



May Sarton: A Self-Portrait

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This transcript from the film *World of Light: A Portrait of May Sarton* illuminates the life and writing of the poet while celebrating the joys of creativity, love, and solitude

In June of 1979, May Sarton answered the questions of two filmmakers and read to them from her poetry. This four-day “jam session” ultimately became an acclaimed documentary about her life and work.

For Sarton, the muse has always been female, and the writer says that her own poems “tell me where to go.” In this rare and inspiring window into a singular woman’s soul, Sarton speaks candidly about everything from how a single image opened the door to writing about her mother to the importance of transparency in art and life. She shares insights into her very personal art, including the unusual people and events that provide inspiration, how creativity can grow out of pain, solitude as a two-edged sword, the difficulties of being a female poet, and the ways love can open “the door into one’s own secret and . . . frightening real self.”

Featuring sections entitled “On Inner Space,” “On Nature,” and “On Love,” this revealing volume is also about the need to go on, even when up against overwhelming odds. *May Sarton: A Self-Portrait* pays tribute to an artist’s vision and serves as a revealing window into a fascinating life.

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