Rooted

Aisha Badru

Plant your feet upon the earth
Know your value, know your worth
Take a breath that's long and deep
You're carried by the ground beneath

Feel the sunshine on your skin
A lotus flower blossoming
Your journey is your offering
You are here for a reason

Send your roots down through the dirt
Anchoring you through the hurt
With every breath lengthen your spine
Reaching steady towards the light

Feel the sunshine on your skin
Turn up the wiser voice within
Your story is your offering
You are here for a reason

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