

Poetry Series

**Aufie Zophy**  
**- poems -**

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## Aufie Zophy(18 October 1964)

My name is Hans Van Rostenberghe (pot)

I am living in Malaysia and love to read a bit of life's philosophy. Just trying to express some of the thoughts in a melodious way.

I chose the author name of Aufie, which is a contraction of auto and fiets, Flemish for car and bicycle. How I came to this author name is a long story.

My blog is found by googling pot

# >7 Billion

If we manage to all serve each other

Each of us will have  
More than 7 billion servants

And what will be more gratifying still

Each of us will serve  
More than 7 billion friends

Aufie Zophy

# A Beggar

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

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

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

Aufie Zophy

# A Bit Of Love

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

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

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

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

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

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

A bit of love, a sip or breath  
is often all we need  
to live a life of purpose,  
to change the world.

Aufie Zophy

## A New Life (Frances/Aufie)

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

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

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

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

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

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

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

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

Aufie Zophy

# Abundance

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

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

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

Aufie Zophy

# And Everything Was Fine

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

Aufie Zophy

# Bread Reversal

A crumb goes  
To the hungry child

A broad loaf goes  
To the waste basket

Let us reverse  
the bread story today!

Aufie Zophy

# Bridging The Night

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

Aufie Zophy

# B-You-Tiful

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

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

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

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

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

Aufie Zophy

# Civilization

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

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

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

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

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

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

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

And flowers  
And men and women

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

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

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

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

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

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

The love and compassion  
That has been in this world  
Everywhere and always

It is time, high time  
That we get more wisdom

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

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

Aufie Zophy

# Contribution To Evolution

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

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

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

These were the last words  
of a dear casuarina leaf.

Aufie Zophy

# For My Sons

My sons,  
I pray for you.

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

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

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

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

Aufie Zophy

# Forest Of Gratitude

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

Aufie Zophy

# I Am

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

Aufie Zophy

## In The Monsoon Season...

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

Aufie Zophy

# Little Purple Flower

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

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

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

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

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

Aufie Zophy,  
8 May,2010, Bachok

- - - - -

I wish you all sea of flowers

Flower flower flower flower flower flower flower flower flower  
Flower flower flower flower flower flower flower flower flower  
Flower flower flower flower flower flower flower flower flower  
Flower flower flower flower flower flower flower flower flower  
Flower flower flower flower flower flower flower flower flower  
Flower flower flower flower flower flower flower flower flower

Aufie Zophy

# My Mother's Lesson In Empathy

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

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

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

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

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

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

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# My Son

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

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

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

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

Your loving father, Papa☐

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&gt;

Aufie Zophy

# My Waves (For My Youngest Readers)

{poem inside little story}

- Hello, waves of the sea.

- Hello, Hans, how are you?

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

- Aufie?

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

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

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

Here comes my poem:

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

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

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

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

- Yes

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

- Yes

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

- Thanks my dearest wavy waves.

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

- That sounds great, my friends

- But then it has to have more than one stanza

- Promised!

Aufie Zophy

# Naivete

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

The next revolution will be  
one of kindness  
one of wisdom

the naivete of today  
the reality of tomorrow!

Aufie Zophy

# Nano

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

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

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

Aufie Zophy

# Our Choice

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

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

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

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

Aufie Zophy

## Q..... World Peace

How many of us do sincerely pray for world peace

How many just think it is an illusion

If we go on not praying for world peace

If we go on thinking it is an illusion

Just an illusion it may remain.

Aufie Zophy

# Sacrifice Of The Ego, Privilege To The Soul

Praying with ego, or praying with soul,

The ego prayer is our ego, talking.

It sees prayer as a sacrifice of our time,  
So that later we will benefit.

I will do something for God,  
so I can get rewards later.

Can you see the huge arrogance  
already creeping in, in the motives alone.

I, my ego, will do something for God.

How can we do something for God?

God is so great and omnipotent  
that He is not affected by any of our actions.

We cannot affect God.

Only God can affect us.

But the ego prayer is still thinking:

If I please God now, make the sacrifice  
and say the prayers I have memorised,

I will get my rewards later,

while the others deserve their own punishment;

- something we may even enjoy to see if the moment arrives,  
since they have been so stupid

not to follow the same rules we believe in.

Our ego is always thinking in a commercial way.

Superior versus inferior.

I do something for you, you do something for me.

A mild form of corruption?

Only our ego could make us think and act as such.

The soul prayer is our soul, praying

It sees prayer as a gift of God to us  
something sent to us from heaven,  
something we can do for ourselves.

Praying is no longer a sacrifice we make for God,  
it is a privilege we accept.

By praising God and praying with our heart, our mind and our soul,  
we will immediately experience peace of mind

and if even that would be the only reward,

it would be already enough for us to keep on praying.

But it is not the only reward.  
In the process we gain insights that help us,  
live a more complete and happy life full of peace of mind.  
It will really help us to see God's plan for us.  
We will become alerter and try to miss fewer opportunities to do good.  
We will start to live more as a soul person and less as an ego person.  
Living a life according to God's plan,  
we may die with great peace of mind that lasts well into eternity.  
After a soul prayer we will not feel to be the good ones  
deserving rewards in distant future,  
while the ones not praying like us are the bad ones  
deserving punishment;  
after a soul prayer we will realise all of us are poor sinners  
and it is our duty to do as much good as possible  
and in the process inspire as many people as possible to do good with us.  
This will result in an immediate but lasting peace of mind

Aufie Zophy

# Silence

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

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

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

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

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

Aufie Zophy

## Small Moon Poem

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

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

Aufie Zophy

# Soothing Sea Sounds

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

- - - - -

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

Aufie Zophy

# Speck Of Significance

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

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

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

Aufie Zophy

# Tears Of A Wave

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

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

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

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

Aufie Zophy

# The Apple Cloud

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

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

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

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

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

Aufie Zophy

# The Disappointed Vulture

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

Aufie Zophy

# The Dove Of Truth

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

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

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

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

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

Aufie Zophy

# The Golden Egg

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

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

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

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

Aufie Zophy

# The Morning Sun

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

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

Aufie Zophy

# The Most Beautiful Poem (Sonnet)

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

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

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

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

Aufie Zophy

# The Most Precious

77 leather bags

66 diamonds

55 bracelets

44 watches

33 cars

and then there was

that one smile...

Aufie Zophy

# The Never Ending Poem Of Good Ideas

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

## THE NEVER ENDING POEM OF GOOD IDEAS

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

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

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

There is a thing called HOPE, LOVE, AND FAITH  
that we must grab on to before it's too late  
love making is what can be sold,  
but love is what makes us whole,  
and faith and hope cannot be taken away  
for it is something that will always stay.  
. 18.7.2014 (by Louis Rams)

Utter a word of kindness to all you meet  
If not, arch your lips into a pleasing smile  
You can give it absolutely free of cost  
Yet it will leave the world less hostile  
. 19.7.2014 (by Valsa George)

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

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

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

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

It's a miracle that I can walk  
It's a miracle that I can talk  
It's a miracle that I can see  
It's a miracle these ears of me  
Isn't our whole life a miracle?  
. 5.8.2014 (by Aufie Zophy)

When in poverty wallows the multitude  
One of sharing should be your attitude  
Do not hoard wealth more than you need  
Or merely to satisfy your enormous greed  
From your abundance, when the poor you feed  
From the clutches of selfishness you'll be freed  
. 5.8.2014 (by Valsa George)

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

your stanza  
. (by you)

&lt;&gt;

Aufie Zophy

# The Next Step

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

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

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

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

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

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

Aufie Zophy

# The Perfect Tree

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

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

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

Aufie Zophy

# The Rose, Named Love

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

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

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

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

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

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

Aufie Zophy

# The Sea...

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

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

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

Aufie Zophy

# The Song Of Heaven (Haiku)

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

Aufie Zophy

# The Song Of Heaven (Sonnet)

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

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

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

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

Aufie Zophy

# The Soul-Ar Eclipse

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

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

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

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

Aufie Zophy

# The Wind's Blowing

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

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

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

Aufie Zophy

# The World Changed

A wooly cloud, orange and purple,  
entices my heart to melt and dissolve,  
to unify with soul and cloud.

We float like an eagle on warm winds,  
no destination, just moving  
through pastel skies.

We become magic rain,  
adorning like dew drops,  
the eyes of everyone we touch  
and love is shining;  
kindness reigns.

The world is changed

Aufie Zophy

# Theater In Bachok

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

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

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

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

Aufie Zophy

# To Be

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

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

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

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

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

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

Aufie Zophy

# To Our Amazing Creator

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

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

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

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

(Bachok,19 May,2010)

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Aufie Zophy

# Triple

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

Aufie Zophy

# Twee Aapjes

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

Hij had een broertje, jonger een jaar,  
maar die was heel anders; 't is waar.  
Hij had een beetje een scheve mond,  
maar toch was het zo dat iedereen vond  
dat dit het liefste aapje was van uren in't rond.  
Hij las veel in boeken en hield van studeren;  
hij was ijverig en bereid om altijd te leren;  
hij was niet lui en altijd vroeg uit de veren.

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

Aufie Zophy

## Two Little Monkeys (Poem For Children)

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

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

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

Aufie Zophy

# Waltz

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

Aufie Zophy

# Wandering Cloud

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

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

Bachok,2010

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Aufie Zophy

# Was It Six Days Or A Trillion?

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

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

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

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

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

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

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

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

Aufie Zophy

# Waves

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

Aufie Zophy

# We Can Move

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

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

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

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

An acorn on the wrong soil  
will lose its potential.

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

WE CAN MOVE!

