

Poetry Series

chanda panda
- poems -

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A Heart Protected

A child cries
With woeful eyes
Painfully solitarily
Bruises unseen
Society's head turned
Love is muddled
Games go on played
Grades attained
Superficialities make things normal
Normal is muddled
Security has no soft blanket
Ears sting
Words heard, felt, but unrepeated
Right and wrong are muddled
Choices are limited
A heart is protected
Love is muddled

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A Poet's Cries

Limited, only so much of the world to be seen
Only so much to experience
So much on this Earth, and yet still truly
Limited, one's life is sometimes fenced in
by the act of living,
empathy can give an insight, but nothing comes full-blown
Left to weep- on sad days -enough to cut trenches into parched land
Lamenting over the choosing of words-alone
Words locked in someone else's life
Someone else's laughter, even their pain
On this day, and for this while-only Strife
Curse the heartache that they are able to claim

Yet, there's more coming from this melancholic poet
Living creates poetry's words- I hope

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All I Am And All I Can Be

All I am and all I can be
First and foremost, myself
In addition, I can be...
An artist, of many creations
A scientist, a discoverer, experimenter
A psychologist, of you and me, taking the time to understand
An astronomer, lots to learn from up above
An archeologist, a finder
A historian, for it repeats
A librarian, there's knowledge to be gained in those books
A mathematician, numbers are everywhere
A poet, artist of words
A painter, a colorful choice
A naturalist, nothing like the mountains, forests, and lakes
A traveler, lots to see and do
A philosopher, lots to think about
A humorist, laughter is the best medicine of all
A musician, do I dare pick up a guitar
A romantic, how sweet
A friend, the best kind
A speaker, got a lot to say
A performer, revealing in the spot light
A supporter, of many causes
A fighter, standing up for what I believe
An athlete, champion of many events
A leader, follow me
A helper, everyone needs someone
A loner, an independent thinker
A wife, loving partner for life
A lover, so caring and honest, of many things
A mother, giving all I got, sharing all I know
An introspector, there's a lot on the inside
An extrospector, there's a lot to be learned from the outside
A writer, many stories to share
A nonconformist, the group's not always right
A student, on a quest for knowledge, inner and outer
An individual, different from the rest, unique
An enigma, complex and mysterious
A child, wide eyed, in awe of the world around me, playful

A teacher, a lot to learn from me
A journeyer, through myself and my life
An optimist, positive thinking goes a long way
A writer, many stories to tell
A thinker, philosophical and deep
A believer, in myself, God, and more
A creator, using my God given talents
A dreamer, of all I can be and more

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Bird On Your Windowpane

One day I was a bird
Just for a day
Beautiful Bird
Ornate colors
Long Feathers
Just happened that I was tired after a long, long flight
So, I decided to rest upon your windowpane
And I saw you
You in all your glory
Saw things that the others don't see
Your Dark Side
(No wonder you keep it hidden)
If only there was a way I could let the others know of...
The Real You? ?

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Bittersweet Memories I (Senryu Suite)

1

Last year went by fast
Of this, my photos are proof
Keepin' mem'ries fresh

2

February Fifth
Our two souls reunited
Lives changed evermore

3

Words you dread to hear
Cancer throughout your body
Caught it way too late

4

I'm not sure who asked-
How much longer do you think?
I know the answer—

5

6 months,6 months,6
months,6 little bitty months
I slid to the floor

6

Father and Daughter
Fifty One and Twenty Nine
Finding forgiveness

(to be continued)

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Blue Morning

A blue morning
He scrawls the poem- body curling
Whispering unscrupulous verses
Over strewn bodies
Spells cast

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Collecting Opinions Democratically (Senryu)

Here is my question...

What is the meaning of life?

What is your answer?

□

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Fragility

The thinnest sheet
Finest piece of glass
A dropping feather alone
Would shatter it into a million pieces
By the slightest touch

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Gift For You

Got a gift for you
Pleasant smile
Wrapped up perfectly
A gift only that can be given from me to you
Your eyes are bulging, curiosity full to the brim
'The wrapping is gorgeous. Isn't it? '
Sweet Hope
Smile of love
Cautiously, you open
After all, this is unexpected
Me, uhm, I'm tense
My eyes revealing
Heart's always on my sleeve

As my silent pain seeps out of the box
It's deeper than anything I've ever known

Enjoy!

