

The Tortured Artist

(PHILIANA - PHOBIANA)

(POETRY)



Dr. Lanka Siva Rama Prasad

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by

Dr. Lanka Siva Rama Prasad

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by **Dr. Lanka Siva Rama Prasad**

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PREFACE

“Every child is an artist. The problem is how to remain an artist once we grow up”-

– Pablo Picasso’

Art is an expression of humanity. When immersed in thought an artist becomes a child and begins creating a new mystery and tries to deepen it. The colours, lines and words speak in the voice of angels flying or fallen. Most artists are shy to put a price to their creations and starve in their life-times. Many turn their pain into art or painting.

I gotta say, the Catholic Church has churned out a lot of great artists and directors and actors, so if that’s all they do, that’s fine by me. If they’re good at churning out tortured artists, that’s great!- said Paul Rust.

Van Gogh said- “If you hear a voice within you say ‘you cannot paint’, then by all means paint and that voice will be silenced” –; Sylvia Plath died by suicide by putting her head in a gas stove, her death eerily predicted a month before in her only novel *The Bell Jar*; During his last year in prison, Oscar Wilde wrote *De Profundis* (published posthumously in 1905), a long letter which discusses his spiritual journey through his trials, forming a dark counterpoint to his earlier philosophy of pleasure. Frida Kahlo obsessively painted her pain, physical and emotional. Peter Pan was in search of his Never Land while Edge players shivered in dread and fear. In poverty and pain artists are marginalized and left to mend themselves in their short life-spans.

Greek Hero Philoctetes a highly skilled archer, was abandoned by his fellow warriors in a remote island, when his wound in the foot was smelling horribly; but after ten years, at the hour of need he was again accepted into the fold, in the final phase of Trojan War. Philoctetes is a figure who exists in the margins, much like all artists and 'poete maudit'- the accursed poets; Many prophets, philosophers, scientists, politicians, miracle workers and mad men had their ups and downs of vital energy flows.

“Forgive me, all of you,” the starvation artist of Franz Kafka tries to whisper something - He was prepared to joke with them, to tell them stories from his journeyman years, and in turn to listen to their stories, anything just so as to keep them awake, to be able to show them again and again that he had nothing edible in the cage, and that he was starved in a way that not one of them could.....

Dr. LANKA SIVA RAMA PRASAD



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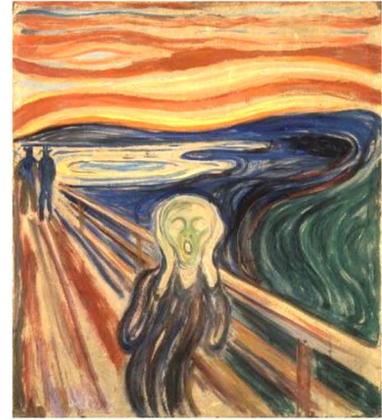
1. THE TURBULENT MIND POND

Finding serendipity gossamer thin,
They walked the ways labyrinthine,
Carrying a bipolar brush or pen,
Created images in blackout open;

In his dubious serene mind wet and dry,
Van Gogh's cut ear reflected a starry sky;
When black angels rushed in his dream,
Edward Munch let out a terrible scream,

With eragy headaches and dizziness on,
Goya's Saturn devoured his children;
Keeping her bell jar head in the oven
Sylvia Plath knocked hell and heaven;

Dylan, Poe, Hemingway, Virginia Woolf
Dickinson, they ran, why, with wild wolf?



(There is a particular link between creativity and mental illness (e.g. bipolar disorder, whereas major depressive disorder appears to be significantly more common among playwrights, novelists, biographers, and artists. The Ancient Greeks believed that creativity came from the gods, in particular the Muses (the mythical personifications of the arts and sciences, the nine daughters of Zeus). Lord Byron having pleasantly expressed, "We of the craft are all crazy. Some are affected by gaiety, others by melancholy, but all are more or less touched".)

The anxiety of a Turbulent personality stems from sensitivity to his or her surroundings, and while this sensitivity can at times lead to the "spotlight effect" – the sensation that all eyes are on you – the feeling is not entirely without basis. After all, we *do* judge each other, consciously or otherwise, on one another's dress, speech, and mannerisms, and these judgments can have profound consequences.



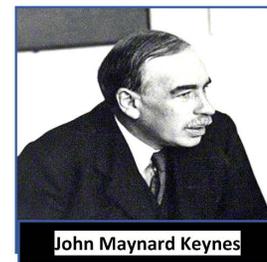
2. THE SPIRIT ANIMALS

Proclivities, Instincts, and Emotions,
PIE of the animal spirit secret relations,
Tutelary deities of thought proportions,
Totems or daimons of life's fine motions;

Shu- rat; niu- ox; hu- tiger; tu- rabbit;
Long- dragon; she- snake; ma- horse;
Yang-goat; hou-monkey; ji-rooster;
Gou-dog; zhu-pig of zodiac Chinese

Bear, butterfly, cat, coyote, crow, deer,
Dolphin, dragonfly, fox, frog, hawk, horse,
Hummingbird, lion, owl, panda, panther,
Sheep, snake, spider, tiger, turkey, turtle,

Whale, or wolf that resides in human soul,
Dominant animal spirit controls the whole;



Animal spirits is the term **John Maynard Keynes** used in his 1936 book *The General Theory of Employment, Interest and Money* to describe the instincts, proclivities and emotions that ostensibly influence and guide human behavior, and which can be measured in terms of, for example, consumer confidence. It has since been argued that trust is also included in or produced by “animal spirits”.

William Safire explored origins of the phrase in his 2009 article “On Language: ‘Animal Spirits’”:

The phrase that Keynes made famous in economics has a long history. “Physitions teache that there ben thre kinde of spirites”, wrote Bartholomew Traheron in his 1543 translation of a text on surgery, “animal, vital, and natural.

Thomas Hobbes used the phrase “animal spirits” to refer to passive emotions and instincts, as well as natural functions like breathing. **Ralph Waldo Emerson** in *Society and Solitude* (1870) wrote of “animal spirits” as prompting people to action.

In social science, **Karl Marx** refers to “animal spirits” in the 1887 English translation of *Capital*, Volume 1. Marx speaks of the animal spirits of the workers, which he believes a capitalist can impel by encouraging social interaction and competition within her factory or depress by adopting assembly-line work whereby the worker repeats a single task.



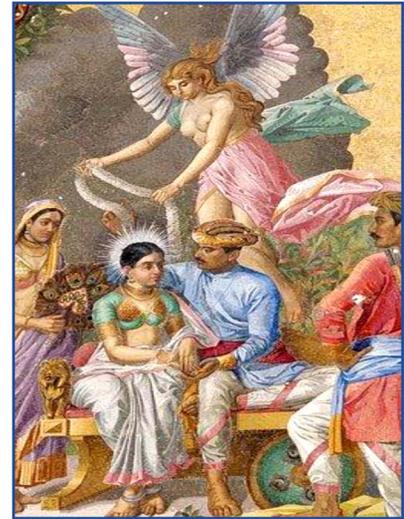
3. THE INCOMPATIBILITY STRAINS

Reflected in the circle of animals, zodiac,
Rat and goat, ox and horse, tiger and snake,
Rabbit and dragon, monkey and pig,
Rooster and dog the arch enemies fight big

The cat and mouse games
In a civilized society escalates into wars,
The cold wars of silence
To nihilistic Armageddon leaves infinite scars

The animistic souls surface
Often during flight or fight reactions,
Tears and blood exchange places
Leaving invisible wounds in interactions

When deep melancholy strikes the roots,
The tree of life wilts and expects supports;



(The **zodiac** is an area of the sky that extends approximately 8° north or south in celestial latitude of the ecliptic, the apparent path of the Sun across the celestial sphere over the course of the year. The paths of the Moon and visible planets are also within the belt of the zodiac. The English word *zodiac* - meaning "cycle or circle of little animals") (Socionics has proposed a theory of intertype relationships between psychological types based on a modified version of C.G. Jung's theory of psychological types. Communication between types is described using the concept of information metabolism proposed by Antoni Kępiński. Socionic data are much more representative than, e.g., those of Ackoff and Emery. Socionics allocates 16 types of the relations — from most attractive and comfortable up to disputed.)



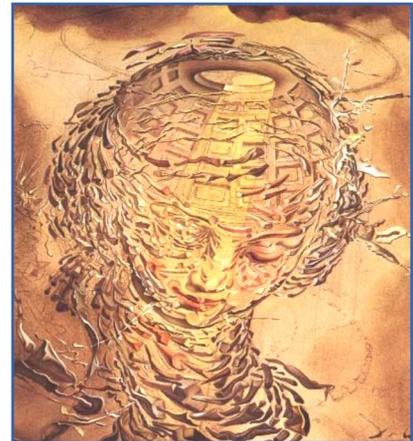
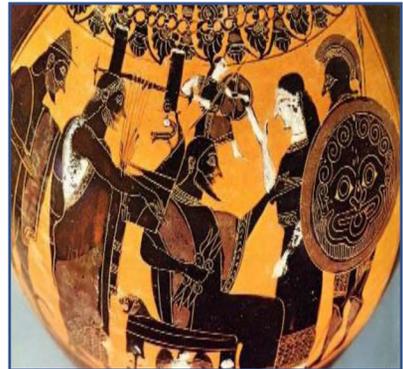
4. THE EXPLODING HEAD SYNDROME

The shining sky-father Zeus
Swallowed Metis the wisdom
Already pregnant with intelligence
Brought severe headache to His eminence;

Meanwhile Zeus married wives seven,
Hera the beloved seventh wife was his even;
His headaches increased to explode heaven
With one stroke of the labrys a wedge was driven;

Then emerged Athena fully armed
God's headache gone and he was unharmed
To tell you the truth, it is our own head,
May explode if loaded with useless thought herd

The unreal noises hoot like Athena's owls,
Cliched mind needs let out of the trapped souls



(**Exploding head syndrome (EHS)** is an abnormal sensory perception during sleep in which a person experiences unreal noises that are loud and of short duration when falling asleep or waking up. The noise may be frightening, typically occurs only occasionally, and is not a serious health concern. People may also experience a flash of light. Pain is typically absent.) **Athena** or **Athene**, often given the epithet **Pallas**, is an ancient Greek goddess associated with wisdom, handicraft, and warfare who was later syncretized with the Roman goddess Minerva. Athena was regarded as the patron and protectress of various cities across Greece, particularly the city of Athens, from which she most likely received her name.] The Parthenon on the Acropolis of Athens is dedicated to her. Her major symbols include owls, olive trees, snakes, and the Gorgoneion. In art, she is generally depicted wearing a helmet and holding a spear.



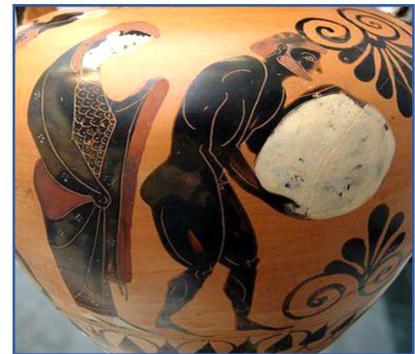
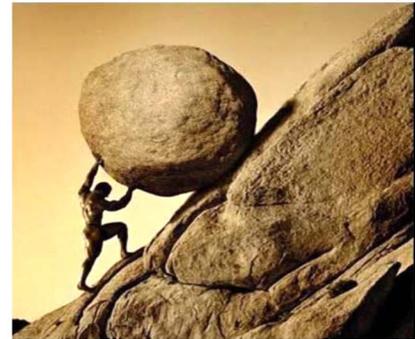
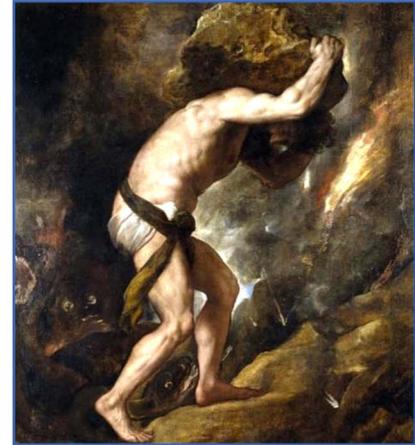
5. THE SISYPHEAN SISERARY

Sinistrad, or dextrad, in sinuous ways,
when life's ship sinks in sinister seas,
Can sirups save us from sirocco howl?
O sirrah! Sisyphean tasks stir no skoal!

Sleight of hand works not, with sloth shoulder,
Self-aggrandizing craftiness is a big boulder,
One can defy Thanatos or chain Hades in hell,
But when you break xenia you got it swell;

The absurd hero of Albert Camus,
The solitary struggler of Franz Kafka,
The bare repetition of endless banality
Then hear the song of Orpheus tonality,

Inquetuosedisti, Sisypfe, saxo,
On your seat! O Sisyphus, relaxo!



(In Greek mythology **Sisyphus** or **Sisypfos** was the king of Ephyra (now known as Corinth). He was punished for his self-aggrandizing craftiness and deceitfulness by being forced to roll an immense boulder up a hill only for it to roll down every time it neared the top, repeating this action for eternity. Through the classical influence on modern culture, tasks that are both laborious and futile are therefore described as **Sisyphean**.)

SISERARY (a scolding, a blow) is a corruption of CERTIORARI (a writ to call upon the records of a lower court for consideration in the High Court of Justice). with a siserary, with a vengeance; suddenly, promptly.



6. THE TANTALIZING TANTRUMS

Tantamount to tangential teasing,
Tantalus ways of testing the gods,
Tasted tant pis in his filicide feast,
Tanned to tantrums of tangled beast;

Tenacious, adamant, tricky Tantalus
Stole ambrosia in the gods' banquet
Yet invited all gods to his royal meal
And served them with his son's meat

Gods noticed his treacherous design,
Only Demeter ate a piece of shoulder
They revived Pelops, punished Tantalus,
To stand in muddy depths of Tartarus

Amidst of fruits and water but remote,
Torment by repeated frustrations moat;



(**Tantalus** - was a Greek mythological figure, most famous for his punishment in Tartarus. He was also called **Atys**. He was made to stand in a pool of water beneath a fruit tree with low branches, with the fruit ever eluding his grasp, and the water always receding before he could take a drink. He was the father of Pelops, Niobe and Broteas, and was a son of Zeus and the nymph Pluto. Thus, like other heroes in Greek mythology such as Theseus (his great-great-grandson) and the Dioskouroi, Tantalus had both a hidden, divine parent and a mortal one. The Greeks used the proverb "Tantalean punishments" - in reference to those who have good things but are not permitted to enjoy them.)



