

Sonnet Scroll

After Breakfast

By David Landon

Your body needs to walk, and takes you too,
and with you goes a caffeinated brain,
each of its zillion, eager, micro-bits
of thought alert to being here, the deft
impression of the feet on earth, the lift,
the sky, its soft invasion of the eyes;
the flow, and play, and flourish of the world.

And since the body has a tongue, the heart
of sentience its whims, the head its words,
and since the speaking muscles love to work,
why not some adjectives for this day's light,
such as irradiant, exuberant,
astonishing, exhilarate, profound?
And how about an exclamation? Yes!