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

Aufie Zophy

## What We Think And Feel...

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

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

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

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

Aufie Zophy

# When The Night Falls

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

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

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

Aufie Zophy

# When Your Heart Seems Hopelessly Broken...

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

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

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

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

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

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

Aufie Zophy

## White Lines (Haiku)

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

Aufie Zophy

# Why Is My Soul So Quiet

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

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

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

Aufie Zophy

# Wisdom And Love

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

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

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

Aufie Zophy

# Words

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

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

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

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

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

(inspired by a Zen Story)

Aufie Zophy

## X..... The Umbrella Tree

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

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

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

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

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Aufie Zophy

## X..... A Little Sadness

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

-----

Aufie Zophy

## X..... Amazing Dance

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

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

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

Aufie Zophy

## X..... Blissful Paradox

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

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

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

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

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

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

Aufie Zophy

## X..... Early Dinner

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

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

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

Aufie Zophy

## X..... Early In The Morning

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

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

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

Aufie Zophy

## X..... Gentle In Reverse (Mirror Sestet)

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

Aufie Zophy

## X..... Glory (Haiku)

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

Aufie Zophy

## X..... Haiku: Changing Colours

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

Aufie Zophy

## X..... Haiku: Perfection

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

Aufie Zophy

## X..... Happy Haiku

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

Aufie Zophy

## X..... On A Lighter Note

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

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

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

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

Aufie Zophy

## X..... Pain, Melting In The Scene

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

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

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

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

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

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

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

by the sound of the rustling leaves

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

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

- - - - -

&gt;

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Aufie Zophy

## X..... Peace

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

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

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

Aufie Zophy

## X..... Snow

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

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

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

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

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Aufie Zophy

## X..... Sunlight Reaching The Heart

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

Aufie Zophy

## X..... The Bird

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

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

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

Aufie Zophy

## X..... Unconditional Love

Unconditional love always wins

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

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

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

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

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

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

Aufie Zophy

## X..... When We Silently Pray

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

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

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

Aufie Zophy

## X..... Specialist

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

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

Aufie Zophy

## Y.. Morning Magic (Haiku)

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

Aufie Zophy

## Y.. The Little Light

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

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

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

Aufie Zophy

## Y.. A Deep Valley

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

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

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

Until finally,

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

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

--

Note:

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

Aufie Zophy

## Y.. A Firm Yes

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

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

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

Aufie Zophy

## Y.. Charms Of The Sea

&lt;/&gt;The white foam  
of majestic waves  
usurps my spirit

The perfume  
of the sea  
pervades my mind

The reflection  
of the late morning sun  
beams into my heart

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

Aufie Zophy

## Y.. Didn'T

I wanted to wait  
But I didn't

You wanted to help  
But you didn't

He wanted to respect  
But he didn't

We wanted to donate  
But we didn't

You wanted to talk  
But you didn't

They wanted to build  
But they didn't

Don't we all have good intentions?

Aufie Zophy

## Y.. Hey, Jay

Hey, Jay,

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

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

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

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

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

Aufie Zophy

## Y.. Huge

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

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

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

Aufie Zophy

## Y.. Humility

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

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

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

Aufie Zophy

## Y.. Intimate Freedom

Intimate freedom?

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

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

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

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

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

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

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

Intimate contact, still a present from God, super fine  
As long as we reserve it for the very right time!

-

Written in clear language for my two teenage sons  
The rules of our Creator make so much sense!

Aufie Zophy

## Y.. It Is All In The In

Love

With or Without in

A Fall or a Choice

Lightness or Virtue

Weakness or Strength

Transient Ecstasy or

Permanent Peace of Mind

In makes all the Difference.

Aufie Zophy

## Y.. One Second Ago

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

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

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

Aufie Zophy

## Y.. Poetry And History

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

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

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

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

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

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

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

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

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

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

-----

&gt;

poetry poetry poetry poetry poetry  
poetry poetry poetry poetry poetry

Aufie Zophy

## Y.. Reality

Reality

Is dark and gloomy

But I see so much light

Reality

Is negative and bad

But I see so much goodness

Reality

Is falsehood and deceit

But I see so much honesty

Reality

is ugly and hideous

But I see so much beauty

Reality may be changing slowly

Please try to see

Take a look together with me

Aufie Zophy

## Y.. Simple

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

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

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

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

Aufie Zophy

## Y.. The Cloud

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

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

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

- - - - -

&gt;

cloud,  
cloud, cloud, cloud, cloud, cloud, cloud, cloud, cloud, cloud, cloud, cloud, cloud, cloud,  
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Aufie Zophy

## Y.. The Girl

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

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

The girl is  
not condemning others...

- - - - -

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

Aufie Zophy

## Y.. Touch

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

And suddenly, the world changed forever

Aufie Zophy

## Y.. Tree Of Life

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

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

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

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

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

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

Aufie Zophy

## Y.. Trolls Of Discontentment

&lt;/&gt;

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

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

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

Aufie Zophy

## Y... As Long As!

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

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

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

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

Aufie Zophy

## Y... As We Can

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

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

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

Aufie Zophy

## Y... Calling

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

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

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

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

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

Aufie Zophy

## Y... Close To My Children

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

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

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

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

Bachok, Nov 2011

&gt;Br&gt;

- - - - -

I want to be close to my children  
Children children children children

Aufie Zophy

## Y... Elegant Violence

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

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

- - - - -

beach beach beach beach  
beach beach beach beach

sea  
sea sea sea sea sea sea sea sea sea sea  
sea sea sea sea sea sea sea sea sea sea  
sea sea sea sea sea sea sea sea sea sea  
sea sea sea sea sea sea sea sea sea sea  
sea sea sea sea sea sea sea sea sea sea  
sea sea sea

Aufie Zophy

## Y... Flood

&lt;/&gt;

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

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

Aufie Zophy

## Y... Flow

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

Aufie Zophy

## Y... Food For The Soul

Food for the body

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

Food for the ego

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

Food for the soul

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

Aufie Zophy

## Y... Garbage Man

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

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

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

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

-

Note:

Garbage men really deserve ou full respect.

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

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

Aufie Zophy

## Y... In The Dark Of The Night (Poem About Hope)

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

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

Bachok, January 2012

Aufie Zophy

## Y... Just Above The Horizon

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

Aufie Zophy

# Y... Let's Be Grateful

Let's be grateful for

Amazing Astonishing All-encompassing Altruism

Breath-taking Brightness and Beauty

Cheerful Cute Children

Delightful dazzling dreams

Elegant Extraordinary Endeavours

Fine Fantastic Fabulous Friends

Great Gentle Good Greetings

Heavenly Honest Healing Humanity

Inspiring Illuminating Innovative Ideas

Jovial Jolly Joyful Jokes

Keen Kindheartedness

Light, Love and Life

Marvellous Magnificent Magic Mornings

Nice Nature

Outstanding Opportunities

Pleasant Pastimes

Queer Qualities

Ravishing Reality

Superb Superlatives

Tangible Thrilling Thoughts

Unbelievable Utterances

Very Valuable Views

Wonderful Wishes

Xceptional Xcellence

Yummy Yoghourts

Zealous Zest

And that's just the tip of the iceberg

Aufie Zophy

## Y... Let's Feel It

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

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

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

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

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

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

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

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

Aufie Zophy

## Y... Listen

Listen

listen carefully

listen to your soul

you may hear the melody of kindness

you may hear the melody of honesty

the melody of humbleness

the melody of caring

all melodies of truth

one by one, so nice

beautiful melodies

worth listening.

Listen

Aufie Zophy

# Y... Magical Moments Of Amazing Beauty

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

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

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

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

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

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

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

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

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

A memory of moments  
Magical moments of amazing beauty  
When will the next one come?

Aufie Zophy

## Y... Mirror Marvel

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

Aufie Zophy

## Y... The Breeze

&lt;/&gt;

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

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

Aufie Zophy

## Y... The Story Of Why

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

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

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

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

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

Aufie Zophy

## Y... Three Hundred

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

Aufie Zophy

## Y... Ugly?

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

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

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

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

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

-

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

Aufie Zophy

## Y... Words

Words of truth

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

Words of goodness

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

Words of beauty

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

Words of truth, goodness and beauty

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

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Words, words, so many words

words, words, words, words, words, words words, words, words, words, words,  
words, words, words, words, words, words, words words, words, words, words,  
words, words, words, words, words, words, words, words, words words, words, words,  
words, words, words, words, words, words, words, words, words, words, words, words,  
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Aufie Zophy

## Y.... Differences

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

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

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

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

I love my liberal brother  
I love my socialist brother  
I love my central democratic brother  
I love my right winged brother  
I love my left winged brother  
I love my communist brother  
I love all my sisters too  
Somewhere deep inside  
I strongly believe  
that God loves all of us too

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

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

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

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

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

Aufie Zophy

## Y.... Hard Is The Fall

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

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

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

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

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

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

Aufie Zophy

# Y.... Have You Seen Love

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

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

Some people  
have never felt true love

Some people  
have never felt the presence of God

Aufie Zophy

## Y.... Hope

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

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

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

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

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

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

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

Enough wisdom  
Enough for a healthy laugh

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

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

Aufie Zophy

# Y.... Man Became Men (Written Together With Unwritten Soul)

Man became men

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

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

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

.....

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

.....

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

.....

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

.....

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

.....

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

Aufie Zophy

## Y.... No Time

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

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

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

Aufie Zophy

## Y.... River Meets Desert

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

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

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

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

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

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

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

The river let its water evaporate  
Allowed the wind to carry it once more  
In its loving arms,  
wind held the river as before

Across the desert they went  
A lot of water in a big large cloud  
And at the other side  
The wind let it rain out

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

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

By: Aufie Zophy

-----

&gt;  
river river river river river river river  
river river river river river river river

Aufie Zophy

## Y.... Simple Reflection

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

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

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

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

Aufie Zophy

# Y.... Spirit?

White matter  
Small lesions

Watson's spiral  
Small mutations

Proteomics  
Small variations

On top of that  
Methylations

And then  
Glycosylations

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

And all these quarks  
Waves and particles...

How about thoughts and health?  
Power of thinking?

Mind and body!  
Soul and heart!

Spiritual being?

Aufie Zophy

## Y.... Strength

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

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

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

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

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

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

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

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

Aufie Zophy

## Y.... The Power Of Now

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

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

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

Aufie Zophy

## Y.... The Source

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

Aufie Zophy

# Y.... The Sun Never Sleeps

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

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

=====

&gt;  
pain pain pain pain pain pain pain  
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pain

Aufie Zophy

## Y.... The Worst Thing (Haiku)

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

Aufie Zophy

## Y.... This Morning, ...

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

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

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

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

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

Aufie Zophy

# Y.... Wave Of Peace

Peace

I dream  
of a wave of peace

A giant wave  
Reaching beyond the fences  
Moving deep inside

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

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

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

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

Let's dream and believe  
In a wave of peace

An awesome wave of peace

=====

&gt;

peace peace peace peace peace peace peace peace  
peace peace peace peace peace peace peace peace

Aufie Zophy

## Y.... Who?

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

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

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

Who is it?

Aufie Zophy

# Y.... Wonderful

Wonderful is the sea  
Delightful  
Magnificent  
Awesome.

Brilliantly blue in the deep  
Pure  
Breathtaking  
Beautiful.

Superbly white near the beach  
Astonishing  
Marvellous  
Wonderful

Aufie Zophy

## Y..... A Little Tree

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

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

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

-----

&gt;  
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Aufie Zophy

## Y..... Happiness

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

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

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

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

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

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

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

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

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

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

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

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

&gt;

- - - - -  
Happiness, Happiness, Happiness, Happiness, Happiness, Happiness, Happiness,  
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Aufie Zophy

## Y..... It Must Be Sung

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

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

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

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

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

Aufie Zophy

# Y..... The Biggest Freedom

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

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

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

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

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

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

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

Aufie Zophy, Bachok

Aufie Zophy

# Y..... A Flake Of Truth

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

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

From a good start  
To a lofty destination

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Aufie Zophy

## Y..... A Fool In Europe

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

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

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

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

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

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

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

So I invite you now to join me,  
not to look at news anymore on tv.  
All that time we will prefer to spend  
Sending inspiring emails to a friend!

