

## Helen Bar-Lev

### Breathing Poetry

In the morning  
the fragrance of poetry  
permeates the pillows

it arises from the pear tree  
profuse with white blossoms,  
dances around the poppies,  
which blush red with pleasure

it sings through the springtime  
skips through the puddles  
and overnight  
the grapevine leaves

as do the walnut tree  
the lilac bush,  
the fig, the cherry

on an April morning  
when your face prefers the pillow  
to the chores before you,  
and breathes in poetry

the soul understands  
the song of the blackbird

**Helen Bar-Lev** was born New York 1942, B.A. Anthropology; in Israel for 40 years, nearly 90 exhibitions of her landscapes, 32 of which were one-person shows. Poems and artwork in numerous online and print anthologies. [www.helenbarlev.com](http://www.helenbarlev.com) *Cyclamens and Swords and other poems about the land of Israel*, and *The Muse in the Suitcase*, both with Johnmichael Simon, illustrated by Helen. *In Moonlight the Sky Will Slide* with Katherine L. Gordon. Helen is Senior Editor of *Cyclamens and Swords Publishing*, [www.cyclamensandswords.com](http://www.cyclamensandswords.com) Former editor-in-chief of *Voices Israel Annual Anthology*, Current Secretary of Voices Israel Group of Poets in English. Global correspondent and contributing editor for *Sketchbook A Journal for Eastern and Western Short Forms* <http://poetrywriting.org/>