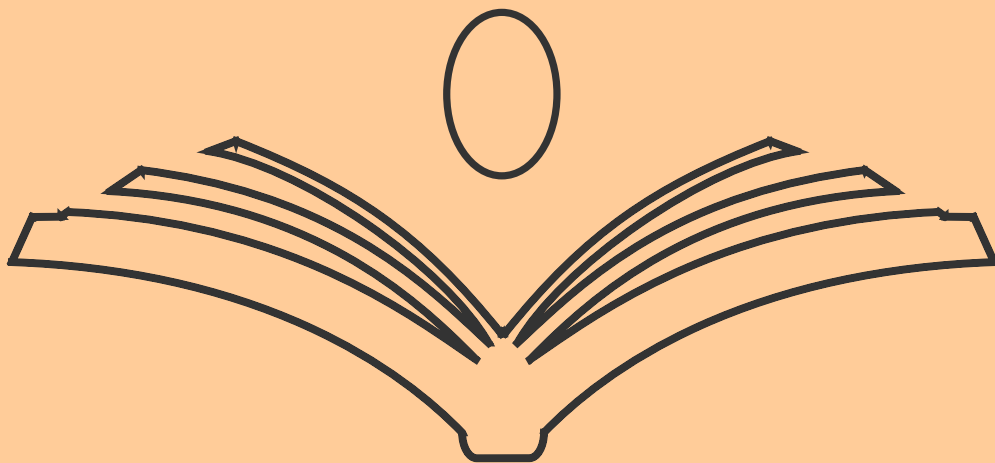


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### *Full Length Research Paper*

## ***Differences in Morphological Characteristics between Swimmers and Fin Swimmers***

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### **ABSTRACT**

The purpose of this research is to identify the differences of anthropometric characteristics of classical and fin swimming athletes. The study involved 114 athletes of aquatic sports. According to MANOVA, the results of the study showed that there are statistical significant differences between the two sports with Wilk's  $\Lambda$ : 0.60 corresponding to  $F(20,89) = 2,9$ ,  $p < .05$ . Following, 39% of the dispersion of the linear combination of the dependent variables is explained by the effect of the variable 'sport'. These findings can help coaches of aquatic sports for better selection of athletes and effective programming of training.

**Keywords:** classical and fin swimming, anthropo-morphological characteristics

### **INTRODUCTION**

Knowledge of individual anthropological characteristics of athletes and their development is essential for guidance of sports training. This fact can be crucial in the selection of a particular sport for an athlete. It is generally assumed that every sport requires a predetermined morphological profile, which is directly linked to success and gives the opportunity for more objective selection of solutions over time.

The anthropometric characteristics constitute a valuable means of understanding and interpretation of the relationship between the physical structure and biomechanical and understanding of the morphological, physiological, biomechanical and nutritional requirements of performance

for successful competition [Noutsos, 2016].

Morphological anthropometry is a method which includes the measurement of the human body and examination of the measured variables [Mišigoj-Duraković, 1995]. In swimming, this method is used for the selection of athletes, for monitoring and evaluation of the training process, the objective assessment of the overall development of the body, for the control of the athletes diet, as well as their recovery [Misigoj - Durakovic, 1995; Milanovic & Heimer, 1997].

Swimming as well as fin swimming belongs to those sports where training and competition activity is conducted in water i.e., in an environment which is not natural to humans [Dopsaj, 1993; Smith, 1998].

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Fin swimming is a new sport in which athletes, after adapting the monofin to their feet, stretch their hands above their head and swim in the prone position in order to reach higher speed when swimming. The movement of the swimmer resembles that of dolphins and the movement is generated with the entire body [Videler, 1981]. The hands are not used in the movement [Gautier et al., 2004]. The way swimmers move in the water and the movement of their body can provide is the most efficient swimming in terms of hydrodynamics [Thanopoulos, et al., 2006].

During competition, swimmers should implement various technical-tactical elements that also require the features of the corresponding swimming model in terms of physiological characteristics and are important for success in many sports [Platanou, et al., 1999]. The effect of the characteristics on physical activities has been the subject of many studies [Reilly et al., 2000].

The morphological characteristics of high performance athletes contribute to our better, functional, metabolic and anthropometric characteristics of swimmers.

The morphological characteristics of the athletes, such as body composition, body weight, body height, maturation, and somatotype, are elements that help researchers see any performance limitations [Carter & Heath, 1990].

Various swimming events have shown that morphological characteristics have either a positive or negative effect on the achievement of competitive results. [Verma, et al., 1979; Vitasalo, 1982; Dopsaj & Miljus, 1995; Roche, et al., 1996; Meszaros, et al., 1998].