Aufie Zophy

## Y..... Don'T Touch It

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

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

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

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

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

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

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

Such is the law of nature  
Nothing else could happen or be  
Touching lies causes pain  
It may not be easy to see

Honesty love and kindness  
Are like a cool breeze on a hot day  
My boys, these laws of nature  
Are here forever to stay

Aufie Zophy

## Y..... Get Ready

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

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

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

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

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

Kindness is coming  
It is in a bullet train, an unstoppable TGV  
Millions on board already  
Gathering momentum, Exponential increases  
The train moves at dazzling speed

With open doors, sucking in more and more people  
Soon a billion will be on board  
Then it will take only seconds  
To envelop the whole wide world.

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

Bachok,2012

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&gt;

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beauty, beauty, beauty

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wisdom

kindness, kindness, kindness, kindness, kindness, kindness, kindness, kindness,  
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kindness, kindness, kindness, kindness, kindness, kindness, kindness, kindness,  
kindness, kindness, kindness, kindness,

Aufie Zophy

## Y..... Ice And Vapour

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

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

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

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

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

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

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

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

Aufie Zophy

## Y..... Knowing Ourselves

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

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

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

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

Aufie Zophy

## Y..... Light Delight

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

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

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

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

Aufie Zophy

## Y..... Luscious

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

Aufie Zophy

## Y..... More Than Just A Dream...

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

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

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

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

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

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

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

into poetry that speaks and inspires,  
that motivates and gives warmth,  
that is slowly but certainly  
changing the world forever

Aufie Zophy

## Y..... Nature's Story

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

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

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

Aufie Zophy

## Y..... Polish

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

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

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

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

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

Aufie Zophy

# Y..... Quarks Inside

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

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

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

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>  
heart heart heart heart heart  
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heart heart heart heart

Aufie Zophy

## Y..... Row

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

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

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

Aufie Zophy

## Y..... The Balloon

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

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

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

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

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Aufie Zophy  
Bachok

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Love Love Love Love Love Love  
Love Love Love Love Love Love

Aufie Zophy

# Y..... The Energy In The Air

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

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

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

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

Aufie Zophy

## Y..... Unblind

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

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

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

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

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

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

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

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

Oh, my God,

I must have been blind  
Blind to all this glory  
Blind to all this grace

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

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

Aufie Zophy  
Oct,2012, Bachok

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## Y..... Zebra

Zebra goes to drink  
Crocodile jumps  
Zebra escapes

Zebra tells son  
Not to drink  
At that lake

Son goes anyhow  
Nothing happens  
Son zebra returns

Son thinks  
father zebra  
does not make sense

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

Aufie Zophy

## Y/      Miracle

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

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

Aufie Zophy

## Y/ Heart Of The Monsoon

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

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

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

Aufie Zophy

## Y/ A Fable

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

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

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

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

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

And then it happened that

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

Aufie Zophy

## Y/ Affability

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

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

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

Aufie Zophy

## Y/    Dead Or Alive

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

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

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

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

Aufie Zophy

## Y/ Epoh And Evol

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

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

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

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

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

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

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

There is hope that one day  
Hunger will be something of the past

All will have enough of food and drink  
Through labours of love

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

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

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

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

Aufie Zophy

## Y/ Flying Fish

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

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

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

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

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

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

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

The ego had brought it  
To preach hatred  
He thought he was popular  
And the soul lay gasping

A flying fish had  
Decided to fly  
To fly away from the ocean  
The ocean of Love

Aufie Zophy

## Y/ Just That

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

Aufie Zophy

## Y/ News?

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

I worked a bit in my garden  
and just next to my hands  
I saw seven industrious ants.  
They carried together a grain of rice  
with loving dedication, isnt this nice?

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

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

Aufie Zophy

## Y/ One Day...

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

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

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

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

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

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

One day,  
I will wake up and see  
See scientists working on projects all together

With the sole aim of creating harmony and acceptance  
Of each just as we are without the need to change or label.

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

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Hope hope

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Aufie Zophy

## Y/ One Regret

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

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

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

Aufie Zophy

## Y/ Paradise

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

Bachok,9 June 2013

Aufie Zophy

Aufie Zophy

## Y/     **Soft And Lovely Mood**

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

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

Aufie Zophy

## Y/ Soul

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

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

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

Aufie Zophy

## Y/ Standing Low

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

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

How about us?

Aufie Zophy

## Y/ The Golden Key (Sonnet)

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

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

Aufie Zophy

## Y/ Tuning In

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

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

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

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

Aufie Zophy

## Y/ When I Feel Low

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

Aufie Zophy

# Y/ Give Us The Words

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

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

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

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

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

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

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

Aufie Zophy

## Y/. The Golden Key (A Sonnet)

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

Aufie Zophy,

Bachok

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If you want to use the above sonnet for any (other than commercial) purpose, feel free to do so, but please mention the author's name under the poem.

Thanks, Hans @ Aufie Zophy

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Love your spouse,  
Love your son  
Love your daughter  
Love your mother  
Love your father  
Love your sister  
Love your brother  
Love your friends  
Love your neighbour  
Love your colleagues  
Love your pets  
Love the drivers you meet on the road  
Love the people you see in the lift  
Love the people you meet on the bus  
Love the people you meet on the train  
Love all the people  
Love your house  
Love your car  
Love your garden  
Love the beach  
love the woods  
Love the grass  
Love the flowers  
Love the weeds  
Love the ants  
Love the clouds  
Love the sun

Love the moon  
And above all,  
Love the Creator of all the above

And enjoy swimming in a sea of love

376

Aufie Zophy

## Y/. Imagine

Imagine

That enough people

Would believe

That the world is good

That the world is loving

That the world is wonderful

What a good

What a loving

What a wonderful

World it would be...

Aufie Zophy

## Y/. New Me

An almost perfect silence  
embraces my body, heart and soul

A whispering fountain of sparks  
illuminates my inner thoughts

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

A perfect silence,  
light and love  
A new me emerges

Aufie Zophy

## Y/. A Small Bird

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

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

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

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

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

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

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

Aufie Zophy

## Y/. A Tough Ride

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

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

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

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

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

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

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

Aufie Zophy

## Y/. A Whiff Of Conscience

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

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

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

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

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

(Bachok,3 July 2014)

Aufie Zophy

## Y/. Abundance

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

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

Aufie Zophy

## Y/. And Now

Yesterday the world was cruel  
And now it is kind

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

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

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

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

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

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

Aufie Zophy

## Y/. Another Chance...

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

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

Life's small kindnesses  
can eclipse big meanness

Aufie Zophy

# Y/. Beyond Beyond Imagination

A heart full of love

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

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

Bachok, December 2013

Aufie Zophy

## Y/. Bliss

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

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

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

. BLISS

Aufie Zophy

## Y/. Energy

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

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

Aufie Zophy

## Y/. From A Boat On Sea

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

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

Aufie Zophy

## Y/. Jungle

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

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

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

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

Aufie Zophy

## Y/. Just Sitting There

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

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

Aufie Zophy

## Y/. Never Waiting Again

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

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

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

We may end up  
Never really waiting again!

Aufie Zophy

## Y/. Purple

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

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

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

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

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

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

Aufie Zophy

# Y/. Revolution

Rolling waves are roaring  
One word they roar:  
Revolution

Revolution of love  
Revolution of life  
Revolution of caring kindness

My flying feathered friends  
One word they sing:  
Revolution

Revolution of love  
Revolution of life  
Revolution caring kindness

Flaming orange clouds are painting  
One word they paint:  
Revolution

Revolution of love  
Revolution of life  
Revolution of caring kindness

Whizzing winds are whispering  
One word they whisper:  
Revolution

Revolution of love  
Revolution of life  
Revolution of caring kindness

Oh, yes it is  
in the waves of the sea  
in the song of the birds  
in the clouds in the sky  
in the sound of the winds  
A huge kindness revolution  
And it is coming soon.

Listen, look,  
Plunge in, float towards  
Embrace, Enjoy

Aufie Zophy

## Y/. Sense-Ational

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

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

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

Aufie Zophy

## Y/. The Light

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

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

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

Aufie Zophy

## Y/. The Wondrous Story Of Clara

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

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

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

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

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

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

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

Once when John was praying to the universal Soul  
His brain was at peace and it felt sooo good for all,  
That another little drop of water, named Molly  
Started to spontaneously dance of joy and jolly

All drops of water in John's brain took a stance  
And joined Molly in her fantastic dance  
They were dancing for quite a while  
That night John slept with a great smile

One time when John was in deep meditation  
The thoughts of John emitted a bright radiation  
Clara and Molly who had become each other's friend  
Enjoyed the clear light and wished it not to end

When John was sick and was about to die  
The two friends dreaded to say goodbye  
But somehow they had to leave John's brain  
They left his body and again became drops of rain

They fell in a small brook that swelled in the monsoon  
And with millions of companions they reached a river soon  
In the river they travelled steadily for hundreds of miles  
And when they saw the ocean, they were all in smiles

They travelled to great depths of the sea  
And enjoyed their origin ecstatically  
When they told their friends about the adventure and the fun  
The friends decided to go immediately basking in the sun.

Aufie Zophy,  
Bachok, June 2013

&gt;

&gt;

&lt;br&gt;

As deep as the ocean:



## Y/. Winning Whisper

An ominous, gloomy cloud  
Of anger, frustration and shout  
It darkens our sky, it's getting loud  
It's about to thunder and rain out.

But there deep in our hearts  
There is a whisper that starts  
It is a whisper of unconditional love  
Perhaps coming from high above

What will happen, 'll fully depend  
on what we listen to more in the end  
To the thunder, shall we give in?  
Or will we let the soft whisper win?

Aufie Zophy

## Y/.. A Diamond Bird

A diamond bird  
Flaps its diamond wings  
A thousand rainbows  
Dance on the white sand  
The blue sea dizzy

A diamond bird  
Lands on my shoulder  
I grab its feet  
A look in my eyes  
A whisper

A diamond bird  
A thousand rainbows  
I 'd like to possess  
But set it free  
And nature smiles

Aufie Zophy

## Y/.. A Restful Mind

Listening to soft sounds of the blue sea,  
a dose of healing energy flows through me.

My eyes closed, my soul showing a smile,  
thoughts train stopped, but just for awhile.

A wave of liveliness wanting to start,  
eager to be injected in my tired heart.

The train of thoughts seems not at ease  
but I pray for silence, I pray for peace.

And what props up in my restful mind?  
only thoughts of love and being kind...

