

Deep Self © 1984 Sandra Brooks-Mathers

Darkness and light,
Day and night,
I am at one with my Deep Self,

Opening and closing
Ebbing and flowing,
I am at one with my Deep Self,

Breathing and sighing,
Living and dying,
I am at one with my Deep Self,

Birthing and caring,
Taking and daring
To be at one with my Deep Self,

Loving and feeling,
My senses reeling,
I am at one with my Deep Self,

Ocean of Being,
Emotions freeing,
I am at one with my Deep Self,

Breathing the Light,
Living the night,
I am at one with my Deep Self.