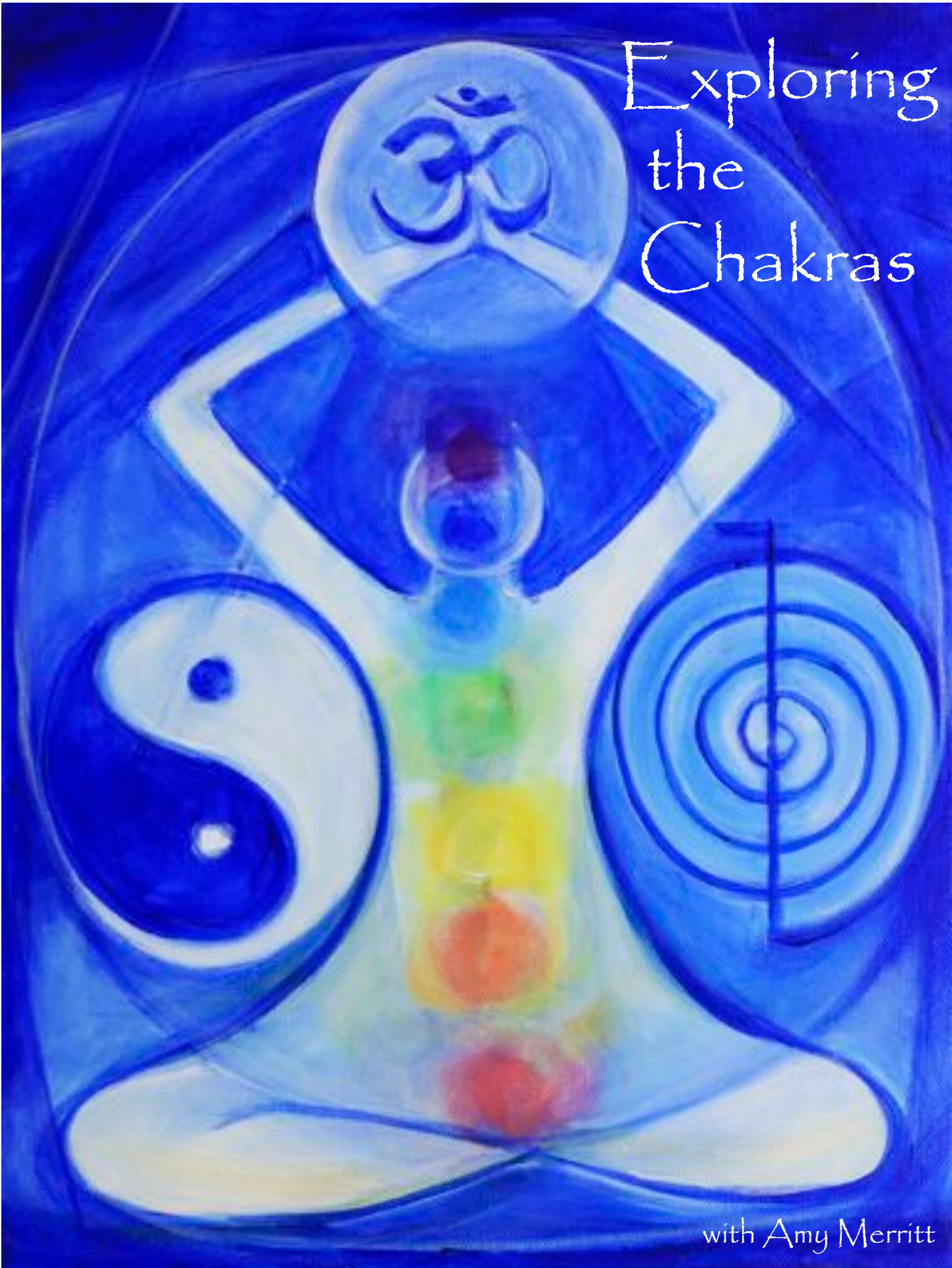


Exploring the Chakras



with Amy Merritt

I dedicate these
teachings to all
of my teachers,
particularly one of
my first teachers,
my brother
Rob Sullivan,
who taught me the
meaning of life.

Exploring the Chakras

Chakra literally means “wheel” or “disc” and refers to the spinning, energetic activity emanating from the major nerve ganglia, branching from the spinal column. There are seven of these wheels, located from the base of the spine to the top of the head. There are also minor chakras in the hands, feet, fingertips and shoulders. Any vortex of energy could be called a chakra.