Aufie Zophy

## Y/.. Flowers Of Faith

Faith is like a garden,  
full of beautiful flowers  
If people pluck them  
or even step on them  
the garden is not affected  
Because flowers of faith  
grow faster, must faster  
than anyone can steal or destroy

Aufie Zophy

## Y/.. Gold

My mug is full of gold  
and i am not happy  
It is love that I need

I try to be loved  
But no one loves  
It is love that I need

I try to give love  
Many give back  
It is love that I need

Gold is fine, beautiful  
I want it, I love it  
But it is love that I need

I need love

Aufie Zophy

## Y/.. Intention

This morning I wanted to be the sunshine  
in the life of everyone i'd meet

Now at night, I am not so sure  
Not sure if any rays have shone

Sometimes small gestures or a kind word  
can make a difference in someone's life

I hope I had some of these today  
'cause of big good deeds I am not aware

Perhaps the small talk with my son  
or a very simple hi or smile

I still hope that my day has meant a thing  
for here or there a soul, a heart or mind

Aufie Zophy

## Y/.. Magic In Twilight

Softly engulfed in pastel orange hues  
purplish small clouds were drawn  
on the sky's canvas above the wavy sea

I entered the pleasantly warm sea water;  
was floating on the breaking waves  
while the magic colour play continued

There is truly magic in twilight.  
Beauty...  
Peace...

Aufie Zophy

## Y/.. Much More

When I walk on the grass  
When I walk on the sand  
and feel the millions of blades of grass  
and feel the trillions of grains of sand  
under my bare feet  
I wonder

I wonder  
about the grass,  
about the sand,

I wonder  
about the grass, how did it grow so green  
about the sand, why are its grains so small

the grass at night  
with the moon's light  
So pleasing

the sand during day  
with the bright sun's rays  
So pleasing

I love the grass, I love the sand  
but much more still  
I do love you, my fellow human being

I love each moment of harmony  
within our large families  
I love each little kindness  
between two strangers

I love the grass and sand  
But so much more,  
I do love you

Aufie Zophy

## Y/.. Not Enough

In our wide wonderful planet  
Cruelties and sadness are abound  
Greed and hatred, name it  
you can find it all around  
We have enough of all of these  
No need to spread this type of news

The thing that is not enough  
Is loving kindness, simply love  
So if you see or do an act of love  
don't be shy just spread the word  
Write more about what is not enough  
and make this a little better world

Aufie Zophy

# Y/.. One More Cup

Bread from bakery Paul  
Saturday morning,9 am  
A breakfast with my mom

Chatting in the kitchen  
Sharing what we knew,  
Secrets, stories, news,

The moments I cherish most:  
It was when I got ready to stand up  
My mom said: have just one more cup

I never could resist  
Sure I loved the steaming hot coffee  
But much more, my mom's loving company

Oh, the lovely moments with my mom  
How I miss these lovely weekend morns  
How I wish I could have just one more

For everyone whose mom is still alive  
A great plan, a few words of warm advice:  
Have soon a meal with her. It'll be nice!

Aufie Zophy

# Y/.. Roots For Everyone's Heart

There is a tree  
A wonderful tree  
The tree of kindness  
It is the fastest growing tree  
In this world, God bless

There is a tree  
The wonderful kindness tree  
Taking deep roots forever to last  
In a million people's heart  
Spouting and growing enormously fast

There is a tree  
That wonderful kindness tree  
It grows so fast, that soon enough  
The whole wide world on sea and earth  
will be filled with comfort and love

There is a tree  
That wonderful tree of kindness  
Roots spreading in another million hearts  
spouting and growing reaching high and wide  
And then in another million hearts it starts

And then another two million  
And five million more to come  
A billion hearts soon will follow  
I already smell its wonderful blossom  
Roots in everyone's heart will show

Oh, it is growing so fast, this tree  
let's sit and enjoy in its amazing shadow  
And just let the roots in your heart grow!

Aufie Zophy

# Y/.. Sandbanks In The River Of Love

The river of love flows  
from its inexhaustible source  
Sandbanks slow it down

That sandbank of greed  
That sandbank of pessimism  
That sandbank of narcissism

Bulldoze the sandbanks away  
Let the river of love flow  
from its source inexhaustible

The world needs more love  
and less sandbanks  
Bulldoze the sandbanks

and let the river flow  
Bulldoze the sandbanks  
and let the river of love flow

Aufie Zophy

## Y/.. Small Meditation

The soft silence of my room  
invites my thoughts to wander  
Connecting to the universe  
refusing on the news to ponder

Aufie Zophy

## Y/.. Thirst

The dry soil  
The brown grass  
The thirsty tree  
a thunderstorm

Aufie Zophy

## Y/.. Unity

Blue vastness dressed in a skimpy white dress  
Partially hidden by a wealth of green leaves  
Blowing a wave of exquisite beauty into my eyes

Moving my heart, fusing my heart with my soul  
Inspiring thoughts of unique universal unity  
Connecting all beating hearts to each other

Making them melt with trees and flowers,  
and oceans and seas, with mountains and deserts.  
with moon and with sun, in a grandiose harmony

Connecting all beating hearts  
to the whole wide wonderful universe  
Connecting all beating hearts.

Aufie Zophy

## Y/.. Winds Of Wisdom

Let the winds of wisdom  
Fill my heart with a flow of love  
Let them feed the flame of my soul

Let them blow from the east  
From the west and south and north  
From every side and from above

Let the warm winds of wisdom  
Whistle their wonderful song in my ears  
Let them blow, let them flow

Let them touch my skin, reach deep into my lungs  
Penetrate my mind and move my spirit.  
Let the winds of wisdom blow and flow.

(Bachok,7 March 2015)

Aufie Zophy

## Y/... A Little Poem With No Title

Once we are aware that we find  
only in altruism true peace of mind  
we will live with total focus on that  
and leave the selfishness for the mad

Aufie Zophy

## Y/... Cup Of Enthusiasm

The morning sun rises

Its silky warmth kisses my skin  
Soft yellow rays fly straight to my heart  
Exquisite colors make the sky smile  
What a wonderful way for a day to start

I drink a cup of enthusiasm  
Freshly plucked from the most beautiful tree  
And the loving winds of care and kindness  
Carry me to a place where the world needs me

A day of sweet labor, coming from deep within  
A positive difference joyously made  
A satisfied soul, peace taking over my mind  
The trees still smile, the light doesn't fade

Aufie Zophy

## Y/... Finding Beauty

If we are focused on  
negativity and ugliness  
we will find  
negativity and ugliness

but

if we are focused on  
positivity and beauty,  
positivity and beauty  
we will find

Aufie Zophy

## Y/... Flowers

Flowers,

Embodied living beauty  
made for us to be adored  
many days they shine for us  
but too often they're ignored

the more we let them in our heart  
the more we open up our mind  
the more beauty in our life  
all of us will find

Aufie Zophy

## Y/... If The Moon Could Dream

If the moon could dream,  
it would dream  
that you and me  
filled would be  
with unconditional love  
but for now,  
I am dreaming alone

Aufie Zophy

## Y/... India

A village by the river  
colourful houses adorn  
the peaceful streets  
beautiful smiling faces  
steps down to the river  
a woman in bright sari  
washing clothes  
savouring India  
in all its glory  
happy people  
glorious feelings

Aufie Zophy

## Y/... Love And Peace

A red rose with heart shaped petals smiled at me  
blissful love was flowing, it was so easy to see

Golden light shone peace through my hungry heart  
Hunger, thirst and greed falling slowly apart

Finding love, finding peace, a sea of bliss  
Finding peace, finding love, an ocean of tenderness

Aufie Zophy

## Y/... Saved

The sweet fragrance  
of a white frangipani flower  
showing her yellow heart

I was seduced  
Enticed to pluck  
The urge to possess

An idea of wilt and death  
Came flying just in time  
To prevent a deadly pluck

Aufie Zophy

## Y/... The Loneliest

Can we all think today, right now  
about the loneliest person we know  
in this whole wide world?  
And give them visit or call?

We are never too late  
to make a positive change.

Aufie Zophy

## Y/... The Song Of The Bees

I was sitting in a long and lazy chair  
Enjoying the afternoon's heat  
With a breeze of lovely fresh air  
And a book, a wonderful read

When out of the high branches of the trees  
On my shoulder landed a swarm of bees  
One of them climbed up near to my ear  
What she whispered was amazing to hear;

"You know my human friend, we bees are quite wise  
We like to work and make some honey, so nice  
We visit the flowers every day of our life  
No way we just sit and relax in our hive"

I thought that was a great message of the little bee  
I thanked her for sharing her wisdom with me  
She smiled and crawled back to my shoulder  
Another one came up who looked a little bit older:

"Did you know my lovely, human brother  
We bees care very much for one another  
If one little bee hurts, no matter young or old  
She is never left alone" was what I was told.

I was excited for all this wisdom to hear  
From a group of little bees, so close to my ear  
But this was not yet where it would end  
Because up came another bee-ish friend:

"My kind human companion, did you know  
Every day, every bee will make a bow  
For we always thank our Creator so great  
For every flower and all that He has made"

I was amazed to hear all this, more than a bit  
These bees were so wise, no doubt about it  
I wanted to hear so much more of my bee-bee friends  
But soon they flew away and that's where the story ends.

Aufie Zophy

# Y 1440 Glimpses

Goodness is all around us  
But verily, most of it  
I have yet to let in  
Yet to discover

After a life of mainly ego  
Catching only glimpses  
Of the divine traits  
I want to change

I want the glimpses,  
Those fantastic glimpses  
No longer be glimpses  
But become the main

Cumulonimbi of peace  
Palaces of silence  
Love and love and love  
Generosity beyond control

O, my God, make my every minute  
into one of these amazing glimpses

Aufie Zophy

# Y A Ball Of Love

I closed my eyes  
I was with my late father

He was full of love  
Love and warmth  
Tenderness and affection  
My cheeks were glowing  
Love and joy  
And love and love

Vulnerability of last years  
Gone  
Ambition of earlier years  
Gone  
He was so full of love  
He was love  
Completely uncovered love

A ball of tender warm love  
Just in front me  
I felt it all  
My heart merged with the love  
In these moments of extreme love  
My heart out of my chest  
Out of my chest

Aufie Zophy

# Y A Delicacy

A spoon full of life  
A small pinch of love on it  
True delicacy

Aufie Zophy

# Y A Tear

A tear in my brown right eye  
was ready to leave and roll.

A heart with a small crack  
leaked some precious blood,  
some precious love

Life 'd been harsh;  
self control not easy.

The tear was rolling now  
down slowly, down.

Tumult in my soul;  
revolt becomes humble

Turning to God.  
Strength seeps in.