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Haiku Math Problems (Senryu)

Counting to seven
It used to be so easy
Now that's not the case

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Haiku Reviewing: Who's Right, Who's Wrong? (Senryu)

Is there seventeen?
Wish I had an abacus
How you say it counts

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In A Timeless World (Senryu)

My clock- out of sight
Exploring infinite time
Soul floating freely

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In The Spirit Of Friendship

In the spirit of friendship,
I give you my unconditional love
When your heart hurts mine hurts for you
When tears fall from your eyes,
My heart weeps
Empathy is what the Golden rule is all about
For when we put ourselves in someone else's shoes
We know what they need
Our shoes have traveled similar paths
Leaving footprints not meant to be left by lonely travelers
They've stood at home plate swinging at life's curve balls
Sometimes they've struck out; some times they've hit home runs
And every now and again.....
They've trotted the bases of life after nailing a grand slam
Those curveballs teach us the lessons we are to know

From my heart to yours, I know how to ease your pain
Just take me up on my offers
I expect nothing in return other than a flicker of hope that your eyes might smile
and show some way, way, way over due relief
I want to help you ease this almost unbearable pain, not intended for you alone
But for me to share with you, as you have unconditionally shared with me
We offer much more comfort when we can give what we needed, when we
needed
We offer much more comfort when we give the same unconditional love that
helped us stay on our paths

Those footprints I have mentioned leave the lessons of life on our hearts and
souls
Lessons meant to be shared, not kept locked up selfishly
The world's ever-changing and not in a good way
There are more hurting people in the world than ever
Just being there for one person can have a domino effect
So, in essence, one person can leave an unforgettable footprint on the world
The one thing I want to tell you that the further you fall....
The higher you will bounce
I promise you
If you remember nothing else, remember...
At this moment in time you are leaving one set of footprints in the sand

Remember, this is when God is carrying you in His loving arms

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John Nash's Beautiful Mind (Senryu)

Schizophrenia
Brilliant Mathematician
Nobel Prize Winner

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Lost Child

Wondering through the forest
Much like a lost child
Thinking of where I want to go
What I want to do
So So confused
Much like a lost child
No bread crumbs to follow as a guide to a net of safety
All alone
Looking for a hand to hold
Much like a lost child
Scared as who to trust
People with their candy coated promises
So sugary sweet and real seeming
But sometimes they end up being bitter, and sour
Illusional

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Love Wounds

Time Heals
Wounds-
Its specialty
Yours and mine are pretty severe
Aren't they?
Our pains have been deep
How could 2 people do this to one another?
Yet, we have
We didn't mean to
Hearts get hurt easily
Confused easily
Harsh words cutting into each other's spirits
Now, here we are
Our pain is deep
Waiting for time
To doctor our hearts
So, we can be what we need to be,
No more wounds
Just free love
8/7/02

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Metamorphosis (Renga)

Co-authored with Tim Drew

A heart's sacred trust
Fragile and easily bruised
Murder of the soul

Sheltered by walls of numbness
Condemned to a living death

A life with no soul
The pained motion of living
No one understands

A beggar at mercy's door
Heart and soul long to be healed

Child of innocence
No longer is the soul pure
Desperately seeking

Fervently searching for soul
Seeking warm sanctuary

Longing for answers
Shell of what was once living
Utter emptiness

Hiding from the sight of God
Yearning for a safe haven

Child of the shadows
Seeking ways out of darkness
Starving for the light

Darkness is more familiar
Invisible from our sight

Bruises unnoticed
Such tormented innocence

Self is shamed away

Tainted by the sins of man
God's love will never falter

Accepting God's light
Shame begins to melt away
Innocence reborn

True healing comes from within
By the grace of God

Shining in the light
Through Him all things possible
Innocence reborn

A new path lit by God's love
Loved unconditionally

Out of the shadows
Behold, the new child of God
Sacred trust restored

A new measure of balance
New path of truth, love, and light

Welcome this new day
Divine child shines with the light
Safe haven is found

Deep love from salvation's hand
Rendered to this world in peace

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My Dad's Visions Of Heaven's Gates (Tanka)

Victim of Cancer
Sins Forgiven by the Lord
Within Heaven's Gates
Glorious gates of Rubies
Is that what you really saw?

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My Gift To You

Have I got a gift for you!
Pleasant smile
Wrapped up perfectly
A gift that can only be given from me to you
Your eyes are bulging, curiosity full to the brim
'The wrapping is gorgeous. Isn't it? '
Sweet Hope
Smile of love
Cautiously, you open
After all, this is unexpected
Me, uhm, I'm tense
My eyes revealing
Heart's always on my sleeve

As my silent pain seeps out of the box
It's deeper than anything I've ever known

Enjoy!

