

FALL MEDITATION POEM

~Rachida Boukaila & The Spellerverse

I inhale calm, God's love, friendship, and truth
I inhale soft, I exhale hard
I inhale cool air I exhale bad breath
I inhale vibrant molecules and I exhale lethargy

I inhale truth pleasantly troubling my trials
I exhale hesitation to trust freedom
I inhale cool friends, I exhale indifferent people
I inhale information, I exhale anxiety

I inhale all that is positive and good
I inhale the sun, I exhale a black cloud
I inhale energy I exhale exhaustion
I inhale air I exhale wildfire smoke

I inhale sweetness and exhale harshness
I exhale the dreary smog
I inhale the lovely scent of cinnamon I exhale trauma
I inhale flexibility and exhale rigidity

I inhale musical notes, I exhale a symphony
I inhale hearing great calm freeing
I inhale the sounds of my errors and exhale the placement of my anger
I exhale negativity, mean people, and hate

I inhale a loving friendship I exhale a lost love that is no longer
I inhale winter's calm I exhale stress
I inhale pride I exhale shame
inhale all that is positive and good I exhale all that is bad in my life,

I inhale unity in love together I exhale isolation.
I inhale the clouds and their silver linings
I exhale great fear near there stray barbs searing
I inhale God's love and peace

With a deep breath I inhale
the loving language of the spellerverse,
enabling me to expel
my loneliness as I exhale

I inhale you, I exhale you.
I exhale all that is hurting in my life
I exhale all that is stressing my life

I exhale all that is on my mind
I exhale all that is on my mind
I exhale all that is on my mind
I exhale all that is on my mind

I let go of the past, it's gone now
I let go of the past, it's gone now
I let go of the past, it's gone now
I let go of the past, it's gone now.

I inhale calm.