

Volume 1, Issue 1 Fall 2024

ESWP

LITERARY MAGAZINE

POETS'
LOUNGE

5

MUST READ BOOKS

INTERVIEW WITH
INTUITIVE WELLBEING EDUCATOR

**REV JOSLYN
Farray Pierre**

WELLNESS
EDITION

POETRY
VISUAL ART

CULTURAL
VOICES OF
GRENADA

Empowerment Thru Spoken Word Poetry



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Editor's Note



Welcome to this edition of our literary magazine, dedicated to the exploration of wellness in its many forms. In a world that often feels overwhelming, we invite you to pause, reflect, and immerse yourself in the thoughtful pieces curated within these pages. From articles that share transformative journeys to poetry that captures the essence of self-care and wellness, our contributors have poured their hearts into these works to inspire and uplift. We hope you find solace, insight, and a deeper connection to your own wellness journey through the diverse voices and perspectives presented here. Thank you for joining us on this path towards wellness and growth. Happy reading!

This Issue

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Cultural Voices of Grenada
Articles on the benefits of Art Therapy, Reading
Fiction and Writing
Poems, Art and Poetic Devices
5 Must Read Books
and more...

ESWP MAGAZINE

Michëlle Brown
Editor-in-Chief



Insights & Inspirations

With

Anita C. Powell, Msc.D., Dr. (h.c)

Founder/Visionary

ESWP & TAPN2U Movement LLC

THE PATH TO WHOLENESS: SELF AWARENESS ~ HOLISTIC WELLNESS & WELLBEING

There is a companion to Holistic Wellness and Wellbeing and it is “Self-Awareness”. Since the inception of COVID (this time around) in 2019, many of us have been on a quest to reach a state of homeostasis – experiencing the balance of wellness and wellbeing. This quest may have been initiated in part because all of us were forced to isolate ourselves from much of our outside environment. That stillness made way for many people to develop an interest in delving deeper into themselves. To explore measures of happiness and contentment. We have always been in the pursuit of inner peace and happiness as Matthew Kelly stated in, “The Rhythm of Life”.

HOLISTIC WELLNESS & WELLBEING

So what is Holistic wellness and well-being? It encompasses our mind, body, and soul. As a Metaphysician, my belief is that in order to nurture and nourish mind body, and soul to achieve holistic wholesomeness, we must begin with healing our soul (our emotional state of being). Our soul is much closer to our personality (lower self) than our Spirit (Higher Self). The core to Holistic wellness and well-being is having an awareness of self and soul healing. Organizational/Industrial Psychologist Tasha Eurich reported that 95% of people consider themselves to be self-aware; however, studies conclude globally the percentage of individuals who experience self-awareness is actually 12-15%.

SELF-AWARENESS

Self-awareness is the practice of knowing and understanding the dynamics of intra-self-awareness, inter-self-awareness, behavioral self-awareness, and emotional self-awareness. It is a journey continuum that grows by life experience – challenges (lessons), the highs and lows, the big and the small, the Good and the bad, the beautiful and the ugly, the successes and failures and then awakening to the awareness of the illusion of duality, the contrast just stated is actually within the Universal Law of Polarity; recognizing polarity as one energy. It is having a conscious awareness of our character, values motivations, and desires (intra); our understanding of how we relate, and communicate with others (inter); why and how we react/respond to external stimuli (behavioral) and understanding our triggers (emotional).

The role of self-awareness in Holistic wellness (physical) and well-being (emotional) is multi-dimensional. It identifies the bond of mind, body, and soul, and the wholeness of health will not be achieved without giving attention to these three. This is the reason self-awareness plays a pivotal role in working toward Holistic wellness and well-being, guiding us toward a genuine way of living.

Self-awareness begins with a conscious awareness of our thought and the mind awareness of the vibration that accompanies the content and intent of thought. Thought and vibration outline the parameters of our perceptions and perspectives that are reflected in our external world. This includes our beliefs (those that help and hinder us). Through self-awareness, we are striving toward Holistic wellness and well-being.

OUR BEAUTIFUL BODY

Our body reflects our inner state of being. In fact, as a Metaphysician, I and many others believe our soul speaks to us through our body and that our Centers of Consciousness (Chakra Body) give us clues by way of signs (aches and pains) and symptoms (unseen discomfort – i.e., dis-ease and dis-order){Powell, AC.}. By understanding our bodies, we can properly care for our bodies in a more Holistic fashion, by letting our soul share with us (via our body) what needs healing on an emotional level...that 80%.

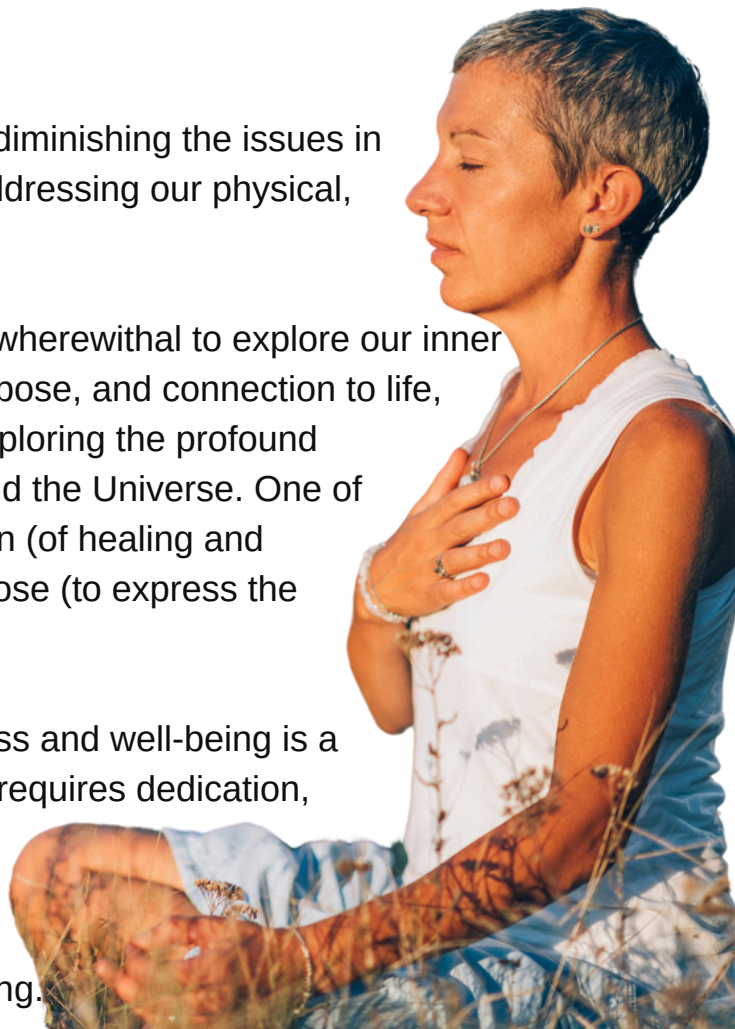


SOUL AWARENESS

Soul healing is putting the well in the cell and diminishing the issues in our tissues (musculoskeletal anatomy). It is addressing our physical, emotional, soulful legitimate needs {Kelly, M.}.

Soul awareness gives us the opportunity and wherewithal to explore our inner being and examine our mission, meaning, purpose, and connection to life, leading us to a more fulfilled life. It involves exploring the profound connection we have with our True Essence and the Universe. One of esoteric wisdom is that our soul is on a mission (of healing and getting closer to Spirit) and our life has a purpose (to express the attributes of Love) {ACIM}.

Cultivating self-awareness and Holistic wellness and well-being is a journey to self-recovery which is ongoing and requires dedication, devotion, and discipline. Some practices and techniques will help us in our quest to deepen our awareness of ourselves and are easy to incorporate within the activities of our daily living.