The Chakra system originated in India 4,000 years ago. Chakras were referred to in the ancient text of the Vedas, later the Upanishads and the Yoga Sutras of Patanjali.

Today, they are a popular way of linking areas of the body and psyche with associated metaphysical realms. Chakras do not exist in the physical sense, but have a strong effect on the body as they express the embodiment of spiritual energy on the physical body.

While the Chakras cannot be seen or held, they manifest themselves in the shape of our physical bodies, the patterns of our lives, the way we think, feel and handle the situations that life presents to us. Each center represents a spiritual lesson to help facilitate our growth towards higher awareness and consciousness.

The lower three chakras located closer to the earth relate to the physical and social aspects of our lives. Our basic survival, our sexuality and our power are represented here. The upper three chakras represent more interior realms: communication, intuition and cognition. The middle chakra is located at the heart and merges the physical chakras with the mental chakras. Here is where body and soul unite.

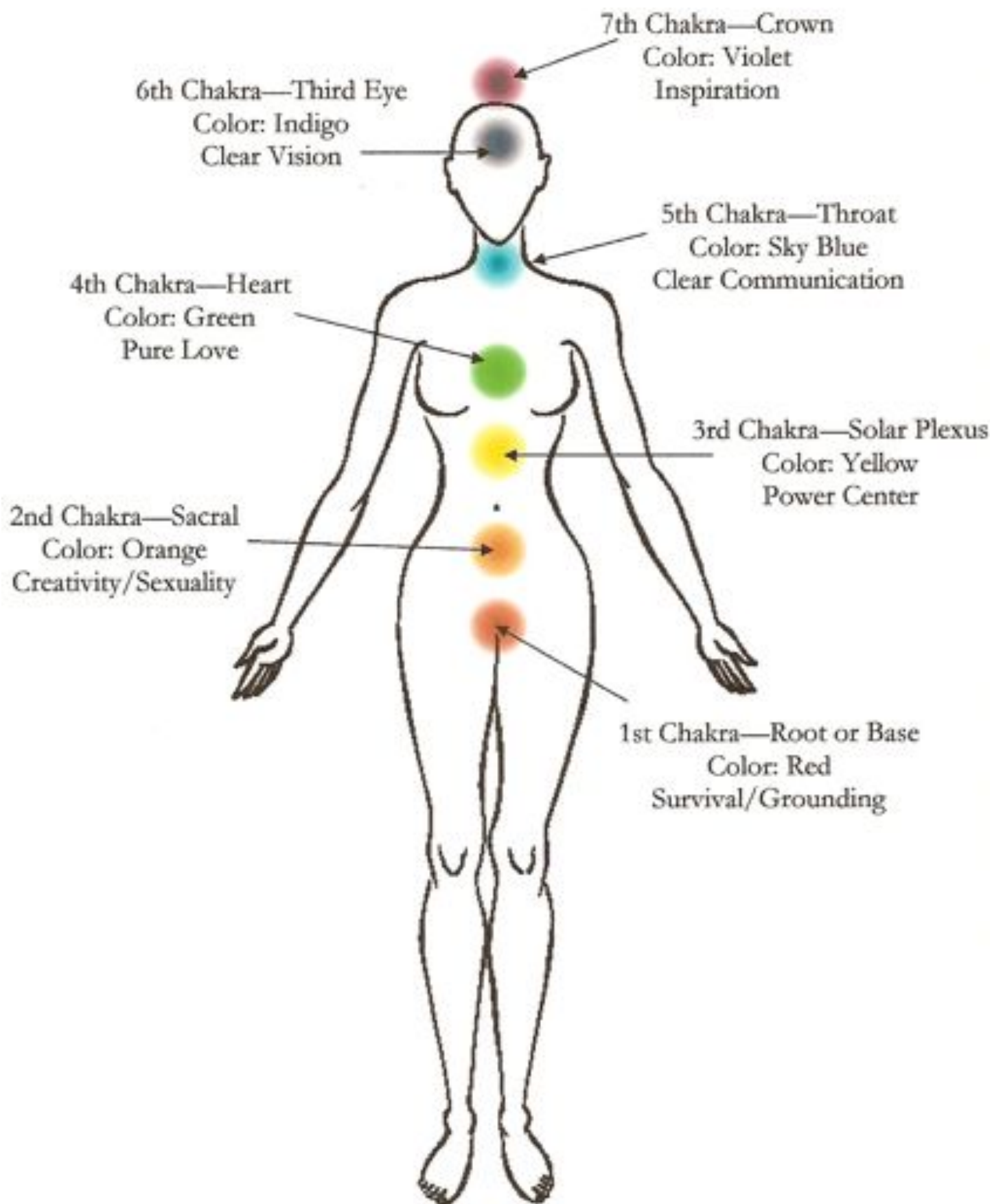
There are seven levels to the chakras and seven colors in the rainbow. The slowest vibration of visible light, red, is associated with the base chakra; and the fastest and shortest, violet, with the crown of the head. Each of the other colors: orange, yellow, green, blue and indigo, represent the steps in between, creating a rainbow bridge from your root to the crown of your head.

