

Poetry and Mental Health

Poetry as Therapy: Exploring the Healing Potential of Creative Expression

Roopashri. S. Biradar

Assistant Professor

SVVN Degree College, Nerluru, Bangalore - 562 107

roopashrit63@gmail.com

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Abstract

Poetry makes people feel happy and hopeful. It is important to consider life as it truly is which spiritual leaders have believed and talked about for ages. Yes, indeed. They are more than just arranged words. they comfort those who feel alone, help those who are in need and are food for those without. Yes indeed. Poetry isn't just words. The sound of a line of poetry is not its only value. It communicates more than what any ordinary word could express. Poems often influence people in a strong way. With poetry therapy, poetry assists people in their healing process. Cognitive behavior therapy has improved the lives of people dealing with depression, anxiety and post-traumatic stress disorder. Poetry therapy is based on the unique energy of Lord Shiva to help people improve. Just as 'Shiva's Tandava' dance is supposed to overcome ignorance and darkness, poetry aids people in handling their inner difficulties. In his poetry, Shiva concentrates on people who have to cope with their own pain and difficulties. His poems give comfort and show people how to move past their emotions and let go. Particularly in the householder's section of the Rig-Veda, the term 'svar' (sound) mention how the combination of poetry and music soothes the mind and heals any disturbance in the body.

Keywords: Lord Shiva, Poetry, Therapy, Mental Health, Healing Power

Introduction

Deep inside each of us, a beat helps us feel strong emotions and think in harmony. During disagreements, poetry has a way of slowing down our thoughts and touching what we feel. A poem uses every line to comfort us, turning our sorrow into happiness and calm. People who write or read poetry for therapy can speak about their feelings in a protected environment. Enjoyable music helps us confront our hardships and become more confident and free from what we feel inside. Poetry is a powerful medicine. Using poems in poetry therapy helps people recover and better recognize their emotions.

Poetry and Mental Health: A Healing connection with Lord Shiva: It has been known for some time that poetry can aid in maintaining good mental health. Given that poetry deals with emotions, it enables individuals to communicate their feelings. Reading Lord Shiva's statements promotes the appreciation and thinking about one's emotions, motivates readers to meditate and inspires them to become more spiritually aware. Reading poetry allows us to learn more about ourselves and our environment and, in the long run, helps us achieve

inner peace. In tough times, words are our last line of hope and poetry brings about a sense of connection inside us. As well as being a type of art, poetry guides us and helps us stay balanced, much like Lord Shiva. Shiva's words which appear both in scriptures and are spoken at any time, help ease the pain of those who are distressed. His poetry helps us understand the world, overcomes doubt and confusion, teaches us to accept pain as it fades and pass and strengthens belief by trusting and letting it go.

“What is the reason for your grief and wandering, mind? The world is not where you belong; it is merely a shadow. In the eyes of Shiva, the fear you have is removed and still; calm your heart, my friend. According to Shiva, this poem states that by being calm and uninvolved, we can find real peace. Lord Shiva is commonly acknowledged in Hindu mythology for being a teacher and admiring of both poetry and music. His Thandava dance moved many poets and artists to create art and poetry.

Mental health in Vedas

1. Mental clarity and inner peace: Among the other teachings in the Vedas, the Upanishads stress that a clear mind and inner stillness are very important. Its passage says, “May my mind and heart remain clear and pure”.
2. Managing stress and anxiety: According to the Rigveda, quoted in the Vedas, when you feel uneasy and stressed, look to your inner calm for peace.
3. Importance of self-care: According to the Atharvaveda, we should take care of both our body and our mind. The ancient text the Rigveda shows that, for Lord Shiva, the power of language and poetry is significant.

Krishna says in the Bhagavadgita that once a person attains peace, they begin singing sacred songs. Here, Plato shows how poetry and music can bring about healing. The Indian poet Kabir would often mention Lord Shiva in his poems, asking for help and wisdom. His spiritual poetry is famous for its healing properties. By writing, Indian poet philosopher Sri Aurobindo expressed that poetry has the ability to reach our innermost being and connect us with the highest states of understanding.

Shivoham Temple and Mental Well-Being

In Bangalore, the Shivoham Shiva temple highlights how meditating on Shiva can help heal and bring inner peace to those who visit. Reciting poetry and sacred chants in Shiva's name helps achieve mental and emotional well-being. Looking at this 65 foot Shiva statue, devotees are reminded of being one with their inner divinity (Shivoham).

Sadhguru's Teachings on Shiva and Mental Well-Being

Sadhguru and many other modern spiritual leaders recognize Shiva for being the Adi Yogi who has greatly influenced the minds of humankind. Isha foundation's practices: Sadhguru suggests performing the shambhavi mahamudra method, influenced by Shiva, to help stabilize your thoughts and feelings. Inner engineering program: Drawing wisdom from Shiva, the program helps people find inner peace and become clear in their minds. Meditation on Shiva: He stresses that meditating on Shiva's features, sounds and tales is important for soothing your suffering and achieving calmness.

How Poetry Supports Mental Health

- Emotional release: Writing poetry can help reduce both stress and anxiety.
- Self-reflection: Poetry writing offers time for reflection, helping people to see what's going on inside them.

- Community building: reading poetry together encourages people to feel they are part of a community, thus helping to reduce their loneliness.
- Cognitive function: poetry can enhance mental abilities such as improving your memory and attention.
- Poetry as Therapy: We can understand how poetry supports healing in therapy by thinking of it as a reflection of Lord Shiva's powers. Just like Shiva dances to get rid of unknowing and darkness, poetry gives people a way to address their challenges.

