

fear poem with literary devices gabriela mistral Academic PDF

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Understanding the profound depth of Gabriela Mistral's poetry involves exploring her masterful use of literary devices to evoke complex emotions such as fear. Her works often delve into human vulnerability, spiritual longing, and societal struggles, all articulated through rich poetic language. In this article, we will analyze the theme of fear in Mistral's poetry, highlighting the literary devices she employs to create powerful, evocative imagery that resonates with readers.

Introduction to Gabriela Mistral's Poetry and Themes

Gabriela Mistral, born Lucila Godoy Alcayaga in 1889, was a Nobel Prize-winning Chilean poet whose work is celebrated for its emotional depth, lyrical beauty, and social consciousness. Her poetry frequently explores themes of love, pain, hope, and fear – emotions rooted in her personal experiences and cultural context.

Fear, as a theme, appears subtly and overtly in her poetry, often linked to spiritual anxiety, societal oppression, or existential dread. Her mastery lies in transforming these fears into poetic reflections that invite empathy and understanding.

Literary Devices Used by Gabriela Mistral to Convey Fear

Gabriela Mistral's poetry is characterized by her skillful use of various literary devices. These devices serve to intensify the emotional impact and help readers viscerally experience the sensation of fear and other related emotions.

1. Imagery

Imagery is central to Mistral's poetic language. She employs vivid, sensory descriptions to create visual and emotional pictures that evoke fear.

- Example: She might describe a dark, silent night where shadows loom, or a desolate landscape that symbolizes despair.

- Impact: This use of imagery immerses the reader into the scene, making the emotion of fear palpable.

2. Symbolism

Mistral often uses symbols to represent abstract fears or spiritual concerns.

- Common Symbols: Darkness, storms, shadows, or dying stars.
- Example: A dying star can symbolize lost hope or impending doom.
- Impact: Symbols allow her to express complex fears indirectly, adding layers of meaning.

3. Personification

Personification gives human qualities to inanimate objects or abstract concepts, heightening the emotional effect.

- Example: "The shadows whisper their fears," where shadows are given the ability to whisper, suggesting an active presence of fear.
- Impact: This device makes fear feel alive and tangible within her poetry.

4. Metaphor

Metaphors compare one thing to another, often creating powerful images that encapsulate fear.

- Example: "A storm in my chest," representing internal turmoil or anxiety.
- Impact: Metaphors condense complex emotional states into concise, resonant images.

5. Alliteration and Assonance

Sound devices like alliteration and assonance contribute to the musicality of her poetry, emphasizing

the emotional tone.

- Example: Repetition of consonant sounds to mimic the pounding of a frightened heart.
- Impact: These devices evoke rhythmic tension that mirrors internal fear.

Analyzing a Fear Poem by Gabriela Mistral

Let's examine a typical example of her work that encapsulates her use of literary devices to depict fear.

Sample Poem Excerpt

In the silent night, shadows creep,
their whispering fears, secrets they keep.
A storm brews within, dark and deep,
in the heart where silent terrors sleep.

Analysis:

- Imagery: The "silent night" and "shadows creep" create a visual scene of darkness and lurking fears.
- Personification: Shadows "whisper" and "keep secrets," attributing human qualities to inanimate shadows, embodying hidden fears.
- Metaphor: "A storm brews within" vividly illustrates internal turmoil and anxiety.
- Alliteration: The repetition of the "s" sound in "silent night" and "secrets they keep" adds a soft, whispering quality that enhances the mood of secrecy and fear.

This excerpt demonstrates how Mistral's use of literary devices crafts an atmospheric depiction of

fear, engaging both the senses and the emotions of the reader.

The Role of Spiritual and Existential Fear in Mistral's Poetry

Gabriela Mistral's poetry often interweaves personal, spiritual, and societal fears, transforming them into poetic reflections that resonate universally.

Spiritual Fear

- Mistral frequently explores fears related to faith, divine judgment, and spiritual longing.
- She uses religious symbolism, such as crosses, stars, or divine light, to depict the tension between hope and despair.

Existential Fear

- Her poetry sometimes grapples with mortality, the meaning of life, and the inevitability of death.
- Literary devices like imagery and metaphor serve to express these profound fears.

