

Original Article

Infirmity to Resuscitation: Tantalizing Therapy of Nature in the Selected Poems of Sara Teasdale

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Abstract: Every human life in the World is sheltered by the magnanimous and impeccable service of natural ecosystem. The noble favor which is rendered by nature is free of cost and no man's labor. Human's amalgam with nature provides colossal benefits for one's mental and physical well-being. Ecotherapy is a psychotherapeutic technique which calls environmental intercession to cure from the plights. Poetry is a form of expression which interlaced with nature. When man lies in the lap of nature, it soothes one's physical, mental and spiritual trauma and instills thought prompting ideas to recover one's life. This paper is studied how nature takes part in the human's life and its significant role of therapeutic power which helps man to overwhelm the predicaments and the same is applied in the select poems of Sara Teasdale.

Keywords: Ecotherapy, Nature, Mental Problems, Self-evolution and Stress-relief.

I. INTRODUCTION

Ecocriticism is an interdisciplinary approach which synthesizes nature and literature. The word "Ecocriticism" is coined by William Ruckett, in his work Literature and Ecology; An Experiment with Ecocriticism. He defines ecocriticism as "the application of ecology and ecological conceits to the study of literature" (107). Definition for this theory was bestowed by Cheryl Glotfelty, in her The Ecocriticism Reader. She defines Ecocriticism as the study of relationship between literature and physical environment. Ecocriticism unfurls the relationship between literary text and the physical environment. It lights on the human and the non-human world for unity and it further commingles self, society, nature and literary texts. It scrutinizes how writers represent the myriad form of nature in the literary text and how nature influences the human. Buell in his book The Environmental Imagination eco-criticism, defined Ecocriticism as "a study of the relationship between literature and the environment conducted in a spirit of commitment to environmentalist's praxis" (430). The above stated definition emphasizes the human connection with natural environment through practice.

II. ECOTHERAPY: A NATURE'S THERAPY

The term ecotherapy was coined by a pastoral counselor, Howard Clinebell. In 1996, he promulgated a form of "Ecological Spirituality" which builds a rapport between man and nature. It comprised of nature's ability to nurture the human, through relationship with natural places and spaces. It further unfurls our capability to rejuvenate this healing connection through our ability to nurture nature. It may be viewed as a colossal term which embraces the nature-based methods of both physical and psychology. Ecotherapy enlarges the scope of treatment to comprise the man-nature relationship and a range of therapeutic and uniting practice. "Ecotherapy (in its specific rather than generalised meaning) is a psychological approach that is rooted in the experience of nature, which acknowledges the interdependence of human health with the health of the environment." (Bragg 14). Nature is a fortress for the distress mind and heart, which create relaxation and also awareness. Poems are born when poets are in the state of bliss, melancholy, distress and content. Poems are the channel through which poet's feelings and emotions are displayed. Nature takes a prime role in several poems written all over the world.

It has a therapeutic power to sustain human life with its activities. Many poems have nature oriented perception and they have promoted relaxation to the readers. Sara Teasdale poems are exploring the beauty of nature and further she associates herself with nature for relaxation and resuscitation. Nature admired, inspired and guided her in all walks of her life.

Sara Teasdale, a young poet, acquainted with literary circle around poetry. Teasdale's wrote seven collections of poetry which embedded on a woman's perception on love, beauty and death. Many poems of Teasdale discuss on her own life. Her life is filled with misery and chagrin. It leads her to commit suicide in 1933. She acclaims laurels from both public and critics. In 1918, she won the first Columbia poetry prize for her contribution for literature that would be renamed as



pulitzer prize for poetry. J. Overmyer outlooks Teasdale's poems as simple, thoughts with complex and reverberate in the mind.

In "April Song" she says April weather as a gleaming which comes like a delicate. She thinks spring calls her but she could not correspondence to its calling. She was in the state of loneliness, which made her to view her life in a lens of dark and chaos. She says she is the dancer, it refers that she is the one who knows and bears the predicaments of her life. Willow is a type of tree which glittering by the shadow of sun. She speaks with nature that she could hear its presence through all her sense. She finally answered to the call of spring by saying love is near her. Ecotherapy favors human to link to nature by helping in dealing with physical and mental agony. It corroborates that spring is the one which makes her to feel bliss and view her life in a different perspective.

