

Champs Ulysses Cabinatan
the Making Of The Alphabet Poems

the rule should be to find a word that defines the letter

like for Letter S,
I define it as shining
and find words with Letter S that relates anything to shining...
Sparkle, luster, Sun, Star

or for letter L,
I defined it as something from above
and I find words with L that refers to it
like altitude, angels, or anything with L that you can refer to your description of L..
Celestial
Stellar

I'm making letter D I relates it with door..
so will make a poem about words with D and relates to door like
a security guard, guards the door of the bank
a Dog can guard the door of your house.

Desire is the door to fulfillment or ambition
Dream is the door to achievement
Discernment is the door to a good decision
something like that...

:)  

Sometimes, I get side tracked...
and lost sometimes with the main definition I supposed to have for the letter...

Like for A, I should have built it as something that negates
but lost with words... Antiseptic...agnostic, apathy
so made the letter A poem with any words like
Aha
Awe
Astonishment
Acceptance and
Appreciation

~Champs Ulysses Gubantes Cabinatan

Champs Ulysses Cabinatan
I dunno what to do here.
this place,
bleak and desolate
I want to go somewhere else
where I can change sorrows into joy
pains into gains,
fears into cheers

pant,
heave a deep sigh
this boredom
the place,
the smell,
the loneliness,
the unfriendly faces

this unwalled and unguarded jail
I’m physically free
but emotionally imprisoned
I wanna go somewhere else
where I can change tears into laughter,
uncertainties into hope,
bitterness into healing,
worries into ease.

Champs Ulysses Cabinatan
I miss my number one
and in my heart you’re the only one
though I know you have someone new
but I know you love me more than your number two

Skin is blemish free of my number one
A perfect complement of my flawless tan
Your hugs, your embrace or just be near your distance
My body’s neutrons, electrons and protons gush forth and dance

I am now sick of my number one’s love
Wish I can go back to your place and celebrate love
I want to hold close with my number one again
But I have to wait for my contract here to end

Help me go back to my number one
This feeling for you I didn’t learn in psych 101
In my life you’re the ideal and A1
You’re great, perfect, superb and number one
~champs ulysess cabinatan
Champs Ulysses Cabinatan
100 Things I Want To Do Before I Reach 60

Visit Machu Pichu
Visit Lourdes
Visit Baden Baden
Do modeling

Visit Cyprus
Visit Greece
Do snorkeling
And scuba diving

Visit Angkor Wat
Visit Taj Mahal
A night in an uninhabited island
enjoying the beach and sands

The list goes on and on.
majority with the word 'visit' on it...
I'm wondering why I'm here in the office
Instead of visiting those places.

Champs Ulysses Cabinatan
1-4-3-4-4

the pin number
of my ole ATM card.
1-4-3-4-4
just a number
but with it I can get money from
ATM machines.

1-4-3-4-4
amaze
at how powerful it is.
1-4-3-4-4
just a number
but can give
a dollar,
a riyal,
a dinar,
or a peso.

Champs Ulysses Cabinatan
2d Picture

Seeing your picture
isn’t enough
appreciating the tranquil eyes
the very nice lips
the perfect nose
the seraphic face
the flawless skin
but you’re now just a picture
saved on my phone

where are you my love
the only one I long for

day and night
the eyes of my heart
are looking for you

searching you on the web
on facebook
now you’re lost on my sight
but only a 2D picture of you
on my mobile

I long for those days
we talked
we walked
we drove

I long for those days
we ate
and had a date

I long for those days
we hugged
we loved

I long for the silence
you and I just sat together
doing nothing
hearing our heartbeats
and just letting
the time to pass

I lost all contacts of you
I don’t know where to find you now
Where can I find you my love?
can anyone help me
to look for the dearest of my heart

Champs Ulysses Cabinatan
5: 55 PM

Five minutes more before 6: 00 PM
time for me to go out
from the office

but not excited
as I have nothing much to do in my room
I’ll just be surfing the internet
till I lull to sleep

5: 55 PM
supposed to be an exciting time
but here I don’t feel the same
in this monotonous existence

5: 55 PM
starting to clean my desk
closing words, excel and other programs
time to switch off all the work.

Champs Ulysses Cabinatan
A Bee That Buzzes Less, Gathers More Nectar

Enjoy the silence of sunrise
the sweet soft calming sight of the clouds and sky
Soothe your soul with silence
in the noiseless dance of green grass
Bask in the gentle silence of sunrays
Sublime, heavenly, and peaceful
A bee that buzzes less gathers more nectar.

Champs Ulysses Cabinatan
A Conversation With A Software Engineer

the value
to the less point
if you look at the sequence

it is not working like pp
it’s just if there is a last point
there is the connection
yes
and that’s it
I don’t know what we can do
I don’t know
oww
they’re all calibrating
they’re all calculating
he’s close to you and it’s
yes
emm

the inspection we have
in site
when I told you we’ll check
then after we’ll check
then after
the software
then we check
lock
no
it’ not working
yes, yes, yes
but if you remember we have this

and
we check
look at the value of the network
then go
to the less than one pp
and now you are
because you cannot do with one pp
and the network
and it’s less than its value

one solution
is we have to check
in your software
when your finish with mcc
you have to check the value with the value
of the other
if it’s less than
or greater than one pp
you go to the last one
but it’s not really the calculation
which you can remember
same thing it’s the problem
but it’s the only solution
what do they have?
what’s with the network?
do they have an explanation?

but normally
it’s not the usual pressure
normally you are working there

yes but it’s clear
you understand
check one mcc
you go to work
it’s not exactly
OK, OK, OK
Thanks
I’ll do this
and if I have concern
I will call you back
if you have any question
just call me
OK

*poem experiment

Champs Ulysses Cabinatan
A Gift From The Greek To The Trojans

I learned a lesson from a myth
on taking an extra care in accepting a gift
it maybe be glossed in gold or silver
or a gigantic wooden horse

however it is given
maybe through vain words
shouting, or through writing
through flattery
or shrouded in mystery

If I will not accept your gift
it will still belong to you

gift that clothed as
bitter criticism and sarcasm
or anger and envy
so have the right to decline your gift

I learned my lesson
your gift may destroy
a city like Troy

Champs Ulysses Cabinatan
A Little Copper In Gold

alloyed well
gives strength to a gold ring
A little impurity in gold
can make it stronger
A little trial in our life
gives strength to our heart
Some challenges fought well,
can strengthen our spirit.

Champs Ulysses Cabinatan
A Magic

Magic
a liquid drop
mixed with love
formed
into brain
hearts
flesh
bones
skeletons.
Head
Limbs
Feet
Nails
How
can
I not be amazed
With such
magic

Champs Ulysses Cabinatan
A Part Of The World Die

If a writer stops writing,
A part of him dies...
When a singer stops singing
Something in him dies.
When a painter stops painting
His talent may die.
If one stops doing what he is passionate to do
A part of the world die.

Champs Ulysses Cabinatan
A Spoonful Of Wisdom

Sorry God if at this moment I don't understand,
how the bread becomes your body.
Sorry God if at this moment I don't understand,
how the wine becomes your blood.
Sorry God if I don't fully grasp, that their interpretation of an old scroll
becomes your Words.
Sorry God if until now I still don't fully understand,
all the mysteries of these things,
as Augustine pointed out,
that the brain is just a spoonful of water,
compared to the ocean to understand it all.

Champs Ulysses Cabinatan
A Spot On This Planet

I don’t dream to rule a country
Or to own hundred islands
or to get the accolades from six billion people

I just need a share of the sunshine
A share of the water
A share of the air
a freedom on this planet

I am grateful that
I can move and roam this Earth
Happy that
I can view the sky
I can see the sun
I can feel the rain
I can watch a rainbow
I can see the moon and stars
and hear the music nature creates

Champs Ulysses Cabinatan
A Very Good Morning

Though waking up alone from my bed
I feel good and at peace
I say a prayer
And a litany of thanksgiving
Savoring the fresh cool morning air
Enjoying the view
Of a pristine mountain
a piquant atmosphere
The sun still hides,
Soon it will shine with charm and might

Read a relaxing book rather than the daily paper
A refreshing tea
And a dollop of honey
This morning is ecstatic
Than the usual mornings of my life.

Champs Ulysses Cabinatan
Ah is the first cry

Of a new born child

Anxious and apprehensive

Of the new life

AhA!

Uttered in awe and astonishment

As a maven came across with new thought, idea

Or an answer to an enigma or a question

Amused, dazzled

As we walk and wander

To this life of adventure

Authentic joy is at hand

If we think, speak and act

With appreciation and acceptance

Accept God’s grace and God’s love

Accept the truth and spread the love

Amend our ways and be amiable
Allow ourselves to be love And to impart love
An Apple to the eye to our beloved’s eyes
Welcome the day with a loving smile.

~Champs Ulysses Gubantes Cabinatan
*(free verse/ ABC of love and gratitude)*

Champs Ulysses Cabinatan
Abc Of Faith*

A - Accept anything with joy and peace will then dwell in your hearts.

B - Be patient, kind and loving.

C - Cleanse your soul and live, live the beatitudes

+++ 

D - Depend on the Divine and He will give you the strength needed.

E - Each must use their time wisely on this earth.

F - Fervently trust, trust, the Divine's mercy and love.

+++ 

G – Give thanks for all the blessings.

H - Have hope.

I - It is so important to remain hopeful and live each day with joy

+++ 

J – Joy is given to those who do the will of the almighty.

K – Keep your hearts open to the Graces.

L – Let go of hate; and love, love one another.

+++ 

M – Many Graces are given to those who pray

N – Nothing is impossible with God, so please trust and know that He is with you.

O – Open your hearts fully to God’s love and mercy.
+++ 

P – Peace cannot exist if there is unforgiveness.

Q – Quiet time will truly help to nourish your prayer and spiritual life.

R – Receive the grace needed to live a pure and holy life.

+++ 

S – Share those gifts God has blessed you with.

T – Take a moment today and reflect on all that God is teaching you.

U – Unite in prayer and encourage each other to live a pure and holy life.

+++ 

V – Victory over evil can be achieve if you keep your focus on good virtues

W – Walk in love and walk as children of light.

X – Xeric habits that prevent growth of the soul and spirit must be avoided

+++ 

Y – You must learn to be more patient with those around you.

Z – Zeal and faithfulness is needed to live a good and blessed life.

~Champs Ulysses Gubantes Cabinatan
*inspired from messages of the BVM

Champs Ulysses Cabinatan
An Apple For Today

A – Amend your ways and allow good virtues to transform your life.

P – Persevere and nurture your heart and soul.

P – Please be joy-filled.

L – Let go of anything that is preventing you from truly loving

E – Each day is a new day, be thankful and make today, the best day.

~Champs Ulysses Cabinatan
*filed under free verse/ words of wisdom

Champs Ulysses Cabinatan
An Eagle Without A Parachute

An eagle without a parachute
free to roam the sky
free to roam the earth

An eagle in the wild
bushed on finding its next prey
and there are days it is exhausted of finding none
breathes better
than a well-fed eagle on a caged zoo

Champs Ulysses Cabinatan
And It Leads To...

I followed her advice
And it was a disaster
And it led to me to my most uncomfortable moment
And stripped me of what deemed to be so important
And I survived like a parasite because of it

And it led me to know myself better
that could survived even at worse time
And it ushered me to different views in life
When I thought before I should make life
The most comfortable it should be
It made my thinking shift
That trials and sacrifices
are good for the development of inner strength

And the experience made me stronger
better
And can face life issues now with
Smile
And made me say.
I've been there before
and one important lesson I learned
not to give much burden on what others think about me
for chances are
many don't care at all.

Champs Ulysses Cabinatan
And The Soul Needs The Body

Darkness flooded my soul

So it seeks eyes

For it to see the things brightened up by the light

My soul can feel an imaginary pain

So it needs the skin

To make it more real

My soul hears all the noises

From all over

So it needs ears

to filtrate

The noise,

the sound,

the words,

the music

Champs Ulysses Cabinatan
Anesthesia For The Emotions

I need a dose of anesthesia
for this emotion in turmoil
a pill of pain reliever
isn’t enough to kill the pain
Paracetamol or
Ibuprofen
cannot numb this feeling
It’s deep inside my heart
but a cardiologist is of no help

I need an emotional anesthesia
this feeling
bringing me down
I don’t know where it came from
It affects every nerves
the spine
up to the gray matter
more painful than a toothache

it troubled my appetite
it troubled my sleep
lovesick
nostalgic
anguish
inflicting
who got an anesthesia for this pain

Champs Ulysses Cabinatan
Another Day

Another day
of feeling blue
I know the reason
and it’s eating my emotion

When can I release this grief
I need to meet her
for me to feel great
it’s been two years
of having days like this

Sigh!
I know she’s the one who can make me happy
I know she has the key
to unlock this door
and free this misery
and let joy and happiness
welcome into the doors of my heart again.

Champs Ulysses Cabinatan
As I Sing Your Song

When I sing your song
I feel lifted up
I not only see the constellations
But I become a part of them
I don't only see Polaris or Orion
But I am one of them

When I sing your song
I forget all my fears
I see the vastness of the universe
And see the earth a part of it
I see the Milky Way and other galaxies

As I sing your song
I forget all earthly worries
I am not only an observer
Of the celestial things
but I'm shining with them

As I sing your song
There's no more day
Nor there is night
For I see the sun and other stars
Always shining bright

Champs Ulysses Cabinatan
As Long As You Are Here

My heart jumps for joy,
every time I see you.
It leaps with vigor,
every time I hear your voice.

I feel so relax,
every time you’re near.
It is a heaven,
when you are here.

thank you for coming,
in my life, my dear.
Trials are surmountable,
as long as you are here.

Champs Ulysses Cabinatan
As The Flower Blooms

As the flower blooms
It shares its beauty
It shares its perfume
To anyone who wants to smell
To anyone who wants to see
Regardless of their belief
Regardless of their creed

Champs Ulysses Cabinatan
Ashes

Our tongue will turn to ashes
Our eyes
and their visions will turn to ashes
Our scars,
fats,
muscles,
lipids,
Body flaws
Imperfections
will turn to ashes

Cremated
Or through natural decay
Flesh
Bones
Dreams
Will turn to ashes

But I guess
We can still feel
The pain
Even when the physical body
Turns to ashes

As what some tales and stories tale
Souls languishing
Souls suffering

Souls needing help
Souls needing justice

Souls enjoying
Souls flying in bliss...

But our words when
Carefully and wonderfully woven
Will stay
Till eternity
Even when all material traces of our existence
Turn to ashes
Poets gone
some poems remain
Writers gone
some stories remain

Champs Ulysses Cabinatan
Authentic Love*

Deceit
Lies
Heart breaks
Pretending to love each other
but faux love erodes its luster
it fades and wears
as time passes

Apprehensions
Confusions
Jealousy
Plastic love gives
Fancy
Pretensions
Only tensions and anxiety it brings

Don’t hold on it
Let it go
Don’t cling with it
Escape from its claws

Tolerance
Appreciation
Respect
is what real love gives
Its brilliance shines
Like real diamond from the mines

It doesn’t wear nor tear
With the passing years
Nor its luster fades
When you put it in the shade
It continues to glitter
Like a pure gold it glisters

Trust, consideration,
Understanding, balance
Authentic love shows forth its beauty and radiance
~Champs Ulysses Cabinatan
*free verse/ love/ gratitude

Champs Ulysses Cabinatan
In the Beginning was the word,  
says the holy Book.  
With every utterance of let there Be,  
The universe came to Be.  
Let there Be light, and there was light,  
Big Bang!  

Man then was blessed and was given dominion  
to every Beast in the field and Birds in the sky  
ABel the shepherd offer the Best firstBorn lamB  
Abraham, the patriarch faithfully oBeyed  
To our ABBa father in heaven.  

Wrong use of power to built  
Is like Building the tower Of Babel  
Intended to reach up to heaven  
Ballistic!  
Pride is a black hole it Breaks human dreams and amBitions  

Breath and Blood  
The necessities of human life  
Beauty, Benevolence, Brilliance,  
AdmiraBle Behavior, exuBerant  

Beach, bed, bath and books  
Be beaming, be grateful,  
enjoy life’s breeze  
and offer the best  

As letter B precedes letter C  
Creation starts with let there Be
Let there Be happiness
Let there Be peace
Begin today and Believe
Believe that Blessings will Blossom

~Champs Ulysses Gubantes Cabinatan
*free verse/ yule’s poem experiment

Champs Ulysses Cabinatan
Bad Memories

Bad memories
start to fade
wounds start to heal

those bad memories
they didn’t make me strong
but they made me realize
that life is more than being attach to one person
so I have to stop singing that sad song

scars start to fade
bad memories
started to diminish its strength
its power starts to weaken
bad memories
die away
and will be buried
and be replaced with a new loving memories
and I’ll be singing now with a happy and new song.

Champs Ulysses Cabinatan
Be Like

Don’t be like the hyena of the jungle
With doglike grin, annoying to look at
Greedily waiting for its next meal

Don’t be like a vulture in the desert, flapping its wings on the air
With naked head, preying for the rotten

Don’t be a piranha of the freshwater
Waiting to attack any moving thing

Don’t be like a maggot
Enjoying the decaying matter of the past

But be like a gazelle, enjoying the freedom
Gracefully hops on the meadow

Be like the eagle
Soaring freely, on the open air of liberty

Be like the dolphins
Playfully enjoying the vastness of the deep sea...

Be like the butterfly,
Ready to accept the next stage, leaving its cocoon

Champs Ulysses Cabinatan
Beauty

Beauty can be seen
Beauty can be heard
Beauty can be smelled
And beauty can be felt.

Champs Ulysses Cabinatan
Beyond My Last Breath

Let me hear your breath
As you lay your head in my arms
Let me taste your lips
they are sweeter than figs
Love me
and let me love you
for once I love a person dearly
that love will stay
even beyond my last breath.

Champs Ulysses Cabinatan
Beyond The Petty Things

Beyond the words I use, there’s
the emotion that says that I am insanely in love with you.
I may not be able to express the deepness of how I feel but
I really greatly care.
I want to do anything that
will give you enormous joy.

Beyond my imperfection, there’s
the heart that wanted everything to fall perfectly in your path.
Little misunderstanding will not become Everest, for
love sees beyond the physical appearances and actions.
not concerned if white hair comes,
or the few wrinkle lines.
Real love is not demanding... love is accepting...

There’s no need for you to master how to arrange things well,
how not to clutter things in the room, for
love doesn’t mind those clutters...
love isn’t angered by unwashed laundry, burned food or undone dishes...
so no worries about those, for
I love you beyond this physical universe.

Champs Ulysses Cabinatan
Brain Massage

Beethoven’s Pastorale
Or Pachelbel’s Canon D
Nice to the eardrums
A brain massage for me

Mozart is not too relaxing
Good but not for unwinding
Better with Bach on G string
Solemn, heartfelt, soulful rendering

Another good choice is a fine sound
Of Gregorian chant
Or the vespers of the Carmelites nun
And the best one for me
Is a recording of the rosary

From joyful and sorrowful
Glorious to luminous mystery
Relax, listen, it’s illuminating
have a free massage
of the neural pathways

Champs Ulysses Cabinatan
Break This Heart

break this heart of rock and stone
make it a heart of love alone

free this heart full of pain
and let only joy remain

Paint my heart with colors of gladness
cover and remove the painting of sadness

whenever my heart will sing a song
please happily sing with it along

guard my heart from every harm
shield it with your spells and charm

strip off the sorrows, pains and hurt
dress it elegantly with a new and loving heart

break this heart of rock and stone
make it a heart full of love alone

Champs Ulysses Cabinatan
Breath Of Love

Breath of love
Swirling on a bright dawn
Leaving dew of happiness
and cool mists of joy
cleaning the air
from rancor and negativities
Making each heart
an eternal spring
of peacefulness.

Champs Ulysses Cabinatan
Broken Mugs

Broken glass

Broken mugs

Spilled coffee

Shattered hope

Broken dreams

But I can create new dreams

I can buy new mugs

Champs Ulysses Cabinatan
But I Can Be The Best Friend To Some

I cannot be the best singer
Or the best dancer
Or the best director
Or the best scriptwriter
But I can be the best friend
to some...

I may not be the best student
The best worker
Or the best businessman
But I can be the best friend
to some...

I may not be able to walk on water
or fly on the moon
or to trek the Himalayas
But I can be the best friend
to some...

Champs Ulysses Cabinatan
C is for Cause

The reason of an effect.

The Cosmos has a Cause,

Though we Cannot Comprehend the Cause of everything

We don’t even discern the Cause of our existence

Until we Confer our Core to the Causeless Cause

The Creator of all the macrocosm and microcosm

Creativity, a special knack, a spark, a gift from the Creator

the divine architect

Conflict

Our lives is like a Contest, an interplay

Between Clean and unClean

Clear and mucky

Excellence or destruction

we seek balance

to reconcile our physical and our spiritual aspirations,

We feel like we are more than

This physical Clothing we Call as physique
Chaos

we make effort to Create balanCe

with our emotions

finding persons with Candor

who are Compatible with our essenCe and CharaCter

a Cauldron of Eternal and unending Care,

we make a potion for our Compassion to be shared

ChoiCe

Is what sets the human being above and apart from all other Creations.

A stone or a roCk wasn’t given a ChoiCe

Only human was given the freedom to Choose

Whether we Choose Chaos or
Choose Contentment and peaCe

Challenges

Are around us
From our ConCeption until the last stage of our physiCal voyage

We meet waves of Challenges and ConfliCts

But it’s up to us if we feel as a Casualty

Or a Conqueror and beCome Champions

We were not given a Compass as we traCk this life

Sometime we get lost but we Can disCern it with our inner voiCe

On what direCtion to take

But just a simple CheCklist before doing it

Is to ask this simple question:

Is it love and is it CorreCt?

Just mark that question whether a CheCk or an X.

MagiC,

FantastiC

Change our ways from aCerbiC to enthusiastiC

Cleanse the fabriC from stains of ConfliCts

Climb to the mountains of Cheerfulness, ExCellenCe and Certainty

Continue to Care,

Bring Comfort

And give Compliment
Congratulations

~Champs Ulysses Gubantes Cabinatan

Champs Ulysses Cabinatan
Calmness

calmness after a heavy downpour.
sunshine clears the dark clouds.
hope shoots from the muddy ground.
all will be well soon...

