

**To all my friends around the world  
who are the bridges  
between different cultures**

Diese Leseprobe ist urheberrechtlich geschützt!

Nahid Ensafpour

**POETRY OVERCOMES  
BOUNDARIES**

Translated from German into English by  
Marion Godfrey

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## FOREWORD

Nahid Ensafpour takes the reader on an extraordinary journey. For it is the inner landscapes that she explores, daring to reveal her own inner worlds. With her sensations and perceptions encapsulated in the most moving words, the poetess unsparingly confides in the reader. This requires courage and a knowledge of what a poem must achieve. There is no play on words in Nahid Ensafpour's poems: the accent is purely on the power of the word. The writer has absolute faith that her words will reach the reader.

From the poems comes the message that life is precious, that all of us must strive to enjoy the now and live in the moment, to be mindful of life and to consciously perceive each day. These are verses full of hope and confidence borne out of a profound faith, including in a divine power.

In her poetry collection "Poetry overcomes boundaries", Nahid Ensafpour sends words to overcome boundaries and explore inner landscapes: spaces filled with love, freedom, lightness, but at the same time underpinned by pain, darkness and oppression.

The timbre of this poetry is gentle where appropriate and powerfully compelling when accusing and admonishing. The Iranian-born author has set herself the task of building bridges between different cultural and linguistic areas through her poetry. Her poems are an emphatic reminder of what it means to be human and to remain human in the here and now.

Dr. Matthias Deußner

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# THE SONG OF THE MOMENT

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## **The song of the moment**

Life rushes past me  
and with my inner eye  
firmly rooted, I observe  
the restless shifts of time

The song of the moment  
beckons us  
not to pass unmoved  
along life's path  
a moment of awareness  
endows us with  
a penetrating  
look at life in full flow

Thus the state of being  
is transience incarnate.

## The Bridge

“for A”

From the bank across the river  
came a loud cry  
confused, unknowing  
how I could help her  
no-one else came to her rescue  
louder and louder still she cried  
till a raging strength  
took hold of me  
and I grew and grew  
far beyond myself  
and arched across the river  
to become a bridge  
but just as she was about to cross  
I broke.

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## **Stones**

Stones keep silent  
and are mute

Yet their silence  
is not soundless  
open your ears  
and you will hear  
a loud cry

A loud cry  
which is muted  
because the unsayable  
cannot be told.