

i am whole (post krista nidra)

i am whole
i am here
i am loved
i am known
i am rooted
growing up from the ground
so strong to the sky
i am airy and light
i am powerful beyond measure
i am loved
i am known
i am here
I am.
I am strength, light, and love
I am whole
Perfect as I am
My endeavors are filled with blessings
And their energy is far-reaching
Touching everyone they meet
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.

Written after Yoga Nidra with Krista in Brewer, Dec 20, 2015
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