

THE NOISE OF RESTLESSNESS

By Narinder Bhangu

The noise of restlessness in me
and outside.....
contrasted with
the rhythm of "The Ganges"
flowing down the centuries
perhaps before that
its perpetual system
of cleansing
of all the rubbish and dirt
that I carried down
the generations
Yet the Holy River
stayed so
And I, the nincompoop
play a foul game
in an effort to prove
my fame
without any shame....
But the freshness
at its banks,
the reflection of the Sun
competing above,
lifted me up
in the cool breeze
making me a young bud

yet to be sprouted
from its fertile soil
across the plains
of India

Bio

Narinder Bhangu is the Former lecturer (English) and presently based in Canada as health professional. He is the motivational speaker, Resource person and career counselor. He conducts seminars on personality development, communication and soft skills.

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