The tear dries up,  
the crack heals,  
love flows

Aufie Zophy

# Y A Thousand Beautiful Feelings

A thousand beautiful feelings,  
ready to fill our heart.

Giving an eye to the colors of the sky  
or just the wooden furniture in our room

An ear for the sound of the breeze in trees  
or just the tune of a favorite song

A touch of our feet on the grass  
or just an unbelievably soft carpet

A smell of an exquisite bouquet  
or just a drop of lavender oil

The taste of the sea salt on your lips  
or just a delicious cup of coffee

Take a minute right now for beauty;  
it is never far away.

Soon a thousand beautiful feelings  
Will be filling our heart

Aufie Zophy

# Y A Wonderful Deal

the cost of kindness  
is perhaps some vulnerability  
but even then,  
it is still an excellent deal

Aufie Zophy

## Y Adoring, Ignoring

While adoring  
the million shades of green  
in the coconut tree's crown,  
basking in the midday sun,  
against an azure blue sky,  
I was ignoring  
the magnificence of casuarinas  
giving me a cooling shade,  
whispering the sweet song  
of the soft sea breeze,  
that gently shook their leaves

Aufie Zophy

# Y Align

We find great peace  
by loving our children

We want our children  
to be number one

But the peace we find  
lies in loving our children

We want our children  
to be very wealthy

But we find our peace  
in loving our children

We want our children  
to be powerful professionals

But we find our peace  
in loving our children

Why we do not prioritize  
to teach our children to love?

Aufie Zophy

# Y At Night

Endless tenderness of soft moonlight,  
shining on the deserted sandy beach.  
calming my workoholic restless mind;  
deep in my soul it seems to reach.

Shells whiter still than sand  
reflect and seem to be on fire  
on this nightly heavenly land;  
sparkles, not ceasing to inspire

Fluffy clouds in the dark expanse  
are writing the name of our God  
drawing humbly in the sky, immense:  
We love you Lord, thanks a lot

The gentle waves, a lovely song  
whispering peace, peace, peace  
it goes on and on, so long,  
The inside of my heart at ease.

Love engulfs the unworldly scene  
My skin enjoys the nightly breeze  
All the worries of the day  
have vanished, they went away

Love is what remains.

Aufie Zophy

# Y Before I Close My Eyes

Today is almost gone  
Soon I will go to bed  
and close my eyes

I want to, before I do so,  
say a warm word of thanks  
a word of thanks  
to our God,  
a word of thanks  
to my family  
to my friends  
to my staff

A very warm thanks  
for all the love that came my way

Thanks

Aufie Zophy

# Y Better

The world is good  
and it gets better

I start with myself  
You start with yourself  
She starts with herself  
He starts with himself

If all of us  
we start with ourselves  
to make our own self  
a bit better today

Today will be the best day  
in the world ever.

Aufie Zophy

# Y Breaking Free

It is not abnormal  
to be a slave of my desire  
and yet  
I want to break free  
from this normality

It is not abnormal  
to worry about tomorrow  
and yet  
I want to break free  
from this bad habit

It is not abnormal  
to just conform to society  
and yet  
I want to break free  
from blind conformity

Let us all break free together  
leave the normal behind  
let's break free  
here and now!

Aufie Zophy

# Y Bubbles

Bubbles bubbling my ears  
my belly my legs all bubbled  
Blue pool green tree  
love in my veins sky blue  
soul afloat, light of compassion  
kindness dream revolutes  
slowly becoming reality

Aufie Zophy

# Y Car Of Life

When I am choosing my car of life  
It is not a Ferrari, I want to drive  
Porsche or Merc are not what I am  
Nor Tesla or Lambo, and neither BM

For my car of life, I 'm ignoring all class  
What I want is just a big bus made of glass  
A huge glass bus for all to fit in  
my family and friends will all be within

We will drive along roads tremendously nice  
We'll enjoy our great journey to paradise  
Come, join the bus now, no need for ticket or fee  
Your place is reserved in that big glass bus of me

Aufie Zophy

# Y Colors Of Love

Let us reach deep in our heart,  
and then the painting will start  
in the colors of love, kindness and peace;  
not one single soul, entering our place  
will miss out the warmth and bliss  
upon the sight of colors like this

You may choose to believe it or not:  
in no place, the painting will stop.  
Our whole house will be colored the same;  
our street, village, and soon our whole state  
Hues of love and kindness 'll glow everywhere  
And no, the painting will not stop there

It 'll go on 'til the whole land is covered in love  
Kindness in front, from behind, below and above  
All my brothers and sisters 'll use their brush  
painting colors so adorable, vibrant and lush.  
Until all children in our whole world wide  
Will enjoy love's bliss and kindness' light

Let us all take up our biggest brush today  
And start painting the world, right away.

Aufie Zophy

# Y Dangerous Harmony

Living in total harmony is dangerous  
Dangerous to the huge alcohol industry  
They may go bankrupt

Living in total harmony is dangerous  
Dangerous to the enormous drug cartels  
They may crumble down to nothing

Living in total harmony is dangerous  
To religious leaders preaching doom and hell  
They thrive on creating discord and hatred

Living in total harmony is dangerous  
Dangerous for politicians worldwide  
They get votes by creating illusions of threats

Living in total harmony is dangerous  
Dangerous for our own arrogance  
Let us live in total harmony anyway

Let us live in complete harmony anyway  
Let us live in all encompassing harmony anyway  
Let us choose total harmony anyway.

Harmony, make it total  
Make it complete  
Make it all encompassing

The alcohol and drug industry can stop destroying lives  
Let the people there convert their business to charity

Preachers of doom and wicked politicians can learn it too  
They can become real volunteers operating in anonymity

Choose total harmony anyway...

Aufie Zophy

## Y Dear Cloud

Dear Cloud,  
When will you break your silence  
When can I hear the story  
of your unthinkable journey  
of the things you've seen,  
of the winds that've blown

Dear Cloud,  
When will I hear your tale,  
the secret of your magic game  
shape of sheep and then of fish  
shape of face and then of birds  
and then again completely formless

Dear Lady Cloud  
How much I want to hear your music  
How much I want to read your poetry  
How much I want to see your dance  
Please reveal to me the story,  
the secret, your private art

Aufie Zophy

# Y Delicate, And Yet...

There is something so exquisite in them  
Something so special and superb

And yet they have been deprived  
Of the best of foods  
Of the best of education  
Of the best of rights

There is something so delicate in them  
Something elegant and fine

And yet they've been oppressed  
Been beaten  
Been humiliated  
Been abused

There something so beautiful in them  
So dignified and great

And yet they have been raped  
And vilified  
And trafficked  
And even sold

But there is hope, my smart friends  
Things have been and are still changing,  
From Florence to Malala.

One day we will all live in harmony  
We are all so different  
And yet so one

Aufie Zophy

# Y Easy

Life is not easy...

I pray...

Easy.

Aufie Zophy

## Y Een Traan (Dutch)

Een traan in de hoek van mijn oog  
zit klaar om over mijn wang to rollen

Een kleine barst in mijn hart  
een beetje bloed lekt uit  
en een beetje liefde

een harde noot  
zelf controle zoek

Een traan in mijn bruin rechter oog  
Klaar om over mijn wang to rollen

Mijn ziel in onrust  
zoekt een beetje nederigheid

Ziel zoekt  
en vindt wat vrede

De barst geneest  
De traan droogt op  
Liefde vloeit

Aufie Zophy

# Y Equity

I loved the spouting coconut  
It got a special place  
I loved the casuarina shoot  
It got a special place

The coconut and casuarina shoot  
Shared a common garden  
The sunlight shone for both  
And so did nourishing rain

One grew a thousand leaves  
Tiny needle shaped and small akin  
One grew a few giant leaves  
Majestically waving in the wind

Phenomenal beauty of the casuarina  
Its oxygen was shared for free  
In perfect harmony with the loveliness  
Of the superb amazing coconut tree.

So different, my two cherished trees  
And yet loved by God so much the same.  
A fully fulfilled potential each  
'cause someone cared, each in a special place

The huge diversity of each of us  
Is to be celebrated in every way  
But all deserve the care and rights  
To reach their full potential day by day

So let's give to all children dear  
equal space and 'light' and 'rain'  
full potential for each to achieve  
Diverse, but how we all would gain!

Aufie Zophy

# Y Every Second

With a gift, a smile,  
The world is getting better  
every single second

With a gesture of love  
A kind word, a hug  
Every second, better

An extra mile, a superb effort  
A beaming glance, a lovely look  
A wellness wish, a simple praise

More affable, more loving  
More empathy, more compassion  
More kindness, more caring

Oh, yes  
the world  
is getting better,  
every single second.

Please wake up;  
no more news induced numbness.  
The world truly  
gets better every second

Aufie Zophy

# Y Far Away

Somewhere far away,  
in another galaxy,  
there is a little star  
that started to shine  
several years ago.

Its light is traveling  
at a dazzling speed  
towards our planet  
with a message of love  
a message of kindness.

Less, much less now  
than a light year away  
that lovely little light  
from that tiny star  
will reach us soon.

Once it reaches,  
no heart 'll remain shut;  
all the beauty and love  
will enter freely  
into all humanity

Oh, little star  
let your light come  
and keep on shining  
for a world, a planet  
that needs you oh so much.

Aufie Zophy

# Y Feelings

Hands on the keyboard  
wanting to express  
deep feelings  
without a name.

Searching thesaurus  
after thesaurus  
for what the heart feels  
but there is no name

Yet it's simple  
not complex  
only deep  
but no name...

Aufie Zophy

# Y For Ever

Too many times  
we have fallen  
in love for ever

But time has come  
to vanquish the in;  
from in love  
to just love

A love that  
truly lasts  
for ever

Aufie Zophy

# Y Garden - Love Story

This is a love story  
Of immense love  
Between the gray skies  
And the trees in my garden  
The trees were smiling  
Reaching high to the sky  
And the clouds sacrificed self  
Their bodies getting smaller  
To feed the trees  
As a mother feeding  
Giving so much of herself  
And the trees grow a bit taller  
Reaching a bit higher  
To the skies.  
Standing, ornamenting  
Smiling  
Sky and trees,  
Love forever

Aufie Zophy

# Y Genius

Opening our heart,  
For the tremendousness  
The enormousness  
Of the creative force  
Residing in the universe

Letting flow thru our veins  
The magnificence  
Transcendence  
Letting it use our mind  
Our hands for elegance

Resplendent excellence  
Just being the channels  
An instrument, no claims  
Glory and bliss, no claims  
Humble till the end.

Aufie Zophy

# Y Good Night

When at night I make it silent  
and I try to stop my thoughts  
my heart eyes perfect peace

my sleeping soul awakens  
a spark becomes a fire  
my mind so close to God.

I say a little prayer,  
Bliss sits on my shoulder  
I open up and let it in.

