

# THE CURRENT

## *Poems for the Flow of Life*

### Overview & Reading Suggestions

Welcome to *The Current*! I'm so honored you've acquired a copy of this book. It's not the book I meant to write. It's the book that meant to write itself through me. While I was focused on other writing projects, many mornings during my journaling time and sometimes in the middle of the night, a poem would begin to form so I wrote it down. Within a few months, there were over 150. *The Current* contains 83 of those that chose to flow together.

Selecting and arranging the poems was a meditative process for me. The result is a collection of poetry in three parts. The poems had a vision for themselves that I only realized once they were gathered. *The Current* begins with what is vast, shifts, to life itself, and closes with a self portrait. There's more about this on the back cover. The first two parts are also divided into chapters based on themes. The third part has 12 stand alone poems.

The final piece added, and by far the hardest to write, is the Preface. I encourage you to begin your reading there. I chose to share my personal and raw reasons why I share these poems with you and offer some perspective on what's to come in the next 250 pages.

*The Current, Poems for the Flow of Life* is just that. Through the flow of words and images, you are taken on a journey about life from poem one through the end of the book. For me, through intimately observing the earth and nature, I became much more aware of my place in the universe; while writing about life, I became more compassionate and curious toward myself and others; and thanks to all of the awareness the poems brought as they flowed through me onto the page, I've been able to let go of what needed to be and welcome more of who I truly am.

The journey through *The Current* comes to life even more thanks to the beautiful illustrations reflecting the spirit of each poem. Each of the original drawings were created by Hannah Kate Lewellen. Some of her artistry was created based on her experience while reading a poem. Most emerged after we spent a day talking about the poems one by one and what was happening while I was writing them. I love taking pictures so when possible I take a picture of what I am writing about. She brought those images to life. I never imagined this book could be this beautiful. I am forever grateful for Hannah's artistic brilliance.

Most importantly, *The Current* is now yours to experience. My wish is that in some way the collection helps add more awareness, curiosity, clarity, support, possibility, and flow to your life. Thank you for reading *The Current*!

Wishing you all the best in the flow of life,  
Connie Burnett Cruthirds

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### Discussion Questions

1. In the Preface on page 9, the author shares how she had “lost her way in a world of too much and never enough”. Has there been a time in life when something has come between you, your voice, or your purpose? What helped you “remember who you are”?
2. *The Current* is written in three parts. Which part could you relate to or did you like the most?
3. What poems gave you new perspective or helped you think about something in life differently?
4. What did the illustrations add to the flow of *The Current*?
5. On the back cover, it’s written that “This is not complicated poetry. It’s poetic prose, written to help you understand you.” Discuss your experience with poetry in general and this book.
6. Did you notice the yellow line that begins on the book cover, continues throughout the book, and ends with the last poem titled “Release” on page 232? What do you think the yellow line and that poem’s pictures represent? What might they be telling you about the author and life?