

elliott dennis



exposing the  
heart of a poet



*Inspiration is connection. In stories told through books, music, movies, etc. we find connection. The connection is often in a single phrase, a dozen or more words that resonate with us. This book is an example of 100 moments in life where author Elliot Dennis felt connection. His hope is that, in the 13000 words found herein, you find connection in a line or two that resonates with your human experience. Through connection, we find inspiration...*

## **Exposing the Heart of a Poet**

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# **Exposing the Heart of a Poet**

**Elliot Dennis**

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First Edition

*Exposing the Heart of a Poet*

**Planting seeds**

The quick brown fox jumps over the lazy dog.  
Therein lie the seeds of the tales of all life  
If you use  $1/4$  of your heart it is horror  
If you use  $1/2$  then you produce drama  
If you use  $3/4$  then it shall be romance  
And when you use it all you have comedy  
For we are all fools on the edge of great  
adventure

We just need to recall the joy of jumping

**At sunset**

Each day I die a little, we all do  
It is in the nature of the breath  
To be taken in and then expelled  
Take heed of the way you breathe  
Is the breath shallow, high in the chest?  
Does the belly expand as if full?  
How often do you find your breath taken?  
I am inspired when I open my eyes  
And reminded once again,  
Don't hold your breath!

**No time**

Life ticks by one second at a time  
Minutes remembering moments  
Hours struggling for the future  
Days spent undoing the past  
Months seeming lost in a bubble  
Years melting away before you know it  
The heart doesn't tell time except by beats  
And as the years turn to decades until eternity  
Remember you live in every beat of my heart

**The little things...**

Life is that little puzzle in the Sunday paper  
That shows you 2 version of the same scene  
You get to see how observant you are.

This is a test of whether or not you are paying  
attention.

When spending time in paradise  
See if you can identify the number of differences  
in the same experience.

See if what was once a mundane repetition  
Can become an appreciation of the nuances.  
Take a scene, any you have before you and see if  
you can see all of the differences

Better still stop counting

Truly appreciate this once in a lifetime moment  
you have in front of you and participate with  
everything that is you.







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