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## **A Journey to Joy**

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## A Journey to Joy

### Author Bio

Bhavya Soni is an undergraduate student in the Halmos College of Arts and Sciences majoring in biology and minoring in data analytics. After attaining her bachelor's degree in biology, Soni hopes to attend an M.D./PhD. dual degree program. Academics aside, Soni harbors a love for the arts, specifically in reading and creating poetry. Her favorite poem is "Nothing Gold Can Stay" by Robert Frost which initially sparked her interest in the written word. She finds inspiration in the sublime nature of the world.

# A Journey to Joy

BHAVYA SONI

She crumbled and slowly fell lifeless against the wall.  
Tears rolled, in a race to claim her in their thrall.  
Her body was no longer her own,  
As her emotions took over control.

Desperate to regain power, she grasped for a pen,  
And started engraving her suffering onto her skin.  
These lyrics turned into her first success.  
These songs became her way to distress.

This attempt to snatch back her right, put her in a vicious  
cycle,  
Every rhyme reminded her of the age-old recital  
Thinking, "why can't I remember the joy,  
When did I get lost in Plato's ploy?"

Frozen in a black, sticky web of her own thoughts,  
Her own written words held her hostage as she fought.  
She yearned for even an infinitesimal amount of light,  
As the world closed in, despite all her fame and fight.

It was then, that she realized she was truly alone,  
For this growing mountain was a product of her own.  
Ignorance had given this tumor the power to grow  
unchecked,  
Now it was long overdue, to dissect and reflect.

Rewiring the brain, was the goal of this "retreat"  
Her eyes skimmed the stanzas, not ready to claim defeat.  
"Find the larger meaning between the lines of hate,  
Don't let the rejection take over your fate."

Her mind trembled as she traversed uncharted lands  
But she was wrong, unable to see all the helping hands.  
The loneliness resided only in her brain,  
But humility was needed to see others in the same pain.

After many hardships, she opened her adamant eyes  
To realize her rhymes were not at all unique or wise.  
It was time to vocalize and appreciate the good  
To share with those who stand where she once stood.

It is said she still scripts her suffering onto her skin,  
But she also adds her joys when she has a win.  
While her struggles will never cease being her shadow,  
She now has others to light up her tomorrow.

**Author Statement**

*"In the past, inspiration for me usually struck after the occurrence of an obstacle or tragedy. I used my poetry to vent and organize my chaotic emotions into words on paper. But along with the lessons I gained from the adverse events, the negativity from the experience was also memorialized in the poems I wrote. 'A Journey to Joy' was the result of a realization I had while reading The Book of Joy by the Dalai Lama, Archbishop Desmond Tutu, and Douglas Carlton Abrams: remembering the joy and happiness in life is just as important as learning from adversity."*