TIPS, PRACTICES & TECHNIQUES

The following are some techniques and practices that help us achieve a level of fulfillment and experience Holistic wellness and well-being. These tips can be practiced anywhere and anytime:

Primordial Meditation:

This meditation practice centers on calming the mind to connect deeply with the universe's oneness. One method to achieve this state is by softly chanting the primordial sound of OM with each exhale. Another approach is to focus on a candle flame for a few moments until the image of the flame is all that remains in your mind's eye. If you choose the candle technique, light the candle as the hour approaches.

Contemplation:

Focuses on the present moment without judgment. Gently observe your breath, body sensations, and immediate surroundings anywhere from five to twenty minutes (use less or more if necessary).

Diary Writing:

Writing down thoughts, emotions, feelings, and experiences in a diary is a powerful practice for self-reflection and awareness. It allows us to explore our inner world, process emotions, experience feelings, and identify recurring themes or patterns.

Singing:

Brings more melody, rhythm, and harmony to our breath. It is an excellent stay-in-the-moment practice and just feels so good to do. It also strengthens our Vagus Nerve. The nerve that transmits the message to our brain that we are either rigid or relaxed. Singing also raises the measure of our current vibration.

Dancing: Whether standing or sitting, dancing brings oneness to our mind, body, and soul. It too raises our vibrational measure.

Laughing: Food for the soul. What more needs to be said about laughing

CONCLUSION:

The self-awareness journey, Holistic wellness, and well-being is a continuing, lifelong process that leads to enhanced wholeness, balance, peace, and fulfillment. By nurturing self-awareness in a Holistic manner, we gain a deeper understanding of ourselves, greater knowledge of our mind and bodies, and awareness of our soul's healing needs. Holistic wellness and wellbeing is not a place we strive to arrive, it is a way of life honoring the bond of our mind, body, and soul. It invites us to navigate through the powerful dynamics of who we are – human and Divine, imperfect, and perfect. This navigation ultimately leads us to experience more than not, a sense of peace, acceptance, assurance, and awareness as we continue on our journey of Self Recovery.

Remember, the journey and self-recovery are Beautiful...so are You. Learn to trust, be aware, and TAPN2U! I hope this article serves you well for many years to come. Blessings Peace & Love*Anita

ACIM: A Course in Miracles

Kelly, M.: Matthew Kelly “The Rhythm of Life”

Powell, A.C.: YOU – Your Own Universe



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Anita is a Mom and Grandmom,
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#jointthemovement #spreadtheword
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Anita's love is helping others deepen
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Anita continues to mentor &
volunteer her time, talent, and
treasure within our global
community. She and her family
successfully completed a fundraising
campaign. The Mission accomplished
and a school was constructed in the
Burkina Faso (Kondui B) community,
West Africa.



Anita C. Powell, Msc.D., Dr.(h.c)

Anita began an initiative and is
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#TAPN2U Brand Ambassador
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WRITING AS A TOOL FOR WELLBEING AND SELF-CARE

By Hanlie Robbertse

Ever since man started to write, it has been used to tell stories and to communicate. However, in recent years, writing has emerged as a great instrument in practicing self-care and improving the overall wellbeing of people that use it in this way.

One may wonder how writing can be used as a tool for wellbeing and self-care, and there are various ways to achieve this. Let's look at a few options.

Journaling

Using writing to journal about your experiences and emotions is a wonderful way to process your life experiences. In an increasingly digital world where there often is disconnect, sitting down to write can help you connect to your own self again and

help you to process difficult situations.

If it is hard to start by yourself, you can look for a guided journal prompt or book that can help you better manage your emotions and life.

Free Flow Writing

Free writing is another tool you can use to look after your wellbeing. With free writing, you sit down for, say, five minutes and write without thinking. It is best to do this first thing in the morning when your brain is not processing too much information yet. If it is difficult to start, you can start by writing, “I don’t know what to write.” You can repeat that until things start to flow. Trust yourself to let words flow—even if they don’t make sense.

Free flow writing can be intimidating because we think that we must be productive and make sense when we write, but this exercise helps to fire up your brain and remove things that may be blocking you. In the beginning, it may be hard, but if you commit to doing this every day, you will be amazed at what transformation will occur in your life.

Sensory Writing

Engaging our senses and using them to write is another way to use writing as a tool for wellbeing. If you struggle with anxiety, for instance, you can write about it using the five senses. You can describe how it feels, looks, smells, tastes, and sounds. By combining the senses and writing, you can then fully embody the whole experience, and you may find afterwards that you feel better about your feelings.



Sensory writing is a great way to verbalize difficult emotions in a practical way and move them out of our bodies and process them.

Poetry and Prose

You don’t need to be able to rhyme to write poetry. In fact, there are many poets that write free verse and are able to transpose beautiful messages through their writing. Poetry and prose are creative tools you can also use to write about experiences and emotions in a way that can help you release them.

If you are stuck or don’t know what to write about, you can look up prompts and write from your heart, or find something that inspires you. If you want to work through a

difficult situation, you can again write a poem or some prose about it.

When you write about your experiences in a creative way, you will find that your mind is clearer and you feel calmer when you are done.

Memoir Writing

A tool that has become popular for improving wellbeing but also to tell a story is memoir writing. While writing a whole book about one's lived experiences can be daunting, it is transformative and healing to write a story that, though painful, contains wisdom and inspiration for others to learn from.



Writing a memoir is a great way to use writing as a tool to improve your wellbeing and learn more about self-care and self-love. You merely need to pick up the pen to write, and if you need help, you find a story coach or book coach to help you through the process.

Writing as a self-care tool

As can be seen from the above, writing can serve as an amazing tool to help anyone with their self-care practice and to improve their wellbeing. If you are curious to explore this option, find someone that works in this realm and see for yourself the benefits of using writing as a way to improve your wellbeing.



Hanlie Robbertse is the owner of Alchemy of Words (Pty)Ltd. She is a writer, author, and storyteller from South Africa. As a teacher at heart, she has a passion to help change the stories we tell ourselves into transformative, powerful ones that can help the world for the better. She supports equality of all, and feel that we are stronger together, than when we are divided.

She has been published in several international anthologies that speak about important topics like mental health, abuse, and discrimination. She is also the South African ambassador for Empowerment Thru Spoken Word Poetry (ESWP) and is proud to be an advocate for the voiceless. She supports collaborative movements, and belief that together we can rise.

You can find out more about her here:

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EXCLUSIVE
INTERVIEW

With

*Intuitive Wellbeing Educator
Rev. Joslyn Farray Pierre*

REVEREND JOSLYN



“I plunged into becoming The Intuitive Well-Being Educator after many restless encounters with myself, immersing myself in nature and the nudging of the Holy Spirit.”

Reverend Joslyn Farray Pierre, The Intuitive Wellbeing Educator is a diligent, dynamic, warm-hearted, and poise visionary; with a passion for supporting individuals of diverse backgrounds and various authority levels. She is an international award-winning public speaker, author of *The Healthy Lifestyle Journey Journal* and co-author of five international selling books. Her work as an Educator and Administrator, within the Caribbean spans over 3 decades in Grenada & Trinidad and Tobago. She is a mom and an Ambassador of Peace, Health, Wellness and Wellbeing to several international NGOs and a Grenada Published Authors’ Inc member.

As a Self-Empowerment & Self-Care Specialist, Ordained Minister, Integrative Nutrition Health Coach and CEO of Intuitive Wellbeing Institute, she teaches, facilitates workshops, conferences, coaching sessions and retreats for women, youths, leadership teams and interest groups through her ***Nutrition Education, Spiritual Enrichment, Self-Empowerment and Self-Care Programs.***

FARRAY PIERRE



Her mission is to inspire transformation by helping women create their personalized sacred space for self-care to own their power, heal trauma and live a healthy lifestyle of wholeness.

When did you discover that you wanted to become an Intuitive Well-being Educator?