Champs Ulysses Cabinatan
Can I Borrow Your Love?

Can I borrow your love?
Like a painter borrows another's brush
Stroke a little
And make a life out from a canvass

Can I borrow your heart?
Like a musician borrows someone’s violin,
Press the fingerboard and stroke the strings
And create a melodious tune for others to sing.

Can I borrow your love?
For me to swim on its depth
Vanishing all my melancholy,
and sink below the ocean of mystery.

Champs Ulysses Cabinatan
Changes

from up to down
from birth to death
From here to there
from there to nowhere
from tadpole to frog
from chrysalis to butterfly
from suckling to behemoth
waiting worry free and not in a hurry

from rise to fall
from spring to fall
from drought to rain
from pain to gain

from beginning to end
from smooth to bend
from stream to seas
from peak to cliff

Time’s wings fly
Change and time goes hand in hand
People come and people go
Time come and time will go.
Change is the only constant as time goes...

*poem experiment

Champs Ulysses Cabinatan
Checkmate

I am a pawn and you are a queen
in this Romeo and Juliet game
I may be the weakest piece in the game of chess
but I want to prove you that I can be better than a king my dear

I can be a knight and no need of armor
I can be a rook and protect your tower
I can call and get a bishop
just to win and be blessed with your love

even if I'm just only a pawn
this game I still can won
I will just wait for the best move
checkmate, let me be your king my love

Champs Ulysses Cabinatan
Childhood Innocence*

'Like a little child who can enjoy almost anything as his toys, from a simple sling shot, a stone, marbles or a tin can we can still be happy in some simple celebration in life.

But as we get older, we forgot on how to be happy, we thought that happiness is going to other places... Watch the Asian Cup in Doha and also we don't know now how to pray.

During childhood, our prayer is as simple and as fulfilling as 'Angel of God, my guardian dear, to whom God's love entrusts me here.... or a Thank You. But as we get older, our prayers actually are not sincere prayers but it is always asking...., asking for more wealth which could be a form of selfishness...

So we can learn from the simple mardi gras celebration that a child like faith can make us happy in life and there is no need to ask others again as to why they dance on the street

*(in honor of the mardi gras celebration)*

Champs Ulysses Cabinatan
SWOT analysis doesn’t always apply to any decision making nor enumerating the advantages and disadvantages. There may be factors to be considered, such as its impact to the economy, energy and ecosystem.

There are choices which are not critical. Like whether to eat rice, bread, pizza or spaghetti unless of course your health prohibits you on those food.

or choices like what to drive whether a coupe, sedan, SUV or any van as long as it’s free from danger and from harm.

There are some choices which are changeable. Such as planning for a vacation or Choosing a course, or an occupation.

Some choices are to be taken with consideration. Like choosing a friend or a companion for they can affect what, where, and which to buy and they can affect the money in your wallet.

There are choices which may not be changeable. Like getting married, or getting a circumcision.

And some decisions which should be avoided. Like euthanasia or doing an abortion As life is more valuable than money, possession or fleeting reputation.

Our brain is above our heart so that we will prefer our reason than our emotion in making life’s decision.

Whichever direction you are going in life always consider if it is in line with your life purpose not that it pleases the other person. nor it enthralls your present emotion.
*poem experiment

Champs Ulysses Cabinatan
Circle

I woke up
Watch the clock
Ticking
Reminding me
Life is a circle

I turned on the shower
In clockwise direction
Oh how many times
I'm repeating such cycle

Then went off for work
Saw wheels
Of buses and cars
Life is a circle

The sun
Sneaks
From the mountain
And come out
In full circle

I'm living
This kind of life
And will repeat
Again
Another round

Champs Ulysses Cabinatan
Cliché But

You make my world a better place
You put rainbows in my sky
You scatter sunshine in my life
You make my days bright.

You’re my guiding star
When my world is coldly dark
You make my dreams sweet
and give me peaceful sleep at night.

You’re the rose in my garden
You’re the pleasant perfume in my air
Your love gives beauty
To the fields and the vales.

Your love satisfies my soul
the food of my spirit
I crave for your love like I crave for breakfast
although I had a dinner last night.

Champs Ulysses Cabinatan
Cold Morning Wind

The early morning wind,
leaks through the windows,
awaking me up from sleep.
It bites my skin,
til I feel frozen.

Champs Ulysses Cabinatan
Concupiscence

Concupiscence
The tendency to do the wrong
The inclination to desire that which is evil,
the immoral,
the unworthy.

Removing our natural grace
Stripping our clothes of innocence
minds soiled by doubts and ignorance
Clouding our common sense

An inherited state
Making us prone to commit errors and mistakes
An attraction to choose the unholy.
Having the appetite of doing what is wicked
Oh! They excuse of it as part of being human.

Champs Ulysses Cabinatan
Consciousness, Eternity And Beyond

Consciousness
Maybe it resides in our brain
Or in our gut
The brain can think
The brain can feel pain
And now my brain
Is thinking of something
My body is at the present moment
But my mind time travels
Past, present future
Eternity

Eternity
My mind is perplexed
Of what it is
Do Saint Augustine's girlfriends
Swimming in an eternal fire of sulfur
While Saint Augustine himself
Enjoying the heavenly
Songs of the seraphim and cherubim
Eternity
How eternal you are?
I don't have the answer now!

Champs Ulysses Cabinatan
Contentment

The sun doesn’t complain as to why she is not the biggest star
Nor the Earth complains why she has only one moon.
Venus doesn’t envied the rings of Saturn
Nor Mars complains why he is not as big as Jupiter.

The trees do not complain as to why they cannot walk to another place
Nor the seahorse complain as to why it cannot breathe, out of the water.
The worker bee does not complain why she is not the queen bee,
But anyone is just contented with their duty.

Champs Ulysses Cabinatan
Creating Music

Let us play with my flute
And also with your lute
Let’s make music
That soothes our inner soul
Blend the tune in synchrony
taint the zephyr with
refreshing melodies
Let us forget our problems
Enjoy this present moment
And booze our ears
With music and harmony

Champs Ulysses Cabinatan
Crown Of Thorns

Imagining the crown of thorns
Being placed on the head
Of our Savior
Mocking His kingship
And a reed as His scepter

Imagining the crown of thorns
Piercing my Savior's head
Blood profusely flows
From the
Fresh wounds

Suffering
Injuries
Imagining it
Would palliate
The mental pain I am
Imagining

The
Painful thoughts I have
Is so little
Compared
to the pain
My Redeemer
Went through.

Champs Ulysses Cabinatan
Delightful
Dynamic
D relates anything to Doors
to thresholds, open opportunities and decisions
Cerberus is the mythological many-headed dog, guarding the Door of the underworld.

Desire is the Door to fulfillment and ambition
Dream is the Door to reality and achievement
Discernment is the Door to a good decision
But Doorways can be blocked by Devils and Demons
Disguised as a serpent
Who wants nothing but Dominion.
Eve and Adam were deluded
ate the fruit of knowledge of good and evil
That wrong decision lead them to a world of death,
Danger, distress and destruction
An Angel guarded the Door of Eden
So that no one can eat again the fruit
From the tree of knowledge of good and evil
Devious, devilish, dour and deluding

The Dishonest Devil ruined Adam and Eve’s Delight in the paradise of Eden
Devious behavior darkened the old world
It leads to the great Deluge

Diligence
Devotion
Determination,
Draws you
You to the Doors
Of Discovery and Distinction

Replace the Darkness with the light of the Day
Draw near to the Door of light and goodness
Dedicate your Days to love and gratitude
Do not allow pride to block you from entering
The Door of goodness and Dwellings of joy

*free verse/ yule's poems experiment

Champs Ulysses Cabinatan
Dad

My dad hid his emotion.
he is not the huggy type
nor the vocal type of expressing his love
have never heard him saying I love you
he would just express it in writing and in his diary I can get a cue

I like my Dad
Because he's brilliant and worked so hard
had a knowledge of almost everything
from esoteric, medicine to engineering

Though there are some thoughts and beliefs
My dad instilled in me
I want to remove it in my system
for me to have my own mark in existence

He didn't want his son
to work abroad or go elsewhere
he wanted all of us to be at home
reading and reading instead of enjoying the sun

but I'm the explorer type
I can't stay in a one place for a long time
I need to go out much often
not just stay at home counting one to ten

Dad just spent his weekend in his bed
He just wanted to read read read
Yes that's his line
to read, read, read, and learn

Maybe if not for him I will not be educated
because I didn't want to go to school
I remember my first grade
I cried hard cause I prefer to just play...

So I'm still thankful
to have a dad strict but thoughtful
now wish i can have a second dad
to talk, ask question or just to ask if this and that is good or bad.

Champs Ulysses Cabinatan
Dancing In Their Music

I dance in their music
Although I'm not suited on it
I move in their tempo
In their rhythm
But my mind
anticipating
of the music's
finale
wishing it will
stop or end
The soonest
For I will take rest
Away from their noise
and will dance in my preferred floor
and in my chosen beat, rhythm and tempo

Champs Ulysses Cabinatan
Deafening Silence

Hhhhhhhhhhhhhh
Nothing I can hear
Even the wind doesn’t bring
Any swish I’m expecting

Staying in this vast arid land
Wish the desert beetle can speak
Or the rattle snake will just hiss

Alone
My companies are ants, a bug and a scorpion
But they are so silent
they don’t know how to whistle

the falcons in the air
striding the sky looking for an affair
flapping it’s wings but a rustle doesn’t create

Deafening Silence
Anyone break this I plead
Wish my tears can speak
this deafening silence I want to rip

Champs Ulysses Cabinatan
Death Of My Childhood Place

I miss the place so much
where I could climb trees
ate star apples and green mangoes
from fruit trees near our house □
bath in the river
made a raft
out from banana or bamboo trunk
go boating with my brother
and enjoyed swimming in the river

Where we made a makeshift dam
got some catfish
or played with the tadpoles
and shooed away the frogs

and on rainy day
played with my childhood friend
creating pots and anything from the mud
forming clay vases and figurines
and enjoy the drizzles of the rain

But father sold the place
and we moved to an urban zone
where trees don’t bear fruits
and fruits are not on trees but in groceries.
and clays are beneath the cemented road
and during rainy days
people will not go out
and everyone seems so busy on
their business and their job

so in grief of my childhood place
and gone with it is my childhood stage

Champs Ulysses Cabinatan
Deep Within You Is A Star

Deep within your core is a star
You may need other’s love
but you don’t always need other’s approval
for deep within you is a star

Don’t fear rejection
Don’t fear humiliation
Don’t fear the unseen
for inside your being is a star

Others may not see its brightness
Others may not see its radiance
But others opinion won’t negate
That deep within you is a star

Champs Ulysses Cabinatan
Desert Ants

One two three four five six...
I’m counting the ants
they are numbered more than a hundred

Coal black and very small
these creatures
busy
transferring food from a place
putting it inside a mound

running, crawling
going in and getting out from a small hole
and maybe some of them are complaining
it’s over five PM and they are still working

A busy life for ants
I was perplexed on how they can find food in this barren land
they are carrying a white round like substance
an ant version of the manna perhaps!

I tried getting one ant and placed it away from the group
two meters distance from the mound
Smart ant, it got its way back

so if there is a creature higher than the humans
maybe was also observing us, the way I’m observing these ants.

Champs Ulysses Cabinatan
Destined

I may not be destined to be so mighty
I just let time gradually sculpts me
Some acorns are destined to grow
into a mighty tree
And some just rot, forgotten
without even knowing what
It feels to grow roots, branches and leaves.
I will be just thankful to
experience this sinusoidal existence
Never dream of experiencing the euphoria
of fame and majesty
I will just be content
to get a very tiny humble place on this Earth
who can freely roam anywhere
observing
other people's search for stardom
and grandeur

I want to be the pearl inside
a shell
than being displayed in a cold and uncaring museum
never dream of being a jewel in the queen's crown
or some gem on a pontiff's ring

I am the hermit in the noisy crowded city
a cloistered monk in the noise of ambition
and wannabee tycoons
People clamoring to be the best,
the hero,
the protagonist
But I am contented to
walk freely and not be part of
this search of glamour
and all this search for shining moments.
And if soon destiny wants all
the beings to be a star
Make me a tiny star during daylight
So no one would notice my sparkle or asking if I do shine bright

Champs Ulysses Cabinatan
Destroy The Bridge

I must destroy
the bridge
that connects your place,
to my palace

stack a gray stone boundary
cobble walls
so that you won’t attack me
the way you used on the old days

Erecting the barricade is the only way
to halt the advance of your abuse
to my kindness and generosity

to destroy the bridge
that connects me
to your slimy personality

Champs Ulysses Cabinatan
Diamonds Are Few

Rocks and stones are everywhere
But diamonds are few

Pebbles and sands are plenty
But very precious gems are rare

I miss you my love
My diamond
My real gem

Champs Ulysses Cabinatan
Do Oysters Travel To Different Seas?

Do oysters travel to different seas?
Or they just live grow and die to where they were born?
Do oysters see the vastness of the sea?
Or they are just contented opening their shells
Waiting for food to come in their way.

Glad I'm not an oyster,
or else I cannot cruise the Mediterranean or Caribbean or go to the nearby island,
and who chooses that a being will be a crab, an oyster or a human?
spare me,
don't make me an oyster in my next life!

Champs Ulysses Cabinatan
Do Re Mi Fa So La Ti Do*

Do all that you can to please God.

Rely not on your own understanding and strength, but on God.

Miracles will happen, so please continue to love and pray.

Families need to join hands, live in harmony and pray

Soon, change will occur, and you will need to deepen your faith

Lack of trust in God is why so many are relying on themselves.

Time is short on this earth, but Heaven is everlasting and eternal.

Do not lose hope, live in goodness and grace

~Champs Ulysses Cabinatan
*inspired from the messages of BVM

Champs Ulysses Cabinatan
Don’t Catch The Arrows

There is no need to catch the arrows, that others mindlessly throw at you.

Nor you are oblige, to play with them, of their dark side.

Don’t catch their arrows of hate, they may throw it out of jealousy.

Don’t catch their arrows of bitterness, nor be affected by their constant bickering and their perpetual distress.

Don’t catch their arrows of off-putting criticisms, It’s their own soul which they feel are on the brink of being ruined.

Don’t catch their arrows of arrogance, their arrogance smell like a toilet sanitizer mixed with muriatic acid, hiding their fecal fragrance.

Champs Ulysses Cabinatan
Don’t let our love be,
like the flower
that withers
In times of cold autumn or winter.

Don’t let our love be,
like the snow,
that melts
and turns to water in summer or spring.

Champs Ulysses Cabinatan
Don’t Let The Hopeless Destroy Your Hope

Don’t let the hopeless destroy your hope

Don’t let the dreamless ruin your dreams

Not all old men have wisdom

Not all ahead of the cradle

Have the best paddle

Check who you are around with

They may be the cause

As to why you are depressed

They may be cause

as to why you cannot achieve your dreams

Champs Ulysses Cabinatan
Don’t Trust The Stars

Don’t sell yourself to palm readers,  
they can’t even translate their own palm lines  
Don’t rely on the fortune tellers,  
They don’t even know the result of tomorrow’s lottery draw  
And they don’t look fortunate enough.  
Don’t trap your soul to crystal balls  
Or sell yourself to tea leaves  
Ouija board is a meaningless game  
And tarot card is a random play  
Pity the rabbit foot  
Or the four-leaf clover,  
They don’t even know  
That others used them as guides  
We were given with a heart and brain,  
which are more powerful  
than the dead owls or frogs  
Or the zodiac signs.

Champs Ulysses Cabinatan
Don'T Let My Heart Fall For You

*Don't let my heart fall for you*

*If you have no plans of catching it.*

*Don't play with my heart*

*If you consider love is just a game.*

*So free my heart from your sweet words and temptations*

*Free it from false expectation.*

Champs Ulysses Cabinatan
Don't crunch my heart with your absence
Your presence is its happiness
Don't let my heart grieve because of not seeing you for a day,
Being with you is its source of joy and gladness.

Champs Ulysses Cabinatan
Dreams

Do hills dream of becoming mountains? Do small pebbles dream of becoming big rocks?
Do small grasses dream of becoming bamboos? Do a shrub dream of becoming a tree?

Some dreams are easier to attain, than kissing my own elbow or licking my own nose.

Champs Ulysses Cabinatan
Drowned In A Tsunami Of Emotions

Drowning
in this emotional turmoil
felt helpless
in despair
wanting to give up
this is not anymore a chemical imbalance

like a tsunami
it hits without a signal
flooding the psyche
bringing havoc to nature

still waiting
and help seems not on the way
looking for signs of jets and helicopters
Drowning
from this turbulent water
emotions whirling
eating up my very nature
sucking up my soul

Champs Ulysses Cabinatan
E*  

\[ E = mc^2 \]

is Albert Einstein’s famous Equation  
this Equation says that Energy Equals mass multiplied by the speed of light squared  
Einstein’s Exposé between mass and Energy indicates that all matter is made of Energy!

Emotion is Energy in motion  
Everything is Energy  
A Water stagnant in a damn is Energy  
They call it potential Energy

Love not Express is Energy  
but it’s stagnant, just potential  
and it will be kept in one’s heart  
unless it is Express

Hate is Energy  
but it is destructive  
it hurts when it Explodes  
so don’t Entertain it.

E is also for Ego  
it gets attacked  
FEEl BElttIEd  
EmbarrassEd  
HarassEd  
EnrageEd  
Edgy  
Envious  
Also termed metaphorically as Egypt in the Old Testament  
where the descendants of Jacob wanted to flee  
flee from Ego’s control of the Emotion

Change frustration to Ease  
Change contempt into ExubErance  
change animosity into Ecstasy  
turn distress into Elating joy
and if you can make it
there is no need for an exhausting exploration
for the elixir of life.
Flee from ego’s grip
go to the promise land of love and real enjoyment

Each is expected to live with joy and enthusiasm
Each must do their part for an enhanced and enjoyable life
Endeavor to encourage each other
Encourage one another to stay strong

Each day is a great blessing if you know how to give and receive love
Embrace the good lessons and teachings of empathy
Endure each battle with strength from your heart
Evil continues to spread due to lack of love

Expand
Explore
Express!
Enhance your expertise
Empower your life with enthusiasm
Enchant it with empathy, endurance and excitement

*free verse/play with alphabet/poems experiment

Champs Ulysses Cabinatan
Each Moment Counts

Each moment counts
Each thought counts
Death happens constantly
It walks on the high way
Or strolls in the byway
Every seconds die
Every minutes fly
And born with it another time
Every today is a death of
Every yesterday
Every exhale is a death
To every air inhaled
Every spoken word dies
And becomes a memory
Or a record in the history
Every smile you receive dies
Else you take picture
or an excellent photography
Every emotion dies
so have to enchant it
in songs and poetry
Death shows constantly
And wonder why we are surprise of its authority
So cherish every moment
Enjoy its Elysian pleasure
Its ephemeral joy,
A precious treasure

Champs Ulysses Cabinatan
Echo

A beautiful lady in the woods I see
Her face lovely as she flees
Who is there? I asked
(((who is there, there there))), she answered

Oh, how can I give my heart then
To this lovely and divinely maiden
She doesn’t know how to talk
She just repeats what I spoke

Echo
Are you heartbroken?
Why spent your life in this lonely glen?
Saying the last words and names
In haunted valleys and mountains

Echo
Don’t haunt me with your voice
Your spirit repeating my words
Haunt me instead with words
echoes of

(((love)))

(((peace)))

(((bliss)))

(((happiness)))

(((hope)))

~Champs Ulysses Gubantes Cabinatan

Champs Ulysses Cabinatan
Emotional Food Chain

Anger eats Balanced
Balanced eats Confusion
Confusion eats Delight
Delight eats Exasperation
Exasperation eats Forgiveness
Forgiveness eats Grief
Grief eats Humor
Humor eats Isolation
Isolation eats Joy
Joy eats Knottiness
Knottiness eats Love
Love eats Moodiness
Moodiness eats Nicety
Nicety eats Outrage
Outrage eats Peace
Peace eats Quick-temperament
Quick-temperament eats Righteousness
Righteousness eats Stupidity
Stupidity eats Trust
Trust eats Unhappiness
Unhappiness eats Vitality
Vitality eats Weariness
Weariness eats X-citement
X-citement eats Yawn
Yawn eats Zest
Zest eats Anger

Champs Ulysses Cabinatan
Emotional Vampire

Someone detestable
but it’s useless
and energy will just be a waste

he is draining and cold
he gets charge
when he is abhorred

Perplexing
there are people
who will be charge up
by draining other people’s energy

wish they will stay away
instead of eating
other people’s emotions

*(human behavior/ observations on narcissism)*

Champs Ulysses Cabinatan
Empty Plastic Bottle

Empty plastic bottle
Empty water bottle
Easily toppled
When wind blows

Empty plastic bottle
Empty water bottle
Easily fell down
When force is applied to it

Empty heart
A heart that knows no love
Empty life
A life that knows no hope
Empty wisdom
A mind that doesn't have discernment
Is an empty plastic bottle.
Empty water bottle.
It can still be filled.

Champs Ulysses Cabinatan
Empty Shell

They walk
they talk
but they have no soul
just like some shells in the seashore

inanimate,
no living creature
just an empty shell in the seashore

they have skin
but no emotions
they have bones
but just a structure
just like the empty shell
in the seashore

The world is a cold place
for those creatures
they exist but not living
they are breathing
but don't have a spirit
just letting the tides of time washes them
like empty shells in the seashore

*free verse/ hidden wisdom/ poems

Champs Ulysses Cabinatan
End Of A Cycle*

Death is not the End of a cycle

nor this life is the only life we own

As a fetus expects to come out of the womb

so we'll come out from this physical tomb

and emerge to a life in a new home

Although we don't know what is life after this

Like the fetus isn't sure

after the cutting of the umbilical cord

we don't know what will happen next

after the breaking of our silver cord

So there is life after death

Same as there is life after birth

but wherever and whenever will it be

just enjoy this unknown years of journey

~Champs Ulysses Gubantes Cabinatan

Champs Ulysses Cabinatan
What is the bible story without the snake, the dragon or the devil?
Who is Harry Potter without Draco Malfoy and Lord Voldermort?
What is the Lord of the Rings without Smeagle and the Dark Lord of Mordor?
Who is Batman without Joker?
What is Life of Pi without the tiger and the cruel waves?
Who is Snow White without the wicked queen?
Sometimes, it amused me when one volunteers himself to be an enemy.
It made me think; maybe you can make my life story more interesting.