The chakras are depicted with a certain number of petals from the lotus flower. These petals correspond to the number of nerve channels or nadis through which energy flows through that chakra.

During this workshop, we will focus each class on one chakra. We will begin at our root or base and work our way up the spine. Our meditation, breath work (pranayama) and asana (yoga poses) will center on that particular chakra. You may find that you relate or enjoy one chakra over another, but listen and observe with an open mind to see how each chakra relates to you, your body and your life as it is right now. There is much to learn about ourselves as we look inward. Allow yourself the gift of observation and reflection.

The soul is greater than the sum of its parts.

— Douglas Hofstadter



Chakra Overview Series

1. Chakra introduction
2. Chakra meditation, Supine

3. Adho Mukha Virasana
4. Anjaneyasana

Muladhara Chakra



5. Baddha konasana w/ forward fold
6. Adho mukha svanasana

Swadhistana Chakra



7. Ardha Uttanasana, Uttanasana
8. Trikonasana

Manipura Chakra



9. Warrior II
10. Parsvakonasana

Anahata Chakra



11. Bharadvajasana
12. Matsyasana

Vishuddhi Chakra



13. Janu Sirsasana
14. Paschimottanasana

Ajna Chakra



15. Viloma II, Supine
16. Savasana

Sahasrara Chakra



I stand in awe of my body.

— Henry David Thoreau

Root Chakra: Muladhara



Located at the base of the spine. Its color is Red.

Four lotus petals reside here. Its gem is Ruby or Garnet. Its element is Earth.

Its Mantra is "LAM."

Its function is our life force, our foundation. It is oriented to our own self-preservation and survival.

It is the place where our most basic needs must be met.

Body Parts: Adrenal glands, kidneys, spinal column, colon, legs, bones, teeth.

Balanced Characteristics: comfortable in physical body, safe boundaries with material world, success, stability, prosperity, a sense of trust in the world, a feeling of security and safety in surroundings, ability to relax and let go.

Possible Negative Characteristics: self centered, insecure, violent, greedy, angry, fearful, restless, poor focus, poor boundaries with others, financial difficulties, chronic disorganization, obesity, hoarding, lazy, fear of change, sluggish and tired.

Physical malfunctions: disorders of the bowel, anus or large intestine, eating disorders, issues with legs, feet, knees, base of spine, buttocks and solid parts of body like bones and teeth.

Healing practices: Reconnect with body, physical activities like aerobics, weights, running, dance, yoga, reclaim right to be here, explore earliest relationship to mother.

Yoga poses: Adho mukha virasana (child's pose), Adho mukha svanasana (downward facing dog or half dog @ wall if not weight bearing), Uttanasana (forward fold), Virabhadrasana II (warrior II), Prasarita padottanasana (standing wide leg, forward fold), Paschimottanasana (seated forward fold), Supta padangustasana (reclining big toe pose) Upavista Konasana (seated, wide leg pose), Savasana (corpse pose)

Pranayama: belly breath awareness

Affirmations

It is safe for me to be here.

The earth supports me and meets my needs.

I love my body and trust its wisdom.

I am immersed in abundance.

I'm here and I'm real.

I freely release the old and joyously welcome the new.

Letting go is easy.

Muladhara Root Chakra Series



1. Meditation on Muladhara Chakra
2. Belly breath awareness
3. Adho Mukha Virasana (child's pose)
4. Virasana (hero pose) w/ balanguyliasana to parsva virasana (twist)
5. Adho mukha svanasana or half dog @ wall
6. Uttanasana (forward fold)
7. Modified Sun Salutes with Malasana (squat)
8. Hasta Padasana, then Horse
9. Virabhadrasana II (Warrior)
10. Trikonasana (Triangle)
11. Virabhadrasana to Parsvakonasana (side angle)
12. Trikonasana to Ardha Chandrasana (half moon)
13. Prasarita Padottanasana (wide leg forward fold)
14. Dandasana (staff pose) to Bharadvajasana (twist)
15. Paschimottanasana (forward fold)
16. Upavista Konasana (seated wide leg pose)
17. Supta padangustasana (reclining big toe)
18. Jathara parivartanasana w/ bent knees (bent knee twist)



Savasana

To heal our relationship to our bodies is to heal our relationship with the earth. To regain our ground is to regain our aliveness, and the foundation of all that follows.