I would like to preface my statement by saying I felt led into this career path all my life, starting with the observation and teachings of my great grandma, and everything I did over the years both professionally and personally led up to this calling as an Intuitive Well-Being Educator from my former profession as a High School Teacher and a Health and Wellness Personnel in our community and local media, dating right back to my college days in writing for our school magazine and hosting the nutrition segment in our radio program to my leadership roles in spiritual matters in and out of organized religion.

According to the Legendary and International speaker Les Brown, I was "hungry". My appetite for health, wellness, and spiritual things was insatiable. I plunged into becoming The Intuitive Well-Being Educator after many restless encounters with myself, immersing myself in nature and the nudging of the Holy Spirit. Seeing the world being in such a vulnerable place, the lack of self-awareness, the unhealthy processed and chemical-laden foods, the increasing chronic stress that the majority of our population is facing resulting in an increase of disease, chronic pain, and mental unease. After having successfully practiced what I taught over the years and as a Certified Integrated Nutrition Health Coach overcoming many adversities in life from the death of my beloved six-year-old son, divorce, business failures, and more I was honored to be blessed with a full scholarship to dive deep into



Spiritual Psychology to a doctoral degree which I am still pursuing in Conscious Centered Living and Ordained as a Minister. My heart continually longs to help people own their power, release their full potential, and figure out what foods and lifestyle behaviors work best for them in reshaping the way they think about their health and well-being starting with learning to listen and trust their inner being.

What made you decide to write *The Healthy Lifestyle Journey*?

The Healthy Lifestyle Journey came from one of my rock bottom moments and the simple things I did to keep me motivated, and inspired to maintain my state of well-being. Embracing joy, peace, and radiant health when I felt circumstances were not favorable for me. I documented these simple steps and thought I'd share them so they can help someone as they transition to a better version of themselves, no matter what the circumstances look like in their life.

Tell us about your Nutrition Education, Spiritual Enrichment, Self-empowerment, and Self-Care Programs.

I get excited when I get to share how I help people address all facets of their health and well-being by taking a holistic approach to developing healthier behaviors to make them feel their best through teaching, counseling, and coaching. All our programs are geared to focus on providing support in the following:

- to develop and implement sustainable diet and lifestyle changes, whether the goal is losing weight, improving digestion, reducing stress, boosting energy, or eating plant-based meals
- help women regain or maintain their confidence during career transition, release old stories, start self-prioritizing, and learn new ways to own their power and affirm their self-worth



- offer solace for the bereaved
- reprogramming their mind to overcome financial challenges
- to provide tools for chronic stress relief to prevent or relieve symptoms such as headaches, elevated blood pressure, chest pain, and problems with sleeping.
- relationship support,(romantic, professional, spiritual)home blessings, the performance of marriages, divorce, and other non-denominational ceremonies.

How do you help heal the trauma of some concerned women?

In this work, the amazing women get the opportunity to take responsibility for their healing. as they are the only person in their entire life who truly knows what they need. I get the honor of holding space for them as they uncover or sort through their thoughts,

decisions, and past experiences which are often difficult to bring to their consciousness. they get to implement proven strategies. that will help them to make changes to give themselves the life they always wanted.

What do you think is the best approach to help women who are struggling to empower themselves and be of service to the community?

The best approach is self-care. Helping women to slow down and take time to show themselves love. Self-care is about focusing on their energy and reminding them to live in the current moment. Self-care can help one to become more productive. Women who often take just a few moments for themselves can quickly re-center and re-prioritize their energy. Creating opportunities for women from every strata of life to have a regular self-care program/routine

serves to reduce stress, which in turn improves overall health, boosts one immune system, improves self-compassion, and allows you to give more to others, therefore helping them to be of effective service in the community and with a wonderful feeling of being empowered.

How has being an ESWP Ambassador affected your life?

ESWP is my lifeline. It is one of the organizations that not only allows me to serve humanity with authenticity and a sense of pride and gratitude but it allows me to take care of my health and well-being through the program's plans, the amazing energy, and the camaraderie fostered by the leadership team and its members. My involvement with ESWP as the global ambassador has helped me harness my speaking and writing skills,

through the many opportunities provided on the global platform. My connection with ESWP has contributed greatly to my personal development and if I had to describe how being an ambassador affected my life in one sentence I would say "ESWP has helped me to discover what makes me feel happy, abundant, and whole."

Tell us about your upcoming projects

The upcoming projects are the relaunching of two special projects that are created so people can have a deep and meaningful relationship with themselves :

1. The Self-Empowerment Program "Own Your Power"- is a program designed to help women experience a deep transformation to reclaim their power, release old stories and trauma, and live their best life beginning in 21 days.





“My heart continually longs to help people own their power, release their full potential, and figure out what foods and lifestyle behaviors work best for them..”

2. The Sacred Self-Care Chakra Program helps one to gain a better understanding of their energy body. Learn how to balance and align themselves find peace with the world around them, become healthier, happier, and more confident in who they are as a person, and at the same time nourish their body with clean wholesome food. Both programs can be found on my Website- www.revjoslyn.com

3. Our Special Self-Care Moon Mood Meditation in our Facebook Private group. A project treat is they can subscribe to the Life Coaching Newsletter. <https://revjoslyn.iinhealthcoaching.co/LCN0001> or my Educational Self-Care email series <https://revjoslyn.iinhealthcoaching.co/SES0002>

Interviewed by
Elizabeth Esguerra Castillo



FESTIVAL, CUISINE,
MUSIC, DANCE, ARTS

Cultural Voices of

GRE^NNADA



Come take a journey with us as Rev. Joslyn Farray Pierre takes us into the Culture of Grenada.





St. George
capital city of Grenada

Grenada is known for its vibrant festivals, such as Carnival and Spice Mas. Can you describe your favorite festival and what it represents for the community?

Our festival is an absolute delight to attend. The joy, cultural pride, togetherness and freedom we share from these events are spectacular and a must to experience. I have so much fond memories of these celebrations and those in recent times I've been privy to attend and be a part of. I have many favorites, that's it's impossible not to briefly make mention of a few, from our renowned and ultimate spiciest celebration of our amazing Carnival of approximately 10 days or more of cultural events from Steelband music, pageantry, parades, singing competition, great food and some of the best award winning rums in the world and not to forget Jouvert , our Jab - Jab village, which as a little girl I first heard my mom and her friends speaking about it as "devil mass" which depicts the celebration of our ancestors freedom and the way they mocked the slaves owners, just to name a few. Quick mention of our drum festival and our beloveth sister isle

Carriacou Big drum or Maroon festival, this drumming festival is deeply rooted in our history and its focus is to help us remember our lineage and to pay respect to our ancestors.

However my most significant celebration is our Grenada Independence Celebration of which we just celebrated our 50th anniversary. This festival in my opinion is the one that generate the most amazing unforgettable experience. It brings out the true and most authentic spirit of our Grenadian people, a





Grand Anse Bay, Grenada

culture grounded in love, harmony, humility, honesty and peace. This is one of the major event, no matter what is going on or which political party is governing at the moment you can guarantee full support in the celebration, even when they may be angry and pledge they will not support, they will turn out celebrating in one form or another, be it celebrating with our traditional foods, rum, calypso or independence colors. One may say well every country celebrates their independence, and oh, yes that's true, however, our's is different, it is the heart of gold we exhibit with what we were blessed with as a nation, it goes beyond the flamboyant festive garment, the school's independent treats or the traditional Independence calypso competition and other friendly competition.

