

Aga Zaryan, I Talk to My Body

My body, you are an animal
Whose appropriate behavior
Is concentration and discipline
An effort of an athlete, of a saint and of a yogi
Well trained
You may become for me
A gate
Through which I will leave myself
And a gate
Through which I will enter myself
A plumb line to the center of the Earth
And a cosmic ship to Jupiter
My body, you are an animal
For whom ambition is right
Splendid possibilities are open to us