Volume 1, Issue 3 Spring 2025

POETS' LOUNGE

CULTURAL VOICES OF TRINIDAD & TOBAGO LITERARY MAGAZINE

SOUNDS OF SPRING EDITION

5 BUSINESSES ON THE RISE

POETRY SHORT STORIES

INTERVIEW WITH WRITER, REIKI PRACTITIONER, MEDITATION ADVOCATE AKLEEMAAL

Empowerment Thru Spoken Word Poetry~TAPN2U

ESWP MAGAZINE

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Welcome to the Spring Edition of ESWP's quarterly magazine. Spring symbolizes new life, renewal and rebirth. It is our hope that you will find your own "spring" in our newest edition. This month we get to know Akleema Ali a little better, and we learn more about her native country Trinadad and Tobago. Sprinkled throughout you'll find some tips on what to do with the onset of spring, and insightful articles and content that will make you feel refreshed and renewed.

As you dive into the magazine, indulge in the sensory experience of the pages and what they bring forth and may this spring bring a new sense of hope in your heart.

This Issue

Interview with multidisciplinary writer, Reiki practitioner and meditation advocate Akleema Ali Cultural Voices of Trinidad & Tabago Articles on the Sound of Spring Poems, Short Stories and Poetic Devices 5 Businesses on the Rise and more...

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ESWP MAGAZINE



Insights & Inspirations

With Anita C. Powell, Msc.D., Dr. (h.c) Founder/Visionary ESWP & TAPN2U Movement LLC

The Sounds of Spring: Nature's Awakening Symphony

As winter's grip loosens and the days grow warmer, the world awakens with the vibrant sounds of spring. This season is an auditory experience—one that signals renewal, energy, and the rhythm of life beginning anew.

One of the most defining sounds of spring is the cheerful chorus of birds. As early as dawn, robins, cardinals, and finches begin their morning songs, filling the air with melodies of renewal and mating calls. Each chirp and trill is a message—some seeking companionship, others staking their territory. The return of migratory birds adds to the harmony, creating a natural orchestra that replaces the quiet of winter with vibrant soundscapes.

As flowers begin to bloom, bees and other pollinators emerge, their gentle buzzing a reminder of the intricate dance between plants and insects. Their presence is vital, ensuring the continuation of life as they transfer pollen from flower to flower. Alongside them, butterflies flutter with a whisper-like grace, while dragonflies skim the water's surface, their wings producing a faint, rhythmic hum.

The soft rustle of new leaves and the swaying of budding trees in the breeze add another dimension to spring's symphony. The polarity of winter's howling winds, spring breezes bring a soothing, rhythmic rustling—like nature whispering its secrets. This gentle movement signals that the earth is once again full of life and possibility. Spring showers bring a meditative soundscape. The pitter-patter of raindrops against leaves, rooftops, and puddles is a calming yet invigorating experience. The occasional roll of thunder in the distance adds a dramatic touch, reminding us of nature's dynamic power of expression and beauty.

As the sun sets, another set of performers takes the stage. Frogs in ponds and wetlands begin their rhythmic croaking, a deep and resonant sound that fills the night air. Soon, crickets join in with their steady chirps, creating a peaceful yet lively nocturnal symphony that signals the changing of seasons.

The continuous moment in Spring is a visual beauty; it is an immersive experience for the senses. The sounds of spring remind us that life is constantly renewing itself, offering a melody of hope, joy, and new beginnings. So, let's experience the flow of the outside, close our eyes, and let nature's spring symphony awaken our soul.

Blessings Peace & Love*Anita



Dr. Anita Powell, Msc.D

Blessings Peace & Love*Anita Anita is a Mom & GranMom. She is an Energy Principle Practitioner, specializing in Self Awareness & Inner Peace. Anita is Founder of ESWP and the TAPN2U Movement, LLC. She is an award-winning International Poet/Speaker. She is a Doctor of Metaphysics, Doctor of Philosophy, Honoris Causa and President's Lifetime Achievement Award recipient. An author, Anita is creator of the Global TAPN2U Peace Partner Movement, #jointhemovement #spreadtheworld campaign. Anita volunteers her time, talent, and treasure within our Global Community. Anita believes Inner Personal Enhancement is the gateway to the betterment of self, the world and humanity, and shares her "Elevate Your Energy message coaching, consulting and on speaking various platforms.



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Soul-Feeding Self-Care: Harnessing the Magic of the Lunar Cycle

By Rev. Joslyn Farray Pierre

As we transition into the vibrant season of spring, the energy around us is infused with renewal, growth, and possibility. The theme of 'Sounds of Spring' resonates deeply with the rhythms of the earth and the moon, inviting us to embrace sacred self-care practices that honor these natural cycles. For leaders and entrepreneurs, acknowledging the influence of the lunar cycle can enhance not only personal wellbeing but also productivity and creativity.

Understanding the Lunar Cycle The lunar cycle consists of four primary phases: the New Moon, the First Quarter, the Full Moon, and the Last Quarter. Each phase carries unique energies and offers opportunities for introspection, action, and release. By aligning our selfcare practices with these phases, we can tap into the moon's magic to rejuvenate our spirits and promote holistic wellbeing.

New Moon: Setting Intentions

The New Moon marks a time of new beginnings. As the moon disappears from the night sky, it invites us to reflect on our desires and aspirations. Use this phase to engage in intentional self-care practices: - Journal Your Intentions: Take time to write down your goals and aspirations for the month ahead. What do you hope to achieve personally and professionally? Allow your dreams to take shape on the page.

- Create a Caribbean Dream Jar: Instead of a vision board, fill a jar with seashells, colorful sand, or even little notes that represent your goals and dreams. Each time you revisit the jar,you'll be reminded of your intentions and the beauty of your aspirations.

- Meditation and Visualization: Spend time in quiet reflection, visualizing the life you want to create. Connect with the energy of the New Moon while listening to the soothing sounds of nature around you—perhaps the gentle lapping of waves or the rustle of palm fronds

First Quarter: Taking Action

As the moon grows brighter, this phase encourages us to act on the intentions we set during the New Moon. It's a time to manifest our goals through purposeful self-care rituals:

- Establish Routines: Implement new routines that align with your goals. Whether it's a daily meditation practice, incorporating local fruits into your meals, or enjoying evening walks along



the beach, small changes can lead to significant transformations.

Engage with Nature: Spend time outdoors, soaking in the Caribbean sunshine and the sounds of spring birds chirping, waves crashing, and leaves rustling. Nature nurtures our spirit and clears our minds.