7. CUPID AND PSYCHE

Venus the goddess of Love was frantic,
O my son Cupid! Go and subdue Psyche!
Like an invisible wind he took to his wings,
Found Psyche on a rock crag in funeral robes!

Directed her in to his splendid palatial hideout,
Invisible cupid and psyche joined in amor bout,
By the prompt of her sisters pregnant Psyche tried
To look at her lover on bed then the hot oil spilled

Worry and sadness the maids of Venus madam,
Tortured Psyche with tandem tests at random,
Ants, reeds, Jupiter and tower comes to her aid,
The firmness of Cupid, psyche becomes his aide

At the feast of their marriage all gods rejoiced,
Pleasure is their daughter we know well voiced.



(Cupid and Psyche is a story originally from *Metamorphoses* (also called *The Golden Ass*), written in the 2nd century AD by Lucius Apuleius Madaurensis (or Platonicus). The tale concerns the overcoming of obstacles to the love between Psyche -"Soul" or "Breath of Life") and Cupid - "Desire" or Amor - Greek Eros) and their ultimate union in a sacred marriage. The Latin name *Venus* ('love, charm') stems from Proto-Italic *wenos-* ('desire'), from Proto-Indo-European *wenh.-os* ('desire'; compare with Messapic *Venas*, Old Indic *vānas* 'desire').



8. NIOBE'S TEARS

The infamous Tantalus daughter was Niobe,
Married to Amphion a great singer and musician,
With seven able sons and superb daughters seven,
A full house they had but hubris is a bad wardrobe

Halting the procession in the honour of Latona,
Niobe in her glittering gold and diamond robes,
Demanded the people of Thebes- 'What a folly?
You ignore the deities nearer to you and go jolly,

Worshipping the faraway Latona and her children,
The remote lamps of light Apollo and Artemis,
Which way superior than my children in any run? '
Latona heard her ramble, sent her kids not to miss,

Apollo and Artemis killed Niobe's children fourteen,
And Amphion; leaving Niobe a lonely weeping stone



(Niobe's husband was Amphion, a son of Zeus and Antiope. Amphion's twin brother, Zethus, was a ruler of Thebes. Amphion became a great singer and musician after his lover Hermes taught him to play music and gave him a golden lyre. In Homer's *Iliad* relates her proud *hubris*, for which she was punished by Leto, who sent Apollo and Artemis to slay all of her children, after which her children lay unburied for nine days while she abstained from food. Once the gods interred them, she retreated to her native Sipylus, "where Nymphs dance around the River Achelooos and though turned to stone, she broods over the sorrows sent by the Gods".)



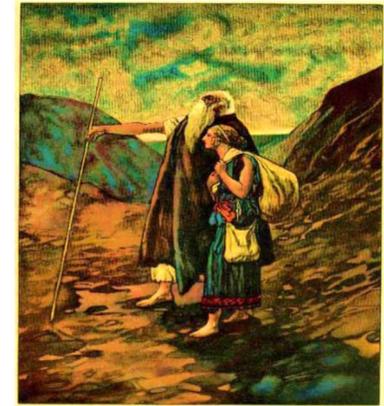
9. THE COMPLEX OEDIPUS

Born with an oracle's weight
The abandoned child with pinned feet
Survived to adulthood, kills his father Laius,
Marries his own mother Jocasta unknowingly;

The wisest man who answered the Sphinx right,
Becomes the centre point of a vicious tempest,
Everything goes wrong along Fate lines and incest,
For his open blindness he blinds himself into night

Sigmund Freud may be right or wrong,
The penis envy or castration complex,
The childhood love and hate lithe song,
Makes parenting exciting in a fix perplex;

Childhood strains percolates into later life,
Misgivings and memories bring love or strife



The **Oedipus complex**- Sigmund Freud introduced the concept in his *Interpretation of Dreams* (1899) and coined the expression in his *A Special Type of Choice of Object made by Men* (1910). The positive Oedipus complex refers to a child's unconscious sexual desire for the opposite-sex parent and hatred for the same-sex parent. The negative Oedipus complex refers to a child's unconscious sexual desire for the same-sex parent and hatred for the opposite-sex parent. Freud considered that the child's identification with the same-sex parent is the successful outcome of the complex and that unsuccessful outcome of the complex might lead to neurosis, pedophilia, and homosexuality.



10. THE ELECTRA COMPLEX

With thousand ships that launched for Helen,
King Agamemnon burnt the towers of Ilium,
On his return met his death in his wife's plan,
Clytemnestra with her lover enjoyed premium;

Torn by the grief of her father's murder,
Electra planned revenge with her brother,
Orestes with his friend Pylades acted fast,
killed Clytemnestra and Aegisthus at last;

Here fatherly love punished the erred mother,
In phallic stage of psychosexual development,
Vain resolutions may lead to neurotic behaviour
Mother or father fixation hones character trait

Evil step-mothers in fairy tales bring conflict
Fairy god-mothers restore the love perfect;



(In Neo-Freudian psychology, the **Electra complex**, as proposed by Carl Jung in his *Theory of Psychoanalysis*, is a girl's psychosexual competition with her mother for possession of her father. Freud rejected the term "**Electra complex**", and proposed that the Oedipus complex, which originally refers to the sexual desire of a son for his mother, is a desire for the parent in both males and females, and that boys and girls experience the complex differently: boys in a form of castration anxiety, girls in a form of penis envy. The American poet Sylvia Plath (1932–1963) acknowledged that the poem *Daddy* (1962) is about a woman, afflicted with an unresolved Electra complex, who conflates her dead father and derelict husband in dealing with having been emotionally abandoned.)



11. OH DADDY, DADDY!

An Ariel was crossing the water,
Like a colossus carrying a bell jar,
A silent oven was calling to end race,
Needs three women with a single face;

Fatherless child at nine years age,
A ship trapped in a glass bottle maze,
Neo-Electra moved on Azalea path,
With sleeping pills and knife slash bath,

A voice like the thunder of God,
Beckoned her to reach Hughes Ted's station,
Two children and one abortion,
Vampire father (Oh daddy, daddy!) Separation!

When owl's talons clenched her heart,
A golden lotus deified in confession art.



(**Sylvia Plath** (October 27, 1932 – February 11, 1963) was an American poet, novelist, and short-story writer. She is credited with advancing the genre of confessional poetry and is best known for two of her published collections, *The Colossus and Other Poems* and *Ariel*, as well as *The Bell Jar*, a semi-autobiographical novel published shortly before her death. In 1981 *The Collected Poems* were published, including many previously unpublished works. For this collection Plath was awarded a posthumous Pulitzer Prize in Poetry in 1982, making her the first to receive this honour posthumously.) (The azalea is a flower that symbolizes many concepts. First, it is a symbol of self-recognition and caring for yourself. Next it is a symbol of fragile passion. Lastly, the Chinese consider the azalea a symbol of womanhood. Used as a symbol in the poem by Sylvia Plath called Electra on Azalea path. This poem uses this metaphor in the sense of the “womanhood”)



12. DYLAN THOMAS TRAIL

On Azalea path travelled Sylvia Plath,
But missed her favourite poet Dylan Thomas,
A roistering, drunken, and doomed poet,
In the white giant's thigh, he imbibed spirits

Dylan stayed under milkwood tree
Where light breaks when no sun shines,
His stormy affairs in alcoholic infidelity signs
A leftover life to kill, with Caitlin McNamara free;

Ten-minute talk and a fast chorus in bed,
Rest is requiem in Deaths and Entrances bid,
A pelican house and a London flat of horrors,
A rhonchi lung and gout to flatten high honours,

Gentle Dylan Thomas went into that good night,
On his trail to the death's dominion, like a knight



(Dylan Marlais Thomas (27 October 1914 – 9 November 1953)[1] was a Welsh poet and writer whose works include the poems “Do not go gentle into that good night” and “And death shall have no dominion”; the “play for voices” *Under Milk Wood*; and stories and radio broadcasts such as *A Child's Christmas in Wales* and *Portrait of the Artist as a Young Dog*. He became widely popular in his lifetime and remained so after his premature death at the age of 39 in New York City.[2] By then he had acquired a reputation, which he had encouraged, as a “roistering, drunken and doomed poet” During his fourth trip to New York in 1953, Thomas became gravely ill and fell into a coma. He died on 9 November 1953.)



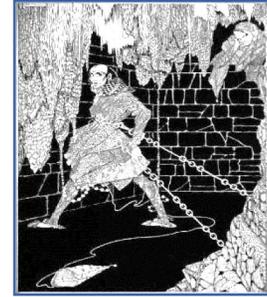
14. EDGAR ALLAN POE THE TOMAHAWK MAN

A known narcissist and dark romantic,
A man who never smiles
Like a raven reading a purloined letter
Looking at the cask of Amontillado

With prussic acid in his pen
Macabre tone calling the tell-tale heart,
A detective with a dream within a dream,
With eggnog, a descent into maelstrom

Drowning in a whirlpool of tragedies,
Peering deep into that darkness, dreaming
Dreams no mortal ever dreamed before,
Like a black cat on opium, absinthe and brandy

May be mystery writers prefer a mysterious end,
At the end of his road, Poe left a mystery behind.



(Edgar Allan Poe - January 19, 1809 – October 7, 1849) was an American writer, poet, editor, and literary critic. Poe is best known for his poetry and short stories, particularly his tales of mystery and the macabre. He is widely regarded as a central figure of Romanticism in the United States and of American literature as a whole, and he was one of the country's earliest practitioners of the short story. He is also generally considered the inventor of the detective fiction genre and is further credited with contributing to the emerging genre of science fiction. Poe was the first well-known American writer to earn a living through writing alone, resulting in a financially difficult life and career.)



15. MELANCHOLY OF VINCENT VAN GOGH

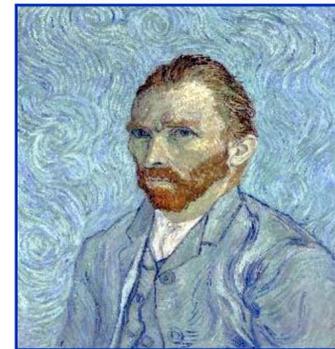
Gaby, this is my ear,
keep this object like a treasure,
My life and love are one,
I have nature, art and poetry
If that is not enough, what is enough?



Sunflowers, the wheatfields with crows,
Red wine yard, the worn-out potato eaters,
The old mill, the yellow house, the night café,
Bedroom in Arles, the chair and the starry night,



Theo, that was a seven mm revolver,
My melancholy and extreme loneliness,
My self-portrait with one ear less
The sadness will last forever
To mirror my true face with no left ear.



(**Vincent Willem van Gogh** – (30 March 1853 – 29 July 1890) was a Dutch post-impressionist painter who posthumously became one of the most famous and influential figures in the history of Western art. In a decade, he created about 2,100 artworks, including around 860 oil paintings, most of which date from the last two years of his life. They include landscapes, still life s, portraits and self-portraits, and are characterised by bold colours and dramatic, impulsive and expressive brushwork that contributed to the foundations of modern art. He was not commercially successful, and his suicide at 37 came after years of mental illness, depression and poverty.)



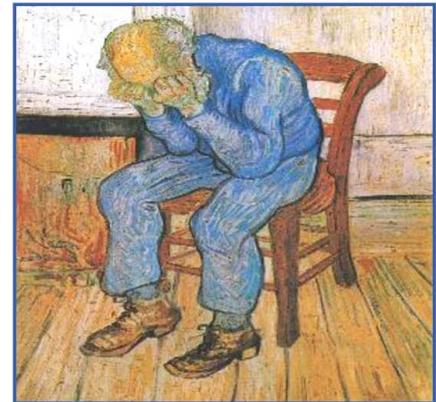
16. VAN GOGH SYNDROME

Voices, such a pain in the ear,
No more arguments with Paul Gauguin
Van Gogh cut off his ear with a razor blade,
And sent the packet to Gaby, a girl in local brothel.

Repetitive non-suicidal self-injuries,
A silent cry in sentimental suffocation vagaries
To eliminate fear towards suicidal thoughts
A misfit mind bathing in agony shower ghats

Baron Munchausen's wartime tales,
All factitious unlike malingering that has profit scales;
Extreme lip or nail biting in some kids,
With high uric acid levels in Lesch-Nyhan disease grids;

Ritualistic mutilation of limbs, eyes or genital organs,
Or factitious stage shows have unsteady mind dragons;



(Van Gogh syndrome is a mental condition in which an adult performs self-mutilations. It usually happens on the ground of a specific psychiatric condition. The term is derived from the action of Vincent van Gogh in 1888, cutting off his own ear, or a part of it, after a quarrel with fellow artist Paul Gauguin during one of his psychotic episodes. Sufferers may burn themselves, attempt to severely damage their genital organs (especially amputate their penis), castrate themselves, extract their own eyes, amputate their own hands, or commit suicide. Self-injury in children may be labelled with different diagnostic terms such as Lesch-Nyhan and Munchausen syndromes)



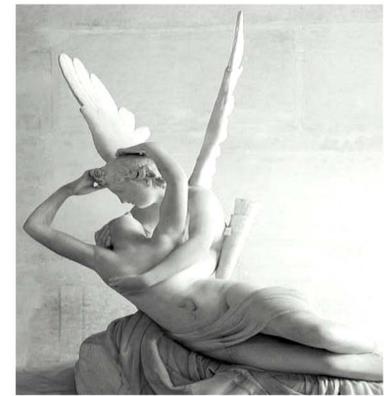
17. ADELE HUGO'S EROTOMANIA

A paranoid delusion of extreme,
About the infatuated secret lover sending signals,
With ideas of reference of coincidence,
A fluttering lonely heart awaits in anticipation;

In the strain of old maid's insanity,
By persecutory delusions and hallucinations
The lovely youngest daughter of Victor Hugo
Went berserk stalking Albert Pinson

Limerence or love fever
Love seizures or sexual recklessness
Existence in split shadows
Between naked reality and veiled fantasy

Unrequited love or nymphomaniac satyriasis,
Schizophrenic thirst ends in nameless oasis;



(**Adèle Hugo** (24 August 1830 – 21 April 1915) was the fifth and youngest child of French writer Victor Hugo. She is remembered for developing schizophrenia as a young woman, which led to a romantic obsession of erotomania with a British military officer who rejected her. Erotomania is more common in women, but men are more likely to exhibit violent and stalker-like behaviours. This disorder is most often seen in female patients who are shy, dependent and sexually inexperienced. The object of the delusion is typically a male who is unattainable due to high social or financial status, marriage or disinterest. **Limerence** is a state of mind which results from a romantic attraction to another person and typically includes obsessive thoughts and fantasies and a desire to form or maintain a relationship with the object of love and have one's feelings reciprocated. Limerence can also be defined as an involuntary state of intense romantic desire.)



