

KIRKUS

REVIEWS

TITLE INFORMATION

REFLECTIONS...A POTPOURRI OF POEMS ON LIFE, LOVE, AND OUR HUMAN CONDITION

Mehra, Vijay Baldev

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BOOK REVIEW [EXCERPTS]

Mehra's inspirational verses tackle emotional questions that "span the gamut of life" and advocate a global mindset.

This [11]-poem collection covers diverse ground, including such subjects as marriage, friendship, betrayal and politics, the value and purpose of sex, and what constitutes a well-lived life. Throughout, Mehra looks at human emotions using easy-to-understand language. His verses aren't driven by images and symbols; instead, they connect to quotidian concerns in thoughtful ways. For example, in "Life," the narrator reminds readers: "Not money, nor fame, nor power nor name...None of them matter in your soul's brilliant flight, / So, live full, love well, be kind, and live right." The rhyme scheme, typical of these poems, has a songlike quality that makes for a quick, easy read....readers seeking easy-to-swallow advice and inspiration will find these poems comfortable and unthreatening. That's not to say Mehra shies away from harder-hitting subjects, however. In "Sex—The Greatest Gift of All?," he digs into tantric tradition, playfully wishing readers the joy of energized chakras....

A slim, accessible volume that offers gentle inspiration while beckoning readers to widen their worldview.