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**SANGEETA GUPTA**

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**I EMPTY MYSELF RUTHLESSLY**

I empty myself ruthlessly  
nothing, absolutely nothing  
is left in me  
I then walk inside  
I go into myself  
I fill myself with  
myself  
I grope inside as deep as I can  
I discover myself  
connected to the source.

**I AM**

I am a free,  
passionate,  
creative spirit  
only love can bind me  
I belong to life  
I love freedom  
I love my solitude  
I love life  
let life love me  
and bind me  
in solitude  
in freedom.

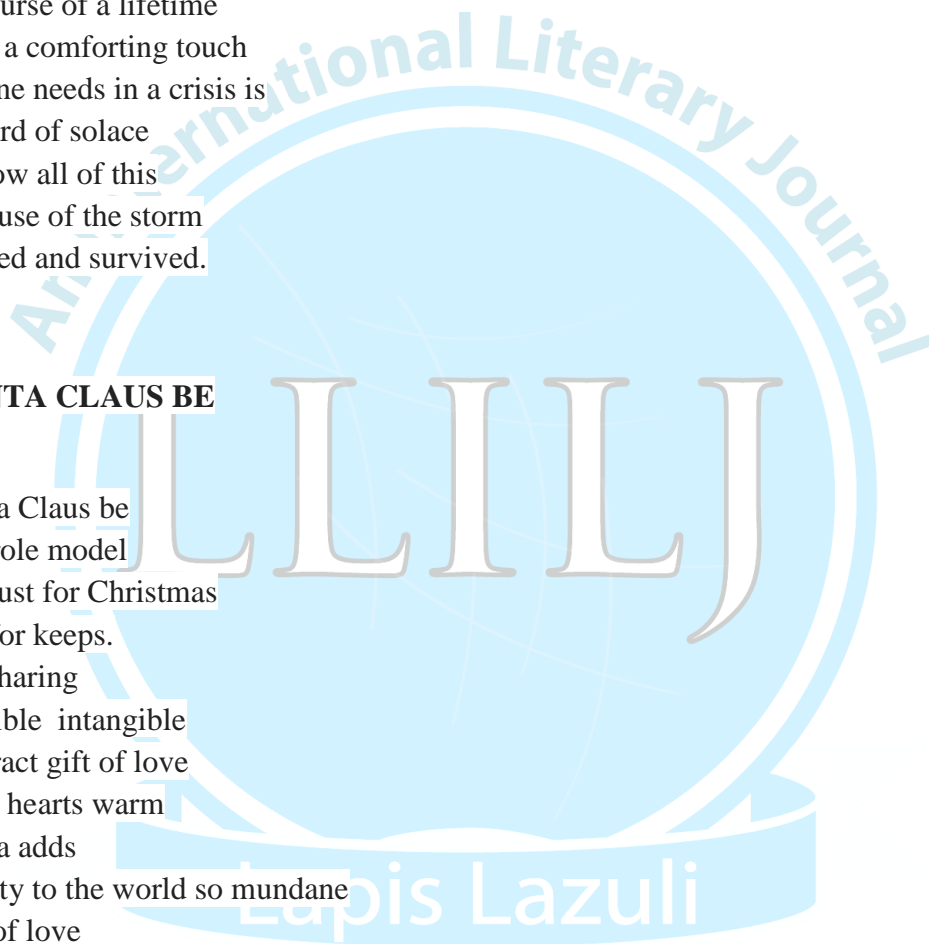


## MAY BE

May be  
more than love  
we need compassion  
a smile  
to survive the storm  
an act of kindness  
like just holding the hand  
of a fellow traveller on this planet  
sometimes is more than enough  
one can heal  
the curse of a lifetime  
with a comforting touch  
all one needs in a crisis is  
a word of solace  
I know all of this  
because of the storm  
I faced and survived.

## SANTA CLAUS BE

Santa Claus be  
our role model  
not just for Christmas  
but for keeps.  
for sharing  
tangible intangible  
abstract gift of love  
keep hearts warm  
Santa adds  
beauty to the world so mundane  
gift of love  
is what we crave for



**BIO-NOTE**

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**Sangeeta Gupta**, a highly acclaimed poet, artist and film maker, also served as a top bureaucrat as an IRS Officer, recently retired as chief commissioner of income tax. She also worked as Advisor (finance & administration) to Lalit Kala Akademi, National Akademi of visual arts. She has to her credit 35 solo exhibitions of paintings, 20 published books, has directed, scripted and shot 7 documentary films. She is a bilingual poet and has twelve anthologies of poems in Hindi and three in English to her credit. Weaves of Time, Ekam, Song of Silence are collection of poems in English. Pratinaad, Mussavir ka Khayal (2018 ) and Roshani ka Safar (2019) are her books of poems and drawings/paintings. Song of the Cosmos is her creative biography. 9 of her poetry collections are translated in Greek, German, Mandarin, English ,Urdu, Bangla and Dogri. Her poems are regularly published in Literary Vibes, Bhubhneswar. Poems by Sangeeta Gupta were adjudged as highly commended poems for October, November 2019, July and August 2020 by Destiny Poets International Community of Poets (ICOP), Wakefield, UK. Sangeeta has also been adjudged as one of the Commended critics for December 2019, by Destiny Poets International Community of Poets, (ICOP), Wakefield, UK.

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