Champs Ulysses Cabinatan
Entangled

My heart is now entangled with yours
And I cannot untangle it
My emotion mixes with yours
It feels
Whatever you feel

We are now
Like one soul
But you don't want to put your trust completely
Because of the delinquent love
I had in my past

You thought
That I will treat you
Like the way
I treat my ex-lovers before

But I promise you
I love you
And willing to change
my ways

Champs Ulysses Cabinatan
Envy Is Not Good For Your Beauty

Envy is not good for your beauty
nor being grumpy gives you an appeal of a majesty

Being prideful is not good for you hair
nor presuming to be a know-it-all is good for your head

Being bitter will just add wrinkles to your forehead
and feeling infuriated makes your skin dry and rubbishy

immodesty makes you look trashy
and your swearing just makes you like a cracked potty

being moody will result to an ugly lips
and your frown will make you look like a lost buffoon

(poem experiment)

Champs Ulysses Cabinatan
Even If All The Stars Will Fall

My love for you is not subject
to the waxing and waning of the moon
to the ebb of the tide
or to the eclipse
It will always remain radiant,
pure and steadfast
even if all the stars will fall.

Champs Ulysses Cabinatan
Every Time I See You

Every time I look at your picture
my face glows
Every time I hear your voice
my heart grows
Every time I see you
my joy overflows

Champs Ulysses Cabinatan
Everyone Can Love

Not everyone can write a lovely poem,
sing in tune,
create an angel out from a marble,
sculpt a statue,
paint a work of art,
or plays the violin or the piano,
but everyone can love.

Not everyone can see the beauty of nature
hear the melodies of pastorale
read the works of a genius
but everyone can love

Not everyone can appreciate
the glorious days of Rome or Greece,
or visit the pyramids of Mexico or Egypt,
or go to Machu Pichu,
or trek the Himalayas,
but everyone can love

Not everyone can cruise the Mediterranean,
or enjoy the breeze of Caribbean,
or travel a neighboring island,
or on a warmth shore basking in the sun,
but everyone can love

Not all of us can be a King, Queen, Prince or a Princess,
or hold an office of a Prime Minister or President,
or even take a foot to a palace of a Sheikh,
but everyone of us can love,
as long as we can recognize the greatness of
the humble and the ordinary existence
and share to others our joy, our pleasure and happiness

Champs Ulysses Cabinatan
Fearless Calm, Peaceful
Face the issue with faith and focus
Relaxed,
Flow with the happy currents in life

Flowing and effortless
Count your friends and forget your foes
Resolve and accept the others flaws
Dreams may fall away from your expectations
but that doesn’t mean that life is a failure

Life is forgiving and forgetting
Faith and hope are necessary to have peace and happiness
Forgive, be compassionate, calm and kind
You are still fortunate, blessed to experience this transient life

Feel courageous and face life with confidence
Focus on solutions and efface the fears
Flee from doom and gloomy thoughts
Fill your life with the abundance of love and joy

Champs Ulysses Cabinatan
Falling Into The Abyss Of Temptation

Wanting to live life of purity
then came this temptress, my heart and mind was seduced.
Charming, beautiful, pretty
Lured to an appealing carnality
even Solomon’s wisdom was trapped into its snare

Clothe in disguise as a honey in the eyes
a poison glossed as fine tasting wine
its effect not immediate
but its rusting the soul
like an iron rusting, slowly eaten by an unseen oxygen

temptation, sweet to the carnal appetite
enjoyable in the bed,
gratifying in the dark and in the secret
have tasted the sweetness of this impure honey
already cracked the honeycomb

oh four winds
help me be free from this bondage
let the seven seas wash my soul again
and cleanse the infirmities of this sin

I want to break from the bondage
and be free from its chain
but I lack the courage as it gives me an instant pleasure
Brings my feeling to the top though after it
I know it will dump me in the vale of desolation

*note: someone egged me on to write something about this topic[infidelity], and this is the output.

Champs Ulysses Cabinatan
thank you for all the full support that you gave
I do apologize for not being a faultless friend at all,
and for the things that I have done which didn’t please your standards.
The only thing that I can offer is;
even if I’m not a perfect friend,
but for sure I can be your ideal friend that you could ever have.
A true friend can offer his life for someone else.

I’m very grateful to have all of you in my life;
you have plow up a special place in my heart
and sow a good seed
and it will grow and bloom for many years
A place in my heart,
that no one could ever take and ruin away from me.
And again I would say “THANK YOU”.
The best precious gift that a human could see
is when we saw the brethren serving the almighty, whole heartedly.
I will surely miss all of you
and it's time to say adieu

~Champs Ulysses Cabinatan
*this was inspired from a farewell email of a friend...

Champs Ulysses Cabinatan
Father*

He let me read books,
though some of the books he gave I didn't take a look
he wanted me to become a writer,
though I don't know, because I want to be a banker

he didn't want me to work at home
thinking that that's a work of house-helpers...
though I don't want to sit or just stay in bed busy with a book
I prefer to plant, climb a tree or clean the pond.

and silence is
My way of disagreeing with him...

during my teenager year,
I wanted to ask him a simple question
and still never open it to him...
just wanted to ask, 'is it easy to go to heaven? '

but he's not here now.
maybe the things I miss from him is arguing almost anything
that chamois is not as pronounced as shammy
and some words that I stress wrongly can have another meaning

but he's in the other world
wherever his soul is
just wanted to say to him
miss you dad, though we didn't agree much on almost anything

from religion, to food, to habits and to principle..
and still wanted to ask him..
'is it easy to go to heaven? '

*this was written during the Halloween

Champs Ulysses Cabinatan
Fill Me With Your Love

Fill me with love
Fill me with joy
Fill me with peace

Kiss me with your goodness
Caress me with your gentleness
Hug me with your compassion
And love me with your kindness

Champs Ulysses Cabinatan
Find Love

Find love,
By sharing it away.

Find trust,
By living life in honesty.

Find joy,
By making others happy.

Find love,
By giving it away,

Champs Ulysses Cabinatan
Flow

Flow
To the stream of delights

Flow
to the river of ecstasy

Flow
to the river of pleasure and desire

Flow
Like a leaf floating calmly on the stream

Flow
And there’s no turning back

Flow
Drift to the mystical sensations

Flow
as the river willingly joins the sea

Flow
relish, savor this moment let it flow

Flow
Feel the smooth wet happiness

Flow
Stroke, frolic and dive to the depths

Champs Ulysses Cabinatan
Flying With A Broken Wing

Flapping
But cannot soar high
Feeling the pain
Hurting on my wing
Wounded
Hit by a careless stone
From sling shot of an arrogant hunter

So now flying with a broken wing

Betrayed
That’s how I felt
How another can hurt
Another creature with a good heart
Aching
Hurting
The pain in my wing
took all the pleasure in anything.
Flap
Soar
Down
Weary
Strength starts to erode
Despair
No it’s not the cure for a broken wing

Fly,
Continue to fly
Count the blessings
Enlightenment
Time will heal my broken wing
Strong will
Persevere
I would soon be back to my old self.
Would soon be back to a happy place
Soon I can I can fly again with peace
higher and higher
better and better
Until I reach the place
my goal
Where lovely larks sing
Where lovely falcons can enjoy an eternal spring
This broken wing
Cannot rob my will, my true being
Still I am loving, giving and caring
Time will heal
And I will fly with a healthy wings again

Champs Ulysses Cabinatan
For The Good Of Our Soul

Sometimes, we cannot understand why some events happened to us
Sometimes, we cannot comprehend why some trials befell to us
Sometimes, we cannot encompass why some friends were removed from us
Sometimes, we cannot grasp why some good things were taken away from us
whether it’s health, wealth or anything dear to us.

Some things were taken away from us and in exchange of it may be something better.
Dethroning away whether it’s our fame or fortune
So that we can learn a lesson from these misfortunes
Knowing that there’s something more important than the physical gratification
Or if we face trials and sufferings which are incomprehensible
For sure they may not be good for our physical body but these will be the best for our soul.

Like the chicks not provided with earthworms by the hen anymore
or like the kittens not being breastfeed by their mother anymore.
Some things that happened may remove a few moments of our happiness,
but these may fortify our faith and strengthen our soul.

Champs Ulysses Cabinatan
Forgiveness

Families are at conflict due to lack of love and forgiveness
Couples are not in harmony due to lack of trust and forgiveness
Countries are at war because of selfishness and unforgiveness
So be kind, embrace love and forgiveness

It is through forgiveness that one can love themselves
It is through forgiveness that one is able to respect one another
It is through forgiveness that we can live harmoniously together
It is through forgiveness that we can advance further

Through forgiveness, you will at ease
Through forgiveness, you will have happiness
Through forgiveness you can give light to the darkness
Through forgiveness you will have peace

Champs Ulysses Cabinatan
Free From Greed

The wealthiest man
Is not the happiest man
The most famous woman
Is not the happiest woman
For happiness and joy is not found
In fortune or fame
But in a heart
Free from hatred
And greed

Champs Ulysses Cabinatan
Free My Soul From Hatred

Clean my heart from anger
Free my soul from hatred
Let me be
Like a healthy lily
Free from remorse
Free from vengeance
Free from guilt

Only holding on to...
The goodness
of the sun
the soil
the water
and the environment.

Champs Ulysses Cabinatan
As above, so below
The moon can affect the tides of the ocean
But I don’t know how the stars can affect the lives of men

there are now 13 Zodiacs signs
Ophiuchus, is the additional sign -
the only human male sign in the horoscope
'Ophiuchus is considered a healer of men
The paper mentions.
He seeks enlightenment.
Like the biblical Joseph,
He can interpret dreams
And envied by his peers
loved by his father
and favored by authority figures

I’m not a believer of horoscopes in the magazines
and many sect say it’s a sin
so don't trust it cause it's not the the same star shining
guiding the three wise men

From Scorpio,
I am now a Libra,
the only inanimate sign of the zodiac
Libras are the most civilized of the twelve zodiacal characters
the paper says
and are often good looking.(ohhh...)
They have elegance,
charm and good taste,
are naturally kind,
very gentle
and lovers of beauty,
and harmony
So maybe I’ll just agree to those,
and for sure, you will agree if someone
will describe you as kind, good looking and elegant... LOL

As above, so below
Champs Ulysses Cabinatan
G*

G is one of my favorite letter

next to U

Gee!

it’s happy and Gleeful to hear

which simply means turninG to the riGht side

or it can be an expression

of sympathy

surprise

or enthusiasm

or deliGht

Gee!

Gee whiz!

G is the start of Goodness

the beGinninG of the Glorious word ~ God

life Giver

Good

Glorious!

Giver of Graces and all the Good Gifts
be a Gallant warrior

a Guardian of Good thoughts and Good words

Gather and pray together

as it is promise

that two or more who will pray and agree on earth

will be heard in the heavens with the aid of the angels.

be Generous and share God’s Graces your are blessed with

Genuine happiness is Granted to those who Give and share love

Get strong and Grow in Good thought and Good words.

align you Goals in the right target

you’ve Given Gifts and talents for you to be Generous with it

Give thanks and be Grateful

Express your attitude through words and actions.

Give up on wrong doings and gloomy thoughts

don’t Give up on your Good Goals and Good targets

forgive those who wrong you

have the strength needed to go forward.

Glowing

Golden
Gentle

Glittering!

Let the Goodness shine and start it with Good thinking.

~Champs Ulysses Gubantes Cabinatan

Champs Ulysses Cabinatan
Give Me Strength

Give me strength when my will is weak
Give me strength when my heart is frail
Give me strength when life gets rough
Give me strength when my spirit gives up

Give me strength when the sky is gray
Give me strength when the day is bleak
Give me strength when storm clouds hover
Give me strength to survive any storm

Give me strength when life seems lonely
Give me strength when friends are not near
Give me strength when life's travel is not easy.
Give me strength to cast out any fear.

Champs Ulysses Cabinatan
Glass

Careless words
Carelessness
Made everything
As brittle
As a glass

Champs Ulysses Cabinatan
Goblin's Soul

I’m not a spiritualist
nor a mind reader
just feel it weird
because I can read beyond your physical cover

I haven’t been to Tibet
nor the ruins in Egypt
haven’t went to Machu Pichu
nor bathe in the Ganges with the Hindus

just have this gift
of seeing beyond your face
a line in your forehead
I see them as a result of deep distress

ahhh yes,
you’re grieving for the lost
of your power to manipulate
grieving for the fleeting success
you lost in the rat race

the sour concave smile
is a result of the time
when you lost your being human
and evolve into a goblin slime

your belittling and disdain of other people
is a result of
your bitter soul
which cannot accept,
that there is another soul,
greater than you.

Champs Ulysses Cabinatan
Golden Bond

Our love binds us.
I am connected to you
And you are connected to me
In a golden spiritual thread
Our inner eyes and hearts can see.

I am connected to you
And you are connected to me
This golden cord
Keeps getting stronger
Even when we are far away.

We are connected
Our spirits are entwined
From our birth
\‘til eternity.

Champs Ulysses Cabinatan
Golden Sunset

Streaks of golden sunlight seep through the clouds
Giving an amber toppings
To the creamy chocolate brown plateau
Birds glide and frolic,
as they bask in the golden threads.
Flapping with delight
As the sun closes the curtain
To end its daily majestic play.

Champs Ulysses Cabinatan
Gourmet Vs The Usual

a good food and a good drink
seven days a week
I wouldn't ask for more
I'll just eat with love and won't get bored

I tried cooking my own food
following mom’s recipe
but it didn’t taste exactly as
when mom’s the one cooking

Oh, I realized
I couldn't buy in the store
an ingredient mom has when cooking a food
I couldn't buy love and patience
in the fresh market or in any grocery

Champs Ulysses Cabinatan
H feels airy
like a cold air in a physical skin
and etch an invisible imprint on the nerves

Human bequeathed with feelings and sense of touch
we can feel times of melancholy
wherein all we need is someone’s help and sympathy
to get out from the unhappy atmosphere

H is for Heaven,
a happy airy abode
a feeling of harmony
peacefulness, calmness and perpetual happiness

Hell is a chamber beneath
of fire and hot air
where Hades waits for the lost and vanished souls

breathe
inhale exhale
hearts and healing

erase the hurts and harms
bequeath harmony and hope

whole, health, bath in the healing light of the divine
and head to the sphere of tranquility and holiness

~champs ulysses cabinatan
*free verse/poems experiment

Champs Ulysses Cabinatan
Happiness In A Vice

Happiness in a bottle of beer
Goes away
When the alcohol in the bloodstream
loses its efficacy

Happiness in a cigarette
is like the cigarette stick
little by little it's eaten
when fire is being lit

Happiness with a woman of the street
Is like your money you paid to her
It disappears in your hand as well.

Champs Ulysses Cabinatan
Haven Of Delight

Imagination

Wandering
to a

A place

of

Blue ocean
and

Beautiful sunrise

With coconuts

Proudly stand

along the beach

Of a tropical island

Cool breeze

Clean to breathe

Detoxified

By the lush

plants and trees

And during dusk

I hear the crickets' voices

Noisily cheering
The calming glow
Of the moonlight

Fireflies
Flaunting at darkness

And I see

Nearby huts
Dimly lit with

Oil lamps

I smell

the air
infused with lovely smells

Of flowers

Giving off their

Sweet perfumes

It has been ages

I haven't visited

Such place

A paradise

A haven

Of delight
Champs Ulysses Cabinatan
Heal Me

Heal me from all the slanders,
Heal me from all the pains
Heal me from all the traumas
Heal me from every ills

Heal me from all the hurts
Heal me from all the doubts
Heal me from all the betrayals
Heal me from every bad memories

Heal me from all the broken trusts
Heal me from all the agonies
Heal me from all the aches
Strengthen me and
Let me start in a clean slate again

Champs Ulysses Cabinatan
Heap Of Ashes

Falling leaves
Swept
Piled to heap
Lit
Burned
Turned to ashes

I burned some rubbish of the past
They are now heap of ashes
And I can’t restore them back
To their original shape
Similar to the burned leaves

Champs Ulysses Cabinatan
Heart's Hunger

You know my heart’s hunger
And it can only be satiated
With your pure love alone.
You know my heart’s thirst
And it can only be quenched
from the refreshing rivers of your love.

Champs Ulysses Cabinatan
Heart's Hunger Pangs

My heart is hungry for you love
Only your love can satiate it.
My heart is thirsty for your care
Only your words can quench it.

Fill my heart with your sweet love
Fill my heart with you refreshing words
This hungry heart
Is longing to be filled with your love.

Champs Ulysses Cabinatan
Homesick For Heaven*

Heaven,
A world of wonders
Golden stairs
Pearly gates
Soothing music
Ethereal melodies
Complete bliss
Delight
angels and cherubim
eternal joy and peace

Earth,
Homesick heart
in a perpetual state
Of culture shock
cold winter
humid summer
stressful autumn and
just a short period of spring

Heaven,
I’m now homesick for heaven
It is better than this world’s Eden
heaven,
is my oasis, my real haven

Champs Ulysses Cabinatan
I Allow Myself

I allow myself to be happy
Let go of those unwanted memories

I allow myself to move on
And hold on to those beliefs that will make me strong

I allow myself to love again
Free the past that causes the pain

I allow myself to treasure my new found love
Willing to accept the happiness, joy and the comfort of being loved.

Champs Ulysses Cabinatan
I Am A Diamond

I am a diamond
I cannot be scratched with their ugly words
I am diamond
I shine when there is light
Glittery
Brilliant
Reflecting and
Dispersing light into beautiful colors
For I am a diamond.

Champs Ulysses Cabinatan
I Am God's Work Of Art

I am God's work of art
He crafted
My inmost being
And my heart

I am God's work of art
Sins may soil me
Events may try to abrade me
But God continues to work on me

I am God's work of art
More precious than the work
Of any artist
More intricate than any sculpted piece

I am God's work of art
My nerves and blood
My emotion, and imagination
Only God can create such masterpiece.

Champs Ulysses Cabinatan
I Am Most Happy When...

I am happy when I reach a goal
big or small
hard or easy to achieve
lofty, noble or one which is simple.

I am happy when I am in a nice working environment
Utilizing my skills and abilities
Use my hours in productive pursuits
and be with workmates who are good-natured and great!

I am happy when I’m with my friends
Share stories and lighten the embarrassments
sing with them in videoke
or laugh with them in jokes and comedies

I am happy when I’m with my family
Wear the true identity and personality
not concerned if I act awkward
as they can accept and understand, whether I’m happy or sad.

And I am most happy when I am with my special someone
walk in hand and hand
talk in anything,
or dine in a restaurant
and every moment seems in a dreamland.

Champs Ulysses Cabinatan
I Believe

I believe there’s a sun,
even if I can’t see it on a night time

I believe there’s a moon
even if it is daytime

I believe in joy
even if there is pain

I believe in sunshine
even if there is rain

I believe in love
even if there is war

I believe in hope
even if others feel in despair

Champs Ulysses Cabinatan
I Can Be*

I can be lonely but lovely
I can be sober and happy
I can be nice and natty
I am not spotless but I am eye-catchy

I can be finicky and friendly
Whatever I am going to be
I will just keep this in my memory
That I don't have to please everybody

so I will care less and let it be
to what others say of me
as long as I am free
to be the person I want to be

And I will just care to be
The best that I can be

Champs Ulysses Cabinatan
I Don't Know

I don’t know how to make songs,
But I can appreciate music and love to sing.
I don’t know how to make a story as diverse as the Odyssey,
But I love reading it or any poetry.

Champs Ulysses Cabinatan
I Dread The Silence

I need noise when I’m awake  
I dread the silence when I am not asleep  
It’s either pounding my eardrums with songs, music or any mp3s  
or razzing it to an audio book or MTVs  
Noise has been a means to cover up the reality

I dread the silence for it prods a cognizance that I’m alone despite the crowd.  
I dread the silence fearing that I wake up from my self-created imaginary world  
I dread the silence for fear that it made me question about my existence  
I dread the silence fearing that I will hear the inner voice  
clamoring and wanting to escape from this dragging circumstances

That still small voice which prefers peace  
that still small voice wanting to get away from this kind of place.  
that still small voice, crying from this senseless pace.  
that still small voice, wanting a break from this pointless race.

Champs Ulysses Cabinatan
I live as if everyone
I meet makes the sail
around the sun
enjoyable.

King or peasant,
I am riding with them
on the same spaceboat.
Good or bad,
I have to be at peace
with my fellow passengers.

After all,
we are sailing around the sun
on the same boat and
I live as though everyone plays
a splendid role and makes my ride on Earth
worthwhile.

Champs Ulysses Cabinatan
I Miss My Angel

In the midst of chaos you came
Bringing light, the loneliness you vanquish
In your presence my heart sings a lovely hymn
Your warmth, Your hug, your embrace, my comfort
Your charm, your gentleness, my splendor
You're my strength, my life,
my heaven, and my love

Oh my angel, my life is so blessed
You make me calm, giving me soothing rest
My dreams and wishes with you I can freely express
Making each day, a day of joy

Now that we are temporarily apart
I long for you; you are a part of my heart
I miss your love and your angelic face
I miss your kiss, your sweet caress
My heart and soul longs now for your presence
As you can remove every sorrow and turn them into gladness

You color my life with lovely hues
Longing to be brush by your wings and remove the blues
I miss your whisper and your lovely breath
My sweet cherub, you're my real wealth
Few years more and we'll meet again
To be basked in your love, real happiness we can gain
And enjoy our sacred love together again

Champs Ulysses Cabinatan
I Want To Give You My Love

I wanna give you my love

As the sun gives its heat

I wanna give you my love

As the clouds send rain

I wanna give you my love

As the ocean sends its cool breeze

I wanna give you my love

As the candle gives its flame

Champs Ulysses Cabinatan
I Want To Smile

All my tears gone dry
What I want now
Is to laugh, giggle and smile

I want to smile at misery
Maybe you’re there
and make me strong in times of difficulty

I want to smile at envy
Maybe you’re there
To understand that living with you makes life empty

I want to smile at misfortune
Maybe you’re there
to teach me to be thankful with what is the real fortune

I want to smile at agony
Because your teach me
to pray, have faith and not to worry

I want to smile at hurricane
For nature shows me
That rainbow only comes with the right mix of sunlight and rain

I want to smile at darkness
cause you lead me
to go to the light and embrace the light of gladness

Smile vanish the darkness of avarice
And replace it with generosity
Smile dispels egoism and
Replace it with feeling of unity

I want to smile with fortitude
I want to smile with love
I want to smile with hope

erase the frown
Laugh...

