

Indeewari K. Galagama,

Poetic Healing of Relationships

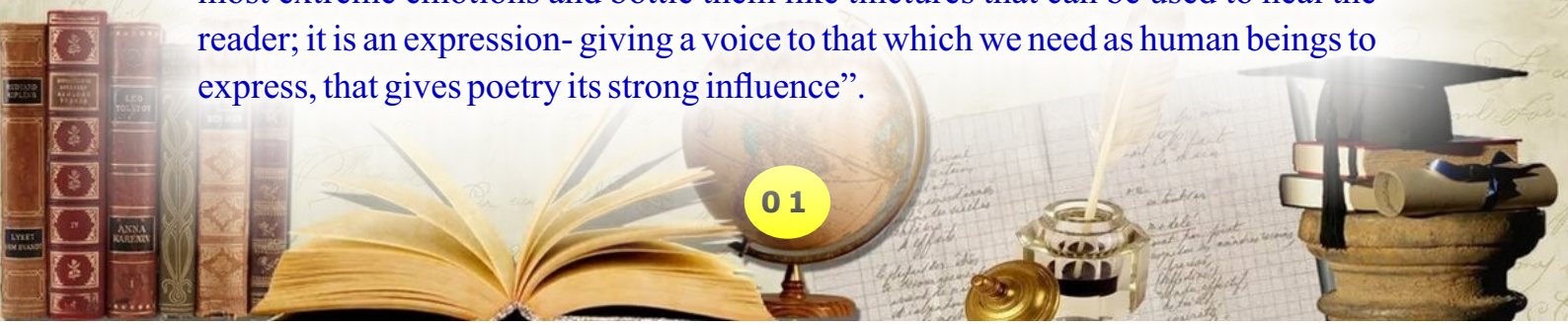
“Art is to Console Those Who Are Broken by Life.”

Our daily lives are filled with words. The use of language to express ourselves and to understand our emotions shapes the way we think and feel. Our understanding of language is fundamental to communicating, creating and learning. Using language for self-healing may be a good use of its power. Being oneself isn't just about being oneself; it's about knowing oneself. There is a wonderful feeling of companionship with the self when writing. Putting thoughts on paper seems to give the thoughts and feelings a sense of texture. Then they can be woven into a fabric, something that can be touched. Pen and ink are the visible manifestation of the mind, the flesh that gives form to abstract concepts.

Wayne Muller writes, “Our wounds can be vehicles for exploring our essential nature, revealing the deepest textures of our heart and soul, if only we will sit with them, open ourselves to the pain...without holding back, without blame.” Through the process of writing, releasing, and discovering, let your notebook be a sacred space.

When writing, It's not just having the freedom to express oneself. In addition then the thoughts can be felt, heard and understood. It also give the writer an opportunity to pause to take a moment to think about and reflect on own experience. Whether it's written or spoken, poetry provides an opportunity to express ourselves in a way we can understand, while of course feeling it. The benefits of poetry include an increase in self-awareness and interpersonal relationships, an increase in ability to speak one's truth, and the ability to capture and reframe significant personal experiences. I can be myself when I write. Writing to heal takes no innate talent; we develop our skills over time, especially when we pay attention to how we write. Even the most experienced of the writers must start anew, each time they tackle a new project.

Nicole Bouchard wrote on the healing powers of poetry; “Poetry can take the most extreme emotions and bottle them like tinctures that can be used to heal the reader; it is an expression- giving a voice to that which we need as human beings to express, that gives poetry its strong influence”.



Poems are often written when people are feeling strong emotions. Certain emotions can drive the poem. Much like a great discussion or treatment session, a poem can give a discharge to the innermost feelings. It is critical, however, not to confuse an emotional release with the resolution of an issue. While the release may assist in getting to a point where the problem may be viewed and experienced differently, it seldom fixes the problem. This, too, closely parallels the experience of many people who write poetry, especially when the poem begins with an experience of suffering.

Poems frequently originate in the middle of intense emotions. While poetry clearly and imaginatively describes the terrible event, there is typically a component of attempting to make sense of the experience by comprehending it more fully or by finding meaning in the suffering. When this component is included in the writing process or the poem's reflections, it strongly resembles therapy.