There are many studies that evaluate body dimensions and composition of swimmers [De Garay, et al., 1974; Hebbenlinck, et al., 1975; Novak, et al., 1977; Novak, et al., 1978; Carter, et al.,

1982; Grimston & Hay, 1986; Mazza, et al., 1993; Siders, et al., 1993; Sprague, 1976]. Some of them investigate the relationship between the anthropometric characteristics and performance in swimming [Grimston & Hay, 1986; Klentrou & Montpetit, 1991; Siders, et al., 1993; Sprague, 1976].

The fact that some anthropometric characteristics, such as body height and length of the upper and lower limbs, are particularly important to achieve high performance, it is widely accepted and has been confirmed in several studies [Chatard, Collomp, Maglisco, & Maglisco, 1990; Grimston, & Hay, 1986; Taxtalis, et al., 2014]

[Sprague, 1976] reported that in 100m freestyle swimming 100m in male aged from 7-17 years, performance depends more on the morphological and mechanical characteristics and less on aerobic and anaerobic abilities.

According to [Tanner, 1964], body dimensions are important criterion for certain sports.

The anthropometric characteristics of fin swimming athletes have been investigated by [Hue, et al., 2006] but this field has not been thoroughly studied.

Also, [Pendergast, et al., 1978] indicate that body dimensions are important especially for aquatic sports where training and performance are affected by the drag and the buoyancy. Both these elements are influenced by the absolute sizes of body parameters and the measurements of body composition.

The aim of this research is to investigate the differences in anthropometric characteristics of Greek male and female swimmers between classical and fin swimming in order to understand the significance of anthropometric profiles of those two aquatic sports.

The information obtained can be used as a guide for coaches and swimming

teachers for the selection of young athletes in this sport, because anthropometric characteristics contribute to high-level performance.

## METHODS

Anthropometric techniques provide prediction of body composition and are popular because they are inexpensive, simple, and can easily be done in any area [Behnke & Willmore, 1974; Pollock and Wilmore, 1990]. The measurement protocol is developed and written by the Anthropometric Standardization Conference on 1985 with the scientific opinion of specialists [Lohman, Roche, and Martorell, 1988]. Circumferences are measured individually or sometimes together with skin fold measurements, providing with information on body composition and its development [Behnke and Wilmore, 1974; Jackson & Pollock, 1976; Lohman, et al., 1988].

## SAMPLE

The sample consisted of 114 athletes. 69 athletes of classical swimming (30 male and 39 female, age  $15 \pm 1$  and  $15 \pm 1,1$  years, height  $174,1 \pm 6,7$  and  $165,7 \pm 6,1$ cm and weight  $61,8 \pm 9,3$  and  $56,4 \pm 7,4$  kg respectively for male and female) and 45 fin swimming athletes (32 male and 13 female, age  $16 \pm 0,8$  and  $16 \pm 1,2$  years, height  $173 \pm 4,8$  and  $162,4 \pm 4,5$ cm and weight  $69,8 \pm 9,1$  and  $55,5 \pm 8,0$  kg respectively for male and female). All participants were active athletes and participated in systematic training six times per week.

## EQUIPMENT

In this study, 18 anthropometric variables were chosen to be measured so as to be related to the structure of aquatic sports.

All measurements were performed with the use of simple instrumentation. For the measurement of body weight the electronic scale type Sega alpha770 was used [Vogel & Halke Hamburg, Germany] with measurement accuracy 0.1kg and for the height a measuring rod type Sega Bodymetar 208 [Vogel & Halke Hamburg, Germany] with 1mm accuracy. For the measurement of skin folds we used a metal Harpenden Skinfold Caliper [HSP-BI; British Indicators, England] with 0.2mm accuracy, and for the diameters of the body a bone caliper was used. In this study 18 anthropometric variables were chosen to be measured so as to be related to the structure of aquatic sports. All measurements were performed with the use of simple instrumentation. For the measurement of body weight the electronic scale type Sega alpha770 was used [Vogel & Halke Hamburg, Germany] with measurement accuracy 0.1kg and for the height a measuring rod type Sega Bodymetar 208 [Vogel & Halke Hamburg, Germany] with 1mm accuracy. For the measurement of skinfolds we used a metal Harpenden Skinfold Caliper [HSP-BI; British Indicators, England] with 0.2 mm accuracy, and for the diameters of the body a bone caliper was used.

## MEASUREMENT PROCEDURE

The field of this study in which anthropometric characteristics of swimmers are evaluated, includes the measurement of body weight, body height, sitting height, sitting height with arm straighten over the head, arm span, shoulders opening, pelvis opening, chest depth, perimeter of chest, thigh skin fold, biceps skin fold, triceps skin fold, subscapular skin fold, iliac skin fold, the gastrocnemius skin fold, thigh circumference, biceps circumference

flexed, elbow opening, and knee opening.