Sacrum Chakra: Swadhīsthana



Located in the lower abdomen, close to the navel.

The word Swadhīsthana means “sweetness.” Its color is orange.

Its gem is amber or topaz. Six lotus petals reside here. Its element is water. Its Mantra is: “VAM.”

Its function is procreation, assimilation of food, source of sexuality, vitality and creativity.

Body Parts: Ovaries, testicles, prostate, genitals, spleen, womb, and bladder.

Balanced Characteristics: graceful movements, emotional intelligence, ability to experience pleasure, nurturing of self and others, ability to change, and healthy boundaries.

Possible Negative Characteristics: poor boundaries with others, excessively strong emotions, overindulgence of food or sex, jealousy, envy, fear of change, frigidity or fear of sex, lack of passion, desire or excitement.

Physical malfunctions: Impotence or sexual dysfunction, disorders of the reproductive organs, spleen, urinary system, low back pain, and reduced flexibility.

Healing practices: movement therapy, emotional release of containment as appropriate, boundary work, innerchild work, 12- step program, concentration on healthy pleasures.

Yoga poses: Baddha konasana (bound ankle pose), Janu Sirsasana (head to the knee pose), Supta virasana (reclining hero pose), Adho mukha Svanasana (downward facing dog), Uttanasana (forward fold), Upavista konasana (seated wide leg pose), Prasarita padottanasana (wide leg forward fold), Setu bandha sarvangasana (bridge pose) Ardha chandrasana (half moon pose), Viparita karani (legs up the wall pose).

Pranayama: Viloma II, extended, interrupted exhalation

Affirmations

I accept my full power as a woman/man
and accept all my bodily processes as normal and natural.

I love and approve of myself. I am willing to change.




I only create joyful experiences in my life. I deserve pleasure in my life.

I move easily and effortlessly. Life is pleasurable.

I embrace and celebrate my sexuality

Swadisthana Chakra Series



1. Meditation on the Sacrum, Swadisthana Chakra
2. Viloma | pranayama (extended inhale)
3. Baddha Konasana (bound ankle pose) w/block @ 3 different levels, then forward fold 
4. Adho mukha svanasana (downward facing dog) or 1/2 dog at wall
5. Ardha uttanasana to Uttanasana w/ yoga mudra (half forward fold to forward fold w/ hands opening overhead)
6. Tadasana: Urdhva Hastasana (raised arms), Balanguyliasana (interlace fingers, arms overhead) 
7. Natarajasana (dancer's pose)
8. Trikonasana to Virabhadrasana II (triangle to Warrior II)
9. Virabhadrasana II to Parsvakonasana (side angle)
10. Virabhadrasana I to Parsvottanasana (pyramid)
11. Uttanasana (hanging forward fold, hands grab elbows)
12. Dandasana (staff pose) to Maricyasana III (bent knee twist)
13. Dandasana to Maricyasana I (bent knee forward fold)
14. Pasasana (noose pose) at wall
15. Setu Bandha Sarvangasana (supported bridge pose) 
16. Viparita Karani (legs up the wall) with upavista konasana, #4 and baddha konasana

Savasana

You are what your deep driving desire is.

As your desire is, so is your will. As your will, so is your deed.

As your deed is, so is your destiny. —Brihadaranyaka Upanishad IV 4.5

Solar Plexus Chakra: Manipura



Located at the navel center. Its color is yellow.

Manipura means lustrous gem. Its element is Fire. There are 10 lotus petals here. Its gem is amber, topaz or tiger eye. Its Mantra is: "RAM." Its function is the sympathetic nervous system, digestive processes, and metabolism. It is the place where ego resides.

Body Parts: Pancreas, adrenals, stomach, liver, gall bladder, nervous system, and muscles.

Balanced Characteristics: responsible, reliable, balanced, warmth in personality, confidence, appropriate self discipline, able to meet challenges, sense of one's personal power, spontaneity, playfulness and sense of humor.