What comes out is the light of our Grenadian people the fiercesense of pride and the spirit of hospitality that stands without wavering throughout the festivity. This year we had an extensive,

brilliant, historical and one of a kind stunning celebration heralding our people at home, in the diaspora and representative from all around the world. Our theme, "One People, One Journey, One Future," coupled with our celebratory theme song 'Grenada 50 – Up From Here' pave the way for an array of activities from each parish hosting their own beautification drive, Governor General gala to one of my most talked about activity. The Grenadian Village held in the most picturesque and natural captivating harbor in the Caribbean, there we showcased our rich cultural heritage and industry, from the Steelband, parades, big drum dancing and a brilliant display of plaques with information and pictures of all our political leaders and key people from the beginning of Independence to the present. The Village was later extended to our national stadium, hosting our independence day parade, fireworks display and the



Carifta games which we graciously host. Two specific stall which made me beam with a extra bit of pride were our Grenada Published Author’s Inc, it was a joy to see the surprise of some of our Grenadians exclaiming that they were not aware of the many Grenadian authors and genre of books our tiny island had that were available to the public. Greeting, conversing, sharing snippet of our book writing journey, taking pictures of people visiting our “Meet the author stall,” pictures with the colorful and friendly “Moko- jumbies” dancing back and forth in and around the stall and watching my colleagues give autographs is a dream realized and an enraptured moment for me in our festivities. Also watching a fellow colleagues, mingling, giving samples and educating our population on honey and honey bees from our international award winning honey bee was truly an ecstatic moment and a highlight.



Grenadian cuisine is rich and diverse, featuring local spices and ingredients. What are some traditional dishes that are a must-try for someone visiting Grenada, and how do they reflect the island's culture?

“oo lala” I am licking my lips as I think about this one dish in particular and if you know anything about Pure Grenada and food, you would know as we so fondly like to say “We , bad for we Oil- Down” or “we nah make joke with we Oil down”

Oil-Down is our country’s national dish it is a hearty one-pot meal made with breadfruit, salt-meat (often pigtail), chicken, callaloo/dasheen leaves, dumplings and any other assortment of our Caribbean ground provision. These ingredients are creatively arranged in a pot and simmered in coconut milk and a heady aromatic flavors of herbs and spices (curry and turmeric are two of the main spices often use). This dish represents the connectedness of our people, our customs and traditions.

Some other must-try are:

Callaloo soup-It is made from the leaves of the dasheen plants,, along with other ingredients like okra, coconut milk, ground provision and spices, this soup is a traditional staple in homes and it showcases the island’s fresh produce and the influence of our African cooking heritage.

Fried Fish- A variety of freshly caught fish seasoned with our local herbs and spices, fried and prepared with delicious sauces .

Curry Crab and Dumplings- This dish combines fresh crab cooked in a rich curry sauce, served with either fluffy or firm knead dumplings. It showcases our spices and rich island lifestyle.

Breadfruit-It is a versatile fruit often roasted, fried or made into chips

Roti- This dish is influenced by the Indian cuisine and it is a popular street food. It consists of a ‘roti dough’ or flat bread filled with curried meat and /or vegetables.

Black Cake- Our traditional fruitcake made with dried fruits soaked in local rum and wine, it is often prepared and served during the holidays and special occasions. It’s a blend of our island’s British colonial past and our Caribbean people’s love for rich and spicy foods, including spiced desserts

I cannot share about our Grenada cuisine and not share about this aromatic and highly talked about for its healing properties and that is nutmeg



Black Cake and Callaloo Soup

Nutmeg dishes – We are not only known as Pure Grenada but in our earlier years as “Spice Isle” this was in particular for our large production of nutmeg. Nutmeg is used in various dishes from desserts to drinks and it highlights our agricultural heritage. In addition to our dishes reflecting the diverse cultural.

Music plays a significant role in Grenadian culture, from Calypso to Soca. How do music and dance impact social gatherings and community celebrations in Grenada?



Spice Mas Festival

Music and dance plays an integral part in our culture, deeply influencing our social gatherings and community celebrations. In fact, according to a dear family member of mine, “I am telling you, if there is no music, the party done”, meaning it is certain the gathering would not be very long. Music and dancing impact our lives by:

Cultural identity- music genre like Calypso, Soca and Reggae serves as expressions of our struggles and the way we celebrate our victories. Our musical artists often compose lyrics which brings out the social and political climate of our island, helping to represent the voice of the people and issues affecting them. This serves as a platform for

dialogue and awareness and helps to engage both our leaders and lay persons in initiating positive change, thus fostering a sense of belonging and pride among our communities.

Our events such as carnival, local parties, religious and other festivities bring us together as a people. It helps us to “loosen up,” allowing us to connect and share our experiences thus strengthening our community spirit and social ties.

It helps us to honor and celebrate our heritage – our traditional music, dances and storytelling often



Calypso Music and Dance

accompany our cultural events, such as Independence Celebration, Emancipation Day celebration and other locally organized events truly adds to the tapestry of our Caribbean Lifestyle. Additionally our music festivals and events helps to enhance our economy financially by attracting tourist, which not only provides local interest and enjoyment but it also exposes our local artisans, food vendors and our entire hospitality industry to a wider market.

Grenada has a rich tradition of arts and crafts, including nutmeg and cocoa production. How do local artisans contribute to Grenada's cultural identity, and what crafts are most significant to the island's heritage?

Our local artisans have been making significant contributions to our cultural identity by the many local creative projects they have embark on using our local produce. Two of the most talked about high quality and valued produce are our cocoa (also chocolate) and nutmeg. In fact, we have been historically known for being a powerhouse in having the largest number of nutmeg trees. In recent years our Cocoa has taken a wonderful leap, evident by the increased number of chocolate factories and the now International Chocolate fest which gives one a delicious and delightful experience of everything chocolate from chocolate food, chocolate craft, chocolate liqueur, chocolate skin care



Fry Plantain



St. George Harbor, Grenada

products to meeting the chocolatiers and cocoa farmers and more. It's an amazing infusion of healthy fun and chocolate adventures which not only provides rich, delectable mouthwatering nutrition and raving recreation but it adds to our spice island financial basket. Our nutmeg is known as "Grenada Black Gold," when you see a nutmeg and learn about its uses you will understand the magnificent and majestic value of this superb aromatic spice. The seed is cradled in a rich succulent pod used to make many local jams, jellies, and the world famous and award-winning nutmeg syrup in an elite class all by itself.



I get excited when talking about this aromatic gem, black gold indeed it is, absolutely nothing goes to waste with this spice from the magical sweet-smelling experience of entering a nutmeg plantation, to discovering it's numerous health and preservatives uses. Oh, did I tell you jewelry, no wonder in Pure Grenada we have a local riddle which goes something like this, "The lady in the boat with the red petticoat" what am I? I am trusting you guess right and nutmeg products would be on top of your list as you delved in the rich culture of my Grenadian people.



THE ROLE OF ART THERAPY IN WELLNESS AND MENTAL HEALTH

By Elizabeth Esguerra Castillo

Can engaging in art help in promoting wellness and mental health? Art therapy is a form of therapy where individuals can use creative outlets such as painting, drawing, sculpting, and other artistic mediums to express their emotions and thoughts. It has been shown to have numerous benefits for overall wellness and mental health.

One of the main benefits of art therapy is that it allows individuals to express themselves in a non-verbal way. Sometimes, it can be difficult to put our feelings into words, but through art, we can communicate our emotions and experiences in a visual way. This can be especially helpful for individuals who struggle with communicating their emotions effectively. Another benefit of art therapy is its ability to reduce stress and anxiety levels. Engaging in creative activities can help individuals relax and focus on the present moment, which can be especially helpful for those who struggle with racing thoughts or constant worry. By immersing themselves in the creative process, individuals are able to temporarily step away from their problems and find a sense of peace and calmness.

This can also be an essential tool for enhancing communication and interpersonal skills. Through the creation and sharing of art, individuals are able to express themselves in a way that transcends language barriers and social norms. This can be especially beneficial for individuals who struggle to communicate verbally, as it provides them with an alternative means of self-expression and connection.

Art therapy can also be a great way to reduce stress and anxiety. Engaging in a creative process can be a form of mindfulness, where individuals are fully present in the moment and focused on the task at hand. This can help to quiet the mind and reduce feelings of overwhelm and anxiety.

Furthermore, art therapy can boost self-esteem and confidence. Creating something that is uniquely our own can be a powerful reminder of our own abilities and creativity. It can also provide a sense of accomplishment and pride, which can be especially beneficial for those struggling with low self-esteem.

