

## how a Yogi takes a selfie.

stop. renounce sight

welcome this one breath like it is your first

and may be your last

let it bring you to now

...and bring you to know

how are you

how are you not

who are you

who are you not

why are you

why are you not

what you stand for

what would you not stand for

allow self to be reduced to...

*what you love ~ and serve that*

enough #manipura

away the camera

your majesty cannot be measured in likes

only by the ripples of your heart offerings

may all beings be happy and free

om shanti

-john calabria

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