Giggle..

and smile...

it will lead you to another great mile

Champs Ulysses Cabinatan
I*

I
we don’t know where it is located
whether I is in the brain
only exist in the human mind
or just an emotion
place beneath the skin

ego
the I
is the letter, found in the center of pride
the reason of most humiliation
condemnation
depression
when pride overpowers humility
when unforgiveness clouds the inner spirit

but we can banish this I-seeking self
by changing our I-belief
what you believe is the cause
of your personality
becomes your thought
your habit
your character
your behavior
and your destiny

your belief determines your reaction
to every life situation
your choices
and it influences your emotion.

Belief defines who you are
loving or unlovable
skillful or not
creative or not
Intelligent or not
In control, grounded or not
So change what you believe
you are one of the pieces in life’s puzzle
change your belief
change your I ams
I am happy
I am lovable
I am overjoyed
I am energized
delighted
Creative
Change your intentions
Change your thoughts
Change your beliefs
make the best of your I

Champs Ulysses Cabinatan
I’m Waiting For The Salt To Get Sweet

I give up my dreams
to follow yours
I give up my ambitions
to suit yours
I change my ways
I risk
I fight
I dump my inner longings
I do anything to make you smile
But seems all my sweat
Are going to waste
And waiting for you to change
Waiting for your approval
Waiting for you heart to love me more
Is like
Waiting for the salt to get sweet.

Champs Ulysses Cabinatan
If

If kings don't have surnames
I would rather be a peasant and have your surname

If
Midas and can turn everything to gold
I would rather be not and hug you til we get old

If
Success cannot be spelled without U
So opulence can't be enjoyed without you

If
Tortoise can live more than a hundred year without partner and alone
I would rather be a love bird and stay with you in your home

Champs Ulysses Cabinatan
If Happiness...

If happiness can just be bought,
I’ll buy a ton of it, and give it to my boss

If happiness can just be found
I’ll be connected with it, 24/7

If happiness can just be heard,
I’ll play it in my mp3

If happiness can just be written,
I’ll get a perdurable paper and use an inerasable ink

I’m glad, true happiness can be sown,
and cultivated in a love-fertile heart

~Champs Ulysses Cabinatan

Champs Ulysses Cabinatan
If I Can Turn Back The Time

Can someone give me a time machine
And turn back the time
You and I, our love entwined
Enjoying the love that was divine

An enchanted pensieve won’t suffice
To bring back the memories we left behind

I want to apparate to that time
Where you and I
together with our giggles and smile

If I can turn back the time
I should not left the place
Where you and I in loving embrace
I thought you won’t go back
And lost the patience
Now, I feel the grief of your absence

If I can turn back the time
I should have let go of that selfish dream
And stay with you than pursue a vain dream
If I just can turn back the time
I should have been with you now
Enjoying every moment
Savor our love sublime

Where can I find a time-turner?
Turn back the time and undo the error
And save our love together
And live with you forever

Champs Ulysses Cabinatan
If Only I Were A Bird

If only I were a bird,
my days would be forever happy
Chirp from tree to tree
And live worry-free.

If only I were a bird,
I would fly from
Cyprus to Chile
and have a tour on earth.

If only I were a bird,
I would dropp fruit seeds
Hoping a fruit tree will grow
For other birds to take shade.

If only I were a bird
I won't be
worrying about work
Bills, car, or clothes

Champs Ulysses Cabinatan
If There Is

If there is sadness
think of happiness and gladness

If there is disease
think of health, healing and ease

If there are trials,
think of solutions.

If there are temptations,
think of the peace you will achieve after overcoming them.

If you feel afraid,
Pray for courage, strength, and have faith.

If you feel down,
think of a positive outcome.

If you feel betrayed,
remain loving and learn to be forgiving.

as the negative in our minds, can be neutralize,
or banish, by a positive belief.

Champs Ulysses Cabinatan
The sun doesn't rise
And the sun doesn't set
It's only the earth
That really rotates

The glass will always be full
It's either with water or with air,
Unless you place it in a vacuum
Devoid of any atoms or matter

Life perhaps is an illusion
The characters we met
The views we see, and the voices we hear,
are maybe mind made
as two poets can't write the same poem
for the single same sun they see.

Champs Ulysses Cabinatan
I'M A Miracle

I cannot fathom you oh God
I cannot explain your wonders
I cannot comprehend your majesty

Who can transcend such
Me, a mere mortal
from a small drop
acquiring bones and muscles
From a mere drop
I become a human
With feelings and thoughts
Profound!
I am miracle

Champs Ulysses Cabinatan
I'M Breathing The Air My Forefathers Exhaled

I'm walking on the same earth my forefather's walked
Watching the same sun as my ancestor's did
Enchanted on the same stars as they did
Awed on the same moon as they did
Bathe on the same waters
which never get tired
Of recycling
From ice to liquid to vapor to clouds
I maybe breathing the air they exhaled
And some of them may think
Of the world as a square.
And some
May have the ideas I have
May have the same dreams I have
May have the same imaginations
As I have
and I am breathing the air they exhaled.

Champs Ulysses Cabinatan
I'M Here For You

When petals wither,
and leaves fall,
and only thorn remains,
on the stem of the rose.

When joy and laughter,
their echoes fade,
and tears fall,
from your eyes down to your cheek.
I'm just here,
willing and ready to comfort you.

Champs Ulysses Cabinatan
I'M Here On This Earth To Write A Poem

I'm here on this Earth
To enjoy the rain
I'm here on this Earth
To smile with the sun
I'm here on this Earth
To walk on the sand
I'm here on this Earth
To sing and to dance

I'm here on this Earth
To feel the love
I'm here on this Earth
To be happy with my friends
I'm here on this Earth
To gain courage and strength
I'm here on this Earth
to express my soul
I'm here on this Earth
To write a poem

Champs Ulysses Cabinatan
I'M More Than 10,000 Days Old On This World

I'm more than 10,000 days old on this world
But I don't know how many hundreds of years my spirit lives
Did I exist somewhere else before?
I can't answer
And
I don't know the answer
and I don't know who can answer.

I'm more than 10,000 days old on this world
Yet only few days really I feel perfect joy
Many of those years I spent
Just sitting in a classroom or in the office
Will I be spending or wasting another 10,000 days sitting?
And on average,
Human has about 25,000 days in a single lifetime.

I'm contributing more than 240,000 man-hours on this Planet Earth project.
And one third of those man-hours I spend in alpha, beta or theta state.
Dreaming or dreamless sleeping
Imagining or daydreaming

Champs Ulysses Cabinatan
I'm Not

I am not my religion
I am not my address
I am not my nationality
I am not my country

I am not my brain
I am not my beauty
I am not my head
I am not my personality

I am not my height
I am not my weight
I am not my figure
I am not my health

I am not my feeling
I am not my intellect
I am not the clothes I wear
I am not the titles I bear

I am not my age
I am not my experience
I am not the praises and accolades
I am not the mistakes I made

I am not the school and degree
I am not the licenses I earned
There's more to a person - body, soul and spirit,
than the CV and certificates

Champs Ulysses Cabinatan
Imaginary World

I live in a world were clouds are pink
And leaves are gold

I live in a world were sands are liquid
And seas are solid

I live in a world
A world where everything can be changed
By just simple tweak of the imagination

Champs Ulysses Cabinatan
**Imperfections**

We can easily see imperfection  
Rather than what is beautiful  
The scar, rather than the surrounding  
Healthy, soft and smooth skin

We can easily spot what is different  
Than what is common  
The strange-shaped seashell  
Amidst the myriad shells and pebbles on the shore

Champs Ulysses Cabinatan
Inner Peace

Comfort me always with this inner peace
this inner peace that soothes my mind
this inner peace that calms my heart

Despite the nervousness, chaos and distress
despite the troubles in this earthly existence
cast out the fears, worries and anxieties

Grant me this calming grace everyday
grant me this inner peace in home, at work or when I’m away
grant me this inner peace as I make it through the day

Champs Ulysses Cabinatan
Inside The Wrappings

Some are wrapped beautifully,
Some are wrapped loosely,
Some are wrapped with expensive wrappers,
Some are wrapped with used old papers.
Whatever the wrapping is,
the most important is what is inside.
The true nature of the gift,
A gift endowed with love
With kindness
and with goodness.

May everyone you meet,
Won’t just be beautifully wrapped
But also have a gentle heart
May everyone will consider their friends,
as a gift worthy to be cared, appreciated and respected.
Regardless of the wrappings.

Champs Ulysses Cabinatan
Isolation

Isolation,
is my best companion,
when I am down
and want to be on my own

I sought for her
when I was so stressed
Sleep in her chamber
when I was distressed

I preferred her
when the world around me is too noisy
I crave for her
when everyone is so busy with mundane activities

Isolation gives me peace,
and sometimes the much desired silence
She gives me comfort and protection
and she is better than to be with the wrong person.

Champs Ulysses Cabinatan
It’s Not All Black And White

A snowy white glacier, glazed over the Arctic.
A vibrant verdant hue of the forest in Canada.
The relaxing azul along the shore of Copacabana.
An oceanic blue, surrounding the Sydney opera house
A grayish light indigo, paints the sky of Fuji
A lush green fields in the island of Sri Lanka
A chocolate mountain glittered with snow, in the mighty Himalayas.
A dusky orange-tinge sky, that backdrops the skyscrapers of Dubai
A dusty atmosphere, envelops the Pyramids of Giza
Nature is loaded with colors,
It’s not all black and white.

Champs Ulysses Cabinatan
The [Greek] gods are jealous to us mortals,  
because anytime can be our end  
so says a line, in Homer’s odyssey

even the small so called gods envied us  
like the father of sin envied the first humans  
tempted Eve to eat the forbidden fruit which maybe so tempting and juicy  
and it removed the divine joy of Adam and Eve, which they have in the garden of Eden

those who have power are jealous to the simple peasants  
when the peasants live joyfully despite their meager income  
while some wealthy were confuse  
of where to keep their money and how to make more of it.  
and some rulers are anxious because anytime, there power will fade.  
and their dynasty will fall

but the peasant found already the jewel that makes her jolly and joyful  
it is in being contented and being grateful, the real fortune  
and in believing the divine presence and following the teachings of Jesus  
that one can be truly happy and peaceful  
that even Mida’s gold cannot satisfy.

rejoice in the divine and unending love  
through it we can have joy and peace in our hearts

Never judge others for doing it will just make you unhappy  
Just keep doing the good deeds  
Enjoy your job and seek a job that gives you the real joy.  
Don’t just seek for those short-lived worldly pleasures  
that will lead you to wrong a judgment of right and wrong  
go for justice, fidelity and fairness  
Be happy, jolly, joyful and enthused about life

Champs Ulysses Cabinatan
Joy Is In Your Heart

Joy is in your heart
Not in the hand of another
Joy is in your heart
Not in the decision of others
Joy is in your heart
Not in the money
Or in any possessions.
Joy is in your heart.
Not in any events or circumstances.
Joy is in your heart
It is not somewhere else.

Champs Ulysses Cabinatan
Jumbled Thoughts

My mind
Floating in the clouds
Conjuring images of cherubs
Like those I saw in the cathedral

Florid cotton candies
My mind mix things up
Clouds, cotton candies
Clouds
Cherubs
Fantasy,
Reality
Jumbling
Facts
Fiction
pseudo reality

Ceiling
Heaven
Clouds
Cherubs

These thoughts
Going over and over
Just to write these
For these
To escape from my brain

Champs Ulysses Cabinatan
K is for Koi
my favorite fish in the pond
graceful to look at
with shining colorful scales
of gold, yellow, orange, red or pink.

Watching the Koi as they swim
in the pond, together they live peacefully
so soothing to the eyes
and refreshing to the mind
restocking the energy,
or what the Chinese call as Ki, chi or qi
gives clarity to the being
energy or ki that was depleted
from the shambles of work and
the busyness in the everyday business
relax

relax, watch the Koi as they swim
give time to replenish yourself
have time to be tranquil
enkindle your heart
it can be the key
to unlock your innermost being
and may give you
the know-how
on how to stay and be happy
despite the lack
and make you thankful
and will make you say,
that you are still lucky.

relax,
learn a lesson
from the Koi.
not acquiring our desires,
can be a stroke of luck.
Champs Ulysses Cabinatan
Kaliwali
A Middle Eastern term to live life with glee
Live young and be care free

Kaliwali
This mantra
To take life not too seriously

Kaliwali
An easy dote to be happy
Let go,
move on,
Congratulations!
play like a child as you live life with glee

Kaliwali
Brings back your sanity
Bizarre
And if you should disagree

Kaliwali
put it out of your mind and you will be worry free

Kaliwali
Life’s problems will go away certainly

Kaliwali
And troubles cease to exists simply

Kaliwali
Ignore the stress and be happy
I don’t know if this is Arabic, Urdu, Hindi or what Asian language.. just frequently hear it when an Asian person wants to say, 'Let it go'. don't know the exact English equivalent as they use it in the conversation to mean, 'forget it', 'move on', etc...

Champs Ulysses Cabinatan
Keep Going

Roses continue to grow despite the thorns
Roses continue to bloom despite their thorns
Grow
Keep going
Bloom!

Champs Ulysses Cabinatan
Keep Me Calm

Keep me calm when the storm gets strong
Keep me calm when the thunder growls
Keep me calm when the lightning strikes
Keep me calm when great waves slap

Keep me calm from the news of gore
Keep me calm when there is revolt and uproar
Keep me calm when angry voices flood the street
Keep me calm from the noise and rage

Keep me calm when my heart thuds fast
Keep me calm when my mind is overtaxed
Keep me calm when I am confused
Keep me calm to face any fears and foes.

Champs Ulysses Cabinatan
Keep On Shining

Wolves howl on a shining moon,
so same with some wolfish people;
they bark
when they see you shining.

stay calm
keep on shining
be serene
enjoy the light
gleaming from your innermost personality

When someone throws ugly words
Don’t react
be patient and don’t be upset
Overlook the woofs and howls
just keep on shining.

Champs Ulysses Cabinatan
King Of The Damned

The king of the damned
lurking
and disguising himself
as a workplace ally
and now is again looking for
for ways
to replenish his depleting strength
looking for a person
he can draw for energy

He walks near my room
I smell his presence
of dry blood
blood of arrogance, grandiosity and self-importance
The signature smell of the king of the damned

He walks carefully
I prepare my protection
not of garlic or bronze cross
or salt and holy water
nor a silver bullet

His motto:
“me first, me first”
and sometimes think he knows what’s best for others
he started to bolster his ego
I turn on my music
as it’s one of the best way
for this vampire to turn away
and one way to keep my boundary.
and glad he went away.

Champs Ulysses Cabinatan
the twelfth Letter, 
mystical magic, 
pertains to the divine, something up from above,  
Elohim, holy, ruler, royal,  
all-knowing, all-present, all-powerful  
is the creator of Life, Light and Love  
Gabriel, Rafael, Michael, and all the angels,  
Are the messengers of the divine goodness  

illuminated disciples and apostles  
are the loyal followers of Love  
Lunar, solar, stellar any from up above,  
all are created by the God of Love  

Health, blessings, life, luck,  
are gifts from above,  
evils and devils, are those who are against the almighty  

wonderful, delightful, celestial,  
it feels to be in union with the all powerful love...  

Champs Ulysses Cabinatan
Lake (Cinquain Poem)

Lake
Clean, Pristine
Mesmerizing, soothing, relaxing
Gazelles enticingly sip waters
Tranquility

Champs Ulysses Cabinatan
Learn To Float

Learn to float
Learn to drift
Learn to swim
On the changing ebb
Learn to enjoy
Learn to avoid
Learn to let go
On the tides and waves
You may not control the winds
You may not control the tide
But you can decide
When to swim
And when to stop
You are the swimmer
And not the ocean
You can enjoy the water
And let it not engulf you.

Champs Ulysses Cabinatan
Lend Me Silence

Lend me silence
The noise is drowning me
Making my heart unheard
Making my spirit inaudible
Silence is peace
Silence is joy

Give me silence
Give me peace
Noise is polluting
I long to hear
My breath
And whisper

Lend me silence
Lend me peace
My soul is yearning
For solace

Champs Ulysses Cabinatan
Let Me Love You Now

Let me love you now,
Not later
Let me love you day by day
Fill our soul
With happiness and joy

Let me love you now
Enjoy the time
As it passes by

Time is transient
Days are limited
So let me love you now.

Champs Ulysses Cabinatan
Let Your Love Illumine  My Soul

Let your love illumine  my soul
like sunrays kissing the petals
then I will bloom
as the sweet roses
in a glorious spring.

Champs Ulysses Cabinatan
Let Your Words Be

Let your words be a dropp of perfume
Its fragrance enthralling the senses
As it spreads out on the breeze

Let your words be a clean, fresh spring
Refreshing to those who thirst to hear it
And those who long to drink.

Let your words be a river
Where peacefulness and tranquility fluxes
Its murmur relaxing to the ears

Let your words be an ocean
Full of finest pearls of knowledge and wisdom
Smooth, they gleam under a bright sun.

Champs Ulysses Cabinatan
Let's Cross The Red Sea

Freedom
Liberty
Leading the life
Of our own choosing
Let's cross the Red sea

Away from bondage
Away from slavery
Away from addictions
Let's cross
The Red Sea.

~Champs Ulysses Cabinatan

Champs Ulysses Cabinatan
Let's Explore Life

Let's plumb the ocean depth
And climb the mountain peak
Bomb out our fears
And entomb our anxieties
Let's trek on to a greater height
Life vales and peaks
Dungeons and hills
Let us not succumb to suicidal thoughts
When dreams crumble,
Failures maybe are just imagination
and cannot ruin our soul.
Life goes beyond
womb to tomb

Champs Ulysses Cabinatan
Life Dances Even During Sleep

Life?
Is it finding fortune, heaping money.
Climbing mountains, conquering seas.
Travelling
Watching the Pyramids
Satiating every desire
Feeding every hunger pangs

And when one is hungry for love
Feeding it with pleasure

When one is hungry for fame
Feeding it with treasure

Numbing the traumas
Burying sad memories
Falling in cow dung
Wiping the dirt
Rising

Swimming the seas
Going with the waves
Going against the tides

Being busy when awake
Or doing nothing
And life
Still dances even during sleep.

Champs Ulysses Cabinatan
Life In An All Male Environment.

I’m not used to live an all male environment
as I have many aunties and five good sisters at home
then during my school years I studied in a coed school
where girl and boys were mixed together in one classroom

Out of curiosity I try to work abroad
and of all the places I was placed here in an Arab world
gosh, it’s only six months and I gave up to such life and found it so boring
so I went home felt defeated of that mission

a sort of military lifestyle is not suited for me
thanks good heavens, I didn’t pursue that career in a military academy
but now again I’m into an all male world in this kind of work
Welders, planners, engineers, construction workers and any in oil and gas labor

an all male environment is really boring
males work like donkeys and look so jaded and stressed
much more when the workplace is located in an arid land
where all you can view are pipelines and sands

Next time I’ll be careful in field to work for
“Are there women? ” will be my first question in an interview
and before I will sign a contract or an employment offer
a workplace with women is what I prefer.

Champs Ulysses Cabinatan
Life Is Like Playing Basketball

Life is like playing basketball
dribble, run, walk, jump and shoot.
play without a ball and a goal
and the game will be pointless
so keep an eye on the ball and focus on the goal
dribble, sweat, give energy and effort
and play with enthusiasm and joy.

Champs Ulysses Cabinatan
Life Is Not A Mistake

A human life can never be a mistake
Born without a father
Or born out of wedlock
Human life is precious
And it is never a mistake

Born with imperfection
or conceived at an unplanned time
Human life is precious
and it is never a mistake

Champs Ulysses Cabinatan
Life Is Not...

Life is not Facebook that can accommodate 5000 friends
Life is not Google that can search sites to questions you are seeking with
Life is more than your notebook, you PC or the internet
Life is not the phone, the tablet or any modern gadget
And life is not the noise, the song, or the music being played

Life is more than the fast food chain that can give your order instantly
Satiate your hunger, your delight and your cravings.
Life is more than the supermarket or the neighborhood grocery.
Life is more than the physical foods or the clothes or any raiment
There’s more to life than all these things!

Life is not the can of soda that can quench your thirst
Life is not the cigarette which you presume can relieve your stress
Life is not the beer that gives a minute of forgetfulness
Life is not the ashtray or the garbage where you dump your waste
Life is more than merry making, earthly pleasure, or worldly happiness

Life is not the chocolates, cup of coffee or a mug of tea
Life is more than the jewelries or your accessories
Life is not a toilet where you visit to defecate
Life is more than the bar you go to escape life’s regrets
and life is not the pill that frees you for an hour of anxieties.

Life is not the house, the car, the money or the vacation!
Life is not the party, the extravagance, and the frivolities
So don’t be in despair you cannot get all of these or these were taken away
Don’t be contemptuous to your dear ones if they cannot give you these
There’s more to life than all of these

(poem experiment)

Champs Ulysses Cabinatan
Life Marauder’s Map

Wish I can have a marauder’s map
the same I saw in Harry Potter
an enchanted map that shows
the persons and alleys in the vicinity

Somewhat like a GPS
or a live Google Earth
that will show to me the direction
not only of the place or location
but also where my life is heading

I wish to have a map
that will guide me the right direction
and when there are crossroads
it will help me decide
whether to take the right or left turn
a map that will guide me the best life’s pathway

Champs Ulysses Cabinatan
Life’s Potholes

Like a pothole in an otherwise smooth road, there are also pothole-like people in your life that you ought to avoid. Life potholes can be enemies or plastic friends or they can be incorrect ideas or unsolicited situations.

