

# Medatashon

In medatashon  
Close your eyes  
take deep breaths  
to four and then  
to six and then  
a silent center  
a big circular then  
a smaller circular  
big circular then  
imaganashon  
your small circular  
that you sit quit  
then your medatating!  
by Racer Lynch

you  
you  
inhal  
exhal  
make  
make  
make  
the  
inside  
and  
after  
written