

Emotions

There are times when I feel very deeply about something; when I suddenly – and perhaps unexpectedly – am *touched* to the point that nothing else is mindful...nothing else seems important. I call this deep but momentary feeling, emotions.

Emotions are very fickle; unlike a passion or prevailing disposition, an emotion is short-lived, usually intense, but very apparent. Yes, “emotions” are described as the list of possibilities such as “upset”, “excited”, “bored” and so on; and to add to this list, mood can take-on what seems like an endless number of faces in the realm of Myspace.com from “agitated” to “wrangled”...and anything in between.

Mood and emotions have a relationship – as one influences the other and vice versa. To me, mood is like a prolonging of emotion although less intense or more subdued. Being bored is more like a mood or general disposition, but when we’re *bored to tears*, perhaps an emotion has kicked-in.

What does an emotion(s) have to do with writing verse or poetry? Assuming there is any accuracy to my simpleton explanation of emotions, the answer is that it has to do with the idea or inception of the verse. Something *takes hold of you* and, given the “right conditions” collectively, the verse begins – sometimes with a trickle but other times in a downpour. With all manner of flow however, the idea or inception is intense and immediate; such that, in keeping *the drive alive*, it is best to go to the keyboard and let it flow.

This flow, or expression of your emotions, should not be left undone, once tended; for the emotion is the motivation and inspiration behind it. Like an “action shot” in photography, the moment or timing is everything. Because emotions come and go, are here than gone; don’t let the moment slip you by...as it may not come again.