All measurements were made in October and November, at the beginning of the swimming training season. They took part in the gym of each swimming club with the equipment of the Department of Aquatic sports of Physical Education and Sport Science of the University of Athens (Greece). The temperature during measurement was such that subjects were feeling comfortable wearing their swimsuits. All variables were recorded once in the morning by the same researcher, except skin folds that were measured three times.

## **STATISTICAL ANALYSIS**

Means and standard deviations of anthropometric characteristics are presented in Table 1. The results went through descriptive statistics analysis and normality of the distribution of the variables was tested. For the identification of differences between the two aquatic sports in selected anthropological variables the MANOVA was applied. For the detection of individual differences among male and female of classical and fin swimming, ANOVA analysis was applied. The statistical program used was SPSS 22.

## **RESULTS AND DISCUSSION**

In the present study, anthropological characteristics of Greek fin- and classical swimming athletes were examined. The results of the descriptive statistics of the measured variables for both, sports and gender are presented in Table 1.

Table 1. Means and standard deviation of anthropological characteristics of classical and fin swimming athletes.

Variables	Classical swimming			Fin swimming		
	Male	Female	Total	Male	Female	Total
Body height	173,7±8,1	165,7±5,7	169,3±7,9	173,03±4,7	162,4±4,5	169,9±6,7
Body weight	61,6±9,2	56,6±7,0	58,8±8,4	69,8±9,1	55,5±8,0	65,7±10,9
Sitting height	88,1±5,3	87,03±3,1	87,5±4,2	90,4±2,7	85,4±2,2	89,0±3,4
Sitting height with arm over head	141,03±9,9	133,3±5,9	136,7±8,7	140,0±8,2	129,1±4,4	136,8±8,8
Arm span	178,7±7,7	167,6±6,2	172,6±8,8	176,3±6,2	164,1±6,3	172,8±8,3
Shoulders opening	39,7±3,1	37,6±1,8	38,5±2,7	39,5±2,1	37,2±2,9	38,9±2,5
Pelvis opening	32,01±1,9	32,2±1,7	32,1±1,8	32,6±1,6	31,9±1,7	32,4±1,6
Chest depth	19,6±2,6	19,2±1,4	19,4±2,04	19,9±1,4	18,6±1,9	19,5±1,7
Chest perimeter	85,7±8,3	86,6±4,9	86,2±6,6	88,8±4,8	84,5±6,1	87,5±5,5
Biceps skin fold	4,5±1,7	6,6±2,0	5,7±2,2	4,5±1,4	7,8±2,0	5,5±2,2
Triceps skin fold	7,8±2,2	12,6±2,7	10,5±3,4	9,04±2,9	12,6±3,4	10,1±3,5
Subscapular skin fold	7,1±1,7	9,5±3,1	8,5±2,9	9,3±3,2	11,1±3,03	9,8±3,2
Iliak skin fold	8,5±3,4	13,4±5,2	11,2±5,1	9,7±4,6	12,7±3,5	10,5±4,5
Gastrocnemius skin fold	9,9±3,2	13,2±3,2	11,7±3,5	10,0±3,2	11,6±1,8	10,4±2,9
Thigh circumference	47,1±10,1	49,4±10,2	48,4±10,2	53,9±4,3	51,8±3,7	53,3±4,2
Biceps circumference flexed	28,5±6,1	28,7±5,8	28,6±5,9	29,4±2,5	25,0±1,7	28,2±3,1
Elbow opening	7,2±0,43	6,4±0,4	6,8±0,56	7,3±0,5	6,1±0,5	6,9±0,72
Knee opening	10,1±0,5	9,5±0,5	9,8±0,56	10,2±0,7	9,3±0,5	9,9±0,76

The results of multivariate analysis MANOVA showed a significant effect of the variable 'sport' to the linear combination of the dependent variables. The multivariable index Wilk's L was equal to 0.60, corresponding to  $F(20,89) = 2,9$ ,  $p < .05$ . The index  $\eta^2$  is equal to 0.39, i.e., 39% of the distribution of the linear combination of the dependent variable was explained by the statistical effect of the

independent variable 'sport'. The results show that athletes of classical swimming have lower weight, smaller hand opening, less fat of subscapular skin fold and greater thigh circumference than fin swimmers in their total.

Significant is also the effect of the variable 'gender' to the linear combination of the dependent variables. The multivariable index Wilk's L was

equal to 0.25, corresponding to  $F(20,89) = 12,8$ ,  $p < .05$ . The index  $\eta^2$  is equal to 0.74, i.e., 74% of the distribution of the linear combination of the dependent variable was explained by the statistical effect of the independent variable 'gender'. The results show that in most variables male athletes have higher levels than female athletes, except the pelvis opening, the chest circumference and the thigh circumference, where no differences were observed.

Finally, a statistically significant interaction occurred between the variables 'sport' and 'gender' to the linear combination of the dependent variables. The multivariable index Wilk's L was equal to 0.72, corresponding to  $F(20,89) = 1,73$ ,  $p < .05$ . The index  $\eta^2$  is equal to 0.28, i.e. 28% of the distribution of the linear combination of the dependent variable explained by the statistical interaction of the independent variables.

