

Essence

When Writing

We **start** poem **with words**
We **part** our thoughts' **myth herds**.

When Eating

We **chew** when our **mouth's full**
We **spew** when feel **south's pull**

When Sleeping

We **wake** up to **wild** noise.
We **take** up a **child's** toys.

Essence:

1. Any number of couplets.
2. Syllable Count: six per line.
3. End and internal rhyme. Pattern: x-b-x-x-c-a b-x-c-x-x-a
4. The b and c can be placed in any position in the line.