In addition, art therapy has been shown to improve cognitive function and problem-solving skills. Engaging in artistic activities can help to stimulate the brain and improve cognitive abilities such as memory, concentration, and critical thinking. This can have long-lasting benefits on overall mental wellness.

Overall, art therapy is a valuable tool for promoting wellness and mental health. It provides individuals with a creative outlet to express themselves, reduce stress and anxiety, boost self-esteem, and improve cognitive function. Whether you are a beginner or an experienced artist, art therapy can be a beneficial addition to your wellness routine. Art therapy is a powerful and versatile tool for promoting wellness and mental health. By engaging in creative activities, individuals are able to reduce stress, gain insight into their emotions, build self-esteem, and improve their communication skills. Whether used in conjunction with traditional therapy or as a standalone treatment, art therapy has the potential to bring about positive and transformative changes in the lives of those who engage in it.



Elizabeth Esguerra Castillo is ESWP Philippines Ambassador. She is an International Author/Poet/Visual Artist. She is a Doctor of Literature, Doctor Honoris Causa Recipient and Founder/CEO of Art Heals by Elizabeth Esguerra Castillo.



Health, A Precious Gift

~Author Shahid Abbas

A healthy individual with a sound mind
Can conquer any challenge, leave all else behind
Come what may, they'll find a way to rise
And soar to great heights, touching the sky and
beyond

Health is a precious gift from the Almighty above
A treasure to cherish, a blessing to love
It's a journey to discover oneself, to explore and to
grow
To live a life that's full, to make the most of every
moment's glow

A healthy person can live a thousand lives
Enjoy good food, exercise, and passion that never
dies
Free from sickness and evil, their face will shine so
bright
Like the waves of the ocean, their beauty will never
lose its light

For a healthy individual, age is just a number
Walking a long road feels like a stroll in a chamber
They can run and play, sit and stand
Fitness is their strength, their health is their
grandeur and pride.



POETRY

The Peculiar Peace

"Body, mind, and spirit, aligned as one
Nourished by self-love, the journey's just begun
Wholeness embracing every part
Harmony within, a peaceful heart

Nature's rhythms, a symphony plays
Cycles of life, in balance sway
Breath by breath, calmness unfolds
Serenity's embrace, young and old

Mindful moments, presence takes hold
Thoughts untangled, stories unfold
Emotions flowing like a river wide
Heart's wisdom guiding, side by side

Spirit's spark, a flame that burns bright
Inner light, on darkest nights
Connection to all, we're never alone
Unity's embrace, a sense of home

Holistic wellness, a journey we roam
Integrating all, back to our home
Body, mind, and spirit, as one we stand
Radiant wholeness, in this sacred land"

~Dr. Sanjhna Nayyar

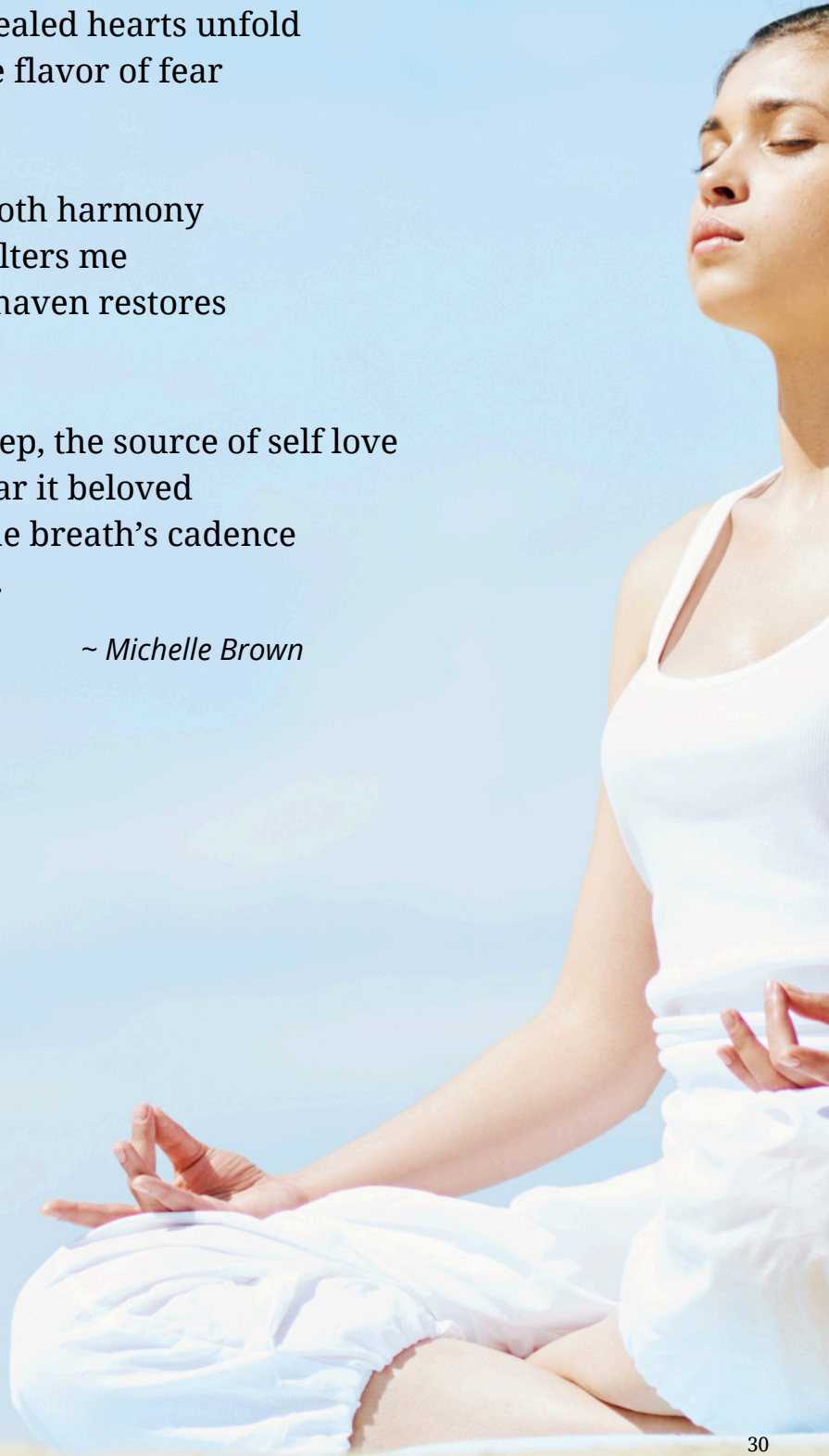
The Healing Breath

Soothing breeze insulate the soul
Warmth of safety healed hearts unfold
Breath, Dislodge the flavor of fear
New taste emerge

Inhale, Exhale, smooth harmony
Infinite rhythm Shelters me
Breath, The sacred haven restores
Journey to peace

Breathe, breathe deep, the source of self love
Spoken wisdom, hear it beloved
Stillness between the breath's cadence
Sing the soul's song.

~ Michelle Brown



Heart Health

It rests in the center
It is a mender
Located under our breast
To the left.
Layers
and a house
for players
named
Love
Bitterness
Guilt
Peace
Forgive &
Unforgiveness.
It can excuse
reasons being abused.
Our lifeline
transitioned
a meet in position
experience
reminisce
holding
Arcane & Esoteric truth.
It beats on the second
Every minute and hour
Striations of rhythmic energy
Resting within 70 or more % water.

~AnitaCaprice



Nature's cradle

My balance is better in nature
Mind, body, spirit
All three seem to be in sync !

The greens, The Browns, The fresh air,
Whispering secrets of nature !

It feels like I am a free bird today,
Gifted with wings by nature !
Rhyming to the songs of breeze,
Echoing everywhere how happy I am today !

What if I am left here,
Forever singing n healing the nature !!