According to MANOVA, statistical significant differences between the two sports, classical and fin swimming were presented in Table 2. On the same table differences between genders are shown. In order to identify individual differences among male athletes of

classical and fin swimming and female of classical and fin swimming, Anova (Table 3) was applied. We observe that fin-swimming athletes had statistical significant higher weight, higher sitting height, more fat in the subscapular skin fold, bigger thigh circumference compared with athletes of classical swimming. Female fin swimming athletes had significantly lower sitting height with the hands over head, more fat in biceps skin fold, smaller circumference of flexed biceps and smaller elbow opening.

In literature there are not enough references concerning anthropological characteristics of fin swimming athletes. Regarding the sport of swimming, earlier studies have reported that height and arm span play an important role in performance [Latt et al., 2010].

Also, [Geladas, et al., 2005] in a research on Greek prepubertal swimmers reported that male had higher body weight, body height and longer limbs than female. [Klentrou and Montpetit, 1991] found that body height is highly correlated with performance in 100m freestyle swimming but not with 400m. No similar correlation was observed for arm span.



Table 2. MANOVA results. Significant statistical difference between the two sports, two genders, and their interaction.

	Sport	Gender	Sport*Gender
Body height	NS	.00	NS
Body weight	.040	.00	.009
Sitting height	NS	.00	.012
Sitting height with arms over head	NS	.00	NS
Arm span	.034	.00	NS
Shoulders opening	NS	.00	NS
Pelvis opening	NS	NS	NS
Chest depth	NS	.032	NS
Chest perimeter	NS	NS	.042
Biceps skin fold	NS	.00	NS
Triceps skin fold	NS	.00	NS
Subscapular skin fold	.002	.00	NS
Iliak skin fold	NS	.00	NS
Gastrocnemius skin fold	NS	.00	NS
Thigh circumference	.008	NS	NS
Biceps circumference flexed	NS	.033	.023
Elbow opening	NS	.00	.022
Knee opening	NS	.00	NS

Table 3. ANOVA results. Significant statistical difference between male of the two sports and female of the two sports.

	Male	Female
Body height	NS	NS
Body weight	.001	NS
Sitting height	.035	NS
Sitting height with arm over head	NS	.018
Arm span	NS	NS
Shoulders opening	NS	NS
Pelvis opening	NS	NS
Chest depth	NS	NS
Chest perimeter	NS	NS
Biceps skin fold	NS	.049
Triceps skin fold	NS	NS
Subscapular skin fold	.002	NS
Iliak skin fold	NS	NS
Gastrocnemius skin fold	NS	NS
Thigh circumference	.001	NS
Biceps circumference flexed	NS	.033
Elbow opening	NS	.010
Knee opening	NS	NS

## CONCLUSION

The results of our research suggest that it is possible to create a structure of physical characteristics of active classical swimmers and fin swimmers athletes. It should be the coaches' and kinesiologists' responsibility to evaluate the anthropological characteristics of the athletes in order to encourage them to follow these sports.

Statistically significant differences among athletes of classical- and fin swimming in general but also on individual level, indicates that although both sports take place in the water, each one has its peculiarities and requirements in terms of body composition and anthropological characteristics. Therefore, this investigation was an attempt for a clearer identification of anthropological features that encourage athletes in each sport. Also, with further attention and monitoring we can take concrete answers to the problems of training in each discipline.

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*Full Length Reproduction*

**Various**

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**Key words:** literature, poetry, linguistics, mystics, metaphysics

**A love is born**

How blissful thy presence proved  
As aeons passed while nothing solved  
Perhaps I thought I was fooled  
Posing to all seemingly good  
Yearning for hasty trophy to title someone  
Beneath my dreams before its gone  
In fact I was fooled and wooed  
Ruptured by mystical seeming nature lingering  
Those were the days that yet found you  
Hiding miles away when u were with my word 'I do'  
Devine blessing was you up north in the land of snow  
Awaiting a perfect moment to breathe the vow  
Yesteryears were weeping a good bye to wonderings  
Nightingale as she started warming a night singing  
And as my heart started floating with immense joy..., I knew  
Beyond dreams come true was finding you all new  
I now witness more love of the almighty, 'the one'  
Living with an angelic guy like you my love.