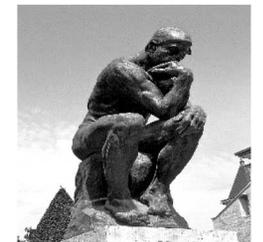
18. CLAUDEL AND RODIN

Scorned by family and society except her father,
For her unladylike desire to become a sculptor,
Caudel found a loving one in Auguste Rodin,
A tumultuous, passionate relationship was born;

Loquacious and temperamental at times,
Auguste Rodin became capricious in his bad days,
His double life with Beuret and Claudel
Ended with his lover Claudel seeking separate ways

When two equals in skills of opposite sex met,
The live wires sparked enough fire works;
Her waltz and the Mature age vied with
The thinker and the kiss of her famous master

The ways of exit, one took her into Asylum,
While he, catapulted into the other way of fame

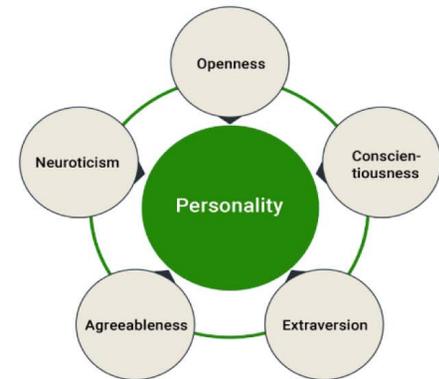


(**Camille Rosalie Claudel** –(8 December 1864 – 19 October 1943) was a French sculptor known for her figurative works in bronze and marble. She died in relative obscurity, but later gained recognition for the originality and quality of her work. Claudel is well known for her sculptures including *The Waltz*, and *The Mature Age*. **François Auguste René Rodin** (12 November 1840 – 17 November 1917) was a French sculptor - the founder of modern sculpture. Rodin possessed a unique ability to model a complex, turbulent, and deeply pocketed surface in clay. He is known for such sculptures as *The Thinker*, *Balzac*, *The Kiss*, *The Burghers of Calais*, and *The Gates of Hell*. Claudel started working in Rodin's workshop in 1883 and became a source of inspiration for him. She acted as his model, his confidante, and his lover. In 1892, after an abortion, Claudel ended the intimate aspect of her relationship with Rodin)



19. THE BIG FIVE OF OCEAN

Openness to experience like the sail,
Conscientiousness in organized deck,
Extraversion of keel, hull and rudder,
Agreeableness of the mast appearance,
Neuroticism of forecastle and figurehead



With honesty and humility, the ship sails
On the waves of anxiety and depression,
In life's stormy turbulence and siren songs
Personalities pop up as stowaways on shores



Narcissism of grandiose, egoistic outlook,
Manipulative Machiavellianism of self-interest,
Remorselessness with antisocial psychopathy,
The Dark triad diverts the ship to whirlpools,
Odysseus needs to be varied of these life spools



(The **Big Five personality traits**, also known as the **OCEAN model**, is a suggested taxonomy, or grouping, for personality traits, developed from the 1980s onwards in psychological trait theory. In the **HEXACO model of personality** by Ashton and Lee, explained in their book, *The H Factor of Personality* is Honesty-Humility (H), the **dark triad** comprises the personality traits of narcissism, Machiavellianism, and psychopathy. They are called “dark” because of their malevolent qualities.) *Ulysses and the Sirens* is an 1891 painting by Pre-Raphaelite artist John William Waterhouse.)



20. FOUR TEMPERAMENTS

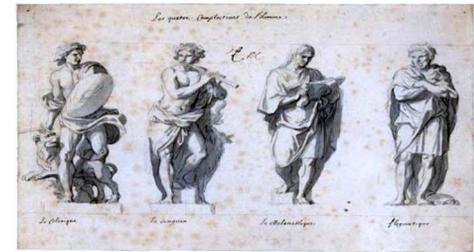
Happy go lucky, a lark on the go,
Always in the air and talkative
A sanguine bird is a joy derivative;

Ambitious, decisive and violent,
Always on the fire and freedom,
A choleric serpent rules kingdom;

Deep thinking, alone in a crowd,
Always on the earth for perfection,
A melancholic bear bares obsession;

Peaceful, quiet, soft and easy-going,
Always in the water in a relaxed mood,
A phlegmatic swan loves common good;

The alchemy of four temperaments in mix
One dominates the other in a permanent fix



(The **four temperament theory** is a proto-psychological theory which suggests that there are four fundamental personality types: **sanguine**, **choleric**, **melancholic**, and **phlegmatic**. Most formulations include the possibility of mixtures among the types where an individual's personality types overlap and they share two or more temperaments. Greek physician Hippocrates (c. 460 – c. 370 BC) described the four temperaments as part of the ancient medical concept of humourism, that four bodily fluids affect human personality traits and behaviours. Modern medical science does not define a fixed relationship between internal secretions and personality, although some psychological personality type systems use categories similar to the Greek temperaments.)



21. ZELLE THE GIRL- MATA HARI THE SPY

Margaretha Geertruida MacLeod – Zelle,
An orchid among dandelions, a hot belle
Gertha's transformation into Mata Hari,
A femme fatale spy's spicy tragic story;

A difficult marriage with Johnny MacLeod,
She took the trajectory of fallen angels myriad
The road to Paris, abandoned wives prefer,
A House mannequin with vivacity to offer

In antique blue chiffon-velvet with chinchilla,
Mata Hari, eye of the day, a voluptuous villa,
A combustible courtesan to inflammable spy,
Became a fallen star in the mole network sky

Facing the firing squad, she kept her head high,
A harlot? Yes, but a traitress, never; her last sigh!



(**Margaretha Geertruida MacLeod** (née **Zelle**; 7 August 1876 – 15 October 1917), better known by the stage name **Mata Hari** nwas a Dutch exotic dancer and courtesan who was convicted of being a spy for Germany during World War I. Despite her having admitted under interrogation to taking money to work as a German spy, many people still believe she was innocent^[1] because the French Army needed a scapegoat. She was executed by firing squad in France) Zelle was executed by a firing squad of 12 French soldiers just before dawn on 15 October 1917. She was 41.^[43] According to an eyewitness account by British reporter Henry Wales, she was not bound and refused a blindfold. She defiantly blew a kiss to the firing squad.



22. PARIS SYNDROME

Surreptitious serendipity in sumptuous scintilla,
Redolent penumbra with opulent onomatopoeia,
Susurrous tintinnabulation in lissom insouciance,
Paris offers halcyon days to ingenu, inure chance

But, reality rocks languor tourists into shuushi,
Beyond a café, Eiffel Tower and Louis Vuitton,
Buoyant beauty a past bodacious silhouette,
Paris bubble puzzles the visitor into nonentity

Epiphany at Jerusalem, Mecca or Florence,
Stendhal or a chance visitor experiences visions
Double Rainbow appears like the Eye of God,
Ecstasy enrols the person into the realm of Lord

Disenchantment digs deep in mind's demesne,
Paris syndrome resolves with care and destiny



(**Paris syndrome** is a sense of disappointment exhibited by some individuals when visiting or going on vacation to Paris, who feel that Paris is not as beautiful as they had expected it to be. **Jerusalem syndrome** is a group of mental phenomena involving the presence of religiously-themed obsessive ideas, delusions, or other psychosis-like experiences that are triggered by a visit to the city of Jerusalem. It is not endemic to one single religion or denomination but has affected Jews, Christians, and Muslims of many different backgrounds. **Stendhal syndrome**, or **Florence syndrome** is a psychosomatic condition involving rapid heartbeat, fainting, confusion and even hallucinations allegedly occurring when individuals become exposed to objects, artworks, or phenomena of great beauty.)



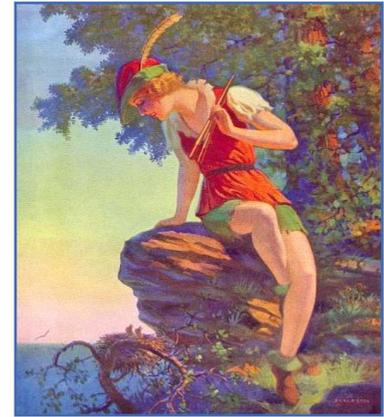
23. PETER PAN AND DORIAN GRAY

Puer or puella aeternus the eternal kid,
And Peter Pan who never ages in time grid,
Michael Jackson in search of his lost childhood,
Or Adolf Hitler in quest of his surreal knighthood;

Grow! Grow! Beyond the boundaries!
The world is full of kidults and adult babies!
Boomerang generation, diaper fetishists on prowl,
Children and parents beware! Wolves may howl!

To preserve ephemeral youth the hedonists,
Carry the person and mirror in obsession mists,
The elusive fountain of youth appears in mirages,
Dysmorphophobias develop into suicidal rages,

Modern medicine offering drugs and facelifts,
Neo Peter Pan and Dorian Gray have nice gifts



(**Peter Pan syndrome** describes one's inability to believe that they are of an older age or to engage in behaviour usually associated with adulthood. This syndrome affects people who do not want or feel unable to grow up, people with the body of an adult but the mind of a child. They do not know how to or do not want to stop being children. The term comes from the fictional children's character Peter Pan- who never ages (created by J. M. Barrie,). While it is more commonly attributed to men, it can affect women as well. **Dorian Gray syndrome (DGS)** denotes a cultural and societal phenomenon characterized by a man's extreme pride in his personal appearance and the fitness of his physique, which is accompanied by difficulties in coping with the requirements of psychological maturation and with the aging of his body. Dorian Gray is a fictional character and the protagonist of Oscar Wilde's 1890 novel *The Picture of Dorian Gray*.)



24. ANOREXIA- BULIMIA

Karen Carpenter with her three-octave contralto,
Regaled the world but a victim of Anorexia Nervosa;
Princess Diana the people's princess with voce sotto
Enchanted the world but a victim of Bulimia Nervosa;



Eat -ruminant, eat and purge, binge eating, and pica,
Erratic effects of leptin and ghrelin in gastric eureka,
Victuals go skewed in obsessions and compulsions,
Gluttony- gormandize clans rival with sitiophobians



Sally Field, Michael Krasnow, Allegra Versace,
Gelsey Kirkland the victims of anorexia slim palace;
Elton John, Jane Fonda, Paula Abdul, Lady Gaga,
Russel Brand the residents of bulimia weighty saga



Inedia or breatharianism, to live on air or sunlight,
Eating disorders have peculiar ways to surface right



(Anorexia nervosa- is an eating disorder, characterized by low weight, food restriction, fear of gaining weight and a strong desire to be thin. **Bulimia nervosa-** is an eating disorder characterized by binge eating followed by purging, **Binge eating** refers to eating a large amount of food in a short amount of time. Purging refers to the attempts to get rid of the food consumed. **Pica-** is a psychological disorder characterized by an appetite for substances that are largely non-nutritive. The substance may be biological such as hair (trichophagia) or faeces (coprophagia), natural such as ice (pagophagia) or dirt (geophagia), and otherwise chemical or manmade (as listed below). The term originates from the Latin word *pica* ("magpie"), from the concept that magpies will eat almost anything. **Inedia** (Latin for 'fasting') or **breatharianism** -is the claimed ability for a person to live without consuming food, and in some cases water.)



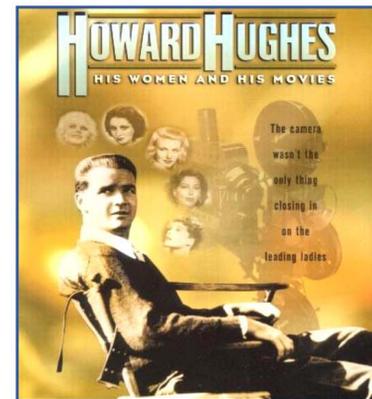
25. TOURETTE TICS

Obnoxious, obscure, sudden quick jerks,
Vocal grunts, groans, queasy quirky noises,
Obscene, obtund, outrageous, outbursts,
Coprolalic echolalic palilalic rants and tirades

Stereotyped actions of a ballet dance matrix,
Wax and wane, bouts of bouts nonrhythmic ticks
Obsessive urge release in secluded places,
Childhood and adolescence in suppressive races;

Howard Hughes, Samuel Johnson, Caspar Lee,
David Beckham, Dan Aykroyd, Andre Malraux,
Tim Howard, Quim Monzo, Billie Eilish, Lele Pons
Travelled the objective Tourette ship ticklishly.