Collaborate with Others: This is a great time to connect with fellow business owners or entrepreneurs. Share ideas, collaborate on projects, and amplify the vibrant energy of your community.

FullMoon: Reflection and Celebration

The Full Moon is a time of culmination, urging us to reflect on our journey and celebrate our achievements. It's an opportunity for deep self-care practices: - Gratitude Rituals: Take a moment to express gratitude for all you've accomplished. Consider writing thank-you notes to those who have supported you, including yourself.

- Release Rituals: Use this time to let go of what no longer serves you. Write down anything that feels heavy or burdensome and safely burn or release the paper into the ocean or a body of water—a symbolic act of cleansing and release. –

Gather in Community: Host a gathering, either virtually or in-person, to celebrate wins and share experiences. Invite friends or business colleagues to come together under the full moon to network, share stories, and enjoy one another's company.

Last Quarter: Rest and Renewal As the moon wanes,

it's a perfect time for rest, reflection, and renewal. This phase encourages self-care practices that nurture our well-being:

- Reflect on the Month: Assess the intentions you set and how far you've come. Celebrate the progress you've made, even if it doesn't look like what you initially envisioned.

- Prioritize Rest: Allow yourself to take a break. Spend a lazy afternoon sipping a coconut by the shore, practicing yoga on the beach, or simply enjoying quiet moments as the sun sets over the horizon. - Nurture Your Spirit: Engage in practices that fulfill your soul. Whether it's taking a dip in the cool sea, indulging in a warm herbal tea infused with local spices, or exploring creative outlets like painting or writing, nurture what makes you feel whole.

In Conclusion, As leaders and entrepreneurs, embracing the magic of the lunar cycle through sacred self-care can profoundly impact our lives. By aligning our self-care practices with the moon's phases, we cultivate a deeper connection with ourselves and the natural world. This spring, let the 'Sounds of Spring' inspire you to listen to the rhythms of the moon, enhancing your journey of growth, creativity, and serenity. Embrace this transformative season and honor your sacred self-care rituals, allowing them to illuminate your path toward personal and professional fulfillment.





Rev. Joslyn Farray Pierre is a transformational Metaphysical Minister and Holistic Health Practitioner. As a creative and award-winning speaker, she empowers minds through literature, inspiring wellness and self-care in meaningful ways.

EXCLUSIVE INTERVIEW

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A K L E E M A A L I



"I write to make sense of my own experiences. I also write with the awareness that we are all connected through our joys, our grief, and our longing to feel whole."

Akleema Ali is a multidisciplinary writer, Reiki practitioner and meditation advocate whose work explores the intersection of clinical insight, holistic healing and poetic reflection. With a deep reverence for the human experience, her writing bridges intellect and intuition, research and ritual, inviting readers into a space of transformation and self-discovery.

Her work has been published in the Reiki News Magazine, Universal Life Magazine, Angel Rising Magazine, ESWP Literary Magazine, Women's Biz Magazine, the Energy Healing Magazine, Women's Biz Publishing and Inner Child Press Ltd. Akleema takes every opportunity to share her life journey as she discovers pathways towards peace in her life.

She shares her journey and practice with Reiki for members of the Reiki community through her publications in the Reiki News Magazine and the Universal Life Magazine with articles such as "Using Reiki Symbols: Incorporating the Reiki Symbols in your Daily Life", "Embracing Gratitude (recounting my journey of 1000 days of gratitude)", "Cultivating Love & Light: The Art of Stillness" and "Reiki, Religion and Ancestral Healing".

CLINICAL, HOLISTIC, POETIC

Akleema also makes her contribution to humanity through poetry. Her poetry serves as a bridge between the personal and the universal, offering a voice to unspoken emotions and a sanctuary for those seeking solace, inspiration, and change. Her work has been featured in "Being Human, a Poetic Plea for a Better Humanity", "I Want My Poetry To...", and "Awaken the Divine Feminine", where she explores themes of love, peace, resilience, and the sacred feminine. Through evocative verse, she paints landscapes of hope, urging a collective awakeningtoward kindness, unity, and selfexpression. Akleema's poetry serves as a beacon, a poetic plea for a world rooted in peace, love, and kindness. Through verse, she calls forth the power of words to heal, to unite and to remind humanity of its shared light.

In her poem "Waiting for Humanity" which was published in the Caribbean Ocean Perspective E-Magazine; she explores the depth of the ocean and the oneness of everything. Akleemashares her poetry with all organizations she belongs to; as evidenced by the poems she has written and shared to the Glory Future Foundation in Bangladesh. Her poems on themes such as love yourself, family matters and selfconcept are used by children in Bangladesh to educate and increase awareness in communities on the importance of education and literacy.

At the heart of Akleema's poetry is a deep commitment to highlighting the importance of love, peace, and oneness in the world; using language as a force for healing, connection, and positive transformation. Her work stands as a testament to the power of words, not only as an art form, but as a call to create a more compassionate and harmonious world.

Akleema Ali had the capacity of Executive Contributor for BRAINZ Magazine (2023-2024), where she has written extensively on Reiki, wellness, self-love, gratitude, and personal empowerment. Her articles explore the transformative benefits of Reiki, grounding techniques for balance, and the timeless wisdom of the Reiki precepts.

Akleema's work is a literary voice in the realms of wellness, energy healing, and selfempowerment. As a writer, poet, and Reiki practitioner, she weaves words into transformative reflections, guiding readers toward balance, healing, and selfdiscovery. Her contributions to various magazines, along with her poetry and artistic endeavors; offer a unique fusion of spirituality, mindfulness, and personal growth. Through her award-winning work, she inspires deeper connections to the self and the world, using language as a tool for empowerment and artistic expression.

Your work uniquely intertwines clinical insight, holistic healing, and poetic reflection. How do you see these elements working together to facilitate transformation and self-discovery for your readers?



My work is grounded in the belief that healing is multidimensional. Clinical insight provides a framework to understand human behavior, trauma and the mind's complex patterns. Holistic healing invites the body and spirit into the conversation, offering tools like Reiki and mindfulness to access inner wisdom and energetic balance. Poetic reflection brings in the soul language that bypasses defenses and speaks directly to the heart.

When these elements come together, they create a space where transformation becomes not just possible, but deeply personal. People are guided not only to understand themselves intellectually, but to feel into their truth, reconnect with their intuition and awaken to who they are beneath the layers. My intention is for them to experience a resonance, a quiet remembering of their inner wholeness and feel empowered to walk their healing path with greater clarity and compassion. Your articles in Reiki News Magazine and Universal Life Magazine explore the integration of Reiki into everyday routines. How has Reiki personally shaped your life, and what advice do you have for those looking to incorporate it into their own healing journeys?

