Life Journey

Juginder Luthra

Spiritual

            Atheist

Atheist sees a fluttering leaf

Does't see what moves it

Scientist says it is

invisible air

And his mind believes it

But he asks what moves the air

Who made it and why

Who figured it’s elements

Why silent at times why roars in currents

It is nature says the scientist

Athiest believes it

Asks his inquisitive mind

What made nature and its powers

Scientist hesitates and ponders

A bright light with thunder appears

Says it is God

Prove to me show to me says atheist

He questions, doesn't believe unseen voice

He believes knowledge of visible scientist

Voice says "Isn't it a wonder you believe the scientist

But not the One who made water fire earth and sky

Who made you, your scientist and the air.

You trust word of scientist

Have faith in the Word of God

You will experience yourself.”

Light vanishes thunder recedes

Atheist joins scientist in prayer, mind ceased

Tears roll heart flutters

Like leaf fluttered by air

They can perceive

Who made and moved the air

Family

Number House 2

Come as one

Let’s sing ballad of

2 Number house

Risking his life in 1950

He bid for the house

Hail to Mata Pita Ji

Hail to Mata Pita Ji

Lala Ji got prize of 10 acres land

Son Kundan will become doctor

Son Karam look after land

Colors of nature luck flipped

Karam merged with God

Dropped dreams of doctor

Kundan became a farmer

No complaints or grief

Had smile on his face

Come as one

Let’s sing ballad of

Number 2 house

Risking his life in 1950

He bid for the house

Hail to Mata Pita Ji

Hail to Mata Pita Ji

Couple started from Sargodha arrived in Khanewal

Pita Ji was twenty two

Mata Ji sixteen

Pita Ji scored a sixer on

first ball

Cricket team captain Suraj

Arrived in first year

Will be officer in Railways

Pride of Hindustan

Come as one

Let’s sing ballad of

Number 2 house

Risking his life in 1950

He bid for the house

Hail to Mata Pita Ji

Hail to Mata Pita Ji

Sudesh Mahinder failed to cross wall of childhood

Prem Kanta Kanchan Virinder

Gave beauty to the world

Krishan Gindi Shoki

Completed the long line

Mata Pita tended flower bed

By giving their love

Stream of life kept flowing

There was no news of Pakistan

Come as one

Let’s sing ballad of

Number 2 house

Risking his life in 1950

He bid for the house

Hail to Mata Pita Ji

Hail to Mata Pita Ji

Khanewal was hot from sun

Burning fires of hatred

Far sighted Hindu population

Ran left home of centuries

Pitaji, Narang, Thakkar

Concealed heart’s buds and flowers

Found refuge in cool shade of distant Sabathu

May 47 saved lives

Found a place to rest

Come as one

Let’s sing ballad of

Number 2 house

Risking his life in 1959

He bid for the house

Hail to Mata Pita Ji

Hail to Mata Pita Ji

Wherever you looked saw dead bodies

Holi was played with blood

Full of chaos fire and smoke

Saw groups of killers

Brothers sisters of centuries

Now had language of hate

Snatched a house

Which belonged to musalman

Come as one

Let’s sing ballad of

Number 2 house

Risking his life in 1950

He bid for the house

Hail to Mata Pita Ji

Hail to Mata Pita Ji

Whenever one looked

Saw tents after tents

Everyone hoping to have a house

Across the rail lines was a pretty

House with open skies

Pita Ji’s eyes noticed 2 number

Wife children will bloom here

In greenery and sunshine

Mata ji objected with a no

No money in his pocket

Still went ahead with a bid

Come as one

Let’s sing ballad of

Number 2 house

Risking his life in 1950

He bid for the house

Hail to Mata Pita Ji

Hail to Mata Pita Ji

Hail to Mata Pita Ji

Hail to Mata Pita Ji

Life

Whisper

Leaves quiver as a whisper

Deer looked up ignored it

Hidden lion leaped in a flash

Easy dinner much enjoyed

Drank much started driving

Friends pleaded objected

Youth oblivious of death

Crying father lit fire to pyre.