Like cumulonimbus cloud gurgling in rant storm,
Tourette folks rain hailstones of unintended harm



(Tourette syndrome) is a common neurodevelopmental disorder that begins in childhood or adolescence. It is characterized by multiple movement (motor) tics and at least one vocal (phonic) tic. Common tics are blinking, coughing, throat clearing, sniffing, and facial movements. - preceded by an unwanted urge or sensation in the affected muscles, can sometimes be suppressed temporarily, and characteristically change in location, strength, and frequency. Tourette's is at the more severe end of a spectrum of tic disorders. The tics often go unnoticed by casual observers. Echolalia (repeating the words of others) and palilalia (repeating one's own words) occur in a minority of cases. Complex motor tics include copropraxia (obscene or forbidden gestures, or inappropriate touching), echopraxia (repetition or imitation of another person's actions) and palipraxia (repeating one's own movements)



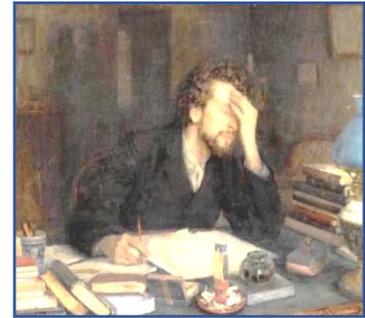
26. WRITER'S BLOCK

Cartoonist's cartouche lock, Writer's knock
Painters brush down, Sculptor's mallet strike,
Musician's low mood, song bird's vocal catch,
Occupational burnouts drain artists panache;

'Sicklied over with the pale cast of thought',
Hamlet slips into 'to be or not to be' quandary;
Cat has only one way while fox has a century,
The centipede dilemma leads to idea drought;

Paradox of choice precedes buyer's remorse,
Choice overload shocks cognitive source;
Perfect is the enemy of good in many ways,
Even the Creator took a day-off in His days;

The yips can choke supermen in their tunic,
Mind light suddenly blinks in target panic;



(Writer's block is a condition, primarily associated with writing, in which an author is unable to produce new work or experiences a creative slowdown. F. Scott Fitzgerald and Joseph Mitchell, comic strip cartoonist Charles M. Schulz, composer Sergei Rachmaninoff, and songwriter Adele had writer's block very often. **Analysis paralysis** -describes an individual or group process when over- analyzing or **overthinking** a situation can cause forward motion or decision-making to become "paralyzed"; In Shakespeare's *Hamlet*, the main character, Prince Hamlet, is often said to have a mortal flaw of thinking too much, such that his youth and vital energy are "sicklied o'er with the pale cast of thought" **Voltaire** popularized an old Italian proverb in French in the 1770s (English variant) - "Perfect is the enemy of good".)



27. MUNCHHAUSEN'S TRILEMMA

In the Cartesian Theatre

A little man Homunculus looks at the scene

Where the baron Munchhausen

Out of the swamps of nothingness,

To pull himself up into existence by the hair;

In the Zeno's paradoxes of motion,

A tortoise challenges Achilles in a race of emotion,

Thousand nothings become something,

And Thompson's Lamp on or off at two minutes chime,

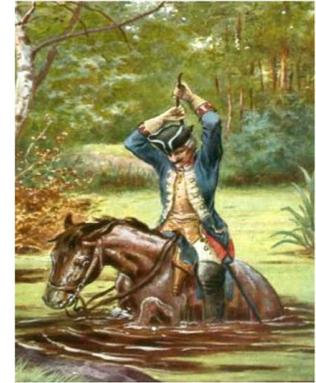
Lights a few ideas of infinite tasks in a finite time;

The impossibility of proving any truth, in return,

Arguments go circular, regressive, dogmatic pattern,

Philosophies are the illusive lamps with mind in fire,

Munchhausen's campaigns run on surrealistic mire.



(**Baron Munchhausen** - is a fictional German nobleman created by the German writer Rudolf Erich Raspe in his 1785 book *Baron Munchhausen's Narrative of his Marvellous Travels and Campaigns in Russia*. The character is loosely based on a real baron, **Hieronymus Karl Friedrich, Freiherr von Münchhausen**. In epistemology, the **Münchhausen trilemma** is a thought experiment used to demonstrate the impossibility of proving any truth, even in the fields of logic and mathematics. "**What the Tortoise Said to Achilles**", written by Lewis Carroll in 1895 for the philosophical journal *Mind*, is a brief allegorical dialogue on the foundations of logic. The title alludes to one of Zeno's paradoxes of motion, in which Achilles could never overtake the tortoise in a race.)



28. ECHO AND NARCISSUS

When Al-father Zeus was on romantic binge,
Oread Echo was to warn about Hera's coming;
Hera found the game, Echo got voice trimming;
Alas! Echo can only repeat the last words tinge,



When Narcissus called out- 'is anyone there?'-
Echo echoed- is anyone there; – 'Come here.'-
He said- She echoed- come here, come here!'-
Answered he-'This way, we must come together'-



-'We must come together'- said Echo the lover,
Narcissus spurned her and she was distraught;
Looking himself in the waters of a clear lake spot,
Narcissus drowned and became narcissus flower;



Vanished into caves as Echo grew lean and thinner,
Self-love echoes the caveats of behaviour spinner;



(**Echo and Narcissus** is a myth from Ovid's *Metamorphoses*, a Roman mythological epic from the Augustan Age. The introduction of the myth of the mountain nymph Echo into the story of Narcissus, the beautiful youth who rejected Echo and fell in love with his own reflection, appears to have been Ovid's invention. **Narcissism** is the pursuit of gratification from vanity or egotistic admiration of one's idealised self-image and attributes. The term originated from Greek mythology, where a young man named Narcissus fell in love with his own image reflected in a pool of water. Narcissism or pathological self-absorption was first identified as a disorder in 1898 by Havelock Ellis.) **Narcissus flowers** are typically viewed as **symbols of wealth and prosperity**, along with the arrival of spring and rebirth. They can symbolize happiness and good luck along with misfortune, clarity, and inspiration. Beyond that, Narcissus flowers are representative of several events.)



29. INCUBUS- SUCCUBUS

Some infernal shadow sitting on one's chest
Crushingly heavy weight and breathlessness
Of a dreary apparition suffocating dear breath
With difficulty one wriggles out of deadness



While awakening- hypnopompic sleep paralysis,
While falling asleep- hypnogogic parasomnias,
Succubus stalks the unsuspected male in wetland,
Incubus indulges in interring the female plowland



Demon seed idea wave disturbs the lake clear,
Dissociations of sleep derails the dream cruiser
Nightmares in vortex derides the troubled rider
Phantoms, kanashibari, and old hags zoom fear;

Succubus or incubus ravages the weak mind often,
A horror sex movie gets projected on mind screen;



(An **incubus** is a demon in male form who, lies upon sleeping women in order to engage in sexual activity with them. Its female counterpart is a **succubus**. Some traditions hold that repeated sexual activity with an incubus or succubus may result in the deterioration of health, mental state, or even death. = *incubus* is derived from Late Latin *incubo* "a nightmare induced by such a demon" from *incubare* "to lie upon". *succuba* "paramour"; from *succubare* "to lie beneath" = a **cambion** is a half-human half-demon offspring of an incubus, succubus, or other demon and a human. in Japan, incubus- succubus have been referred to as kanashibari, in China as ghost oppression, and in England and America as the Old Hag. Frightening and overwhelmingly realistic, these experiences are another example of a parasomnia, specifically, sleep paralysis. They can be hypnopompic (occurring while awakening) or hypnagogic (occurring while falling asleep) and are associated with frightening imagery or hallucinations.)



30. BEING PURSUED BY BEING PURSUED

Just because you are humanoid,
Doesn't mean you are not after them;
Just because you are paranoid,
Doesn't mean they are not after you;

Everyone is out to get me,
Grim, glaring, garrulous gorgons grope
Around, to gobble me in the gutters of fear,
An unseen goblin snorts behind my neck;

Obduration my name, grandiose my game,
Cavilling and querulous, hermitic my dome,
Cantankerous and crab like I swim in foam,
I know your tinker tunes and fidelity frame;

Stalin, Saddam, Nixon walked on this road,
Shadow boxing themselves they spread dread



(Paranoid personality disorder (PPD) is a mental illness characterized by paranoid delusions, and a pervasive, long-standing suspiciousness and generalized mistrust of others. People with this personality disorder may be hypersensitive, easily insulted, and habitually relate to the world by vigilant scanning of the environment for clues or suggestions that may validate their fears or biases. They are eager observers. They think they are in danger and look for signs and threats of that danger, potentially not appreciating other interpretations or evidence.)



31. CHURCHILL'S BLACK DOG

Cigars, Stilton cheese and rich desserts
Whisky and soda with flamboyant asserts
Grandiosity of greatness in destiny inserts,
Abnormal energy in his belligerent concerts;

'-War is the normal occupation of man'-
We shall fight on the beaches,
We shall fight on the landing grounds,
And in the streets, we shall fight in the hills;

We shall never surrender; -
This glorious delicious war he was in to render;
Black dog of manic- depression always followed,
Him, Bipolar mood swings made him non -tender;

Many idiosyncrasies, indulgencies and tantrums,
Winston Churchill created chills in war's doldrums



Churchill was more inscrutable, as likely to insult as to charm dinner party guests. He drank a lot, reputedly admitting: "I have taken more out of alcohol than it has taken out of me." He was irascible, self-assured to the point of arrogance, and wilful. Many who shared his conservative politics couldn't stomach his erratic nature. For decades, Churchill had avoided standing too close to balconies and train platforms Churchill knew it and named it his "black dog", following Samuel Johnson (who, like many great men, suffered from the great disease of manic-depression). Churchill was so paralysed by despair that he spent time in bed, had little energy, few interests, lost his appetite, couldn't concentrate. He was minimally functional – and this didn't just happen once or twice in the 1930s, but also in the 1920s and 1910s and earlier. These darker periods would last a few months, and then he'd come out of it and be his normal self. **Sir Winston Leonard Spencer Churchill**, KG, OM, CH, TD, DL, FRS, RA (30 November 1874 – 24 January 1965) was a British politician, statesman, army officer, and writer. He was Prime Minister of the United Kingdom from 1940 to 1945, during the Second World War, and again from 1951 to 1955.



32. COMMON COLD OF MENTAL ILLNESS

Nulla dies sine linea- not a day without a line,
Emily Zola's –'truth is on the march'- to refine;
Samuel Langhorne Clemens alias Mark Twain,
Humourist with adventures of Huckleberry Finn;

The God Father and Last Tango in Paris for hire
Actor Marlon Brando's a street car named Desire;
Norma Jeane Mortenson the blonde bombshell,
Marilyn Monroe 's seven-year itch of bliss and yell

The physicist Stephen Hawking, poet Ezra Pound,
Menachem Begin the PM of Israel, Judy Garland,
Edgar Allan Poe, Sylvia Plath, Alexander Hamilton,
Pyotr Ilyich Tchaikovsky, P.B. Shelley, George Patton,

What's common in these people of great worth?
Depression or bipolar disorder gave them a berth!



Bipolar disorder, previously known as **manic depression**, is a mental disorder characterized by periods of depression and periods of abnormally elevated mood that last from days to weeks each. If the elevated mood is severe or associated with psychosis, it is called mania; if it is less severe, it is called hypomania. During mania, an individual behaves or feels abnormally energetic, happy, or irritable, and they often make impulsive decisions with little regard for the consequences. There is usually also a reduced need for sleep during manic phases. During periods of depression, the individual may experience crying and have a negative outlook on life and poor eye contact with others. The risk of suicide is high; over a period of 20 years, 6% of those with bipolar disorder died by suicide, while 30–40% engaged in self-harm.



33. WANDERING UTERUS- HYSTERIA

Like a living thing inside a living thing,
Does it go in search of the fluid of life?
Hystera- uterus does it choke the passages,
Like a wanderer in search of scented mirages?



Fainting, nervousness, insomnia, sexual desire,
Anxiety, dyspnoea, fluid retention and venery,
A morbid, moist exudation in inexhaustible fire,
Is it exhibitionism in its erratic display of reverie?



Ingenious practices of keeping uterus in its place
Heavy scents down and smelling salts up, to brace,
'A case of the vapours' with demonomania's trace,
The great neurosis convulsed the past mental race



Charcot with Mary Wittmann the queen of hysterics
And Freud with his ideas wrote anew hysteric lyrics



Wandering womb was the belief that a displaced uterus was the cause of many medical pathologies in women. The belief is first attested in the medical texts of ancient Greece, but it persisted in European academic medicine and popular thought for centuries. The wandering womb as a concept was popularized by doctor Edward Jorden, who published *The Suffocation of the Mother* in 1603. One description of the theory of a "wandering womb" comes from Aretaeus, a physician from Cappadocia, who was a contemporary of Galen in the 2nd century AD. He wrote that the uterus could move out of place, and float within the body. The belief in the "wandering womb" was found in ancient Greece. Some scholars have argued that it originated in Egypt, but this has now been disproved. Currently, most doctors practicing Western medicine do not accept hysteria as a medical diagnosis. The blanket diagnosis of hysteria has been fragmented into myriad medical categories such as epilepsy, histrionic personality disorder, conversion disorders, dissociative disorders, or other medical condition.



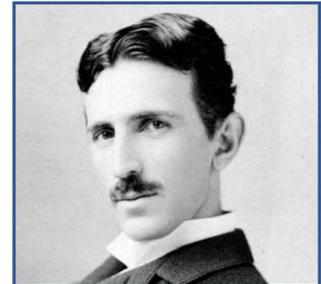
34. DYSLEXIC DREAM

In the world of a spotless word hunter,
Spelling mistakes stay in lexicon centre,
p-q, b-d exchange places to sound rapid,
Slowness creeps in to dub one as stupid;

t-f, m- n- h, c creates a lot of confusion,
in alphabet jungle more fission and fusion,
Agatha Christie, Whoopie Goldberg, Cher,
Keira Knightley, Jerry Hall, Aniston Jennifer

Steven Spielberg, Nikola Tesla, Albert Einstein,
Leonardo Da Vinci, Tom Cruise, Thomas Edison,
And many more had nightmares in their turn,
Yet they realized their dreams in life's taciturn

Disabilities bend low before determination,
Dyslexia gives chance to rise to the occasion



Dyslexia, also known as **reading disorder**, is characterized by trouble with reading despite normal intelligence. Different people are affected to different degrees. Problems may include difficulties in spelling words, reading quickly, writing words, “sounding out” words in the head, pronouncing words when reading aloud and understanding what one reads. Often these difficulties are first noticed at school. When someone who previously could read loses their ability, it is known as “alexia”. The difficulties are involuntary and people with this disorder have a normal desire to learn. People with dyslexia have higher rates of attention deficit hyperactivity disorder (ADHD), developmental language disorders, and difficulties with numbers.