They can be tangible or intangible
Potholes are there,
Giving you a moment of “reality check”
That you are traveling and not stagnating
That you are in motion and not at halt
Big or small
Potholes can be irritating or enjoying!

You can avoid them
You can cover them
Neglect them and meet them again
as you go on with your travel
in the road called life.
But sometimes it can be enjoyable
to bump with those potholes once in a while.

Champs Ulysses Cabinatan
Like A Gold

An apple to my eyes
is your warm smile to me

Like a lovely melody
is your sweet words to me

Like the fresh air to my nostrils
is your every exhale

Like a stream in the desert is your love to me

Like the precious gold
is your inner beauty

it shines
brilliantly

and never get tainted

it remains pure

and rust cannot eat it.

And when I’m with you

I feel more than a billionaire

a moment with you

cannot be bought by a thousand gold bullion

it is more than owning the best diamond.

It feels like in paradise, a lovely haven
to be with you

Champs Ulysses Cabinatan
Like Sands In An Hourglass

Our life like the sands in an hourglass
continue to pass through
the small hole
with the passage of time

our life, like the flowers
it grows, it blooms
open to the air of learning and discovery
unmindful of time that it will wither away

our life like the sun
it rises and sets
sharing its light
and keeping others warm

Champs Ulysses Cabinatan
Like Water

Don’t be too haughty
unless your brain is as big as the sea
our little knowledge is just like a glass of water
compared to the vast ocean of reality

Don’t be too chesty
Think of your existence as just a pail
getting water from the well
but it doesn’t empty the well

Plunge your body in the sea
And get off from it
The space you leave in the water
is the same space you own in this world
it doesn’t matter whether
you’re big or small,
short or tall,
the water in the sea is of the same content
before you immerse on it and after you get out from it.

Enjoy!
be thankful you were given the chance to swim!

Champs Ulysses Cabinatan
Little Love

There’s no need to get the stars
Nor for you to grab the moon
There no need to build a manse
Or a gigantic palace to be our home.

There’s no need for you to be so famous
Or be the richest one on earth
There’s no need for you to be a star
You are already the best star in my world

There’s no need to make great promises
Or do complicated things
Our little love will grow
Even with the simple things.

Champs Ulysses Cabinatan
Little Small Dreams

A morsel is a treasure
A crumb is more precious than gold
And a piece of rice cake is more than a feast!
Years pass, their desire hasn't changed.
They never dream of ruling the whole earth,
I can still learn a lesson
or get a nugget of wisdom from the ants.

Champs Ulysses Cabinatan
Longing

Can you wipe the tears of my heart
Can you stop my soul from crying
How can I stop the pain
Of this relentless longing.
My heart really needs to plunge
In your love again.

Champs Ulysses Cabinatan
Look At The Cross

When you are in sorrow
And drowned in deep pain
Look at the cross, healing is there

When you are confused
And careening nowhere
Look at the cross, comfort is there

When you succumb to depression
And the medicine seems not working
Look at the cross, and loneliness seems easy to bear.

Champs Ulysses Cabinatan
Love

Study the course you love
Pursue the career you love
Work on the job you love
and love the love you love

You may search it in a far away land
Only to find it that it’s just near your hand
With real love, vices rot and virtues bloom
Spreading its sweet smelling perfume

Like snow before the sun
fears and worries melt
anxieties fade
when expose to love’s warmth

A honey to the soul
is love to your home
True love makes life enjoyable
so hear and give heed to its call

think good and life will be good
speak good and it may uplift someone’s mood
think and speak with love and you will be in a happy world

Champs Ulysses Cabinatan
Love Can

The sun may not be able
To penetrate
The opaqueness of a dark ocean depth

Nor daylight
May not completely dissipate
The mountain summit of fog and mist

But true love
Can infiltrate the clouds of doubts
And can light the darkness of conflicts and differences

Champs Ulysses Cabinatan
Love Gives Hope

We can always find time
for what we love
We can always find a way
for what we love

Love is a mystical elixir;
it's potion keeps us from despair
It makes sacrifice,
meaningful and sacred
It makes some tears sweeter

Love gives hope
It gives meaning,
of why we are here.
Love is sparkling.
Love is wonderful.
it is a taste of celestial nectar,
here in earth.

Champs Ulysses Cabinatan
Love Is

Love is the courage
That casts out fear

Love is the strength
That keeps your spirit strong

Love is the humility
That sates you with happiness and joy.

Champs Ulysses Cabinatan
Love Is A Bird

Love is a bird...
Trust And Understanding Are its wings...

Champs Ulysses Cabinatan
Love Is A Jewel

Love is a treasure
More precious than gold.

Love is a jewel
More beautiful than a pearl.

Love is a gem
More sparkling than a diamond.

Champs Ulysses Cabinatan
Love Is An Eraser

Love can erase
The negative and hateful thoughts

Love can erase
The unfriendly and hurtful words

Love can erase
The bitter, sour emotions

Love can erase
The dirt of doubt and confusion

Love can erase
Fears, discouragements and confusion

Love can erase
Ugly nightmares and memories

Love can erase
Past mistakes, wrongs and injuries
Until living becomes like an immaculate paper
and we can write again
another happier chapter.

Champs Ulysses Cabinatan
Love is an oasis,  
when the world seems to be a desert.

Love is an igloo  
when everything around feels like an everlasting snow

Love is a warm blanket  
That gives you warmth when cold.

Love is a stream  
Its water is refreshing

Love is the silver lining  
To every clouds in life.

Champs Ulysses Cabinatan
incantations
images of
false gods
passions, imaginations,
lust, illusions
those magical arts
would be in vain
and cannot affect love
for love is in the will,
love is trust,
and not just a fleeting feeling

love potions
magic invocations
seductions
spells
blood sacrifice
and secret formula
would not be successful
they cannot affect the will,
love is respect,
and not a fickle feeling

invincible
protected
from voodoo crafts or wizardry
free from threats and fears
for the power of love
is pure,
love is good,
and greater than any tricks and sorcery
love is in the will,
and not just a fleeting feeling

*poem experiment
Champs Ulysses Cabinatan
Love Keeps The Soul Healthy

Love is the dazzling beauty
Cameras cannot fully capture
Words cannot fully express
Artist cannot fully render
Into an object or an image.

Love keeps the soul healthy
Even if physical strength
Wants to break away
It gives the spirit the enthusiasm
in making through another day.

Love lit up the face
Giving it a warmth countenance
A glow despite the wrinkle
A smile despite the strains
Cleaning the eye when it’s tear-stained.

Champs Ulysses Cabinatan
Love May Limit Liberty

Love may make you feel being caged
But it is sometimes necessary
To protect you from being a prey

Love may limit your liberty
But it is okay
A free bird is an easy prey
To hunters or predators

Champs Ulysses Cabinatan
Love Strengthens Every Mother

Love strengthens every mother

Love tames a wild panther
To take care of its young

Love toughens the lioness
To hunt food for its cub

Love enables the bee
To search nectar for the larvae

Love makes the hen
To patiently scratch the ground for a worm for its chicks.

Love mellows the snake
Not to eat its own neonate

Love makes every mother
Shows care and concern for its infant

Love strengthens every mother

Champs Ulysses Cabinatan
Love Tickles

Love tickles one's heart
Rinses one's soul
Cleanses one's mind
Makes the spirit vibrant
And makes the smile sweet

Champs Ulysses Cabinatan
Love’s Language

Love has its own language
which can be learned in anyplace
It sometimes uses gestures
It sometimes uses words

Love’s language can be felt
In the glow of one’s eyes.
Or in a simple
cheerful smile

It can be heard
Despite crowd’s noise
It can be understood
In calm and quietness
It can be heard,
even in silence.

Champs Ulysses Cabinatan
Love's Strength

When seas dry up and turn to desert
and mountains turn to plains
When the sun forgets to shine
to paint an enchanting panoramic scene
My love for you, will still be firm
Its strength will still remain.

Champs Ulysses Cabinatan
Love's Thermometer

If love has a thermometer
What would it be?
Can it be measured by the heat in ones arms?
The warmth in ones heart?
The frequency of hugs?
The number of kisses?
And the number of times one receives an “I love you?”

Champs Ulysses Cabinatan
Luna

Luna
The girl from the moon
Observing me at night
When I'm on the rooftop of our home
Or when I'm in the lake
Pondering of something

Luna
The girl in the moon
Who smiles with jeer
looks puzzled
As she observed
many sleepless people
who race for anything
To grab fortune,
fame,
a land
or any piece of dirt
here on earth

Champs Ulysses Cabinatan
EMotions
EManations
EMphasis!
M is for Motivation,
Motivate yourself to be More
CoMpetent
Mindful of the Much better Motive
Gain Mastery of the thoughts, Mind, feelings and actions
MaxiMize
Manage
Maintain!
Magnify your potential
Make a difference in the world.
Let us Make better use of the short tiMe we have
As Many are choosing glooM instead of blooM
just reMeMber that love Matters and More powerful than hate

MoMentous
Man
Mankind
as a huMan we are Mortal
but good MeMories can be iMMortal

we are MeMbers of Mankind
and have a role to play
“like a part of a body playing different functions”
An allegory Made by Saint Paul
soMe Maybe just playing like the hair
Maybe it’s insignificant coMpared to other parts
but it adds aesthetic Magnificence

Marriage is a blessing for the Many
A give and take, a share of responsibility
MiniMize the blaMe gaMe
Each partner is each other’s coMpleMent
Thinking about M is thinking also about Money
Neither it is good nor is it a Menace
You can MaxiMize your earning or your Money-Making scheMe
As long as it can Make you a better MeMber of Mankind
and as an instruMent to share

Spread the Message of love and hope
Wear the Medal of honesty, love and coMpassion

Miracles will happen for those who believe
Let us be a Model and not act nor think iMMature
Mold to be Morally upright than Morally devious
Mend the Mistakes and help MiniMized the Misdeeds

Marvelous
Love our Mother
ReMeMber how they care for us froM their woMb

Move forward with cheerfulness and charM
Move ahead
Much can be Made if we Multiply our goodness
We Must reMain hopeful no Matter how big are the Mountains of obstacles
surMOunt it!

MesMerizing
Mysterious
Matchless!
MMMMMMMM
Make soMe MeMorable MoMents in this lifetiMe.

~ChAMps Ulysses Cabinatan
*free verse/play with letters/ poeMs experiMent

Champs Ulysses Cabinatan
Make Me A Lotus Flower

Make me a
lotus flower
Not contaminated by
the environment.
Make me a
lotus flower
Indifferent
to the dirt.
Make me a
lotus flower,
Which purity radiates.

Champs Ulysses Cabinatan
Maybe Our Heart Is Like

Maybe our heart is like an ear  
For it can hear  
Maybe our heart is like the skin  
For it can feel  
Maybe our heart is like a glass  
For it can be broken  

Maybe our heart is like an enemy  
For it can deceive  
Maybe our heart is like a butter  
For it melts  
Maybe our heart is like a dough  
For it can be softened  

Maybe our heart is like a plant  
For it dies  
Maybe our heart is like a cement  
For it hardens  
Maybe our heart is like a support beam  
For it can be strengthened  

Maybe our heart is like a monk  
For it meditates  
Maybe our heart is like a child  
For it loves to play  
Maybe our heart is like a fire  
For it warms others hearts.  

Champs Ulysses Cabinatan
Message In A Bottle

I wish I can roll a million dollar check
put it inside the bottle
and make a millionaire
to the lucky one who can get it
Or a last will and testament
that gives authority to the one
who discover it.

but cannot give the two
but these words
a message so simple
a gem of gold in the mine of thoughts

and upon reading this
just roll the paper back
put it inside the bottle again
put back the rubber cap
and throw it again in the ocean
this can be as magical as the magic lamp:

To desire peace,
to accept others as they are,
to rejoice in the happiness of others,
to speak 'well',
not to be discouraged in trials,
to live in a life of love,
and always remember,
a good life freshens the soul and mind.

Champs Ulysses Cabinatan
Music

Some music can make you feel sick

Some music can make you feel rejuvenated

Music is not only a food for the ears

But a food for the soul and spirit

Heartbeats are the best music

Maybe it was the first music I heard

Hearing it in my mother's breast

And until now

I love listening to heartbeats

Placing my ears to someone's chest

as the beat syncs with my breath.

Champs Ulysses Cabinatan
My 50 Cents On Life After This

What is life

After this?

Sure I won’t buy on the idea

that I can live in the body of a worm

or a body of a frog

or a body of an elephant

I won’t also buy on the idea

that I’ll be turn to vapor

or be like the clouds

that can turn to rain

and water the plains

and back in the sky again

I’m not a theologian

so better not ask me

if what is heaven, hell or purgatory

Hades or Scheol

Olympus, the Elysian Fields or the netherworld,

Paradise, Limbo or New Eden
as I still haven’t been there!

My knowledge about them

I heard and read in poems, stories and tales

I will not also buy on the idea

that I’ll be living on the earth again

Gosh, one life here is enough I guess

than be back here and repeat the cycle

of being a baby

going back to school

Earning money

and preparing for retirement.

that is unless the earth

really badly overly needs the same person again.

LOL

Heaven!

Wow, it’s the best,

eternal peace, love and happiness

every moment is a bliss
But the purging thing is what I’m intending
as I know I’m not as holy as the saints and prophets
or as pure and clean as the cherub and angels
so I need somewhat a cleansing process

and hell for me is somewhat so tormenting
and it’s been an excruciating feeling.
so better avoid the evils that can get there.

so I don’t know where really it is.
It’s a mystery
and uncovering the mystery may not be task
given to me
and I’ll just follow what the good one says.
to be good to others and
to live life in a good way.

~
*my humble and not philosophical/theological opinion only

Champs Ulysses Cabinatan
My Love For You

The leaves will not always be verdant
The flowers will not always be fresh
The fruits, will not be forever sweet
But my love for you
Will always be vibrant, sweet and fresh.

Rivers may stop to flow
Lakes and seas may dry
But my love for you
From my heart will eternally flow

Comets may fall
Asteroids may collide
The sun may hide
But my love for you will always shine bright.

Champs Ulysses Cabinatan
My Love Is A Stream

My emotion flows from my heart
like a stream from water underground
My emotions want you
As the water of the stream longs to join the sea
My heart seems uneasy
If it can't see you in a day
like the stream
can't hold water for itself
My mind can't find the logic
As to why my heart dearly loves you.
But my heart has reason why it falls for you.
My heart wants to share its happiness and joys
like the stream willingly gives its waters to refresh!

Champs Ulysses Cabinatan
My Mom Is The Best Mom

She’s my first home
for nine months
and for my first nine years
she was always there for me
still treating me as her precious baby
feeding me rice and fish
beef, ham or anything deliciously prepared
and even a simple sunrise egg
was a gourmet

She’s the best chef
and I miss the moment
she would use her bare hands
shaping the food to anything
just to persuade us
to eat while we were playing
and just let us be kids for those moments.

Then sometimes I would just wait in the kitchen
as she baked cakes and cookies
while I was watching her
creating magic out from flour, sugar, eggs chocolates and any else
and my favorite from her is her home baked chiffon cake.

and during my first day in school
I was in panic
I felt not safe without her
and my first year in school
I couldn’t concentrate in the lessons
my mind was always thinking
of going home

and during middle school
She was my inspiration
just wanted my mom to be at the stage
to place my medal for excellence

I love my mom so much
She’s the best mother in the neighborhood
all mom’s in the neighborhood go to work
but my mom sacrifice her work for us
to show her love 24 hours a day.

My mom is the best mom
Hope I can be the best son too
: D

Champs Ulysses Cabinatan
N is for Net,
The thing that remains after all the deductions
If you will be asked how much is your Net worth,
Is it less? Or is it more?
Nil, Nothing, Negative or a million?
But Net worth should not be measure of a person's worth

It’s easy to determine the Net worth
For tangible things
Just with the use
Of simple accounting
But our self worth
Cannot be determined by a numeric value
It cannot be quantified
Nor it can be weighed by a weighing machine

IN ancient Egypt
There was a myth that when a person dies
He would be sent to the hall of judgment
The person's heart is placed on one scale
And the feather of truth in another
To determine how honest the person was,
during his earthly life.

Judgment,

Then it’s either he would be sent to the New world of happiness
or the underworld, a world of pain and agony.

N is for something New

Flowers wither and will be replaced with New budding blossoms

Humanity reach old age and be replaced by New generation

Restoration, replenishment, the New replace the old ways

With our innate desire to connect with one another

Humanity invented the Internet

A communication

That let you share your thoughts and emotions

But it won’t really supply all the things

that gives us the Natural fulfillment.
FishermeN Need fishNets to catch fish

What we Need is faith to live iN fulfillmeNt

Natural

Be Nice

Be eNthralled with the New possibilities

Your faith anD love is your streNgth anD protectioN

Now is the time

To begin a New chapter,

to live today as a New day

make the past mistakes

as lessoNs

as a platform

you caN step-oN for a higher aspiratioN

*(free verse/ poems experiment)

Champs Ulysses Cabinatan
Choose light instead of darkness.
Home is a place of peace if you live in love and harmony
A generous heart, full of love, is what your family and friends need
Make a difference in the world, live each day in joy and gratitude
Peace and hope must be spread throughout the world
Soothe others heart and be willing to forgive

Unite in prayer, be compassionate, loving, and caring
Love, listen and respect others
You are each called to live a good life, so begin today.
Spend quiet time and pray
Spread, spread your love, and don’t allow fear to take over your life
Each day is a blessing, each day is a day to be thankful
Strength will be given to those who believe

Champs Ulysses Cabinatan
Name Game

I don’t know if there are standard customs or traditions of giving name. Or you can just name a baby anything you like Like naming your baby as France, Vienna, Soviet or Uganda Or Harry, Ron, Hermione, Edward, Jacob or Bella

Some just get names from the bible Names like, Peter, Paul and John Joshua, David, Elijah, Ruth and Jonathan

Some names are as divine as the Greek and Roman deities, Names like Venus, Minerva, Cupid or Zeus

Some names are as fragrant as the flowers Names like Violet, Lily, Hyacinth, and Rose

Some names are as precious as the jewels Names like Jasper, Emerald, Ruby or Gold

Some combined wife's and the husband's name. Name their child Alexisandra from Alex and Sandra

Some get it from the virtues Names like Felicity, Faith, Charity, Love and Hope

I also appreciate those who give their babies names like, Elixir, Victor Nice, Sunshine, Sweet, Apple.

If ever I’ll be asked what names for their baby to give I would like these names as a gift, A child to be named, Favor, Excel or Maven Or named them Brilliance, Elegance, or Radiance

So if given the chance to choose your name, Will it be different or will it still be the same?

Champs Ulysses Cabinatan
Nature Mourns With Me

Nature Mourns With Me

Champs Ulysses Cabinatan
Never Quit

Quit always saying 'yes'
if it’s not good for your emotional health
learn to say “no”
and learn to let go.

Quit pretending that you’re always OK,
seek some help if you needed to.
Quit blaming others for all your faults,
you also have a share to some of those.
Quit being recklessly wasteful,
whether of your money, time, or emotion

Quit doubting your natural abilities
share and develop those.
Plant the seeds of positivity
and it’s not the time to quit
the vision is near to realization
Ask
Seek
Knock
and never quit praying

Champs Ulysses Cabinatan
No Matter

No matter how dark the night is,
keep your hope
that there is still a bright morning after it

No matter how dark your world becomes,
have faith that a candle of courage
can remove the darkness
and the light of goodness will shine.

No matter how many times you stumble,
think that these will make you strong,
just get up and keep on walking
towards your goal

No matter how noisy and busy life can be,
find solace in the silence of your heart
hear the voice of love and joy
and let seed of peace dwell within.

Champs Ulysses Cabinatan
No Two Same Faces

Hundreds of people I've meet
Billions of people on earth
No two same faces
Nature never runs out of mold
No two same faces
No two same fingerprints
No two heartprints

I'm saw someone
who looks like you,
dresses like you
and acts like you
but when I get near
Your faces are not the same.
No two same faces
No two same fingerprints
No two same heartprints

Champs Ulysses Cabinatan
Nobler Than A Nobel Prize

It needs not billions of great minds
To make this world better
It needs not millions of philosophers
To make each life easier
It needs not millions of preacher
To change the heart of humanity
It needs not a cure for every disease
To make this world healthier.

It needs not an endless updat of technology
To make every life better.

It only needs a care and smile
To make each day brighter.

We don't need rocket scientists
or
ten thousands of Nobel prize awardee
or urged everyone to have
An outstanding contribution in
Literature
Science,
Economy,
Medicine
Or
Physiology

Love, care and a smile
Are like rays of sunshine
In a freezing cold day.

A dropp of love from every person
To the pool of humanity
May cleanse
and make this world
like clear
cool
and pristine stream.
Champs Ulysses Cabinatan
Nonchalance

Why be concerned of what others say,
If they just make us less happy.
Why be concerned of what others think,
when they don’t care when we are on the brink.

Champs Ulysses Cabinatan
Nostalgia

To hear the noise of cicadas on the afternoon,
see the flocks of goats going home,
see the bats coming out as the sun goes down,
to smell burnt wood as the neighborhood cook for dinner
safely burn dry leaves to rid the mosquitoes
to hear the bell of the church ring at 6:00 o'clock
see your playmates prepare for the evening prayer

Champs Ulysses Cabinatan
Not All Our Fingers Are The Same\textasciitilde;

What will it be

If all fingers were thumbs

What will it be

If all hands were palms

Champs Ulysses Cabinatan
Notebook Leaves

Make our life be notebook leaves
You can write something new,
Page by page

Don't let it like the tree leaves
Leaves which will fall from the tree
Then it will decay

Make our life be notebook leaves
Fill it with happy stories
and when the stories end,
just create another chapter
or write again a new story.

Champs Ulysses Cabinatan
O
Ohhh!
An OK instead Of a KO
Opsss!
O fOr oppOrtunities
we missed
Or fOr oppOrtunities
we didn’t grab

Ommmm
an enlightening hum
that helps to clear-out
the stresses and strain
in work and in life

BOOom!
an explosion of surprise
explosion of joy and delight

Ouch!
for every pain we suffer
for the heart aches
and painful breakups
for a loss of something or someone
so close to us
and hope that it will make us more tough
instead of giving up.

