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listen, share, reminisce and get inspired.
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Episode 30 - Light

We'd love to hear your thoughts about the show and have you be part of the Harmony Hub Magic. We are really keen to hear about a memorable, favourite song and what it means to you or to hear a recording of you reading a favourite poem. If you have anything you'd like to share or need help to share something, please get in touch with me, Kaye, on 07591157841 or by email at kaye@awakeningarts.co.uk

This week on Harmony Hub Radio, we'll be reading poems and hearing songs and stories on the theme of 'light' as we celebrate the long days and our journey into spring. These are the poems I'll be reading on the show and I'd love it if you'd read along with me.

Rabinranath Tagore - Light

Light, my light, the world-filling light,
the eye-kissing light,
heart-sweetening light!

Ah, the light dances, my darling, at the center of my life;
the light strikes, my darling, the chords of my love;
the sky opens, the wind runs wild, laughter passes over the earth.

The butterflies spread their sails on the sea of light.
Lilies and jasmines surge up on the crest of the waves of light.

The light is shattered into gold on every cloud, my darling,
and it scatters gems in profusion.

Mirth spreads from leaf to leaf, my darling,
and gladness without measure.
The heaven's river has drowned its banks
and the flood of joy is abroad.

Sudden Light BY DANTE GABRIEL ROSSETTI

I have been here before,
But when or how I cannot tell:
I know the grass beyond the door,
The sweet keen smell,
The sighing sound, the lights around the shore.

You have been mine before, —
How long ago I may not know:
But just when at that swallow's soar
Your neck turn'd so,
Some veil did fall, — I knew it all of yore.

Has this been thus before?
And shall not thus time's eddying flight
Still with our lives our love restore
In death's despite,
And day and night yield one delight once more?

Worm moon by Mary Oliver

I.

In March the earth remembers its own name.
Everywhere the plates of snow are cracking.
The rivers begin to sing. In the sky
the winter stars are sliding away; new stars
appear as, later, small blades of grain
will shine in the dark fields.

And the name of every place
is joyful.

II.

The season of curiosity is everlasting
and the hour for adventure never ends,
but tonight
even the men who walked upon the moon
are lying content
by open windows
where the winds are sweeping over the fields,
over water,
over the naked earth,
into villages, and lonely country houses, and the vast cities

III.

because it is spring;
because once more the moon and the earth are eloping -
a love match that will bring forth fantastic children
who will learn to stand, walk, and finally run
 over the surface of earth;
who will believe, for years,
that everything is possible.

IV.

Born of clay,
how shall a man be holy;
born of water,
how shall a man visit the stars;
born of the seasons,
how shall a man live forever?

V.

Soon
the child of the red-spotted newt, the eft,
will enter his life from the tiny egg.
On his delicate legs
he will run through the valleys of moss
down to the leaf mold by the streams,
where lately white snow lay upon the earth
like a deep and lustrous blanket
of moon-fire,

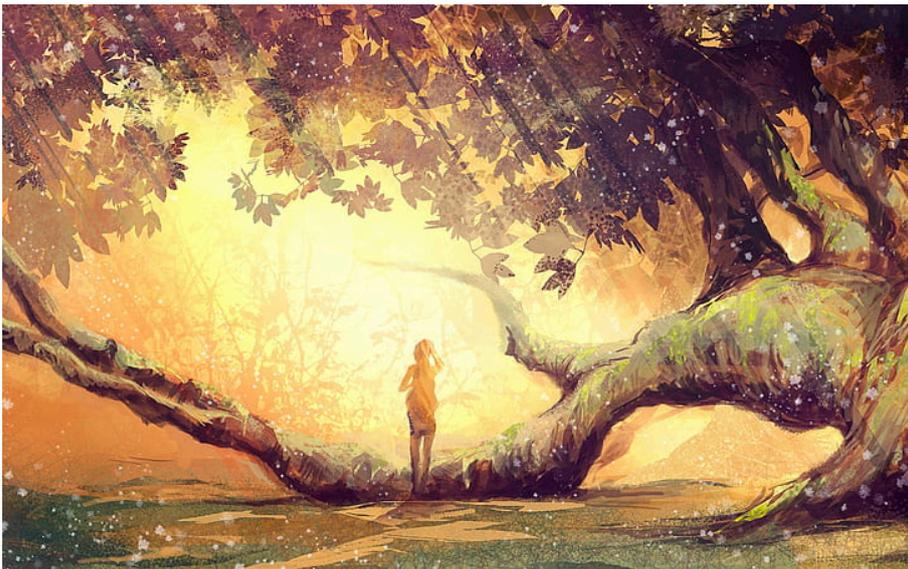
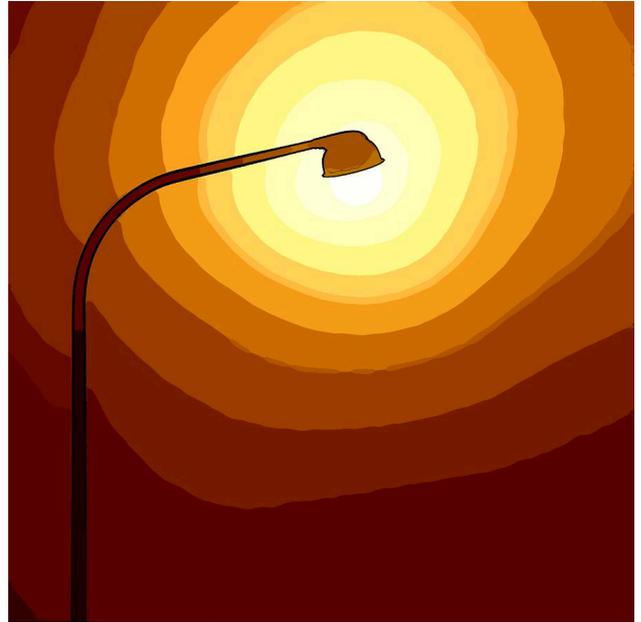
VI.

and probably
everything
is possible.

Art Activity

This week our theme is Light. Here are some ideas for how you could create an image on this theme. As ever, please feel free to interpret the theme in anyway that feels right for you, these are just some ideas or starting points.

This painting is really simple but shows the blinding and illuminating power of the sunlight. This is a really easy painting to try as it's so simple. If you like, you could swap the lamp post for a tree or whatever you like.



This painting is much more complicated but very beautiful. What could be more magical, and challenging, than trying to capture slants of light? If you are feeling adventurous, you could give it a go.

If you don't think you could paint like this, maybe going out with a camera would be a good idea. You could try to capture

something like the photo below.