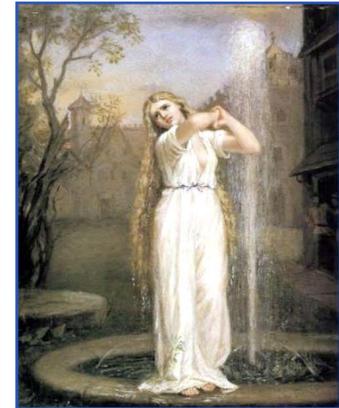
35. ONDINE'S CURSE

-'We the soul-less undines are like the waves,
Of water, but I shall be the shoes of your feet
And I shall be the breath of your warm lungs
If you deceive me that end's this love street'-

Her lover is a human who has soul and mind,
After Quenching his thirst, he left her behind,
Worried mermaid was caught by a fisherman,
And was presented to the lover in a sermon;

The lovely Ondine looked at him in disdain,
Looked at the bridegroom and bride again,
She broke the net and flew like a high wave,
And disappeared into the deep-sea cave;

-O ingrate! This is my curse to you to remain!
If you sleep you will die; my breath will be mine.



Central hypoventilation syndrome (CHS) is a sleep-related breathing disorder that causes ineffective breathing, apnoea, or respiratory arrest during sleep (and during wakefulness in severe cases). CHS can either be congenital (CCHS) or acquired (ACHS) later in life. The condition can be fatal if untreated. CCHS was once known as **Ondine's curse**. **Undines**(or **ondines**) are a category of elemental beings associated with water, stemming from the alchemical writings of Paracelsus. Ondine, the eponymous heroine of Giraudoux's play, tells her future husband Hans, whom she has just met, that "I shall be the shoes of your feet ... I shall be the breath of your lungs". Ondine makes a pact with her uncle, the King of the Ondines, that if Hans ever deceives her, he will die. After their honeymoon Hans is reunited with his first love, the Princess Bertha, and Ondine leaves him, only to be captured by a fisherman six months later. On meeting Ondine again on the day of his wedding to Bertha, Hans tells her that "all the things my body once did by itself, it does now only by special order ... A single moment of inattention and I forget to breathe". While most don't survive Ondine's curse, one English teen is one of those people who defied the odds. Diagnosed as an infant with Ondine's curse, Liam Derbyshire wasn't supposed to live past six weeks. But Derbyshire, who was born in 1999, is still alive thanks to around-the-clock care and an at-home ventilator.



36. MADONNA- WHORE COMPLEX

-‘Where such men love they have no desire,
And where they desire, they cannot love’-
The Freudian thought they inherit and sire,
A few settles for a whore with hand in glove;

More one-night stands with fallen women,
Admired women as ivory towers of flamen
Stephan Daedalus in his didactic dilemma
Prostitutes provide both relief and trauma;

Women appear in virgin -whore split
For those men with over- caring mothers,
Long term relationships go cold lit,
Singer Madonna’s act like a virgin in feathers;

Seeing a goddess in a wife spills morality,
Seeking a cheap service sings sin quality;



In psychoanalytic literature, a **Madonna-whore complex** is the inability to maintain sexual arousal within a committed, loving relationship. First identified by Sigmund Freud, under the rubric of *psychic impotence*, this psychological complex is said to develop in men who see women as either saintly Madonnas or debased prostitutes. Men with this complex desire a sexual partner who has been degraded (the whore) while they cannot desire the respected partner (the Madonna). Freud wrote: “Where such men love they have no desire and where they desire, they cannot love. Tiziano’s *Sacred and Profane Love* (1514, the sacred-profane title is from 1693) has several interpretations. The clothed woman has said to be dressed as a bride, and as a courtesan. The nude woman seems at first sight to be an allegory of profane love, but 20th-century assessments notice the incense on her hand and the church beyond her. James Joyce widely utilized the Madonna-whore polarity in his novel *A Portrait of the Artist as a Young Man*. His protagonist, Stephen Daedalus, sees girls who he admires as ivory towers, and the repression of his sexual feelings for them eventually leads him to solicit a prostitute.



37. CUCKOLD SYNDROME

And those beta -males watching dutifully
Cuckoo lays eggs in another nest wide open
Cuckolds and cuckqueans in paraphilic trolly
A cuckservative society is masochists' den,

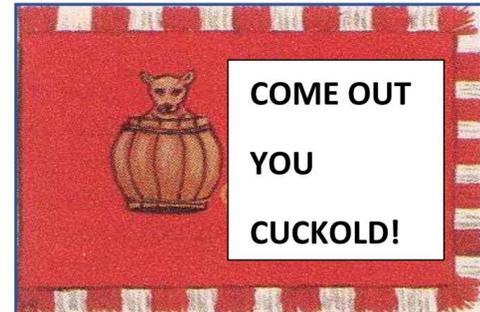


Mirrors reflect fetishist pleasures of play,
Candaulism exposes partner's assets to view,
Queen asserts either king or he, live to display
Gyges kills his king Candaules as voyeurs due



Betabuxxing to elevate present status quality
Dayuuth or wittoldry the new incel terminology,
Slutting it up with the slayers in breakup gravity
Pickup artists sport new games on boiling biology

Apathy towards promiscuity or sexual infidelity,
Cuckoldry brings beta-orbiters into risky locality



A **cuckold** is the husband of an adulterous wife; the wife of an adulterous husband is a cuckquean. In biology, a cuckold is a male which unwittingly invests parental effort in juveniles who are not genetically his offspring. The word *cuckold* derives from the cuckoo bird, alluding to its habit of laying its eggs in other birds' nests. **Gyges** was a bodyguard of Candaules, who believed his wife to be the most beautiful woman on Earth. He insisted upon Gyges seeing his wife disrobed and the betrayal so enraged her that she afterwards gave Gyges the choice of murdering her husband and making himself king, or of being put to death himself. **Gyges** (-7th century BC) was the founder of the Mermnad dynasty of Lydian kings. He assassinated Candaules in order to seize the throne. His action was approved by the Delphic Oracle. Some more examples of cuckolds- Richard Burton (Actor-Elizabeth Taylor); Jan Klatten (Susanne Klatten, who owns part of BMW); Guy Ritchie (Actor-Madonna); Prince Andrew (Sarah Ferguson - Steve Wyatt and John Bryan.);



38. ALPHA TO OMEGA

Confident, outgoing, charismatic leader -alpha,
Friendly, reserved, loyal and submissive- beta,
Adventurous, eager, aware, empathetic – gamma,
Resigned, resentful, self-sabotaging, loner- delta;

Cunning, calculated, nice, self-confident- sigma,
Self-assured, smart and varied interests- omega;
Buck or doe alpha to omega patterns of enigma,
Leaders to cohorts to lone- wolves of innate saga;

Baboons, capuchin monkeys, chimpanzees, gorillas,
Humans do have acclimatized to the good old laws,
Mussolini, Genghis Khan, Moulay Ismail of Morocco,
Bhupinder Singh of Patiala, Don Juan, Casanova & co

Gang leaders and cult leaders enjoy pecking order,
Cheer-leaders exhibit hardwired joy at alpha border;



In studies of social animals, the highest ranking individual of a dominance hierarchy is sometimes designated as the **alpha**. **Males**, females, or both, can be alphas, depending on the species. Where one male and one female fulfil this role together, they are sometimes referred to as the alpha pair. **Beta** animals are collaborators, often act as second-in-command to the reigning alpha or alphas and will act as new alpha animals if an alpha dies or is otherwise no longer considered an alpha. **Omega** has a conflicted meaning ranging from “runt” to “lone wolf”. As an antonym it is used to refer to the lowest caste of a hierarchical society. Alternately, and in popular use, is the omega as the romanticized “Lone Wolf” or the omega wolf as discussed by David Mech. Per this pro-omega type, the omega is not the submissive “second place” as a beta is. Rather, they are equally dominant yet in an independent way.



39. BROKEN HEART SYNDROME

Intense grief, illness, surgery, anger, surprise,
or high anxiety stuns the heart in stress rise,
Heart's apex balloons in that painful episode,
Many a time heart fails leaving in shock mode;

An octopus trap or Takotsubo cardiomyopathy,
Coronaries look normal after spasm of empathy,
Widowhood effect withers the life's fine action,
Men, more than women yield in grief reaction.

Is it searching for the lost object or loved one
That breaks the heart in severe stressor zone?
Look at the cumulonimbus raining in pain,
Thunder reverberates in broken heart's plain;

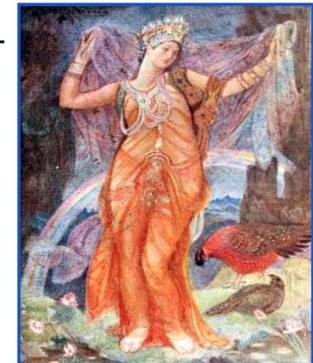
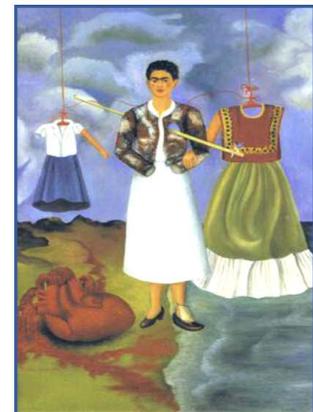
May Inanna paint balm on my crushed heart,
And protect me with her merciful healing art!



Takotsubo cardiomyopathy or **Takotsubo syndrome** (TTS), also known as **stress cardiomyopathy**, is a type of non-ischemic cardiomyopathy in which there is a sudden temporary weakening of the muscular portion of the heart. It usually appears after a significant stressor, either physical or emotional; when caused by the latter, the condition is sometimes called **broken heart syndrome**. The Japanese term "tako tsubo," which refers to an octopus trap shaped like the bulging heart during the condition.

Shakespeare's play *Antony and Cleopatra* features a character, Enobarbus, who dies of a broken heart after betraying a friend. Lady Montague dies of a broken heart after the banishment of her son in *Romeo and Juliet*.

Frida Kahlo's 1937 painting *Memory, the Heart* portrays the artist's heartbreak during and after an affair between her husband and her sister. It's also been romanticized in movies such as "**The Notebook**," in which Allie and Noah die together while holding hands in their sleep.



40. HOMO-SEXAPIENS

In the land of Sodom, in the island of Lesbos,
Men knowing men; women knowing women,
Sexual orientation with starry-eyed verbose,
A normal activity there, elsewhere a sin omen;

Original libido endowment going wrong way,
Worried mind imprisoned in wrong body,
Conflict of orientation causing feelings to sway,
Mood swings oscillate towards same sex shady;

Alexander the great, Leonardo Da Vinci, Elton John,
Sappho, Christina, Ellen De Generes, Jodie Foster,
Lucky to be born in right places and right times on,
Otherwise burning on stakes was the regular roster;

Oscar Wilde's 'the picture of Dorian Gray' was faded,
Post dated exoneration could not correct the shaded;



Homosexuality is romantic attraction, sexual attraction, or sexual behaviour between members of the same sex or gender. As a sexual orientation, homosexuality is "an enduring pattern of emotional, romantic, and/or sexual attractions" to people of the same sex. A **lesbian** is a homosexual woman. Some synonyms for same-sex attraction or sexual activity include *men who have sex with men* or *MSM* and *homoerotic*. Pejorative terms in English for male homo-sexual- include *queer*, *faggot*, *fairy*, *poof*, and *homo*.

Oscar Wilde (16 October 1854 – 30 November 1900) prosecuted the Marquess of Queensberry for criminal libel(1895). The Marquess was the father of Wilde's lover, Lord Alfred Douglas. The libel trial unearthed evidence that caused Wilde to drop his charges and led to his own arrest and trial for gross indecency with men. After two more trials he was convicted and sentenced to two years' hard labour, the maximum penalty, and was jailed from 1895 to 1897.



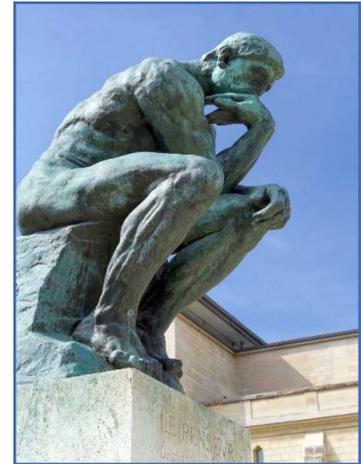
41. ANALYSIS PARALYSIS

Better one safe way than a hundred mirages,
Choose the right one leaving the left images,
Buyer's remorse is better than decision fatigue,
And Buridan's ass never wins life's any league;

When existential dread looms over the edge,
Life's ship finds many a phantom iris bridge,
Paradox of choices affects opportunity sway,
Drive for perfection blurs the golden midway;

Can a centipede tell which leg moves after which?
Like Prince Hamlet's flaw of thinking too much,
Avoid the danger of becoming extinct by instinct,
Timed chess matches end in time trouble precinct;

One has to know when to stop and what to choose,
Or else, Life's ship sinks in thought currents loose;



Analysis paralysis (paralysis by analysis) describes an individual or group process when over- analysing or **overthinking** a situation can cause forward motion or decision-making to become “paralyzed”, meaning that no solution or course of action is decided upon.

Buridan's ass is an illustration of a paradox in philosophy in the conception of free will. It refers to a hypothetical situation wherein a donkey that is equally hungry and thirsty is placed precisely midway between a stack of hay and a pail of water.

The Tragedy of Hamlet, Prince of Denmark, often shortened to **Hamlet** is a tragedy written by William Shakespeare sometime between 1599 and 1601. It is Shakespeare's longest play, with 29,551 words. Set in Denmark, the play depicts Prince Hamlet and his revenge against his uncle, Claudius, who has murdered Hamlet's father in order to seize his throne and marry Hamlet's mother.