Concepts Related to the Healing Power in Shiva's Poetry

Spiritual Healing

Many of Shiva's poems describe how the individual seeks spiritual growth by leaving behind the real world and finding harmony with the divine. His writing helps readers identify with their strengths and power to endure.

Emotional Healing

Shiva's poetry recognizes the desire of the person to recover from emotional sadness and emotional hurt. Through his poetry, he asks readers to forgive themselves and seek solace.

Mental Healing

Shiva's works often deal with the idea of mental health, focusing on helping individuals who experience anxiety, depression and stress. The poems he wrote bring about a relaxed atmosphere and invite the reader to work on developing a good state of mind.

Physical Healing

Shiva, in his poetry, explores individuals seeking to battle and beat different physical illnesses. The poems remind the reader to seek connection within and find physical improvement too.

Cosmic Healing

Many of Shiva's poems deal with the topic of cosmic healing which involves people looking for their place in the universe. The poet's work shares a message of coming together, motivating the reader to move past their personal boundaries and discover peace and wholeness among all living things.

Benefits and Effects

1. Offers a new way for individuals interested in poetry and art to express themselves and can add value to therapy
2. And we can teach people more about emotions and how to talk to others, as reading other poems may help someone realize they are not alone and encourage them to communicate.
3. Poetry therapy guides people to use strong coping strategies and become more resilient.

These Shiva mantras are said to have Healing Properties

1. OM Namah Shivaya: Considered one of the most powerful in Hinduism, this mantra is thought to soothe the mind, body and spirit.
2. Om Shiva Shakti: The sacred phrase is thought to unlock the divine abilities of Lord Shiva and his wife Shakti which bring healing and help keep body and mind energetically balanced.
3. Maha Mrityunjaya mantra: It is thought that The Mantra can guard against diseases, accidents and even death, making the person who uses it stronger and more relaxed.

4. Om Shiva om: It is believed that repeating this mantra, no matter how simple, can heal, calm your mind, reduce stress and anxiety and help you feel better overall.
5. Shiva Gayatri mantra: It is believed that the mantra helps people get peace, prosperity and good health by purifying their minds, bodies and souls.

Objectives of the Study

1. Use poetry to help you express and control your emotions.
2. Understand how poetry can affect our mental health.
3. Examine what lyrical poetry can teach people about themselves and how they change over time.
4. Pay attention to the main themes and feelings found in Lord Shiva's work.
5. Come up with a way to apply poetry in therapy inspired by the poems of Lord Shiva.

Methodology

Look into books that talk about Poetry and Mental health. Analyzed Lord Shiva's poetry. Studied different ideas and subjects and initiated the process of collecting, storing and organizing data. Selected and deselected information. I created an overview for each chapter and reviewed the writing. Collected information from online sources.

Analysis

For a very long time, people have turned to poetry to express themselves and feel better. For many years, people have turned to poetry to share emotions that were hard to describe in any other way. Lately, people have realized how useful poetry can be for mental health. Religious symbolism associated with Lord Shiva gives Lord Shiva poetry special powers to heal and promote inner calm. People can express themselves uniquely through poems, find peace, lower stress and feel connected.

Writing poetry can help you to escape your challenges and gain insight. Many times in Hindu mythology, Lord Shiva is connected to the processes of upheaval, demolition and new emergence. He is in a state of deep inner peace and has become separate from the pain of worldly events. Poetry about Lord Shiva gives guidance and can calm the mind, ultimately leading people to find themselves. Through the Thandava, his dance of the universe, Shiva represents life, death and rebirth and exploring this story in poetry can help people understand their own experiences.

Poetry encourages people to feel connected with each other. Individuals can post their poems and connect with other writers on both poetry reading nights and poetry forums online. For those with mental health problems, feeling part of a community can give them the reminder that others are going through the same experience.

Because they focus on reciting and hearing Shiva hymns, festivals and devotional meetings like Mahashivratri help people feel closer and more peaceful.

According to the Shiva Purana, reading Lord Shiva's poetry encourages spiritual progress. Many believe that his poetry inspires readers to discover themselves and detach from their own egos and from the world.

Findings

Poetry is believed to reduce both stress and anxiety because it supplies a safe place to express your feelings. Expressing feelings in poetry helps to control negative emotions and can also help when combatting depression. Poetry therapy can increase self-awareness; self-reflection and introspection. Imagination and creativity developed from poetry support mental flexibility and can boost a person's problem-solving skills. Shiva's poems encourage people by bringing out themes such as strength, courage and resilience.

Summary

More attention is being given to the link between poetry and mental health because poetry is understood to support emotional well-being. Reading poetry is known to help people handle their feelings, calm down and build better mental health. This is especially noticeable in poetry on Shiva or influenced by his thoughts, examples of which can be seen in works by Lord Shiva.

Conclusion

The experience of reading or writing poetry can significantly help people move forward and grow. Poetry acts as calming rain that heals our heart and helps us learn more about ourselves. It breaks old wounds and helps people grow back stronger, like Shiva does in his cosmic dance. Scripture shelters those who live by it and comforts them during their struggles. Thanks to poetry, those who suffer from pain can heal, renew hope and find new meaning. Poetry brings a rich and vibrant life to us. It needs people to see beyond what is familiar and this can be labeled with the old term of faith. Yes, indeed. Poems are not just words, since they warm us when we are cold, guide us to safety when we are lost and give us something as important as bread when we are hungry. Yes indeed. Poetry isn't just words. Its string of words with both music and meaning is greater and broader than the mere words. Poetry has a strong ability to heal us.

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