

The Temple's Light

The sea's embrace, it clears the mind,
Washing away all thoughts unkind.
It whispers peace, it calms the tide,
Leaving only stillness deep inside.

Your body stands, a sacred place,
A temple holding soul's embrace.
It guards the light, it holds the flame,
A vessel pure, without shame.

A shield from noise, from outer din,
It lets your truest self begin.
In quiet walls, your vision's clear,
You see within, your soul sincere.

The glow inside, it shines so bright,
A radiant, soft, and steady light.
You feel it pulse, you see it shine,
A sacred glow, forever thine.

My poem aims to capture the invisible connection between nature, self-awareness, and inner peace. The sea - the symbol of cleansing and renewal - clears the mind of negativity. Then it transitions to the body as a sacred vessel, the Temple, the guardian of the soul's light, filled with purity. Amid the chaos of life, the body becomes a sanctuary where the truest self-reveals. The eternal radiant inner glow represents self-discovery and authenticity. Together, these themes highlight the power of a peaceful, quiet reflection, the sanctity of the self, and the light within the Temple of every individual.