

HOPE AND CHAOS

On this purple yoga mat
I work to master tree pose.
Around me a screaming vortex
Advisors shrieking as case numbers rise.

I work to master tree pose
Imagine the toes of my left foot as roots.
Advisors shrieking as case numbers rise
While officials bicker over vaccine stocks.

Imagine the toes of my left foot as roots
Imagine stability
While officials bicker over vaccine stocks
New variants start taking out the young.

Imagine stability
Press palms together in prayer.
New variants start taking out the young.
In these moments I have immunity.

Press palms together in prayer.
Around me a screaming vortex.
In these moments I have immunity
On this purple yoga mat.