While playing tennis

Friend called in ball out

Whisper unheard joined business

Neither have money nor friend

I don’t smoke thus refused

Have one for me said friend

Didn’t recognize whisper

Died young made family cry

God imbeds right voice in all

Dust of anger pride lust greed settles

Voice of childhood swallowed by youth

Now it seems like shadow of whisper

If you want to choose right path

Focus on breath uncover spirit

Shake off dust, awaken voice

Be aware of whisper again

Be aware of whisper again

Spring

Summer grants trees abundant leaves fruits

Buds bloom flowers blossom

Pearly dew covers fresh shoots

What life gives, in time it snatches away

Autumn hits us all

Bad times, like winter

Hit us all

Bare branches suffer deadly ice

Burden of heavy snow

Earth spins around sun

Gets life it bestows

Ice n snow accept defeat

Meekly drip away

Have faith in God

When ups downs come your way

Have no doubt, bad times will pass as they came

Spring will arrive for sure

Buds will bloom again

What was taken away mercilessly will return again

Bad times, like winter, hit us all

Stay sturdy, hang in like brown branches

Spring will arrive, again, yet again

A Flower's Story the Flower

In open air proudly I frolicked swayed

From colorful lips sweet fragrance sprayed

Colorful relatives friends surrounded me

Butterflies sucked nectar with rare bumble bee

Having kissed one

they hopped to the next

Played seven notes happy songs to please me

Used novel ways to look prettier than others

Seeing reflection in water felt proud shy and happy

Too much beauty is good and bad too

Colorful fragrant youth is good and bad too

I relished passionate kissing loving caress

Alas my pretty face favored by flower vendor too

Seeking young color loaded flowers

His eyes picked me but I was oblivious

Pretty face will look lovely in flower vase

His evil eye saw fame and money in me

In his mind slayer had greedy thoughts and plans

Unaware innocent me, saw lover in assassin

Wretched man pulled bright scissors from his bag

Grasped my neck split me from my mom and dad

In one swoop inflicted pain shattered thousands dreams

For momentary pleasure bundled my fellows and me

Heartless, he tied us with rope

Made us cry in glass palace

To celebrate marriage displayed my friends and me

For the couple we spilled blood lost lives

Glued lovers swayed on dance floor

Not even once they looked at me or my sacrifice x2

Evening gave way to night

My ears perked when someone mentioned me

"Very pretty is this big flower.

Must be very expensive!”

Heart cried hearing my life my dreams measured in money

No one heard my sobs nor understood my suffering

Food dessert finished no one thanked me

Some lucky ones went with guests decorated homes

Unlucky ones like me ended up in trash can

I had imagined many dreams in my heart

Will have colorful life, will bloom for weeks

Will have my own world with seeds and lovely kids

No one can fight destiny

Can’t erase what is pre-destined

Had dreamt open sky gentle cool breeze

Now gasping for last breath in rotted trash

Tears mingling with water

I send blessings to the lovers

May they be happy

For whom I bled got murdered

May they have long life

May no one cut them

before full life

With half closed eyes near coma

I send blessings their way

May no one cut them before full life

May no one cut them before full life

Color Blind

Sat a man of color in the doctor's waiting room

looking neat and trim

A family chose to stand rather than sit next to him.

Family saw bad omen in this young man

Nurse called "Doctor will see you to discuss plan”

"Successful transplant! Your daughter will live normal life!" End of grief!

Relieved, hugged each other and their daughter

A great sigh of relief!

Doctor called in the neat trim man

The donor of bone marrow

“Because of him your daughter is alive

She will see many a tomorrow.

Color of skin different

Color of the blood and marrow same.”