*May 28, 2014*

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## **Gift or Curse**

I searched too long for the treasure Hidden in a cave of kings of pleasure  
But after days of struggle  
Fights through jungle  
Moments of tears  
And silence of fears  
I faced the final clue  
Which filled me with assurance  
To win this world by my proof  
Of the unknown true love  
People told me to use my mind  
Instead I chose to use my heart  
I drove my legs through the brightened path  
Where I froze at a scene of rays of light  
I realized it all came through openings of a cave  
I started digging through the stones  
Till I bled my painless flesh  
Alas... it was a hidden treasure  
... I wished it could last forever  
When I felt his body covering mine  
Side by side we walked miles  
Long distance as one heart and one soul  
But everything turned dreary  
My tears kept dropping on the ground  
For he is no more around  
To reach out and dry it all  
I surely cannot call it a dream  
Or a sudden running down stream  
Now I wonder if I could ever  
Be what I call a true lover  
For he has taken it  
Possessed it as it is  
Never to give the same or to return it

*June 12, 2003*

### **Give my self back**

I should have rolled out  
And tumbled out as well  
But the million thoughts  
So much weaker than me  
Have gained strength  
Over my own self  
And yes I have surrendered  
When I just had to swim out  
It would not have taken too long  
To free myself from all  
But I have found a heart  
In this pool that has controlled me  
If I could I would have made a third choice  
But choice remains only among the two  
To live in the dark with my heart  
Or leave my heart and live heartless

*March 19, 2005*

### **Hell knocking?**

Someone's knocking at my door  
Next to it I stand, with my burning feet of fear  
My mind knows this real man  
I would only risk a step and raising hand  
To feel the warmth or coldness of his heart  
I could barely decide to let him in or not  
My eye burns from dilemma tears  
My brain weakens playing the yes and no back and forth  
But he will soon be gone never to be seen  
I have no clue if it might turn the right decision  
Or my life's biggest mistake of confusion  
I am only left with a click of a clock  
Should I face his disappearance or break the knock?

*2005*



### **How I see it**

You may think I am blind  
To see what you are trying to find  
You like searching my mind  
And see if I am real kind  
But you can drop me to my knees  
Till I proceed to bleed  
Hit me with the big stones  
And hear the cracking of my bones  
But still, I will be your best girl in my own proof  
This life which we call the 'lovers'  
To beautify it only lacks some cover  
Because even if we are gone to glory  
It will stay forever as a golden story  
So take my words to judgment sits  
You will see it will be out of their wits  
Unless they wear the falsely mask  
Think they are going to end this task?  
Have no doubt that no one can stop this mortality  
We are in the grounds of sanity  
Where we see every thing in reality  
So shall you share all that you possess?  
By having me and making me no less?

*July 5, 1999*

## **I Wonder**

Those days of moonlight dancing  
Runs away with the river passing  
The summer heat has melted all the compassion  
And I still wonder if the winter tiding wind  
Could bring all your real emotions  
My assumed never ending bliss is now shadowed by depression  
Ow! U have a strange way of showing love and affection  
Was what I used to say everyday  
Glimmers of light used to guide me every way But what a strange night this is that  
sinks my heart  
Even the stars are so much far apart  
Their oneness now speaks of zeroness  
Teaching me the meaning of loneliness  
Judging your failure of heroism  
To witness your perfection  
I used to bring the whole world in dimension  
Now I wonder if you had ever uttered a true word

*2002*

## **Mental Torture**

Bright was thy heart when those new days were born  
When my heart discovered the existence of thee  
When nightingale sang with excitement tune  
For you have reached and found my heart  
And trees did their swaying dance  
Guided by the bliss of the weather  
Every move that involved you  
Came out easy and all good  
All the attention, care and love you reflected  
Shone above me a brightened my smile  
All those promises and goodness listed  
Ignited my hope and led me to vow  
Where I stand committed to you to the end  
Because aeons of search was seized  
But Alas ..... Alas to my confusing world  
As agony and grief have clouded me already  
Your eyes that used to lock with mine  
Are already locking on others  
Your gaze that used to explore me within  
Has ignored even sparing attention Your search when I was away for a bit  
Now searches someone else's presence  
Forgetting I ever existed  
Can you not see the amount of torture you have burdened  
Upon my heart that loves you deep down  
My heart that wishes the eternal life to be lined with only you

*2010*

### **Mystery Sight**

I saw you sitting under the perfect weather  
And felt my spirit float like a feather  
I reached unto you  
To look into those mysterious eyes  
I've always tried to solve the secret  
Of the unique power of your sight  
But now I feel weaker and weaker  
Every minute I drive closer  
You strike my heart with lightening fear  
What shall I give to know it dear  
Because I need to know you real  
So I could let you heal  
The wounded part of my heart  
And give it a blissful art

*Thursday, June 12, 2003*

### **Pearl of Heaven**

Now I have realized my strange laughter  
Each moment I look into your eyes  
My heart bursts into joyful charms  
But each day I hold myself at midway  
For I should accept the fact that lay  
... My life is drowned in a misery pool  
And I don't want to take those smiles that rule  
Your exciting world apart from all nature  
I should forbid my hands to capture  
The warmth of thy bright hands  
I'd rather sip poison from my own palms  
Than take you into my miserable life  
I deserve not, a treasure of lifetime  
For you should be blessed with pure joy  
Never touched by evil or circled by lunacy  
Never committed crime or dropped tears of sorrow  
And never acted in those horrifying dreams  
So here I remain inspired and driven  
To your truly adorable heart

