

## **Contextualising the Healing Power of Poetry with Special Reference to William Wordsworth's Art of Poetic Expressions**

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### **Abstract**

Poetry is a genre of literary expression. It has a great ability to warm the wounds and calm the senses of human beings even the animals and plants. One of the founders of the Romantic Movement in English poetry is William Wordsworth whose his keen observant eye, perceived a communion between mankind and nature. He looked at many ways poetry might help people recover from emotional and psychological loss. Like the majority of his friends, he experienced post-French Revolution depression due to how events turned out. Along with his sister Dorothy and his poet friend S. T. Coleridge, he began writing poetry to help him regain his composure. He discovered some images with symbolic meaning that had a therapeutic impact. He implied that he could use poetry to repair the psychological harm. The poet is filled with ecstasy as she views the stunning natural scenery. He seeks to convey the ideal representation of a location where all of the senses are in perfect harmony. It has an unmeasurable capacity to sustain one's mental well-being and sense of calm. The readers' senses are calmed by the passionate currents that flow through the poet's sensitivity. Reading, composing, and listening to poetry have been regarded as beneficial as having therapeutic effects. Poetry elevates mood in times of stress and suffering, bringing serenity, tranquilly, and comfort to the mind. According to studies, poetry therapy helps people with serious illnesses improve their emotional resiliency and find joy in life. Lyricism, rhyme and rhythm of poetry energise brains of living objects, causing them to respond emotionally to both happiness and despair. Like a soothing tune, poetry soothes our wounded emotions. The metaphors provide amazing brilliance and sparkle with insightful meaning and message to the beautiful sentences. The use of diction is crucial in identifying a poet's preferences. Reflection, perception, and connection are intertwined in language in such a way that they serve as the poet's mouthpiece and perfectly amplify poetic experiences. The melody of the tone and exquisiteness of diction will cause the inebriated, taken-for-granted reading population to somersault. However, the present research investigates how poetry might be a natural remedy to relieve mental stress, trauma, and suffering and keep mental health in good condition. It sees Wordsworth's poetic expressions to see how it treats emotional wounds and hurts.

**Keywords:** Poetic therapy, Imagery, Landscape, Stress, Nature, Curation, Health, Emotion

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William Wordsworth emerged in a period when reason and logic had become prominent in the daily affairs of human beings. It caused a lot of disturbance in the relations of human behaviour and sensibility. He started writing his poetry against such practices which were later recognised as a tool of emotional balance and soothing effect. Emotional scars and hurts can be healed by poetry. Poetry has been used as a therapeutic tool to treat mental pain experienced by humanity throughout history. Literature has long been used as a means of relieving patients of their mental and psychological illnesses. However, the article examines the therapeutic and healing power of poetry in general and literature written to deal with people's sorrow, plight, and psychological issues in particular. The problems of loneliness, despair, agony, and many other concerns relating to mental health have always been solved by art and literature. Poems with themes like peace of nature and the mind, hope, love, aspirations, forbearance, and redemption, among others, had magical effects on readers by helping them to fend off a barrage of sorrow, suffering, and distress. People hold the view that reading, composing, and listening to poetry can be restorative and therapeutic. It possesses excellent calming, quieting, analeptic, and redemptive qualities. Depressive symptoms are lessened by soothing phrases that pirouette in silky rhyme and beautiful rhythm. Poets are able to express feelings that are difficult to put into words. Studies show that listening to poetry helped individuals with serious illnesses feel better about their emotional imbalance.

Poetry improves mood when under pressure and stress. Our brains are particularly sensitive to the poems' rhyme, rhythm, and metre. It electrifies the hearts of the readers, much like music does. The poetic rhythm of the lyrics inspires readers to rediscover their own voice. Shamans and saints in India employed poetry therapy to keep their mental health in check. They believed that poetry has a healing quality because it conveys a kind of understanding and representation of how naturally interwoven reality is. People's wounds are quickly healed by the melody of the verses. Poetry has the ability to soothe the trauma of its readers, writers, and listeners; it has the potential to heal the mind, heart, and soul of readers, lessen their suffering, and put an end to their problems. The poetry pharmacy is built around the notion that poetry has therapeutic value. However, the therapeutic value is only present if you can select the appropriate poetry for your emotional condition. Poetry has the ability to support therapeutic and mental health purposes. Words, symbols, images, rhyme, and rhythm can evoke positive energy while stimulating the senses to sublimate ideas and emotions. Poetry offers aesthetic pleasure, cleanses the emotions, and finally heals and relieves our trauma. Poetry lifts depressed readers' spirits to a therapeutic level. These days, poetry therapy is popular.

Poetry does two things. It first helps authors and readers who are in the same emotional boat as the poet to let go of their worries, boredom, and stress. Both go through the purging stage, using catharsis to heal their emotional illnesses. The reader and the poet's mind might be ebulliently spliced together through the use of metaphors. A poem with an uplifting message might provide readers relief from suffering and sorrow.

