



*Shades and... Shots*

Brinda Runghsawmee

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and ...  
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Melania Król

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Audrey Poussin-Clain

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I thank the God of the Bible from the bottom of my heart for the magnificent nature and universe He has designed to heal humankind.

# *Foreword*

This book is divided into two parts. The first one speaks about the beauty of nature in its magnificent simplicity. The Great Artist God has created it for our soul to exalt Him as He is our Maker. His Nature satiates the deepest hunger and perfection is attained when the sinful soul meets salvation in Christ.

The second part pierces the horrors of war and its devastation to the body, soul, heart and mind. Women, girls and children are abused and used as weapons of war. This book is dedicated to them.

*Brinda*

# *Healing*

A dog barking  
Birds making music  
A finer tune somewhere

A car disturbing  
Gathering clouds  
Almost drying clothes  
Breathing on the line

Another car disturbing  
A finer tune somewhere  
Sunshine breaking through  
The line of clothes  
And much more

It is LIFE  
To the Abused

# *Dreaming the nation*

The high waves swallowed up  
Skyscrapers and mansions  
Tin shacks and the horror of concrete

The anguished city trees  
Were pleased to die  
As the sky-scraping waves  
Gulped them down.

Then came morning  
As survivors caught a glimpse  
Of Mauritius  
In ancient splendour!

The mountains  
Sparkled with the dew  
Of new life.

Ancient trees spread  
Their luxuriance  
To intoxicate the survivors!

They had lost  
Kin, wealth, prestige.  
They became  
A family of humans.

Time lapsed  
As the song of the cicada.

Their rags  
Did not bother them.  
Their hearts sought  
The many voices of nature  
And the sea gem  
Who was friend and foe.



But they were content  
Because they sought  
The dew  
The paille en queue  
The wood fragrance  
And the delicacy of flowers.

They ate  
Forest fruits and nuts  
To the virtuosity of bills,  
Grilled fish  
Cooked on a beach fire  
With fingers,  
Contemplating sundown.

The sky was their roof  
The trees their shade.  
And they felt the Hand of Eternity  
In their clustered souls.