

*Soul-Soothing
Poetry*

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*For those who illuminate my soul
across the seasons*

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INTRODUCTION:

On the Healing Power of Poetry

Dear Readers,

Poetry can display life-affirming qualities. Furthermore, the very same light which animates the souls of seasoned travelers and artists alike may well sparkle in the lyrical realm of literature. In fact, as poems traverse vast and contrasting territories, their deft strokes, sketches and vivid imagery can capture scenes of human and natural splendor, celebrating bliss and beauty along the way.

Yet there is more to poetry than meets the eye. Myriad aspects of life are woven into its fabric. Apart from addressing a wide array of matters concerning our troubled world, poetry can parse the language of the soul.

It is hard to deny that crafting these humble verses has been a source of cathartic delight to me. Yet I would love this singular garden of mine to be yours as well. Simply said, it is my sincere intention to infuse your souls with the soothing serenity my words attempt to convey.

Why focus on serenity? Oftentimes, we need to take a respite from our scathing exposure to the open wounds of the world. Needless to say, adverse personal circumstances can also take a toll on the substance of the soul. Without a peaceful state of mind, we cannot possibly find the clarity of thought and purpose required to face the darkness in its vast depth and breadth.

May my verses fill your hearts with hope, happiness and a profound desire to make every moment matter in our quest for harmony with ourselves and the world around us.

Sincerely,

María Alejandra Benavent

Sailing Out to Sea

*Trying in vain
to fill and empty page,*

*seeking in vain
to conquer beauty,*

*I found myself
sailing a sea
of sheer inconsistency.*

*I could hardly give expression
to a haphazard bundle
of muddled thoughts and digressions*

*until I fell
into The Arms of Nature.*



How to Meet Your Muse

*If bereft of inspiration,
let your steps take you
to the sources of elation
Life lays bare*

*as you behold and enfold
the sacred soul
of natural spaces.*

*I mean those places
brimming with dawning daylight*

*and daring dreams unfurling
like roses in spring.*

*Why dwell on the ominous?
Why dwell on chances missed?*

*Singular moments afford
boundless bliss to the soul.*

*Savor the scented sweetness
the present can hold.*

Soothing Solitude

*Soothing solitude
can nurture
promise and possibility,*

*for its language is in love
with the flame of creativity*

*and its spirit can hold
the thrill of untraveled roads.*

*Soothing solitude
can spawn
powerful ideas
eager to break their shell*

*to share
their well of wonders
with the world.*

Lifelines

*They linger on
within the deepest confines
of my melancholy soul*

*until joyous birdsong,
the whispers of the early morning breeze,
the sounds of a whirlwind of whimsical autumn leaves*

*entice the tangled string
to unfurl*

*in tune with the dictates of the mind,
in harmony with the sentimental hues*

*flowing unbridled
every time my senses surrender
to The Natural World.*

Lifelong Learning

*Every creature
awakes to Life*

*eager to enfold
Nature's warmth and wisdom.*

*Every human being
awakes to Life*

*learning
and seeking to thrive
on the lessons of experience.*

*Being endowed
with a spiritual dimension,*

*every human being
should ensure*

*that good intentions materialize
and serve the common good.*

*Being endowed
with a spiritual space,*

*humans should hone
the inward gaze.*

*Simply because
a measure of self-knowledge*

*optimizes the art of living,
opening windows into the world.*

*Into its gaping wounds
and spellbinding wonders.*

Silver Linings

I

*Life is laced
with bliss and heartache,
light and longing.*

*You might say that fate
can take its toll of tears.*

*Still,
it remains clear*

*that setbacks can be tackled
with confidence and courage,*

*for there is no obstacle
larger than Life's immeasurable paths
and possibilities.*

II

*There is a mystical dimension
where mind and soul commingle:*

*fertile ground
where will and stamina take root
and evolve into riveting action.*

III

*Life is laced with silver linings
and scenes of sacred gardens
pregnant with perennial promise.*

What Nurtures Me?

*Family, friends,
Nature, poetry.*

*I want my verses
to become vessels*

*poised to transport the world
which is welded to the fabric of my soul.*

You may wonder why...

*Because there is space galore
in this inner world of mine*

*to embrace virtue and beauty;
to expose greed and cruelty;*

*to elicit compassion
and encourage transformative action.*

*May my verses
amplify voices*

*and turn single steps
into multiple cohesive choices
which pave the way for peace.*

Finding a Sense of Kinship

*There is a bridge
spanning kindred spirits.*

*Is it just the gift
we call friendship,
romantic love*

*or perhaps
plain mutual understanding?*

God Knows.

*My humble experience seems to show
a solid sense of kinship can also be found*

*in the spiritual temple Nature affords
to those willing to explore
the divine substance of the soul.*