Full of guilt they bowed down to him

Tears-filled eyes couldn’t look up in shame

A Moment

Agony of hours long labor finally ends

Welcome cry in the air laughter it sends

It's a girl, a boy, fingers toes full set of fives

In a moment miracle changes many lives

Non stop actions and much laughter

Children convert house to a home

Days seem long childhood flies fast

In a moment gone to college dorm

A momentary smile at

right time right person

Changes lives forever

for generations to come

A moment of anger is scar for ever

Arrow once left returns to bow never

Moment of anger, greed, a moment of lust

Turns life to a pile of dust

In a moment colorful vibrant world got dark forever

His own protective cells clumped in his eye

View of sunrise moon family to be seen never

With loss of vision his eyes could only cry

A blind eye, a paralyzed limb

slurred speech

Immobile heap of mass a helpless look

In a moment appearance of wheel chair and walker

Stroke paralyzed vocal cords of constant talker

Happily safe plane is flying high

In a moment ashes in mountain bed

Plane full of people bubbling with life

In a moment unexpectedly vanish dead

A hurried wrong cut nicks a bleeder

Turns successful surgery to fatal disaster

Wrong sequence of four elements in a moment

Turns perfect gene in DNA to recipe of cancer

Eye turned down to text or answer a phone chime

A stray crossfire bullet at the wrong place and time

One extra drink a pill or drug in a moment

End circle of life for passengers innocent

Momentary flash of insight leads to discovery

In a flash Hiroshima Nagasaki were history

Earth moves few moments

Houses tumble down

Crushes all whether poor or wear a crown

A moment is innocent fleeting blip in endless time

Yet a moment can pierce a bullet into life full of dreams

A moment of imbalance on top of a cliff

Brings a victor of summit as fallen dead leaf

A moment of yes or a moment of no

To a drug offered by a friend or a foe

Yes takes you on a path of misery, strife

No predicts a beautiful fruitful life

A moment is fleeting never to seize again

A moment is a priceless free treasure chest

Use it wisely use it carefully

Once gone never does it come back

Make most of what is in your sack

Give a moment of your time to loved one

Share a moment with friend or unknown

A hug to loved ones, caring glance to child grandchild

Change life forever by giving a moment of your life

Think for a moment before throwing a stone

Insulting word a harsh glance or degrading tone

In a moment can break a bubbly lively heart

Can't mend broken thread without leaving a knot

Moment in short life is long and potent

No one knows how to a measure a moment

Yet moment measures defines life

Powerful enough to alter many a life

Love the moment

Watch the moment

Treasure the moment

Spend it wisely

With mind body spirit love

Glance and gentle touch

With possibilities moment is pregnant

Unleash it move ahead or stay stagnant

Seize the moment

Gets rewards for life

Miss the moment

Leads to endless strife

Be A Sun

💥

Illuminate whatever you touch

Be a giver, receivers seek much

Your light free for all

Expect nothing back

Recipients circle spin

Keep coming back

Give life to others, unaffected by them

They use misuse not for you to judge

Others may take you for granted

Keep glowing even if feel unwanted

You were born to shine, stay detached

Spend days giving no strings attached

Be not proud of your bright rays

One who made you gave limited days

So my daughter and my son

Stay bright giving like a sun

Be a sun

Word Power

Thousands of words in the market

Come let’s pick what we want

Some attached with briers

Some colorful flowers fragrant

Some spread laughter hope

Some hurt worse than thorns

Some double your sorrow

Some split misery in half

Words dry tears of destitute sad

Cruel ones make happy cry or mad

Two words of praise make fallen walk again

Discouraging ones kill the will to move again

Burning lava erupt make friend a foe

Sweet words change stranger to lover and grow

Unwise words in anger erect lasting wall

Kind ones soak us like a gentle water fall

Words said secretly when reach the prey

Relations of years in a moment fray

Some words better said by eyes with lips closed

Some when said eyes look down in shame

Some words I want to say but listeners are no more

Become prisoners in heart then flow out in tears

Untimely harsh words tear people apart

Speaker unaware listener crumbles in heart

“Sunken cheeks, lost weight, grown weak”

Depressing words make recovering patient sick again

A word of encouragement to someone down and out

A shelled talent in a seed awakens, makes it sprout

Words are mighty powerful

Even one can change the world

Weigh the words

They don’t return like an arrow leaving the bow

Weigh the words

They don’t return like an arrow leaving the bow

Taken For Granted

From our balcony, views of Pittsburgh

Awesome, breathtaking, out of the world

Tall varied textured buildings lit bright

Some days soaked in golden sunshine

At nights embraced by fog or moon light

Like at birth a newborn draws gasps

Same feelings spurted; our jaw drops.

What man did to enhance miracle of nature

How lucky to be living in such a treasure

People throng Viewpoints

Fill benches, line walking trail

Lip-locked lovers, walkers

Zippy kids, old and frail

You see hear their oos and aahs as they click cameras

They come hooded or bundled in thick of freezing winter

Rain gear covered in downpour

Bare chested in summer

Limos line up Grand View Avenue for special occasion

People set up parties for birthdays, weddings, just fun

Best view of town in the Burgh

Second best in the country

Two beautiful rivers, like two lovers

Eager to meet where Point ends

They merge into the mighty One

The fountain witness of new life just begun

With every passing day

Thrill of view got dim and jaded

Starry lights not as bright

Nights same old dull-n-faded

Some wish for a higher floor for better views open sky

Some with acrophobia complain wish it was not so high.

