

# INTERVIEW

## A Breath of Inspiration

### An Interview with Barbara Lager, Author of "Breathing in Beauty"

#### Breathing in Beauty



*Uplifting Poems and Inspiring Sayings  
A Journey of Self-Awakening*

Barbara Lager

Barbara Lager's debut book of poetry, "Breathing in Beauty," is a captivating collection of verses and inspirational musings that invite readers to explore the depths of self-discovery, connection, and the profound beauty of life. As we prepare to dive into the world of her enchanting words, we had the privilege of chatting with Barbara to learn more about her journey as a poet and the heartfelt inspiration behind her book. Join us in this warm and candid conversation with the author herself.

#### **The Inspiration**

*Barbara, congratulations on your first book, "Breathing in Beauty." Can you share with us what inspired you to venture into the world of poetry and put together this remarkable collection?*

I started writing poetry when I was 14 years old, as a way of expressing myself and connecting with my soul. It was a natural extension of my artistic and creative nature. I found it to be a soulful way to express who I was, and how I saw things, which in turn created a place in my world for me. Over the years on and off I would journal in the mornings mostly when I would wake up, with coffee in hand and journal my thoughts, poems, and sayings. I kept them private, but sometimes I was honored to be asked to share them with others and they were so deeply moved by my words.

By Creatopia Editorial Staff

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This collection is inspired by my yearning for beauty, self-awakening, and love. It's a doorway to the never-ending wellspring of love in my heart, which always lies there.

### **Nature as Muse**

*Your book's introduction beautifully describes your writing process, often with a cup of coffee in hand and nature as your backdrop. Can you tell us more about your creative process and how these surroundings influence your work?*

Nature is my muse, my teacher, and my companion. It gives me inner strength, inspiration, and wonder. It also challenges me to explore different perspectives, emotions, and meanings. Nature is a reflection of who we are as human beings, and what we can aspire to be. I'm always marveling at nature's beauty - its relationship amongst itself, and with humankind, all of its magical nuances from smallness to vastness. Nature holds vulnerabilities, strength, fragility, and all the colors of its mysteries. Yet, this impermanence from day to day, rebirthing itself continually, is still held together by the internal harmony of its own cycles.

### **A Book Title as Meditation**

*"Breathing in Beauty" is not just a title; it's a sentiment that resonates deeply. Could you elaborate on the significance of this title and what you hope readers will experience as they delve into your poems and sayings?*

When I created the title "Breathing in Beauty," I wanted everyone who reads it to think that their next breath would be "Breathing in Beauty" into their body, mind, and spirit. That's also the intention of my poetry

and inspirational sayings. They're meant to introduce thoughts of magical self-awakening, courage, love, and possibilities. They're meant to be a spiritual uplifting balm for those who read it. Breathing and beauty is exactly what you'll get from the book.

### **Deep Emotions and Resonant Themes**

*Poetry has the power to connect with readers on a profound emotional level. Are there any specific emotions or themes you hope readers will connect with while reading your book?*

My desire for the reader is to feel a sense of awe, to celebrate their astonishing self, and open up to the possibilities of the pure lightness of being. I want them to marvel at the stillness, grace, and resilience that lie behind the trials of our days. I want them to always remember that self-love holds the key to peace of mind. I want them to awaken to the magic that speaks to their soul and to create ecstatic beauty with words.

### **Memorable Moments in the Journey**

*You mentioned that writing has been your constant companion and teacher. Can you share a memorable moment or experience during your writing journey that had a significant impact on your work or perspective?*

One pivotal moment for me was when I started writing poetry at 14 years old. It gave me a voice and a passion for writing. Another pivotal moment was when I decided to share my poetry with the world. For a long time, I kept my poems private, afraid of being judged or rejected. But then I realized that my poems were my gifts to the world, and I wanted to offer them with love

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and gratitude.

So, I gathered, edited, polished, and arranged my poems into a collection. I found a publisher who believed in my vision, and worked with them to create a beautiful book that reflected my essence. And now, I'm releasing it into the world, hoping that it would touch someone's heart.

### **Challenges and Advice**

*As a first-time author, what challenges did you face while bringing "Breathing in Beauty" to life, and what advice do you have for aspiring poets or writers who dream of publishing their own works?*

Publishing a book of my poetry and sayings was always a dream of mine, but it felt like an impossible task. I had so many mental obstacles and doubts that kept me from accomplishing it for years.

Then, in the winter of 2020, my friend Cathy Cowen encouraged me to submit one of my poems to Creatopia® magazine. I did it at the last minute, and it was published in the spring of 2021. I was amazed to see my poetry and name in print. That gave me more confidence and pride, and I continued to submit my poetry and artwork to Creatopia® magazine.

I realized that I could create a book, and I changed all the stories of why I couldn't to that I COULD. I was enthusiastic and determined. Nicole Fende, Publisher and Ringmaster of Creatopia®, worked with me along with Monette Satterfield, Creative Director and Artistic Guide of Creatopia®, to help me edit, shape, and publish my book as part of their publishing division for books. It was perfect timing!

My advice is to stay true to yourself and your writing. Be your own best critic, believe that you have what it takes, and know that you are special and unique in what you have to say. No one can say it for you. There will always be obstacles, but if you take them slow you can achieve what you set out to do. Think in terms of one step at a time and enjoy each step. There's no rush, balance is important. Before you know it, you will be creating your book. You'll be manifesting your dreams, not just thinking about them, but living them. There is no better feeling in the world than following your passion and creating magic!

### **The Journey Continues**

*Your book is a reflection of your positive, creative, and loving nature. Could you tell us how these qualities have shaped your writing and your life's journey as a whole?*

My outlook on life has given me wings to fly. I love to embrace life with love for myself, for what's possible, and to connect positively with people. I look for what connects us and open up to express myself without fear and to be my true self. Being peaceful and open allows me to write from a place of stillness.

*Barbara, before we conclude, what's next on your creative horizon? Are there any future projects or themes you're excited to explore in your writing?*

I have lots of ideas, such as mixed media performance, inspirational soul cards, and more. The sky's the limit! I'm excited to see what will speak to my soul next.

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We hope you enjoyed this insightful conversation with Barbara Lager, the talented poet behind "Breathing in Beauty." Her book is a testament to the power of self-expression and the profound connections that poetry can forge. We're presenting her debut poem here - enjoy "Feather Magic."

So, grab a cup of coffee, find a quiet moment, and immerse yourself in the beauty of her words. You can pre-order a copy at:

<https://breathinginbeautypoetry.com/>



### Feather Magic

Hope is as light as a feather  
as it wisps weightlessly pass my heart  
and tickles my soul.

Feather Magic with its lightness of being;  
Like eyelash kisses, giggling with pleasure.  
The sweetness of its memory –  
lingers on in my Mind's Eye.  
Just thinking of it  
brings me lightness, where there was once darkness.

I smile ever so tenderly,  
so fragile - like my spirit.  
I am not so strong at times,  
small memories give me great hope.  
There is great strength in places so fragile.

I will look for the light everywhere;  
Feather Magic.