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To the Poetess

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Steps to Health

Showell Circus

Wolverhampton, WV10 9TH, UK

Write about you
Your thoughts, the tune you hum
What you dream night and day
Your fantasies, ruminations
Memories sweet and sour
Those you want to forget
And those that make you
Lovely and warm

What makes you blush
The whispers you long to hear
Those that tickle you inside
And how you shed all those inhibitions

All that goes on in your mind
If you are searching for anything
Wishes, desires that are yet unfulfilled
Any emptiness that you haven't shared

Write about what hurts
That you have covered in a veil
Or jokes that are no more funny
But you laughed anyway

Tell me how you hide
That thin layer of tears, from others,
Crying inside for their woes
And let me learn
How you heal yourself

Write about those moments,
And impressions
That imprinted your life
Its worth

And tell me the stories,
Poems and novels
Or simply the lines ... that
Tell you about yourself

Biographical Note:

Dr. Nilamadhab Kar, writes about the contrasts in human understandings in relationships, expressing mostly through poems. He has three poetry anthologies to his credit. He remains active in translation and editing works as well. His literary articles have been published in magazines and anthologies in USA, UK, and India. He is also actively involved in medical research and has published scientific articles and books.