

Poetry Anthology Jessica Court

For my poetry anthology I have chosen poems all by the Canadian poet, Rupi Kaur. They are also all connected by a theme: the way that society affects how women and girls feel about their appearance. As the anthology goes on the poems get more and more positive. I chose to put them in this order because in both of Kaur's books, where all of her poems are collected together, they follow the same pattern. Going from, for example 'falling' and 'the breaking', to then 'blooming' and 'the healing'. Therefore, I felt it was a good idea to follow the same pattern for my anthology. The first poem is about a woman talking to her body and being 'unkind' to her because she feels that her body doesn't fit the societal norm of 'beauty'. I think that the 'them' that the narrator talks about could be models or other people that she knows that she feels are 'more beautiful than her'. The second poem is about someone changing who they are and what they look like to be 'perfect' but when they have finally reached that the 'definition of beauty', as the poet calls it, changes. It then goes on to say that what if there is no end to this cycle and that in attempts to find the non-existent end that we lose everything that we are. The third poem says that we are all born beautiful but then as we get older and enter society we are convinced that we are not. The fourth poem is similar to the previous one, where it says that since the beginning we have been enough and we have had everything we need but the world has convinced us that we don't. It states that this is the greatest lesson a woman should learn, I think that this means that it is not our fault that we do not feel like we fit the norms but that it is society that puts that impression on us. The fifth one says that society lives off us not feeling 'beautiful enough' and if we already felt that we were that it would collapse. For example, plastic surgeons would collapse if everyone loved who they were already. The final one, which is my favourite of them all so I had to add another one, says that the society bred concept of what is beautiful is fake and manufactured and that the narrator is not fake and manufactured but she is human, which doesn't make her any less beautiful and that it is okay not to be what society deems 'beautiful', and very few people are, but by being yourself that is what makes you beautiful. I chose this theme because it is something that is very close to my heart and I have always turned to Kaur's poems in different times of my life and I feel that she speaks to my soul and I can really relate to her work.

why are you so unkind to me
my body cries

cause you don't look like them
i tell her

{rupi kaur}

i made change after change
on the road to perfection
but when i finally felt beautiful enough
their definition of beauty
suddenly changed

what if there is no finish line
and in an attempt to keep up
i lose the gifts i was born with
for a beauty so insecure
it can't commit to itself

- the lies they sell

{rupi kaur}

we are all born
so beautiful

the greatest tragedy is
being convinced we are not

{rupi kaur}

what is the greatest lesson a woman should learn

that since day one
she's already had everything she needs within herself
it's the world that convinced her she did not

{rupi kaur}