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## Translating Rupi Kaur into Arabic

As a poetry lover, I have noticed that poetry has become more accessible nowadays than ever. With the revolution of social media, I need only a smartphone to fulfill my poetry reading desire. Platforms such as Instagram and Twitter on top of the other platforms help me to read vast range of poetic texts by multiple poets. Posting poetry on Instagram is known as ‘instapoetry’. Rupi Kaur is considered the pioneer of this literary activism, having than 3.5 million followers on Instagram. Kaur has published two books which remained on the New York Times bestselling list for more than a year. Kaur's debut book also has been translated into more than 30 languages. Interestingly, no Arabic translation has yet been made of either of her books. Therefore, I have translated some of her poems into Arabic.



1-

what is stronger

than the human heart

which shatters over and over

and still lives

أي شيء أقوى من قلب الإنسان!  
يتحطم مرة تلو الأخرى  
و مازال يعيش.

2-

i am a museum full of art

but you had your eyes shut

أنا متحف ممتلئ بالفنون  
لكن عينيك مغمضتان.

3-

i want to apologize to all the women

i have called pretty

before i've called them intelligent or brave

i am sorry i made it sound as though

something as simple as what you're born with

is all you have to be proud of when your

spirit has crushed mountains

from now on i will say things like

you are resilient, or you are extraordinary

not because i don't think you're pretty

but because i need you to know you are so much more than that



أودُّ أن أعتذر لجميع النساء اللاتي  
قلتُ عنهن جميلات  
قبل أن أقول عنهن ذكّيات  
أو شجاعات  
أنا آسفةٌ أنني جعلت الأمر يبدو  
وكانما شيءٌ ببساطةٍ وُلدُتَنَ به  
هو أكثر ما يجب أن تفخرنَ به  
في حين أنّ عزيمةُكُنَّ سَحَقَتِ الجبال  
من الآن و صاعدًا أقول لكن:  
أنتن قويات  
أنتن غير عاديات  
ليس لسبب الجمال  
و لكن لأنكن أكثر من ذلك بكثير.



4-

i am water

soft enough

to offer life

tough enough

to drown it away

كالماء أنا

رفيفة بما يكفي

لأمنحك الحياة.

وقاسية بما يكفي

لأجرفها بعيدًا.



5-

i don't know what living a balanced life feels like

when i am sad

i don't cry i pour

when i am happy

i don't smile i glow

when i am angry

i don't yell i burn

the good thing about feeling in extremes is

when i love i give them wings

but perhaps that isn't

such a good thing cause

they always tend to leave

and you should see me

when my heart is broken

i don't grieve

i shatter



لم أعرف يوماً ما معنى الحياة المتوازنة  
فأنا حين أحزن لا أبكي  
بل أنهمر  
و حين أفرح لا أبتسم  
بل أشعّ  
و حيث أغضب لا أصرخ  
بل أحترق  
الشيء الجيد في المبالغة بالشعور  
أنني إذا أحببت أحدهم  
امنحهم أجنحة  
قد يكون غير جيد أيضاً  
لأنهم سوف يرحلون  
و عليك أن تراني حينها  
فعندما ينكسر قلبي لا أحزن  
بل أتشظى.



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6-

every revolution

starts and ends

with his lips

كل ثورة

تبدأ وتنتهي

بشفتيه.