

Volume 1, Issue 4 Summer 2025

# ESWP

LITERARY MAGAZINE

POETS'  
LOUNGE

CULTURAL  
VOICES OF  
INDIA

SEEDS OF  
HOPE  
YOUTH  
EDITION

5

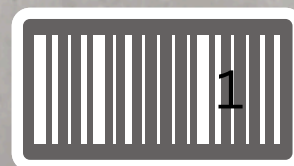
YOUNG ARTISTS  
ON THE RISE

YOUTH  
EXPRESSIONS  
POETRY  
VISUAL ARTS

INTERVIEW WITH  
WRITER, POET AND LITERARY  
ADVOCATE

**KOMAL GUPTA**

*Anuska Mondal*





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# Editor's Note

ESWP MAGAZINE

Welcome to this special Youth Poetry & Visual Art Edition of ESWP Literary Magazine. Within these pages, you will find the unfiltered voices of young creators—voices that dare to dream, question, and reimagine the world around them.

Our youth contributors have offered more than words and images—they have given us pieces of their truth. Through poetry that sings with raw honesty and visual art that speaks in colors and shapes beyond language, they remind us that creativity is not bound by age but fueled by courage.

Every poem, every brushstroke, every captured moment here is an act of bravery. These works reflect the joy, struggle, curiosity, and hope that pulse within the next generation. They show us that art is not just something to be made—it is something to be lived.

To the young artists featured here: thank you for sharing your stories and visions with us. Your work is a light for the present and a promise for the future.

*Michelle Brown*

Editor-in-Chief

The image shows two hands, one on the left and one on the right, holding the word "HOPE" in a bold, sans-serif font. The background is a warm, golden sunset over a body of water, with the sun low on the horizon. The hands are silhouetted against the bright light of the sun.

# Insights & Inspirations

With

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

Founder/Visionary

ESWP & TAPN2U Movement LLC

## A Season of...HOPE

Summer is a feeling. It's the scent of blooming flowers carried on warm breezes, the sound of laughter echoing from porches and parks, and the sight of the sun lingering longer as if to remind us to slow down and savor the light. In its essence, summer is a reminder that life renews, blooms, and continues—even after the longest winters. It calls us back into joy, into movement, into possibilities. And most of all, it calls us back into **hope**.

Hope can sometimes seem fragile—like a candle flickering in a storm. However, just like summer follows spring, and spring follows winter, life carries us in cycles. And even in moments when all we see are shadows, hope is there, waiting—like sunlight behind the clouds, like seeds beneath the soil, like healing beneath the hurt. Summer reminds us that no matter how heavy life has been, warmth returns. Color returns. Possibility returns.

Along with the return comes a sacred invitation: to tune inward. To recover the beauty of who we are. To feel and experience the quiet strength of inner peace rising beneath the surface like waves meeting the shore. Summer brightens the skies and helps us illuminate ourselves. We remember who we are, why we're here, and what still matters. With every sunrise, summer speaks in the language and flows with the vibrations of unity, peace, and love's infinity. It whispers, "You belong. You are light. You are love."

When we find ourselves caught in seasons of uncertainty, we can look to the rhythm of nature as proof that change is not only inevitable—it is often beautiful. Summer shows us what it means to come alive again. The trees don't apologize for their fullness. The flowers don't doubt their bloom. The birds don't question if they deserve to sing. They simply *are*. And so can we...simply BE.

To flow with this Soulful Summer, here are three reflections we can contemplate during moments of stillness:

### **Reflection 1: The Power of Cycles**

Do You remember a time when you were in a shadowed place, uncertain if things would ever be “bright” again. Now think about how, slowly, life shifted. The same way winter doesn't last forever, our hardship didn't either. Summer shows us that growth is still possible—it doesn't erase what came before—it changes it. It transforms it into understanding the “reason why”.

### **Reflection 2: Blooming Anyway**

Flowers don't wait for perfect soil to bloom—they reach for the sun wherever they're planted. We, too, can bloom in imperfect conditions. Maybe life hasn't looked the way we planned. Maybe there's been loss, disappointment, or delay.



*Light Lives Within You*

But summer teaches us that growth is still possible, even after tumultuous storms. It's okay to carry both joy and pain. It's okay to begin again. The more we cultivate self-awareness, the more we recognize that healing is possible exactly where we are. Let's remember..." Miracles can happen every time, all it takes is a change of mind". ACIM

### **Reflection 3: Light Lives Within You**

Summer brings more daylight, yet the deepest light comes from within. Hope isn't found outside of us—it's reignited there. What if we let ourselves believe again? In our dreams, our worth, our healing?

Summer invites us to open the sanctuary of our hearts and the portal of our minds, to let the light pour in and the heaviness pour out. The vibration of this season reminds us that peace is not a destination—it's a state of awareness (*Self & Soul Awareness*). When we root ourselves in love, peace, and presence, we become the summer. We become the shift. We become the miracle.

**And now, I offer this affirmation:**

*Like summer, I rise again—radiant, resilient, and filled with soulful self-awareness, peace, and infinite love for all that is still possible.*

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.*





# The Power of Youthful Connections: Navigating Interpersonal Relationships

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By Elizabeth Esguerra Castillo

Youth is often described as a time of discovery, excitement, and transformation. It is the bridge between childhood and adulthood, filled with moments of growth, challenges, and new experiences. One of the most significant aspects of this phase of life is the development of interpersonal relationships—the connections young people form with family, friends, classmates, mentors, and romantic partners. These relationships are not just a source of companionship; they are key to shaping identity, emotional health, and social development.

## The Importance of Interpersonal Relationships in Youth

Human beings are social by nature. From infancy, we crave connection. As children become teenagers and then young adults,

their social circles expand dramatically. During this period, relationships evolve from being mostly family-centered to encompassing a wider network of peers and role models. The bonds formed in youth can have lasting effects, often influencing personal values, life decisions, and mental well-being.

Friendships, for example, play a crucial role in a young person's life. Good friends offer emotional support, provide a sense of belonging, and help in navigating the highs and lows of growing up. They are sounding boards for ideas, safe spaces for self-expression, and mirrors that reflect one's evolving identity. A loyal friend can boost confidence, reduce stress, and even improve academic performance by fostering a positive environment.

Family relationships, though often tested during adolescence, remain vital. Parents, guardians, and siblings provide a foundational support system. While young people may seek independence, the emotional security and guidance offered by close family bonds are essential during times of uncertainty or change. Maintaining open lines of communication within the family helps build trust, which, in turn, encourages resilience and healthy decision-making.

### **Romantic Relationships and Emotional Growth**

For many young people, adolescence and early adulthood mark their first experiences with romantic relationships. These early romantic connections can be deeply emotional, intense, and formative. They teach valuable life lessons—how to communicate,



compromise, show affection, manage jealousy, and deal with heartbreak. A healthy romantic relationship during youth can instill self-worth and teach respect, while an unhealthy one can serve as a critical learning experience about boundaries and red flags.

However, navigating young love isn't always easy. With limited emotional maturity and often idealized notions of romance, young people may face challenges such as insecurity, miscommunication, or unrealistic expectations. That's why emotional intelligence is vital—learning to understand one's own feelings and empathize with others is the foundation of a strong relationship.

### **The Role of Technology in Youth Relationships**

In today's digital age, interpersonal relationships among youth have taken on a new dimension. Social media, messaging apps, and virtual platforms offer constant connection but can also



complicate communication. While technology makes it easier to stay in touch, it also opens the door to misunderstandings, cyberbullying, and the pressure to maintain curated online personas.

Despite these challenges, digital spaces can foster positive connections, especially for those who feel isolated or marginalized. Online communities can offer support, shared experiences, and even lifelong friendships. The key lies in balancing online interaction with real-life, face-to-face communication, which remains crucial for developing emotional depth and authenticity in relationships.