Possible Negative Characteristics: taking on more than one can handle, power hungry, anger, fear, hate, competitive, a need to be right, poor self-discipline, low self-esteem, emotionally cold.

Physical malfunctions: eating disorders, digestive problems, ulcers, hypoglycemia, diabetes, muscle spasms, muscular disorders, chronic fatigue, hypertension, disorders of the stomach, pancreas, gall bladder and liver.

Healing practices: stress control, deep relaxation, vigorous exercise, martial arts, pilates, Psychotherapy that builds confidence, releases anger, works on shame issues, and strengthens will, encouragement of autonomy.

Yoga poses: Bharadvajasana (twist), Uttanasana (standing forward fold), Adhomukha Virasana (child's pose), Marichyasana (seated bent knee twist), Navasana (boat pose), Ardha navasana (half boat pose), Paschimottanasana (seated forward fold), Jathara Parivartanasana (revolved abdomen or bent knee twist), Surya namaskar (sun salutes or modified sun salutes), Urdhva prasarita padasana (30 60 90 leg lifts)

Pranayama: Kapalabhati (forced exhalation of stale air)

Affirmations

I am at peace. I am calm. I love and approve of myself.
This moment is filled with joy.
I now choose to experience the sweetness of today.
I honor the power within me.
The fire within me burns through all blocks and fears.
I accomplish tasks easily and effortlessly.

Manipura Chakra Series



1. Meditation on Manipura Chakra
2. Kapalabhati pranayama (skull shining breath or bellows breathing)
3. Cat/Cow, awkward airplane
4. Parigasana (gate pose)
5. Ardha Uttanasana to Uttanasana (half forward fold, forward fold)
6. Tadasana (mountain pose) Half moon
7. Modified Surya Namaskar (sun salutes)
8. Trikonasana (triangle pose)
9. Virabhadrasana II (warrior pose)
10. Virabhadrasana I (forward facing warrior)
11. Pāvrtta Trikonasana (revolved triangle pose)
12. Adha mukha svanasana (downward facing dog) or ½ dog at wall
13. Dandasana (staff pose) to Ardha Navasana (half boat pose)
14. Dandasana to Janu Sirsasana (head to knee pose)
15. Dandasana to Pāvrtta Janu Sirsasana
(revolved head to knee pose)
16. Maricyasana III (bent knee twist)
17. Paschimottanasana (seated forward fold)
18. Jathara parivartanasana w/ bent knees (bent knee twist)
19. Balasana (supported child's pose)



Savasana

The self is born, but the ego is made;
and in the beginning of all is Self.

— Edward Edinger

Heart Chakra: Anahata



Finding the balance in love.

Located at the chest, heart and cardiac plexus.

The word Anahata means unstruck. Its color is green. 12 lotus petals reside here. Its element is air. Its mantra is "YAM." Its function is to anchor the life force with the higher self. Energizes blood and physical body with life force or prana and circulates it throughout the body. Its purpose is love and balance.

Body Parts: Heart, thymus gland, circulatory system, arms, hands, and lungs.

Balanced Characteristics: compassionate, loving, empathetic, self-loving, altruistic, peaceful, balanced and good immune system.

Possible Negative Characteristics: Codependency, poor boundaries, demanding, clinging, jealousy, repression of love, fear of intimacy, lack of empathy, narcissism, emotional instability.

Physical malfunctions: disorders of the heart, lungs, thymus, breasts and arms. Shortness of breath, sunken chest, circulation problems, asthma, immune system deficiency, tension between shoulder blades, pain in the chest.

Healing practices: breathing exercises (pranayama), strengthening of arms, reaching out to others, journaling, self-discovery regarding forgiveness, self-acceptance, codependency, emotional release of grief.

Yoga poses: Natarajasana (dancer pose), Adho mukha svanasana (downward facing dog or half dog @ wall), Paschimottanasana (seated forward fold), Uttanasana (standing forward fold), Bhujangasana (cobra pose), Pasasana (noose pose), gomukhasana (cow face pose), virasana (hero pose), Ustrasana (camel pose), Setu bandha sarvangasana (bridge pose), Balasana (child's pose) Savasana (corpse pose)

Pranayama: Viloma I (Extended, interrupted inhalation)

Affirmations

I am worthy of love.
There is an infinite supply of love.
I live in balance with others, joy, joy joy.
I lovingly allow joy to flow through my mind and body and experience.

Anahata Chakra Series

Love is not what we become but who we already are.