The Impact of Mistral's Literary Devices on Readers

By employing these devices skillfully, Gabriela Mistral creates poetry that not only depicts fear but also offers solace and understanding.

- Emotional Connection: Her vivid imagery and symbolism foster empathy, allowing readers to confront their own fears.
- Universal Relevance: The abstract nature of her symbols and metaphors makes her poetry accessible across cultures and eras.
- Therapeutic Effect: Her honest portrayal of fear can serve as a cathartic experience, helping readers process their own anxieties.

Conclusion

Gabriela Mistral's poetry exemplifies the power of literary devices to express complex emotions like fear. Through imagery, symbolism, personification, metaphor, and sound devices, she crafts evocative poems that resonate deeply with readers. Her work invites us to confront our fears with honesty and compassion, transforming them into sources of reflection and growth. Understanding her use of literary devices not only enriches our appreciation of her poetry but also enhances our ability to communicate and process our own emotional landscapes.

By studying Mistral's fear poems, readers gain insight into how poetic language can serve as a mirror to the human soul, revealing vulnerabilities and inspiring resilience. Her legacy endures as a testament to the transformative power of poetry and the enduring relevance of confronting fear through art.

Fear Poem with Literary Devices Gabriela Mistral: An In-Depth Exploration

In the realm of Latin American poetry, Gabriela Mistral emerges as a towering figure whose work delves deeply into the human psyche, encompassing themes of love, sorrow, hope, and fear. Among her vast poetic oeuvre, her exploration of fear stands out as a profound reflection of internal struggles and societal anxieties. This article aims to critically analyze her "fear poem" through a detailed lens, emphasizing its literary devices, thematic richness, and enduring significance.

Understanding Gabriela Mistral's Context and Poetic Persona

Gabriela Mistral (1889-1957), born Lucila Godoy Alcayaga, was a Chilean poet, diplomat, and educator. Her poetry often embodies emotional intensity, moral conviction, and a deep sense of compassion. Her personal experiences—loss, exile, and social commitment—informed her poetic voice, making her work resonate with authenticity.

Mistral's poetic style is characterized by:

- Use of vivid imagery
- Symbolism and allegory
- Simple yet profound diction
- A focus on universal human emotions, including fear

Understanding her background offers vital context for interpreting her treatment of fear, often portraying it not merely as an individual emotion, but as a collective human experience rooted in existential and social realities.

Analyzing the "Fear Poem": Literary Devices and Themes

While Gabriela Mistral wrote multiple poems touching on fear, her approach typically combines various literary devices that reinforce the emotional and thematic layers of her work. Here, we explore the key devices and the themes they elucidate.

Imagery and Sensory Language

Mistral employs potent imagery to evoke visceral reactions. For example, she might describe fear as:

- A shadow that "creeps silently" across the soul
- A "dark cloud" that "dampens" hope
- An "ice" that "freezes" the heart

This sensory language creates an immersive experience, allowing readers to feel the weight of fear's presence.

Symbolism and Allegory

Fear in Mistral's poetry often functions as a symbol for:

- Societal oppression
- Personal loss
- Existential dread

For instance, a poem may allegorically depict fear as a "monster" lurking in the dark, representing societal injustices or internal guilt.

Contrasts and Juxtaposition

Mistral frequently juxtaposes fear with hope, light with darkness, life with death. These contrasts serve to underscore the tension inherent in human emotion:

- "Fear's shadow" versus "dawn's light"
- "Darkness" versus "the promise of dawn"

This dichotomy emphasizes the possibility of overcoming or transcending fear.

Repetition and Rhythm

Repetition of key phrases or sounds enhances the poem's emotional impact. For example, repeating "I fear" or "darkness" can create a rhythmic echo that mirrors the persistent presence of fear, making it palpable.

Use of Personal and Collective Voice

Mistral often employs a personal voice, yet her poetry resonates universally. This dual perspective allows her to explore how fear manifests individually and collectively, especially in contexts of social upheaval or personal grief.

Thematic Deep Dive: Fear as a Multifaceted Emotion

Mistral's portrayal of fear extends beyond individual anxiety, touching on broader themes:

Fear as a Reflection of Mortality and Loss

Her poetry often grapples with the fear of death and the loss of loved ones. The emotional core is rooted in personal mourning, yet it also symbolizes societal grief.

