

GS 222 / Prof. Carrie Ruiz
Power Behind Poetry Quotes

“Poetry is a natural medicine, it is like a homeopathic tincture derived from the stuff of life itself—*your experience*. Poems distill experience into the essentials. Our personal experiences touch a common ground we share with others. The exciting part of this process is that poetry used in this healing way helps people integrate the disparate, even fragmented parts of their life. Poetic essences of sound, metaphor, image, feeling and rhythm act as remedies that can elegantly strengthen our whole system—physical, mental and spiritual.

Poems speak to us when nothing else will. Poetry helps us to feel our lives rather than be numb. The page, touched with our poem, becomes a place for painful feelings to be held, explored and transformed. Writing and reading poems is a way of seeing and naming where we have been, where we are and where we are going with our lives.

Poetry provides guidance, revealing what you did not know you knew before you wrote or read the poem. This moment of *surprising yourself* with your own words of wisdom or of being surprised by the poems of others is at the heart of poetry as healer.”

John Fox in *Poetic Medicine: The Healing Art of Poem-Making*

“Poetry gives you permission to feel” –James Autry

“What cannot be said / Will get wept” –Sappho