



Poetry Chapbook: Life, Love and Breakups

By

Lucio Muñoz*



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The Power of Love

**When in love
We are willing to endure pain
Trying to hold on what we adore
Even when we know it is in vain.**

**And sometimes we shed a tear
After a relationship breakdown,
But we mostly do that for fear
Of the unknown.**

**Poem by Lucio Muñoz
Vancouver, BC, Canada**



Happy and Broken Hearts Singing

**Upon hearing that cupido was coming,
A happy heart started singing:**

**“Love me, yes,
Make me feel at ease,
And treat me gently,
Please.”**

**Upon hearing that cupido was leaving,
A broken heart began singing:**

**“Hate me, yes, a lot,
Make me feel unease,
But forget me-not,
Please.”**

**Poem by Lucio Muñoz
Vancouver, BC, Canada**



When the Impossible Happens

**One day a monkey,
King of chivalry,
Felt in love
With a very shy Japanese Quince.
Monkey and flower held hands!**

**As monkey's actions,
Always liable to distractions,
Cannot be trusted
An oath of honesty pre-wedding from him was required.
Monkey and flower were all smiles!**

**For years the monkey was faithful,
Always kind and respectful,
Yet the impossible happened suddenly:
The Japanese Quince wanted to leave the relationship quickly.
Monkey and flower went their separate ways!**

**That monkey,
Today,
Will require too a huge oath of honesty
From any new flower that comes his way.
Monkey and flower as equals!**

**Poem by Lucio Muñoz
Vancouver, BC, Canada**



Your best valentine's yet

**Do you know what is coming soon?,
It is not a new moon,
It is not a big red chocolate,
It is not a heart shaped plate,
It is not a cute pet,
It is your best valentine's yet.**

**Poem by Lucio Muñoz
Vancouver, BC, Canada**



The Lucky Life Experiences of Don Juan

**Don Juan never ate a banana that did not taste good,
He never saw a butterfly with ugly feet,
He never held a flower that did not smell good,
And he never tasted a caramel that was not sweet.**

**Don Juan never met a woman that was not beautiful,
He never had a drink that he did not enjoy,
He never picked at a rainbow that did not look wonderful,
And he never attended a party that did not bring him joy.**

**Poem by Lucio Muñoz
Vancouver, BC, Canada**



When dealing with love, accept your destiny

**If you cannot control it,
Let it go quickly.
Otherwise, you will fall with it.
Remember, change means new opportunity.**

**If you can get along with it,
You are lucky.
By all means, keep it.
Keep in mind, a good keep means long-term stability.**

**So if you love, but they no longer love you
Or if love always remains around you,
Take it easy.
Accept your destiny.**

**Poem by Lucio Muñoz
Vancouver, BC, Canada**



Life Great Gifts and Limitation

**We have been given three great gifts,
The ability to say I love you,
The power to say sorry,
And the virtue to forgive
When still alive.**

**All fall within the actions that are possible
Or feasible
And which if used should lead to happy hearts,
But we have been given
One huge limitation.**

**We have not received the option
To free our souls when still alive,
Making our bodies sometimes be
A living prison
When facing disappointments in life.**

**Poem by Lucio Muñoz
Vancouver, BC, Canada**



From single to single again

**When single,
He behaved like bees
Moving from flower to flower
Extracting honey to feed his hungry heart.
Playing first!**

**When married,
He behaved like penguins
Faithfully staying always close by
To keep his mate and his siblings warm.
Family first!**

**When single again,
He behaved like caged birds when released
As he then really understood the importance of enjoying
Freedom when you have it as a day to day celebration of life.
Moving on first!**

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Vancouver, BC, Canada**



Wishes of a beautiful star

**Looking up over her head,
The moon noticed a beautiful star
Who appeared to be lonely and sad
And dropping down some type of nectar.**

**The moon was curious,
She said “May I help you?
You look fabulous
That pollen smells sweet let me tell you”.**

**The star replied: “I do not need help,
I am creating the nectar cloud
That will make cupid stop
Next time he comes around.**

**The moon wanted to be supportive,
As once she felt the same way
She was advised to be proactive
To encourage cupid to sway her way.**

**So the moon said “Your smell is wonderful,
For sure he will stop
And your cloud is colorful
I predict you will be his new crop”.**

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Vancouver, BC, Canada**



Happy Eighteen

**Thank you to life
For still having me around;
Thankful to god
For helping me to keep my head above ground;
And glad for being able to say to you “Happy eighteen,
I will always be in the background”.**

**Poem by Lucio Muñoz
Vancouver, BC, Canada**



Sorry, I have not told you yet

**“My love, like a star,
You light my heart
At night
And fill it with pure joy”.**

**Before I forget,
And from deep in my heart,
I would like to tell you what
I have not told you yet
Since we met:**

**“My love, like a star,
You light my heart
At night
And fill it with pure joy”.**

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Vancouver, BC, Canada**



Face it and move on

**If you feel that a lucky move,
Led you to finally find true love
And later you lost it....,
Miss it,
But do not despair,
Take some fresh air,
Be breve,
Smile,
Lift up your face,
Go back to the race,
Start a fresh search,
Fresh,
Find a new opportunity to dream on,
As life still goes on.**

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When facing sudden change

**It takes only a moment
For your life to change forever,
Change can be positive
Or negative,
Be clever,
Maximize the good
Or minimize the bad
Of the resulting event.
As it takes only one mistake,
One omission
To lose it all,
And fall under psychological torture;
And it takes only one success
To learn not to fall,
To clarify your mission,
And build a future.
When facing sudden change,
Take a step back,
Perhaps two,
Do not act following feelings of revenge,
Think,
Perhaps for two,
Take the opportunity to bring your life forward,
Not back.**

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Vancouver, BC, Canada**



Positive and Negative Life's Lessons

**When lucky in love,
Life is not rocky;
When unlucky,
Each past moment can be a nightmare.**

**When love is sweet,
Kisses can last even one hour;
When sour,
You may curse even the loveliest tweet.**

**When life is based on trust,
Your heart and soul are free like butterflies;
When based on lies,
Breakups are a must.**

**Yes, we all have life's lessons coming,
Sometimes they are positive,
Other times they are negative,
Yet, it is still worth living.**

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Riddles of life

**It is a feeling of completeness,
Your heart tickles,
Your smile shines...
It is happiness!.**

**It is a feeling of emptiness,
Your soul feels dead,
Your eyes look red...
It is sadness!.**

**It is a feeling of belief,
Your heart is at peace,
Your soul feels at ease...
It is relief!.**

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If somebody you love leaves

**If somebody you love leaves,
Especially after many years,
Do not hold your tears,
But also do not dwell on the negatives.**

**On one hand,
The one that thought that leaving was clever,
May soon find,
That new is not better.**

**On the other hand,
The one who shaded tears,
Should have no fears,
That heart may soon be in high demand.**

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Looking back at the years

**Sometimes, looking back at the years,
Most full of insecurities and fears,
Some with many blessings and smiles,
I wonder about the value of so many traveled miles,
Then when I see the happy faces of my children,
I realize that calling such a journey “worth it” is a given.**

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