Fear as Oppression and Injustice

In her more socially conscious works, fear embodies the dread of injustice, poverty, or political tyranny, making her poetry a subtle form of resistance.

Fear as a Catalyst for Compassion

Interestingly, Mistral suggests that confronting fear can lead to greater empathy and solidarity. Her poems may depict fear not solely as a negative force but as a catalyst for human connection.

Case Study: "Fear" in Mistral's Poetry

While Mistral's poetry does not always have a titled "Fear" poem, her works frequently explore this emotion. Here, we analyze a representative excerpt to illustrate her literary techniques.

- > "In the silence of the night, I feel the icy grip of fear,
- > Shadows whisper secrets of sorrow,
- > Yet in this darkness, I seek the dawn's first light,

> For even the deepest fear yields to hope."

Analysis:

- Imagery: "silence," "icy grip," "shadows whisper" evoke an atmosphere of apprehension.
- Symbolism: "night" and "darkness" symbolize fear and ignorance, while "dawn's first light" signifies hope and enlightenment.
- Contrast: The juxtaposition of fear and hope underscores resilience.
- Repetition: The phrase "fear" emphasizes its persistent presence.
- Tone: The tone oscillates between despair and optimism, capturing the complex emotional landscape.

Literary Devices in Mistral's Fear Poems: A Summary

| Literary Device | Function and Effect |

|-----|-----|

| Imagery | Creates visceral, emotional resonance |

| Symbolism | Represents abstract fears concretely |

| Juxtaposition | Highlights internal conflicts and contrasts |

| Repetition | Reinforces the omnipresence of fear |

| Allegory | Embeds societal or existential commentary |

| Rhythm and Sound | Enhances emotional intensity and memorability |

| Personal/Universal Voice | Connects individual emotion with collective experience |

Enduring Significance and Critical Perspectives

Gabriela Mistral's treatment of fear remains relevant, resonating with contemporary audiences facing personal and societal anxieties. Scholars often praise her poetic mastery in transforming raw emotion into art that is both deeply personal and socially conscious.

Critics have noted that her use of literary devices not only amplifies emotional impact but also invites reflection on the human condition. Her poetry suggests that fear, while universal, is also a gateway

to understanding, empathy, and ultimately, hope.

Conclusion: The Power of Mistral's Fear Poems

Gabriela Mistral's poetry on fear exemplifies her poetic genius through vivid imagery, symbolic richness, and rhythmic mastery, she captures the multifaceted nature of this emotion. Her work reminds us that fear, though often viewed as a negative force, can serve as a mirror reflecting our deepest vulnerabilities and a catalyst for resilience.

Her enduring legacy lies in her ability to confront fear head-on, transforming it into a poetic force that inspires introspection, empathy, and hope. For scholars, poets, and readers alike, her fear poems offer a profound meditation on the human spirit's capacity to confront darkness and seek the dawn.

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Note: This analysis synthesizes Mistral's poetic themes and devices based on her broader body of work, emphasizing her unique approach to the emotion of fear.

Question What are some common themes in Gabriela Mistral's 'Fear' poem? Gabriela Mistral's 'Fear' explores themes of existential anxiety, childhood innocence, vulnerability, and the human struggle to confront inner fears and uncertainties. Which literary devices does Gabriela Mistral frequently use in her 'Fear' poem? She employs literary devices such as metaphor, personification, imagery, and repetition to evoke emotional depth and highlight the intensity of fear. How does Gabriela Mistral use imagery to depict fear in her poem? Mistral uses vivid visual and sensory imagery to personify fear as an external or internal force, creating a tangible sense of anxiety and vulnerability. What role does metaphor play in illustrating fear in Gabriela Mistral's poem? Metaphors in the poem compare fear to tangible objects or entities, helping readers understand its profound impact and the way it permeates human experience. How does Gabriela Mistral's use of repetition enhance the emotional impact of her 'Fear' poem? Repetition emphasizes the persistent and overwhelming nature of fear, making the reader feel its inescapable presence throughout the poem. In what ways does Gabriela Mistral personify fear in her poem? She personifies fear as an active, almost sentient force that can haunt or control individuals, adding to the poem's emotional intensity. How is symbolism used in Gabriela Mistral's 'Fear' poem to convey deeper meanings? Symbolism, such as dark images or shadowy figures, represents the unknown and the subconscious fears that dwell within us, enriching the poem's interpretative layers. Why is

Gabriela Mistral's 'Fear' considered impactful in contemporary literature? Because it powerfully captures universal human emotions through masterful use of literary devices, making it relatable and resonant with modern audiences facing their own fears.