## **Building Healthy Relationships**

Developing strong interpersonal skills is essential for nurturing meaningful relationships. Here are a few key principles young people can practice:

1. **Communication** – Being able to express thoughts and feelings clearly, while also actively listening, strengthens mutual understanding. It's important to speak honestly while being respectful of others' perspectives.
2. **Empathy** – Putting oneself in another person's shoes helps in resolving conflicts, deepening connections, and showing genuine care.
3. **Boundaries** – Knowing when to say no and recognizing one's emotional limits are signs of a healthy relationship. Respecting the boundaries of others is just as important.
4. **Accountability** – Taking responsibility for one's actions and apologizing when necessary fosters trust and maturity.
5. **Support** – A strong relationship is one where individuals lift each other up, celebrate each other's wins, and offer comfort in times of need.

Learning and practicing these skills can help youth maintain positive relationships that enrich their lives and support their emotional well-being.

## **Overcoming Challenges**

No relationship is perfect. Disagreements, misunderstandings, and disappointments are part of the journey. What matters is how these challenges are handled. For youth, who may still be learning how to manage emotions, such moments can feel overwhelming. Encouraging open dialogue, seeking advice from trusted adults, and even professional counseling when needed, can make a big difference.

Peer pressure is another challenge that young people often face. The desire to fit in can sometimes lead individuals to compromise their values or stay in unhealthy relationships. Developing self-awareness and confidence allows young people to make decisions that align with their true selves, rather than being swayed by external expectations.

## **A Foundation for the Future**

The relationships formed during youth are not just temporary connections; they are the early training ground for the adult relationships to come. Whether it's learning how to collaborate on a group project, leaning on a best friend after a tough day, navigating the highs and lows of a first love, or reconciling with a sibling after a fight, each experience builds interpersonal resilience.

These youthful connections help lay the foundation for future relationships in the workplace, in families, and in society. When young people are equipped with empathy, communication skills, and emotional insight, they become compassionate partners, supportive friends, and thoughtful community members.

## **Final Thoughts**

Youth is a powerful time, rich with possibility and transformation. The relationships formed during this period are among the most impactful experiences of a young person's life. By understanding the importance of interpersonal connections and learning how to build them with care and intention, young people not only enrich their own lives but also contribute to a more connected and compassionate world.

Let us encourage today's youth to embrace their relationships with openness, kindness, and wisdom—because in a world that often feels divided, strong human connections are the glue that holds us together.



*Elizabeth Esguerra Castillo is a multi-awarded International Author/Poet/Visual Artist from the Philippines. She is the author of "Seasons o Emotions" and "Inner Reflections for the Muse" and a co-author of "Verses of Meraki" and more than 300 international anthologies. Her works were already translated into more than 18 different languages.*



**EXCLUSIVE  
INTERVIEW**

*Komal Gupta*

# K O M A L G U P T A



*“For me, poetry has always been a bridge- between the seen and the unseen, the temporal and the timeless. I am drawn to the ordinary because it often carries the deepest truths, hidden in everyday gestures, silences, and moments that go unnoticed.”*

**Komal Gupta** is an award-winning Indian poet, writer, and literary advocate, blending art with social impact. Founder of *Papyri Connect*; she champions wellbeing and literature. A G100 Advisory Board Member and Peace Partner with TAPN2U, she uplifts communities through poetry, storytelling, and advocacy, inspiring meaningful connections and creative expression worldwide.

Komal Gupta publishes under the pen name "**tejaswini**aura." She is recognized for her unique narrative style and reflective poetry that explores both the extraordinary and mundane aspects of life. Her work is deeply rooted in the belief that words, arts, and culture can profoundly impact society, pushing the boundaries of traditional poetry with vivid imagery and emotional depth. Below is an overview of her literary contributions, achievements, and perception as a literary figure based on available information.

Komal Gupta has authored two poetry collections: *Of Silhouette Words and Moonflowers* (2017): Her debut collection, available in paperback and e-book formats on platforms like Amazon

*W R I T E R , P O E T , A D V O C A T E*

Kindle, and Flipkart. This work showcases her ability to weave intricate emotions and perceptions into poetic narratives.

*Verses of Time* (2019): This collection earned significant recognition, including the Best Poetry Book in English award at the 3rd ALS Lit Fest 2021 by the Asian Literary Society. It further solidified her reputation for crafting poetry that resonates with readers through its reflective and evocative style.

Her poetry and short stories have been featured on various platforms, including **Fuzia, Bymepoetry, The Uncommon Box, Commaful, Realistic Poetry International, Story Mirror, YourQuote, Kalaage**, and **InkInnovators**. On YourQuote, her work under the hashtag **#tejaswiniaura** has garnered thousands of likes and is frequently featured under the category of Best English Quotes.

Additionally, Komal has contributed to anthologies by the **Asian Literary Society** and **Impish Lass Publication House**, and her article "*Calligraphy in India*" was published in the **Journal of Asian Arts, Culture and Literature (JAACL)** (Vol 2, No 4, December 2021). Her poetry was also showcased in public spaces, such as the *Wait Time Project* at Cubbon Park Metro Station in Bangalore (April 2019) and at the *International Roerich Memorial Trust* in Manali (2019).

Komal Gupta has received numerous accolades for her literary contributions:

- Indian Women Achievers Award 2021 in Literature by the Asian Literary Society at the 3rd ALS Lit Fest
- Exceptional Women of Excellence Award at the Women Economic Forum 2022
- Culture Champion – Global Finalist 2022 by SheInspiresAwards, United Kingdom
- Annual Wordsmith Award 2019 (2nd position, English Poetry) by the Asian Literary Society
- Gurugram Achiever's Award 2019 in Literature
- Shortlisted for the Orange Award for Poetry (2018, 2019, 2020) by Women's Web and for the Woman Inc and Beyond Black Sakhi Annual Poetry Awards 2019 for an anthology on women empowerment
- Winner of the Mirakee Microtale Contest (Theme: Time, 2018) and online contests on Fuzia (2019)

Her involvement extends beyond writing, as she serves as the **National Vice President of the WICCI Arts Leadership Council** and as the **Global advisor India for the G100 Arts and Films Leadership Council**. She also volunteers as a content curator and speaker curator for **TEDxGurugram** and contributes as a content writer for non-profit organizations, particularly in mental health advocacy.

She is an avid supporter of **ESWP - Empowerment Through Spoken Word Poetry as their India Ambassador and is on the Editorial team of The ESWP Magazine, a quarterly journal dedicated to social impact and the literary arts.**

Komal Gupta is perceived as a dynamic and innovative literary figure who bridges traditional and contemporary poetic forms. Her work is celebrated for its emotional resonance and ability to capture universal human experiences through a unique lens. Critics and readers alike appreciate her for:

- **Innovative Style:** Her poetry is noted for its distinctive narrative and reflective qualities, challenging conventional definitions of poetry. She is seen as a poet who transforms everyday observations into profound artistic expressions.
- **Cultural Impact:** Her belief in the transformative power of words positions her as a socially engaged writer. Her contributions to public art projects, such as the Bangalore Metro slideshow and TEDxWomen Bold and Brilliant 2019, highlight her commitment to making literature accessible and impactful.
- **Empowerment and Advocacy:** As a woman writer featured in projects like Literoma's *the Shining Divas of 2020*, she is recognized as an inspiring figure for aspiring female writers in India. Her work in mental health and women's empowerment anthologies further cements her role as a socially conscious literary voice.
- **Global Reach:** Her work features on international platforms like *Versopolis Review* and recognition from global organizations like SheInspiresAwards indicate her growing influence beyond India.

Komal Gupta ("tejaswiniaura") is a prominent figure in contemporary Indian literature, admired for her evocative poetry, innovative style, and dedication to cultural and social causes. Her work, including *Of Silhouette Words and Moonflowers* and *Verses of Time*, has earned her critical acclaim and a strong following on digital platforms. As a literary figure, she is perceived as a trailblazer who combines artistic excellence with a commitment to societal impact, making her a significant voice in modern Indian poetry.

***Your poetry often explores both the extraordinary and the mundane aspects of life. How do you choose the themes you write about, and what draws you to a particular subject or emotion?***

For me, poetry has always been a bridge- between the seen and the unseen, the temporal and the timeless. I am drawn to the ordinary because it often carries the deepest truths, hidden in everyday gestures, silences, and moments that go unnoticed. And I'm equally enchanted by the extraordinary - the spiritual, the cosmic

the abstract - because it offers a lens to interpret the deeper questions of being.

