

What is that fear?

What is that fear I have,
Of being, of breathing
Of movement that I love
Of showing myself to others
My face, my light?
Of receiving, and giving, love?
I need that exchange.

And it feels good to stand tall
Strong
Rooted and reaching
Grounded
Completely
Connected to every living thing
Electrical connection
Through my cells
Into the ether

Nevermind the snow outside,
The whiteout cold
Tunnels mounded high
Draw matters to the heart
Cozy, cuddled
Safe and warm inside

If you want anything to last or be real
Give it time - create the
 (intricate texture of) substance
Develop the arc of days that will bring it
Into heightened condition,
Happy and full,
Radiating sunshine from the inside out
Because that always feels good

Doing everything in love
And in truth
Feels as good as the full earth beneath
Sunshine dappling through tree branches
Apples ripening reddish green
Misty morning dew
And the smell of rich earth
Roots me to a place
Changes me
Makes me whole

Life is a giant yoga posture
A sequence of choices
From child's to savasana
And back around again
How are you living your life?
What do you want it to be?
It's only for a time...

It only lasts a second
And then your mind is off and running
Just like that
It only takes a moment

Take pause
Listen, feel
Bring it on back to the
sound of your
Breathing
The body is the single thing
We spend the most time in
Why not come to know it?

Being in chronic pain showed me
That I want to heal people
So it was a good thing
It taught me perspective
And the value of slowing down
Of listening to my body
And giving it nourishment and
Beautiful herbal remedies
That feel good,
Bone deep

It's like a prayer
Directing all my energy into
One
Positive direction
Summoning intention
And the goodwill to carry on
Aligning myriad cells
With the mystery of the universe
And the science too
Unification and synergy
Is all we're looking for

And what we've found

All good intentions turn to dust
In the face of reality
In that they pass by
And sometimes the things we worry about
Are really
Inconsequential
In the larger scheme

And I can stand firm in that feeling
Forever
Joined loin to the earth
And heart to the soil
Knitted in its fabric
Of carbon and nitrogen
Constant recycling

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kelly ann ilseman

It's been so long,
Been so lo-ong,ng (love you Vetiver)