

I Am

I am the one
You are the one
Powerful
Strength of the world
Of all continents
Breath and life of
Mother earth

soil, my gut
hair sunshine; eyes blue sky
skin of air, blood nourishing water
bones = mountain
organs thoughts and emotions
i am decay and life again
birth and rebirth

i am the space beyond thought, feeling, sensation
i am the sunrise and sunset
i am love
i am walking through the world like water
 working with each encounter, interaction, circumstance
i am sound and voice, soundlessness, and vibration
i am.
i am sunshine and rain, fire and water, heart and bone, earth and sky, light and life
i am smiling and working and crying and thinking and being
i am an expression of great prana from the ages
 manifest here for a specific purpose
 to be, to heal, to remember, to teach

i am whole
i am here
i am loved
i am known
i am rooted
i am strong
high as the stars
expansive as the universe
growing up from the ground
strong to the sky
i am airy and light
i am powerful beyond measure
I am strength, light, and love
I am
Perfect as I am

My endeavors are filled with blessings
And their energy is far-reaching
Reaching everyone
I am open to possibilities
I am moving in the direction intended for me
I am healed and healing
I am light, I am love.

I'm a deep-watered soul
introspective reflective
earth kneeler
sourced healer
genuine believer
intuitive feeler
a sunshine lover
total hugger
moonscape gazer
oceanside walker
wave rusher
water toucher
log sleeper
sun soaker
star dreamer
relaxation and purification seeker
environmental teacher

i took the dive that cannot be untaken
took the path that will never be shaken
not taken for granted
just taking advantage
of the life opportunities
given me through grace and love and generosity
perception cleansing
rivermaps flowing
(glowing)
karma harmonizing
seeking non-judgement
learning & living
ethical, physical, spatial
integrity

a deep bow to the ancients
thank you for being here

written in four parts over 6+ years: in response to David Vendetti's request that we write a personal affirmation, and after he read Blackalicious lyrics 12.15.13, and to his request that we write another personal affirmation on Sunday, May 18, 2014, and after Yoga Nidra with Krista in Brewer, Dec 20, 2015, and Feb 2021. -kelly ann ilseman