I don't *choose* themes in a structured way; they often reveal themselves in moments of stillness, during walks, while journaling, or through conversations. Sometimes a single word, a shift in light, or a fleeting emotion becomes the seed for a poem. I write to explore, not just to express. Time, identity, memory, and emotional resilience are recurring threads because I believe they define our inner landscape. Whether it's through a visual poem, a formal poetic structure, or a quiet haiku, I aim to distill meaning, not prescribe it.

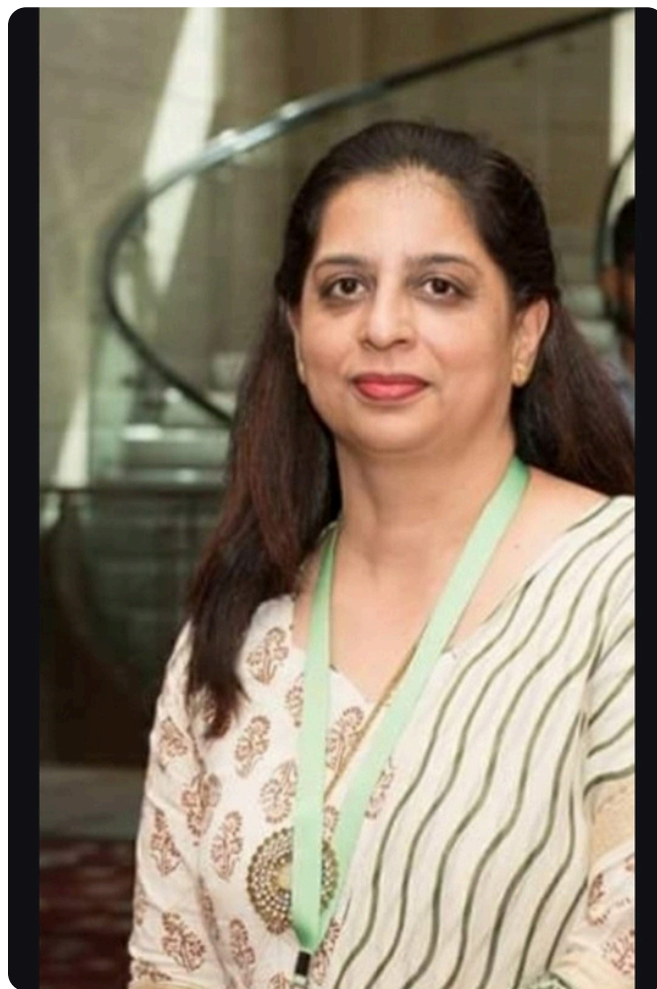
***As the founder of Papyri Connect and a Peace Partner with TAPN2U, how do you see the relationship between literature, mental wellbeing, and social advocacy evolving today?***

The intersection of literature, mental wellbeing, and advocacy is no longer theoretical — it's essential, especially in a world that is overstimulated and yet deeply disconnected. Papyri Connect was born from this very understanding, that the written word can be a portal to both inner reflection and collective healing. Our motto- Reconnect and reflect is the core of our philosophy and we aim to spread the message of inner healing through the concept of inner edits. This is a process where we sync the outer and inner worlds for our highest good.

As a Peace Partner with TAPN2U, I've seen how simple acts like storytelling circles, expressive writing sessions, or poetry readings can dismantle barriers, be they emotional, generational, or social. Literature today is not confined to print or

performance; it's becoming a soft tool for activism, for building empathy, and for creating safe spaces, whether physical or digital. Community is the key, both at Papyri connect and at TAPN2U. It is here where we find our collective strength.

The future belongs to initiatives that integrate creativity with care. As we evolve as societies, our advocacy must also speak the language of emotional intelligence, inclusion, and authenticity. That's what I strive to do, create ripples through words that don't just inspire, but soothe, question, and connect.



***Publishing under the pen name “tejaswiniaura,” you’ve built a powerful digital presence. What role has online literary platforms played in shaping your voice and reaching global audiences?***

Publishing under *tejaswiniaura* was an intentional step, not just a pen name, but an embodiment of the light and radiance (tejaswini and tejas) I wanted to reflect and the positive energy (aura) I hoped to nurture through my words.

Online literary platforms were pivotal in shaping both my voice and reach. They offered me the freedom to experiment, to receive feedback in real-time, and to find resonance with readers across borders. From Commaful and YourQuote to platforms like Fuzia, The Uncommon Box, and global poetry festivals, these spaces amplified my work and connected me with fellow seekers and artists. It is a beautiful world out there and so much to share and learn.

The digital world is not just a stage; it's a community. It allowed me to be both vulnerable and visionary to speak of the metaphysical and the mundane, to experiment with poetic forms, and to witness the power of words ripple through unexpected geographies. The learnings have been immense and I have nothing but gratitude in my heart for the opportunities.

***From being featured at Cubbon Park Metro Station to winning the Indian Women Achievers Award, your journey blends public art and personal expression. Which milestone has been the most transformative for you, and why?***

While every milestone has held significance, being featured at Cubbon Park Metro Station as part of the Art in Transit project was deeply transformative. It was more than recognition; it was visibility for the *intangible*. My words, which are often introspective, found a place in a bustling public space, opening conversations among strangers.

That moment blurred the lines between private thought and public art. It taught me that words don't belong only to journals or literary gatherings, they live wherever people pause to feel. That experience, coupled with community recognition like the Indian Women Achievers Award, validated the belief that personal truth, when expressed sincerely, can carry universal echoes. I have had my poetry showcased at TEDx Gurugram's Bold and Brilliant, a women centric event at Gurugram in 2019. This was a major milestone for me too as it represented the debut of my words and poetry at an event which transcended boundaries of gender and countries. The effect was magical and remains one of my fondest memories.



***Your work as an editor, speaker curator, and mental health advocate shows a multidimensional commitment to the arts. How do you balance these roles, and how do they inform your creative expression?***

Each of these roles feeds into the other, like a mandala, they overlap and enrich my inner compass. As an editor, I am attuned to nuance, to silences between words. As a speaker curator, I listen deeply, not just to what is said, but what is felt. As a mental health advocate, I carry the awareness that behind every piece of writing, every voice, there's a lived experience that matters.

Balancing these roles is not always easy, it demands clarity of purpose and intentional boundaries. But they ground me. They remind me that art is not performance; it's presence. These responsibilities have deepened my empathy, broadened my vision, and most importantly, taught me that creativity is not a solitary act. It is deeply collaborative, often silent, and always sacred. A major life lesson as I tread into new spaces as the Founder of Papyri Connect. Creativity is inborn and an outward-bound spiritual process, is what I have learnt. I honour this in my work.

***What advice would you offer poets who want to use their voice for both artistic expression and social impact?***

Write from your *inner necessity*, not for applause. If you want your voice to carry, let it echo truth, not trend. Art that moves people emerges from lived conviction, not convenience.

My advice? Embrace the discomfort. Ask difficult questions. Build your craft, but don't worship form over feeling. Allow your voice to be both tender and fierce. Let it witness injustice, celebrate beauty, and hold



grief with grace. And most importantly, *listen*. Social impact is not about being louder, it's about being more *aware*.

Use your words to build bridges, not just hollow echoes. Poetry can be protest, yes, but it can also be refuge. And that balance is where true impact lies. And remember your matter, your inner environment is the key, nurture and cherish it.



FESTIVAL, CUISINE,  
MUSIC, DANCE, ARTS

# *Cultural Voices of*



Come take a journey with us  
as Komal Gupta takes us into  
the Culture of India





Gateway of India in Mumbai

**India is known for its rich cultural diversity. What are some traditions or festivals that best represent the country's cultural heritage?**

Festivals are the soul of India's cultural identity. Diwali, the Festival of Lights, brings families together to celebrate light over darkness. Holi, the Festival of Colors, fills the air with joy and unity. In Bengal, Durga Puja transforms entire cities into art galleries of devotion. Down south, Onam in Kerala is marked by boat races, flower carpets, and the famous feast called Onasadya. And of course, Eid-ul-Fitr reflects our shared spirit of community and hospitality. Each festival shows how India's diversity creates harmony.

