

Aikido: fall and throw

by Peri MacKintosh

An invitational stance.

We beckon and welcome the ground up around us.

I shower and dry myself with the floor

Leaning in like a warm wind

Breathing the shallow earth

Forward and back

Hold the splash within

Rolling out the fresh

An invitational stance

I comfort your reach into my sinking verticality

I nurture your left to my sky

I cradle your best effort to stand

Allowing your right to deepen

Drawn in, drawn over

Spiral down

New found land