

EMOTIONAL HEALING

An Editorial from Poets of the New OM

By Marina Phillips (Wolf Willow)

Just as a rose by any other name would smell as sweet, a poem by any other name would heal just as well. Whether it's a sonnet, ballad, ode or haiku, poetry has the power to heal deep, unseen wounds.

Writing a poem purges the soul in a way that no other occupation does. It reaches deep into the writer and lays bare the innermost feelings residing there. These are the feelings of humanity, the emotions that illuminate our passions, and our sorrows.

To understand where the thoughts of humanity have strayed over the historical centuries, one need only look to the poetry of the time. Each era has its own styles and focuses. Each poet throughout history has been a representative of his or her peers; a scribe of emotions in the time and place in which they lived, worked, loved, and wrote.

The realm of poetry is a Universal consciousness; an ethereal world, teeming with every emotion ever felt by anyone, anywhere, anywhen! We have only to open a book, or pick up a pen to step into the wholeness we are. Cultivating the sure knowledge of our divine beingness, and remembering our original state of oneness is the only, truest, emotional healing we'll ever need.

For the true gift of any poem is that ultimately, it reminds us powerfully of our ONENESS with all!

One by one, each and every poet sheds light on their once-private feelings and emotions. Realizing that so many actually share them, it becomes fully apparent that nobody is ever nearly as alone as they feel!

Inasmuch as a poet is healed in the expressing of emotions, so a reader may also be healed in the reading of them. The poet is able to draw the reader outside themselves into a place where no one can ever be alone.

Namaste!