42. PSEUDOLOGIA FANTASTICA

Mythomania of compulsive lying,
Out of proportion falsification mooring,
Decorates their own person in fibbing,
Spousal habitual battery of long lasting;

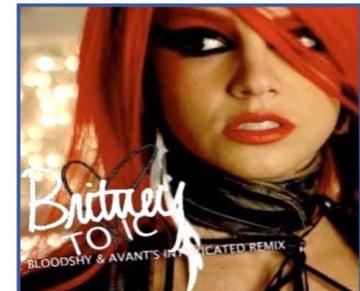
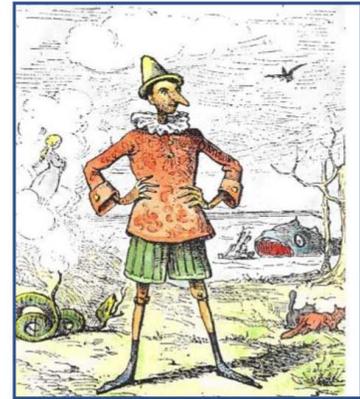
Pathological liars often go gaslighting,
Some impose factitious disorder on self,
Munchausen fibbers go attention seeking,
Hide facts under layers of whopper shelf;

Like Pinocchio's nose that knows nosy affair,
Compulsive liars lie under impulses in infold,
Through Watergate Nixon slipped into bonfire,
Barnum, Ripley, Britney Spears, Benedict Arnold,

Misa Bharti, Silvio Berlusconi, Benjamin Franklin
And many morbid liars lived in mythomania kiln;



Pathological lying, also known as mythomania and pseudologia fantastica, is a mental disorder in which the person habitually or compulsively lies. It was first described in the medical literature in 1895 by Anton Delbrück - it has been defined as "falsification entirely disproportionate to any discernible end in view, may be extensive and very complicated, and may manifest over a period of years or even a lifetime"



43. OBSESSIVE CLOUD OF UNKNOWING

Intrusive thought clouds intensified their thunders
Anxiety winds loomed the ship in crimped benders,
Lifesaving rituals in repetitive compulsion blunders,
Ego-syntonic acceptance renders life in vain venders



Blasphemy, compulsive hoarding, sex perversions,
Symmetry fixation, cleaning conundrum versions,
Go in gory rituals of grisly patterns and incursions,
To escape from obsessive thoughts in recursions;

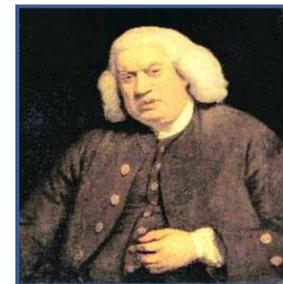


Hair pulling, skin picking, nail biting tails panic walk,
Hand washing, cleaning, checking relapse in self-talk;
Tics and stereotyped movements stifle the body rack,
Over-valued ideas overlap in overtures of life's track;

John Bunyan progressed from blasphemy to pilgrimage,
And Samuel Johnson to the dictionary of English language;



Obsessive-compulsive disorder (OCD) is a mental disorder in which a person has certain thoughts repeatedly (called "obsessions") or feels the need to perform certain routines repeatedly (called "compulsions") to an extent that generates distress or impairs general functioning. The person is unable to control either the thoughts or activities for more than a short period of time. Common compulsions include hand washing, counting of things, and checking to see if a door is locked. These activities occur to such a degree that the person's daily life is negatively affected, often taking up more than an hour a day. Most adults realize that the behaviours do not make sense. The condition is associated with tics, anxiety disorder, and an increased risk of suicide.



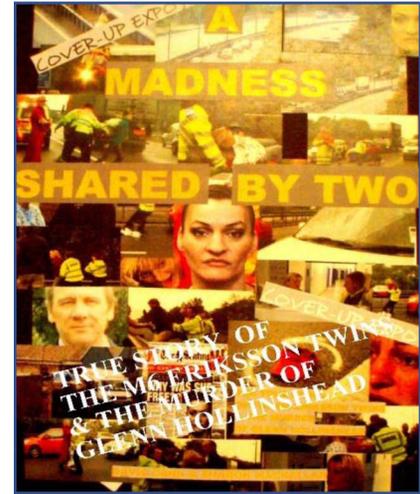
44. SHARED MADNESS

Folie à deux shares delusions with another,
Either simultaneously or with one inducer,
Fixed beliefs drag and trip persons together,
Many mass hysterias begin with one producer;

Strange and non-bizarre, congruent and neutral
Delusions get seeded and grow wide emotional;
Emotional contagion spreads in mood central,
Close-relationships share notions non-rational;

Paranoia of the exalted type feeds narcissism,
Subjective doubles shadow-box the victim,
Changelings appear to the person in schism,
Suffering is shared by the partners as a team;

Empathy, sympathy, mimpathy and unipathy,
All dynamics of mind travel in time's compathy;



Folie à deux ('madness [shared] by two'), also known as **shared psychosis** or **shared delusional disorder (SDD)**, in which symptoms of a delusional belief, and sometimes hallucinations, are transmitted from one individual to another. The same syndrome shared by more than two people may be called *folie à... trois* ('three') or *quatre* ('four'); and further, *folie en famille* ('family madness') or even *folie à plusieurs* ('madness of several'). - also known as **Lasègue–Falret syndrome**.

Mimpathy (German: *Nachfühlen*, literally "after experience") is a philosophical concept related to empathy and sympathy- **Compathy**, or emotional solidarity, the immediate sharing of the same emotion with another; Genuine **sympathy**, in which sorrow is experienced "in an act of understanding experienced as such an act", and the objective source of emotion is not shared; **Transpathy**, or emotional contagion, a state introduced in a group, "automatic and without understanding", by the emotional display of another; **Unipathy**, or genuine emotional identification with another, an "intensified" and "involuntary" form of transpathy, which may present as a *folie à deux*.



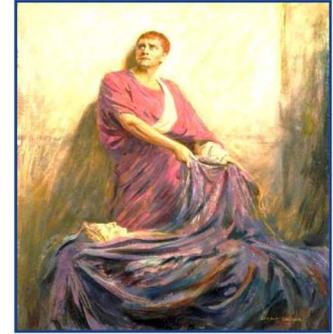
45. ON THE SACRED DISEASE

Like a bolt from blue, the ecstatic aura descends,
Body twitches on one side like caterpillar in bends,
A violent fall like a tree in silent storm transcends,
Phlegm like foam around mouth in glints pretends;

After that synchronic tonic- clonic seizure,
Arch-bending and a cry shakes body-form,
Bladder may spill waters in its show leisure,
Unconsciousness spreads like after-storm;

A bit of post-cital confusion or drowsiness,
A tell-tale sign of biting tongue in seize act;
Caesar, Alexander, Napoleon had weakness,
Seizures put them in their place of less tact;

Lewis Carol, Roosevelt, Elton John, Lil Wayne,
Glover, Amy lee and Prince walked in fit lane;



Epilepsy is a common set of neurological disorders that are characterized by seizures. About 50 million people in the world have epilepsy, including a number of musicians, athletes, and Hollywood stars. There currently is no cure for epilepsy and medication can be used to treat the symptoms, but in severe cases even treatment cannot stop the seizures.

The most famous epileptics- Elton John—the “Your Song” musician began to suffer from severe epileptic fits in the 1980s, thought to be induced by his years of drug use. The seizures have reduced drastically in the ‘90s and beyond because John stopped abusing drugs and alcohol. Other celebrity musicians who have epilepsy include Lil Wayne, Prince, and Neil Young. *Lethal Weapon* star **Danny Glover** first started having seizures at age 15, but he wasn’t diagnosed with epilepsy until much later. Glover even experienced six seizures in one night. Later in life, Glover’s seizure stopped for seemingly no reason. Other famous people with epilepsy include Truman Capote, Tiki Barber, and Theodore Roosevelt.



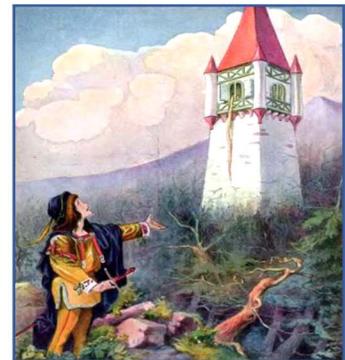
46. RAPUNZEL SYNDROME

Pulling out of one's hair or others,
Anxiety deepens to trichotillomania,
Hair pulling and ingesting bothers
Snowballs into trichobezoar insignia

Long haired Rapunzel lowers down hair,
When magpies crowd in mind caverns,
To let the sorceress, climb the golden stair,
And close the lonely windows in cisterns

Maidens in towers finally find their lovers,
But the ingested hair grows into bezoars;
Hair pulled out scalp looks like fall towers,
Entrails get suffocated with hairball stores;

Surgeon's knife removes the hair offending,
A hair pulling story comes to happy ending;



Rapunzel is a German fairy tale recorded by the Brothers Grimm and first published in 1812 as part of *Children's and Household Tales*. The Brothers Grimm's story is an adaptation of the fairy tale *Rapunzel* by Friedrich Schulz (1790) that was a translation of *Persinette* (1698) by Charlotte-Rose de Caumont de La Force, which was itself influenced by an earlier Italian tale, *Petrosinella* (1634), by Giambattista Basile.

Rapunzel syndrome is an extremely rare intestinal condition in humans resulting from ingesting hair (trichophagia). The syndrome is named after the long-haired girl Rapunzel in the fairy tale by the Brothers Grimm. Trichophagia is sometimes associated with the hair-pulling disorder trichotillomania. This syndrome is a rare and unusual form of trichobezoar. Since 1968, there are only 64 documented cases in literature. This syndrome occurs when the trichobezoar (hairball) reaches past the small intestine, and sometimes even into the colon producing a long tail-like extension of hair.



47. PYGMALION EFFECT

Do high expectations lead to better concert?
Rosenthal and Jacobson had a concept to insert;
Observer-expectancy effect has its own gate,
Pygmalion in classroom can create a perfect mate;

Propoetides made him repulsive against women,
A great sculptor he, honed marble in to a virgin,
Fascinated with his own creation he fell in love,
Kissed its lips in Aphrodite's festival to bring it alive;

Agalmatophilia a form of object sexuality in peak,
Doll fetishism grew into RealDolls with sex speak,
Latex Pygmalion dolls have latest excitable spots,
Uncanny valleys sprout photorealistic hot pots;

Storge, philia, eros, philautia, xenia and agape,
All varieties of love stride mind with much gaffe;



Pygmalion is a legendary figure of Cyprus in Greek mythology who was a king and a sculptor. He is most familiar from Ovid's narrative poem *Metamorphoses*, in which Pygmalion was a sculptor who fell in love with a statue he had carved. In **George Bernard Shaw's** 1913 play *Pygmalion*, a modern variant of the myth with a subtle hint of feminism, the underclass flower-girl Eliza Doolittle is metaphorically "brought to life" by a phonetics professor, Henry Higgins, who teaches her to refine her accent and conversation and otherwise conduct herself with upper-class manners in social situations. The **Pygmalion effect**, or **Rosenthal effect**, is a psychological phenomenon wherein high expectations lead to improved performance in a given area.[1] The effect is named after the Greek myth of Pygmalion, a sculptor who fell in love with a statue he had carved, or alternately, after the psychologist Robert Rosenthal. Rosenthal and Lenore Jacobson, in their book, applied the idea to teachers' expectations of their students affecting the students' performance, a view that has been undermined partially by subsequent research.

Agalmatophilia -is a paraphilia involving sexual attraction to a statue, doll, mannequin or other similar figurative object. In aesthetics. The **uncanny valley** is a hypothesized relationship between the degree of an object's resemblance to a human being and the emotional response to such an object.



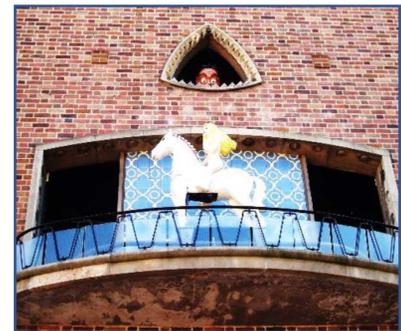
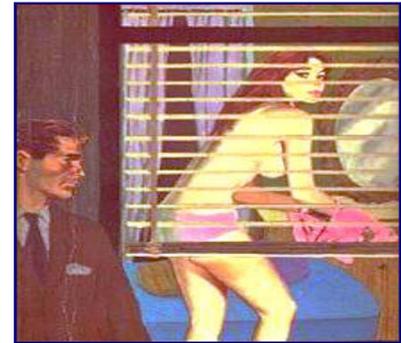
48. PEEPING TOM

Eye glued to a crack in the clandestine door,
To spy on the intimate lay of prurient odour,
Scopophilia bends the vision to secret store,
Heart beats faster in erogenous sex score;

When Lady Godiva marched through streets,
With her long hair covering her naked treats,
A tailor peeping Tom creeped in critter feats,
Heaven blinded him with wrath bitter pleats;

Castration anxiety percolates into voyeurism,
Hidden cameras, stalking acts in mannerism,
Seven colours of gratification in erotic prism,
To see nudity for sexual arousal creates chrim;

Love-maps and sexual scripts vary in themes,
Everyone is a voyeur in rapid libido schemes;



Voyeurism is the sexual interest in or practice of watching other people engaged in intimate behaviours, such as undressing, sexual activity, or other actions usually considered to be of a private nature.

The term - French *voir* which means "to see". A male voyeur is commonly labelled as "Peeping Tom" or a "Jags", **Lady Godiva**- died between 1066 and 1086), in Old English **Godgifu**, the wife of Leofric, Earl of Mercia, and a patron of various churches and monasteries. **Lady Godiva** took pity on the people of Coventry, who were suffering grievously under her husband's oppressive taxation. Lady Godiva appealed again and again to her husband, who obstinately refused to lower the taxes. At last, weary of her entreaties, he said he would grant her request if she would strip naked and ride on a horse through the streets of the town. Lady Godiva took him at his word, and after issuing a proclamation that all persons should stay indoors and shut their windows, she rode through the town, clothed only in her long hair. Just one person in the town, a tailor ever afterwards known as *Peeping Tom*, disobeyed her proclamation in what is the most famous instance of voyeurism. In human sexuality, the term **scopophilia** describes the sexual pleasure that a person derives from looking at prurient objects of eroticism, such as pornography, the nude body, and fetishes, as a substitute for actual participation in a sexual relationship.



49. EDGE-PLAYERS

Sade and Masoch in safe sane consensual party
Bondage, Discipline, Dominance, Submission orgy,
Algolagnia arousing pleasure from pain smarty,
Erotic humiliation inflowing enthralling energy,

Fetishism sailing for feet, shoe and underwear,
Erotic asphyxiation bringing near death scare,
Fetish spell plays the classical conditioning lair,
Master- slave servitude bringing neo-sexual flair,

Handkerchief's code, bandanas and flagging,
LGBT homosocialization in rainbow flaming,
Sexual fantasies serving tortures of flogging,
As gratification of hidden urges in shamming,

Edge players live in carpe diem desire homes,
Pain is like pleasure when one is in toxic domes;



Sadomasochism is the giving and receiving of pleasure from acts involving the receipt or infliction of pain or humiliation. The term "sadism" has its origin in the name of the **Marquis de Sade** (1740–1814), who not only practiced sexual sadism, but also wrote novels about these practices, of which the best known is *Justine*. "Masochism" is named after **Leopold von Sacher-Masoch** (1836–1895), who wrote novels expressing his masochistic fantasies.

