

i am the space beyond thought, feeling, sensation
i am the sunrise and sunset
i am love
i am walking through the world like water
 working with each encounter, interaction, circumstance
i am sound and voice, soundlessness, and vibration
i am.
i am sunshine and rain, fire and water, heart and bone, earth and sky, light and life
i am smiling and working and crying and thinking and being
i am an expression of great prana from the ages
 manifest here for a specific purpose
 to be, to heal, to remember, to teach

 to change others' lives through the power of possibility

 by providing them the space to take chances,

 learn new things,

 gain perspective

the power of one life to change the world is awesome

to help people to breath, to realize their infinite limit.

(in response to David's request that we write a personal affirmation
Sunday, May 18, 2014)

so why can't I get over you? (added Oct 12, 2014)

-kelly ann ilseman