*July 3, 2003*

## Reached and fled

The first sight never mattered  
 When you walked in handsome and mannered  
 I gazed into your eyes looking for a meaning  
 When your sunglasses were still sparkling  
 I failed hard when there was no echo  
 For a question shot by my ego  
 But your smile grabbed and pulled me  
 To focus and read hard before you flee  
 I gave another shot and crowned myself  
 For I received a greater respect from your inner self  
 The kind words uttered from you  
 Got me tip toe closer one and two  
 The caring gestures your body gave  
 Made me reach and hit the loving wave  
 Your ideas that streamed and hovered  
 Built confidence to my own power  
 But those dashing eyes that stared back  
 Was excruciating torture in a rack  
 The fear that it created inside me  
 Spreads in my veins and feared thee  
 One minute I saw immense caring signs  
 Ushering me with a promise of heavens' wines  
 Gliding around me you crowned me princess  
 With words that soothed and caress  
 But the next minutes contradict  
 When your breath hit like an addict  
 An addict that touches someone's life  
 And build mountains of hope walled with strife  
 Though all your words and moves are now memories  
 You have left a soul with questions and worries  
 Questions that involve why you ever tried  
 To reach my soul that yearned and cried  
 Why you shaped yourself angel  
 When you are shapeless from another angle  
 Why you let me swim and sing with you  
 When my heart opened to you with no clue  
 Worries are also surfacing from my fear flows  
 Cracking the intense joy that shelled my woes  
 Now I scream voiceless when no one could reach  
 And yet have a great lesson to teach  
 My illusions that paint an art  
 Of all the moments that were sure to depart  
 But among all the hurting I stand strong  
 With hopes and prayers shielding me from yours or other's prongs

*November 15, 2010*

## **Seal and Strike**

Among the crowds that cheers and screams  
I see your image so still in my mind  
I look away to realize myself still staring in my head  
The image that has captured my soul and still dwells within  
The face that meant nothing at first glance  
But kept digging deep in my heart  
The gestures that continue taking my breath  
Smiles that shine like a lovely morning glare  
Is not only a strike to my throbbing breast  
But a lasting seal to my memory

*2008*

## Seeking the Invisible

It was all in me  
Thought I was blessed by it  
Too much bottled up in me  
Tunes I have never played  
Voices I have never shared  
Lost too much energy  
Possessed too much pain  
I thought it would end  
But it was just the beginning  
I've wasted too much time  
Seeking the invisible  
Walking in the dark path  
Never witnessing a single light  
As rays were blocked from everywhere  
Scary figures were forcing me towards limbo  
Every second was painful  
Driving me more in vain  
I have looked all over the seas  
I have looked all over the mountains  
The ocean valleys and fountains  
I wished the touch of death  
When hope failed to hold on  
I totally lost faith  
Finally a miracle came to me  
One I never thought could ever happen  
Then only I thought of surviving  
Eager to living life of ecstasy  
And feeling the genuine happiness  
Life became more exiting and inspiring  
Since the moment I found you.

*February 2003*

### **Through the Mist**

As I ascend up the hill  
I feel more sunken in delight  
I see the light brightening apace  
Flashing the path of peace  
Leading me to a figure I couldn't well recognize  
Through the mist I see a prince looking  
A handsome looking figure  
Couldn't spot the right distance  
How bad my sight failed in an instance  
There is this someone for sure  
One I feel so much close to  
I know there it is in front of me  
But I can't figure out why  
Why I can't see it clearly  
Why the mist doesn't clear out

*2003*

### **Waiting Aeons**

This subtle smile on my face  
Is never a sign of a happy case  
Things I thought would happen  
Have never succeeded to pop in  
Causing remorse and great pain  
Rather than crowned by Nefertiti  
I feel eliminated with bomb Graffiti  
And buried near the tomb of my friend Betty  
My brain is messed up in this doomsday  
I am bleeding trying to wade through the thorny lane way  
Indeed it was misery driven by my own demon  
Though it can never dry my soul like a squeezed lemon  
I cannot be sure I will be safe soon  
Because my sight is still dull under the bright moon

*February 4, 2001*



### **Yours but not**

What more existence is there  
When you already conquered my mind  
And a little distance downwards  
Where a non-stop drum beat dwells  
Have you more to say or claim ?  
Possession is if you could claim my soul too  
Where my real self rests far from your reach  
With full submission to the supreme  
But seize and slay my living and you will discover  
This beautiful soul hovering back to its nonpareil one creator