**If a first-time visitor had only one week in India, which cities or regions would you recommend, and why?**

For a balanced experience, I'd suggest Delhi, Agra, Jaipur, and Varanasi—this gives history,

architecture, and spirituality. Delhi offers a blend of Mughal heritage and modern life; Agra has the Taj Mahal; Jaipur, the Pink City, is full of forts and bazaars; and Varanasi, by the Ganges, gives you a glimpse into India's soul. If someone prefers nature, then Kerala's backwaters and beaches are pure magic. In one week, you'll taste both the ancient and the living India.

**How does the architecture in India reflect its history and cultural influences?**



Our architecture is like a story carved in stone. Ancient temples in Khajuraho and Konark show devotion through intricate carvings. Mughal monuments like the Taj Mahal and Red Fort reveal Persian and Turkish artistry woven into Indian tradition. Colonial structures, like Mumbai's Gateway of India or Kolkata's Victoria Memorial, reflect the British period. And then you have modern icons like Chandigarh, planned by Le Corbusier. Every empire, every era, left its mark—our buildings are history books you can walk through.

**Food is a big part of Indian culture. What regional dishes should travelers try, and where can they find the most authentic versions?**

Indian food is like a journey in itself! In the north, you must try Butter Chicken with naan in Delhi and Chole Bhature in Punjab. The west offers a colorful Gujarati Thali and Mumbai's irresistible Vada Pav. The south is famous for Masala Dosa in Karnataka and Kerala's spicy fish curry with rice. And the east has the best sweets—Rasgulla and Sandesh from Bengal. The most authentic flavors are found in family kitchens and local eateries, where recipes have been passed down for generations.

**Many people visit India for its famous landmarks like the Taj Mahal. What are some lesser-known places that offer equally memorable experiences?**

Oh, there are so many hidden treasures! Hampi in Karnataka is a stunning



ancient city of ruins. In the northeast, Meghalaya has living root bridges and misty waterfalls that feel otherworldly. Spiti Valley in Himachal Pradesh is a remote paradise of high-altitude monasteries and mountain villages. Khajuraho is known for its temple art, while the Rann of Kutch in Gujarat—a vast white desert—becomes magical during the Rann Utsav festival. Each of these places is unforgettable in its own way, without the crowds.



# POETRY

A close-up photograph of a person's hands writing in a notebook. The person is wearing a beige, textured sweater and blue denim jeans. They are holding a yellow pencil in their right hand and writing on a white page. The background is blurred, showing a blue surface.

“Poetry is not a luxury. It is a vital necessity of our existence.”

-Audre Lorde

## YOUNG POETS' VOICES



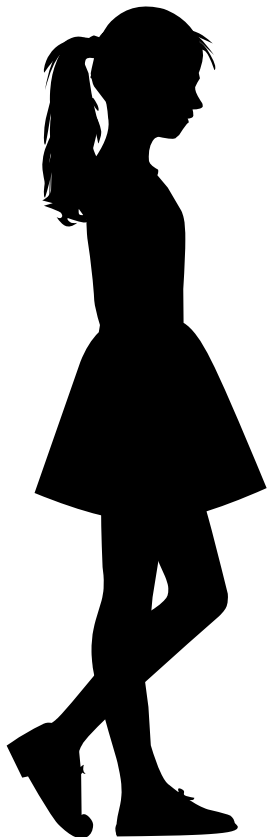
## **HER LESSON**

I was told  
My body Is a bank  
Not a market where everything is sold  
just like water in a tank  
Which is used in a special time  
For it's Saint like the dime

But it was used like a truck  
Forgetting to store my diet for babies to suck  
Everyone was drinking my beauty like a duck  
For i was filled with passion of money  
Despite its sweetness than honey  
I built a fence on my own journey  
Not because I didn't know  
But because I couldn't say to anyone No  
So that I get more

After all  
Nothing I gain  
Apart from my daily pain  
Which is the fruit of my grain  
When others are glad  
I'm sad

Being neglected is my award  
Being disrespected is my certificate  
Not being honoured is the degree  
From the industry of envying cash  
But I advise you to be hash  
For respect is not sold  
That you can buy  
And it'll be after you, even when you are old  
And your CV will be mistold  
From none respect you will hold



*Continue-*



Whatever you're doing today  
Results are waiting in tomorrow  
Passion of cash will destroy your all way  
And you'll harvest sorrow  
For that's the fruit of much enjoyment

*~Mutamba Lodima*





## ***The Road We Walk***

With children on the backs, women carry  
luggages  
Darkness comes, sunlight savages  
The clouds drape the day and make us lame  
Like animals that are friendly and tame.

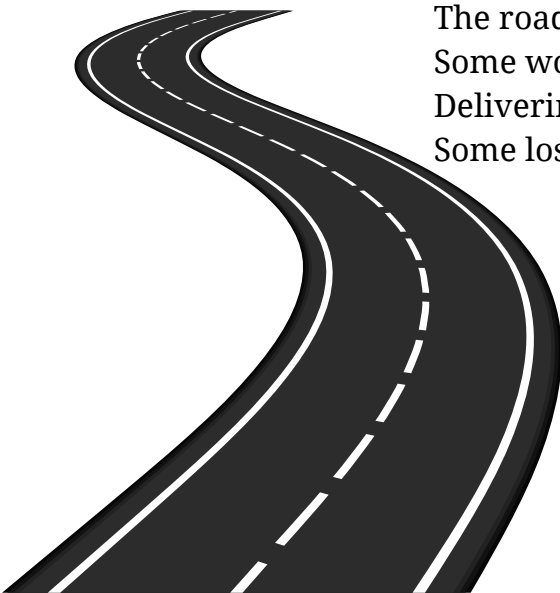
Looking behind, our huts burnt  
Our lands grabbed, our daughters raped  
We have died many times  
For we have been stabbed by daggers of  
corruption.

No soil left, no grief erased  
Hiding in the bush, with no idea to sail  
Like the first explores, we are guided by the  
moon  
For the road we walk eases our fear soon.

Courageously, men lead the way  
But some children starve to death  
For we are unaccompanied and or orphaned  
Given hope of a new life in a refugee camp

The road we walk, full of mystery  
Some women are aged, others are pregnant  
Delivering labour in a grievd road  
Some lose their lives in limbo of fate and destiny

*~Charles Lipanda Mahigwe*







## A LETTER TO MY GENERATION

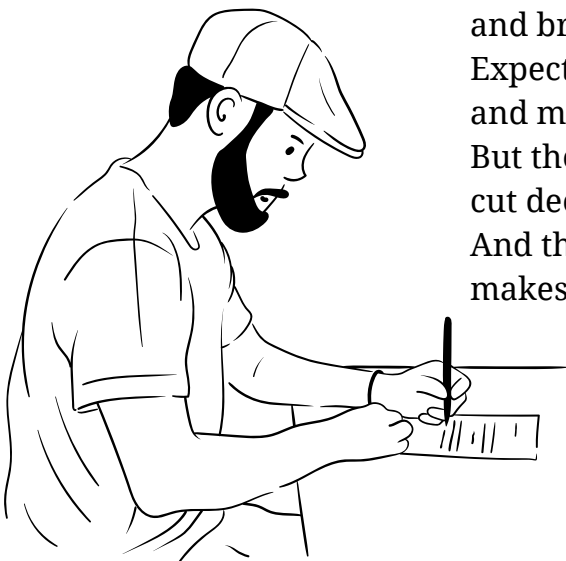
We're lost in the world in desperation  
Seeking answers in every education  
Trying to find our place in every situation  
With hearts that are searching for a new creation  
We're chasing our dreams with determination  
And struggling for greatness with every  
motivation  
And hoping for a brighter generation

Let break ourselves to build the bridge of future  
generations  
We've been given broken keys  
Expected to unlock doors of success with  
naturally  
But the locks are rusty, the doors are worn,  
And the keys we hold are fractured and torn

We are told to strive, to reach for the top  
But the stair's broken, the rungs won't stop.  
Society Bury us through their expectational

We're promised equality, but it's just a lie,  
As we struggle to breathe, beneath the weight of  
societal guise.