Algolagnia - is a sexual tendency which is defined by deriving sexual pleasure and stimulation from physical pain, often involving an erogenous zone

BDSM is a variety of often erotic practices or roleplaying involving bondage, discipline, dominance and submission, sadomasochism, and other related interpersonal dynamics. In BDSM, **edgeplay** is a subjective term for activity (sexual or mentally manipulative) that may challenge the conventional S.S.C. (safe, sane and consensual) scheme; if one is aware of the risks and consequences and is willing to accept them, then the activity is considered RACK (risk-aware consensual kink).



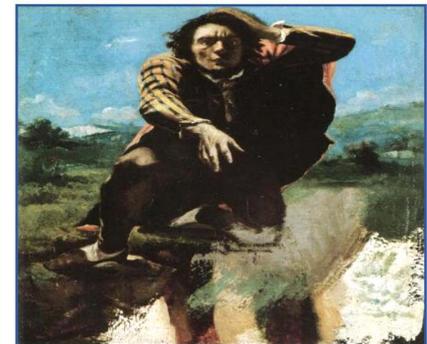
50. DREAD AND FEAR

Deimos and Phobos the twin sons
Of Ares-war and Aphrodite love;
Charioteers of Ares in war seasons,
And feelings of warriors in pain glove;

Phobia an irrational fear incapacitates,
Panic attacks go beyond fight or flight,
Anxiety attacks amygdala work states,
Limbic system go limp with recall tight;

Pheromones release alarm signals,
Fear is as much contagious as virus,
Social buffering opens safe channels,
Ontogenetic parade often sing chorus;

Feeling of dread and anticipation is terror,
Feeling of aversion after the sight is horror;



Fear is an emotion induced by perceived danger or threat, which causes physiological changes and ultimately behavioural changes, such as mounting an aggressive response or fleeing the threat. The fear response arises from the perception of danger leading to confrontation with or escape from/avoiding the threat (also known as the fight-or-flight response), which in extreme cases of fear (horror and terror) can be a freeze response or paralysis.

A **phobia** is a type of anxiety disorder defined by a persistent and excessive fear of an object or situation. Phobias typically, result in a rapid onset of fear and are present for more than six months. If the object or situation cannot be avoided, they experience significant distress. Other symptoms can include fainting, which may occur in blood or injury phobia, and panic attacks, which are often found in agoraphobia. Around 75% of those with phobias have multiple phobias.



51. AGORAPHOBIA- AGORAPHILIA

In the market places and crowded assemblies,
Some shudder in panic, some bare erotic glees;
Some modern-day hermits Hikikomori recluses,
But Agora-philias lick sex in open for top releases;

Woody Allen with his phobias in infinite,
Kim Bassinger of Never say never again,
Macaulay Culkin of Home Alone series knit,
Capsuled in castles they walked in fear train;

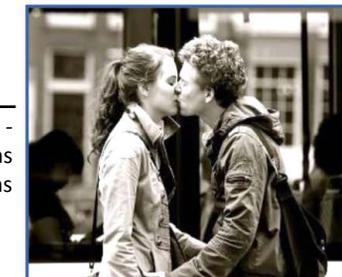
A terrifying fear with panic attacks,
Adrenaline surge on heartbeat tracks,
Flight of fright tightens the throat racks,
A fear of dying spills sweat bullet tacks

While agora-philias attracts onlookers' attention,
Agoraphobias suffocate one in anxiety tension;



The term "agoraphobia" is from Greek *agor.*, meaning a "place of assembly" or "market-place" and - - *phobia*, meaning "fear. **Agoraphobia** is an anxiety disorder characterized by symptoms of anxiety in situations where the person perceives their environment to be unsafe with no easy way to escape. These situations can include open spaces, public transit, shopping centres, or simply being outside their home.

Agoraphilia- Sexual eroticism that is contingent on being outdoors or on having sex in public places.



52. FACE BLINDNESS

Prosopagnosia, failure to recognise
His own face or other familiar ones;
Mirrored self-misidentification guise,
Subjective double, doppelganger tones,

Thatcher effect of inversion confusion,
Capgras syndrome of look likes illusion,
Fregoli delusions of many faces of one,
Autoscopic mis-perception in mind zone;

Faces in the crowd intimidates the victim,
-Is he my double or one with many faces dim?
My mirror reflects not me but him verbatim, -
And he or she lives on obliviousness rim.

Some have face blindness even to their own face,
Some super recognisers can find a face even in a race;



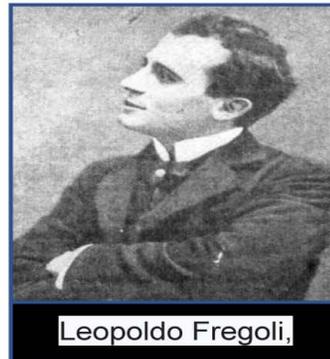
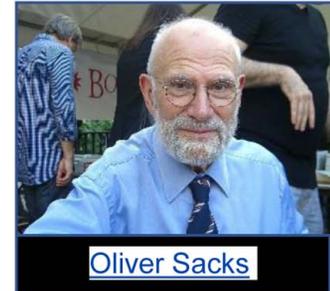
Prosopagnosia - face blindness, is a cognitive disorder of face perception in which the ability to recognize familiar faces, including one's own face (self-recognition), is impaired, while other aspects of visual processing (e.g., object discrimination) and intellectual functioning (e.g., decision-making) remain intact.

Mirrored-self misidentification is the delusional belief that one's reflection in the mirror is another person – typically a younger or second version of one's self, a stranger, or a relative.

The **Thatcher effect**, **Thatcher illusion**, or **Eyemouth-Wrongway** is a phenomenon where it becomes more difficult to detect local feature changes in an upside-down face, despite identical changes being obvious in an upright face.

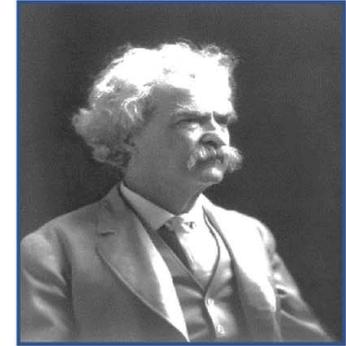
The **Fregoli delusion** is a rare disorder in which a person holds a delusional belief that different people are in fact a single person who changes appearance or is in disguise. **Leopoldo (Luigi) Fregoli**- 2 July 1867 in Rome – 26 November 1936 in Viareggio) was a stage star and Italian actor,

Capgras delusion is a psychiatric disorder in which a person holds a delusion that a friend, spouse, parent, or other close family member (or pet) has been replaced by an identical impostor.

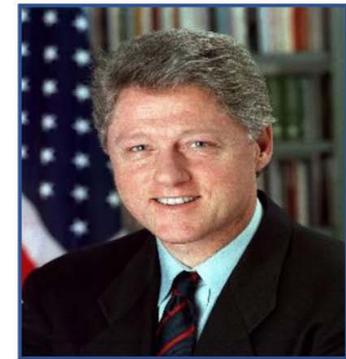


53. ON THEIR COLOR BLINDNESS

Samuel Langhorne Clemens or Mark Twain,
Creator of Tom Sawyer and Huckleberry Finn,
Lived in between Halley's Comet twice arrival,
With humour -mankind's greatest blessing of all;



Putting people first, between hope and history,
The president misses Monica Lewinsky, perjury,
Third Way political philosopher, a me-too indent
Bill Clinton a good president with bad precedent;



John Dalton the father of colour blindness,
A chemist, physicist, meteorologist of finesse,
Law of partial pressures and Atomic theory,
And Daltonism made him a scientist fairy;



Colour blindness has many clients of status,
Facebook is blue of Mark's colour hiatus;



Color blindness (color vision deficiency) is the decreased ability to see color or differences in color. It can impair tasks such as selecting ripe fruit, choosing clothing, and reading traffic lights. Among humans, males are more likely to be color blind than females, because the genes responsible for the most common forms of color blindness are on the X chromosome. Females have two X chromosomes, so a defect in one is typically compensated for by the other. Non-color-blind females can carry genes for color blindness and pass them on to their children. Males only have one X chromosome and therefore always express the genetic disorder if they have the recessive gene. Color blindness can also result from physical or chemical damage to the eye, the optic nerve, or parts of the brain. Diagnosis is typically with the Ishihara color test; other methods include genetic testing.



54. WHEELCHAIR WITH CLIPPED WINGS

Relief, Recovery and Reform -reiterated Roosevelt,
A paralytic illness of Guillen-Barre hit him to wilt,
Only one person to become President four times,
Lifted himself and USA from knees to high climes;

Master of Blackholes and a brief history of time,
Stephen Hawkins lived with Lou Gehrig's disease;
Absence of four limbs of Tetra- Amelia Syndrome,
Nicholas Yujicic a motivational speaker at ease;

Superman Christopher Reeve became quadriplegic,
Yet continued acting and directing films like magic;
Polio and traffic accident could not stop Frida Kahlo,
Her self-portraits mesmerized the world in their glow;

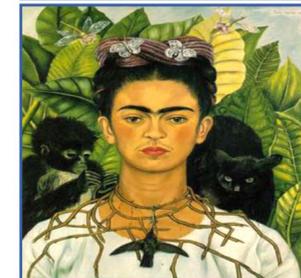
Digital artist Sue Austin, Itzhak Perlman- conductor
Many rose from wheelchair to heights of splendour factor.



A **disability** is a societal imposition on people who have impairments, making it more difficult for people to do certain activities or interact with the world around them. Due to cognitive, developmental, intellectual, mental, physical, and/or sensory differences, disabled people are "unnecessarily isolated and excluded from full participation in society." As a result of impairments, people with disabilities can experience disablement from birth, or may be labelled as disabled during their lifetime. **The United Nations Convention on the Rights of Persons with Disabilities** defines disability as: long-term physical, mental, intellectual or sensory impairments which in interaction with various barriers may hinder [a person's] full and effective participation in society on an equal basis with others.

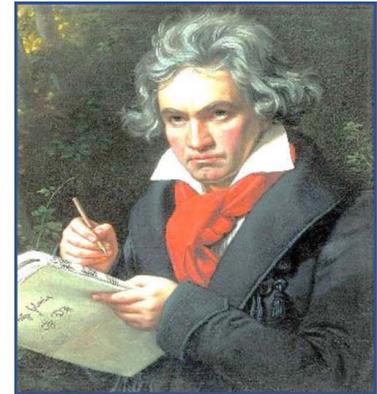
People-first language is one way to talk about disability which some people prefer.

in 2012, the World Health Organization estimated a world population of 6.5 billion people. Of those, nearly 650 million people, or 10%, were estimated to be moderately or severely disabled.

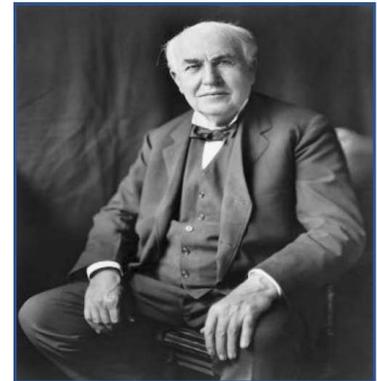


55. STONE HARD DEAFNESS TONE

A love letter never sent to his immortal beloved,
Ninth symphony with Ode to Joy well acclaimed,
Ludwig Van Beethoven conquered deafness in style
When life's comedy was over, he lived in divine aisle;



'Let there be light'- said God and there was light,
Then he sent Thomas Edison to make nights bright;
Phonograph and motion picture his passions right,
A deaf man's contribution to modern world might;



At nineteen months of age, she became blind and deaf,
Helped by Anne Sullivan her life-long friend and teacher,
'The story of her Life' of Helen Keller the miracle worker,
Taught people to survive with disability in optimism shelf;

Black eyed peas rapper Will.I.am Adams had tinnitus
Jane Lynch deaf in one ear won 'role model'- glee status;



Deafness in medical contexts, the meaning of deafness is hearing loss that precludes a person from understanding spoken language, an audiological condition. In this context it is written with a lower-case *d*. It later came to be used in a cultural context to refer to those who primarily communicate through sign language regardless of hearing ability, often capitalized as *Deaf* and referred to as "big D Deaf" in speech and sign.

Neurologically, language is processed in the same areas of the brain whether one is deaf or hearing. The left hemisphere of the brain processes linguistic patterns whether by signed languages or by spoken languages.



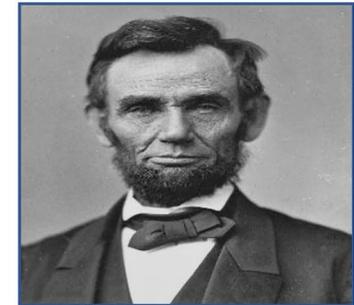
56. WHAT BEAUTIFUL IS GOOD?

Lookism affects romance and job priorities,
The veil of Maya spreads in its sinister ties;
Fat, terato, cacophobias disturb amities,
Alpha to omega straddle for far divinities;

Self- described ugliness tortured Sartre,
For Socrates ugliness ignites moral fire,
Grotesqueness did not deter Lincoln's dignity,
Ugly duchesses and witches do find fraternity;

Erotic capital has market value in manosphere,
Circassian beauties with hues of heavenly ware,
Koinophilia has halo effect in commitment fear,
Beauty may not always find partners in love share;

Navel fetishism is no novel fantasy of belly button,
Belly dance has its roots in alvinolagnia to get on!



Lookism is a term that describes the discriminatory treatment of people who are considered physically unattractive. **Koinophilia** is an evolutionary hypothesis proposing that during sexual selection, animals preferentially seek mates with a minimum of unusual or mutant features, including functionality, appearance and behaviour.

