

Kenton Oliver
ataraxy.ca

The Organic Poet – Below you will find my collection of poems once published there.

Unfortunately, this wonderful website and community appears to be shut down and this link now broken:
<https://www.theorganicpoet.com/>

March 9, 2021 – Paper Mirrors – my fourth poem on The Organic Poet

PAPER MIRRORS

Release your art
Express yourself
Words flow out
As a meditation
Of inner awareness

Your feelings inside
Turn them to ink
Pumped from the heart
And pour onto pages
For emotional alchemy

You will grow tall
From the introspective tending
Of your mind garden

Be persistent and
Soon you will marvel
At the beauty
Of thoughts
Made into poetry
Reflections of yourself
Transformed and infused

Sept 30, 2020 – Understanding Unites Us – poem/poet of the month for The Organic Poet

Bio questions

Three words that define you?

Honest, Compassionate, Creative

Favourite song and why?

<https://www.youtube.com/watch?v=RpjmvYbAvhc>

Cloudkicker - Let Yourself Be Huge

I love music so much that it's impossible to choose only one favourite song, but certainly this piece is special. A few select words gently repeated to an otherwise instrumental post-rock experience always manages to make this song quite moving and comforting.

What does poetry mean to you?

Poetry is life put into eloquent words. Emotions, feelings, thoughts, experiences, memories, fantasies and more are all translated into art. Creating art allows for reflection, healing, and the sharing of something. Poetry is a beautiful form of self-expression. Like all art, poetry can deeply impact people.

What is your objective as a poet?

I write poetry because I am compelled; it's an artistic and emotional outlet, done primarily for myself. Lately, I've found joy in sharing my passion with the world. I hope to release poetry books and become a known poet. I want to share beauty, and help people with my words.

If you could make a phone call to the teenage you, what message would you give?

Some things never change unless you make them change. Being passive and waiting is not enough. Enjoy the present as much as possible. Forgive yourself. Don't be afraid to ask for help. Love yourself.

What are you most proud of as a poet?

Seeing so many enjoy my poetry warms my heart. I am proud of being able to make a difference in the lives of others through my art. I love when my words help someone think or feel differently. I'm very honoured to be featured by The Organic Poet this month.

If you could offer any advice to a poet just getting started, what would it be and why?

Write honestly, from the heart, and people will notice. Actively participate in a poetry community, to support others as well as learn from and be inspired by them. Continue doing this and trying to reach more audiences and you will eventually reach your goals. Be patient and consistent to succeed.

Links to your work

All my links can be found through my website at:

<http://ataraxy.ca> or <http://ataraxypoetry.ca>

UNDERSTANDING UNITES US

You can find
needless pain
everywhere

Fear fuels
greed, hate and delusion
causing suffering

What we fear
is the unknown
the threatening beyond

The solution: remain open
to seeing and learning
new truths

Cure your ignorance to find balance;
release yourself from
your fear and isolation

Embrace differences
as they enrich and expand
our lives

Embrace unity
before the cycle of us versus them
continues again

We must join together
to subvert those
who refuse to listen
too caught up
in competition
as the world burns
from their pollution

Let's teach everyone
there's a better way:
there's cooperation
caring and
realizing a vision
of prosperity
and minimal suffering

Let's break the cycle of fear
building trust
with our hopes and faith

In this world
where
we all love
cry and die
please
have empathy and
realize that
despite our unique paths
and differences,
as human beings
we all want and need
similar things

Our similarities
should unite us more
than our differences
separate us

Accept both to become
one diverse group

We are the people
of planet Earth

June 30, 2020 – Loss & Hope – my second guest poem on The Organic Poet

LOSS & HOPE

Overwhelmed by past and impending
Tragedies and doom

Dread and gloom
Unsettle and grip
Tightly

Shallow breathing
Tense body

There's so much suffering
There could be fewer dying

Continue organizing
And helping one another
Always

There is always hope
And love

Much love to all
I'm so very sorry
For loss
I wish I could fill all our empty spots
Connect our hearts and heal us
I wish I could save those in need
I wish I weren't
Feeling powerless

I offer mere words

May time give us scars
Memories
And lessons
But allow us to continue
So we may fill our hearts
With new joys
And life

Restless
Not sleeping well

With time
Life could be
Swell

Dwell
In feelings of hope
And tranquility

June 3, 2020 – Adapt & Unite – my first guest poem on The Organic Poet

ADAPT & UNITE

In trying times
We question purpose

Everyone copes differently
You can escape, merely wait
Or you can let your old self go
And build something new

Once you've released the old
You can create your own mold
One to adapt you
For this changing world

Of course you won't forget
What you've learned
Or what you were

Our current technology is not nearly optimally employed
Never mind what new inventions the future might bring
Imagine what we could do
With global cooperation

Could you imagine?
A world organized to live in
A planet nurtured to health

That would be amazing

With all the marvels we afford
You'd think
It wouldn't be so hard

Please now
Come on-board