About Me

December 2016 | Nolan Manteufel

This poem was written over several years. I’m not even sure if I am done tweaking the words. I might completely revise it in the future. It expresses my thoughts and feelings during early 2017. Based on the little I know of Hercules, I think there are qualities about myself that analogize well to his mythology.

i'm tired of hypocrites

that claim to serve God

admitting about none

of the things they do wrong

not keeping it real

not listening to rap

supposing they're good

'cause of biblical crap

so i sit here and smile

to calm my own mind

distancing myself

from brain wash of that kind

my life is my own

my direction has changed

i'm not who i was

perhaps i'm more sane

i'm like Hercules but

my strength is much less

so i focus on me

my life and my best

to find my own heart

allow it to quest

wherever it wants

ignoring the rest

About Poetry

11 April 2017 | Nolan Manteufel

This little poem summarizes three of the elements of poetry that my Literature professor discussed in class today. What I like most about this poem is my intellectual fingerprint seen in the "if - then" form. Most poems aren't a logical statement. The poem also has a very OCD satisfying symmetry. Another thing I like about the poem is the build up to a seemingly flat ending. The ending feels like a disappointment. Which is a metaphor for life: where the ending may feel flat compared to many of our expectations. Don’t overthink it. This poem is like an abstract painting that may, or may not, bring out meaning from our subconscious. Enjoy it for what it is. Meh, I think this one is a keeper.

if

expression

in verse

be bound

meaning

in metaphor

be shown

emotion

in tone

be stirred

then

words

of poetry

be found

Less is Less

12 April 2017 | Nolan

This little poem is annoying when viewed directly. It irritates the human brain because, as an introductory expression, it leaves the reader hanging. The poem becomes pleasant only after the reader takes a mental step-back and views it as an analogy for life. Most humans don’t figure out what is going on till the very end. Once we discern meaning, we are able to look back over the way the limited resources were spent (life’s time, this poem’s words) and wish they were spent differently.

if

all I had

were ten words

to describe life

then the reason

I succeeded is

the reason I

failed.

Cusp

17 February 2022 | Nolan

Five years ago the poem Less is Less was complete. Now it is finished. Rest in peace, Norm. The concluding poem is an observation I made in 2011 or 2012 and shared to my college roommate. The observation was: the reason a lot of successful people fail, often seems to be the same reason they succeeded in the first place.

My Poor Little (ADD) Brain

17 April 2017 | Nolan Manteufel

This poem succinctly paints a linguistic picture of the personal nature of the experience of life. Except for the last line, the entire poem is imaginative. Which is interesting considering the last line regards an unimaginative critic.

When

An interesting word stimulates

And visual context intrigues

My poor little brain percolates

On stuff yours thinks I don’t need

This poem came out of nowhere. Last night I felt like a poem needed to be written that started with the word “when” and paint a thoughtful picture about life. Just a few minute ago when I sat down to write this…I had no clue what would come out. But I really like the picture this poem paints. This poem also has a level of irony in cases where others think poetic endeavor is a waste of my time.

End of Us

April 2017 | Nolan Manteufel

As if

Time and distance heal

And heal I must and now do

It is

Pain and sorrow I feel

As-i sep’rate us to me and you

How

April 2017 | Nolan Manteufel

How

to give of one’s mind

sharing understanding without confusion

enabling improvement without abuse

increasing perspective without division

to live with another

sharing self without frustration

enabling fulfillment without suppression

increasing experience without tragedy

complex

are the faces of life

complicated

are the clash of life forces

the essence of life is a journey

through many and diverse places

with hurts and pains, joys and woes

advances and gains, ploys and foes

only change remaining the same

absolute truth

is a must

yet singular may it be

so

absolute truth

may be just

truth of relativity

Vortex of Awe

26 May 2017 | Nolan Manteufel

This poem was written with a friend. We were analyzing human culture from an emotional perspective.

The emotional ebb and flow of life

Has seasons for joy to wax and wane

When dreams and memories transcend time

And a vortex of awe calms the brain

Safe Now

12 March 2019 | Nolan Manteufel

Seeds from this poem were used to create the Safe Now poem of 2022.

[ Deleted. NM.25FEB2023 ]

Valid and True

21 March 2019 | Nolan Manteufel

We have different priorities

Different challenges

Different stresses

But we engage to do these things

Creating value

Making memories

We experience each other

The highs and the lows

We fulfill and disappoint hopes

In time one disappoints the other

Pieces of a Puzzle

4 April 2019 | Nolan Manteufel

Words of condensed thought

Intelligent, organized and pleasing

Are worth circulation

Formula of condensed thought

Understandable, valid and useful

Are worth computation

Compose words

to activate neurological circuits

to access memories

to experience pleasure

to store new memories of pleasure

Compile formula

to activate electrical circuits

to access memories

to converge on solutions

to store new memories of solutions

Composed words require a thinking mind

Genetics, experiences and dreams

Compiled formulas require a convitae system

Processing, data and goals

Writing poetry is like “dropping a feather into a canyon and listening for the echo” because the best poems activate neurological circuits of pleasure and memory in ways that create new memories of pleasure. Neurological processes that need no public expression.

Fundamental Theorem of Poetic Expression

4 April 2019 | Nolan Manteufel

Ideas worthy of repeated pondering

Deserve poetic expression

The Evil Ending

4 April 2019 | Nolan Manteufel

Keep your friends close,

Your enemies closer,

And your victims far away.

Enjoy Life

4 April 2019 | Nolan Manteufel

Even when your memories

Are better than anything your future holds

You can enjoy life

If you are able to read these words,

You were born and learned to read,

You found these words and can comprehend simple thoughts,

You can enjoy life.

If you are able to read these words years later,

You were able to sustain life’s functions,

Even if you have passed that point in life,

Where your memories are better than your future,

You can enjoy life.

Be still and know that I am God

14 April 2019, Nolan Manteufel

There are times in life why you need to have the courage to give yourself a succeed or quit ultimatum.

In 2013 I gave myself such an ultimatum. I told myself if I couldn’t make a PCB with three parts, at a cost and quality that could be resold to make a profit, then I should stop all thoughts of making profit off more sophisticated PCBs. If I can’t make a board with three parts, why do I think I could make a board with thirty or one hundred.

At a neurological level, I wonder if this type of ultimatum is similar to the Bible’s Psalm 46 where the writer attributes God with the phrase “Be still and know that I am God.” Ignoring the rant of a narcistic asshole that follows this phrase, I wonder if the neurological act of pausing to consider human limitations with respect to our ability and ambitions is similar to what the psalmist was directing.

Gravestone Message

12 September 2021 | Nolan Manteufel

This brief inscription should stimulate humor in the reader. It should cause a playful sensation for the reader that pauses and considers that I thought about their thinking processes, in 2021, and wanted to make it a pleasant experience.

It's humorous how we use gravestones for messages. Boo!