Reiki has become more than a practice for me, it's a way of being. It has taught me how to slow down, listen deeply and honor the subtle messages of my body and spirit. Over time, it has helped me release patterns of over-extension and self-neglect, replacing them with a greater sense of balance, trust and self-awareness. In moments of stress, grief, or uncertainty, Reiki has been my anchor, bringing me back to center and helping me move



through life with more presence and peace. It's also shaped how I hold space for others by offering not just techniques, but a grounded, compassionate energy that invites healing on many levels. Whether I'm writing, facilitating a session, or simply moving through my day, Reiki informs the way I connect with myself, with others and with the world around me.

For those looking to incorporate Reiki into their own healing journey, I always suggest beginning with an open heart and a willingness to explore. Reiki isn't about "doing it right", it's about cultivating a relationship with your energy and trusting the subtle shifts that unfold over time. Start small. A few minutes of self-Reiki each day with your hands over your heart or solar plexus can offer profound support. It's not about perfection; it's about presence.

Your poetry serves as a bridge between the personal and the universal, offering solace and inspiration. How do you approach writing poetry as a means of healing, and what themes do you find yourself returning to most often?

I write to make sense of my own experiences. I also write with the awareness that we are all connected through our joys, our grief, and our longing to feel whole. In that way, poetry becomes a bridge between the personal and the universal linking a person's inner world and the collective heart. It allows what feels deeply individual to echo into something shared, reminding us that even our most private struggles or tender moments are part of a greater human experience. Poetry gives form to the intangible such as grief, longing, hope, love and transforms it into something that can be felt, held and understood by others. It transcends boundaries and speaks across time, space and identity, offering a language for what we often don't know how to say. Through that bridge, healing flows both ways; from the writer to the reader, and from the reader back into the world.

I return again and again to themes of self-love, self-care, love, kindness, peace and compassion for all. These are not just ideals, they are practices that have carried me through life's transitions and taught me how to be gentler with myself and others. Through poetry, I explore what it means to come home to oneself, to soften in the face of pain, and to remember that healing is both deeply personal and beautifully shared. My hope is that each piece offers a moment of reflection, a breath of peace, or simply a reminder that no one walks this journey alone. Your contributions to organizations like the Glory Future Foundation in Bangladesh demonstrate how poetry can be used as an educational and empowerment tool. Can you share more about this initiative and how it has impacted both you and the communities involved?

Working with the Glory Future Foundation has been a deeply humbling and inspiring experience. The foundation uses poetry and reading not just to teach literacy, but to awaken imagination, build confidence and foster hope in children and communities that are often overlooked. Poetry becomes a tool of empowerment, as a way for young minds to express their dreams, explore their identity and find their voice in a world that may not always listen.

For me, being part of this work has reinforced the belief that words carry energy and when shared with love and intention, they can uplift, educate and transform. It's incredibly moving to see how a simple poem or story can light up a child's face, spark curiosity, or create a moment of connection across language and cultural barriers. The impact flows both ways. I've grown as a writer, a teacher and a human being through this partnership. It reminds me that healing and transformation aren't confined to therapy rooms or Reiki sessions. They happen wherever love meets intention, even in the pages of a well-worn book shared in a small village in Bangladesh.

Your writing often emphasizes the importance of stillness, gratitude, and self-awareness. In a fast-paced world, what practices or insights do you recommend for individuals seeking to cultivate inner peace and presence?



In today's fast-paced world, cultivating stillness, gratitude and self-awareness is not only healing for me but it's essential. These practices invite us back to ourselves, reminding us that we are not defined by how much we produce or achieve, but by how deeply we connect with our inner life. When we create even small moments of pause throughout the day, we begin to attune to the rhythms of our breath, the emotions that rise and fall and the quiet voice of our intuition. Stillness becomes a gateway to clarity, resilience, and peace.

Some of the practices I recommend for cultivating inner peace and presence include mindful breathing, journaling, mindful walking and mindful pauses. I have provided reflective questions that each person can ask themselves to tune into the practice: a. **Mindful breathing**: Take a few deep, intentional breaths, with one hand over your heart.

Reflective prompt: How do I feel before and after taking a few deep breaths? What shifts in my energy or mood as I focus on my breath?

b. **Journaling for gratitude**: Write down three things you are grateful for at the end of each day.

Reflective prompt: What moments of joy or appreciation can I celebrate today? How does focusing on gratitude change my perspective on the day?

c. **Mindful walking in nature**: Take a slow walk, paying attention to the rhythm of your steps, the sounds and the sights around you.

Reflective prompt: What sensations do I notice in my body as I walk? How does the natural world help me reconnect with the present moment?

d. **Mindful pauses throughout the day**: Stop for a moment during your day to check in with yourself; whether it's during a task, a conversation or while commuting. Reflective prompt: How am I feeling in this moment? What do I need right now, is it more rest, focus or connection?

Your work is a testament to the power of words in fostering healing, connection, and positive change. How do you believe language can be harnessed as a tool for personal and collective transformation in today's world?

Language holds incredible power as it can either build bridges or create barriers, heal or harm, uplift or suppress. In my work, I've seen firsthand how words have the ability to shape our inner landscapes and influence our connections with others. When we choose our words with intention whether spoken, written, or even thought, we set the stage for transformation, both for ourselves and for the world around us.

Personally, language is a tool of self-awareness and healing. Writing, poetry and even daily affirmations help me re-frame my thoughts, process emotions and communicate my truth. The act of expressing what's inside whether joy, pain, or hope; allows us to release, reflect and grow. On a collective level, language creates the stories we tell about who we are as individuals and as a community. The narratives we share can either reinforce division or foster unity, depending on how we choose to frame our reality.

For anyone looking to explore using language for their own healing, I would recommend starting with simple practices like journaling. You can begin by writing down your thoughts without judgment, allowing the words to flow freely.



Here are two journal prompts to get started: "What emotions am I feeling right now, and where do I feel them in my body?" and "If my heart could speak, what would it say?" You don't have to worry about structure or form, just let the language come as it does.

In today's world, where so much of our communication happens through technology, it's vital to remember that language is not just about words but it is about energy. The tone, intention and empathy behind the words matter just as much as the words themselves. When we use language to affirm life, spread kindness and express compassion, we invite others to do the same. I believe that if we all embraced the healing potential of language both in our personal lives and in our communities, we could inspire profound collective transformation, shifting the world toward greater love, understanding and peace.

