

## **ancient meditation from the heart**

i know what the ancients did ...

how they (used their body to)

communicate with the universe

connecting earth and sky

electromagnetic

flesh and blood

Breathing

Connecting

Being

fully alive

(yoga was the) art of the ancients

pulsing through my body

beating heart

air in lungs

breathing the universe

knowing all through direct experience.

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-kelly ann ilseman