

## HEARTS TOUCHING EACH OTHER THE INTERACTIONS OF POETRIES AND POETS

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I began to write in a poetic form to express myself when I realized  
    How blocked I was in writing prose.  
I shared those new expressions with but very few trusted friends,  
    Certainly not daring to call them poems.  
    My sharing was in slow, tiny steps.

I was shocked and gratified by many experiences of response.  
    The most surprising was the increased contact,  
The deeper connection I felt with my readers and listeners.  
    “These writings must be different,” I said.  
    “They must be poems!”

I had thought they were still practical, intellectual essays.  
    Then, I began to see how they were encouraging our hearts  
    To touch each other.

In meetings where I explored the use of my poems in psychotherapy,  
    I was told that my poetry came across as deeply genuine,  
That poetry, itself, might be the deepest congruence!

I began to ask others to share their poetry in meetings where we were trying  
    To get to know each other, to build community, or to explore  
The evermore potential of the person-centered approach.

I found so many hidden poets!  
    Those hidden poets, also, were finding their voices in poetry,  
    Voices that came from their heart.

I saw how that kind of personal group facilitated their poetry.

In turn, I saw their poetry facilitating growth in those groups,  
    Even among those persons who denied any friendship with poetry.  
    And  
    I loved all their poetry!

I have come to see the interactions of poetries and poets in personal groups  
    As heart touching, hearts mixing.  
    It feels magical.

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