

the energy of a thousand horizons -or- journey through my chakras

Muladhara

Rooted feeling fine
Grounded
In contact with mother earth,
my sits bones
rooted into the core
Growing spirals to wrap around
the great crystal
Strengthening my roots
And my relationships.
These years are the most stability
I've ever felt,
in my life
And you are my family.

Svadisthana

The energy of a thousand horizons
Flows through me
Energy loosens, flows
Who knows what caused such stagnation?
(Car accident at 12; face to glass; whiplash)
(A thrown doll at less than eight?)
Belly of the world, mountains and craters
Tissues of endo and cysts like moons
Second chakra.
SI dysfunction
Pelvic pain
Instability in my assurances

Manipura

3rd chakra- digestive
What is it that I can't digest?
This life?
This desk?
This way of being?

I need to express my love
It is the love of the universe
The love I have for myself
Is tied into how I feel and what I want to
Express for you, to you.
I want things to be more simple
My life is stable and good
And those are my roots.

Do I disrupt one chakra to heal the other?
How can that work?

Anahata

Heart sending green beams of healing to the roots below
The three supportive centers
Root, pelvis, belly.
Green beams breaking up stuck energy
Above and below
That hasn't moved in centuries.
Thick as some rock
But now moving and shifting
Can I flow with it?
In my mind
Or will it turn me upside down -
in a way that I love
or in a way that feels ungrounded?

What a quandary
What a bind
To be in at almost 38
When Chinese herbs
Make me young
(they're the fountain of youth)
For a time
To let the energy
Of creation flow
Through my body and veins
And allow love for all things
Manifest into one
Huge feeling -
A deeply rounded and full love for life

(Why the drama?
Why the catch 22?
Pisces indecision;
Gallbladder needs assistance
Like a novel that has me by the ovaries
And I don't want to know what's next,
But I have to keep reading)

Visshudi is tight, or was then my friend
I remember it well
Still softening, begentling
the lines and directions
relaxing with each intention

to smile and to love and to heal
with each vibration of AAUUUMMMMM...

Ajna, it rests here
let your focus become you
dissolve you
into nothingness
until you are only breath
and violet light
and beams of radiance
raise your vibration
and lighten up.

Sahasrara
one-thousand petals
an image worth a thousand words
or meditations, purifications
lift the crown off your head
become one with
the cloud
let your mind shine
like CBD, but better.
a life listed in honesty
spent in stillness and contemplation
for the good of humanity
and one's own soul.

February 9, 2014

Written in Watertown, MA,
during a 500-hour yoga teacher training weekend
Fresh from waking up
Still in that lovely haze of not-quite-awake
Flow of consciousness
Stream of garbled thoughts
And feelings

Addendum/Edition July 16, 2021

Portland, OR
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