



Kathy McConnell

# Mind's Eye

By Kathy McConnell, Certified Advanced Rolfer™, Rolf Movement® Practitioner

In my mind's eye, I see synapses firing,  
Electrical storm, sparks and tiny bolts of lightning,  
Shooting thoughts inside my head.

In my heart's eye, I see vessels.  
I see deep and dark and wet.  
I see oceanic movement  
Calming the storm above.

My mind's eye opens wider  
When my heart's eye is watching.

I see that standing in my heart  
Lifts me to the sky.  
I imagine floating,  
Swimming among stars and galaxies.

And then,  
I rest my hand's eye  
On my heart's eye  
And breathe.

*Kathy McConnell is a Certified Advanced Rolfer™ and Rolf Movement® Practitioner in the San Francisco Bay Area. During her twenty years of practice, she has assembled an eclectic palette of formal and self-directed training that influence her work, including craniosacral therapy, medical qigong, and Western esoteric studies. Through her poetry, she is experimenting with the language of embodiment that is awakened by Rolting® Structural Integration and Rolf Movement® Integration. ■*