I dislike PPG building

It blocks views of colorful dancing fireworks

It’s shining glass no longer marvel to relish

Buildings draw frowns and smirks

Monongahela no longer shiny blue

Its water dull, murky brown

Train's whistle noise

causes conversations to drown

Roaring cars and bikes pain in ears

Black soot covers tables and chairs

The Point with its fountain a sticking finger of land

Jutted between two rivers where new one just began

Days go by we don’t

Open drapes to have a peek

Nothing special happening

Monongahela just a creek

Similarly, life gets taken for granted

Our breath, vision of eyes, beating of heart

Trillion cells working smoothly, voluntary non-stop

Only shortcomings, faults, defects are noted

Plastic surgeons, psychiatrists, hospitals occupied

Even makers of our body

Our parents forgotten

Often cursed many a time

One wrong gene or action

among thousands perfect ones

become actors in crime

Nature or God not thanked acknowledged

Everything gets taken for granted

Only pitfalls highlighted to grumble and whine

Complaints take front stage made to shine

Views of the Burgh and miracles of life

They all, with time get taken for granted

They all, with time get taken for granted

Mountain Cries

Many have shed tears of love n joy on my shoulders

Snow, rain, tears soak me, trees roll down as boulders

My shrieks and tears not full of joy, display sorrow

I go to sleep wondering if I'll see sun of tomorrow

Outwardly healthy but suffering silently inside

I look mighty, but bleed, weak hollow inside

I support mansions, tolerate deep cuts tunnels in me

Pieces of flesh detach from my body, helpless I see

Millions get across over, through cuts in my body

Thousands live on me, I happily carry everybody

I give golden views of the Burgh, best in the nation

Platform where millions pledge to live their imagination

Nothing stays young forever, I get old as we all

Land slides bit by bit making me feeble and small

Many a mama tell children "Don't cry, you are a big boy"

I am mighty and big, but I must seek help as a little boy

My tears erupting rolling down my cheek

Watch landslides, open gashes you can peak

Not for long I can carry people, buildings and roads

Stop my bleeding mudslides, the ground it erodes

Give me grass, creepers, strong rooted many a tree

They will hold me together, please do it for you and me

Don't litter me with plastic paper, cans and glass

They don't let plants grow, kill my precious grass

Help hold support me like I have done for ever

Without help future generations will see me never

Come see my tears as desperately in public I cry

I know, with your love you will heal me make my eyes dry

I know, with your love you will heal me make my eyes dry

Old age, disease and death

Young Person Inside Old Body

Inside every old man there is

A young person wondering what happened

Etched in mind sees floating loving Mom and Dad

Love laughter siblings fill home not a single soul sad

Still remembers memorable childhood cute little face

School college friends teachers on demand resurface

Vividly remembers, feels electric current run through

When barely touched love of life yesterday hardly knew

Remembers every vow, ring

The kiss witnessed by family friends

Young person sees little ones.

Life richer joyous knowing no ends

Kids grew fast got married left his hold

But the young person did never grow old

Then one day suddenly out of the blue

Without warning a hint or a clue

Hospital bed wheel chair nursing home

appeared for him to receive

They were for *him* the young person

inside the old body did not believe

But a look in the mirror

dim eyes cheeks sans hue

Paralysis immobility helplessness

proved it’s true

Now alone, teary sad

Love of life vanished

children, friends abandoned

Inside every old man there is

A young person wondering what happened

(Inspired by the first 12 words written by 88 years old Doctor Ray Greco at Weirton Medical Center, Weirton, West Virginia, USA.

It can be written as a woman by changing words.)

Alzheimer's

Remember kept cold cloth all night on your forehead

With head in my lap stroked fingers through your hair

Wished I get your disease and you my age

To hear your breath I would hold mine

You got hurt I felt pain

heart cried many a night

Pearls of your happy moments I threaded as treasures

Hiding my pains I searched ways to make your life happy

World's poisonous news kept from your innocent ears

Swept sharp briers from your path, spread soft petals

No one gave you sorrow

I fought with whole world

When someone broke your heart, my heart wilted too

Seeing your life partner lover my heart smiled in silence

Watching your garden of family my heart bloomed too

Supported every moment by your memories

I passed my days and nights

Don't know why, when, how dark clouds

started eclipsing memories

Who am I, where am I

My friends family started receding

What happened years ago seems like yesterday

What happened yesterday

Black like dark night

Whatever shape I am in I am happy

Probably you don't know

My beautiful past is my world

Probably you don't know

Neither I know nor recognize you

Your memories are alive in my heart

With this thought, always stay happy my child

You and only you live in my heart

Candle

A bright lit flame will extinguish one day

By end of wax or an accident on the way

Flame glows bright proud

Thinks I'll shine for ever

Others will weaken get dark

It’ll happen to me never

Wind will blow out

other flames

Or their wax will end

Mine immune from slaps of time and mighty wind

New candles sprout around me I see them grow

My innings ending

Candle shrinking

Flame dimming I don't know

Suddenly I flicker and shine brighter like never before

Despite my fluttering struggle

Wax ends wind blows

I am no more