*October 29, 2014*

### **I know I was wrong**

Look into my eyes  
And into these remorseful tears  
For each drop begs your forgiveness  
I don't only want to weep for my sorry state  
Or rub my eyes from heartache  
I just want to show you worse  
I know I have displayed thousand signs  
And least of which are tears  
Pain, frail and failing body  
Yet I haven't reached the point  
To heel the sadness I have caused  
But I will try harder to show you  
The reality that lies within me

*2003*

### **Drops of Paradise**

It started raining  
My body temperature was dropping  
And I started imagining things  
I ran outside into the dark  
Enjoying the shower of rain  
I imagined it wash away each pain  
And I gained pleasure breathing into the quiet world  
I felt brave enough to stand by my own with nothing to hold  
My heart felt clear and empty  
Like a new born baby  
Inside the unsolved sound of the rain  
I voiced into each breath of my emotion  
And felt the last taste of passion  
I used each energy to keep my concentration  
Suddenly I run back and felt a slow breeze pass by me  
Which slowly blew my candle out  
And made me pull my coverture  
To usher my unconscious self to the next dimension.

*June 20, 2003*

### **Life up there**

How can I reach the sky  
Throughout my life it is there so high  
How lucky the birds are  
Though it is too far  
They can play in the clouds  
With no interruption of any crowds  
No traffic no instruction and no hounds  
Someone tell me where to get wings  
So life could teach me the fairy singings  
And make my world full of peaceful gardens  
Up in the sky with no pardons

*July 12, 2002*

### **Playing on what's not ours**

This world looks so big  
When it's not even worth a fig  
People still live concerning tomorrow  
Imbibing every breath they swallow  
When hours are left for the next day  
They speak of their fancy play  
Who knows every one may be standing  
On a dead body that is lying  
Beneath their very soul and body  
What comes within a minute or an hour  
Cannot be answered even by a man with the greatest power  
But we still play on an earth that's not ours.

*July 12, 2002*

### **Proof of no Perfection**

Tonight I saw a strange galaxy  
That has clouded my true fantasy  
Only east part of the sky is shining  
With light ray so dim and depressing  
The stars plotted far apart  
Gives another clue to the speaking art  
Dark cloud covers the other part  
As if angels and satans are given the paint  
To half brighten and half blacken this night  
I stroke my ink to solve the mystery of each  
For this has happened today to teach  
My senses that were meant to do  
But pretended to undo  
The secret power that exacts the fact  
Of realities in front with continuous act  
So now I have clearly written the message  
Each meaning of life has its own passage  
With words of good deed and the bad  
...Now I am so much glad  
Knowing my position in nature  
No matter how beautiful the picture,  
I have honestly given my soul  
But not yet surrendered the core  
For the fear of losing my head above  
And doubt of possessing the real me I will ever have

*June 17, 2003*

### **The sun is always new**

It's a new rising about  
Behind the mountain the sun peeps out  
But it's an unsolved puzzle  
That it's still the same circle  
Rays of light still hold  
The same direction as always told  
The shape of its perfect roundness  
Witnesses the everlasting wholeness  
Even the direction it moves  
Continue playing the same roles  
Though millions of movement underneath  
Keeps on changing the reality beneath  
And send a message for a mere response,  
The sun still answers not  
But rises new as the first thought  
Still refuses to make the first change  
And give an explanation to this unsolved range

*July 12, 2002*

### Beg time 4 century 1

For once I had raised my tone  
 Hoping to plant a meaning  
 In each open heart  
 I didn't need to shape my sentences  
 Or pick the best of words  
 So I voiced peace, love and respect  
 For these have only rested on our lips  
 And dried in our hearts  
 My subtle smile guided these words  
 As they pierced the atmosphere  
 To reach the ears ready to perceive  
 But Alas! I fell on my knees  
 The minute I realized these words  
 Bang on the dry walls  
 Turn back to me  
 And make me swallow it all  
 They were laughing and dancing on the cracked floor  
 While a mother was crying  
 On her son's red wet body  
 To erase this image I turned East  
 Where I saw the sinners with their drunken moods  
 Ashamed to continue staring, I turned West  
 Where life was slaughtered like cattle  
 I begged North to make all go away  
 But I banged on the scene  
 Of the mothers cursing their children  
 And others killing their own ones  
 Time led me to a last chance  
 South, where I opened my eyes slow with fear  
 And found it to be among the worst  
 Women moving naked  
 Husbands chasing other's wives  
 Riches looking down on the poor  
 Religions tied with human philosophy  
 To ignore holy signs as a bee flying by  
 Anger, bearing evil deeds  
 Youngsters, smoking weeds as if pride  
 And some so-called humans  
 Dining for a human flesh  
 Talking the best taste to be an unborn  
 Or a born child's flesh  
 Ow!!! Century one...Ow!!! Youngest of all  
 Bring those truth back to reality  
 Ow time ... Ow worst of all  
 I beg thee until my life  
 Reaches the tip of my tongue

Bless me with miracle  
So I could give all of me  
Only for the world's peace  
And love among mankind  
But yet again, I confess  
I hate technology  
I hate modernization  
And worst of all, I hate time.