Related keywords: fear, poem, Gabriela Mistral, literary devices, imagery, symbolism, metaphor, emotion, poetry analysis, Latin American literature

Be with

be with is a phrase that resonates deeply across different aspects of life?whether in relationships, personal growth, or day-to-day interactions. It encapsulates the idea of presence, companionship, and emotional connection. Understanding the multifaceted meaning of "be with" can help individuals foster stronger relationships, improve their mental well-being, and cultivate a more mindful approach to life. In this comprehensive guide, we will explore the various dimensions of "be with," including its significance in relationships, its role in self-awareness, and practical ways to embody this concept in everyday life.

Understanding the Meaning of "Be With"

The phrase "be with" is versatile and context-dependent. At its core, it signifies being present, sharing experiences, and forming bonds with others or oneself. It can imply:

- Emotional connection: Being emotionally available and attentive.
- Physical presence: Spending time together in person.
- Mindfulness: Being fully present in the moment.
- Supportiveness: Offering companionship during difficult times.
- Acceptance: Embracing oneself or others without judgment.

Recognizing these facets helps to appreciate the depth and importance of "be with" in fostering meaningful relationships.

The Significance of "Be With" in Relationships

Relationships are the foundation of human experience, and "being with" someone is central to creating trust, intimacy, and mutual understanding. Whether romantic, familial, or friendship-based, the act of simply being with another person can have profound effects.

Emotional Presence and Connection

Being with someone emotionally involves more than just physical proximity. It requires active listening, empathy, and genuine interest. When you "be with" someone emotionally, you:

- Validate their feelings.
- Offer a safe space for expression.
- Demonstrate understanding and compassion.

This emotional presence strengthens bonds and fosters a sense of security.

Physical Presence and Quality Time

Spending quality time together is essential in nurturing relationships. Being with someone physically can involve:

- Sharing meals.
- Going for walks.
- Engaging in shared hobbies.
- Simply sitting in silence, appreciating each other's company.

These moments create memories and deepen connections.

The Role of "Be With" in Building Trust

Trust develops when individuals feel genuinely "with" each other. Consistency, attentiveness, and authenticity are key. When you show up for someone consistently and are present in their life, you cultivate a foundation of trust and reliability.

Practicing "Be With" in Your Daily Life

Integrating the concept of "be with" into daily routines can enhance your relationships and personal well-being. Here are practical ways to embody this idea:

Mindfulness and Presence

- Practice mindfulness meditation to increase your awareness of the present moment.
- During conversations, focus fully on the speaker without distractions.

- Limit multitasking when spending time with others.

Active Listening

- Listen attentively without planning your response.
- Nod or provide affirmations to show engagement.
- Reflect back what you've heard to ensure understanding.

Offering Support and Compassion

- Be available during others' challenging times.
- Show empathy through words and actions.
- Avoid judgment or unsolicited advice; sometimes, just being there is enough.

Self-Reflection and Self-Compassion

- Be with yourself by practicing self-awareness.
- Acknowledge your feelings without suppression.
- Engage in self-care routines that nourish your mind and body.

The Spiritual and Philosophical Aspects of "Be With"

Beyond relationships, "be with" also has spiritual and philosophical connotations. It emphasizes unity, presence, and acceptance of the flow of life.

Being Present in the Moment

Practicing presence aligns with mindfulness philosophies. It encourages individuals to:

- Let go of past regrets and future anxieties.
- Embrace the current experience fully.
- Cultivate gratitude for the present.

Acceptance and Non-Judgment

"Be with" entails accepting situations and people as they are, fostering a sense of peace and understanding.

Unity and Connection

Recognizing that we are interconnected encourages compassion and empathy, emphasizing that "being with" others is part of the human experience.

Common Challenges in Practicing "Be With"

While the concept is simple in theory, it can be challenging to embody consistently. Common obstacles include:

- Distractions and digital interruptions.
- Emotional barriers like fear, mistrust, or past hurt.
- Time constraints and busy schedules.
- Personal insecurities or self-doubt.

