

## **The Mind on Fire**

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The mind is on fire  
like incessant flames of passions burning.  
Morn becomes noon, evening, twilight,  
then dark  
but the fire remains the same,  
no slowing down, no extinguishing.

The furnace is simmering,  
rather heating up,  
in the transient and perpetual,  
in the temporal and ethereal,  
and  
never slowing down,  
What to bring about extinction !

Pain of silence and the fire is eternal  
Quietness stimulating the affliction  
for the Union;  
for the mergence of body and soul  
into the Eternity.

Is it possible  
for a human  
to be humane  
with the folk,  
the community,  
and simultaneously,  
to bring out one's self,  
out of *maya*,  
which, so seductively,  
has engulfed humans  
and captured the soul.

The body is sinking,  
sensing the senses of the globe,  
and the spirit going up,  
leaving all aside,  
to procure an elevated existence.  
Existence.....or non existence ?  
in the afterlife of immortality.

Professor Sushminderjeet Kaur is an Associate Professor at G.G.N. Khalsa College, Ludhiana, Punjab. She has been teaching English Literature to post-graduate students for more than fifteen years and to undergraduates for the last twenty seven years. She is M.Phil. in Anthropological Linguistics and is pursuing Ph.D. in Indian English Literature.