

Dear Readers

We need to visit Rabindranath Tagore's poetry to revitalise ourselves when the time is out of joint. It is demeaning the self. Certainly, no other poem could be more assuring than Tagore's *Ami*. It is a dense poem with many layers of meanings.

My empowered Self

My empowered consciousness turns the black opal to the green

Topaz becomes colourful with many different colours in my consciousness;

I look up the sky

Light flares to the east and to the west

I glance at the rose and I say, "beautiful!"

And she becomes beautiful.

Original title in Bengali: *Ami*

by Rabindranath Tagore

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