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Putting On A Smile

Woke up this morning and put on a smile
Yep, sure did
Told myself I'd wear it no matter what
Have an image to protect
Coat the surface, just a tad
Add some laughs to the smile
That'll do it
Now I don't have to worry about the inside
It's all protected by the smile I have on the outside

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Shamelessly Exposed Iii (Senryu Suite)

As the saying goes-
Beauty's in beholder's eyes
It exists in strength

Imagine my Mom
Raising her girl and boy while-
Feeling so Empty

Don't let me fool you
She wasn't able to work
She was too busy...

Enriching my life
She and I would play board games
What quality time! ! !

Special Memories
Almost every day we played
Games, games, and more games

...Scrabble, Trouble, Cards
Parcheesi, Monopoly,
Trivial Pursuit...

Some were uncommon
I bet you didn't play them
Like Bargain Hunter?

Video games too...
Atari and Nintendo
We had games galore

Beside us she'd play
Her favorite was Zelda
Mine was Solar Fox

A loving Mama...
She made Christmas Day special
Happy Memories

During my childhood
Christmas' Eve was with my Dad
Happy Memories

Some days were Dark ones
My Memories are Bittersweet
Some days were Light ones

Numb as Novocain
My poor heart's emotionless
No one understands

Shame's toxicity
Poisoning my Mama's Love
I'm outsmarting it

This may surprise you
We were brought up on welfare
We are lovable

This may surprise you
Though, my mom was abusive
She is lovable

I forgave my Dad
When Jesus forgave my sins
I forgave my Mom

Don't care what you think
Mental illness is no joke
It is not a choice

Am I black or white?
Think poverty is racist...
We're a melting pot

(to be continued)

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Shine On (Double Tanka)

Jealous affliction
Like an unhappy addict
Never satisfied

The grass is always greener
While the spirit shines less bright

C'mon, shine for me
Let me bask in your soul's light
Step out of the dark shadows

Embrace my healing spirit
Shine with your own uniqueness

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Smiling Through The Pain

I may smile
But you haven't known my pain
My successes seem grand
Taking me places that I could have never planned
Frost's path has indeed made all the difference for me as well
Proud and tall I stand
Nevertheless my pain has been much grander
Covered it as well as I could
Wailing in the dark; alone and lonely
Wails falling on deaf ears
Purposefully I allowed them to fall
My soul needed to heal
My heart knew this and listened to its cries
Sitting here now reminiscing with a healed soul
And a grateful heart
Sighing...
Reflecting on past pains
Smiling in awe for the girl in me who made it through-
Especially taking into account that she took the path less traveled
And that made all the difference

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So Close

So close I came and I don't understand why
I know it must have been a wake up call from way up high
For a silent killer named DVT to find me
Yet it left me be
A small clot in my lung
Unusual for someone so young
Pulmonary embolism is the fancy word
Any bigger and I wouldn't be here to be heard

So close I came and I don't understand why
I know it must have been a wake up call from way up high
When God speaks one must listen
This time I am standing at attention
For a silent killer to find me
And to leave me be
God must still have a plan for me

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Step Off

Mind Travel

For a change

Disassociate yourself from your surroundings

See where it'll take you

Don't be afraid

Walk through all sorts of mind tunnels

Take your time

There is no hurry

And when you get to the end of the road

Step off the end

Now! What was that like?

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Swimming In The Silence

Swimming in the silence
No storm in sight
Just the calm
Its quietude is so inviting
Paradoxically, I do not know what to do with it
Life's most troubling puzzles solved
The final piece placed into a miraculous enigma
The layers were peeled to the core
In darkness, I hid
In truth, I shine
Revelations from the darkness into the light
Paved the way for a truthful wholeness
The past has finally resolved itself
Having dreamt of being here countless times
My Moment of being in the Present
Letting go of Survival as my means of Living
Gives me the Freedom of Living
...Soulfully

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The Brighter Of 2 Lights

the light in the eyes shines brighter
than that of the light in a smile
a better reflection of genuineness
its light burns brighter, and so much sweeter
even, more sincere
the light in the smile is somewhat dimmer
it can be made up
faked and bejeweled
but the light in the eyes
well...
it always reflects truth
for this is where the soul's intentions exist

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The Day The Words Won'T Come

