

I am the one
You are the one
Powerful
Strength of the world
Of all continents
Breath and life of
Mother earth
With mother earth

The soil at my fingertips
Hair sunshine, eyes blue sky
Skin the air, blood water
Nourishing water
Bones the mountains
Organs thoughts and emotions

I am decay and life again
Birth and rebirth

Strong as an eagle
Strong as a tree
High as the stars
Expansive as the universe

written in response to David Vendetti's request that we write a personal affirmation,
and after he read Blackalicious lyrics...

12.15.13, kelly ann ilseman