Take Heart: A Conversation in Poetry

Edited & Introduced by Wesley McNair, Maine Poet Laureate

No one has written more eloquently of the view from Maine’s Cadillac Mountain than Elizabeth Coatsworth of Nobleboro in today’s poem.

From Cadillac Mountain
by Elizabeth Coatsworth

So might a Chinese sage have seen the world, seen mist and humpbacked islands from a mountain, with a hawk hanging in a silver sky. So might a Chinese sage have seen his heart and its tranquility shown in elements of earth, sky, water, the only fire white fire of the sun. Here the wind has come from far away, unhurriedly traveling from plains and forests, nameless lakes to seek the ocean and new hemispheres. The mind, stiffened with routine, stretches, floats off with the mist, off with the quiet wind to undefined horizons of its own.

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