We are given shattered dreams  
and broken promises too  
Expected to pick up the pieces  
and make our way anew  
But the shards of glass  
cut deep into our skin  
And the weight of expectation  
makes it hard to begin



*Continue-*



A letter to my generation  
We are the generation that laugh publically  
And enjoy tears secretly  
Where uncles plant seeds in little girls  
And tell them tell no one for your survival  
Because age is the real measure of wisdom  
When the journey's long, and the road is rough,  
We are called generation pc  
We are lost In the space  
THE world of screens and digital pace  
We search for connection and love  
Yet we find ourselves in the dark of night

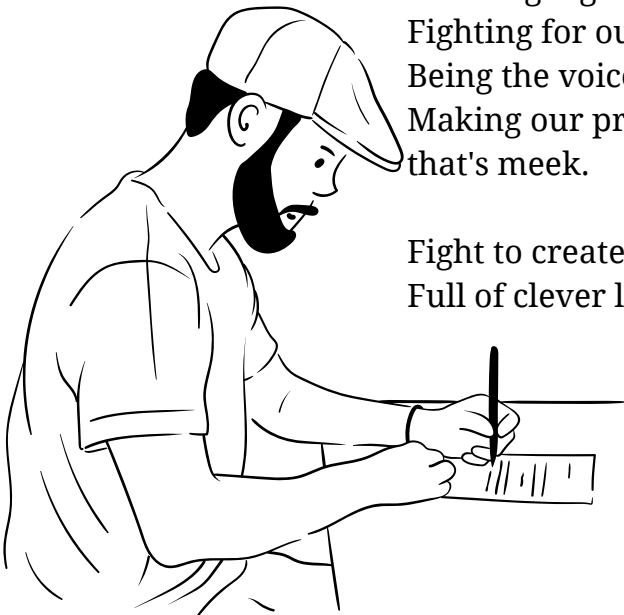
We are Learning from mistakes  
We grow from pain

Let push  
Despite the broken keys and the doors that won't  
thrive  
We'll find a way to make our own path  
To forge our own keys and unlock our own math

A world that's just, a world that's fair,  
Where everyone can thrive, without a single care.

Standing together, united as one,  
Fighting for our rights, until the battle's won.  
Being the voice, for those who can't speak,  
Making our presence known, with a message  
that's meek.

Fight to create the world  
Full of clever leaders my generation



*~Rudy Ruhigita*



## Lucifer. (June 4/24)

I'll be nothing, I guess.  
But I will never be used to this.

They told me how good I'd be sinned,  
If I travel the day with your arms on my waist.  
I'll be damned if I care, but I'll be nothing if you leave.  
I can't used up this sheets with the blood I didn't scatter  
God, I'll be a preacher or a Saint, but I will never be cursed cause I  
know you're here.

But i can only live if I know I am loved,  
can be cruel for some, it is for me as well.  
But that is the only thing I'm sure of.  
I can die without knowing your love,  
but I can't lie with an arrow aiming for my heart.

I should be ashamed, too obsessed with who I am.

I won't believe you, Cause how will I?  
You can't used up this sheets with the blood you didn't scatter  
God, you'll be a preacher or a Saint, but you will never be cursed, if  
you run away.  
I've always had the knife held on my pulse, waiting for the trigger I  
am scared to receive.

You will never get me, forget that I exist.

Can I even deny I didn't love you?  
When in every talk I make with God,  
It will make him exchange sit with the fallen angel if it happens that  
you have lost your wings.

*Continue-*

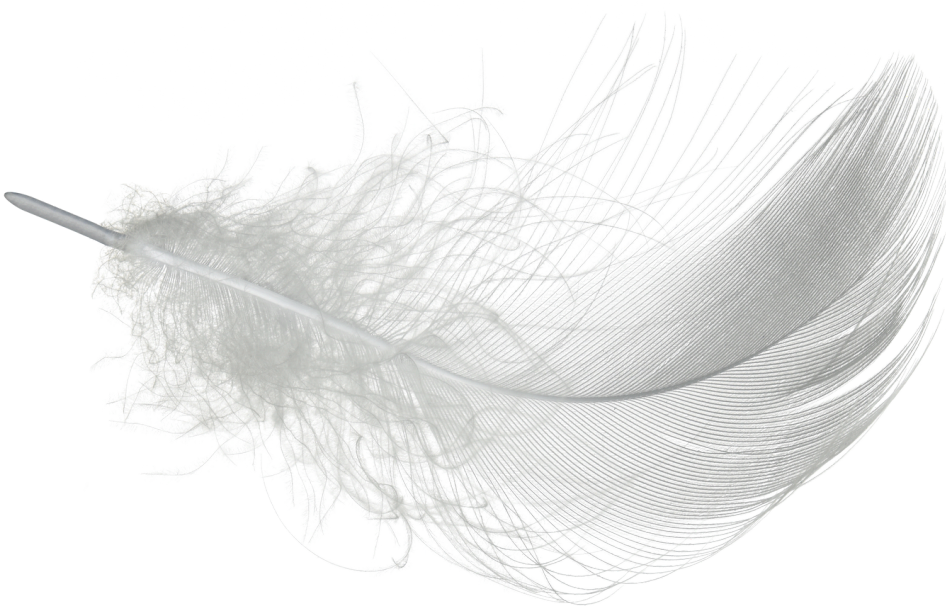


I love you so badly, that I would hurt them painfully...  
with no exemption at all, cause I can bleed for you even with  
the blade you own.  
You have that charm, everyone would risk to maintain the  
purity on your palm.

But romanticizing devil is a sin,  
So my lovely angel, I can never be fully saved.  
Don't get on your knees for tricky lucifer.

I love you but I will always be someone who shouldn't have  
you.

*~Gem Quias*





## My Joy Killer

Like a roaring lion,  
You want to devour me,  
Like the sun,  
You want to turn me into ashes,  
Like a knife  
You want to cut me into pieces  
What's wrong did I do.  
You take my treasure by force.  
You enjoy the taste of every moment  
You leave me destroyed.  
Without looking back.  
My light turned into darkness.  
My star stolen.  
You see me like an ant  
You can trump upon.  
You feed on my sadness.  
And kill my childhood.  
My joy killer, I call you  
I survived, but in darkness.  
So lonely, so depressed,  
Tarnished  
But I still hold to hope

*~Juliette Mwamba*



# Featured Poets



## Mutamba Lodima

Mutamba Lodima, known by his stage name Eagle Pro, is the visionary founder of African Youth Artist Poetry (AYAP), created by refugees in Malawi's Dzaleka refugee camp to restore hope and joy through poetry. Orphaned and raised by his grandmother until her passing in May 2025, he now cares for his younger brother. His poetry often addresses social issues, including Her Lesson!, a cautionary piece about the dangers of valuing money over dreams, love, and personal fulfillment.

## Charles Lipanda Mahigwe

Charles Lipanda Matenga, born July 2, 2005, in DR Congo, is an orphan and refugee in Malawi's Dzaleka Camp. A multi-awarded poet, writer, performer, and editor, he serves as Head African Youth Ambassador at WritingEDEN and Ambassador at IFCH. He has performed internationally and authored *Being Refugee Wasn't a Choice* and *Our Voice Is Our Advocate*.



# Featured Poets



## Rudy Ruhigita

Rudy Ruhigita, 18, is a poet and spoken word artist from the Democratic Republic of Congo, now living in Malawi's Dzaleka Refugee Camp. Losing his father in 2012 and being separated from his mother during the country's genocide profoundly shaped his perspective. Residing with six siblings, Rudy uses poetry and spoken word to share his emotions, hopes, and struggles. His art reflects resilience and determination, aiming to inspire and amplify the voices of others who have faced similar hardships.