In the poem "Lines Composed a Few Miles Away Above Tintern Abbey", Wordsworth avers that his buoyant youthful raptures give him a vision. He subtly communicates his faith and convictions. He is at the pinnacle of his poetic artistry in this passage. His poetry serves as

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a salve for the nation's festering wounds. His poetry is uplifting and endowed with therapeutic qualities. A high priest of nature, William Wordsworth. He rose to the status of a healer, using his poems to soothe readers' wounds. There has always been a connection between medicine and literature. Matthew Arnold views Wordsworth as an example of the therapeutic effect of poetry.

According to Hazlitt, his poetry contains the therapeutic properties once attributed to plants and herbs. He avers in his essay *The Spirit of The Age*: "If he can assuage the pain or close up the wound with balm of solitary musing, or the healing power of plants and herbs and "skyey influences", this is sole triumph of his art (William Hazlitt, 149)". Nicholas Mazza is a big fan of Wordsworthian poetry as a cure-all for emotional problems and human pain. The influence of romantic perceptions on existential-humanistic, narrative, relational, and ecological psychologies have a long and distinctive history in psychology. Because Wordsworth's poetry is an outpouring of strong emotions that derives its inspiration from emotions recollected in tranquilly, according to his definition, it has tremendous therapeutic effect. Famous poetry therapist Geoffrey Hartman believes that Wordsworth's poetry has healing qualities and that it leads readers through the collapse of self-awareness to an anti-self-awareness in which the wound of self-awareness is healed.

Prevention, cure, and reprieve are the three fundamental therapeutic ideas of romantic poetry as described in Wordsworth's well-known work *Lyrical Ballads* (1798). As a result, nature offers a vast corpus to soothe human wounds. According to Wordsworth, poetry offers solace to thoughts that come from human suffering. *Lyrical Ballads* promotes natural health in a wealth of straightforward language, much like the local healthcare charter. The poet is at his most straightforward in the poems "Lines Written a Few Miles Above Tintern Abbey" and "Tables Turned," instructing the reader to find a contact with nature through straightforward language, resonant rhyme, and a lovely, healing voice addressed to a friend.

William Wordsworth suggests turning to nature to maintain and restore our health. Throughout the *Lyrical Ballads*, William Wordsworth discovers the healing effect of nature. He discovers an analogy between poetry healing and natural healing in the book. He sends his sister Dorothy his healing energy. He appears to urge his sister Dorothy to use recollections of nature and the outdoors to ward off anguish, angst, and loss. Dorothy discovers a cure for all of the world's ills in a consistent connection with nature. Wordsworth's poetry associates with medical qualities. He exhorts her to use his brother's passionate poetry as a source of healing elixir. He urges her sister to follow his advises, rely on her own emotions, and use her recollections of beautiful natural surroundings to help her heal.

William Wordsworth, a natural prophet, asserted that landscapes have a remarkable ability to heal people's minds, bodies, and souls. In his nature poems like "Tintern Abbey," "Immortality Ode", "Prelude", and "Michael", among others, he explores the relationship between humans and environment by presenting a graphic and panoramic vision of tranquil and entrancing settings. In the poem "Immortality Ode", Wordsworth creates a tranquil and peaceful world that entralls and mesmerises people despite their raging imaginations. The poet heals the people's damaged minds by using lovely descriptions of the rainbow, moon, sunshine,

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stardust, sunlight, water falls, rocks, mountains, etc. In the poem "Michael", the poet paints a very vivid, lively, and vibrant picture of Michael's home in a valley studded with lush green trees, stones, mountains, and small rivers yielding romantic medicine, calming the mind and yielding romantic medicine, tilting to put agony and anguish behind, and to be absorbed in the paradise of nature. Shepherd Michael has endured a lot of hardship due to the wrath of nature. Patients who are bearing the brunt of losses connect with Michael's fate. It has a cathartic impact on listeners and readers of poetry, repairing their emotional wounds in the process.

Poetry by Wordsworth has the capacity to bring joy, happiness, calm, and tranquilly. One of the attractive poems is "The Solitary Reaper", which charms the audience while distracting them from their sorrow with artistic pleasure. The young girl's cheerful, upbeat, and joyous demeanour, which was so in tune with her job as a reaper, astounded the poet. The young woman was singing a song amid the stunning Scottish hills while cutting and tying grain sheaves. The poem captivates us with its soothing tune and picturesque depiction of the hills. The metaphors "nightingale" and "cuckoo bird" transport readers into a wave of imagination that sweeps aside any psychological suffering caused by events on earth. Although the young woman's voice had a hint of melancholy, her harmony with nature was obscuring it and mending her wounds. He is an optimist who sees the bright side of every situation. He speaks with a mood of delight, joy, and peace. Wordsworth idealises the beauty of both nature and women in "She was a Phantom of delight," another brilliant metrical work. His support for liberty, equality, and brotherhood is evident in the poem. The poetry allows for the personal freedom necessary for intellectual spirit, emotional and spiritual development, and the development of peace with nature. Wordsworth uses language to express emotional need.