To connect and/or learn more about Akleema's services, visit her website and social media pages. The links are provided within this article.

<u>Website</u>

<u>Facebook</u>

<u>Linkedin</u>



FESTIVAL, CUISINE, MUSIC, DANCE, ARTS

Cultural Voices of Trinklad & Tobago



Come take a journey with us as Akleema Ali takes us into the Culture of Trinidad & Tobago









What are some unique cultural traditions or festivals celebrated in Trinidad and Tobago?

Trinidad and Tobago is a true cultural mosaic and its calendar is filled with vibrant festivals that reflect its diverse heritage. The most iconic celebration is Carnival, often called "The Greatest Show on Earth." It's a dazzling explosion of color, music and movement. Weeks of events lead up to the main parade, including steelpan competitions (Panorama), calypso and soca monarch contests and high-energy fetes (parties). Carnival itself features stunning masquerade costumes, elaborate floats and the infectious rhythm of live music, all rooted in a rich history of resistance, freedom and creative expression.

Beyond Carnival, the country observes numerous religious and cultural festivals that are just as meaningful. Divali, the Hindu Festival of Lights, is a major celebration marked by the lighting of diyas (small oil lamps) in homes, temples, and along streets. Communities come together to share traditional Indian sweets, vegetarian meals, and prayers, creating a warm and spiritual atmosphere.

Eid-ul-Fitr, celebrated by the Muslim community, marks the end of Ramadan and is observed with prayers, family gatherings and generous sharing of food. The country also celebrates Emancipation Day on August 1st, honoring the liberation of enslaved Africans with cultural performances, parades, and African-inspired dress. Christmas, Easter, Phagwa (a joyful Hindu spring festival involving colored powders) and Spiritual Baptist Liberation Day are also nationally recognized.

What's the best time of year to visit Trinidad and Tobago for Carnival or other major festivals?

The best time to visit Trinidad and Tobago for Carnival is in the weeks leading up to Carnival Monday and Tuesday, which typically fall in February or early March, depending on the Christian calendar (it culminates just before Ash Wednesday). While the official Carnival days are a massive spectacle, the real magic starts weeks before, with a cultural build-up like no other.

In the lead-up, the islands come alive with several activities such as fetes (parties) that range from all-inclusive luxury events to sunrise street jams. Calypso and Soca Monarch competitions, showcasing powerful lyrics, rhythm and storytelling. There is also Panorama, the world's premier steelband competition, where you'll hear entire orchestras made of steelpans performing intricate, high-





energy arrangements.

On the cusp of the two day main Carnival event comes J'Ouvert (from the French jour ouvert, meaning "daybreak"), a pre-dawn celebration where revelers cover themselves in mud, paint, or cocoa and dance through the streets in a spirited, primal release of joy and creativity.

Carnival Monday and Tuesday are the main events. Masqueraders in full costume adorned with feathers, beads and vibrant colors flood the streets for a two-day parade. It's not just a spectacle to watch; visitors are encouraged to join a "band" and dance in the streets themselves, becoming part of the experience. Carnival in 19 Trinidad is more than a party, it's a deeply rooted cultural event with a legacy of resistance, celebration and artistry.

What are some must-try traditional foods or dishes unique to Trinidad and Tobago?

Food in Trinidad and Tobago reflects the cultural history and here are some delicious recommendations that are unique to the island:

(a) Doubles: Curried chickpeas in soft 'bara' flour bread, topped with chutneys.

(b) Bake and Shark: Fried shark stuffed in a fried dough flour bake with vegetable toppings and sauces (ketchup, garlic sauce, pepper and tamarind sauce).

(c) Callaloo: A creamy smooth green liquid blend made from dasheen leaves, pumpkin, ochro and coconut milk.

(d) Crab and Dumpling: A Tobago classic which is curried blue crab simmered in a spicy coconut sauce, served with thick, chewy flour dumplings.



(e) Pelau: A one-pot rice dish with pigeon peas, caramelized meat and coconut milk.

(f) Roti: Soft Indian style flatbreads often filled with curried chicken, beef, shrimp, or vegetables.

What are the top must-see beaches or nature spots on each island?

In Trinidad, one of the most iconic spots is Maracas Bay, known for its wide stretch of golden sand and beautiful mountain backdrop. Las Cuevas Bay offers a quieter, more secluded beach experience, ideal for relaxing swims and scenic views. For those looking for something more tucked away, Macqueripe Beach, located near Chaguaramas, is a small, serene cove surrounded by lush greenery; perfect for snorkeling or a cool dip after a hike.



Nature lovers will appreciate the Asa Wright Nature Centre, a peaceful retreat in the Northern Range that's a haven for birdwatchers and nature photographers alike. Another must is the Caroni Bird Sanctuary, a vast wetland where visitors can take a boat ride through winding mangroves to witness the breathtaking return of the Scarlet Ibis at sunset. Also worth visiting is the unique Pitch Lake in La Brea, the largest natural asphalt lake in the world, where you can walk on its spongy surface and learn about its natural and cultural history.

Over in Tobago, you'll find a string of beaches and nature spots. Pigeon Point is the island's crown jewel, with its powdery white sand, crystal-clear turquoise waters and that famous jetty extending into the sea. Close by, Store Bay is another popular beach with calm waters, vibrant local food stalls and easy access to glass-bottom boat tours to the Nylon Pool; which is a shallow, sandy-bottomed lagoon in the middle of the ocean, known for its soothing water.

For those craving something off the beaten path, Englishman's Bay is a secluded gem surrounded by rainforest covered hills. Its quiet charm, gentle waves and natural beauty make it perfect for swimming, snorkeling, or simply relaxing in peace. Nature lovers should also explore Argyle Waterfall, Tobago's tallest, with its cascading pools perfect for a refreshing dip. And no visit is



complete without a walk through the Main Ridge Forest Reserve, the oldest legally protected rainforest in the Western Hemisphere, teeming with tropical birds, and flora.

What is one thing every first-time visitor to Trinidad and Tobago should experience?

Honestly, everything I've just shared with our stunning beaches, the unique dishes, the rich history across both islands; that's what every first-time visitor should make it a must to experience. Together, they offer a true taste of Trinidad and Tobago's soul. It's not just about one thing; it's the full blend that makes the visiting the countryunforgettable.



POETRY

"Poetry is not a luxury. It is a vital necessity of our existence." ~Audre Lorde

Sounds of Spring

Spring's awakening brings back youthful dreams,

Ephemeral whispers that once died on tender seams.

Roses bloom, filled with memories of you, The lifeblood of lovers, forever true.