Wish we can have an Oracle
that will help us choose
the best option
for every opportunity
for every life’s choices
On what path to choose
from the least important
to the most important decisions
such decisions as who to befriend with
what career to choose
and even who to marry.
WhOOsh and swOOsh
Of the OOzing pOsitive energy
Of a brand new day
Observing the waves in the Ocean
Orchestrating with the winds
creating a beautiful sOund.

lOOk fOr the pOsitive in every situatiOn
Open Our hearts tO lOve and hOpe

Champs Ulysses Cabinatan
Ocean Of Love

I’m afraid to plunge in you
I’m afraid I may get drowned
But drowning in you maybe won’t happen
I may become like a dolphin
Than can hold breath for long periods
Assure me
That I can enjoy in your surroundings
And then I will throw myself into you
and give my trust in you
Assure me
that you will drift me to a place
where my inmost being can find peace.

Champs Ulysses Cabinatan
Of Dust And Ashes

the hippest gadget will soon become obsolete
latest trends become out of date

a mighty king will soon become a corpse
a powerful dynasty will break off its hold

to dust and ashes all carbon matters will return
from a majestic palace to a grand kingdom

I’m wondering about that old law of physics,
that nothing can be created nor destroyed

maybe this one is more correct:
that something can be created and it can be destroyed

paintings fade and buildings turn to ruins
ancient world of wonders lost its magnificence

from slaves to rulers
from maggots to mammoths

from dust and ashes all came from
and to dust and ashes all will return

Champs Ulysses Cabinatan
Of Heaven And Mt. Everest

Heaven maybe is like Mt. Everest
I haven't seen Mt. Everest
I haven't been there.
But I believe Mt. Everest exists.

It needs faith
to believe
That Mt. Everest exists.
Just read stories about it from
Other people
And yet I believe
Mt. Everest exists.

The more I read about Mt. Everest
My faith on its existence
Just
Gets
Stronger
Stronger
stronger

Champs Ulysses Cabinatan
Of Hope And Love

What makes the ice so cold?
or the fire its flame burning hot?
What makes the lion so brave and bold?
or the dolphin so happy and cheerful with its lot?
What makes the sun so bright?
Or the moon so calm at night?

It is the sea that makes the man a sailor,
It’s the song that makes the man a singer
It’s the poem that makes the man a poet
It’s the love that makes the man a decent person
It is the will and strength that makes man courageous
It’s the hope that makes the man alive

Champs Ulysses Cabinatan
Of Love And Fortune

Of hearth aches and pains
Of sorrows, grieves, miseries and complaints
Mourning for the lost relationship
of affections turn sour and lost in meaning

Is there anything which is really lost?
When we really didn’t own them nor fortune owes us.
For only uhahs and cries were what we brought,
when we came out from the dark womb.

And as for days of laughter and merry making
don’t have constancy or will stay infinitely.
Fortune’s random ebb and peak,
sometimes won’t dance in our own rhythm and tempo.

Champs Ulysses Cabinatan
Of Love And Light

Our love is our light
To every dark shadows of our past
It will brighten our way for the days to come,
And made us enjoy
And see the goodness of the present

Don’t let darkness covers our light
Let’s flame it with fuel that will never last
Fuel of trust, hope and gentleness
Let our hearts be kindled in its warmth
As our love can illumine our life

Champs Ulysses Cabinatan
Of Scars And Pearls

When the inner mantle of a shell gets injured,  
the mollusk creates a pearl.  
When human is injured,  
it creates a scar or a keloid,  
physical or emotional.

Of scars and pearls  
Of pearls and scars

Champs Ulysses Cabinatan
Of Smoking And Anger

Nicotine
can ruin your lungs
Anger
can ruin your heart
Smoking
can destroy your health
Resentment
can destroy your spirit

~Champs Ulysses Cabinatan
On Love

If gold are as plenty
As the pebbles in the shore
Or money are as many
As the abundant grass in the meadows
Maybe they would lost their value
Or turn to naught

Most of material wealth diminishes
When being shared with someone else,
Why not replicate love, tens or millions
It’s the only commodity
Not lessen in value when being shared for.

Champs Ulysses Cabinatan
Orange Peel

smells great
spreading a good fragrance
refreshing to the atmosphere
and make you calm and serene

it is cool
you can put it on your forehead or nose
and feel the relaxing sensation
as it touches your skin

smell and feel
the magic in an orange peel
you can make an incense of it
smell the smoke of a burnt orange zest.

Champs Ulysses Cabinatan
Our Love Is A Boundless Place

Boundless place,
Where nothing separates us
No oceans to cross
No seas to sail
No barriers to struggle with
No walls, no gates.

Nothing divides us
Nothing separates us
For our love
is a boundless place,
where we can stay
in boundless joy,
in boundless happiness.

Champs Ulysses Cabinatan
Our Love Radiates Peace

The moment,
is overflowed with bliss
Smell the fragrance of the morning air
enjoy the view of verdant leaves
as we climb to a higher peak

our love
will bloom
like flower
in spring
it radiates fragrance
it radiates love

mystified

the apple tree give fruits
without accounting of who eat those

The rose blooms
not minding of
Who picks it and puts it in a vase

And our life
Would become
Like warm rays of sunshine
Where gazelles enjoy dancing gracefully
And birds singing joyfully

And everyone around
will be engulfed in joy
will be engulfed in bliss
as our love radiates peace

Champs Ulysses Cabinatan
P is for Phoenix
the mythical bird
that dies, turns to ashes and
will be resurrected and live another life

P for PercePtion
a Pit bull can Perceive strongly a smell
with their nose
human Perceive the world through their eyes, ears, skin and nose

P is for Pride
which Produce a negative atmosPHERE
P is for Pain
that Prohibits haPPiness and life of Pleasant gain

P is for Power
Pursued by the greedy
wanted to grasP the whole Pack of it
to manipulate the whole PoPulation.
RePlace oPPression
with empowerment, resPect and aPPreciation

P is for Peace
Persistently desired and exPected
Publicized but cannot be Purchased

Parents must be an examPle by Promoting Peace and Positive influence
PamPer Patience, Persevere and be faith-filled
Promote Patience and love towards each other.
Limit the urge to gossiP, or judge or PinPoint the laPses of others
don’t sPread it, but be comPassionate

Pursue Prudence instead
than Pursuing solely for PoPularity and Prominence
Peace cannot exist if you keeP on with your evil Pride and ProPaganda
Peace will be felt to those who Persevere,

Penance and Prayer are needed to exPerience the divine Providence
seek balance for the Physical and sPiritual
Plan to live a good, haPPy and Peaceful life
don’t take the Poisonous aPPle of Pride
because it’s not an aPPle, but a bomb ready to exPlode inside

Material Position may Provide us temPoral haPPiness.
God’s Providence is what makes us truly blessed and feel at Peace
Pray for Peace and Pray for unity.

Purity
Persiste nce
PreParedness!
Promote balance with life’s work, Play and Pray.

~
*free verse/ Play with aLPhabet/ Poems exPeriment

Champs Ulysses Cabinatan
Paraiso

Joy
Bliss

It's what I feel

When I sense your grace

Every place is a paradise

With your caress

Even a blank desert

Turns and feels like an oasis

Delighted!

Because of your presence

Everywhere is a paradise for me,

Divine Happiness!

As long as you are there with me,

Paraiso,

It is not where pure souls go
But the feeling when I'm with you.

My heart transcends
To an abode of bliss
Every time
I feel your presence.

Champs Ulysses Cabinatan
Paths

We may be in the same path now

But we are treading different tracks

We may be walking

Along each other today

But we are heading

To different places

You may make my travel

a little rough

But I can manage

and we will be

Parting ways

soon.

Champs Ulysses Cabinatan
Pitfall

falling into a pit.  
not knowing I tread the wrong path  
now I’m here inside  
how can I get out from this trap.

falling deeper and deeper  
the rocks I’m holding are crumbling  
my arms grown weary  
This deadly ravine  
just don’t know beforehand  
how dangerous it is.

fool’s gold  
and its deep bottom  
waiting on are ravenous wolves  
hungry for something to be devoured.  
oh, can anyone help me get out of here  
that wrong path I tread  
wish I didn’t take it.

Champs Ulysses Cabinatan
Can the zebra choose the design of its stripes
Or the giraffe choose the length of its neck
Can the fish select what ocean it belongs
Or the small fry choose what kind of fish it is.

Can a bird choose the colors of its feathers
Can the flower choose its own fragrance.
Can the apple choose the sweetness of its flesh
or the leaf choose what time it will fall

Some things are just predestined
And we will just accept the way it is
for perhaps everything is part
Of a mysterious handiwork.

Champs Ulysses Cabinatan
Psychic Leeches

I hate being surrounded with leeches
very parasitic individual
who can’t work independently
hayzz
hirudineans,
psychic blood sucker
terrestrials
I’m annoyed with their constant bickering
thinking that the world revolves around them
hayzzz
the worse environment to be with
muddled by these leeches around
Life is easy
but not at peace when people
around are narcissist
and are psychic leeches

Champs Ulysses Cabinatan
Puzzle

fill the void in my heart
fill the void of my soul
complete the puzzle in my life
in your hands
are the missing pieces.

Champs Ulysses Cabinatan
Quietness
“Better be quiet
if one cannot improve the silence, ”
so says a quote

It’s sometimes quite hard not to worry
worry and vexing won’t really answer the troubles
so let’s turn our worries to the maker of our life
for He has the answers to all our questions

We sometimes make a quick actions and decisions on anything
but it’s better to question ourselves
if doing such will lead us to a life of tranquility

Our quest for happiness leads us to different activities and quick-fixes
and things we thought are adequate to make us happy
Finding ways to quench the thirst for some deep questions
like why we are here and what is our purpose

We got to spend quality time with our own self
our family, and friends
Not to put our energy into quarrels
it’s a waste to be involve in a quixotic and chaotic disputes
so quit our being a quick-tempered

Spend some quiet time for prayer
Instead of wasting with others telling bad quips or jokes
Prayer is our gate to a life
that is beautiful, wonderful and tranquil

Champs Ulysses Cabinatan
Stands for Renewal and Rebirth
anything Related to fertility and increase
the essence of life is constant growth

we are on a journey here on earth
either we are travelling to our potential
or away from our real callings

well Rested
RefResh
Refined
it is so wonderful to feel Renewed

RemoRse
RegRet
Revenge
Stay away from toxic Resentment

Refocus on your real essence
Deep within your heart and spirit
You will discern your real meaning and purpose
Remember your self-worth

Forget the past mistakes
And live with the present
Be a provider of happy feelings
Support and appreciate
Be creative.
Be artistic.
And be strong.

Don’t make little worries ruined everything

be encouraged
be Resilient
tRansfoRm eveRy stRessful situations to be lessons
that offeR us an oppoRtunity foR gRowth and bReakthRoughs.

Recognoize that life’s pRessuRe, stRess and feaRs
can allow us to gRow and be stRong

move foRwaRd,
let go of RegRets and limiting thoughts.
Release past emotions that dRag your spiRit
Regain the couRage to jump into a bRight futuRe.

Reach out to otheRs and this will help you Refocus to good things
Remain hopeful
RemembeR always that theRe is always a mountain of happiness
in the valleys of despaiR
Reflect
Relax
Be Renewed

Champs Ulysses Cabinatan
Rare Find

It’s a rare find these days,
to find a beautiful mature person.

It’s is either
beautiful and still a baby,
or matured and ugly.

not because it’s the natural law,
but because most of us grow,
bringing with us negativity.

It’s not just because of the law of gravity,
that the skin sags and
eye bugs dropp in asymmetry

but more because of keeping under our skin,
resentment, frustrations
unforgiveness,
anger and envy.

and I’m not pointing here
мere physical beauty.

We can still grow old gracefully,
maybe not physically pretty.

but we can dress our personality

with grace, kindness and congeniality.

It doesn’t need an expensive jewelry

to show or bring out the best in us.

a warm smile than a frown

a cheerful disposition than a “feeling down”

for sure can make us grow with inner calm.

like an unattractive duckling

into graceful swan

or like an ugly caterpillar

into a beautiful butterfly.

or like a pure gold

that keeps its luster

despite the passage of time.

~

*dedicated to the beautiful people I met though they are old, but still remain beautiful inside and outside. May your tribe increase.
Champs Ulysses Cabinatan
Real Happiness

If earthly power can bring happiness
I saw kings
who are mad
And queens who are sad.

If physical beauty can bring happiness
I saw celebrities
very pretty,
yet committed suicide.

If wealth can give happiness
I saw rich gluttons
Suffering from insomnia and depression.

If fame and honor can make one happy
It is as fleeting
As a dandelion fluffed by the wind

Wealth cannot satiate
The hunger of the greedy.
Nor power can make one,
happy and without worry.
And some were ruined
with their honor and worldly glory

Champs Ulysses Cabinatan
Remove The Negative Stressors In My Life

Breathe in
Breathe out
Inhale
Exhale
Remove the negative stressors in my life
The unneeded anxieties
The unnecessary worries
Keep me away from them
Keep me away from things that steal the joy of everyday
Keep me away from people who rob peace
Make my mind and my heart
My thoughts and my words
Be sources of serenity
and happiness.

Champs Ulysses Cabinatan
Rise Like The Phoenix

The phoenix,
A mythical bird
resurrected from the dead.
it dies,
turns to ashes,
and lives again.
breaking up the chain of death

Its tears,
a healing wonder.
Its feather,
bequeaths fervor.
Its blood
Has saving power.

Rise up,
from the vales of tears.
like the phoenix,
spread your wings,
and reach your dreams.
"It maybe human to fail or to fall,
but angelic to fly again."
Rejoice!

Champs Ulysses Cabinatan
Rowing

Rowing
Keep on rowing
In life’s stream
Take a rest for a while
And enjoy the joy ride
paddle
The raft your rowing
Will keep on going

Splash on the waters
Dive on the depths
Rowing can be tiring
But it’s fun and exciting

Enjoy the natural wonders
Look at the plants
The water lilies
The rainbow fish and jolly fish
The mud-fish and the tadpoles
All enjoying, the cool water of the stream

Never
Never
Give up
On rowing
Carefree to others
Whose rowing
Thinking of competing

Be trouble-free
Relax and enjoy
the jaunt on the life’s stream
It’s not the fastest rower
That will be happy
But the one who enjoy the ride
And the beauty of the stream
Champs Ulysses Cabinatan
Sun
Stars
Constellations
S relateS anything to Sound, Smell or Sight
or to anything Shining or Sparkling

PreciouS StoneS
Can be poliSh
to Shine in luster

Spring is a time of growth and IncreaSe
Where flowerS and plantS
Begin to budS, and bloSSomS

SnakeS or SerpentS
Are reptileS with Shiny ScaleS
and create a hiSSing Sound
with its slit tongue

Sight travelS FaSter than SoundS
AS firecrackerS on the dark Sky
Can be Seen their exploSion
Before their Sounds can be heard
A Sphinx iS a mythological creature
That meaSureS your SkillS  and ShrewdneSS in riddleS

BoundleSS
TimeleSS
AwareneSS,
Anything with S
EScalating
EScape
Not all S iS Sweet
SometimeS it iS Sad

www.PoemHunter.com - The World's Poetry Archive
And Sin can weaken
Our character’S brightneSS
ESau Sold hiS birthright
To hiS Sibling Jacob
Saitan diSpoSed hiS brightneSS
And became an antagoniStic creature
Sneaky
Slithering
ThiS creature cauSe diStreSS and depreSSion
and StingS like the Scorpion

Go to the Sacred and Silver bright light
Fill your heartS with the light of holineSS of the SaintS
DiSpeI the darkneSS of confuSion and diStraught
Fill your life with the light of goodneSS
Sparkling Splendor
Of SacredneSS, SoundneSS and Serenity
Share those gifts, your are bless
and shine, shine in order for darkness to be dispelled.

~free verse/ yule's poems experiment :)
Sailing

I'm sailing
To nowhere
I just let
The winds
direct me
And it's up
To the wind
where it would lead me.

I'll just enjoy
The ride
Appreciate
The view
Take rest
Relax
Sleep
and wake up
till I will be
In another island
Then I will
Sail again!

Champs Ulysses Cabinatan
Scar

A scar in my chest,
a scar in my brow,
a scar in my palm,
a scar in my elbow.
Those scars fade,
as time slips.

A scar in my psyche,
a scar in my spirit.
a scar in my heart,
a scar in my soul,
These invisible scars harden;
and toughen my emotion.

Champs Ulysses Cabinatan
Scatter Sunshine

Scatter sunshine
Not dirty dust
Scatter sunshine
And give light

Champs Ulysses Cabinatan
Segue

Wish life is a segue
A sequel
Of smooth transition
But

Often

Life gives you a shock

Your soul
serene one moment
Next moment it is being electrocuted

No promise of synchrony

You’re in a ruby world one moment
Next moment you’re walking in a burning charcoal

Storms and tornadoes come

Luck and fortunes go,

Typhoons and cyclones go

Blessing and graces come

Unpredictable
but life can heal itself

Champs Ulysses Cabinatan
Serenity

Serenity, in the midst of a storm
Serenity, Despite the thunder
Serenity, in the midst of noise
Serenity, in the midst of a busy life
Serenity, in the midst of a traffic
Serenity, in the midst of a busy schedule
Serenity, in a frenzied workplace
Serenity, despite the bills and grocery
Serenity, calmness and peacefulness
Serenity, every time I think of your divine beauty
You are my angel and earth becomes heavenly
You are my source of peace, tranquility and serenity

Champs Ulysses Cabinatan
Shadows

Lurking around
Skulking
Watching my every step
Waiting for any mistakes

Though some are praying
that I’ll be treading the best path
But others are also on prey
Gaining strength for every downfall
for every pain I feel
for every suffering
for every crushing of my spirit!
envious or just a psychopath!
wanting to steal any luck and good happenstance

O!
Those shadows
I have to remind my inner self
that those around me
are only shadows, mere shadows
they only exist
when there’s a light shining on my way.

Champs Ulysses Cabinatan
Shattered Wineglass*

Is of what use is a shattered wineglass
but be sweep
And put in a trash bin
Or else it will prick a foot
Of someone who walks on it

Is of what use then
Are broken promises
But like a shattered wine glass
just empty words,
It cannot hold a substance
Like the shattered wineglass

Ruined confidence
Betrayed trust
Honesty and reliability shattered with it
Like the broken wineglass

*wisdom verse/ human behavior

Champs Ulysses Cabinatan
Simple Miracles

Simple Miracles
Like the changing color of the sun
From dusky orange, red, or golden yellow

And the beautiful formation of the clouds
Fluffy
Like cotton candies
Forming into lion, sheep, dolphin or a bear

And the beautiful people you meet,
With kind heart
And a smile
That brighten up a day!
Leaving you in wonder,
If they are angels in human form.

Champs Ulysses Cabinatan
Simple Words Of Wisdom

Some simple advices I receive.

From a school teacher:
Read, read and learn.

From a money adviser:
Earn, save and share.

From an acquaintance:
Pray, pray and pray

Words so simple
yet the best reminders I get.

From a priest:
Pray, trust and don't worry

From a nun:
Trust, trust in the almighty

From a dear one:
Love, love and forgive

From a friend:
Smile, be thankful and be happy

Champs Ulysses Cabinatan
Sin

Sin is a gloomy shadow
depleting the light
an ocean of black darkness
engulfing
eating up all the colors in life

Champs Ulysses Cabinatan
Singing A New Song

I will never sing those songs again,  
Songs of sadness and melancholy.  
You’ll never hear me sing again,  
Songs of despair, unrequited love, and broken dreams.

I will never sing those songs again,  
With lyrics calling for attention or approval.  
Now, I’ll be singing jovial songs,  
Songs of hope, songs of self respect,  
Songs of true love and songs of freedom.

Champs Ulysses Cabinatan
Size Doesn’t Matter

Size doesn’t matter,
in some instances.
Like David can topple Goliath,
or an ant can attack an elephant.

an 8 size shoe can fit a 7 size foot,
a 32-inch waistline pants,
can still be used by a 31 or 30-inch waistline,
as there can be room for allowances,
margins and adjustments.

Nor do heaven is only for someone who is molded as such.
you can be rich or poor,
intelligent or not,
beautiful or ugly,
sinner or pure,
big or small,
Size doesn’t matter
but one thing those in heaven share in common,
they are humble

Champs Ulysses Cabinatan
Slow Me Down

Slow me down,
when my mouth needs to utter words,
that can break a heart
Slow me down,
when pride seeks for revenge.
Slow me down,
when anger eats the joy of everyday.
Slow me down,
when my impatience is in haste.
Slow me down,
when I am too quick to judge.
Slow me down,
When emotions get rough.

Champs Ulysses Cabinatan
Snake Skin

I shed my past hurts away
Like a snake
Shedding its old skin
To relish the new shiny skin

I sloughed off some double-tongued associates
Those with slithering words of abuse
which slips in tongue without constraints
their venom more deadly than that of a poisonous snake

Champs Ulysses Cabinatan
Solitude*

Like a flame burning alone
It lightens up but not all the corners of the room
Not enough to erase the blackness

These bouts of melancholy
Scratching my arteries
I feel like no one on earth knows the depth of the heart’s dented mystery

The scar in my chest
Burning with pain
Especially this time of cold night and long darkness

The itch at my back
I cannot reach to scratch
Only your fingernails can relieve with love

Alone
In this isolated sadness
It is terrible to be at the bottom of a black pit of loneliness

Your love I long
When we’ll reconnect, embracing the joy and sacredness
That time I’ll be forever thankful

Fill me; saturate me with you light,
It’s your flame than can make me feel satisfied,
with inundated joy... Ahhhhhhhhhhhhh

Champs Ulysses Cabinatan
Some People

Some people make you happy,
Some people just give you worries

Some people make you smile,
Some people just add wrinkles on your face

Some people are happy with your laurels,
Some people get envious with your success

Some people make you feel recharge upon seeing them.
There are also people that sap your strength upon meeting them...

