

Eight-Syllable Line Quatrain

Written On The Bones: Thoughts of Kim Rosen

Poetry can be a lantern
that shines to dark places within,
can be powerful medicine
for personal transformation.

Find poetry in songs you sing.
Hold poems to the light like a slide
to find out what it really means--
revelations through whole body.

Do not like all poems. Don't be
metrophobic--fear poetry.
Be willing to be changed. You can
surrender willfulness to verse.

Reclaim poetry for your own--
spoken word, hip-hip, poetry
slams. Poetry can connect world.
Be poetry emissary.

Learn verse by heart, not memorize
a mutual relationship.
Let yourself be changed and be healed.
You're one with others through poems.

In times of cataclysmic change
Poetic language holds questions
and answers, weds inner/ outer
for revelation, brings wholeness.

From article in The Sun December 2010 "Written on the Bones" by Alison Luterman

Eight-Syllable Line Quatrain: Syllable Count: 8 syllables per line.
Four Lines= Quatrain per stanza. Any number of stanzas.
Rhymed or unrhymed. You can determine the rhymed patterns.