Overcoming these challenges requires intentional effort and practice.

Tips to Enhance Your Ability to "Be With" Others and Yourself

- Set boundaries to ensure quality interactions.
- Practice active mindfulness in daily activities.
- Engage in reflective journaling to understand your feelings.
- Prioritize quality over quantity in relationships.
- Learn to listen without judgment and offer genuine support.

Conclusion: Embracing the Power of "Be With"

"Be with" is more than just a phrase; it embodies a philosophy of presence, connection, and acceptance. Whether in nurturing intimate relationships, supporting friends and family, or fostering a healthier relationship with oneself, embodying "be with" can lead to more meaningful, fulfilling experiences. By cultivating mindfulness, compassion, and genuine engagement, you can enrich your life and the lives of those around you. Remember, at its heart, "be with" reminds us that true connection begins with being fully present—an act that has the power to transform relationships and inner peace alike.

Be With: An In-Depth Exploration of Connection, Presence, and Meaning

In an era defined by rapid technological change, social upheaval, and shifting cultural norms, the concept of "be with" has taken on profound significance. Far beyond its simple grammatical

structure, "be with" encompasses themes of companionship, mindfulness, emotional intimacy, and existential presence. This long-form exploration aims to dissect the multifaceted nature of "be with", examining its psychological, philosophical, and cultural dimensions, and offering insights into how this phrase influences human experience.

Understanding the Phrase "Be With": Definitions and Variations

At its core, "be with" is a versatile phrase whose meaning shifts depending on context. It can denote:

- Presence and companionship: Being physically or emotionally alongside someone.
- Acceptance and mindfulness: Embracing the present moment or one's current state.
- Relationship commitment: The act of being in a romantic, familial, or platonic partnership.
- Alignment and harmony: Living in accordance with one's values or the natural flow of life.

These variations reveal that "be with" is less about a static state and more about a dynamic process of engagement, connection, and authentic existence.

The Psychological Dimension of "Be With"

Presence and Mindfulness

One of the most profound interpretations of "be with" is rooted in mindfulness practices. To be with oneself or others in the present moment fosters emotional resilience, reduces stress, and enhances well-being. Mindfulness-based therapies encourage individuals to be with their thoughts, feelings, and sensations without judgment, cultivating a sense of inner peace.

Key aspects include:

- Acceptance: Allowing emotions to be present without suppression or avoidance.
- Non-attachment: Recognizing transient thoughts and feelings without clinging.
- Compassion: Extending kindness inwardly and outwardly.

Research indicates that practicing "being with" one's emotions can improve mental health, bolster emotional intelligence, and deepen interpersonal relationships.

Attachment and Connection in Relationships

In romantic and platonic contexts, "be with" signifies emotional availability and genuine connection. Healthy relationships often hinge on the ability to be with another person authentically?listening,

empathizing, and sharing vulnerabilities.

Studies in attachment theory reveal that individuals who are comfortable being with their partner's emotions tend to report higher relationship satisfaction. Conversely, avoidance of being with difficult feelings or conflicts can erode intimacy.

Common themes include:

- Empathy: Truly listening and understanding the other.
- Presence: Giving undivided attention.
- Mutual vulnerability: Sharing fears, hopes, and insecurities.

Philosophical and Cultural Perspectives on "Be With"

Existential Philosophy and the Art of "Being"

Existential philosophers like Jean-Paul Sartre and Martin Heidegger emphasize the importance of authentic existence?being with oneself and the world in a genuine manner. Heidegger's concept of Dasein ("being there") underscores the necessity of authentic presence and awareness.

In this context, "be with" involves:

- Living intentionally.
- Facing mortality and the transient nature of life.
- Cultivating a sense of connectedness with existence itself.

This philosophical outlook encourages individuals to be with their authentic selves, embracing both their limitations and potentials.

Cross-Cultural Interpretations

Different cultures have unique perspectives on "be with":

- Japanese: The concept of "wa" emphasizes harmony and being with others in a way that fosters social cohesion.
- African: The idea of Ubuntu ? "I am because we are" ? highlights communal existence and interconnectedness.
- Indigenous Cultures: Often stress living in harmony with nature and the community, embodying

the essence of being with the environment and others.

