

# You Are Reading This Too Fast

By Ken Norris

You are reading this too fast.  
Slow down, for this is poetry  
and poetry works slowly.  
Unless you live with it a while  
the spirit will never descend.  
It's so easy to quickly cut across the surface  
and then claim there was nothing to find.  
Touch the poem gently with your eyes  
just as you would touch a sad puppy.  
Poetry is an exercise in patience.  
You must wait for it to come to you.  
The spirit manifests in many guises;  
some quiver with beauty,  
some vibrate with song.  
What is happening?  
Slow down, slow down,  
take a few deep breaths,  
read the poem slowly,  
read the lines one at a time,  
read the words one by one,  
read the spaces between the words,  
get sleepy, this is poetry,  
relax until your heart  
is vulnerable, wide open.