*January 14, 2004*

## Clouds of grief

Amidst the cloud of smoke  
 Was I, walking helpless one day  
 Assuming it was the fog  
 Curiosity kept growing in me  
 I led my legs deeper and further inside  
 To play with the spongy thick clouds  
 And feel the waves of my skin  
 But the more the minutes ticked  
 I felt my eyes burning and tears rolling  
 The deeper I went inside  
 Voices hit my ears  
 Voices that disturbed me and snatched my heart  
 Now I felt blinded with open eyes  
 And strength that nearly collapsed  
 I tried to fight out of the blindness  
 But only managed to see blurred images  
 I kept rubbing my eyes with my sleeves  
 And finally gained clear image  
 But Alas!!! I was circled with cries and screams  
 I wanted to believe I was looking at children playing  
 But I was only looking at children dying  
 Frozen and washed with blood  
 I demanded my senses to show me  
 Children playing hide and seek  
 Mothers with their sparkling smiles  
 But still, reality was insisting on facts  
 Mothers were crying and screaming on bodies  
 Little bodies cold and dipped in blood  
 Men were confused and with tears of agony  
 At the scene of their son's and daughter's ripped bodies  
 With bombs thrown through religious conflicts  
 And at a corner was a boy  
 Crying for his mom and dad  
 Shaking their bodies to wake up and hold him  
 But they were still for so long  
 It is beyond the boy's knowledge  
 What death is and so kept talking to the bodies  
 Demanding reply with cries and horror in his eyes  
 I refused to accept the images  
 And started carving my own image  
 A peaceful city filled with kindness  
 With Christians, Jews and Muslims  
 Greeting each other with smiles  
 Sharing ideas that solved problems and changed lives  
 My head gripped me hard and ruled my senses  
 Pulling me back to what was in front of me

I couldn't help looking at all those inhuman acts  
Everything was heavier than what I could shoulder  
My body started trembling  
As if my nerves were getting detached from my body  
My tears kept streaming  
Without knowing it I was also screaming out of grief  
My heart nearly broke out my ribs  
With the beats that sounded like the bombs  
I felt my head so heavy and painful  
And fall down my knees sobbing  
The entire scene that was displayed in front of me  
Were the most indescribable torture  
I wished a bullet could target me and silence me  
For I could take no more of what my eyes were giving.

*January 17, 2008*

### **Tricking Echoes**

Glimpse of the burning sun  
Above the inhumanity of humans  
Reveals the evil haunted world  
And life of the beastly warriors  
Filled with fear of discovery  
From the heroes of antiquity  
For they had passed their weapons  
... The sword of heroism  
To the cannibalistic beings  
How shameful they would be  
If only they had known the present sins  
Demanding immortality over their mortal life  
Through bloodsheds of children and family  
Innocents are blinded by diamond glasses  
And fed poison by those killers  
Even the echoes are tricking people  
The cruel and deadly words reflected  
Bring back the kind voices admired  
So what strength is left from nature  
To wake the hero's sculpture  
And brighten the world's future

*March 19, 2003*



### **Playing Deaf Dumb and Blind**

Is it not the whole crafted you  
Submitting your will to the supreme must it be ?  
Or do ye think like the foolish  
Making reservations of deeds for you and the very means of your existence  
So you be a loose donkey at dawn  
And convert to a seemingly humble submitter  
When dusk swallows the sun  
Or you be the one that picked vice versa  
Could you also be the other fool ?  
Dividing your own body  
Your appearance for you and limbs for another  
The tongue for manipulation and power to build ego ?  
But the very thoughts and shortened so-called prayers  
That surely has no value beyond your lips  
For your creator with infinite mercy  
Or could you be the worst ?  
The educated illiterate with a stubborn idiocy  
Refusing the recognition of your almighty  
When proof is staring right at you  
Like an arrow tip heading for its target  
But nay you took the option of ignoring or purposefully denying  
Facts embracing you here, there and everywhere  
Why not poke or sting thyself with some sense  
Before the inevitable death created with you  
In the other corner of your circle  
Takes its turn to grab thee and throw thee  
Into the promised inferno

*September 2016*

### **The better human**

Once I thought I was being childish  
When promises broken hastily pulled my tears  
I was even told I was stubborn  
To have clear memory of what was uttered  
When I insisted the uttered should be fulfilled  
When I echoed the past voice I witnessed  
But how beautiful it is a child's mind  
Printing promises eager to be fulfilled  
And expressing pain when broken and denied  
Is it not being a little better human  
To confront lies trying to deceive  
And break tears for the promises shattered

*May 22, 2014*