## Gem Quias

Gem Quias is a passionate aspiring poet, a culinary student who also does visual arts for exhibitions

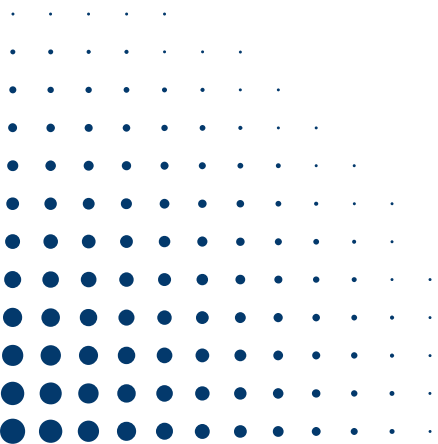


# Featured Poets



## **Juliet Mwamba**

Juliet Mwamba is a Congolese poet living in Dowa, Malawi, at Dzaleka Refugee Camp. An orphan who resides with her mother and sister, she channels her love for poetry—part of her very DNA—into heartfelt expression. Hardworking, emotional, tolerant, and a strong team player, Juliet’s resilience shapes both her life and art.





# Poets' Lounge



## The Abecedarian Poetic Form

*The word abecedarian comes from the Latin abecedarius, meaning “relating to the alphabet.”*

Poetry often thrives on constraint. Whether it's the measured heartbeat of a sonnet, the syllabic elegance of a haiku, or the spiraling repetition of a villanelle, poets have long used structure not as limitation but as a doorway to creativity. Among the many poetic forms that challenge and inspire, the Abecedarian stands out for its simplicity and playfulness: a poem guided by the very building blocks of language—the alphabet.

### What is an Abecedarian Poem?

The word abecedarian comes from the Latin abecedarius, meaning “relating to the alphabet.” An Abecedarian poem follows a strict sequence in which each line (or stanza, depending on the variation) begins with successive letters of the alphabet.

For example, the first line begins with A, the second with B, the third with C, and so on, until the poem concludes at Z—or wherever the poet chooses to stop. The result is a lyrical march through the alphabet, weaving sound, imagery, and meaning within a predetermined framework.

### A Brief History

Abecedarian poetry is not new. Its roots stretch back to ancient texts and psalms, where acrostic structures were often used as mnemonic devices or as ways to give sacred significance to words. In medieval times, Abecedarian hymns and prayers were common, emphasizing the divine order of creation reflected in the orderly march of the alphabet.

Over time, poets have adopted the form for both serious and playful purposes—sometimes as a teaching tool for children, other times as a serious exploration of constraint-driven creativity.

### Variations of the Form

- **Strict Abecedarian:** Each line begins with a new letter in alphabetical order.
- **Stanzaic Abecedarian:** Each stanza begins with successive letters, offering more breathing room for imagery.
- **Reverse Abecedarian:** A playful twist, starting at Z and moving backward.<sup>33</sup>

- Partial Abecedarian: A poem may only span a portion of the alphabet—say A to M—depending on length or theme.

### **Example Abecedarian:**

Abundance of questions dismantled my  
belief in a religious deity that I was indoctrinated with since  
childhood. The depth of the  
dogma that orchestrated my life left me  
entangled with a faith that was  
faulty in its practice of teaching the paradoxical -  
gracious and enraged God. A god who gave free will but will put me in  
hell if I didn't do what he said.  
I was perplexed by the birth, death and resurrection story of  
Jesus Christ for remission of my sins; yet I can be punished for my sins.  
Knowledge of this oppressive philosophy,  
led me on a quest to discover the  
mechanics of living life without religion. What I discovered was  
nonrestrictive spiritual principles of love and mercy. Which is  
offered to everyone regardless of your  
perceived sins. I was amazed at how  
quickly I gravitated toward this new concept of being. A concept that  
resonated deeply within the  
sanctuary of my soul. I  
transitioned from religion to spirituality and became  
unconditionally in love with life. A life free from  
versions of harsh condemnation.  
Without this conversion, I would still be moving through life as a  
xanthippe.  
Yes, I believe that religion is good for some people but there's  
zero chance that I will ever return.

*~Michelle Brown*

## Poetic Devices

**Anaphora** – The repetition of a word or phrase at the beginning of successive lines or sentences to create emphasis.

*Example:*

*“Every day, every night, in every way, I am getting stronger.”*

The repeated “every” emphasizes persistence and intensity.

**Enjambment** – When a line of poetry continues onto the next line without a pause or punctuation, creating a sense of movement or urgency.

*Example:*

*“I think I had never seen  
A verse so delicate and long  
That it carried my heart along.”*

**Synesthesia** – Describing one sense using terms from another, blending sensory experiences.

*Example:*

*“The warm colors of her voice danced in my ears.”*

Voice (sound) is described using a visual sense (color), creating a vivid, multi-sensory image.





# 5 Young Artists Shaping Tomorrow

## *Brushstrokes of the Future*

Interviewed by Elizabeth Esguerra Castillo

# ANUSKA MONDAL

Our first featured young artist is already making waves in both in the local art scene in India and the global art scene as well. She is an inspiring youth who continues to shine bright doing what she loves.

Anuska Mondal is 16 year old talented, multi-awarded young artist hailing from India. Anuska is only in Grace 10 but she has been already recognized in different art competitions and art exhibits both local and international. She is a Youth Art Brand Ambassador of Art Heals by Elizabeth Esguerra Castillo for India.

Her art genre is Realism, depicting captivating and jaw-dropping images and portraits of people using different media.

Get to know more about Anuska:

## **When did you start making art?**

I started making art when I was just 5 years old.

## **What is your favorite theme for your art?**

I love creating portraits and pencil sketeches of different people and personalities.