One day the words won't come to me
I just know it
This is my destiny
To one day wake up
And stare into this blank screen
Abysmally
Staring
Staring
Staring
Oh damn the day that ever happens
I might as well go to sleep and never
...wake up

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The Eyes Of A Child

you can see a lot in the eyes of a child
even when the child grows up
you can still see all the child saw
in his or her eyes
so those eyes told a lot in their youth
they tell a lot now
they've covered many a mile
laughed many a laugh
cried many a river
i'm sure
those eyes still tell the same story
now as they did back then

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The Night's Voice

Do you sometimes let the quiet of the night seep into your soul?
Can you hear it?
Slowly let your filters leave you
For this, none are needed
Desensitize yourself from your surroundings-
Your bed, your room, the darkness-
Let the night speak to you
Coolly, quietly
As only the night can speak
Let your mind be buoyant
Softly listening

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The Purpose Of A Limitless Sky

A friendly voice in the night
Comforts me with soothing words
The sky has no boundaries
Gripped with fear of the unknown in a weakened
moment
The voice soothes me
Brings me back to myself
My responsibility is to my potential
Surpassing it's own limits
Coloring outside the lines,
In a mischievous enigmatic way
A direction that only my soul is aware of
Calling me to follow

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The Second Gift

i give this gift to you
notice the pretty wrapping and the box
its size is fairly large
don't you agree?
wonder what could be inside
you might not like it
of course, I already know
but I give this gift out of necessity
it's all the pain and anguish you've caused me
the resentment and anger in me, resulting from you
it's built up over the years
went unnoticed and unrecognized, & not cared about
now, it's your turn to experience it
so, be careful upon opening it

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The Soul's Stopping Place (Senryu)

The Soul smiles at Death
Its bodily house empties
Following God's Call

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Unique Orchid□

Seedling

Giving rise to beauty
One of a kind
First beginnings
Of unusual and of harshness
Mother nature can be cruel some times
Lessons to be learned

Initial Sprouts

Despite Mother Nature's variability
In giving love and nurture
Sometimes too little
Sometimes too much
The little flower persists
Resilience unknown to many
No pity for this young bud
Only pride and respect
For the Strength of One in a Million

Young Flower

Mother Nature still can be cruel
Harsh winds and Harsh rain
Try to beat the young flower down
Her resistance and her persistence from younger days carries her through
Beauty and Sweetness Stemming from the Knowledge of the Cycle
Trusting in the Best,
Despite the Rain's beatings
She knows that the Hardest Rains
Don't Last Forever

Unique Flower

Beautifully Grown
Extraordinary Sweetness
Uniquely Innocent
And Trusting
Faithful
Despite the Mother's
Variability of Love and Cruel Life Cycles
Her Gorgeous Colors Reflect

A One of a Kind
Beauty

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What I Did Last Night

Last night I screamed and screamed
I put all of these screams in a box
This I did
I took this box
Box of screams
Screams of many
Screams of pain, hurt, agony, confusion
Built up feelings
These screams were real and true
Jam-packed with emotions and feelings
Those pent up kind
Dealing with life's obstacles is where my time's been spent
Trying to make sure that what didn't kill me made me stronger
Never have had the chance before now
Suppressed screams of the years
Delayed screams
Screams that can't be suppressed forever
No way
They are internally getting louder and louder
I feel as though I am about to implode
Screeching, vicious, at times
Full of anger and hurt
So many ways to suppress these screams
I've learned them all

So, this box, what did I do it?
Last night I took this box
Box of screams, of all varieties
I went out, out to the woods
No one around, no one in hearing distance
It was a nice night, lots of stars, no clouds
Cool night
Well, I sat the box down in the middle of the forest
There I was in this clearing
The moon was shining ever so bright
And by its light
I ever so slowly opened this box
I let all the screams out
Years and years of built up screams

How loud they were
I'm surprised no one came running
Surely someone woke up and heard these screams
But as usual no one came
I walked home
Empty box in hand
Relieved, for the first time, in a long, long time
Thinking of starting anew this time, not letting the screams build up
Taking care of them, one at a time now

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When The Brain & Heart Disagree

When the brain & heart disagree
One wants to do one thing
The other another
Seems to me the brain often wants to run
Get out before things get tough
It seeks to protect
In a way of fleeing

The heart...
Oh, the heart wants to stay
It knows where the safety really is
Where the happiness is
Or will be, once the storms have passed
So it's content to stay
Waiting for the healing calm

Sometimes it's troublesome
Deciding what to do...
When the brain & heart disagree

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