

Embraced In Alta, My Wings Emerge

[BY REBECCA ESCHENROEDER](#)

Once again, the energy that is so often shared across time and space has come together; living and breathing; sharing the same air.

I begin to open.

The conversation flows from lips, from eyes, from hearts, from souls, from the marrow of our bones.

My wings emerge.

Vibrations and powerful strength shared from simply brushing skin; drinking each other in through millions of tiny expansive pores.

All-encompassing, I expand.

Pausing every once in a while, having the inability to do anything but smile and disbelief...you're here.

Embraced in Alta.

We are timeless.

We are limitless.

We are infinite.

Photo by [Jose Ros Photo](#) on [Unsplash](#)

For more self-study, [The Urban Howl](#) recommends [Courage: The Joy of Living Dangerously](#) .

Sip a little more:

*Ajna & Alta: The Spiraling Energy Of Deep
Knowing And Acceptance*

*She Reminds Me To Stop, Pause & Drink The Sun
Through My Skin*

Home Is Not So Far Away – It Lies Within

"Allow yourself to be
nourished and blessed.
Get excited about the
magic beating in your
wild flower chest."

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