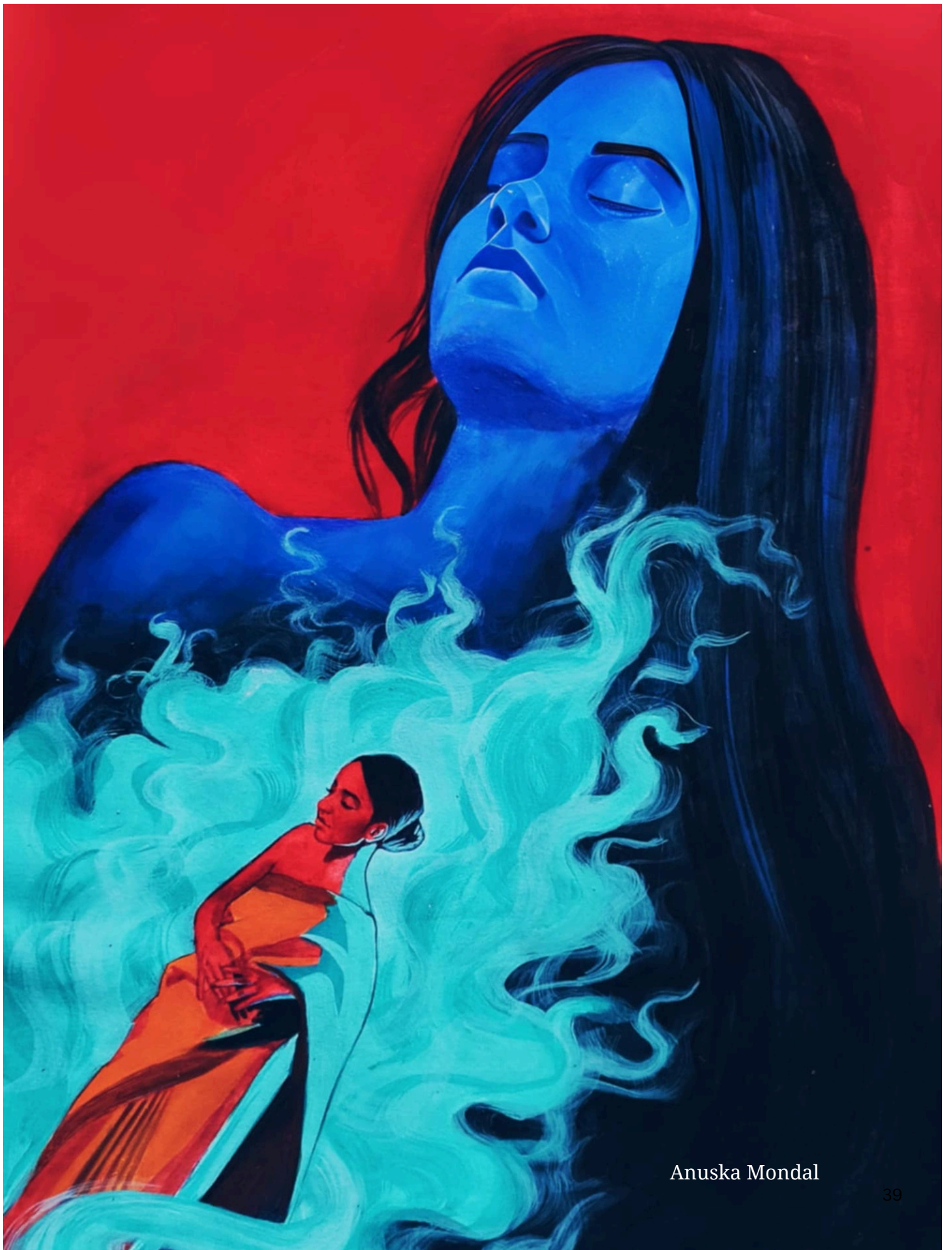


## **Why do you love art?**

I love art because it helps my mind to break free and to express myself well through my paintings and drawings.



Anuska Mondal



Anuska Mondal



Anuska Mondal

Anuska Mondal



# JOSEPH MIRAFLORES

John Joseph C. Miraflores, another talented and aspiring young artist from the Philippines is a passionate and dedicated artist, both in the visual and the performing arts. At a young age, he's always been in love with the arts.

In 2024, he finished his senior high school at Sumulong Memorial High School under the Arts and Design track. Currently 19, he is in second year college and is pursuing the Multimedia Arts program at STI College Ortigas-Cainta. He's continuously spreading his love and passion for the arts and hopes to inspire young artisans to become the artist that they strive to be.

Here is our short interview with him:

## **When did you start making art?**

I started creating artwork at a very young age, but the earliest piece I have recorded is from 2014, when I began copying my uncle's paintings. After that, I started doing character drawings where I would copy Disney characters, and back in 2015, I started to create portraits.

## **What is your favorite theme for your art?**

For my art, I try my best to be versatile when it comes to themes; however, my favorite is human portraiture, and recently I have been trying to create art inspired



by tarot cards, which I enjoy making despite it being detailed. Aside from that, I'm also trying to create art inspired by songs, which forces my imagination to visualize lyrics.

## **Why do you love art?**

Art to me is a free expression, which is why I'm very fond of it. It pushes my imagination to its limits—to create something beyond my comfort zone. Additionally, art for me is a way to express my feelings in a way that goes beyond what my words can express and resonate.



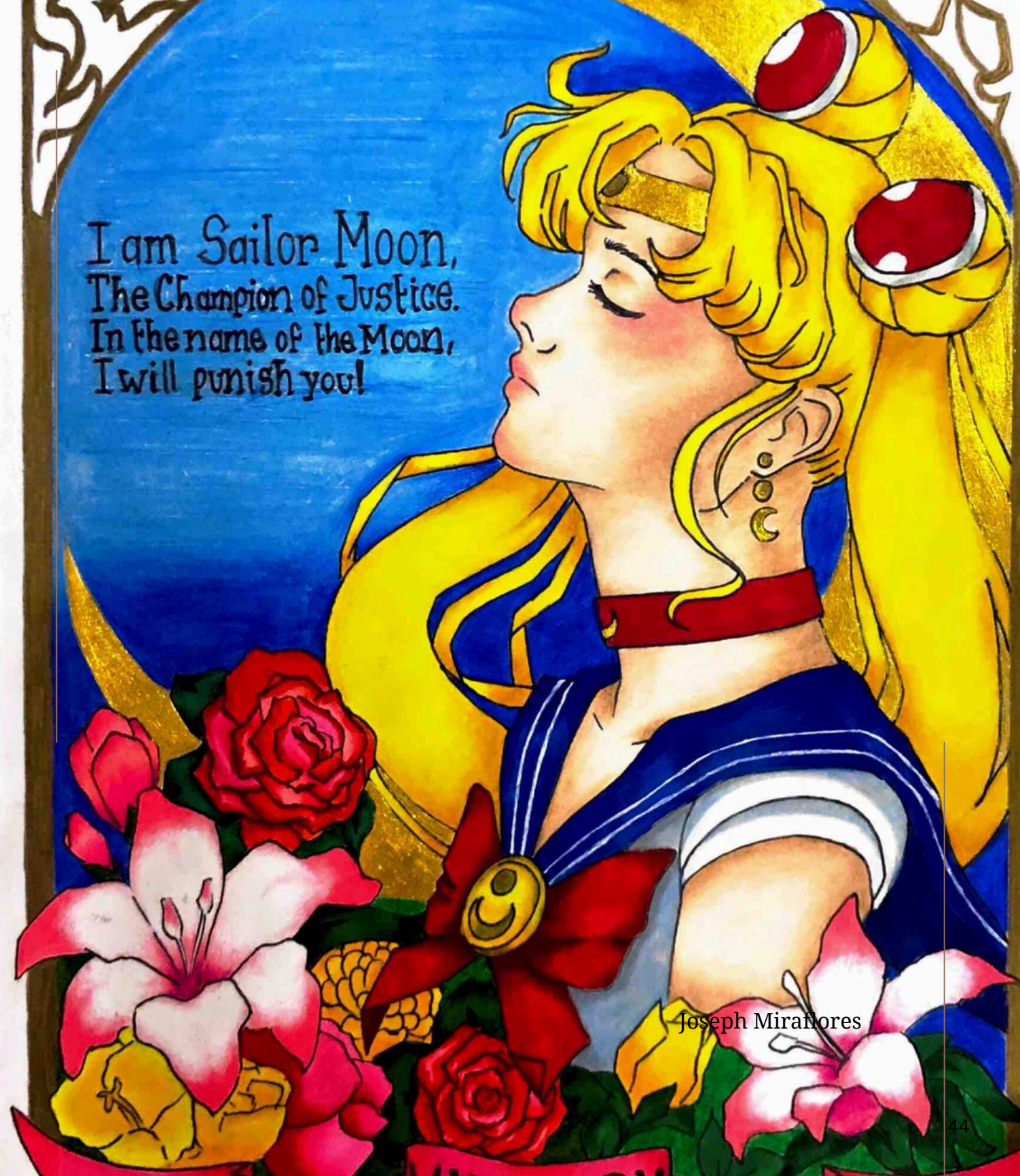
Joseph Miraflores



Joseph Miraflores

# MOON PRISM POWER

I am Sailor Moon,  
The Champion of Justice.  
In the name of the Moon,  
I will punish you!



Joseph Miraflores

LOVE MYSTERY PEACE

# KC CARPIO ROMERO

We are featuring another talented young artist from the Philippines, KC Carpio Romero. She is a student artist from Sumulong Memorial Highschool who aspires to inspire people through her artful expressions. Through visual, performative, music, and other art genres, KC continues to hone her skills and talents to showcase to the world.

## **When did you start making art?**

I was always an expressive individual ever since I was a baby, that was what my mother and older sisters used to tell me. I have various videos and photos that warms my heart as it shows my creativity ever since I was a toddler. From dancing, to coloring, to singing, it was like I already knew what I wanted to be ever since I was born. Speaking of, I did, and I still do, through my artful expressions, I want to be someone who would inspire each and every people to become better. I can proudly say I started making art ever since I was born, you could say my birth itself, myself, and I as a whole is an artwork.