Good night my friends

Aufie Zophy

# Y Grandpa, Coconut Tree

'Listen with your heart  
and you will understand'

't was Grandma Willow of Pocahontes  
saying these words, this glorious wisdom,

one will love Pocahontas  
But still so much more  
one cannot escape loving  
this marvelous grandmother  
Grandma Willow

How wish I'd have  
a grandpa coconut tree,  
giving me advice and wisdom  
whenever I need it.

And yet, if I manage to make it silent,  
sitting on a deserted lovely beach,  
The thoughts flowing into my mind  
seem to come from heaven

Aufie Zophy

# Y Grateful Soul

The grateful soul and the greedy ego  
Sometimes they fight

If the first one wins,  
peace of mind is mine  
If the second one wins,  
often I may feel full  
but rarely satisfied.

Aufie Zophy

## Y Haiku (Waves)

dark cloud blocks full moon  
sound of breaking waves in spring  
magic as ever

Aufie Zophy

# Y Hard To Believe

Reading news, we meet  
falsehood  
corruption  
decadency

it may be hard to believe  
that the world gets better  
minute by minute.  
And yet it does! !

An idea whose time has come  
is simply unstoppable  
The idea of random kindness  
has come to the world  
Anyone trying it,  
feels so fulfilled  
with peace and love  
that it is spreading fast!

Hold on tight  
A completely disruptive  
enormously gigantic  
kindness revolution  
is on its way

It is unstoppable  
It will blow away all hypocrites  
Lying leaders will fall deep and hard  
a world of truth and sincerity lies before us  
Hard to believe?  
Believe!

Aufie Zophy

# Y Heart Melting In Soul

When the birds are flying  
through an azure blue sky,  
crisscross from tree to tree  
to visit their singing companions

When purplish beach flowers  
open up early in the morning  
to show their amazing shades  
of white to mauve in their heart

When a distant island in the sea  
towers as hills spouting from the water,  
that looks like a giant turquoise sheet  
on a bed surrounded by pristine beaches

When earth pampers me like this,  
my heart seems to melt into my soul.

Aufie Zophy

# Y Hey, Hey People Of Every Nation

Hey, hey people of every nation  
please read this small but real calculation

If you do two random kind acts every day  
That would be more than 700 in a year, Okay?

Hey, hey women and men of every nation  
please read this small but real calculation

Now nobody, really nobody is immune to kind acts  
but lets take only ten percent would 've any effects

Hey, hey poets and readers of every nation  
please read this small but real calculation

That would mean every year 70 would be inspired  
by 1 person living kindness without getting tired

Hey, hey poets and readers of every nation  
please read this small but real calculation

that means that just 1/70 or less than 1.5 percent  
needs to believe, to touch the whole world by year end

Hey, hey people of every nation  
please read this small but real calculation

Let's hurry to be part of this 1.5% choosing to be kind  
Please people listen to your soul, your heart and mind

Hey, hey women and men of every nation  
please read this small but real calculation

Join quickly the revolution of kindness and bliss  
You will never regret, reading and reacting on this

Hey, hey poets and readers of every nation  
please read this small but real calculation

Aufie Zophy

## Y If The Sky Were Water

If the sky were water  
It would be a favorite diving site  
The deep and bright green trees  
Being wonderful corals  
With birds as singing fishes  
From the superb morning skies  
One would not want to miss a cloud  
Crowds 'd dive in the dark of the night  
With its spectacle of moon and stars  
But for now, the sky is 'only' sky

Aufie Zophy

## Y If You Are The One...

If you are the one emitting the light and warmth,  
it is quite impossible to experience the dark and cold.

If you are the one emitting peace of mind and serenity,  
it is quite impossible to be disturbed and stressed.

If you are the one bringing happiness to others,  
it is quite impossible to be sad for a long time.

If you are the one bringing inspiration and encouragement,  
you may never end up in the drab and gloom.

Aufie Zophy

# Y In The Air

I pluck a pluck of love  
I breathe a breath of tenderness  
All just from the air  
It's in the fresh air at the sea.

I stand under a shower of peace  
I inhale a breath of happiness  
All just from the space  
It's in the space all around me

Kindness descends in a million parachutes  
A breath of compassion fills my lungs  
Just from the sky  
It's in the sky everywhere

Come with me and enjoy  
all the love, peace  
kindness, grace  
Let's pluck a big pluck out of the air...

Aufie Zophy

## Y Inside

Yesterday I went inside,  
inside my heart  
I replaced all blood  
with a torrent of love.

Love is what is pumped now  
through my arteries  
to my brain, to my words  
to my hands, to my deeds

to my lungs, and vocal cords  
My skin cannot contain  
It's flowing, gushing  
gushing in and out

Inside my heart,  
a torrent of love...

Aufie Zophy

# Y Inspiration

A gentle nudge to breathe in spirit  
With the universe and all harmony in it  
Work and walk and write and talk in spirit  
Joyous peace and bliss, let's just live it  
Feeling a wonderful flow, go with it  
A sincere longing to live and love in spirit

Aufie Zophy

# Y Is There An Eye?

I wonder:

Is there an eye  
of any beholder  
that 'd not find beauty  
in the overwhelming elegance  
of the wondrous shells  
I found today  
on the shore

Aufie Zophy

# Y Leaves And Waves

Through the leafy bed of the shrubs and trees  
I can see the wild waves running on the seas

The leaves of shrubs, the things we do or say  
The leaves of trees, our thoughts, day by day

The wonderful breaking waves of the sea  
the Love that is always there for you and me

Most of the things that we think, say or do  
Have been already thought, said or done  
But love is forever there and always new  
Never been seen in any of the days bygone

If the leaves are too dense and too much  
we cannot experience the waves as such

-----  
Bachok,27.11.2015  
-----

Aufie Zophy

# Y Life 's Not Easy But Beautiful

Anxiety, nervous tension  
Adrenaline running in veins  
Stress seems the only dimension  
Impossible to keep it in reins

Some storms indeed come our way  
Peak winds we have to endure  
Hurricanes however, not long do they stay  
How to recover, where is the cure

As the strength of the wind slows  
We can change the focus of mind  
Pretty flowers can get us out of the lows  
A forest, a sunset, a friend who is kind

Life is most of the time not easy  
But if we do look for beauty  
Stress will most likely ease  
Mind may come to peace

Aufie Zophy

# Y Lilies Of The Valley

A baby as tender  
as the fragrance  
of lilies of the valley

A toddler, good boy  
as the perfume  
of a jasmine flower

A child doing his best  
as strong as the smell  
of a stormy sea

Dreaming of a princess  
as beautiful as the sight  
of the skies at dawn

Studying, working hard  
as hard as the touch  
of a polished diamond

But then  
becoming aware  
that what counts is:

To be loving and tender  
as the fragrance  
of lilies of the valley

Aufie Zophy

## Y Little Poem Of Consolation

In my heart I found this spark of dedication  
To write a little poem of consolation  
For all my friends brothers and sisters  
Who live in darkness, or anything sinister

Dear Bros and Sisters, it may seem to last forever  
But I pray for strength for you, to give up never  
I want to end this little poem, if I may  
With an old but still fabulous cliché:

After the darkest hour, comes dawn

Aufie Zophy

# Y Lonely

a tall lonely tree  
on a mountain near the sea  
a tear drop appears

Aufie Zophy

# Y Love And Stand

I love them  
I like them  
I love them

And yet some traits,  
I cannot stand

I love them  
But if they...  
And if they...  
And surely if they...  
I cannot stand it  
But still I love

Oh, my God when will  
unconditional love  
come my way  
to be mine,  
so I can love  
I can stand  
I can love and stand.  
No matter what.

Aufie Zophy

# Y Love, Kindness And Compassion

My God,  
Give me endless compassion  
Give me endless love  
endless kindness  
and abundant wealth

Give the wisdom to value  
endless love, endless kindness  
and endless compassion,  
at least as much as  
abundant wealth

If I will manage this,  
I will have a life full,  
filled with love, kindness  
filled with compassion  
and yes also abundant wealth

Aufie Zophy

# Y Lovebeautytruth

Give me love, I ask;  
Then become aware that love  
is sitting right in my heart

Give me beauty, I ask;  
Then become aware that beauty  
was the painter of the skies

Give me truth, I ask;  
Then become aware truth  
is dominating the world

Let us be full of  
love, beauty, truth;  
have it in great abundance.

Aufie Zophy

# Y Lovely Gift

alabaster white steel  
elegantly curved  
dynamic aerodynamic  
adorned with pink and purple  
a gift from the heart  
for a caring team

a moment of pride  
a few moments of love  
Intense peace  
a lovely gift.

Aufie Zophy

# Y Magical Bandage

All of us are now and then  
wronged in major ways.  
It hurts, it stresses,  
it distracts, it presses  
It hurts more than  
a wound in our skin

When we feel being wronged,  
hatred, feelings of revenge  
put salt in the emotional wound  
It hurts more, hurts to the core

And yet our God has given a wonderful healing bandage  
A bandage we often refuse to use, for far too long.  
it is the magical bandage of forgiveness and loving anyhow.

Aufie Zophy

# Y Mama Cried

I saw my mama cry  
I did not know why

One afternoon, I wanted to play outside  
But what seemed so natural and right  
Became as if it was a sin, overnight  
No playing outside, to the home confined.

I saw my papa cry  
I did not know why

Next, we were on a boat at sea so wide  
It seemed like an endless boring ride  
Smelly, crowded, no place to hide  
Hungry, thirsty, tired, every thing tight

I saw my mama cry  
I saw my papa cry  
I was sobbing too.

Next, staying in a camp was our plight  
No room for me, still could not play outside  
My brother had become ill, proper care denied  
Limited food and drink, days later he died

I saw my papa cry  
I saw my mama cry  
I was sobbing too.  
My crying was loud.  
I was shouting it out.

Aufie Zophy

# Y Mind, Heart, Soul

My mind wants to gather knowledge  
but the big paradox is  
that the best way  
to gain and retain it  
is to teach

My heart wants to receive love  
But the big paradox is  
that the best way  
to get lots of it  
is to give kindness to each.

My soul wants wisdom  
but the big paradox is  
that it does not come  
as much from books  
as it comes from love!

Aufie Zophy

# Y Miraculous Blend

Beige brown  
Soft and a wonderful leaf on it  
The lazy chair in the garden

My muscles relaxed  
A soft breeze on my cheeks  
Sun rays gentle and warm

A little prayer enters my mind  
Asking for inspiration  
For guidance and peace

Creative forces, floating in air  
Tainted with love from within  
Miraculous blend

Aufie Zophy

# Y Morning In Bachok

The morning sun shone.  
The sweet warmth of the rays  
magnified their exquisite beauty  
and the sky's lovely tenderness  
was dancing in the soft light.

