



Moderation

Take me to a place
With not so much sun
Let the warmth flow
In moderation.
These sounds so shrill
Though a sign of life
Their notes so high
Like a piercing quill.
Let the music churn the wind
into a sonorous blow,
not the clamour,
but the calm,
resounding echo.
Where passions subside
And serenity glows
Where spirits roam
In the higher realms,
Leaving the mundane
Far, far below.



Dr. Toolika Rani

Squadron Leader (Dr) Toolika Rani is an ex-Indian Air Force Officer, Mountaineer (Everest Climber), International Motivational Speaker (TEDx), Author, a bilingual poet, and Assistant Professor of History. She has authored 06 books, titled, 'Beyond That Wall: Redemption on Everest', 'Sherpas of Solukhumbu: History and Evolution', two Hindi poetry books, 'Dayron ke Bahar' and 'Hasratein', collection of her English poems, 'The Song of the Sky', and has compiled an international anthology of poems on Himalaya, 'The Mountain Was Abuzz'. She was the G-20 Brand Ambassador of Higher Education Department, Uttar Pradesh government in 2023.