— Stephen Levin



1. Metta Meditation: loving kindness
2. Balasana (child's pose)
3. Seated: inhale hands to heart, exhale hands out wide 3x
4. Gomukasana (cow face pose)
5. Anjaneyasana (low lunge) reverse lunge, prayer twist
6. Ardha Uttanasana to Uttanasana (half forward fold to forward fold)
7. Tadasana: inhale arms up, exhale down through the heart
8. Vrksasana (tree) at wall and free-standing
9. Natarajasana (dancer pose) at wall and free-standing
10. Trikonasana (triangle) to Virabhadrasana II (warrior II)
11. Trikonasana to Ardha Chandrasana II at wall & free-standing
12. Adho mukha svanasana (downward facing dog or half dog at wall)
13. Uttansana (forward fold)
14. Dandasana (staff pose) to Bharadvajasana (seated twist)
15. Ustrasana (camel pose, modified)
16. Virasana (hero pose) to Parsva virasana (twist)
17. Setu bandha savranganasana (dynamic bridge, then hold)
18. Jathara parivartanasana (reclining twist with bent knees)
19. Viloma II on back (extended, interrupted exhale)



Savasana

Love comforteth like sunshine after a rain.

— William Shakespeare

Throat Chakra: Visshuddha



Located at the throat center. Visshuddha means purification. Its color is sky blue. 6 lotus petals are located here. Its element is sound. Its Mantra is "HAM." Its function is speech, sound vibration, creativity, listening, and communication.

Body Parts: thyroid, parathyroid, hypothalamus, throat, and mouth.

Balanced Characteristics: Resonant voice, good listener, good sense of timing and rhythm, clear communication skills, truthful, expressive, living creatively.

Possible Negative Characteristics: fear of speaking, difficulty putting feelings to words, small weak voice, shyness, poor rhythm, tone deaf, gossips, too much talking, inability to listen, interrupts, dominating voice.

Physical malfunctions: disorders of the throat, ears, voice, neck, tight jaw, stiff neck, toxicity.

Healing practices: loosen neck and shoulders, release voice, singing, chanting, storytelling, non-goal oriented creativity, improvement of communication and writing skills, practice silence.

Yoga poses: Simhasana (Lion's pose), Matsyasana (fish pose), Parsvottanasana (intense side stretch), Jathara parivartanasana (supine twist, or bent knee twist), Ustrasana (camel pose), Setu bandha sarvangasana (bridge pose), Adho mukha svanasana (downward facing dog), Bhujangasana (cobra), Virabhadrasana II (Warrior II).

Pranayama: Ujjayi (victorious) and Brahmari (bee's breath)




Affirmations

I am willing to change.
I express myself freely and joyously.
Divine ideas are expressed through me.
It is safe to see other viewpoints.
Creativity flows in and through me.
I hear and speak the truth.
My voice is necessary.

Visshuddha Chakra Series



To be a warrior is to learn to be genuine
in every moment of your life. —Chogyam Trungpa

1. Meditation of the throat center HAM
2. Brahmari (bee's breath)
3. Cakravakasana (cat/cow), awkward airplane
4. Simhasana (lion's pose)
5. Uttanasana (forward fold, hanging w/ neck release) 
6. Ardha Uttanasana
7. Tadasana: w/shoulder rolls using strap, Balanguyliasana
8. Trikonasana (triangle pose)
9. Virabhadrasana II (warrior II pose) to parsvakonasana (side angle pose)
10. Flow between above three poses
11. Virabhadrasana I to Parvottanasana 
12. Prasarita Padottanasana
13. Adho mukha svanasana (downward facing dog or 1/2 dog @ wall)
14. Uttanasana (forward fold)
15. Dandasana (staff pose) to Maricyasana III (seated bent knee twist)
16. Bhujangasana (cobra) 
17. Ustrasana (camel, modified)
18. Setu bandha sarvangasana (bridge pose)
19. Matsyasana (fish pose)
20. Ujjayi pranayama (reclining)

Savasana

The least initial deviation from the truth is multiplied later
a thousand fold. —Aristotle

Third Eye Chakra: Ajna



Located between the eyebrows at what is known as the 'third' eye.
The word Ajna means to perceive and command. Its color is indigo blue.
It has two lotus petals here. Its element is light. Its mantra is "SHAM."
Its function is to vitalize the lower brain, the cerebellum, the central nervous system and vision,
as well as to perceive patterns and establish ones personal identity.

Body Parts: Cerebellum, left eye, nose, ears, pituitary gland.