~Shweta Aggarwal

Featured Poets



SHAHID ABBAS

Shahid Abbas is a renowned international author and poet hailing from Kirapla 421 G.B, Tandlianwala, Faisalabad, Pakistan. He has authored the esteemed collection "Words from Nature" and co-authored the acclaimed works "We Speak In Syllables" and "Verses of Meraki". His writings have been featured in numerous international anthologies and esteemed literary platforms, both in print and online. Notably, his works have been translated into ten languages, further solidifying his global literary presence.



DR. SANJHNA NAYARR

Dr. Sanjhna Nayarr, PhD, TND, is the Founder of Safroneya. She is a Social Activist and Teacher. Dr. Sanjhna Nayarr is an Author and Bharatanatyam Artist. She is a Tarot-Numero Counsellor and a member of the Global Peace Partners TAPN2U Movement.



Featured Poets



MICHELLE BROWN

Michelle is the owner of Anger Management Pathways LLC, which provides psychoeducational anger management classes and workshops for court mandated and non-court mandated individuals. She is the Vice President for Empowerment Thru Spoken Word Poetry. Michelle created “Lyrical Healing Experience”, which utilize the art of poetry to help individuals mend and heal. Michelle is an author, and her writings and poetry has appeared in several books, such as Rewrites, Universal Verses and W.O.W Anthologies.



ANITA C. POWELL, MSC.D

Anita is a Mom and Grandmom, Doctor of Metaphysics, Numerical Vibration Practitioner, and Doctor of Philosophy, *Honoris Causa* recipient. She is the Founder of the TAPN2U Movement, LLC (Engai Creative Thought Academy/Poetry & Music Publishing), TAPN2U #jointhemovement #spreadtheword Movement, and Empowerment thru Spoken Word Poetry 501(c)(3).



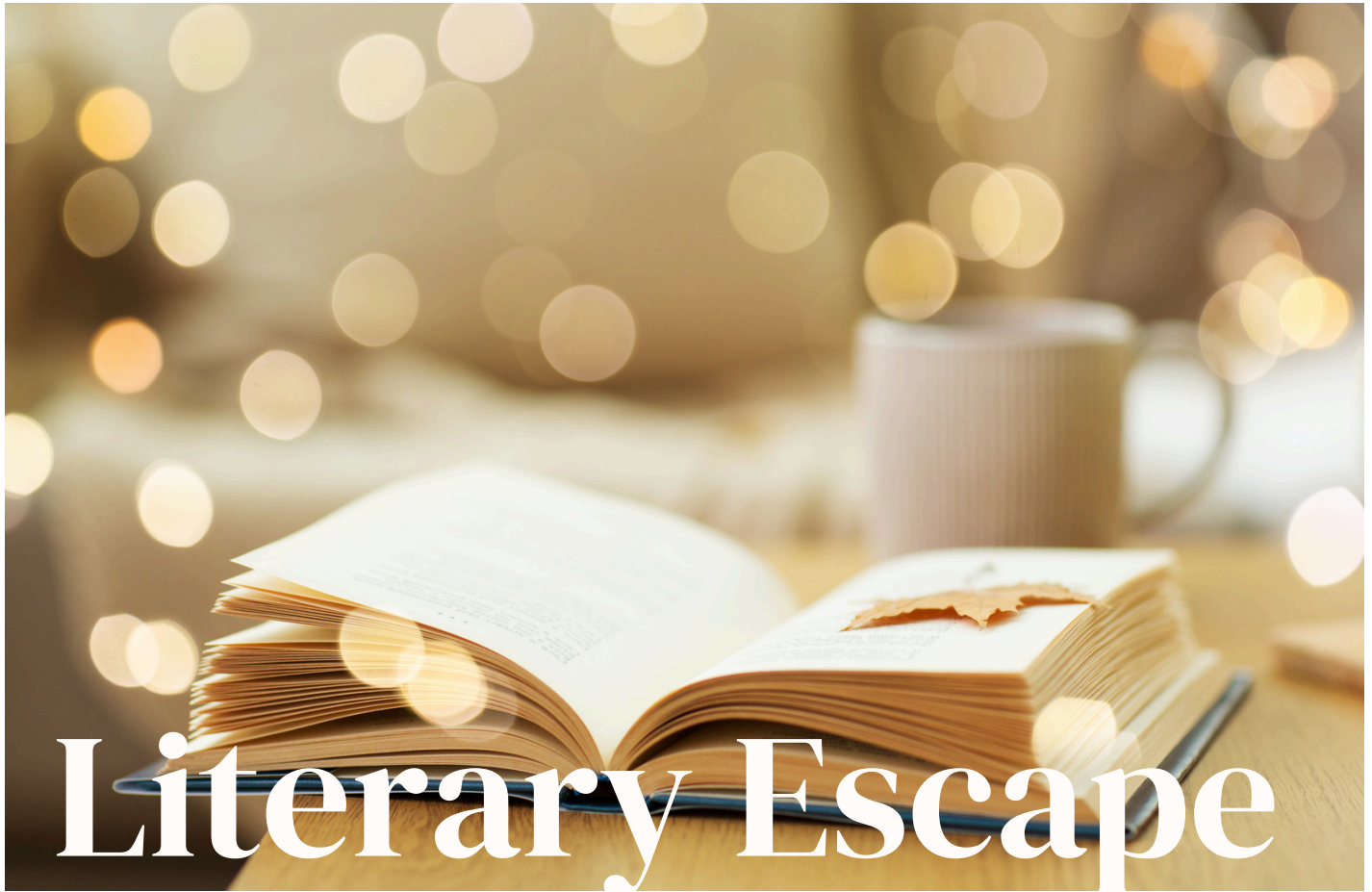
Featured Poets



SHWETA AGGARWAL

An established Accessories/ Jewellery Designer, Writer, Poetess, a successful Women Entrepreneur who holds 22 yrs rich experience & an author of 2 poetry books "The Monsoon Diary" & "Universal Verses" as her international collaboration. She won her very first prestigious award as "The most promising Fashion Designer" for market Japan, when she was just 19. Further she won 17 prestigious awards & 2 gold medals for her literary contribution.





Literary Escape

HOW FICTION CAN FOSTER MINDFULNESS AND RELAXATION

By Michelle Brown

In our increasingly frenetic world, where distractions abound and stress levels run high, the quest for mindfulness and relaxation has never been more urgent. Many people are turning to various techniques, from meditation to yoga, in search of tranquility. Yet, one of the most enjoyable—and often overlooked—methods for achieving a state of mindfulness is through the pages of a good book. Fiction, in its myriad forms, offers readers a unique escape that not only entertains but also cultivates a deeper sense of presence and relaxation.

At its core, storytelling has been a fundamental part of human culture for centuries. It allows individuals to connect with experiences beyond their own, to explore the complexities of life through the eyes of others. When we dive into a fictional world, we often find ourselves transported far from our everyday routines and worries. This momentary escape can lead to a significant reduction in stress, as we become engrossed in the lives of characters who, despite their fictional nature, often mirror our own experiences.

Engaging with a narrative offers a form of mindfulness similar to meditation. Just as meditation focuses the mind, reading requires concentration and engagement with the text. When we lose ourselves in a story, we enter a state often referred to as "flow," where our worries dissipate, and time seems to stand still. This focused immersion can be a powerful antidote to the anxiety and restlessness that plague many of us in our daily lives.

The act of reading itself can create a sanctuary of solitude—a rare opportunity to disconnect from the demands of the outside world. In our hyper-connected society, where notifications and distractions are ever-present, carving out time to read can be a revolutionary act of self-care. This intentional practice allows us to step away from the chaos and into a realm of calm.

Imagine curling up in a cozy nook with a warm cup of tea, the soft rustle of pages turning, and the world outside fading away. This ritual can be incredibly soothing, allowing readers to engage not just with the story

but also with their own thoughts and feelings. When we prioritize reading as a mindful activity, we create a space for reflection and introspection, enabling us to better understand ourselves and our emotions.



