

## **Jonel Abellanosa -- Two Poems**

### **Mystery**

I've learned to exit the body  
without the cough syrup,  
without the intravenous opioid  
decades ago I used to fuel  
my flights to the unknown.

I've learned to slow my heart,  
quiet breathing as I reenter  
my mind's deep space, letting will  
power carry me, weightless.  
Emerald light through trees  
makes me its paper and calligraphy.

### **Sacrament**

Watching the Notre-Dame de Paris  
yield to fire, I remember renewal.  
I see the future, in the fire's center,  
forged. The divine recreating the heart's  
sacred glow. A remedy to sadness  
to imagine myself between altar  
and choral voices flowing like water.  
Drench my spirit in healing. I see  
the ceiling, about to surrender to gravity.  
A birdless dome, as if they flew away  
never to be seen again the moment  
I desired to be reborn.

**Jonel Abellanosa** lives in Cebu City, the Philippines. He is a nature lover, an environmental advocate, and loves all animals particularly dogs. His poetry and fiction have appeared in hundreds of literary journals and anthologies, including *Windhover*, *The Lyric*, *Loch Raven Review*, *Star\*Line*, *Poetry Kanto* and *The Anglican Theological Review*. His poetry collections include, *Meditations* (Alien Buddha Press), Songs from

My Mind's Tree and *Multiverse* (Clare Songbirds Publishing House), *50 Acrostic Poems* (Cyberwit, India), *In the Donald's Time* (Poetic Justice Books and Art), and his speculative poetry collection, *Pan's Saxophone* (Weasel Press). He loves to self-study the sciences.