Balanced Characteristics: Intuitive, perceptive, imaginative, good memory, able to visualize,
good dream recollection, able to think symbolically.

Possible Negative Characteristics: lack of concentration, insensitivity, lack of imagination,
poor dream recollection, denial of what is going on around one.

Physical malfunctions: Headaches, tension, vision issues

Healing practices: Meditation, guided visualizations, create visual art,
memory skills enhancement, dream work and hypnosis.

Yoga poses: Paschimottanasana (forward fold), Uttanasana (standing forward fold),
Adho mukha svanasana, Balasana (child's pose), Prasarita padottanasana
(standing legs wide forward fold), Supta baddha konasana (reclining bound ankle pose),
Setu bandha sarvangasana (supported bridge pose), Savasana (corpse pose)

Pranayama: Nadi Sodhana

Affirmations

I see with love and joy.
I see all things clearly.
I am open to the wisdom within.
I can manifest my vision.
I now create a life I love to look at.

Ajna Chakra Series



We don't see things as they are, we see things as we are. —Anais Nin

1. Meditation on the Third Eye: SHAM
2. Trataka: gazing with eyes closed at tip of nose & between the eyebrows
3. Nadi Sodhana
4. Balasana (child's pose)
5. Cakravakasana (cat/cow from child's pose)
6. Virasana (hero's pose) w/ balanguyliasana
(interlace fingers, raise arms) to Parsva Virasana (twist)
7. Ardha Uttanasana (half forward fold) to Uttanasana
(forward fold) w/head supported
8. Tadasana: with Ardha chandrasana I (half moon)
9. Hasta Padasana (wide leg stance, arms out wide)
10. Trikonasana (triangle)
11. Viradhadrasana II (warrior II)
12. Prasarita Padottanasana (wide leg forward fold, head supported)
13. Adho muka svanasana (downward facing dog or half dog @wall)
14. Dandasana (seated staff pose)
15. Janu Sirsasana (seated bent knee forward fold)
16. Upavista Konasana (seated wide leg pose)
17. Paschimottanasana (seated forward fold) with head supported
18. Adho mukha swastikasana (seated cross legged pose w/ head supported)
19. Jathara Parivartanasana (reclining twist w/bent knees, supported)
Savasana (with head wraps, guided)

The body itself is a screen to shield and partially reveal the light that's
blazing inside your presence. —Rumi

Crown Chakra: Sahasrara



Located at the top of the head or the cerebral cortex. Sahasrara means thousandfold.
Its color is purple. A thousand lotus petals reside here.
Its element is thought. Its mantra is: "AUM" or "OM."
Its function is to vitalize the upper brain.

Body Parts: Pineal gland, cerebral cortex, central nervous system, right eye

Balanced Characteristics: Ability to analyze, perceive and assimilate information, intelligent, thoughtful and aware, open-minded, able to question, spiritually connected, wisdom with a broad understanding.

Possible Negative Characteristics: Lack of inspiration, confusion, depression, hesitant to serve, learning difficulties, rigid belief system, apathy, an excess in the lower chakras (materialism, greed, or domination of others)

Physical malfunctions: Migraines, depression, amnesia, cognitive delusions

Healing practices: Meditation, learning and study, establish a spiritual connection, examination of belief system.

Yoga poses: Meditation, yoga nidra, savasana, Uttanasana (standing forward fold), inversions: salamba sirsasana (head stand), salamba sarvangasana (shoulder stand), Prasarita padottanasana (standing wide leg forward fold), Adho mukha svanasana (downward facing dog)

Pranayama: Sitali (tongue curling breath)

Affirmations

The divine resides in me.
I see myself and what I do with eyes of love.
The world is my teacher.
I am guided by inner wisdom.
I am guided by a higher power.

Sahasrara Chakra Series



He who know others is wise, but he who know himself is enlightened. — Lao Tzu

1. Meditation on the crown chakra, OM three times together
2. Tennis ball massage @ wall @ sacrum & shoulders
3. Sukasana: neck rolls, shoulder shrugs, arms out wide, bend wrists back
4. Adho mukha svanasana or 1/2 dog @ wall
5. Thread the needle
6. Uttanasana (forward fold) with arms open over back
7. Tadasana (mountain pose) w/ gomukasana arms (cow face pose)
8. Modified sun salutes
9. Vrksasana (tree pose)
10. Trikonasana (triangle pose)
11. Virabhadrasana II (warrior II pose)
12. Trikonasana to Ardha Chandrasana (half moon pose)
13. Uttansasana (hanging forward fold)
14. Dandasana (seated staff pose) to Bharadvajasana (seated twist)
15. Paschimottanasana (seated forward fold)
16. Supta padangustasana I, II & III supported
(reclining hand to foot pose)
17. Yoga nidra with head wrap



