

Every cell drinks in the air I breath
Begging for it like water
On this bright, cold, crisp winter night

Let my cells drink air
Let my cells drink water
Thirst for elemental sustenance

And every A-U-M
Signifying the beginning, middle, and end
Of everything
A breath
A thought
A posture
A meal
A class
A life
Brought into being
Beautifully and lovingly
Given a chance to grow and learn
Brought to an end in
Merciful destruction
That is not just a concept
Of the sound of the universe
That is everything
It's in us, around us,
it is us – ourselves
Chant again A-U-M
And hear the lightness of the "Ah" in your throat
The depth of the "U" in your belly
And the trembling power of "M" shaking your being at its roots

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