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**Elements of Confession in Kamala Das' Poetry****Dr. Aarti Gangan**

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Kamala Das is without a doubt one of the most well-known and eminent authors in the annals of Indian literature, it may be said. She uses her own personal experiences as the basis for her poetry, which is a powerful kind of writing known as confessional poetry. Through the act of writing, this kind of poetry provides a therapeutic form of solace. The method by which the poet explores the personal emotions and experiences related to her married life is the main topic of this piece. Additionally, it highlights the fact that women suffer in patriarchal surroundings or cultures that are established in accordance with conventional traditional culture.

"Keywords: Confessional, connection, frankness, abuse, and emotions."

There is no question that Kamala Das was previously praised for her writing, which is described as being confessional in nature. The confessional approach to poetry allows the poet to openly and honestly share with the reader his or her personal experiences, feelings, and opinions. Insofar as Kamala Das' poems are concerned, there is absolutely no question that they engage with the author's self-analysis and honesty while also discussing and interacting with it. The physiological equivalent of one's own mental state is what worries a candid poet. These types of psychological comparisons are shown to us in Kamala Das' poetry. She writes in the same manner as devotional poets like "Robert Lowell, Sylvia Plath, and Anne Sexton," which is a wonderful analogy.

It is a well-known fact that Kamala Das frequently confronts personal anguish and embarrassments in her poetry, which is common for poets. This is one of the factors contributing to the information's widespread knowledge. One of her work's distinguishing qualities is this. Kamala Das writes about some of life's most intimate events without ever becoming upset or showing any indications of grief. Her honest description of real life and

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candid admission of mistakes perfectly capture the spirit of confessional poetry and the themes that it tackles.

There is little doubt that Kamala Das primarily uses herself as a victim in her poems. Her sexual abuse and humiliations have become the main focus of her existence. She has a lot to say in her poetry, and although though she faces many limitations, she says so as honestly and openly as she can. The confessions made by Kamala Das concern her positions as a wife, a mother, and a mistress to many men. Her poetry is a personal account of her relationships with her husband as well as of her extramarital sex life. She frequently addresses the subjects of love, passion, and marriage in her writing. Since she shares all the facts of her private life when she addresses these subjects, a reader who follows conventional reading conventions can accuse Kamala Das of using language with little regard for propriety.

Kamala Das's poem *The Freaks* is regarded as her most important work. She describes having a sexual experience and the feelings that go along with it in it. She was experiencing contradictory feelings as she laid in bed with a man. She was torn within. Although she was able to meet her sexual needs, she was left disappointed since she could see that he did not truly love her. While she was conscious of his fingertips effortlessly moving over her body, it wasn't so intense that it increased her need for an emotional connection with him. She describes herself as weird since she is so courageous and upfront in how she expresses her opinions. This demonstrates how frank and courageous she is.

Her poem "The Sunshine Cat" is a strong lyrical illustration of her candour with regard to her feelings and thoughts. It takes the form of a disagreement in which she expresses the terrible pain and mental suffering that her spouse and a large number of other males gave her when she was having sex with them. Her boyfriend was the first to inflict her this suffering, followed by many more men. She alleges that her spouse has never loved her or treated her rightly since he is self-centered and a coward. Even while she was having sex with other men, he was a harsh bystander to her sexual activities. She had done everything she could to make her partner happy by clutching to their hairy chests, but they had all told her that they could only satisfy her sexual needs and did not truly love her. By doing so, she had done her utmost to satiate her sexual partner. Kamala Das had no desire to continue having sex with other

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people since there was no longer any love in their souls. In this poetry, a confession is spoken that no woman in her right mind would ever make in public.

The author explores the fact that her partner, who was probably her husband, used to have casual intercourse with her in great detail in her poem titled "The Invitation." At the headquarters, he would visit her during his breaks, have a sexual experience with her, and then go. She did feel a certain level of pleasure when she was having sex, and for her, the bed became a haven. She felt the impulse to commit suicide by jumping into the water, which seemed to be tempting her to plunge into its depths and perish, but she was depressed since her lover had left her.

The poem "The Looking Glass," in which the poet recounts a sexual meeting by using language that imply a loving relationship, is a more direct and open statement of the poet's sentiments. When ladies are ready to engage in a sexual act with their partners, Kamala Das advises them to ignore their emotions of hesitation and shyness. She tells them to take off their clothes and stand barefoot at their partner's side. She also advises the women to communicate with their spouses in advance what they hope to get from them while they are in the bedroom together. She also asks that the ladies give the males all that makes them who they are as women. She asks that they let the men to touch her long, blonde hair, smell the sweat on their chests, feel the warmth and shock of their period flowing, and then allow them to comprehend their endlessly strong female desires. Kamala Das' approach to sexuality is quite amazing, and there's little doubt that the short cuts she employs in this area are based on her incredibly intimate sexual experiences.

The poetry piece "The Old Playhouse" stands apart in its genre due to its contemplative tone. The poems tell how Kamala Das felt like she was drowning in her husband's home because of her egotism and selfishness. She felt as though her thoughts had turned into a dilapidated theatre that was no longer being actively utilised because of the monotony of Kamala Das's life as a housewife with her husband and his dispassionate execution of the sexual act.

By bringing women's latent sexual drives to their conscious consciousness, Kamala Das' work as an introspective writer has significantly benefited female sex. Her open poetry has the same therapeutic effect on the reader as it does on the poet when she writes it. Confessional poetry is a common outlet for poets who are struggling to cope with their own

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personal difficulties. Others will be able to sympathise with the poet if they are open about their experiences.

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