



THE HEART OF A TRUE-BLOODED FILIPINO

by: **Marlita V. Madera, LPT, PhD, PD-TQM, FRIEdr, FRIM**

Respect - the cornerstone of Filipino grace,

In every Filipino heart, it finds its place.

"Po" and "opo" they softly speak,

A love for elders, gentle and unique.

"Nanay," "tatay," "ate," and "kuya," so dear,

Family ties and respect are always there.

Cherished endearments, tender and sweet,

In every Filipino home, they manifest.

"Mabuhay!" and "salamat" warm our hearts,

Hospitality and warmth, a true Filipino art.

Festive foods and the grand celebrations,

Adobo, sinigang, lechon –culinary sensations.

The spirit of "bayanihan" gleams with light,

Community strength in every shared fight.

Resilient hearts with a hopeful spark,

Facing challenges, they leave a mark.

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"Pasalubong" speaks of thoughtful care,
Love from afar, showing we're there.
Family's the anchor, motivation's source,
Waiting for loved ones, homeward course.

The Filipino spirit, strong and bright,
Smiles through hardships with a steady light.
Grateful for blessings, big or small,
Toils with passion, chasing dreams through it all.

In the Filipino's heart, a profound "panalangin" beats,
A deep bond with God, where faith and hope meet.
A spiritual core, deeply rooted and strong,
In every Juan, it shines, a resounding song.

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