

This grief be....

By Sisi Reid

This grief be making me feel like I'm weak and very isolated.

These past few weeks have been hard.

This growth be painful.

This grief be in my body and bones.

There is something in this grief, something more to exhale, something held too long, fears and anger and sorrow.

There is something in this grief pushing me to express what I want and need more. It's not easy.

Been watching videos of dancers/choreographers and getting inspired.

I'm grateful for a spiritually nourishing in person call back at my theater home yesterday.

(This text was written to accompany the dance video)

The song in the video is YaYaYa by RY X. I do not own the rights to this music.