Some hates you for being good,
Others are proud of your noble virtues

Some people are really like the devils in disguise,
Some people give you a taste of heavenly paradise

Champs Ulysses Cabinatan
Someday

Someday,
I'll be free from this pain
I'm feeling now

Someday,
I'll be happy again
just let time, heal this wound in my heart

Someday,
Someone can love me
a true love I wanted to have

Someday,
even if we won't meet again
It will be okay,
if someone will fill in
and play your part.

Someday.

Champs Ulysses Cabinatan
Spiritual Garden

Have to clean some weeds
In my spiritual garden
Lust is creeping
Taking the nutrients
And sunlight for Temperance
And Self-control
Worms of pride, sloth and anger
Is eating the leaves and fruits
Of Patience and Gentleness
Have to sow seeds of love
Prepare it in a ground of faith
Hope that my spiritual garden
Will produce
Lovely flowers
And
Healthy and delicious fruits

Champs Ulysses Cabinatan
Stardust

You spark more than the meteorites
Disease won’t eat your worth
You’re a stardust

You shine in the cosmos
Weighing scale won’t lessen your worth
You’re a stardust

Start now,
Shine, glow, be radiant
You can give light to the dark

Darkness won’t lessen your worth
Scars won’t take your worth
You’re a stardust

You are a part the greatest star
Child of the universe
You are a stardust!

Champs Ulysses Cabinatan
Stoic

Gaining inner peace
Not affected by outside circumstances
Not concerned which basketball team wins
Not concerned which football team wins
Happiness not attached to the losing and winning
Gaining happiness from deep within
Indifferent to the things beyond our control,
for we can tweak our mindset.

Champs Ulysses Cabinatan
Strange Math Poem

The result of the calculation you have
divide by 21
and you have to divide by 10

I have one
I have two
but easy
I don’t care about
but I want to say
subtraction
we subtract it by 100

here we have a subtraction of
and today
by something which is
minus this value
divided by

you have this value
25,100 divided by 25
and the value multiplied by 200
and if you have normally something
you have this value
it is very ‘computative’
I’m thinking of a guy who know this software
I don’t care about
OK no problem
thanks a lot
OK
thanks
I have to mention

if for example L-I-T

I want 2,300
100%
in fact
the range for this is not this one
but this one minus this one
you can do directly with this value
if everything is true
there is no comment

be sure that somebody can understand
my Problem is to Understand this.

LOL

Champs Ulysses Cabinatan
Time and again we are reminded
To put our Trust to our loving God
Be Tenacious and Steadfast
Then you will Travel in life in
Tranquility, certainty and contentment

Things in life may be handled differently
Some things should be handled with care
Most things should be handled with prayer
Be truthful, honest and honorable

Start to Transform your life Today
Treat others with respect, love and kindness
Trials will come and go, so please stay strong
True freedom comes when you trust and pray

Champs Ulysses Cabinatan
The 7 Virtues

Temperance
has 10 letters

Fortitude
has 9 letters

Prudence
has 8 letters

Justice
has 7 letters

there is no six-letter word among
the cardinal and theological virtues,
For 6 is the number of the father of sin
666, the number of the beast
in the Book of Apocalypse

Faith
has 5 letters

Hope
has 4 letters

I'm expecting the next to have three letters

But Lov-E
Has one letter more

E for Effort

E for Enthusiasm

E for Excellence

E for Enormous
For Love is the greatest virtue
of all virtues

Champs Ulysses Cabinatan
The Amateur Poet

Here I am writing trying to be a poet
Writing as an outlet, a freedom to my spirit
this life in the Dullsville can be good
as it can get out the writer in you

Not so concern about grammar
as some books were not written in a good manner
maybe years later a kind person just proofread it
edit and make it more easier and good to read

it's the thought that counts
as they say,
it's the soul expressed in words
write your dreams, concerns or anything
write your anxieties and it will lighten up your feeling

Champs Ulysses Cabinatan
The Beauty Outside Of Me

When my ego swells
I go out of my room
And see what is outside of me
I'm very small compared
To the things which I didn't create
The mountains
The trees
The rivers
The seas

When my ego swells
I ponder what is outside of me
The sky
The stars
The planets
The universe
The galaxy

So when my ego dwells
too much of myself
I then ponder about what is outside of me
My ego, vexes and worries are too small
Compared to the
vastness of reality

the beauty outside of me
taught me what is true humility

Champs Ulysses Cabinatan
The Best Version Of Me

I’m thankful that He made me the way I am
I can’t imagine myself
if He made me like Alexander the Great
or He made me like Socrates
I guess He made the best version of me
not so well known
but happy and contented on my own.

I don’t know what if He made me like Gandhi
Surely it’s not me anymore
so instead of questioning why He didn’t made me
as handsome as the mythical Narcissus or Adonis
or as powerful as Napoleon
I know I am blessed because he made me
to be the best version of me.

He doesn’t made all the flowers to be daisies
Some are roses, some are tulips, and some are lilies
He doesn’t made all the birds to be eagles
some are bluebirds, and some are falcons
So thankful for the diversity
Brown, red, yellow, beige, white, black or blue

I’m thankful for the variety

for the wealth in diversity

and I know this is the best version of me.

~

*He in the poem pertains to the source of everything, not really a male/female.: D

Champs Ulysses Cabinatan
The Demipoet

Here I am contemplating
Beseeching the gods for my poetic wisdom to broaden
For me to write this poem
Dedicated to my beloved, the angel of my dreams

Come to me nine daughters of Zeus
Help me weave a poem for my muse
My beloved inspired me to be a writer
Hopeful to write the best poem my soul can offer

My lover’s presence paints the air
With sweetness, love and happiness
Painting the atmosphere with gladness
My beloved’s presence, my haven and my peace

Champs Ulysses Cabinatan
The Demons You’ve Created

The demons you’ve created,
From every sins you’ve made
Lurking in the darkness
Disguised as problems,
worries, doubts or unexplainable sickness

The demons you’ve created,
From every curses you’ve said
Dulling your senses
Demanding a payment of excessive interest.

Champs Ulysses Cabinatan
The Desert Plant

It stores up water in its roots, stems and leaves
It sips the morning dew
And any moist the dawn air brings
for it to endure the painful heat of the sun at noon.

It changes color from then to then
Sometimes it's bright green and sometimes it is yellow,
Sometimes it camouflaged with the red or brown desert
A means to hide from the camels and orxyes

Champs Ulysses Cabinatan
The Duck's Feather

attacks
criticisms by others
sometimes, it has much more to do with them than with us.
If we always get caught up with their unconstructive energy
we lose touch with our real core

let certain things repel off from us,
like a duck just enjoying the swim
Its feather doesn’t get wet, with the water

Champs Ulysses Cabinatan
The Empress New Robe

This cunning woman
She thought she can mask her real self
by getting the position she wants
She’s so arrogant
Too proud, she thought she’s at the top

Hallucinated
Thinking she can get everyone’s respect
She didn’t knew
She was tricked by the swindlers
as she is also a woman of fraud
the positions she wears
is the same as the clothes in the story of
The Emperor’s Robe

It made her believe
That she’s wearing the finest fabric
which is only visible to the finest few!
Though she didn’t see it also
but she cannot admit her incompetence and stupidity
her ugliness and corrupt ways!

so she announce how beautiful it is
and out of fear her friends just nod and agree
but even an innocent child can tell her stupidity
it doesn’t exist
and she was just deceived.

Champs Ulysses Cabinatan
The Happiest Place On Earth

Thousands of places to visit
Yet only one can make me
To be so happy with.

It’s not a place where the streets are
Adorned with golden lamps
Or decorated with beautiful
Marbles and crystals

It’s not around
The isles of Greece
And not the shopping spree in
Saks Fifth Avenue
Or Champs Elysee.

It’s not the sensual happy
Cottages in Phuket
The discos in Boracay
Or the beaches in Maldives.

It’s not in Porto Arabia
Which crystal sea is
Littered with elegant yachts.

The happiest place on earth is
To be near with you
And the most joyful and fulfilling place
Is to be in your heart.
Champs Ulysses Cabinatan
The Life In The Seed

The life in the seed
It soon brings forth roots and leaves
Where do those roots come from?
Where do those leaves come from?
The seed stored it in
A mystical memory

The Life in the Seed
Hiding inside its meat
The seed needs to conceal in the soil,
The seed needs to break off its outer shell
and a new life
will soon come!

Champs Ulysses Cabinatan
The Lotus Flower

Natural
White
Pure
Despite its murky surrounding
It still emerge untainted and clean

Champs Ulysses Cabinatan
The Love I Look For

The love I look for must be like the refreshing forest
where there is a fresh clean spring I can get water
a stream I can take bath
frolic and play
a fresh air
tall trees where I take shade
a hut I can nap
and a lake I can get fish

where I can make bonfire at night
that helps me keep warm
where I can delight my taste-buds with good fruits
and I can share my care to flowers and shrubs

where falcons freely glide on the sky
and play with eagles in the air.
where snake’s venom are elixir and cure.
where the animate and inanimate live harmoniously
Where the forest relaxes and soothes me
a place, a love that eliminate the stress,
where there’s no need to please everybody
yet everyone and everything is in harmony.

Champs Ulysses Cabinatan
The Music From Your Heart

Play lovely melodies in my heart
For your voice strengthens my soul
Sing lovely songs to me
and let your music permeates my whole being.

Champs Ulysses Cabinatan
The Past

go to nice places,
bathe in happy memories,
sail with joy and gladness,
be happy and be glad.

think of your past as vapor,
or a smoke that fades in the air.
or think of it as wind that passes,
or as clouds that forms and vanishes.

stop carrying the burden of the past.
we don’t have a time machine,
and everything is passing.

the present is still in our hands,
find solace on gifts it brings.
we still have a choice.
to make it happy,
or make it sad.
so cast away
the worries
and be glad.

Champs Ulysses Cabinatan
The Pilgrim

A pilgrim
with more than one goal and destination
Sacred or not
Already tracked or
Trekking a new route

You can met few souls who are helpful
You can met some who are just a distraction

Few make the journey sweet
And some make the journey stale

There are also some who would just bobble your travel
It would be a breather if they steer to another direction
Than messing your pilgrimage
here on earth.

Champs Ulysses Cabinatan
The Same Sun

The morning sun kisses my cheeks
My face feels the warm
Seeping through me...
The same sun
The same heat it gives
But feel every time it is different
Depending on the movement of the earth,
The presence of clouds
And one’s location on Earth
Gradually, the sky changes hue
From warmth orange red
To clear sky blue
The same sun our ancestors may worship
The same sun I am enjoying its radiance in the morning.
and the spider, thankful to the sun,
happily spins its web
which was destroyed by the storm last night.

Champs Ulysses Cabinatan
The Smell Of Your Soul

Vanilla
Peppermint
Menthol
Rose
Strange...
I can smell souls
a pigpen
a crispy bacon
Some smell like the Desert rain
And some like the camel of the Bedouins

petrol
an exhaust gas of a car
Different smells
of different souls
Some smell like old urine
Adds a fog to the brain

Some smells like onion and curry
Want you to go away in a hurry
And some smell like spa oils
Make you feel aroused and happy,
But it evaporates easily
As the wind blows away
Some smell like a stench armpit sweat
Forces you to hold your breath

Different smells of different souls
The smell of fresh cut grass
Or the smell of lemon
Or a money from the fish market
And some smells of a rotten rat
Some souls smell blessed
Some souls smell being lost

Some smell like H2S
Fatal and deadly
Some smell a stench
Resembling that of a used baby diaper
Some smell like a Turkish coffee
Keep you awake overnight but not worry free

But your soul smells heavenly
It reduce the stress, the tensions and worries
It gives me a feeling of well-being,
It gives me a sense of balance, calmness
It’s stimulating

My love,
The smell of your soul is the only one I behold
As your fragrance spread
It relaxes my soul
Better than the smell of oil burners
More soothing than the smell of lavender,
As your soul permeates
In my whole being

Smell may not be a human need
but your fragrance satisfies my needs
Breathe into my nostrils the fragrance of yours
for it gives me strength
Cover me with the perfume of your love
Your smell, your soul,
renewed my heart.

Champs Ulysses Cabinatan
The Talking Donkey

The donkey is shouting...
blaming others for his mistake.
he shouts and shouts
blaming others for his fault.
voice too loud
the place now like a shouting market
wherein this donkey is selling his ego
but no one is buying his delusion

Champs Ulysses Cabinatan
The Thought Of You Will Always Make Me Smile

When I'm down and sad
When I’m weary and feel bad
The thought of you
Will make me feel alive.

When I am stressed
And feel in distress
I think of you
And it cheers me up.

When I’m alone
And in need of a companion
I think of you
And my heart feels at home.

When I feel rejected
And sometimes neglected
I think of you
And feel again that I am cared and loved.

~Champs Ulysses Cabinatan

Champs Ulysses Cabinatan
The Times When There Were No Stars

The times when there were no stars

You appeared

And went near on my side

You kept me

From being miserable

In the darkness of the night

The times when there were no bonfire

You stayed on my side

You kept me from being frozen

And warmed me from the cold winds

Of what seemed to be a lonely night.

Champs Ulysses Cabinatan
The Violin And The Bow

Life is the Music

My body is the violin

My action is the bow

My thoughts are the strings

got to sync them splendidly

And produce the finest melody

Champs Ulysses Cabinatan
There Are Other Ways To Be Strong And Brave

There are other ways to be strong and brave
Like not joining the angry mobs
Or not meddling with the hotheads.
There are other ways to be strong and brave
Like being matured enough not to be annoyed
With careless words from egomaniacs and power trippers

There are other ways to show your courage
Like leaving away a boiling atmosphere
A room with self righteous idiots
There are other ways to be strong and brave
When you come in contact with a narcissist
Like denying their existence
Or pretending that some people don’t exist
Or simply not being affected by their presence

And being peaceful and calm with oneself
Means being strong enough
Not to be affected by the turbulent emotions of others

Champs Ulysses Cabinatan
There Is No Year Of The Dragon

There is no year of the dragon
Nor year of any beast.
Dragons don’t exist
maybe if they -, but twas long years

~Champs
Regarding years assigned to animals (the Buddha legend)
It would be more lovely to assign each year to virtues such as faith, hope, love, etc..
Than to dragons, rat or snakes...

Champs Ulysses Cabinatan
There's A New Joy In Everyday

I say goodbye to my worries
I say goodbye to my fears
I say goodbye to my sadness
I say goodbye to my past tears

There's another morning to be grateful for
There's a new joy in everyday
There's a new moment to celebrate
There's a new life ahead of me

Champs Ulysses Cabinatan
They Are Just Words

They are just words,
Yet they can wound.
They are just words,
Yet they can destroy.
They are just words,
Yet they can poison.
They are just words,
Yet they can break a dream.

They are just words
But they can heal.
They are just words,
But they can bless.
They are just words,
Yet they can nourish.
They are just words,
Yet they can encourage.
They are just words,
Yet they can uplift.
They are just words,
Yet they give hope.
They are just words,
Yet they give strength.

Champs Ulysses Cabinatan
They Think I'M A Stone

They think I'm a marble
That they can chisel into something
They think I'm a mountain
That needed to be carved
Like that of Mount Rushmore

They think I'm a gelatin
That must fit in to their mold
But I can exist without their chisel
My spirit can breath
Without their mold.

Champs Ulysses Cabinatan
Things To Be Thankful For Here In The Desert

I'm thankful for the sunlight
It keeps me from freezing
Mellowing the cold morning air
Here in the desert

I'm thankful for the beautiful
Sand formation
Dunes
Waves
Oh winds masterpiece!
Carefully arranged
Turning
Them into beautiful vista
A beautiful view
Despite the treeless background

I'm thankful for the air
Breathe
It's free
Filling my lungs
Making me fresh and enlivened

I'm thankful for the animals
plants
Many years gone,
Sacrificing themselves
For the modern world to have those fossil fuels
Making the economy
And industry
Alive!

Champs Ulysses Cabinatan
Think, Feel, Speak And Do

Think Good
Feel Good
Speak Good
Do Good
Be Good
But feeling good may be misinterpreted
It’s not the high you feel because of a drug or a pill
But Feeling good should be from within
because you know that you are doing the right thing.

Think Right
Feel Right
Speak Right
Do Right
Be Right
But being right is not the craving of power or vainglory
Not because you outshine others with your beauty, money or ability
Not that you are doing what others see us the right or the in-thing
But because you know that you’re doing for something greater.

Think Great
Feel Great
Speak Great
Do Great
Be Great
It’s not the instant happiness and later you feel mad or sad
A pleasure you feel not because of winning a lottery or a race
not just because of a promotion or a raise.
but an inner joy for living a life of love, true meaning and peace.

Champs Ulysses Cabinatan
This Too Shall Pass

This Too Shall Pass
I said the mantra
Repeated it again and again,
This too shall pass,
This too shall pass.

In every defeat,
I know that this too shall pass.
In every victory,
I know that this too shall pass.

but this longing for your presence,
I don’t know when this will pass
Will I forever suffer like this?
This longing I don’t know
It seems it will never wither or last

In every waking state
I feel like this,
Imagining your face,
Not knowing if in your heart I still exist

Even in dreams
It’s you I want to be with
Enjoying the moment
Enjoying every triumph and happiness

Storms pass
Cyclones pass
but this feeling I have with you never fades
still so strong and never elapse

Though I learned to accept
To live alone
away from the comfort
of being your companion

Winter has passed
Summer has passed
Repeating its cycle
Still it’s you whom my heart longs,
languishing in an invisible dungeon.

Champs Ulysses Cabinatan
Those Days

the smile
the face
the sweet loveliness
ohhhhh
I miss her so much now

despite the laughter
the fun
everything was happiness
Those times,
when we were together

despite the silence
when our minds run out of words
but our hearts
continued to talk

despite the gazed from those eyes
those perfect eyebrows
the eyelashes
She’s really an angel in disguise

Her lovely skin
as it touches mine
the warmth from her embrace
the hug, those arms
now are just memories
printed in my heart

wish we’re still together
and free me from this longing
I miss her so much

Champs Ulysses Cabinatan
Those Days

When the tower of Pisa wasn’t leaning
When the trees stood proud and strong
When the forest were still green

When the rivers were still clean
When he could hear birds singing
When his muscles weren’t sagging
When it’s easier to lift and do anything.

Those days... those days...
Gone...
those days, those days,
now for reminiscing.

Champs Ulysses Cabinatan
Thoughts

Be the writer of your own thoughts
Create happy stories
Write happy acts

Be the director of your own thoughts
Create good movies
Develop memorable scenes

Be the cinematographer of your own thoughts
Give it the proper lighting
Capture the wonderful experiences

Champs Ulysses Cabinatan
Ticket To Ride

Starving souls in the street
while posh restaurants throw excesses
trains of wealth come and go
many just cannot ride
for they don’t have the ticket to ride

Millions of fishes from the ponds and oceans
just rotten out and thrown around
Fruits from trees just fall to the ground
trains of vegetables passes by,
many weren’t able to ride
because they don’t have tickets to ride.

Clothes and dresses in booths and stores
some designed with precious stones
trains of clothing and draperies
Many weren’t able to get it
for many don’t have the ticket to buy it.

Plenty of books place on the shelves in the bookstore
but many still hunger for knowledge and information
what a paradox this life can be
a hunger in the midst of plenty
just because not everyone has the ticket to obtain it.

Many work for many hours
Many toil the soil and ground
Many labor day and night
just to obtain the ticket for life

tickets come and tickets go.
tickets of plastics, papers or copper coins
tickets wanted to be controlled by gluttons and sloths
it’s value just from people’s faith
in the ticket, many trust or place their fate.

Champs Ulysses Cabinatan
Til Our Flesh Ceases To Exist

Can we see our body rots
Eaten by earthworms
And turns to back to soil

Can we feel
The worm's teeth
Til our flesh ceases to exist

Champs Ulysses Cabinatan
Time Heals

Time heals the wound
but it left a scar
the scar is itching
especially on a cold evening

I still feel the pain
and the memories of betrayal came with it
you ruined an unblemished soul
tarnished my innocence
have to forgive
and learning to forget
though it almost brought me to death
just have to accept and consider your deceit
as part of my fate

Champs Ulysses Cabinatan
Travelling Life With Love

Some roads are smooth
Some parts are rough
Bumps and holes
Are parts of the road called life

Some scenes are lush green
Some are of barren sands
Scenes good or bad
Together we will travel.

When storm is raging
And frightful bolts strike
In thunder and rain
We will travel together.

Champs Ulysses Cabinatan
They say:

a world without a poet is like a body without a soul
a house without a music is like a body without a soul
a room without books is like a body without a soul

I say:

a day without your smile is like my feet without a sole
a week without your call is like an actor without a role
a month without your hug is like a flute without a hole
a life without you is like my body without a soul
because you are the only one that can make me whole

Champs Ulysses Cabinatan
Uncertainties

Folding my clothes carefully
I pack my things and arrange them in my luggage
Apprehensive to face the next life’s chapter
Not knowing what lies ahead of this path I will thread.
Nor do I know what trail will I leave.
Will it be smooth or will it be rough.
or where and what winds of life will thrust my sail.

Uncertainties make us fearful
Uncertainties give us a feeling of dread
Not knowing what’s onward makes us quiver.
Life’s path we didn’t study in school.
knees shaking continue to tremble

Don’t give up if life still has something to give
an inspiration whisper  to my sense.
Don’t succumb to depression.
Keep the faith and be hopeful
If the outcome is good then be grateful...
if the outcome is not what is expected then just serve it as a life lesson.

Champs Ulysses Cabinatan
Under The Full Moon

Under the moon in a vast Sahara
We make our promise
Wordless but
our hearts know what it is.

Under the moon we make our pact of love
No bland ceremonies
None witnesses it
Except the moon

We share kisses
We share the sweetest passion
We share soulful love
Under the full moon.

Champs Ulysses Cabinatan
Un-Following Their Footsteps

They passed their burden
I'm carrying it
I'm reciting their prayers
But it shouldn't be this way.

It's not necessary to follow their footsteps
I can thread a better path
It may not be a better path in their view
But I will be happy
In my own chosen track.

Champs Ulysses Cabinatan
Unlock The Door Of Your Heart

Unlock the door of your heart
Open it
and let my love come in.

