I have always thought it would be a blessing if each person could be blind and deaf for a few days during his early adult life. Darkness would make him appreciate sight; silence would teach him the joys of sound. --Helen Keller

Nobel Laureate’s Odes To Common Things

Pablo Neruda: the Nobel Prize-winning poet who turned appreciation of sight and sound into a fine art with his "Odes to Common Things". Everything was fair game to this poet: he wrote hauntingly beautiful odes to his socks, to a lemon, to a cat, to ironing, to bees, bicycles, a bed and even the dictionary! In his poems everyday objects become an excuse to explore the beauty and wonder we so often overlook in our lives. Read more about Neruda's life and work in this tribute published on the centennial of his birth.

Be The Change:

Imagine for a few moments, living in the temporary silent darkness that Helen Keller wished each of us to experience. Then open your eyes and ears afresh and look around. What would you write an Ode to in this moment? (For inspiration check out Neruda's lyrical Ode to, of all things, Salt!)