The poem is dedicated to his wife, whose beauty and harmony are so therapeutic. Her intentional concord with marital piety is demonstrated by the spirit that activates and animates all of his spouse's blessings and challenges. Twilight and the concept of an ornament both have a calming and therapeutic influence on readers' minds. While the impact of medicine is clear, Wordsworth's lyrical poetry has implied meanings. Lyrical Ballads demonstrates how poetry helps readers' brains relax. In his day, the terms "Medicare" and "painkiller" were interchangeable. Wordsworth's poetry achieves one of the unacknowledged medical intents and ambitions of his day. Despite the fact that analgesics are very effective in reducing pain, they can have adverse effects. His poetry provides pain alleviation for the afflicted without having any negative side effects. In the poem Tintern Abbey, Wordsworth conveys to the audience the sense of a reverie, supporting Erasmus Darwin's medical theory that poetry might provide comfort. Poetry has the power to heal humanity. The vital spirit of Wordsworth's reverie is comparable to Darwin's notion. The poet developed a cure-all for mental illness after researching Darwin's thesis. Muscular effort, according to his time's medical professionals Goody Blake and Harry Gill, can reduce discomfort. According to Francis Fuller and other medical professionals, the device also functions in cases of mental illness and can reduce pain.

*Lyrical Ballads* as a whole shows Wordsworth studying the uses of poetry in both the arts of aesthetics and medicine. Wordsworth directly addresses the suffering of his readers in his poetic prescriptions. Some poems advocate various poetic medical treatments while also

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externalising nature's holistic therapy. *Lyrical Ballads* also encourages the idea that poetry can lessen global suffering. Through poems like “Ode on Intimations”, he prescribes poetry comfort and proves that it is the most profound and humane genre of art therapy that has therapeutic applications. Wordsworth emphasises the importance of sustaining a love of poetry for solace, whether the journey is joyful or hard. Refreshing ideas can restore mental energy and shed light on human plight. He asserted, along with other doctors of the day, that remedies were merely palliative measures unless another illness struck first. He faced illness himself and lost two of his children, so he was well aware of the situation.

John Keats admires Wordsworth's poetry greatly and believes it has the power to soothe wounded souls. Wordsworth's poetry is steeped in the significant experiences of his life, which are expressed in his metrical utterances. His lyrics feature lyre music, which calms human hearts that are hurting. When readers read his melodic poetry, they are enthralled by its exquisite appeal and the smoke of anxieties and woes is sublimated as a result. In a letter to his friend Reynolds, John Keats describes the poetry of William Wordsworth's healing and sanctifying powers. This opens the door for readers to understand the value and wealth of Wordsworth's poetry.

Wordsworth was usually referred to be Coleridge's mentor, and the poet longed to have his poetry collections by his bed because they served as a sort of pharmacopoeia for him. His poetry's ethereal beauty helped to heal his frail mind. Coleridge was completely consumed by his poems. Wordsworth's poems let him fly high in the sky while also providing comfort for his wounded spirit. His poems nourished his creative spirit. Wordsworth was revered by Coleridge, who referred to him as a friend, mentor, and physician. Wordsworth advised his companion that mental fortitude might be developed inside a person. Wordsworth warns his friend against relying on heavy amounts of medication because doing so will make his illness worse. In a letter to Coleridge sent in May 1809, Wordsworth uplifts him and counsels him not to rely too heavily on medication. In the letter, he hopes to express how poetry might help him with his problem. He inspires his friend's creativity, telling him that it may rescue him from his woes and that poetry has the power to heal the body, the mind, and the soul.

Wordsworth is an excellent healer. He treats luminaries as a doctor and therapist. The poet soothes his audience' mental wounds. In his songs, he speaks directly to the listeners' bodies and minds. Dreams contain imagery that the conscious and unconscious minds use to communicate. The mind responds to the images' message and reflects on our psychological state, allowing the inner lava of emotions to erupt. Images stimulate our minds with scrumptious emotions, propelling subconscious or conscious feelings. Therapy therefore aids patients in becoming aware of unconscious emotions, relieving pain and strain. Images from his romantic poetry so purify emotions to let stifled feelings flow, giving healing alleviation. His poems served as a cure-all for the emotions he was seeking. In peaceful thoughts and feelings, he experienced enduring delight and bliss. Wordsworth provided Mill with a setting where he can refill his mental loss with imaginative joy. Like romantic doctors, who discovered that their medical training and expertise were unable to fully resolve the psychological

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problems. William Wordsworth proposed a different approach to poetry therapy that could be used as a palliative treatment for mental illness.

Thus, the poetry of William Wordsworth has a calming, restorative effect. The lost allure of spring can be recovered through mental peace. We might therefore conclude that Wordsworth's poetry is the ideal treatment for mental illnesses, with his sonorous words fluttering like ocean waves calming senses, imagery calming minds, and landscapes luring readers to immerse themselves in its tranquilly and experience eternal happiness.

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