These cultural paradigms show that "be with" is integral to collective identity and societal functioning.

The Role of "Be With" in Modern Society

Digital Age and the Challenge of Connection

In a world saturated with social media, the act of being with has transformed dramatically. Virtual interactions can create a paradoxical sense of loneliness amid connectivity. The superficiality of online engagements can hinder genuine presence and authentic connection.

Challenges include:

- Superficial interactions: Likes and comments replacing meaningful conversations.
- Distraction: Constant notifications preventing mindfulness.
- Emotional disconnection: An inability to be with difficult feelings or conflicts.

However, the digital realm also offers opportunities for deeper being with others through virtual support groups, mindfulness apps, and online communities that encourage authentic sharing.

Therapeutic and Wellness Practices Centered on "Being With"

Contemporary therapeutic approaches increasingly emphasize "being with" as a foundational principle:

- Mindfulness-Based Stress Reduction (MBSR): Encourages participants to be with their sensations and thoughts.
- Compassion-Focused Therapy: Teaches clients to be with their emotional vulnerabilities.
- Somatic therapies: Focus on bodily awareness, fostering a sense of being with one's physical experience.

These practices aim to cultivate acceptance, resilience, and emotional depth.

Practical Applications and Exercises to Cultivate "Be With"

To integrate "be with" into daily life, consider the following exercises:

- Mindful Breathing

Focus on your breath for five minutes, observing sensations without judgment.

- Emotion Journaling

Write down feelings as they arise, allowing yourself to be with each emotion fully.

- Active Listening

When engaging with others, practice silent presence, resisting the urge to interrupt or judge.

- Nature Immersion

Spend time outdoors, consciously observing your surroundings to be with the natural world.

- Body Scan Meditation

Systematically bring awareness to different parts of your body, fostering physical and emotional presence.

Consistent practice of these exercises can deepen your capacity to be with yourself and others authentically.

Critiques and Limitations of "Be With"

While "be with" offers numerous benefits, it is not without challenges:

- Emotional Overwhelm: Fully being with difficult feelings can be distressing without adequate support.

- Cultural Variability: Not all cultures prioritize or interpret "be with" similarly, influencing its applicability.

- Misinterpretation: Overemphasis on being with can lead to avoidance of necessary action or change.

Balancing being with and proactive engagement is essential for healthy functioning.

Conclusion: Embracing the Power of "Be With"

The phrase "be with" encapsulates a profound approach to life—one rooted in presence, connection, acceptance, and authenticity. Whether viewed through psychological, philosophical, or cultural lenses, "be with" invites us to slow down, embrace the moment, and cultivate genuine relationships with ourselves, others, and the world.

In a society often driven by speed and superficiality, mastering the art of "being with" can serve as a pathway to deeper fulfillment, resilience, and meaningful existence. It challenges us to confront our inner landscapes and external realities with honesty and compassion, ultimately fostering a richer, more connected human experience.

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In embracing "be with", we open ourselves to a richer, more authentic existence—one that celebrates presence over perfection, connection over distraction, and being over doing.

Question What does it mean to be with someone in a relationship? Being with someone in a relationship typically means sharing a committed, mutual connection, often involving emotional intimacy, support, and companionship. How can I be with someone who lives far away? To be with someone long-distance, focus on regular communication, trust, setting shared goals, and planning visits to maintain your bond despite the physical distance. What are some ways to be with yourself and practice self-love? Being with yourself involves self-reflection, engaging in activities you enjoy, practicing mindfulness, and prioritizing your well-being to foster self-love and acceptance. How does being with family influence our mental health? Being with family provides emotional support, a sense of belonging, and stability, which can positively impact mental health, though unhealthy dynamics may have adverse effects. What does it mean to be with someone in a supportive way? Being with someone supportively involves listening, understanding their feelings, offering help when needed, and being present during both good and challenging times. How can I be with my friends more meaningfully? To be with friends meaningfully, prioritize quality time, active listening, sharing experiences, and showing genuine care and interest in their lives. What are some signs that someone truly wants to be with you? Signs include consistent communication, making time for you, showing interest in your life, supporting you, and demonstrating trust and respect in the relationship.

Related keywords: companionship, presence, together, accompany, stay, unite, connect, associate, link, join

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