In today's world, dysfunctional relationships are frequent. Poetry may help you move on from an abusive relationship, which is terrible both during and after the relationship ends. Writing has energy or power that may be harnessed. This energy is viewed as a natural force; it is huge and powerful. Poetry heals through expressing complicated emotions and connecting events and feelings. Because of its use of imagery and metaphor, as well as its embrace of ambiguity, poetry, in particular, may be catalytic. Poetry is a unique avenue for inexplicable sensations and sentiments. Furthermore, secret levels of significance subconsciously entrenched in the poem may emerge themselves over time, revealing feelings the writer was unaware they were experiencing. Poetry elicits the individual's voice and searches for one's deepest sentiments and realities. At the same time, poetry allows the writer to expose and conceal.

The poet is completely shielded by words that serve to conceal and shroud. In his work with at-risk teens, Gold prefers poetry to narrative writing because a poem can be completed in a short amount of time, has many layers of meaning in its rhythm, form, sound, and imagery, and "moves naturally, intuitively, and quickly toward a resolution—a final, climactic (though sometimes delicate) revelation."



Poetry allows us to express our repressed emotions and provides both affirmation and realization. Poetry can give an outlet for a deluge of complicated, often contradictory feelings that arise. Poetry therapy revitalizes and renormalizes the self by giving a state of awareness that is entire, integrating emotion, intellect, and imagery. Recognizing one's voice, melody, and rhythm is the first step in getting to know oneself. When we examine an individual's poetry over time, we begin to see recurring motifs. The poems begin to convey their tale. "Each poem is like a jigsaw puzzle piece."

Allow yourself to become enthralled by the prospect of writing. Simply because you enjoy writing poetry does not imply that you will enjoy writing poetry. You may love anything you want, and your preferences may alter. One day, you could find yourself incorporating the pleasure you get from short tales into a poem. The more one writes, the more one appreciates it. With your words around you, they are your ribcage, protecting your heart, yet still allowing it to beat and break when necessary. Writing provides a therapeutic space, a place where you view yourself in a new light. The poem titled 'healing a relationship' is about gaining control of one's own life. You have to know what it takes to reclaim your power if you are living in this manner. The most significant thing a person can do for themselves is to repair their connection with themselves. It opens new doors, and the new paths you choose indicate potential.

"A twenty-year marriage with him in control.

Twenty years of giving up my goals.

Twenty years of only him having a choice.

Twenty years of not having a voice.

There were many times of cheating and lies.

I would just accept this even though I could see the truth in his eyes.

Many days of tiptoeing around.

I guess, without realizing it, I was afraid to make a sound.

There were a few times I stood up for myself in an effort to care about me.

When I did, it was violence I would see.

Busted glass, an upside-down table, and a hole in the wall.

I couldn't take this, so, up went the barrier strong and tall.

I never wanted the kids to see his anger full-blown.

So, I bottled all the emotions and kept them as my own.

I have grown weak and tired.



I can't help feeling my path had been misfired.

My children and I deserve better than this.

Although, their father, I'm sure they will miss.

The time has come to leave it all behind.

Time to take down the barriers and have faith in the
buried person I will come to find.

I'm sure there will be difficult changes that come with making this choice.

I'm sure it will be worth it for us to finally have a voice.”

The poem *Healing a Relationship* begins with feeling the hostility of the circumstance and progresses to understanding why this relationship had to happen. It demonstrates that the numerous experiences we have are for our own learning, healing, and progress. Allowing oneself to feel the severity of a circumstance is necessary in order to transcend it into a healthy viewpoint. It is the writer's earnest goal, by sharing some of these profoundly personal life circumstances, to add another person into the healing process.

Reading or creating poetry makes room for empathy, for seeing another person, for bearing testimony to our shared humanity. Poetry, and the arts in general, provide us with the opportunity to be human. Writing poetry may also be a terrific method to practice self-care. Everyone has a narrative that formed them into the people they are today. Writing such stories, whether we are secure in our poetic talents or not, may help us understand ourselves. By producing and expressing poetry in whatever medium, we identify ourselves as individuals, distinct individuals capable of autonomous thinking and action. We experience personal progress and may get closer to self-actualization by reading, writing, and reflecting. Self-discovery does not occur as a result of creating a brilliant poem; rather, it occurs as a result of the process. Always remember to enjoy the journey.

Poetry is a lifeline for many people as a treatment tool because it is approachable, imaginative, and heartbreakingly personal. A thread that may link us to ourselves, our experiences, and our bodies, reclaiming them as our own. Where our hearts fail, poetry might come in and begin to bridge the gap between our words and our souls.