Fiction often serves as a mirror, reflecting our own struggles, triumphs, and emotions through its characters. By identifying with these fictional lives, we gain insights into our own experiences. A character's journey may resonate with our feelings of loss, love, or transformation, allowing us to process these emotions in a safe and engaging way. In this way, fiction becomes a tool for mindfulness, guiding us to confront our feelings and thoughts without judgment.

Settings in literature can also play a crucial role in fostering mindfulness and relaxation. The vivid landscapes, bustling cities, or serene countrysides described in a novel can transport readers away from their immediate environment and into a place of tranquility. Such settings encourage readers to engage their senses, allowing them to visualize, hear, and even smell the environments depicted in the text. This sensory involvement can ground us in the present moment, enhancing our overall reading experience. By focusing on the details of a fictional world, readers can cultivate a mindful awareness that extends beyond the pages and into their own lives.

To fully harness the mindfulness benefits of reading fiction, consider incorporating the following practices into your routine:

- **Create a Reading Ritual:**

Designate a specific time each day for reading. Whether it's during your morning coffee or before bedtime, create a cozy environment where you can fully immerse yourself in the narrative. Dim the lights, light a candle, or play soft music to set the mood.

- **Choose Mindful Material:**

Select books that resonate with your current state of mind. If you seek calm, opt for light-hearted novels or soothing narratives. If you are looking for introspection, delve into literary fiction that tackles deeper themes.

- **Minimize Distractions:**

Turn off your phone and other potential distractions while reading. Allow yourself to be fully present with the text, engaging with the words and the emotions they evoke. This practice can lead to a deeper connection with the story and a more profound sense of relaxation.

Incorporating fiction into your mindfulness routine can offer a unique and enjoyable way to relax and unwind. By losing ourselves in the pages of a book, we can find a mental refuge from the stresses of everyday life, while also engaging our minds in a healthy and productive way. So the next time you're feeling overwhelmed, consider picking up a good book. It might just be the literary escape you need to find peace and tranquility in a busy world.



Michelle Brown holds a Bachelor of Arts degree in Psychology from Rutgers University. Michelle is credentialed as an, Anger Management Specialist-I (CAMS-I), Neuro-Linguistic Programming Practitioner, Domestic Violence Specialist-I (CDVS-I), Certified Mental Health Coach and Poetry Therapy Practitioner (intern). Michelle is also trained in several specialties such as Cognitive Behavioral Therapy, Mindfulness Therapy, Rational Emotive Behavioral Therapy, Trauma and Crisis Intervention.

5 Books To Read

Written By ESWP Authors

Reading books opens doors to worlds unknown, enriches the mind with diverse thoughts, and nurtures the soul with the wisdom of ages—each page a step toward understanding ourselves and others. The following list of books was carefully curated to equip you with information, poems and stories that will enlighten, entertain and enhance your overall wellbeing.



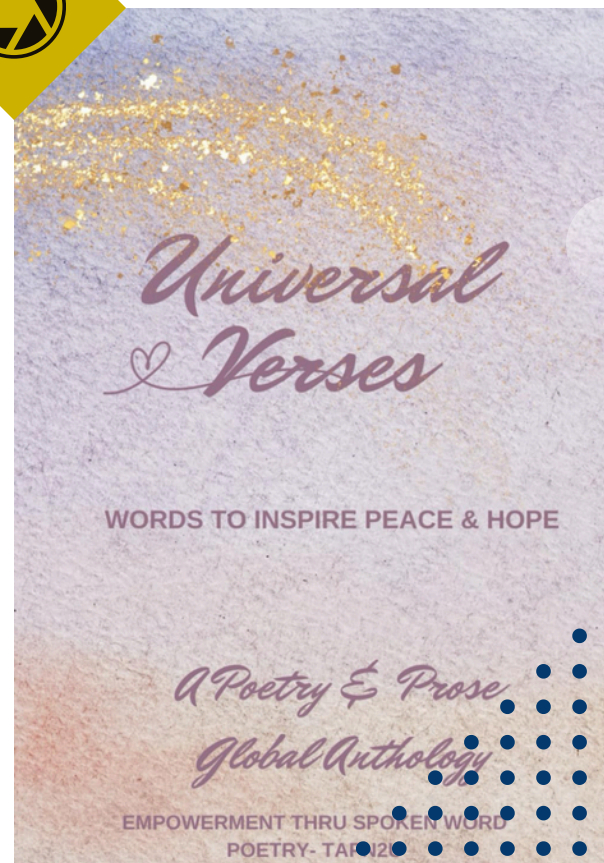


YOU: YOUR OWN UNIVERSE

This Reference manual, by Anita C. Powell, offers an overview of our Major Chakra System (as well as other Chakras) and our 10 Bodies, also known as Spiritual Bodies, which encompass one Physical Body, three Mental Bodies, and six Energy Bodies. Each chapter includes a Reiki symbol to visualize during the "Reflective Practice" provided in the Journal. For more information or to purchase this book visit: www.anitacpowell.org

UNIVERSAL VERSES

Universal Verses: Words to Inspire Peace and Hope” is a captivating poetry & prose anthology that delves into the depths of human experiences through the art of verse. This carefully curated collection features a diverse array of poets, poems, and prose, each coming together to illuminate the human desire for a harmonious existence. The verses within this anthology echoes with messages from the unfiltered expressions of the human spirit yearning for a more peaceful and hope.





OF SILHOUETTE WORDS AND MOONFLOWERS

Words in writing come out as expressions of ourselves , expressions of our perceptions of the world we live in.

In this poetry book ,Of Silhouette Words and Moonflowers by Komal Gupta, the poems allude to the vast array of experiences we go through in life . Some life defining, some hilarious, others a pointer to the direction of our lives. It is an attempt to forge stories in poems in a candid wordy way ,through a series of themes.

VERSES OF TIME

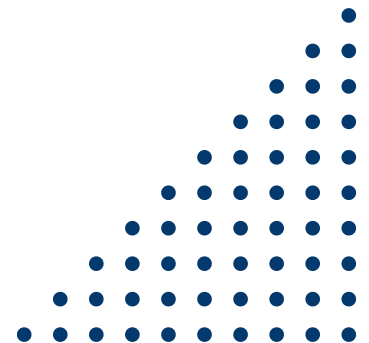
Verses of Time is a collection woven in the threads of Time. Time is ever present in our lives, this collection is an effort to show the aspects it dwells in and make one reflect. Of course, Time isn't always serious, it has a way of having fun too! I hope that these verses resonate with those who read it.





LOVE UNLEASHED

Love Unleashed is a fascinating collection of powerful short stories that takes you on an extraordinary journey into inner love. Each story masterfully exposes love lessons that are hidden beneath life's storms. Throughout the book you are presented with a brilliant mixture of autobiography and fiction which helps illuminate the message of love, healing, and acceptance. Love unleashed is truly a masterpiece of epic tales.



Poets' Lounge



Villanelle Poetic Form

The three most well-known villanelles are: “Mad Girl’s Love Song” by Sylvia Plath, “Do Not Go Gentle Into That Good Night” by Dylan Thomas, and “One Art” by Elizabeth Bishop.

A villanelle is a highly structured form of poetry-of French origin-consisting of 19 lines, characterized by a specific rhyme scheme and a pattern of repeating lines. Here are the key features of a villanelle:

Structure: A villanelle is made up of five tercets (three-line stanzas) followed by a quatrain (four-line stanza).

Rhyme Scheme: The rhyme scheme is ABA for the tercets and ABAA for the quatrain. This means that the first and third lines of the first tercet are repeated alternately at the end of the subsequent tercets and both appear at the end of the quatrain.

Repetition: The first line of the poem is repeated as the last line of the second and fourth tercets, and the third line of the poem is repeated as the last line of the third and fifth tercets. This creates a musical rhythm and a sense of circularity.