Savasana

Enlightenment or awakening is not the creation of a new state of affairs
but the recognition of what already is. — Alan Watts

Chakra Review Series

Everything in life is pointing us back to our true nature. — Stephen Cope

1. Chakra recap, surveys and handouts
2. Seated meditation: Sahasrara Chakra
3. Balasana: Ajna Chakra
4. Cakravakasana: Ajna Chakra
5. Thread the needle: Vishuddha Chakra
6. Uttanasana: Vishuddha Chakra
7. Tadasana: arms out wide then down through the heart,
Anahata Chakra
8. Shoulder spiral: Anahata Chakra
9. Trikonasana: Manipura Chakra
10. Virabhadrasana II to Reverse Warrior: Manipura Chakra
11. Prasarita Padottanasana: Swadhisthana Chakra
12. Adho muka svanasana or 1/2 dog @ wall : Swadhisthana Chakra
13. Dandasana to Bharadvajasana: Swadhisthana Chakra
14. Supta Dandasana w/ block between legs: Muladhara Chakra
15. Setu bandha sarvangasana w/ block, dynamic then hold:
Muladhara Chakra
16. Supta baddha konasana: Muladhara Chakra



Savasana: Guided Chakra relaxation

You must learn to be still in the midst of activity and to be vibrantly alive in repose. — Indira Gandhi

Halcyon Days

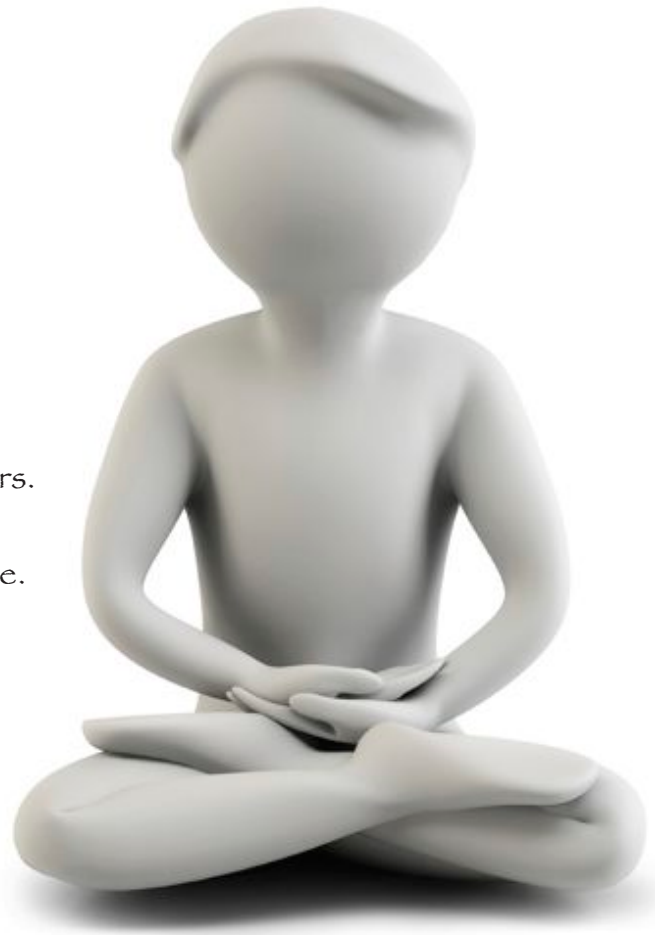
by Andrea Malinsky

Okay, you proved your point.
Life is not all candy and parties.
And long, sunny, warm summer days.
And laughter.

It has been a long, hard, cold winter for too long.
I hate winter.

But at least it's summer again.
And the tears I cried have given birth to new flowers.
And I bask in splendid sunshine.
The gift of light and love and understanding is mine.

I beat you.
You were not stronger.
You tried to be.
But you weren't.
And I am back.
Better than before.



A Haiku Quartet by Susan Orr

Time only visits
Each moment a sacrament
Uninterrupted.

Deep in mystery
Fear can bend light, turn the tide.
Sit Still and listen.

Sojourn in shadows.
Rest in uncertainty's fields,
Nothing is random.

Grief, grace and rapture,
All gesture, all resonance.
Love, breathe and believe.