My love is waiting
Knocking and
Praying
That someday
You will welcome it
In your heart.

Unlock the door of your heart
and let my love come in.

Champs Ulysses Cabinatan
Until The Day I Met You

The love songs I sing
Lacked soul
Until the day I met you

The lovely words and letters
Lacked substance
Until I dedicated them for you

My heart
Lacked courage and strength
Until the day I met you.

Champs Ulysses Cabinatan
Until Your Heart Echoes Back

My eyes want to see you
My nose longs your smell
My lips long your kiss
My heart wants to beat with yours

One hour passed
Two hours
Three hours
I know my soul
Won't get tired of waiting for you.

Many love me,
But my spirit loves you
Many has physical beauty
Exceeds that of yours
But my heart
Doesn't care
Of skin beauty anymore

I love you dearly
I don't know how can I tell you
If there are words greater than
'I love you.'
I will joyfully shout it
Until your heart echoes back.

Champs Ulysses Cabinatan
Thinking about a vacation
to have a change of views
as has been vex by petty things in the workplace
I want a break from this vicious cycle

Visualizing
A beautiful mountain view
hearing the birds singing
a lovely tune in the vicinity
adding to the nice ambiance are the berries and vines
Nice to unwind again
and feel the true value of the real self
cherished, highly regarded, loved
invigorated, revitalized, energized, refreshed

Champs Ulysses Cabinatan
Vapor Promises

Some promises are like smokes,
that disappear out of nowhere.
Some promises are like droplets of refreshing water,
Fall into a dirty pond and you can’t trace its whereabouts.

Champs Ulysses Cabinatan
Virtues

Temperance mellows you
Fortitude strengthens you
Justice frees you
Prudence enlightens you
Faith calms you
Hope encourages you
Love gives you all of the above.

Champs Ulysses Cabinatan
W makes me think of Questions
What
Who
Where
When
Why
and
HoW
of What are my priorities
Who are my real friends
of Where I am heading
as to When can I fulfill those promises
and hoW can I achieve those dreams

W also cheers me up to hum
a beautiful song
in the cartoon I saW
during my childhood.
"A Whole NeW World
a dazzling place I’Il never knoW"
so says the song

Open Sesame!
Feel in aWe
as to hoW Aladdin
change his life
from a thief
and became a prince.
alluded into different character
a journey
into
the land
of Arabian knights
of genie, magic carpet and magic lamp.
AWestruck
on hoW Aladdin
 got the magic lamp
and changed his World

Open Sesame!
a magic passWord
to the cave of Wealth and Wonder.
Where the magic lamp is hidden
and many are desperate
in seeking it.

glad Aladdin,
found it
call it accident or an act of fate.

given three Wishes
he can Wish anything
from, Wealth, poWer and being renoWned

but sometimes
human Will never get satisfied
When the three Wishes are fulfilled
but longs for more Wishes

it’s up to us to knoW
What is really Worthy
and to Weigh the consequences
of every Wishes We have

W
makes me think of Wheels
of the highs and loWs in life
of the ebbs and tides,
Waves of the seas
of Winters and summers
of the Waxing and Waning of the moon
the Wheel continues to rotate
to cycle
from feeling in despair to regaining hope
of moving from past regrets
of being in the noW,
picking up the pieces
the lessons of the past
and continue to Walk in the present
With hope and love
as life can still offer
a neW, delightful
and Wonderful experiences

still feel the aWe
of every morning
WoW, WoW and WoW
of long Walks
enjoying the pathWays
Whatever the Weather in life is
be sanguine
With the
World of Wonder

What you have
Who you are
and What Will you become
continue to Walk in the road of life
With a smile

maybe you travel the Wrong Way before
but We can steer the Wheel
for us to travel right Way.

think of Winning
in every trials
knoWing What is right from Wrong
of Warmth feeling With presence of a close friend
a jeWel in one’s life
treating ourselves kindly
for a Work Well done
We don’t need to be a Whiz in everything
We can tap help from others
and there are Willing souls
to help us be a Winner
to groW in Wisdom
and goodness
of folloWing the Wise teachings of the Wise men
of being reneWed
be trustWorthy
and live your day With heartWarming smile
Champs Ulysses Cabinatan
Walk Lighter

Worries,
bad memories
and negative thoughts
are like rocks and pebbles
you carried in a bag
while hiking on the trail of life.

These heavy burdens slow you down.
So let go of those rocks and pebbles
and replace them
with precious jewels instead.
Move forward with a lighter backpack.

Champs Ulysses Cabinatan
Walking Sepulcher

Lifeless, Pale and pallid
painted by ashen carbide
marbled and adorned with gold
but deep inside are ashes and bones

Creepy
and creepier it feels
to see a walking sepulcher
they shout
they wail
their voice
seems from the grave
a façade of their wailing
of their emotional death

soulless
their souls get tired
because of their greediness, their souls expire
souls that give up and don’t want to survive

with their spiritual death
these walking sepulcher
lost and wanted you to fit in with them
in paranoia, that they are a royal king

Champs Ulysses Cabinatan
Warp-Speed Life

Photocopiers
noisily
Copying papers
Officemates
Running to and fro
Shouting voices
Life ruled by clock
Production
Output
Deliverable

Instead of men
Appreciating time
It's now somewhat time
Ruling men's lives.

Champs Ulysses Cabinatan
Water Maintains Its Freshness

Water maintains its freshness by not stagnating
It should flow as a river or stream
or dances with the wind
it turns itself to many forms
As ice, liquid or vapor
It can make itself as a drop of dew
Or fill an acre space
It fills itself to the tissues of a jelly fish
Or shapes the human form.

Champs Ulysses Cabinatan
We Are All Beggars

Some beggars maybe begging for morsels
Or coins
On a filthy street
Or on a city square

But we are all beggars
Begging day to day
For our body or spirit
Sustenance

Some are begging for power
Some are begging for fame
Some are begging for attention
Some are begging to be cared.

We are all beggars
Some are begging for their voices to be heard
Some are begging for their hearts to be healed
Some are begging for their tears to be seen

We are all beggars
Needing others
To provide us with something else
We all are begging for love
We all are begging for respect

We are all beggars

Champs Ulysses Cabinatan
We Are Connected

We are connected by the earth we are standing
And by the air we are breathing
We are connected by the moonbeams we are enjoying
By the cool waters of the seas.

Our minds are connected by our thoughts
Our spirits are connected by our prayers
Our hearts are connected by an unseen thread

I'm connected by you
My soul and your soul
are part of a greater whole.

Champs Ulysses Cabinatan
We Can’t All Be Roses

We can’t all be the lovely roses
or the bright chrysanthemums
We can’t all be the beautiful daisies
or the yellow sunflowers

Some of us could be the morning glories
Some of us could be the lilies of the valley
Some of us could be the adorable tulips
or the pansy orchids

Some of us could be the peaceful lotuses
or the vibrant carnations
And some prefer to be wildflowers hidden in the forest
free from the crowd and onlookers.

Champs Ulysses Cabinatan
What’s In

What’s in your wallet affects the way you think, the way you talk and the way you walk
What’s in your mind affects your actions and decisions
What’s in your heart affects the way you smile
What’s in your table affects your health
What you listen to, affects your brain
What you read, affects your thinking
so be careful what you stack in,
you may not draw it out again.

Champs Ulysses Cabinatan
What’s Next After All Of These?

What's next after achieving the victory?
What’s next after all this glory?
What’s next after winning this game?
What’s next after all this fame?

What's next after being esteemed?
What’s next after I achieved all my dreams?
What’s next after earning this covetous break?
What’s next after reaching the peak?

What’s next after being extolled?
What’s next after being honored?
What’s next after being raised?
What’s next after all this praise?

Champs Ulysses Cabinatan
When Death Becomes A Cleaning Agent

Death is sometimes nature’s way of cleaning its mess
A natural way of extinguishing society’s garbage
like the white blood cells fighting the bacteria and viruses
the unseen angel of death do likewise at indeterminate speed.

What present life would have been if the likes of Pharaoh Seti or Herod continue
to reign?
or Hitler and Kaddafi have the power of immortality
or any imbecilic ruler who forever reigns
dead death solves the problem by not making their power an infinity.

So there’s no point of finding the philosopher’s stone or a certain elixir
or the so called fountain of youth that can offer an eternal glow and beauty.
or raving the nymph in the river Styx...

ah! just a make believe and sure it’s hard to understand!
For death is intelligent, and is a master genius of its own
and can be sometimes nature’s caliginous cleaning agent.
so better to be at peace with anyone instead.

Champs Ulysses Cabinatan
When I Think Of You

I feel your love when I think of you
I feel your love embracing me
It shields me and keeps me protected
It guides me to the right path.
Keeping me always in good vibes
And everyday your love gives me
the faith and the hope I need
It gives me strength to face any challenges
It gives me the courage
It makes me brave.

Champs Ulysses Cabinatan
When I will watch the movie of my own life

The part when you were there would always be the best scene.

Maybe I will let God, play it over and over again

And I will request God that I need more popcorn.

Champs Ulysses Cabinatan
When I’m With You

I am weak without you
like a horse without a bridle
hard to control
difficult to lead in an unhindered direction

like a spacesuit without an astronaut
it cannot move alone
nor it be send to a mission
as it is only a spacesuit

like a glove without a hand
Like a pupa that cannot leave its cocoon
like a traveler with no direction
like an olive tree that bears no fruit

I am weak without you
lacking in willpower, lacking in courage, lacking in strength
When I’m with you, I am assured
that my days will be happy and filled with joy.

Champs Ulysses Cabinatan
When Indifference Is A Virtue

Why should I please them?
we’re not related to each other

Why should I try to listen to them?
If all they will say won’t bring the best of me

Why should I make them happy?
They weren’t there when I was in distress.

Why should I change for them?
if all they want is for them to feel important

I am happy as being me
I rather have peace, than to please everybody

Champs Ulysses Cabinatan
When My Feeling For You Fades

Maybe my heart was tired of waiting
Tired of anticipating for nothing
Days and months passed
You never care
nor appreciated the feelings I had

Now you showed up
And not on the right timing
When my eyes dried up of their tears
My sleep removes you from my dreams
And my heart doesn't feel anymore the same.
Feelings do sometimes fade...
Anger, sympathy,
and maybe love too
when neglected fades

Champs Ulysses Cabinatan
When The Music Of Life Will Be Taken Away

Scribbling my thoughts
While my headphone plays a song
Conveying with a sublime message
Like someone inducing on me
a lesson to be humble

Learn to be humble oh you dust
Learn to be meek oh you clay
For you won’t bring your power and gold
nor your wealth will go with your soul

Be grateful you were given life and breath
Be thankful you were given a spirit
For your physical body will just be feasted by the worms
and the earth will swallow up your flesh and bones

Don’t be vain with your fleeting glory
Nor be too proud of your physical beauty
Do your everyday trade with reverence and honesty
while the music of your life is still at play.

Champs Ulysses Cabinatan
Wherever there is unity, there is peace
wherever there is true love, evil cannot exist
wherever there is hope, despair will go away
wherever there is joy in one’s heart, frown will not stay
Let energy and enthusiasm will fill your day
wherever there is love,
there is goodness and peace
harmony will be with you,
and you will feel at ease
call for strength, whenever you feel weak
be happy always,
Let go of pride, be humble and meek
when you feel alone,
talk to someone, or by phone
When you feel hurt in your heart,
Let go of it and don’t harbor any hate
A loving heart and a happy face
Spread the happiness wherever is the place

Champs Ulysses Cabinatan
the molecules in air
told me that you still care for me
the breeze of the wind
whispered to my ears
telling me that you need me
the unseen echoes
bring a message
that you still love me.
The oceans,
the earth
The air,
They all can hear
The love from deep within.

Champs Ulysses Cabinatan
Will It Matter Five Years From Now?

Will the sarcasms they said, matter five years from now?
Will the insults they give, matter five years from now?
Will their existence, matter five years from now?
Will they matter five years from now?

Will their toxic presence matter five years from now?
Will I still see them, five years from now?
Will I still be with them five years from now?
So I have to be joyful,
For their minatory mood, won't matter five years from now.

Champs Ulysses Cabinatan
Wings Of An Angel

Give me wings so that I can fly,
I want to leave this place of melancholy.
Give me wings so that I can go there in your place.
In the abode of happiness and peace.
Give me wings and I’ll fly with you,
and feel like a dove or a lovebird
devoid of miseries and anxieties.
but if not, be an angel to me
an angel with wings of
~love~
~Happiness~
~joy~
and
~gladness~
by then my burdens will be turn to fires of compassion
this heart grown weary because we are apart
this fire of sorrow will be turn to flames of splendor
and in our limbo we will be burning with love
Champs Ulysses Cabinatan
Wisdom From The Mirror

It needs light so that mirror can reflect
Remove the darkness in your life
For you to shine and goodness can reflect

A concave mirror can make the object appear smaller
A convex mirror can make the object appear bigger
But a louder voice cannot make a person
appear to have a bigger mind or a bigger brain

A mirror can be used in a good way
Or can be used badly like that of the Queen
In the fairy tale of Snow White and the seven dwarfs
Hope knowledge will only be used for the good of men

Things in the mirror are illusions
They are not real but just a reflection
Fears we feel can be an illusion
Turn on the light of courage, and fear will vanish

Wide mirrors can make a place appear bigger
But wider knowledge doesn't always mean a wider wisdom
Nor old age assures a greater understanding

Mirror only reflects outward beauty
Nor our eyes can see inner beauty
So treat anyone with respect and dignity
Regardless of skin or nationality

As mirror is of no use for the blind
So wisdom is of no good use for the closed or evil mind

Champs Ulysses Cabinatan
Wisdom From The Ostrich Feather*

be nice to others
for things in this world won't last forever
same as the ostrich feather

be nice to your enemies
for today maybe their last day
like what happened to the ostrich yesterday

love good virtue more than people
love people more than good cars
and love children more than good ostrich

Respect diversity and variety
Respect the old, the antique, the new and novelty
As ostrich feather can be white, black or gray

Don't let your worries be as big as the ostrich
Let your problems be as light as the feather
for anxieties will fade and dreams are within reach

Don't be too attach to your looks or weight
Just be healthy, detach to the need of unworthy praise
Learn from the feather detached from the ostrich

Go with the flow as long as it's a good flow
Be blown where the good wind wants you to go
The values you learn in life don't lose or forgo

Champs Ulysses Cabinatan
Without Faith, Hope And Love

Without Faith
I am like a butterfly without wings
An eagle that cannot fly
a kingfisher that cannot catch a fish.

Without Hope
I am a lamp without oil
A fire without heat
a flame without light

Without Love
I am like tree without roots
A jasmine flower without perfume
a flower without color

Champs Ulysses Cabinatan
Without Love

Without love in your heart, hurtful words are your swords
Without love in your heart, pride becomes your armor
Without love in your heart, there is chaos and disorder
Without the warmth of love, a heart grows colder.

Without love in your heart, fear and doubt will increase
Without love in your heart, peace and joy cannot exist.
Without love in your hearts evil is hard to resist.
Without the light of love, life is in darkness

Without love in your heart, there is no harmony at home
Without love in your heart, feelings is in gloom
Without love in your heart, life is in doom
May you allow love to grow and bloom

Champs Ulysses Cabinatan
Wonderfully Made

The hands that created the stars
are the same hands that created me
The hands that made the majestic universe
are the same hands that made me.

Champs Ulysses Cabinatan
Words And Candles

As a small candle
can brighten a dark room,
so are our positive words and poems
can brighten the world.

Champs Ulysses Cabinatan
I like to hear the words glowing, shining and radiant
And least like to hear the words bumpy, potholes or karma
I like to hear the words tranquil, serene and inner peace
And least like the words turmoil, acne and chaos
I love the words mother, smoother, compassion and care
And least like the words rapist, disease or cancer
I like the words stellar and panorama,
And least like the words issues, cracked, or drama
I like the words diamond, dreams and diurnal,
And least like the words pain, taxes, politics or diarrhea
And my favorite words are haven, safe, well, smiles,
someone, healed, calm, strength, eased and tulips.

Champs Ulysses Cabinatan
Work Is Play And The World Is My Playground

Work is play and the world is my playground.  
Working on a ship feeling as though  
I’m on a cruise.  
Or being a flight steward,  
though it is just a mean of touring the whole world.

Work is play and the world is my playground.  
Fishing on the seas  
Enjoying the winds and waves  
Tilling the farm,  
delighting in the hot morning sun.  
Or staying in the office  
Studying human behavior and interaction  
Work is play and the world is my playground.

Champs Ulysses Cabinatan
Worries

Do the bees worry about their next nectar
or do ants worry about their next morsel
Do the nightingales worry of their voice or their nocturnal song
or do other birds worry as to where they can find their next worm.

Do some swans feel the sadness of widowhood
Would the seal be worried of having no catch and the evening is approaching
Do the penguins care if they can find a comfortable place to rest
Or do polar bears worry what will happen to them if all the ice melts.

Champs Ulysses Cabinatan
X

is the sign of
which means to multiply
7X7 equals 49
so goes a simple math

there is beauty in numbers
there may be beauty in mathematics
in graphs, equations, formulas, exponents and extrapolations
but there is more beauty in kind words
formed into sentences
into paragraphs
and express into writings

but more beautiful
is when loving acts are executed
and loving words are said and express with sincerity

Excellence is not only in winning a competition
or exposing the weaknesses of others
but on leading a life of exemplary virtues

multiply your kindness
your being xenial
extinguish the burning fire of hatred
and extol and exalt positive emotions
extricate the sad expression in one’s face

experience and be excited with life
fill your days with zest and enthusiasm
as we will not live with this physical body for infinity
and a time will come that it will expire
we’re just like a conscious-being, exiled from paradise
expect less and hope for the best for others

be an example
don’t explode your anger immediately
but you can express it in other ways
than living in a life of remorse and regret
when you exhibit your anger in a wrong way

exercise on your values
stop exchanging hurtful words
to other persons
instead, extend help to those who need it
express your love and your gratitude
examine your life or your problems
and keep on mind excessive worrying won’t do any good thing

expand your horizon
making excuses on why you’re keeping your anger and resentment
will hinder you from being truly happy
remember that real joy won’t exist where there is hatred
as what the scripture says,
that you have to forgive others
and maybe also to forgive yourself
70 x 7 times.

Champs Ulysses Cabinatan
Y*

Why you left me alone here
Without you life is sad and boring
Why you have to go
and join with others going to a Trojan battle
Like Odysseus leaving his dear Penelope

When will your odyssey ends
Why you have to go to that city of conflict
Why you have to be included on getting back Helen
and leave your love your family in exchange of glory in-vain

Oh my only love my valentine
I don’t know when my whining ends
I don’t know how many pails of tears I will shed
Crying here not knowing when you will be back
Asking the almighty why you have left

Champs Ulysses Cabinatan
You Are A Treasure

You are a refreshing water
On a thirsty throat
A food
to a starving spirit
A great treasure
To a person seeking for luck
An inspiration
Who strengthens someone's will
A source of joy
To someone's heart.

Champs Ulysses Cabinatan
You Are Loveable

You're loveable despite the scars

You're loveable despite the wrinkles

You're loveable despite the fats

You're loveable because you are

More than your skin

And you are worthy to be loved!

Champs Ulysses Cabinatan
You Are My Peace

Your presence calms my soul
Your beauty captivates my attention
Your smell soothes my nerves
Your words are sweet
Excellent as the honey.

Champs Ulysses Cabinatan
You’re My Love

Your every chant

Brings me near to the promise land

A land better than the land

Promise to the descendants of Abraham

Your every whisper

is a music to my ear

and give me healing

and erase all my fears

your every touch

removes all my doubts

it has a charm that resonates deep inside

and the best of me it brings out

Champs Ulysses Cabinatan
Your Love

It does not matter if I cannot reach the mountaintop
Your love already is the best reward.
It matters less if I am not at the summit
of fame and honor
or getting the highest rank
I will be contented living in a humble valley
as long as I am surrounded by the fragrance of your love.

Champs Ulysses Cabinatan
Your Magic Touch

Nourish me with your touch
Enliven me with your caress
Massage me
Knead my muscles
Touch my body.

In your hands
I feel
Warm
Care
Comfort and
Tenderness

Champs Ulysses Cabinatan
Your Presence Brings Joy To Me

The ships are made for the lakes and seas
The nectar are made for the bees
The clouds are made for the sky
The stars are made to shine.
You may not be destined for me,
but your presence brings joy to me.

Champs Ulysses Cabinatan
You're my coat when the wind blows cold.
You're my guide when my heart gets lost.
You're my light when my nights are all shadows.
You're my hope when my spirit is at worst.
You're my comfort, my soul needs most.

Champs Ulysses Cabinatan
You'Re My Real Wealth

Success for me is knowing you

Wealth for me is having you

Happiness for me is being with you

Life for me is to stay with you.

Champs Ulysses Cabinatan
You'Re Someone So Special

No one can replace,
the place you have in my heart.
You are the reason, for every soul in my poems.
You're someone so special.
My heart is so thankful for.

Champs Ulysses Cabinatan
Youth

Youth, like the perianth
Its corollas degenerates
Its brightness fades
Time snatches its color
‘til it loses its odor

Though many are in make believe
That they are staying
In an infinite field
Of discos, nightlife and enjoyment
Til a strong wind hits
And in silence
will realize
Not to squander such stage.

They are the hope of the world
The wise men say
And what hope they can offer
If the world propagated them
The wrong soil
In an environment,
With no moral nourishment.

Champs Ulysses Cabinatan
Pizzaro
conquered the Incas of the ancient world
wipe out the worshipers of Machu Pichu
and gone also the civilization of the old
lost with it are the Mayan and Aztecs esoteric knowledge
of an era long ago

Plucking the Pizzicato
a zest to the eardrums and nerves
Zeus-like feeling, an effect of a placebo
zing and jazz
force to dance

Reading the book
of Zechariah
and came into realization
of how many lives
so busy buzzing in this planet
living In a zombie state
a Zebu existence

zipping the mundane day to day activities
sapping and draining
just letting the time to vaporize

zeal
piazzas and plazas
zap blizzards and
Whiz!
zing and pizzaz.
Zoom and
bloom

Champs Ulysses Cabinatan