

August 18, 2013

(Written after gentle/yin/restore yoga and long savasana/meditation)

i love these August days
(when I have my life back)
spent in meditation of garden, cooking and yoga
deeply peaceful
edge of sleep and awareness
sinking deeper
exploring all areas of disturbance, thought, and unrelenting
'til all releases, corner by corner
smiling deeply
center channel shining
noises all blend into one golden haze –
part of the experience
timeless quality of surrender.

kelly ann ilseman