

## ABOUT THE BOOK

There is liberation in the creative limitation of the pentameter and the scheme of rhymes, and as a musician, I feel very related to the rhythm and sound aspects of poetry. The theme is very much about the masculine-feminine; the transformational aspects of love, the dying of the self over and over... the transmuting of the old dysfunctional patterns and templates that have been ruling for millennia, and the coming into balance and unconditional love. The divinity in us, as human beings. —Tina Quartey

## ABOUT THE AUTHOR

TINA QUARTEY is a Swedish pioneer percussionist within the folk and world music scene. She studied Brazilian and Afro Cuban traditions with a special interest in ritual drum music. In 2006 she made a journey to Kerala in South India with a theatre group and have since then been coming back regularly. A transformational experience in India led her to starting to write poetry. A bit surprisingly, it came in the form of Shakespearian sonnets.

## I took a quantum leap of faith and fell

by TINA QUARTEY

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Poetry | Sonnets | Love | Spiritual

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I never knew a broken heart could break
And scatter in a squillion broken atoms
That every little atom thus could ache
In brokenness beyond what mind can fathom
I never knew abandoned could be left
To loneliness beyond all lonely longing
That giving of oneself could turn to theft
That violated sense of deep belonging
I never knew that pain's a gift of gold
Vulnerability the path to fullness
That breaking even more can make you whole
And crack those broken atoms into oneness
So to that golden pain I fully give
Myself (the only way to fully live)