Tormented passions boil, friendships laid bare, In the heart's dusty chapters, our secrets share. The beloved's drunken embrace, a sweet, sweet pain,

Echoes of love's longing, forever in vain. In this season of renewal, our hearts beat as one,

The past and present collide, the future's just begun.

All the questions and answers, the accounts of our past,

Are reopened, and the heart's deepest wounds are bared at last.

The world awakens, fresh and new, yet still we roam,

Haunted by the ghosts of love, forever our heart's home.

In spring's vibrant tapestry, our stories are intertwined,

A delicate dance of love, heartache, and the human design.

~Huma Kirmani



The Dance

A butterfly waltzes around my body begging me to join her impromptu dance. She flutters, drifts and drops, She drifts, drops and flutters, She drops, flutters and driftsthe wingbeat melody of nature's symphony. I just observe. Arching her movement in colorful splendor, she whispers, "last chance before I move on." I inhale her beauty like a scented lover. Slightly I sway.

~Michelle Brown



Gifts of Spring

Oh Spring ! Oh Spring ! What all gifts you bring...!!

With the arrival of spring so near... Heartening to see the sky is clear !

My new morning routine is here... Ants are marching underneath the mulberry care !

Drench in the colours of nature... Blooming flowers are everywhere !

Oh! There goes a butterfly... Disappear far in the sky !

Wind is whispering the melody in the air... Had glimpse of lady bug in pair !

Warbling chirps we hear... Thrill listeners are there !

Hidden gems of earth... Come crawling & unearth !

Naughty squirrels when glare... Does'nt leave a peanut to spare !

Felt Mum sitting on a chair... Oh my heart! You feel nostalgic as She is taking care

~Shweta Aggarwal

Spring Waves- Release and Renew Under the Full Moon's Glow

In the glow of the full moon's light, I release all burdens, casting them off into the night.

Whispers of transformation dance on the breeze. As I surrender to magic, my spirit finds ease.

Sounds of spring awaken the earth, Gentle melodies celebrating rebirth.

The blossom's soft laughter, the sea's tranquil sigh, wraps me in calmness beneath the vast, blue sky.

With each gentle beam, old shadows disperse. Embracing the change, I let go of the curse.

The waves' sweet caress sings of renewal and grace. In the soft serenade, I find my rightful place.

Celebrating the journey, I rise from within. A new chapter unfolds, where possibility begins.

The moon's silver glow, a beacon so bright, Guiding my heart to dreams taking flight.

The ocean's embrace, with its gentle, clear hue, Cleanses my spirit, making me feel brand new.

In the stillness of night, as the moon magnifies my Wholeness, I move on to better things, my heart, free and bold.

~Rev Joslyn Farray Pierre



Featured Poets



Huma Kirmani

A TEDx Speaker, Human Rights & Women Rights , Women Empowerment, Child Labour & Child Marriage. She speaks & writes for women's education and empowerment and their rights. A Poet, an author, an educationist. The winner of Ladyzfusion, Dubai Award as an author. Member of Amnesty International, Honorary Member of United Nations of Pakistan. Human Rights Advocate as Global Law Thinkers Society Dacca nominated as Ambassador of Peace.

Michelle Brown

A passionate advocate for the healing power of creativity, Michelle developed the "Lyrical Healing Experience," a transformative program that uses poetry to help individuals process emotions, mend, and grow. As an accomplished author, her writings and poetry have been featured in *Rewrites*, *Universal Verses*, and *W.O.W Anthology*



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

Rev Joslyn Farray Pierre

Rev. Joslyn Farray Pierre is a transformational Metaphysical Minister and Holistic Health Practitioner. As a creative and award-winning speaker, she empowers minds through literature, inspiring wellness and self-care in meaningful ways.



Poets' Lounge



The Sestina Poetic Form

The sestina as a new poetic form was born in Provence in the 13th century. It repeats end words, not rhymes or lines.

The Sestina is one of poetry's most intricate and fascinating forms, celebrated for its use of repetition rather than rhyme to create resonance and emotional depth. Originating in 12thcentury Provence, the form is traditionally attributed to the troubadour poet Arnaut Daniel and later popularized by Dante and Petrarch. In modern times, poets such as Elizabeth Bishop and Ezra Pound have continued to explore its rich possibilities.

A traditional sestina consists of six stanzas, six-line each followed by a final three-line stanza, called an envoi or tornada. What makes the sestina unique is its use of six specific words that appear as the end-words of each line. These six words are reused in a precise, rotating order across the six stanzas. The pattern of repetition follows a strict sequence: Stanza 1 ABCDEF Stanza 2 FAEBDC Stanza 3 CFDABE Stanza 4 ECBFAD Stanza 5 DEACFB Stanza 6 BDFECA Tercet BDF in the middle of the three lines and ECA for the ends of the three lines.

This rotation continues, weaving the endwords into new but familiar positions with each stanza. In the envoi, all six words reappear, typically two in each line, further tightening the form's intricate pattern.

The beauty of the sestina lies in how this repetition shapes the poem's emotional and thematic texture. With each recurrence, a word carries slightly new meanings and associations, allowing the poet to explore a subject from multiple angles. Themes that benefit from such layered examination—loss, memory, obsession, longing-are particularly well-suited to the form. The enforced repetition often mirrors the way certain thoughts or emotions can loop endlessly in the mind, making the sestina a powerful vessel for meditative and psychological poetry.

Writing a sestina requires both creativity and discipline. The poet must find fresh ways to reuse the same six words without sounding repetitive or forced. Strategies often include using different meanings of a word, altering grammatical structures, Dare to sip on poetry's water or placing the word in varying emotional contexts. This challenge often leads to surprising and inventive turns of phrase, as poets must work within the tight boundaries while still expressing fluid, natural language.

For readers and writers alike, the sestina offers a unique experience. Reading a sestina can feel like walking a labyrinth: the path loops and turns but ultimately leads to a center of deeper understanding. For writers, composing a sestina is an exercise in perseverance, creativity, and close attention to language's subtle powers.

Example Sestina:

The Prophecy of a Poem

In the printed garden of writers' words lives a comfortable stillness that waits to transcend the reality of this world. The mind watches rhythmic verses flow like water into the formation of waves.

The metaphors and similes send waves of emotions that cannot be described by words. Your eyes drink and drink from the poetic waters that stories cannot wait to reveal the ones who watch the rhythm of this lyrical world.

