



# Poetry Chapbook: Potpourri

By

Lucio Muñoz\*



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**Best wishes for my friends**

**I think of my friends  
Quietly  
Year round,  
But on special occasions  
I wish the best  
For them loud.**

**For Christmas  
I wish you a day full  
Of peace of mind and body  
Whether you are with family  
Or alone.  
Peace is god's blessing.**

**For the New Year  
I wish you success  
In whatever plans you have  
For your self  
Or your partners.  
Success is god's gift.**

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



**What I love the most**

**It is a feeling of fulfillment,  
Of having a positive impact each moment  
On the lives of those who highly value the present  
And who help me pay the monthly rent.**

**Yes, I like helping people,  
Communities,  
Society,  
But what I love the most is helping those  
Who really need some sunshine in their lives,  
Those living with a disability.**

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



### **Pro-Rich Vrs Pro-Poor Living**

**How are things,  
Most people go to university  
To become rich,  
To chase those material items  
Or high wishes for which they right now itch.  
Pro-rich thinking.**

**How are things,  
Some people go to graduate school  
To become agents of change,  
Not thinking too much about professional poverty lines  
Or social revenge.  
Pro-poor feeling.**

**How are things,  
Those opposing views  
Are the paradoxical realities  
That separate the living environment of human beings  
Or countries.  
Pro-rich vrs pro-poor living.**

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Vancouver, BC, Canada**



## **Hymn to the Environment**

**Glory to the sun,  
For warming our days.  
Cheers to the moon,  
For illuminating our ways.  
Blessings to earth, our mother queen,  
For feeding us always.**

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Vancouver, BC, Canada**



**Again I forgot it is my birthday**

**Today,  
I found presents on my bed,  
Colorful letters on the floor,  
Funny drawings of me on the chair,  
New books to be read,  
Cotton candy from the fair,  
And flowers at the door;  
Again I forgot it is my birthday.**

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Vancouver, BC, Canada**



### **The non-material man**

**A man wanted to get married,  
To find a life-long partner,  
He knew his chances were very slim in this material world,  
As his non-material assets did not appear to matter,  
He was sad!**

**He had no car, but was faithful,  
He was not handsome, but had a happy personality.  
He had no home, but was respectful,  
He had no savings, but was healthy,  
He was still hopeful!**

**One day, under a clear night sky,  
The man spotted a falling star,  
He wished to meet soon a non-material lady,  
To take to the altar,  
Today, he is very happy!**

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



**You will not be left behind**

**If you are healthy,  
You do not need much money,  
To feel happy.**

**If you are kind,  
You do not need to work hard to find,  
A good friend.**

**If you are honest,  
You do not need to put much effort,  
To attract a caring heart.**

**Keep healthy,  
Be kind,  
Act with honesty,  
And you will not be left behind.**

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Vancouver, BC, Canada**





## **Simple Realizations**

**Every moment,  
I realize,  
How easy is to add to human torment,  
When avoiding to use the option apologize.**

**Every day,  
I realize,  
We are bound to vanish by self-fault one day,  
Yet, we think we are wise.**

**Every year,  
I realize,  
It does not matter how big is your tear,  
There is not a sure ticket to paradise.**

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Vancouver, BC, Canada**



## **The Birth of a Poem**

**Imagine the joy,  
In your head there is a word mine,  
All for you to share with others and enjoy,  
A gift divine.**

**Imagine such a wonderful event,  
A poem being born in front of your eyes,  
At the precise moment,  
Groups of words fall into meaningful verses.**

**Just imagine,  
Witnessing such an exciting moment,  
Which can most likely take place,  
In the presence of a poet.**

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## **I Cherish My WheelChair**

**Yes, I am in a wheel-chair,  
Yet, I strive to play fair,  
Whether I am participating in an Olympic  
Or in a picnic.**

**Yes, I am in a wheel-chair,  
Yet, I too enjoy grasping for fresh air,  
Whether I am climbing mountains,  
Or playing around water fountains.**

**Yes, I am in a wheel-chair,  
Yet, I love helping at the country fair,  
Whether making cotton candy  
Or organizing the evening party.**

**Hence, I cherish fairness,  
Competition,  
Fresh air,  
Ability awareness,  
Inclusion,  
And, my wheel-chair.**

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**To be my friend**

**To enjoy my friendship,  
My companionship,  
You do not have to be high class,  
You do not need to see the world with the same glass,  
You do not need to possess physical beauty,  
You do not need to be from the same country,  
You do not need to be a champion,  
You do not need to have the same religion,  
You do not need to be smart,  
You only need to have a caring heart.**

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## **Smiles and tears**

**Smiles,  
Enchanted face expressions,  
Usually indicators of happiness;  
Tears,  
Bitter drops of water,  
Usually indicators of sadness**

**Smiles, smiles,  
Sway my way;  
Tears, tears,  
Please stay away.**

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Vancouver, BC, Canada**



### **Thinking Of Helen Keller**

**To impress in any full able body art really  
You need to master a especial natural ability;  
To over come a disability and excel in creativity,  
You need a sort of supernatural ability.**

**For example, to be able to express what you can see, feel,  
Taste, hear or smell  
Is amazing;  
To be able to communicate well even in verses  
In the absence of basic senses  
Is mind bugging.**

**So when I hear that someone can see when in darkness  
And/or can hear in a world that is soundless,  
I do not think of a fortune teller,  
I think of Helen Keller.**

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**Love your children**

**If when you grew up,  
Your parents gave you all the attention you needed,  
That you deserved,  
Then, love your children.**

**If when you were a child,  
Your parents neglected you,  
Treated you like if you did not exist,  
Then, love your children even more.**

**All children are stars,  
They all deserve a nice childhood,  
It does not matter how good,  
Or bad yours was.**

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## **Positive thinking**

**Thinking positively,  
The art of being able to let unhappy thoughts go,  
The gift that allows you to see life constructively,  
The ability to let negative experiences tend to zero.**

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