

**Title: One With The Universe**

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**Second Subtitle: #0 One with the universe Contemplative and simple, just a composition of some 66 poems, but an experience that leaves you alone. Shveta Vashist Gaur, Pune, artbeat, pune**

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Summary: Interview with Poet Mohit.K.Misra author of Ponder Awhile by Indian Express

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ARTBEAT

One with the universe

Shveta Vashist Gaur

My friends are yellow, brown and white,  
What difference does it make to light

Contemplative and simple, Ponder a While is not just a composition of some 66 poems, but an experience that leaves you with your thoughts alone. 'I knew this would be a revelation for the 37 year-old former Merchant Navy sailor who underwent a revelation in his life, but also changed him as a human being.

'It happened when I was in the middle of the Atlantic Ocean and found myself alone,' Misra recalls. So, while you go through the immense response that Misra has received on the internet and in person, what leaves you wonderstruck is his way of communicating. Framed in couplets, his poetry canvasses spirituality and the human mind, even the most complex subjects simple. My emphasis has been on the metaphorical because that pattern is easy to understand and even remember,' he says. Misra's language is so unmistakably straightforward, that even a child can understand.

Having sold 1,000 copies so far, Misra wants to concentrate on propagating his work with the universe.' We usually separate ourselves from the universe and

misfortunes and various negativities. My book asks the reader to unite with it, 'he explains. Deriving inspiration from god, love and light, Misra spent seven years reading extensively on spirituality and then was able to write prepared for death and know that we will all be gone one day,' he says.

Ever since Misra's spiritual journey began with An Autobiography of a Yogi among the spiritual writers around, right from Herman Hesse to Mikhael Naimy and he wasn't like Misra was always prepared to talk about his thoughts openly. 'I only when I was ready about it, did I talk about it,' he says. The message he propagates is, 'God is not for others, he is for us only. And, it isn't that they are from another planet, they are all as human and as normal,' he explains.

Misra will soon be heading to Delhi for a poetry reading session for Dharma from Philadelphia.