In the poem "Star" Teasdale applauds the stunning beauty of stars in the sky and the beauty of natural world. The speaker of the poem is Sara Teasdale. It is an autobiographical poem. She is alone in the night amidst the pine forest. Pines are grown, robust and mesmerizing her with its appearance. She is sitting and watching the stars over the sky. She is astounded by its majestic presence. The speaker of the poem reveals that stars look like a topaz, a precious stone, usually colourless, yellow and blue. She compares stars with white and misty red. She personifies stars have a heart which is lingering with fire and pulsing. It never annoys the onlookers. She further says nothing can stop the star to deter from shining. Stars march and look like majestic and they are in tranquil, which sooth and comfort the speaker from plight.

"And I know that

I am I honored to be

Witness of so much majesty". (17-20)

She further says that she is elated to witness the constellation of stars with her eyes. She is in lonely and wanders in the pine forest. There is no one for her to accompany her in the dark hill. She wanders lonely and associates herself with the constellation of star. She is enthralled and adored by its majestic presence. She takes refuge in the lap of nature, in order to escape from the reality, which is interlaced with loneliness and distress. Sighting watching is a powerful force which eschews the rigid heart to feel bliss and peace. Nature cure's is something "connection was intimate, direct and grounded in action rather than idealistically figurative or purely symbolic of abstract correlations." (Alter 14). In the poem, the speaker of the poem connects with nature by wandering in the wood and going to top for sight watching in order to relinquish her mental illness. All these actions are commingled with nature. Here, both nature and human beings take the role of therapists like assisting the client to experience healing from the problems. "I Shall Not Care", a poem discusses the experience of dying. From the personal note of her life, we come to know that she was in the failure of her love with her lover. The speaker of the poem is poet herself. She addresses the poem to her lover who has forsaken her. She commences the poem by telling when she dies, the leaves which drenched by the tree will be over her dead body. The lover of her will come and lean over her to explore his pathos on her death. She says she would not care for the reaction.

*"I shall have peace, as leafy trees are peaceful when rain bends down the bough;
And shall I be more silent and cold- hearted than you are now" (5-8)*

The speaker whose is in corpse would experience peace like the green tree would experience freshness after the heavy rain. She further says she would be in silence for the reaction of her lover in her funeral. She has courage to defy against her lover through her silent. In her funeral, rain poured out on her corpse, it resuscitates her to challenge all her disappointment and guiltiness. It shows that the courageous and strong feeling come when she associates herself with nature.

Although ecotherapy is a more commonly used term and its generic use applies to any facilitated activity that is related to nature (plants, animals, and landscape) and as such will encompass many activities in nature such as conservation work, mountaineering and rambling that indeed has positive effects, however specifically it refers to interaction with wild and natural areas of nature and enhancing the positive effect of natural surrounding on affect and cognition through increasing sensory contact and mindfulness. (chaudhury 4)

When human beings are in the state of unhappiness, disappointment or illness, they need a comfort zone to eschew their depressed mind. Nature takes a cardinal role in the life of human in all their feelings and emotions. When human associate themselves with nature through various activities or watching the aura of nature in all its forms, they salvage themselves from their plight.

In “Dusk In June” the speaker of the poem draws the attention towards the spectacle of evening. We could see the phenomenal spectacle of evening. Birds are chirping in chorus and surrounding the place. The mellifluous voice of bird is triggering joy and peace to the listeners.

The shimmering of birds could reach more than a mile. The air which blows in the evening has a ray of chill and sweet. The speaker of the poem sees stars in the sky, which are white over her head. She commingles herself with the action of birds. Birds are singing and expressing its joy to the world. As the birds she likes to sing before the night and likes to welcome the moody night with her soothing voice. In this poem she unifies herself with the birds in order to eschew her mental illness.

In the poem “February Twilight” the narrator of the poem is Teasdale. She brings out the spectacle of evening twilight. She goes to the pinnacle of hill. She stands beside the hill which is covered with snow. She could see a single star which shines in front of her in the evening twilight. There was no other creature surrounded her rather a single star. She is wondered at a single star alone in the sky. She watches it and relaxes herself. She commingles herself with a single star by looking its astounding performance. It never twinkled or went away from her, but it stilled itself for a long time. This spectacle soothes her feelings and emotions.

III. CONCLUSION

The above selected poems of Teasdale are autobiographical and it is in the first person narration. It unfurls the idea that how an individual commingles with nature for eschewing the mental, physical and spiritual traumas. It also highlights how human intertwined with nature for relaxing, refreshing and rejuvenating for the perfect state of mind and heart. Teasdale’s poems are like a harbinger which ignites the marvelous idea that nature is the sublime solution for all impediments and perturbations which pierce human’s life.

IV. REFERENCE

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