Themes: Villanelles often explore themes of obsession, loss, love, and nature, using the repetition for emotional emphasis. The repetitive structure enhances the intensity of these themes, allowing the poet to convey deep feelings and reflections.

The villanelle form is celebrated for its ability to create a sense of circularity and resonance through its structured repetition, making it a powerful tool for poets to express their ideas and emotions. One of the most famous examples of a villanelle is "Do Not Go Gentle into That Good Night" by Dylan Thomas, which beautifully showcases the form's capabilities in conveying deep emotion and urgency.

Overall, the villanelle's combination of structure and lyrical repetition makes it a unique and powerful poetic form.

Example of a Villanelle:

Enjoy life from a seated position
Crafty mantra to ease the mind;
Never thought this would be my condition.

Disable movement altered tradition
Left leg paralysis overtime;
Enjoy life from a seated position.

Scare to embrace this wicked addition
Ignore the invasion silent signs;
Never thought this would be my condition.

Search search need right definition
Dis-ease the treacherous kind;
Enjoy life from a seated position.

Fight with surrender much opposition
Undo this crippled design;
Never thought this would be my condition.

Celebrate thoughts of total remission
In those moments peace I find.
Enjoy life from a seated position;
Never thought this would be my condition.

Poetic Devices

Poetic devices are essential tools that poets employ to create meaning, evoke emotions, and engage readers. These techniques enhance the texture of a poem, enabling poets to convey complex ideas and feelings in a concise and powerful manner. By using various poetic devices, writers can transform ordinary language into a rich tapestry of imagery, sound, and emotion.

We will take a look at three common poetic devices-Alliteration, Assonance and Anaphora.



Alliteration is the repetition of consonant sounds at the beginning of words that are in close proximity to each other.

When words like "fluttering flames" or "glimmering gossamer" collide, they create a lyrical quality that captivates the reader's ear and imagination. This poetic device not only enhances the beauty of language but also emphasizes key themes and emotions, drawing attention to the specific images or ideas being presented. As the repetition of initial consonant sounds flows through a line, it invites readers to linger over the words, savoring their musicality and texture. In the hands of a skilled writer, alliteration transforms

ordinary phrases into enchanting expressions, making the written word an unforgettable experience.

Assonance refers to the subtle echo of vowel sounds within nearby words. Unlike rhyme, which focuses on the end sounds of words, assonance emphasizes the internal sounds, creating a subtle harmony that can enhance the emotional tone of the piece. By creating harmony through the repetition of similar vowel sounds, such as in the phrases "fleet feet" or "mellow yellow," this poetic device enhances the emotional resonance of the language.

Assonance allows writers to craft a sense of rhythm and flow, drawing readers deeper into the text while

evoking specific moods or feelings. It can create a soothing lullaby-like quality or inject energy and movement into a passage, depending on the chosen vowels and their arrangement. Ultimately, assonance invites readers to experience the sound of language in a way that transcends mere meaning, transforming ordinary lines into melodic expressions that linger in the mind long after the words are read.

Anaphora is a striking poetic device that involves the repetition of a word or phrase at the beginning of consecutive lines or clauses, creating a rhythmic and emphatic resonance that captivates the reader. This technique can evoke a sense of urgency and passion, as seen in lines that begin with "Every day" or "In the silence," which can build a powerful momentum and deepen the emotional impact of the message. By using anaphora, poets can reinforce key themes and ideas, making them not only more memorable but also more profound. The repetition draws attention to the significance of the phrases, allowing readers to immerse themselves in the rhythm and meaning of the text. Ultimately, anaphora transforms a simple expression into a resonant mantra, enriching the reader's experience and inviting them to reflect on the beauty and power of language.





VISUAL ART

Visual art offers a multitude of benefits that enrich both individual lives and communities. It serves as a powerful form of expression, allowing artists to communicate emotions, ideas, and cultural narratives in ways that transcend language. Engaging with visual art can enhance creativity and critical thinking, encouraging viewers to interpret and respond to works in their own unique ways. Moreover, art has therapeutic benefits, promoting emotional well-being and reducing stress. It fosters social connections by bringing people together in appreciation of shared experiences and diverse perspectives. Additionally, visual art can stimulate economic growth and tourism, contributing to the vibrancy of communities. Overall, the impact of visual art extends far beyond aesthetics, enriching personal lives and societal culture. We have highlighted a few pieces of visual art in this article. Each piece communicates its own unique narrative.



BLUE CHI ENERGY

ARTIST: ELIZABETH ESGUERRA CASTILLO

"Blue Chi Energy" depicts Chi Energy emitted by the ocean.

Art Details:

Title: "Blue Chi Energy"

Medium: Mixed Media

Size: 24 x 36 inches

Artist: Elizabeth Esguerra Castillo

Country: Philippines



RABINDRANATH TAGORE

PHOTOGRAPHY BY: KOMAL GUPTA

A statue of Rabindranath Tagore, the Bard of Bengal at Amar Kutir in Bolpur, Shantiniketan- West Bengal, India. He is an iconic literary figure in the Indian subcontinent, having been conferred the Noble Prize for Literature in 1913.

WOMEN CELEBRATING FESTIVAL



PHOTOGRAPHY BY: KOMAL GUPTA

A mural of women celebrating a festival by gathering in the field and worshipping a tree. This highlights the importance of nature in our lives. This mural is painted on the walls of the Bolpur, Shantiniketan railway station in West Bengal, India.



About ESWP



Empowerment Thru Spoken Word Poetry - TAPN2U is a nonprofit 501(c)3 Foundation geared towards helping our Global community heal by elevating, encouraging, and enhancing Love and Peace via cultural arts. Empowerment thru Spoken Word Poetry was established, November 2018.

Empowerment thru Spoken Word Poetry – TAPN2U Foundation is geared toward the elevation of Love & Peace, helping to enhance & recognize

the creative craft of Prose and Poetry. It is a Foundation designed to enhance the recognition of Ambassadors in our family. ESWP have Ambassadors in over 21 countries who bring their unique expertise into spreading ESWP mission of Global Community Peace and Love via Cultural Arts.

We welcome you to come join our family of Ambassadors and become a part of a global movement. Send your interest to join to: eswpglobal@gmail.com

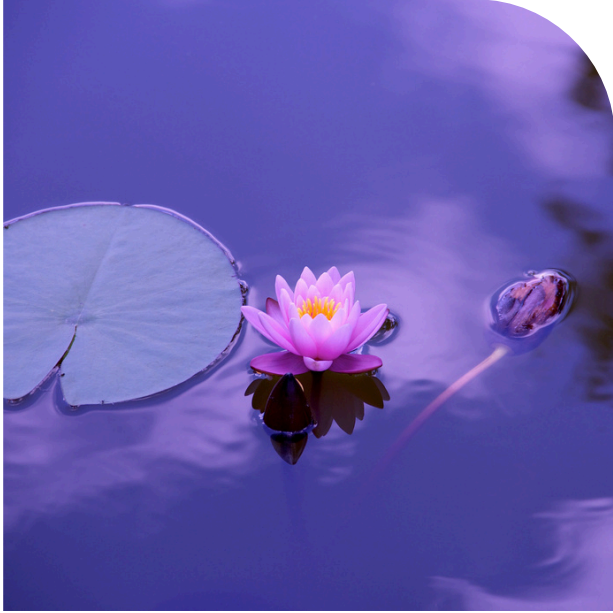
ESWP Workshops & Events

The Writing Circle
4th Sundays

Poetry Cafe
Quarterly

Poetry
Spotlight
Bi-weekly

ACKNOWLEDGEMENTS



Thank you for taking the time to read our literary magazine! Your support and enthusiasm for the written word inspire us and the talented writers who contribute their voices to our pages. We are grateful for your engagement and hope that the articles, art and poems you discovered resonated with you, sparked your imagination, and offered new perspectives. Your presence in our literary community is invaluable, and we look forward to sharing more captivating content with you in the future. See You Soon!

FOUNDER/VISIONARY

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