Circassian beauty or **Adyghe beauty** is a stereotype and a belief used to refer to an idealized image of the women of the Circassian people of the North western Caucasus. **Navel fetishism**, **belly button fetishism**, or **alvinophilia** is a partialism in which an individual is attracted to the human navel. **Alvinolagnia** or **belly fetish** or **stomach fetish** is a partialism in which an individual is sexually attracted to the stomach or belly. **Sexual capital** or **erotic capital** is the social value an individual or group accrues as a result of their sexual attractiveness.



57. MAN- FLU SYNDROME

On the road everywhere now walk masked men,
Single sneeze inviting aversion and looks omen,
Sanitizers smell in pernicious ways like bitumen,
Hypochondriacs prowl with more or less acumen;

Soft parts between ribs and navel rumble in pain,
Nosophobia spreads like covid-19 in terror gain;
Compuchondria or cyber clouds download in rain,
Information spreads go viral like old rumour train;

Oxygen scarcity and malpractice reaches cloud nine,
Burning pyres, floating bodies in Ganges induce strain,
Media measures gravity with political leaning refrain,
People slump in sickness behaviour- exploding mine;

Placebo and nocebo blow hot and cold on virus drain,
Meanwhile breath and tears sink in infinite sand grain;



Hypochondriasis is a condition in which a person is excessively and unduly worried about having a serious illness. Among the regions of the abdomen, the hypochondrium is the uppermost part. The word derives from the Greek term - meaning “of the soft parts between the ribs and navel” from .δύ *hypo* (“under”) -, or cartilage (of the sternum). *Hypochondria* in Late Latin meant “the abdomen”

Nosophobia is the irrational fear of contracting a disease, a type of specific phobia. Primary fears of this kind are fear of contracting COVID-19, HIV, pulmonary tuberculosis, venereal diseases, cancer, heart diseases, and catching the cold or flu.

Man flu is a phrase that refers to the idea that men, when they have a common cold, experience and self-report symptoms of greater severity, akin to those experienced during the flu. While it is a commonly used phrase in much of the English-speaking world, there is a continuing discussion over the scientific basis.



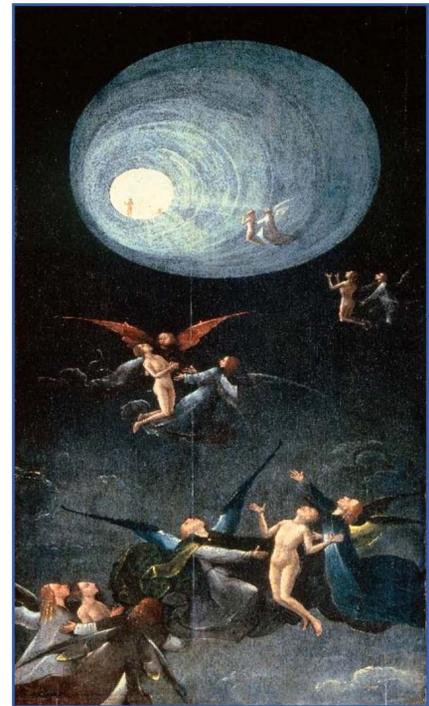
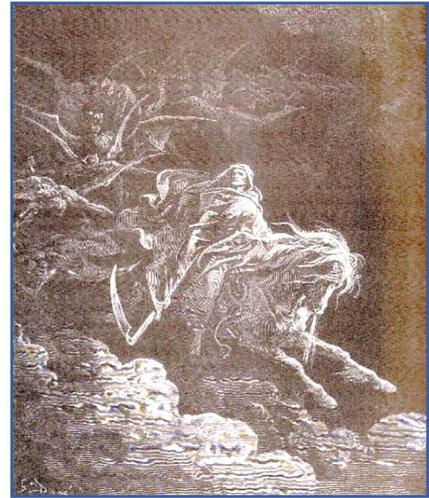
58. DON'T FEAR THE REAPER

On the death row, in the waiting list,
They move unknowingly in fear fist;
The grim reaper in his black mask fit,
Rattles his sickle and sweeps fast a bit;

Pyres burn with calamitous smoke,
Bodies float in holy river in choke,
Earth growls with graves dug in cloak,
All white packs and coffins go croak;

Thanatophobia brings people to knees,
Anxiety mounts up with dreadful news,
The end of the world changes its views,
Apocalypse uncovers the dead life trees;

Predatory, predator and existential ideas,
Overcrowds the mind on death fear dais;



Death anxiety is anxiety caused by thoughts of one's own death. Also referred to as **thanatophobia** (fear of death), death anxiety is distinguished from necrophobia, which is a specific fear of dead or dying people and/or things; the latter is the fear of others who are dead or dying, whereas the former concerns one's own death or dying.

In Greek mythology, **Thanatos** pronounced in Ancient Greek: "Death", "-die, am dying" was the personification of death. He was a minor figure in Greek mythology, often referred to but rarely appearing in person.



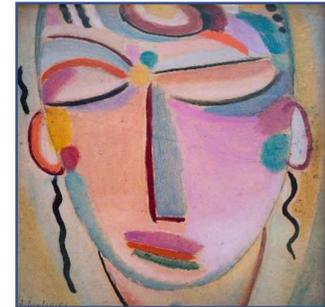
59. IN THE TRANQUIL ZONE

Life a melting pot of emotions,
Embroids with materials of notions,
As long as the fire inside and outside,
Mind and body boils with effects tide;

Ataraxia, unperturbedness, equanimity,
Upeksha, quingjing jing, wa, harmony,
Jeevanmukti, nirvana, Enlightenment,
Freedom from fear, they seek, as element;

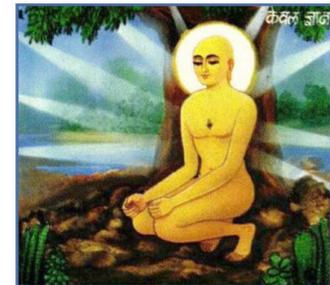
Gelassenheit – complete submission to God,
Shalom, salaam, peace, inner light, to be good,
Visvaroop- self-actualization, self-realization
Takes away turbulence in the mind's station;

Understanding Nature is learning one's own nature,
Tranquillity dawns from freedom from fear feature;



Meditation.

Alexej von Jawlensky,



Inner peace (or **peace of mind**) refers to a deliberate state of psychological or spiritual calm despite the potential presence of stressors such as the burden arising from pretending to be someone. Being “at peace” is considered by many to be healthy (homeostasis) and the opposite of being stressed or anxious, and is considered to be a state where our mind performs at an optimal level with a positive outcome. Peace of mind is thus generally associated with bliss, happiness and contentment. Peace of mind, serenity, and calmness are descriptions of a disposition free from the effects of stress. In some cultures, inner peace is considered a state of consciousness or enlightenment that may be cultivated by various forms of training, such as breathing exercises, prayer, meditation, tai chi or yoga, for example. Many spiritual practices refer to this peace as an experience of knowing oneself.

Ataraxia [*tarache* “disturbance, trouble”; hence, “unperturbedness”, generally translated as “imperturbability”, “equanimity”, or “tranquility”) is a Greek term first used in Ancient Greek philosophy by Pyrrho and subsequently Epicurus and the Stoics for a lucid state of robust equanimity characterized by ongoing freedom from distress and worry. In non-philosophical usage, the term was used to describe the ideal mental state for soldiers entering battle.



60. THE TORTURED ARTIST

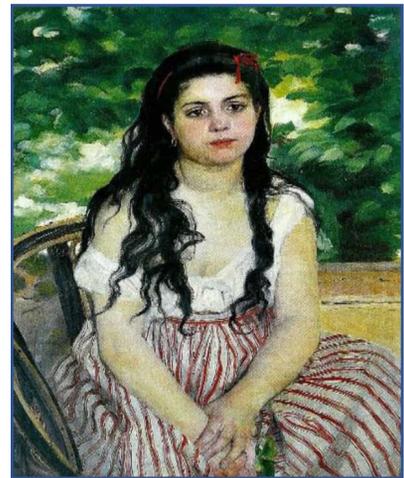
Creativity and mental illness go together,
A pair of swans floating in manas Sarovar,
A Bipolar struggle keeps artists in disorder
Starving artist struggles to bring a new order



A life outside or against society, Poete Maudit,
The accursed poet rebels in vain in life's audit;
Charles Baudelaire, Arthur Rimbaud, Verlaine
Lautreamont, Alice Chambrier and Hart Crane



With Bohemian style artists and poets travel,
To the destinies mind find in its state surreal,
The deep eye stare camouflages hunger well,
The starving soul dominates the desires trial;



What drove them to do it, why they choose art?
A tortured artist lives in Time to exalt his part.



A **tortured artist** is a stock character and stereotype who is in constant torment due to frustrations with art, other people, or the world in general. The trope is often associated with mental illness.

A **poète maudit** (French - "accursed poet") is a poet living a life outside or against society. Abuse of drugs and alcohol, insanity, crime, violence, and in general any societal sin, often resulting in an early death are typical elements of the biography of a *poète maudit*. The phrase *poète maudit* was coined in the beginning of the 19th century by Alfred de Vigny in his 1832 novel *Stello*, in which he calls the poet "*la race toujours maudite par les puissants de la terre*" (The race that will always be cursed by the powerful ones of the earth). Charles Baudelaire, Paul Verlaine and Arthur Rimbaud are considered typical examples. Lautréamont or Alice de Chambrier are also considered as *poètes maudits*, as is the American 20th century poet Hart Crane.

A **starving artist** is an artist who sacrifices material well-being in order to focus on their artwork. They typically live on minimum expenses, either for a lack of business or because all their disposable income goes toward art projects. Related terms include **starving actor** and **starving musician**.





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Dr. LANKA SHIVA RAMA PRASAD (Dr. LSR Prasad) is a Cardio Thoracic and Vascular Surgeon by profession, a popular author of 160 books, cartoonist, painter, critic, Editor and orator par excellence.

His knowledge in Telugu and English earned him name. He has translated Homer's Iliad, Odyssey first time in to Telugu Literature. In that series of Greek literature- Epic Cycle and Greek Heroes came as the third book. His other notable translations in to Telugu are John Milton's Paradise Lost, Paradise Regained; John Bunyan's The Pilgrim's Progress; Virgil's Aeneid; Dante's Divine Comedy; Goethe's Faust, Rumi's Masnavi; Attar's Birds Conference; Omar Khayyam's Rubaiyat. He was assigned the job of translating selected classic poems of Telugu literature by C.P. Brown's Academy which was published as Telugu songs and poems. Kathi Anchupai- is a collection of noir genre stories.

More than 40 translations of contemporary poets, two novels, twenty short stories, hundreds of essays and prefaces, books on science and Medicine and dream analysis are available. Now his published books have crossed the prestigious hundred land-marks and crossed 160. Most of his books are reference books in literature. His poems were translated into Greek, Spanish, Arabic, Hindi, Tamil, Kannada and many other languages. His works are available free at www.anuvaadham.com

He is the recipient of Reuel International Poet Award (2017), T.S. Eliot Award (2017), Global Poet Award-CANADA-WIN (2017), Life Time Achievement Award (2017), Kibatek Medal - Turkey (2017), Poet Laureate Award-Delhi (2017), Sahiti Rajahamsa Award-Vizag (2017), Poet Laureate-Kazakhstan (2017), Pentasi-B Life Time Achievement Award (2017), Najji Naaman Award (Lebanon)- 2018, Pablo Neruda Award-(Italy)- 2018, Poet Laureate-2019 (China) and many more.

He was the host and sponsor of PENTASI-B INDIA WORLD POETREE FESTIVAL-October 2017 - at HYDERABAD, INDIA, attended by more than 200 poets from all over the world.





The Tortured Artist

(PHILIANA - PHOBIANA)

(POETRY)

1. THE TURBULENT MIND POND
2. THE SPIRIT ANIMALS
3. THE INCOMPATIBILITY STRAINS
4. THE EXPLODING HEAD SYNDROME
5. THE SISYPHEAN SISRERY
6. THE TANTALIZING TANTRUMS
7. CUPID AND PSYCHE
8. NIOBE'S TEARS
9. THE COMPLEX OEDIPUS
10. THE ELECTRA COMPLEX
11. OH DADDY, DADDY!
12. DYLAN THOMAS TRAIL
13. LIQUORED MIND
14. POE THE TOMAHAWK MAN
15. MELANCHOLY OF VINCENT VAN GOGH
16. VAN GOGH SYNDROME
17. ADELE HUGO'S EROTOMANIA
18. CLAUDEL AND RODIN
19. THE BIG FIVE OF OCEAN
20. FOUR TEMPERAMENTS
21. ZELLE THE BELLE- MATA HARI THE SPY
22. PARIS SYNDROME
23. PETER PAN AND DORIAN GRAY
24. ANOREXIA- BULIMIA
25. TOURETTE TICS
26. WRITER'S BLOCK
27. MUNCHHAUSEN'S TRILEMMA
28. ECHO AND NARCISSUS
29. INCUBUS- SUCCUBUS
30. BEING PURSUED BY BEING PURSUED
31. CHURCHILL'S BLACK DOG
32. COMMON COLD OF MENTAL ILLNESS
33. WANDERING UTERUS- HYSTERIA
34. DYSLEXIC DREAM
35. ONDINE'S CURSE
36. MADONNA- WHORE COMPLEX
37. CUCKOLD SYNDROME
38. ALPHA TO OMEGA
39. BROKEN HEART SYNDROME
40. HOMO SEXAPIENS
41. ANALYSIS PARALYSIS
42. PSEUDOLOGIA FANTASTICA
43. OBSESSIVE CLOUD OF UNKNOWING
44. SHARED MADNESS
45. ON THE SACRED DISEASE
46. RAPUNZEL SYNDROME
47. PYGMALION EFFECT
48. PEEPING TOM
49. EDGE-PLAYERS
50. DREAD AND FEAR
51. AGORAPHOBIA- AGORAPHILIA
52. FACE- BLINDNESS
53. ON THEIR COLOR BLINDNESS
54. WHEELCHAIR WITH CLIPPED WINGS
55. STONE HARD DEAFNESS TONE
56. WHAT BEAUTIFUL IS GOOD?
57. MAN- FLU SYNDROME
58. DON'T FEAR THE REAPER
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Dr. Lanka Siva Rama Prasad