

As I sat on the yoga deck at Playa Viva
Intensely deeply present in my meditation
experience
Feeling my body's energy field expand
beyond the physical
up through my mind
a soft energy field around my head
I felt intention to leave behind
mental and physical trash.
To seek these wild, exotic experiences
But above all to be kind, to be gentle
To let myself be
Held in the arms of the great Mother
And the great depths of the Pacific
The endless sands of time
And this eternal Mexican sunshine
On a regular basis.

Kindness
Please let me leave everything negative here
La basura
The dark parts of my soul
What can I let go?

Held in the lovely arms
Of the ocean, la playa, the waves, the sunshine, and the palms
Letting the negative evaporate
Until there is nothing left but pure love
And kindness

The roar of the ocean waves
Drowns out the rest
Attunes me to its cadence
Rocks me in its cradle
Sandy seashore, blue sunshine loveliness

I am filled with sunshine to the bone
Each cell has soaked it in
The waves have echoed mighty power
Deep down, entrained me to the sound
Loud and clear: listen, hear

Why be beautiful, if you can't be kind?
Let it come from inside
Let it shine like sunshine
Let it crash on the world like radical

Let it sparkle in the water so magical
Let it purify every dark place
Every weird thing, and all the negative
Let me be ONE with every living being.

Simple alignment
Grounding stability

"You can't stop the waves, but you can learn to surf." Jon Kabat-Zinn

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