I inhaled the beauty  
and it went straight to my heart

I tasted the tenderness  
and it went straight to my heart

I absorbed the warmth  
and it went straight to my heart

Aufie Zophy

# Y Ode To Nicu Nurses

A tiny hand of a baby  
Reaching for the love of his mom  
Touching the nurse's heart

No one can imagine the size  
Of the flow of love  
From nurse to child

Aufie Zophy

# Y Only One Remains

An eagle glides through the skies  
Perfectly beautiful and full of grace

A wonderful fish swims through clear waters  
Perfectly beautiful and full of grace

Then it happens: The eagle meets the fish  
The eagle still glides, the fish no longer

Aufie Zophy

# Y Orchards

If our cities were orchards;  
our flats tree huts,  
decorated with cherry blossoms  
and perfume of jasmine flowers;  
our highways babbling brooks,  
surrounded by choirs of birds;  
and love the universal language;  
bridges would be redundant  
'cause we all 'd be connected  
Soul to Soul

Aufie Zophy

# Y Peace, Don't Kick Peace

Imagine peace.  
somewhere deep inside  
Moments of quietude  
a little silence  
a soft breeze

Let it flow, the peace  
Thoughts of anguish or anger  
All gone  
Only peaceful thoughts  
Or no thoughts at all

Peace is here now,  
just enjoy  
Peace, peace, peace  
We bathe in it  
Peace, peace, peace

Now imagine all people  
In the same peace  
The whole world in peace  
Not so hard to do

Peace is a natural state  
A gift of our God  
but sometimes  
Within our small own world  
We kick it out.

Peace keeps coming back to us  
But every day we kick it out  
A gift we refuse

Our small self, our ego,  
thinking the world is not fair  
Peace gone

Our small self, our ego,  
talking harshly instead of full of love

Peace gone

Our small self, our ego,  
feeling hurt about almost everything  
Peace gone

Our small self, our ego,  
thinking we are better than the rest  
Peace gone

But the gift keeps coming back  
Our God keeps giving it to us  
day by day by day

One day we will accept it  
Choose friendliness and kindness  
no matter what

Peace will be ours  
and we will spread it to those around  
and they will spread it too

No need to wait for tomorrow  
Let us start today

A small wish from me  
of peace to you  
of peace to your family  
of peace to your friends  
of peace to your colleagues  
of peace to your world  
of peace to our world  
of peace to the world

Aufie Zophy

# Y Pleasant Present

I wish you a pleasant present  
The past has permanently passed  
The future's untouched and unsure

We can only enjoy one single moment  
It is nothing else than the present

We cannot give the power to the past  
to have negative effects that last

Let's make the right choices now to nurture  
a bright light to illuminate the future

I wish you all a present  
that is truly, truly pleasant

Aufie Zophy

# Y Rain

Long period of drought  
Finally dainty rain drops  
Heavenly manna

Aufie Zophy

# Y Rocky Path

In this adventure,  
called our life,  
we climb on rocks;  
the sea below rages.

The rocks hurt  
our feet bleed  
Waves splash high  
slapping the stones

The rocky path  
goes up and down  
but keeps us safe  
above perilous waves

Sometimes we curse,  
we curse the path  
but it is the path,  
that makes the journey.

That wondrous journey  
strengthening our feet  
strengthening our heart  
elevating our soul.

Aufie Zophy

# Y Scary Perfect World

People deny the existence of God  
based on cruelty displayed on TV.  
If He'd be good, power He'd have not.  
If He'd have power, how evil He'd be?

The answer lies according to me  
in imagining a perfect world.  
How awfully scary would it be  
to live in a perfect world?

By whatever we do or act.  
It'd become less perfect

Creativity, motivation,  
lending a hand to a person in need  
Charity, helpfulness, inspiration  
all suddenly absolutely obsolete.

Can we imagine how dull it would be  
to live if all was perfectly nice.  
Animalistic indulgence for you and me  
In an extremely boring paradise.

Somehow we were given the power of creativity,  
we were allowed to co-create something nice  
Somehow we have power to think with positivity  
to love and help and make self-sacrifice

These things give us perfect peace of mind  
We get that feeling of happiness, so great  
Through being loving, helping and kind  
Admit it, that is just how we were made

-----

Aufie Zophy

## Y Secret Place

A lone purple flower of amazing beauty  
In the white sand not far from the sea  
Moves my heart, touches my soul

The sand gets softer, becomes fluid art  
It allows the flower to move into my heart  
In a very special place that is secret to all

The flower sits there, kindles my mood  
Soft purple beauty, it's doing me good  
A giant effect of a flower so small

Aufie Zophy

# Y Seven Thousand Lights

seven thousand lights  
reflect on the rippling sea  
night may never come

Aufie Zophy

## Y Shine

Today, I want to pray,  
to pray for that light,  
that little light inside,  
that wants to shine,  
shine like the moon,  
or even as the sun.

That little light  
that always wants to grow,  
to glow and give warmth  
to whomever feels cold.

Today I pray for the light  
the light inside,  
that I may open up my heart  
to let it shine.

Aufie Zophy

# Y Sleep Not Yet

Just before closing eyes at night  
all compassion and kindness  
of a day passed again too quickly  
crosses the eye of mind and heart

These enchanting moments of darkness  
quiet prevails and thoughts seem fading  
the soul still shy but coming out in glory  
pouring passion and peace in endless harmony

The air weighs in on our naked skin  
healing power surrounds from above  
it invades our pores, it invades our lungs  
and soon a wave reaches every cell

The soft pillow holds my head  
Sleep invites waiving wonder dreams  
but the magic and the peace of the moment  
keep me from closing my eyes

Aufie Zophy

# Y Snow

dreaming of snow flakes  
dotting the night softly,  
magically white

dressing bare branches  
in their most wonderful  
bridal gowns

fields hidden under  
an intricately woven  
carpet of crystals

an ocean of Beauty

Aufie Zophy

# Y Softer Than Air

The cadence of the universe  
enters my being via my skin;  
a mind that is quiet, immersed  
by the music of the vastness within

Touched by waves of supreme ease  
warmth and light full of soul  
song and vision of eternal peace  
for myself and the world as a whole

Aufie Zophy

# Y Softness

Whenever the softness of my heart  
cuts through the sharpness of my mind  
I manage to get a bit closer to my soul

Aufie Zophy

## Y Soon

When I manage to make it silent  
a strong belief enters my heart  
that soon everyone will know  
who and what we really are

A strong conviction of my soul  
all will understand life and mind  
cheap pleasure will just be cheap  
values will be just valuable

A strong faith in humankind  
Honesty, truth, love, friendship  
kindness, tenderness, sweetness  
Compassion sympathy, cordiality

When I manage to make it silent  
I get absolute certainty  
that the world soon make this turn  
that ugliness and greed will crumble

Aufie Zophy

# Y Still In Time

We are late to eradicate hunger

- . but if we start today, we may be still in time
- . to save many brothers and sisters from starvation

We are late to start a kindness revolution

- . but if we start today, we may be still in time
- . to save many bothers and sisters from a heartbreak

We are late to create world peace

- . but if we start today, we may be still in time
- . to save many brothers and sisters from senseless destruction

We are late, we are very late to make the world a better place

- . but it is never too late to make a positive change
- . let us start today...

Aufie Zophy

# Y Suddenly

At one moment in our life  
all of us 'll suddenly realize  
that happiness does not depend  
on material gains and wealth

We become instantly aware  
that for happiness to be there,  
we need love and smile and care  
for each and everyone anywhere

There is truly only one way  
Let us start here and now, today :)

Aufie Zophy

# Y Tear

Tear,  
O powerful queen  
bearing a torch of fire  
to melt the heart of stone  
Diamond of the eye  
baring, unveiling, rolling  
a tender trail.  
Miraculous drop.

Aufie Zophy

# Y Tears

Tears of bitterness  
for not having anymore  
for having lost

slowly turn into

Tears of gratefulness  
for having had  
for having loved

Aufie Zophy

# Y That Bit Of Love

A bit of love in my heart  
moves, increases the beat

That bit of love sits there  
moves, makes me rove

a rainbow on a dark cloud  
a firefly in a dark, dark night  
a spot of red in a black and white photo  
a moment of silence in the middle of a thunderbolt  
a small piece of silk woven into a large cloth of burlap  
a bit of love

A bit of love sitting  
inside my heart

Part of me wants to keep it  
to guard it with all my might

Part of me wants to give it away,  
give away for free to anyone I see

'cause that part knows  
about that wonderful piece of magic:  
by giving away a bit of that bit of love,  
the bit will grow so fast, so furious  
that it won't be a bit anymore

Aufie Zophy

# Y That Tiny Hand

The tiny hand  
of the fetus  
Waiving on the screen  
of that big machine  
Capable to become  
A hand to hold on to  
A hand to be fed by  
A hand to give  
A hand to lift up  
A hand to write  
A hand to draw  
A hand to love  
That tiny hand  
of the fetus in the womb

Aufie Zophy

# Y The Beauty Of Reality

I sat in a blue bus, on its side a white line  
We rode through a landscape wonderfully fine  
and a man sitting in the seat in front of me  
was reading the paper absorbing all negativity  
while missing completely the beauty of reality

Aufie Zophy

# Y The Big Bang Of Love

From somewhere deep in our hearts  
Out of nothing a petal of love starts  
Blossoming in flowers with colors so wild  
Finger painted by a most imaginative child

The flower is fragrant beyond any norm  
It grows and grows into a fabulous form  
It engulfs our body, mind and soul  
The beauty within unexpectedly tall

It all grows so quickly, increases so fast  
A room filled with tenderness forever to last  
It breaks out of the room, out of the house  
Soon a village, whole cities, it will encompass

The flowers of love, on the streets, in the air  
The flowers rain out and shine kind tender care  
To the whole world and universe, ever expanding  
A love and kindness for all without ending

Aufie Zophy

# Y The Cat And The Wall

A boy tried to climb over a wall  
The wall was not very tall  
But perhaps the most slippery of all

The boy tried and tried and tried  
But failing to get over it was his plight  
A tear came and yes he cried

A small kitten walked by  
Climbing the wall in one try  
But also, it fell and started to cry

Meow, never i can get over that  
Meow and soon came mother the cat  
She saw her small baby cat a bit sad

Climb on my shoulders she said  
And little kitten just did that  
Over the wall went baby and mother cat

The boy got a brilliant idea that moment  
It was his own home where he went  
He got over the wall with his mother's help

Aufie Zophy

## Y The Coconut Leaf (Haiku)

The coconut leaf  
bending downward in the wind  
waving with all arms

Aufie Zophy

# Y The Color Of Love

Love is red, Red as ruby  
Red as the most beautiful rose

Love is blue, blue as sapphire  
Blue as the most wonderful skies

Love is green, green as emerald  
Green as the most majestic trees

Love is yellow, yellow as gold  
Yellow as the morning sun

Love is white, white as silver  
White as a the most pristine snow

Love,  
more beautiful  
more precious  
than any gem  
than all diamonds  
in the world

Aufie Zophy

# Y The Eagle

The firm wind caresses  
each of my brown eagle feathers  
The softness of the fresh air  
kisses my white eagle cheeks

Below, the long nipah leaves  
wave me a warmhearted welcome  
The ripples on the shallow river  
greet me with a thousand lights

I soar, i flap once and soar a lot more  
Steering a bit to the left and to the right  
I reach the beach and the shore,  
Turquoise and blue, a lovely sight

A lone unshaven man stands  
close to the breaking waves  
His arms spread, his eyes closed,  
his face towards the winds of the sea

I sincerely wonder:  
what kind of poetry can a man write,

If he has never seen the world  
Through the eyes of an eagle  
If he has never floated above the world  
High in the skies like me, the eagle

Aufie Zophy

## Y The Extra Step

Every now and then, we feel satisfied  
So satisfied with what we feel and do  
We have a good heart and are often kind  
Occasionally some charity too.