Come take a journey through a world that allows your imagination to wave at possibilities while your psyche watches. You can hear the melody of words croon as each beat waits its turn to swim in literary waters.

and take a ride into the fantasies of worlds. Life will wait for your return and wave as you digest written words that allows your soul to watch.

You will sing and watch linguistic waters spring up with words. It is magical, this verbiage world filled with artistic waves. An awakening awaits!

An awakening that waits for you to attentively watch the phenomenon of narrative waves that flows like streams of water transporting you through this mystical world of consciousness freeing words.

Poetry asks you to wait by its verbal waters peacefully watch the unfolding of poetic worlds. Come, ride the waves of transformative words.

Poetic Devices

Poetic devices are techniques that poets use to enhance the meaning, sound, and emotional effect of their poems. These tools create rhythm, mood, and deeper layers of meaning in the poem.

Examples:

Onomatopoeia

Definition: Words that imitate natural sounds associated with objects or actions. Example: "Boom," "hiss," "clang," "murmur."

Hyperbole

Definition: Exaggerated statements used for emphasis or dramatic effect, not meant to be taken literally. Example: "I've told you a million times!"

Anaphora

Definition: Repetition of a word or phrase at the beginning of successive lines or clauses for emphasis and rhythm. Examplea: "I dream of peace. I dream of freedom. I dream of hope."





No! No! No! No! No! No! No! No! 31 O! NI VO!

OVERCOMING NEGATIVITY

By Rosanna Wren

When faced with jealousy or negativity from others regarding your success, it's important to recognize that their behavior often stems from their own insecurities and feelings of inadequacy. To manage this, focus on your personal growth, avoid internalizing negative comments, and maintain a positive mindset always.

Here Are Some Key Takeaways ,That Can Be Useful.

1• It's their issue, not yours:

Understand that their negativity reflects their struggles, not any flaw in you.

2• Don't take it personally:

Try not to internalize jealous comments or actions, despite how they may sting

•Focus on growth:

Use negativity as motivation to keep progressing toward your goals.

4•Maintain positive self-talk:

Remind yourself of your strengths and achievements to counter negative thoughts.

How to stay positive:

1• Acknowledge their feelings:

Recognize that jealousy is a natural emotion, but don't let it define your actions.

2• Limit exposure to negativity:

Minimize interactions with those who try to bring you down.

3• Celebrate your achievements:

Take pride in your accomplishments, regardless of other's reactions.

4-Surround yourself with positivity:

Spend time with people who genuinely support and uplift you.

5•Practice gratitude:

Regularly reflect on and appreciate the positive aspects of your life, & encourage others.



Rosanna Wren is a dedicated educator, community advocate, and the founder of the Gracious Givers Foundation, a nonprofit organization committed to making a positive impact in her community, by assisting families where necessary



Wellbeing Institute

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THE LEARNING SPOT





The Learning Spot Academy empowers children as well as adults through Math classes with logical thinking, Vedic math and soft skills, fostering a love for learning through innovative, engaging, and holistic ways

<u>Website</u>

Sudha Kumar ~ Founder

PAPYRI CONNECT





It is a gathering place for like-minded individuals passionate about literature and wellbeing, fostering a sense of belonging and support. Overall, the "Papyri Connect" platform's mission is to enhance well-being through literature and the sharing of ideas while also establishing a strong and unique brand identity. A focus on building relationships and community, which is essential for promoting wellbeing. This can encompass mental health support, social connections, and personal growth, aligning with the growing emphasis on holistic well-being in workplaces and communities. Contact us for workshops, wellness retreats, and literary events.

Komal Gupta ~ Founder

<u>Linkedin</u>
INTUITIVE WELLBEING INSTITUTE







At the Intuitive Wellbeing Institute, we empower individuals through energy medicine and holistic practices. Our services include meditation, mindfulness workshops, retreats, coaching and counseling, and creative projects like writing and podcasting.

<u>Website</u>

Rev Joslyn Farray Pierre ~ Founder

ANGER MANAGEMENT PATHWAYS



A N/GER MANAGEMENT PATHWAYS



At Anger Management Pathways, we believe that managing anger is not just about control—it's about understanding, healing, and growth. We offer anger management classes and specialized anger management and poetry wellness workshops. Our goal is to provide a supportive environment where individuals can develop healthier ways to express emotions, improve relationships, and cultivate inner peace.

<u>Website</u>

Michelle Brown ~ Founnder

ALCHEMY OF WORDS





At Alchemy of Words, we believe that writing isn't just about the words on the page. It's about the stories we carry, the voices we quiet, and the truths we're ready to speak—gently, bravely, and with heart. Alchemy of Words is a soulful space where writing becomes a tool for transformation, self-connection, and av coming home to self. We blend reflective writing, mindfulness, and presence to guide people back to their inner truth.

Hanlie Robbertse~Founder

<u>Website</u>

5 THINGS TO DO THIS SPRING



1. Explore a New Hiking Trail

Spring is the ideal time to reconnect with nature. The temperatures are mild, flowers are blooming, and wildlife is active. Find a local nature reserve, park, or hidden trail you've never visited before. Hiking not only provides excellent exercise but also a chance to breathe in fresh air and witness the beauty of new growth. Remember to bring a camera many trails are bursting with wildflowers this time of year, making for stunning photos.



5 THINGS TO DO THIS SPRING



2. Plant a Garden

Whether you have a backyard, a balcony, or just a few pots by a sunny window, spring is the perfect season to start a garden. Choose vibrant flowers, fresh herbs, or even a few vegetables like tomatoes and lettuce. Gardening is not only a rewarding hobby but also a natural stress reliever. Watching your plants grow and thrive offers a sense of accomplishment and a daily connection to the earth's rhythms.

3. Visit a Farmers Market

Spring markets are a feast for the senses. Fresh fruits and vegetables, handmade crafts, flowers, and local delicacies await. Spending a Saturday morning at a farmers market supports local farmers and artisans while giving you access to the freshest seasonal produce. Many markets also feature live music, food trucks, and family activities, making it a fun outing for all ages.



5 THINGS TO DO THIS SPRING



4. Try a New Outdoor Hobby

With warmer weather comes a wide range of outdoor activities to try. Take up kayaking, paddleboarding, cycling, or even outdoor yoga. Spring is also a great time to join local recreational sports leagues or take a beginner's course in something you've always wanted to learn. Getting active outside boosts your mood, increases vitamin D intake, and offers new ways to meet people in your community

5. Declutter and Refresh Your Space

Spring cleaning isn't just a chore—it's an opportunity to refresh your living environment. Open the windows, let the fresh air in, and tackle one room at a time. Donate unused items, reorganize your closet, and deep clean areas that often get overlooked. Adding a few cheerful touches, like fresh flowers or new throw pillows, can make your home feel lighter and more inviting, matching the season's energy.



