

# Minute

## Poetry Disciple

8 Poems can be prayers, holy  
4 seek salvation  
4 plead assistance  
4 enlightenment

8 But non-denominational  
4 for anyone  
4 make us more whole  
4 invincible.

8 Poems can become universal.  
4 Poems matter.  
4 Poems connect.  
4 Poems save you.

**Minute:** 8-4-4-4 syllable stanzas.  
Usually has 3 stanzas.

Traditional Minute has 60 syllables  
in strict iambic meter.  
Rhyme scheme: a-a-b-b, c-c-d-d, e-e-f-f  
Syllable count: 8-4-4-4

Non-traditional Minute does not rhyme  
but has the 8-4-4-4 syllable count per stanza