

CLOSER THAN THEY APPEAR

Whoah! Hump Day came so fast this week! I don't know if that's a good thing or a bad thing for y'all, but, I am choosing to believe that it's because we are all doing such an incredible job of facing and climbing our mountains that the hump was "closer than it appears," like the car mirror often tells us on long journeys! Yes! We are getting into closer proximity and closer relationship with the ways that we self-sabotage, and I am a firm believer in the idea that we possess the AGENCY to DO something with what we are aware of (and in relationship to/with)! Super exciting prospect to consider!

This week, I continue to revel in what a few of you worked together to help me to create language for last Saturday. A member of our group talked about how we as Womxn of Color sometimes show up "small" as a form of self-sabotage. She recalled her mom telling her as a child that she (her mom) didn't give her a lot of compliments for fear of her "getting the big head." Aaaahhhh!!! We often internalize this kind of messaging, especially from people we care about. Then we go into spaces with other women, all ready to be the "BIG HEAD POLICE!" We are sure to point out each others' flaws and mistakes while neglecting to share the "BIG UPS" and "SHOUT OUTS!" Ugh! We shun each other, citing a "think she bedda than us" spirit on the womxn who were destined to be our homegirls, shy of the evil fate of self sabotage! "She got the big head! I ain't foolin' wit her!"

But, WAIT...

Is it that she think she got the big head, or is it that these womxn have been conditioned to see their own heads as small, and like the side view mirror that says, "these images are actually closer (in relationship) than they appear?! What if the "dissed dame" is fully aware that she has a normal sized head—not bigger than anyone else's in the room, but also, not conditioned to see herself as smaller than she really is (kudos to her for doing her deep self work to get over that hurdle—America worked hard to ensure that she didn't and she prevailed...we see you, Sis!). What if, also, she sees the "worrisome women" as having the same sized head as hers! What if she sees them all, including herself, as women, who, regardless of head size, have huge amazing brains, and big, courageous, gratuitous hearts as well! If that's her perception of the room and the womxn in it—if she really sees herself and all of her peers that way—well, wouldn't that ALSO explain why her head is held high, and why she walk like she got diamonds at the meeting of her thighs (THANK YOU, QUEEN MOTHER ANGELOU)!?

It seems that context is key, and perspective is the door that it unlocks...

So for the rest of this week, I invite you all to use your keys to unlock the doors that lead to greater perspective on the size of your heads and hearts, and I promise to do the same!

See you in chapter 3 of The Mountain is You this Saturday, and don't forget to INVITE YOUR FAB FOUR TO JOIN US!

Let's Get Curious!
XOXO, @ReeshedaNicole