THE BLOSSOMING OF POETRY IN SPRING

By Michelle Brown

As the world awakens from the slumber of winter, spring breathes new life into the landscapes around us, providing a rich tapestry of inspiration for poets and lovers of verse. The season is marked by the blossoming of flowers, the return of songbirds, and the gentle caress of warmer breezes. It's an eloquent reminder of nature's cycles and the beauty of renewal. This article explores how spring influences poetry, celebrating themes of growth, change, and the emotional depth that accompanies the season.

The Sensory Experience of Spring

Poetry thrives on sensory language, and spring provides an abundance of sensory experiences to draw upon. The sights, sounds, and smells of the season offer a palette for poets to create vivid imagery. The bright colors of blooming flowers, the sweet fragrance of lilacs, and the cheerful melodies of birds create a sensory symphony that resonates with readers.

Emily Dickinson is known for her ability to capture the ephemeral nature of spring. In her poem "A Bird, came down the Walk," she observes the simple yet profound moments of life, emphasizing the connection between nature and the human experience. Dickinson often reflects on the delicacies of life and the fleeting beauty encapsulated in spring. Through her keen observations, she evokes a sense of wonder, inviting readers to savor the small joys of existence.

Love and Spring

Spring often serves as a backdrop for love in poetry, symbolizing new relationships and the rekindling of passion. Warm weather, blossoming flowers, and longer daylight hours create an atmosphere ripe for romance. Many poets have written about love in spring, using its beauty to evoke feelings of desire and longing.

In Lord Byron's "She Walks in Beauty," the natural world becomes intertwined with the experience of love. The beauty of spring enhances the emotions associated with love, creating a vivid interplay between nature and human feelings. Byron's lyrical language celebrates the warmth of connection and the exhilaration of spring, capturing the essence of romance that often flourishes during this season.

Moreover, the concept of love in spring is not limited to romantic relationships but extends to self-love and familial bonds. The season invites poets to explore the significance of nurturing emotional connections, reflecting the importance of relationships in our lives. Poems become a means to articulate the joys and challenges that accompany love, framed by the hopeful spirit of spring.

Nature as a Muse

Spring's influence on poetry extends beyond themes of renewal and love; it also celebrates nature as a muse. Poets have long been captivated by the beauty of the natural world, and spring serves as a dynamic canvas for their creativity. The emergence of life, the vibrant colors, and the dynamic changes in the environment all provide endless inspiration.

Mary Oliver's poetry often reflects her deep connection to nature, weaving elements of the natural world into the fabric of her verses. In poems like "When Death Comes," she highlights the importance of appreciating life's fleeting moments, urging readers to find beauty and meaning in their experiences. Oliver's observant lens captures the intricacies of spring, encouraging readers to engage with their surroundings and discover the profound connections between humans and nature.

In addition, poets like Robert Frost utilize the landscapes of spring to explore larger existential questions. Frost's "Nothing Gold Can Stay" reminds readers that beauty is often fleeting, prompting reflections on the impermanence of life. Through spring imagery, poets can delve into the tension between the transient nature of existence and the enduring power of beauty.

The Joy of Collaboration

Spring's vibrancy is also mirrored in the collaborative spirit of poetry. Open mics, poetry readings, and literary festivals often flourish during this season, encouraging poets and enthusiasts to come together and share their work. Such gatherings foster a sense of community and creativity, allowing for the exchange of ideas and the celebration of diverse voices within the literary landscape.

Furthermore, collaborative poetry projects often emerge in spring, inviting poets to contribute their unique perspectives on shared themes. This communal approach enhances the richness of poetic expression, showcasing the multifaceted nature of spring and its impact on human experiences. As we embrace the arrival of spring, we also open ourselves to a season filled with poetic potential. The themes of renewal, love, and the beauty of nature intertwine to create a profound canvas for poets to explore. Through their words, they capture the essence of spring, inviting readers to reflect on their own relationships with the world around them. Ultimately, spring serves as a reminder that, like poetry, life is a fluid interplay of emotions, experiences, and the everpresent cycle of change. So whether you're a poet, a reader, or simply an admirer of this season, take a moment to savor the beauty that spring brings and let it inspire your heart and mind.





Michelle Brown has a Bachelors degree in Psychology and she is a certified Anger Management Specialist, Domestic Violence Specialist, Mental Health Coach, and Poetry Therapy Practitioner. She owns Anger Management Pathways LLC and founded "Lyrical Healing Experience," blending poetry with healing.

SHORT STORIES



Short stories are like glimpses through a window—brief, vivid, and powerful enough to reveal entire worlds in just a moment.

Murtured by the Moon: CA Spring CAwakening to the Caribbean Rhythm

By Rev Joslyn Farray Pierre

Goddess Joslyn stood on the soft, white sands of her beloved Spice Isle, embracing the promise of fresh beginnings. Her beauty radiated like moonlight -brilliant and resilient, with warm, inviting eyes that sparkled with life's wisdom.

Tonight, she set intentions as vibrant as the colorful carnival costumes that danced through the streets, filled with energy like the spirit of Grenada itself. As the full moon rose majestically overhead, she gathered with friends to raise a toast with rich, red wine, honoring the earth and the essence of her island home. With every sip, they celebrated the victories won, releasing the remnants of the past that no longer aligned with her highest good.

The mouthwatering aromas of her country's national dish, Oil Down—bursting with spices and flavors—wafted through the air, intertwined with laughter and stories of Jab-Jab dancing, captivating every heart. They reveled in the vibrant culture, a tapestry of friendly faces and authentic connections that brought the island to life. In this moment, as the waves of the Caribbean kissed the shore, Joslyn surrendered to the rhythm of nature, romancing the beauty and magic that is Grenada—a jewel in the world, alive with endless possibilities.

Under the moon's gentle glow, I celebrate and honor the divine essence of sacred femininity, Lightkeeper, Queen of the Caribbean Moon Rhythm'!

Story 1, Story 2

By Maria Santiago Valentin

Story 1

Demetrio, a wise old gardener, lived in a small town between two great mountains in Puerto Rico. He tended to a beautiful garden filled with vibrant flowers, healing herbs, and toweringmango trees, where people from all over would come to find peace. Demetrio believed that love and wisdom were the keys to a serene life. He often shared stories of how love can heal wounds and how wisdom can guide us through life's challenges. One day, a young couple came into the garden, troubled by their conflicts. Demetrio welcomed them warmly and invited them to walk through the garden and the healing herbs orchard. As they strolled, he pointed out the beauty of nature and how it thrives in harmony. He shared a tale of two mango trees that stood side by side, their roots intertwined, yet each grew strong and unique. The couple realized they could grow together in love and peace, just like the mango trees. With newfound understanding, they left Demetrio's Garden hand in hand, their hearts filled with love and wisdom.

