I'm the queen mama It's all being birthed from me, That's right!

Flowing in tendrils down my long body Calm and centered at heart

Present.

Grounded at earth center.

Graceful, peaceful

Overflowing

With goodness, radiant sunshine, peaceful words

Non-judgement, right & just action

Breath and being as the highest calling

My dress is made of these things,

It is long and flowing

From Oregon to California

ornate green, grey swirls of goodwill, love, kind intention

From my heart and home in Portland

Earth center residing in the fertile soils

of southern Oregon

to the fruition, the abundance, the giving flowing freely

beyond what money can buy

beyond these concepts that cause greed and selfish suffering

I will never stoop so low.

I rise

Stand Tall

On solid ground of conviction

That love rules all.

Back in the flow of mind and body

It feels so good to be home.

Breathing into the softness of my being

Allowing myself to be at home in ME.

Giving myself permission to breath in Me.

To love me. So I can love you

Without judgement.

I want to breathe softness into my being Bones, earth, eyes, sky Forever and ever With you by my side

Kindred angel

Ornate spirit

⁻kelly ann ilseman, during yoga teacher training sometime in 2013-2014