But my God, my good Creator, today  
I want to take at least one extra step  
An extra mile on on that golden way  
Please God help me to run an added lap

If every day, a few new steps we take  
One more small kindness and a loving phrase  
An enormous difference we would make  
Towards a better world in many ways

Let's commit each day to a little more  
Soon harmony will reign on every shore

Aufie Zophy

## Y The First Leaf

The living fresh greenness  
of the first leaf of spring  
Sure a perfect omen it is  
of a most wonderful thing:

Soon the whole crown of the tree  
will be covered with a luscious bed  
of fresh, green leaves for all to see  
How much nicer can it ever get?

The living fresh kindness  
of few of our loving acts today  
sure a perfect omen it is  
of a most wonderful way:

Soon the whole wide world  
will be engulfed in a kindness sea  
Quick go and spread the word  
Nothing better could happen for you and me

Aufie Zophy

## Y The Invisible Thread

Between the valves of our heart  
inside the blood, swimming freely,  
there is a woven thread of kindness  
playing, enjoying itself invisibly.

That thread makes us see the worth  
and the charm of a buzzing bee,  
the appeal of an exquisite bird,  
the allure of a statuesque tree

It's this invisible thread  
that allows us to see  
not only with with our eyes  
but with love and empathy

That thread softens our voice  
even when anger inside boils  
That thread allows us to give  
even when our hands want to take

That thread that makes us soft  
even when we wanted to be tough  
That thread that makes us fear not  
when we talk try to talk to our God.

That thread worth more than gold  
giving us love and tenderness untold  
A fine invisible thread deep inside,  
a source of divine peace and light.

Aufie Zophy

## Y The K-Word

music of Kindness  
is playing a pleasing piece  
pleasing peaceful song

colors of Kindness  
are painting masterly art  
drawing peace at heart

pleasing heart and mind  
Kindness is kindling the soul  
spirit filled with peace.

Aufie Zophy

# Y The Little Key

A small prayer  
for kindness  
for love

A soft longing  
for affability  
for friendship

A discrete desire  
for compassion  
for empathy

A simple want  
for tenderness  
for care

A minute search  
for a smile  
for a wink

Soul was praying,  
longing, wanting  
searching

A little softness  
A little silence  
A small key

A small key  
to open the heart  
A bit of silence

A gush of love  
of kindness, of friendship  
of big compassion

A huge stream  
never ending  
an open heart

An ocean of bliss  
flooding the world  
engulfing my soul

Silently gushing  
quietly flooding  
softly engulfing

A little prayer  
A little longing  
A little search

The key is never far away

Aufie Zophy

## Y The Magic Of Dawn

My heart filled with delight  
whenever I get to be outside  
when the dark of the night  
gives way to the day's light

Wonderful thoughts enter my mind  
A soft breeze, oh so kind  
caresses my cheeks, plays with my hair  
Palpable magic sits in the air

Un-name-able beauty  
hangs everywhere in the sky  
A heart full of grace to be  
here, not in my bed, but outside

Aufie Zophy

# Y The Old Lady

a grey haired lady  
sits between budding roses  
in the city park

Aufie Zophy

## Y The Rain

The rain came down hard  
Hurting the skin of my head

Worries blinded my thoughts  
Then I prayed for guidance

I started to imagine  
the best possible outcome

It drove away my worry  
it helped me see clearly

the outcome was  
as good as possible

Aufie Zophy

# Y The Way

Choosing love  
not waiting  
not chasing

Choosing to love,  
to give love,  
from our heart:  
inexhaustible  
just there to share

NOT waiting  
to be suddenly overwhelmed  
NOT chasing  
for systematical appreciation

an act of giving,  
an act of sharing  
an act of compassion  
an act of feeling with,  
of doing for, of serving

Choose love,  
Love, love, love,  
Live love, give love  
And never feel  
a lack of love again

Aufie Zophy

# Y Thoughts

A magical whiff of substance  
glowing electrically in my brain  
transmuting image to word  
transforming word to feeling  
never far from the universal Soul  
permeating into reality  
through action and perception.  
Truth subtly manifested  
through a magnificent thought.

Aufie Zophy

# Y Too Hot

To our dear mother earth,  
who gave to all of us birth:  
your fever we want to cure.  
Will we succeed? Not so sure!

Some of our sisters and brothers  
seem not to care for any others.  
They seem not worried about your health,  
apparently blinded by money and wealth.

When pushed on the topic of your fever,  
they will make any kind of endeavor  
to deny it and claim nothing is wrong;  
a lack of emotion, their greed much too strong.

I still hope, our dear mother earth,  
holding all treasures of incredible worth,  
that we will find people in numbers enough  
to treat your disease with utmost caring love.

Let us work all together to find a solution,  
stop all the waste and unnecessary pollution,  
reduce carbon emission, preserve our trees,  
keep clean our earth, our oceans and seas.

Now is the time to move and act.  
The disease of our mother is a certain fact  
No man with a bit of intellect, a bit of a brain  
can be allowed to ignore your fever again.

Aufie Zophy

# Y True Nature

This is a small prayer  
for all people  
in this big world  
to become a bit aware  
of our true nature  
which is love  
which is kindness  
which is compassion  
which is peace  
which is harmony.

A small prayer  
for all of us  
to become aware  
that only a life  
filled with our true nature  
is THE source of  
true happiness

Help me, my God,  
Help all my friends  
all my family  
all my colleagues  
all my neighbors  
and all, all others  
in this big world  
to love, be kind, compassionate  
and be an instrument of  
Your peace and harmony.

True happiness...

Aufie Zophy

# Y Unfolding Mission

Tic toc, tic toc,  
close to dawn;  
magic moments.

Amazing love,  
Tender care,  
moves slowly from my heart  
where it was safely stored,  
to my awakening awareness

Sitting in this bath  
of lovely care,  
a gentle wave of joy  
washes over my spirit.

The first orange sun rays are coming in,  
in my room, in my eyes, in my soul;  
and my mission for the day becomes:  
to share the love and care in which I bathe  
with every soul, I will meet

Aufie Zophy

# Y Unteachable

It's unteachable  
the beauty encompassing  
complete forgiveness

Aufie Zophy

# Y Very Very

My family

A lovely wife

Two lovely sons

The VVIPs of my heart

Aufie Zophy

## Y Way

When I withdraw from buzz and silently pray  
I ask from deep within to find God's way  
Then, my mind is filled from high above  
Sublime thoughts of unconditional love

Aufie Zophy

# Y White As Snow

a beautiful smile  
on a disabled boy's face  
teeth white as snow  
full of warmth, melting my heart  
with unconditional love

Aufie Zophy

# Y Wonderful Drops

Look at these wonderful drops

They are separate and yet one.  
They are big and yet so small.  
They contain wisdom  
and wisdom contains them

Aren't they wonderful drops?

Aufie Zophy

# Y Written In The Sand

It is written in the sand  
The purpose of our life  
Millions of grains of sand

If the sea'd have erased it from the shore  
The grains will have whispered it to the drops  
And waves, the braking waves will sing  
The purpose of our life

If the heat of day erased it from the surf  
Evaporating mist 'll carry it to the clouds  
Where they will paint it in amazing skies  
The purpose of our life

The clouds will rain and  
And diamond beads will ornament the rose  
The rose's scent will tell it  
The purpose of our life

But if we fail to find it  
In the sand or song of waves  
In the clouds or scent of roses  
The purpose of our life

We may have to make it quiet  
And look deep within our heart  
Where it will be dancing all around  
The purpose of our life.

If we do not find it in our hearts,  
We may have to return to sand  
It is written in the sand.

Aufie Zophy

# YHeaven On Earth

Today I met a stressed friend  
I talked and tried to help  
A genuine bright smile on his face  
It felt like heaven on earth

Aufie Zophy

# Yes, Of Course, I Am Not Stupid

Did you have a peaceful day?  
Too often the answer is 'Nay'

But why there is no peace in our life?  
The reasons we give are stress and strife.  
The killings in Nice are driving us nuts.  
The world economy, surely the budget cuts.  
The nasty traffic driving us crazy and wild.  
A nagging neighbor, the crossness of my child.  
Our spouse not happy, my friends not real.  
And that pain in my back is all that I feel.

And yet Peace, the Peace with capital P,  
is in the air, for all to grab for free.  
If we make it inside calm, serene and kind,  
we can always allow peace to enter our mind.

Somehow we were endowed with a gift, a superb right:  
We can rise above the response of fight or flight.  
Enslaved to our instincts, we often don't succeed  
to make use of that present, which we badly need.

Peace is all around, all the time for me and you.  
Just look at the sky, whether it is pristine blue  
or covered in grey clouds, as far as we can see.  
Peace is in flowers, a stretch of grass, in a tree.

Even if in your room, now there are none of these,  
think about love, friendship, or just about peace.  
The wonderful message, you received from a friend  
the joke that made you roll and laugh without end

Peace is really never really far away.  
Even if none of the above came your way,  
we can always get quiet, look deep inside  
and find in heart and soul, a superb light

If a fish in water refuses to drink.  
soon its body will hopelessly shrink.

If in our mind, we do not let in peace  
soon its soundness will hopelessly cease

We have to be busy with the ubiquitous peace.  
let's have thoughts of peace, we never release.  
Open our mind to the world of nature's beauty  
letting in peace a right, no rather a duty  
Drink it, as water that a fish would drink  
do not allow our mind's soundness to shrink

If tomorrow someone comes your way  
and asks: did you have a peaceful day?  
you'll answer: 'yes of course, I am not stupid! '  
of course you had a peaceful day, yes you did!

Aufie Zophy