Story 2

One sunny Saturday afternoon, Grandma Maria decided to bake a cake with her rambunctious one-year-old grandson, Caesar, by her side. Caesar giggled as she mixed the batter and tried to "help" by dipping his chubby little hands into the bowl. Flour covered his face, and he looked like a tiny ghost. Grandma couldn't resist laughing at the sight. She handed Caesar a spoon, and he began banging it against the counter, shouting, "Atah! Atah!" Grandma chuckled and joined in, "Atah! Atah!" together,they made a joyful mess. As they slid the cake into the oven, Caesar looked up at Grandma with a flour-dusted grin and said his first clear word: "Cake!" Grandma beamed with pride, knowing this was a memory she'd treasure forever. As they sat down to enjoy their freshly baked treat, Caesar smeared cake all over his face and Grandma's, sealing their unique bond with joy and love.

Five Words In A Story

By Michelle Brown

The Art of Choice

The silence enveloped me, a cacophony that echoed in my ears. I inhaled deeply, surrounded by emptiness. A choice loomed ahead, yet my thoughts spiraled in uncertainty. I blinked, seeking clarity, then set the black shoes back on the shelf and turned, only to find the shopkeeper smiling. "Those were meant for the art exhibit, not you."

The Surprise That Backfired

With trembling hands, she took the key from her pocket, approaching the door she'd never seen before. Breath held, she unlocked and opened it. Shock washed over her as she found Tom had defied her request for a quiet birthday. Friends and family cheered, arms full of gifts. While Tom grinned she went to him and smacked his face.

The Flag of Surprises

The cold winter breeze enveloped me as I hurried through Mr. Jersey's old farm field. Nightfall approached, and I scanned the terrain for the quickest path home. Suddenly, I stumbled over a peculiar flag hidden beneath the leaves. Intrigued, I dug with my hands. To my shock, I unearthed Mr. Jersey, gasping for breath but grinning.

In The Park

Staring at the immense figure, fear lingered bitterly. Each breath felt precarious, as if the last. My emotions rebelled, quivering in betrayal. As terror tightened its grip, understanding dawned—it was just a baby dinosaur, part of a forgotten museum exhibit, left in the park. I sighed with relief, laughing at the absurdity of my needless alarm.

Short Stories Authors



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Dr. Maria Santiago-Valentin, Ed.D.

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Awaken with Spring: A Season of Renewal, Reflection, and Rebirth

By Hanlie Robbertse

I love spring because the whole world outside showcases the arrival of new life. Flowers color the landscapes with bright colors, fresh green grass deck our lawns, and birds sing about the joy of spring. Life is luscious and it's not scared to show the beauty of awakening after winter to us.

In the same way that nature goes through cycles, so we do too. We may find ourselves in a season of death and deep resting, but we must remember, that spring will arrive again one day bringing with it renewal, rebirth and new things – just like in nature. So, if you've found yourself in a period of winter, ask yourself : What within you is ready to bloom?

Spring as a Metaphor for Personal Growth

Spring symbolizes rebirth, new beginnings, light after darkness.The question then is how can we take cues from nature to refresh our inner world? Are there things that no longer serve you, that needs to be cleared out so you can plant something new?

Is there something new that has been germinating that needs to come to the light? As you shed the winter coat of darkness and being buried deep, intentionally look for the light – find the light in small things.

Like nature that clothes itself in new blooms, you can bring renewal into your life thought exploring new habits, new ways to live a fully conscious life. Make sure to nourish yourself through what fills you up.

Shedding the Old: Spring Cleaning for the Soul

Often with the change of seasons, people spring clean their homes, In the same way can you spring clean your soul. Decluttering old thoughts, habits and relationships that don't serve you anymore can be hard, but you will be surprised on how refreshed you will feel when you get rid of that load.

Bring a mindful practice into this by looking at your thoughts, habits and relationships and asking yourself : *Is this still serving me to the be the best I can be?* If the answer is no, then it is time let it go. You can write a letter ot gratitude to it, and tear it up, or if it's safe, burn it. This will help with bringing closure.

Planting Intentions: Seeds of Creativity and Hope

Spring is also a great time to set new intentions for yourself. Focus on intentions, instead of hard goals.You can ask yourself what it is that you want to bring to life, and "plant" the intention as part of your spring vision.

Use the following when you plant your seeds of intention : Imagine planting seeds of courage, joy, or a project you've long wanted to begin and see how they start to grow and eventually bloom. You can use your journal to put words to your vision. Add a touch of creativity to it by adding some pictures...You will be amazed to see one day when you reflect back on how your seeds grew.

Reconnecting with Nature and Self Spring is an ideal time to get outside and



enjoy nature in all it's glory. Take mindful walks and notice all the beauty around you. Do some barefoot grounding if you can, but if not possible, go sit on a rock, or under a tree and feel the earth's pulse under you. Listen to the birds and notice the flowers and let nature tell you the story of renewal in small and subtle ways.

You can even use these experiences in your writing practice by simply describing the scene around you – it will connect you to the present and you will find profound joy and gratitude through that.

Blossoming: Living Fully and Authentically

When you make a conscious effort to renew yourself, you will find that you live more fully and in your truth. That is what authenticity is about – to live life on your terms, and not how someone else thinks you should live it. You will find that you will bloom and that takes courage – to live your truth , to share your passion and your creative work. Remember creative work isn't only about artistic work, but about anything you create.

Someone once wrote "Bloom where you are planted" and that's where you learn to be fully you. Your blossoming will come in it's own time – you merely have to ready the garden of your inner world.

Begin Again

While nature has great messages that we can apply to our own lives, the truth is that we can always begin again. Each new day is like a spring day that invites us to the possibilities that we want to create. So, as I invite you to look inside, for that's where your power is, I want to leave you with this question: What will you welcome this spring?







Hanlie Robbertse, owner of Alchemy of Words, hails from South Africa as a writer and storyteller. Passionate about transforming narratives, she champions equality and collaboration. Internationally published on mental health and discrimination, she is ESWP's ambassador, advocating for the voiceless and supporting collective empowerment through spoken word poetry.



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

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The Writing Circle 4th Sundays

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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!

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