## **What is your favorite theme for your art?**

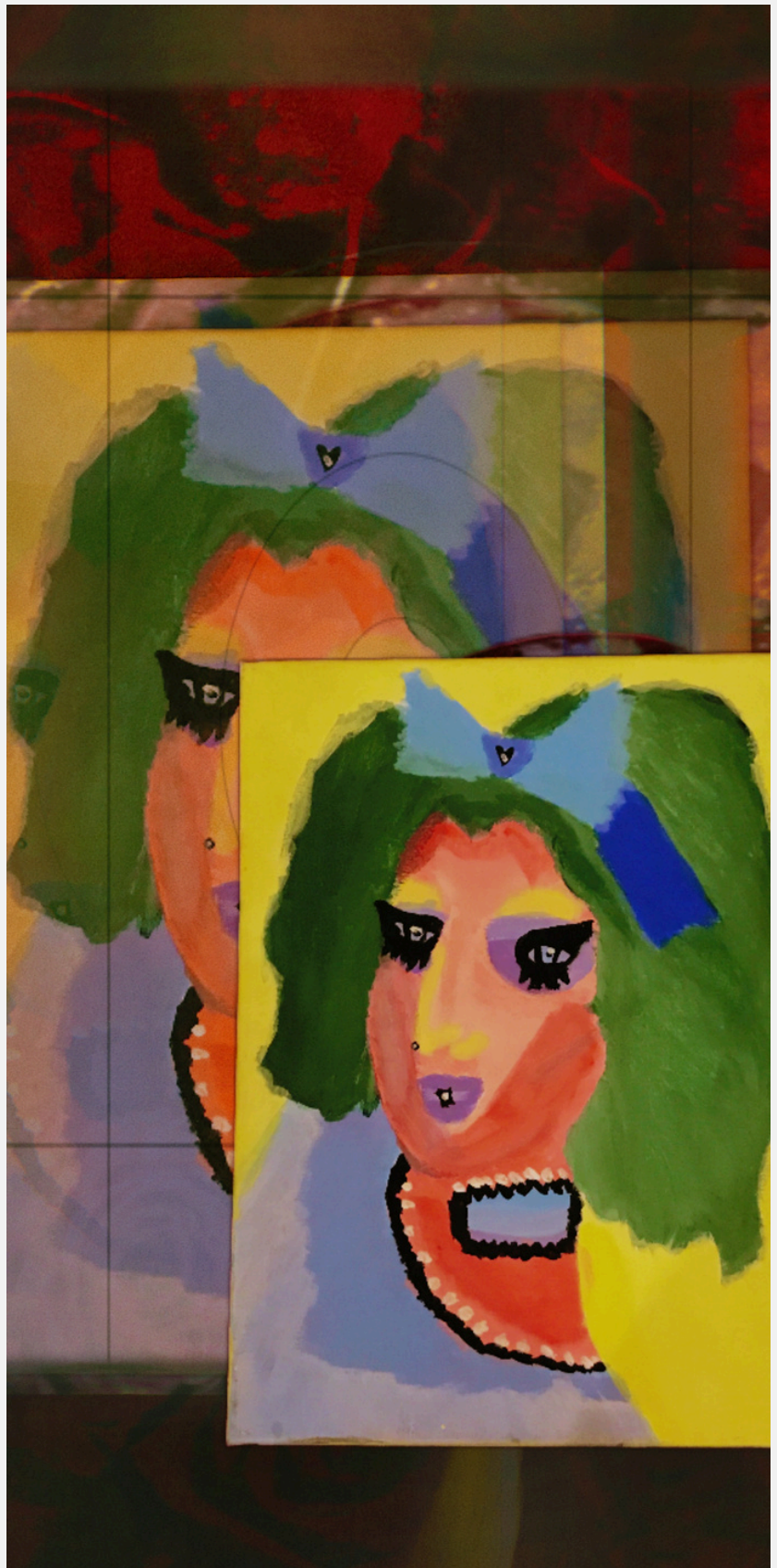
People often have ideas about what kind of art theme or style I express just by my first expression to them. They think my art form is serene, coquette, and feminine, while that



is quite true, there is actually an eerie side to my art expression. I always paint myself as someone who has a feminine princess like aura, lifestyle, and expression, but I also have have this beautiful dark side in me that people don't often see. I love horror things just like I love girlish things, so for me, I would always have two favorite themes for my art, two themes that are perfectly different, but also beautifully contrast each other.

## **Why do you love art?**

As someone who had always been unique ever since I was born, my sexuality, gender, and identity as a whole, being born in a more conservative environment hindered my authentic self expression. Art has always been a way for me to express myself, my feelings, and my thoughts beautifully and truthfully, with art I was and I am able to express myself without needing any kinds of validation. Art for me is honestly everything, each of my steps, actions, and way of living is an art form, if I put intention into it. The art of speaking, dancing, painting, singing, I could go on with the various forms of art for me. Art is important to me as it is the very platform that I would use to inspire every people, it is the platform that I would be beautifully known and remembered.



KC Carpio Romero



KC Carpio Romero

# GABRIEL P. JAMIAS

Another aspiring young artist from the Philippines is Ian Gabriel P. Jamias, an 18-year-old filmmaker currently pursuing a Bachelor of Multimedia Arts with a specialization in Film and Video Production at CIIT College of Arts and Technology. In addition to filmmaking, Gabriel is also a passionate Photographer and Graphic Designer. He is deeply committed to honing his craft and telling meaningful stories through art.

Get to know him more through our short interview with him:

## **When did you start making art?**

I began my artistic journey at the age of 11 through drawing and creating my own characters every single day. As my skills improved, I transitioned from drawing on paper to painting on canvas using acrylics. However, as I grew older, my creative interests gradually shifted toward photo and video editing. By the time I was 13, I was already making poster designs and video edits of music artists I love such as Taylor Swift. When I got my first camera at 15, my passion for film and photography deepened, and I started taking it more seriously. Currently, while much of my focus is on digital media, I still return to painting as a relaxing hobby whenever I need a break from the screen.



## **What is your favorite theme for your art?**

I'd say most of my works have different themes depending on the art form I'm working with. But it all comes down to one ultimate goal—to tell a story. What I've noticed about my paintings and poster designs is that they're often inspired by the music I listen to, especially lyrics that I deeply resonate with. When it comes to photography, I love capturing the people I care about and the places I visit, almost like archiving memories through images.



And lastly, with the videos I create, I enjoy sharing my own stories, whether they're personal reflections or visual interpretations of emotions I've experienced throughout my life.

### **Why do you love art?**

Answer: I love art because it allows me to express myself, whether it be my personality, identity, emotions, and even my life experiences. Many of my works are inspired by the things I love, and I've always hoped that people can get to know who I am through what I create. What makes art even more meaningful to me is its power to inspire others. I remember a moment back in my previous school when someone came up to me and said they wanted to be as good as me someday. That simple interaction genuinely surprised me—and reminded me how fulfilling it is to be appreciated for doing what I love, which is art!



Gabriel P. Jamias

# ELLANA NARIDA

Ellana Mae M. Narida is a 14 year old a self-taught young global Filipino artist from the Philippines. She loves drawing and she believes that through Arts, she can communicate and spread love around the world to inspire and share happiness to others. Ellana's art pieces are mostly beautiful still paintings of flowers as her manin subjects. The young Filipino artist has quite a huge number of followers on her Facebook Page Ellana's Gallery. She is also Art Heals by Elizabeth Esguerra Castillo's Youth Art Brand Ambassador for the Philippines. Ellana's artworks have also graced the Busan International Art Festival in South Korea as Art Heals representative.

Below is our short interview:

## **When did you start making art?**

The first time I started to hold brushes and paint was when I was just 8 years old and then at age 9, I already have a lot of commissions orders from my clients both local and foreign.

## **What is your favorite theme for your art?**

I love painting flowers because it's so fascinating to see that's why I always love to paint them.



## **Why do you love art?**

I love art because I can express all my emotions through it, art gives me the courage to draw or paint what's on my mind, and it can also help relieve my stress in studies and from other things.







Ellana Narida  
2024



# 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](mailto:eswpglobal@gmail.com)

### ESWP Workshops & Events

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The Writing Circle  
4th Sundays

---

Global Peace Partners  
Movement

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[eswpglobal@gmail.com](mailto:eswpglobal@gmail.com)

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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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