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Sprawling Yet Genuine Poetic Feelings Fill Every Poem in Bala's Pages

"Memories, Thoughts and Dreams" compiles profoundly captivating poems interspersed with splendid imagery and expressions of illustrious beauty

TAMPA, Fla. – (November 26, 2012) – With a heroic honesty of masculine romanticism, *Memories, Thoughts, and Dreams* reflects one man's journey through the viscerally chaotic landscape of the heart.

. . . from the fear of love, to the bloom of new love, to the mourning of lost love, this small and sweet poetic work reflects the epic journey we all take in our affairs of the heart.

Guy Bala has been called a renaissance man, a bon vivant, an epicurean, and a modern-day bohemian, and rightly so -- for such descriptions fit him well. Inspired by the "unsanctioned poets" of his youth -- Bob Seeger, Journey, Foreigner, Styx, Fleetwood Mac and the Moody Blues, to name a few, Bala recognized early on the critical importance of *artistic interpretation*. Although his nascent poetic writing began as scribbles of words, then lines and phrases, scratched on cocktail napkins and the odd scraps of paper, within a few years, a story began to emerge as though it were an inspiring landscape swashed across a canvas. The story became *Memories, Thoughts, and Dreams*. It is his story, romantic at heart and honest in its masculine fragility.

Bala thinks in poetic terms and most often describes his experiences in poetic nuances. He believes the act of poetry has an immediate and universal recognition of human emotions. "Words we use every day take on a profound simplicity. They become lyrical and stay in our minds, like music. Indeed, poetry often produces the most emotive sensibilities that strike at our hearts. We share universal experiences, no matter who we are or where we live. Our interpretations are different, and yet the same."

In this latest work, Bala reveals a sweet sensitivity that speaks sincerely of love, loss, and loneliness. "I'm not afraid to reflect on my experiences and excavate my thoughts concerning them. It's how I have come to understand myself."

Indeed, *Memories, Thoughts, and Dreams* reflects a cavernous array of feelings that only a tattered heart can speak of, a heroic heart that accepts the pain alongside the pleasures of being in love. Bala has crafted a small gem with this work, revealing the most truthful essence of our existence, and that is to love and be loved in return.

About the Author

Bala began his writing with scribbles of words, then lines and phrases, scratched on cocktail napkins and the odd scraps of paper, a pattern began to emerge, like a musical score come to life, a performance of dance brought to movement, or an inspiring landscape swashed across a canvas *Memories, Thoughts and Dreams* became the book it is today.

A Michigan Dearbornite, Guy Bala began his performance work as a circus acrobat. From there, he quickly advanced to teaching gymnastics and choreographing performance pieces of various genres for his students.

While living on the beaches of SE FL, Bala was engaged in 1991 to spearhead the recruitment and training of one of the largest professional (upwards of 800 active) volunteer corps in the U.S. at the Broward Center of the Performing Arts in Ft. Lauderdale, Florida.

He settled in Highlands, North Carolina, within the Nantahala National Forest. Here he introduced a poetry reading program, "Poets at the Podium," for the Bascom Center for the Visual Arts and penned "A Mountain's Sojourn".

Today, Bala resides in Tampa, Florida with his two rescues, Aki and Rafiki. When not working on his next artistic venture, he can be found in the kitchen, crafting a new gourmet dish. A true bon vivant!

For more information on this book, interested parties may log on to www.Xlibris.com.

Memories, Thoughts, and Dreams

by Guy Bala

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