



[www.visionsofthecity.com](http://www.visionsofthecity.com)

## BANGKOK/HANOI

Joy Magezis

### BANGKOK

Golden Buddha splendour  
resonating with Thai Chants  
I join in vibration  
at home in foreign land

Suddenly in majority  
of black haired Buddhists  
I find deep peace  
sitting on Temple floor

Bangkok towers sprawl  
between dilapidated homes  
Posh Air Con Malls  
and Humid Market Stalls

Pollution blocks the sun  
Skywalks above teeming masses  
King powered nation  
Skytrain speeds on

Such friendly smiles  
We all bow with ease  
Buddhist well wish  
and Capitalist drive

River bustling artery  
boat called by whistle  
longtail, pirate, tour  
express boat that stops

We jump on  
crowded with mix  
Monks, shoppers, tourists  
Thai, foreign together

Lunch at water's edge  
I can say 'not hot'  
Anabel and I share  
synchronicities in our lives

Bargaining at bazaar  
Dad would be proud  
Thai silk beauty  
in parents' gift to meHANOI

## HANOI

Hanoi bustle  
Learnt to cross street  
Focus and trust  
walk slowly forward

Walking meditation  
on Hanoi streets  
silent solidity  
in midst of buzz

Motor bikes zoom  
everyone sells  
food, fruits, all goods  
we breathe by

Down to the lake  
along the path  
Traffic whizzes  
Water softly ripples

I choose the lake  
Green growth  
Pagoda centre  
Being the beauty

Joy Magezis travelled to Hanoi as a member of the official delegation of Zen Master, author and peace activist Thich Nhat Hanh. His return to Vietnam after 39 years of exile was a moving experience, which she recorded in a series of poems in her new book, *The Universe for Breakfast* - [www.universeforbreakfast.co.uk](http://www.universeforbreakfast.co.uk)

Joy worked for many years as a college lecturer. Her introductory book on women's studies has been published internationally. She now works as a Reiki Master teacher and practitioner. - [www.reikjoy.co.uk](http://www.reikjoy.co.uk)

