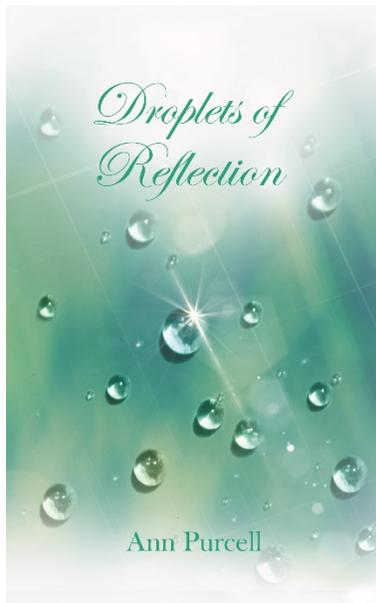


## Ann Purcell Releases New Poetry Inspired by Nature and Transcendence

(October 21, 2020) – A longtime teacher of Transcendental Meditation, Ann Purcell has just released her latest collection of poetry, *“Droplets of Heaven”*. The work comprises 50 short poems, written straight from the heart, with each verse unfolding a poignant truth for further reflection and learning.



Ann has dedicated *“Droplets of Heaven”* to all the teachers of her life, and the work itself makes for a great learning guide. The verses, written in a simple and direct style, were inspired by the practice of Transcendental Meditation and the teachings of Maharishi Mahesh Yogi. They also beautifully capture the serenity, peace, and stillness of nature.

*“Like Wordsworth said, poetry is the spontaneous overflow of powerful feelings. In this collection, each poem is a succinct reflection and hopefully will inspire your own insights,”* says Ann Purcell.

The work is divided into four sections – Love, Silence, Nature and Reflections. In the poem ‘Silence, Speak to Me’, the author wants silence to speak to her, as she loves its voice, going beyond the noise in her head. She likes the fact that in stillness, there is no choice but to listen.

*“What a perfect way to start a Sunday. Your words are soothing and nourishing to my soul. Perfect for a quick return to how truly meaningful are love, peace, stillness and presence for the mind,”* says Liz Newman, a recent reader.

An excerpt from Love:

Cups are for drinking.  
Let me drink now  
the nectar that makes  
my cup overflow  
with love.

FOR IMMEDIATE RELEASE

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### **About**

Ann Purcell is the award-winning author of *“The Transcendental Meditation Technique and the Journey of Enlightenment”*. Her second book, *“Tender Flower of Heaven”*, is a collection of 130 poems. Her most recent book *“The Power of Transcendence: Growing in Love, Creativity, Health, and Happiness”* consists of over fifty short articles on many topics including health and well-being, yoga, enlightenment, silence, heaven, and God. Ann is a contributor to the Huffington Post. She is also a songwriter, and has released seven CDs. She has been teaching Transcendental Meditation since 1973. For more information, please visit: <https://enlightenmentforeveryone.com/>

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