

# I AM



Instructions: Take about 10-15 minutes expressing who you are. Allow the information to manifest in whatever ways you want it to; a poem, illustrations, cluster of words, etc... Now consider the questions below:

1. What are the most important parts of this expression you want others to know about you?
2. What came up unexpectedly?
3. Did any themes come up? Why do you think they came up?
4. What is missing? Why do you think it's missing?
5. Who do you want to be?



NEED SOME INSPIRATION? Allow me to share with you one of my first I AM expressions...

i am the daughter of canoe people  
we traveled the Ocean with guidance  
from our ancestors; the stars, land, and ocean gods  
i am the product of the silencing of this connection  
a Soul Wound, they say, is a point in time  
where an elder three generation before me  
experienced trauma that is now manifesting in my DNA.  
scientific probing proved to me i have no blood of my colonizers  
i am indigenous  
i am the reminder that it is time to turn the lights back on  
to reclaim process, to reclaim communication  
with our ancestors. Something we all possess  
it's time to shift back to serving the land and its people  
i am the coming of age of my evolution, your evolution  
with the apparent shift in human existence from  
take and enslave to build and serve  
i am the difficult screw experiencing the most torque, the most pressure  
as we transform  
as each of us transform into our true being  
i am the realness that is so dangerous in our modern times  
and the warrior leading the way for a softer future battle  
i am the reflection and possibility holding all that i can to serve  
through dreams that guide me

