THE MEANING OF POETRY

Is the air we breathe.

Is the food we eat.

Is the blood hiding beneath.

Is the music to the beat

Poetry means more than that.

It’s beyond science and facts.

It builds instant connections,

And it gives verbal satisfaction.

It’s the meeting of the minds,

To keep our hearts aligned,

It educates us all.

To stand true and tall,

It’s food for the soul.

That’s more precious than gold.

It’s the page that keeps on giving.

Or the essence keeps on trescending,

Poetry can get you out of your shell.

It’s a spell, if you can’t tell.

Poetry is really hard to explain.

As the blood passes through your veins,

To me, poetry is everything in one.

It’s the pale moon and the shining sun.

Cobalt Poets Series # 680 ~ November 4, 2025

ED POETASTIC

Ed Poetastic is a Washington, DC native with nine years of poetic fire flowing through his pen. He’s graced legendary virtual mic stages like The Nuyorican Poets Café and lit up open mics across the nation. Featured in numerous anthologies, Ed’s mission is simple: to inspire others to pick up their pens and write with all their might, turning words into insight. His performances blend rhythm, passion, and truth leaving audiences moved, motivated, and ready to create. Connect with him on Facebook and Instagram to keep the poetic energy alive.