

Micro Poetry

A Moment for the Soul

Kenzo Amariyo

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Book One

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Take Heart

The rain falls gently
Like the tears of angels
Weeping for the lost souls of past.

The flowers bow their heads
Bearing the weight of those tears
Wondering how long it will last.

But like all things
Tears come and go
And never does a sad day stay.

So, if your day
Is filled with tears
Take heart, it will soon go away.

What Happens If?

The world keeps moving, spinning around
We're oft' unaware as it makes no sound
Earth revolves despite how we feel
It holds us safe, quite surreal.

We take it for granted each and every day
Never stopping to think: "*What made it
this way?*"
We naturally look down if something
 drops
But what happens if the earth stops?

Enter Into Solitude

If we are brave enough to enter solitude
We silence our mouths, not our heart
We silence the flurry of thoughts
Whilst listening intently
To the river of life
As it flows freely
Into our being
Enveloping
Our soul
In love.

Wander the Desert

Wander the desert of your heart
For within solitude, we find much wisdom
And from such wisdom
Fruit will grow
Watered by the soul's spring.

Life

Life..... what is it?
If it isn't our own canvas
With which we create
Our own masterpiece.

Self-Love

Love thyself deeply
So that in those quiet moments
You can feel strong like the oak
Empowered from the roots.

Forgive Yourself

 Forgive yourself
 That you too may feel loved
 By the one person who knows your heart
 YOU!

Heal and Dance

Her tears fell
Like a gentle beat of a drum
But upon awakening
She was able to dance to her own rhythm.

Share Your Pain

Your pain and suffering
Is not meant to be hidden beneath shame
and guilt.

It is meant to be shared
That others can grow and learn how to
heal.

Bleed Your Heart

Let your heart bleed like a river running
over white sand.

So that as it dries
What was bound is set free
So that others may learn and be blessed.

A True Master

A true Master
Master's himself
And becomes a servant to those in need.

Choose Wisely

We all have the same choice
To be a slave to our physical passions
Or the master of them.

Mind What You Serve

Do not boast about your spiritual practice.
Boasting is like serving the hungry an
empty bowl.

Share with humility, love and compassion
Then all will be fed.

Be Not Afraid

Be not afraid of what others may do to
you

Be afraid of what you constantly do to
yourself

We are often our own worst enemy.

Fulfil Your Soul

Let thy soul
Fulfil its deepest desire
To be righteous and heavenly
So that its self-made music of love
Would be heard by all who have ears to
hear.

The Cycle of Life

The waves gently lap against the sand
The sun is setting on another day
Much has been accomplished.

Each day, I move closer to a goal
That I never reach
For at every milestone
The light shines further.

Silence

Silence fills my soul
Peace washes over me
Like gentle rain over the trees
Bringing a new awakening.

The River of Life

I quietly observe the constant changes of
what is and was
The river of life washes over all things
Reshaping, smoothing, moulding.

I flow willingly with my dear friend –
Change
And I am eternally blessed to see a
greater version
Of that which I had already built.

Trials

Trials come and go
How difficult they are is dependant
Upon our attitude towards them.

As the Mist Settles

As the mist settles
It hides what was,
Bringing attention
To what is now in focus
A new day begins.

The Light Shines

The light shines brightly
The long tunnel now seems short
Much has dropped away.

Loss

Time was not enough
Your sun was setting so fast
Our future now gone
I watched and waited until
You drifted gently away.

Remember

I look in your eyes
And I see a reflection
Of the love you have
For all of humanity.

I remember who I am.

Entry Points

Our birth and our death
Are beautiful entry points
 Into time and space
We don't remember our birth
And we need not fear our death.

Teach the Children

Teach the children love
Teach them to love all beings
Then they will know
That all beings are worth their life
And are deserving of love.

Healing

The stars shone brightly
No-one knew her inner pain
She sat quietly
And let the moon's energy
Fill her to overflowing.

Time

Time..... It is so precious.
It comes and goes without a thought
It doesn't process its existence
It just travels, continually.

Giving opportunities for us all
To create that which we desire
It is the healer of many pains
And the bringer of many suns.

Floating Through Space

Distance
Space and time
Thoughts come and go
No need to hold onto anything
Floating through space
Consciousness
Pure clarity
Light.

She Pulls Me

Full
Like the moon
Feeling her pull at night
No sleep – but a deep connection.

Emotional Intelligence

When we know and understand the emotions that we are experiencing

And when we have learnt how to manage those same emotions

We then become conscious of the affect they can have on those around us.

Emotional Intelligence – Know Thyself

Meet Me

Meet me in the depth of the forest
Where silence weaves itself into my
being.

Where the only sounds are of the birds
And the crack of old dry branches
beneath my feet.

Where I listen to nature's stories
And where every sound is like a flute
playing a song of love in my heart.

Meet me there – so that in the silence of
time
Our souls may sing as one.