

Respite

Black bodies murdered.

Recessions.

A Trump presidency.

Financial insecurity.

Racial uprising.

COVID-19.

Inequitable systems.

Your identities.

Your traumas.

Your mental health.

Your wellbeing.

Your ambitions and hopes.

Your life.

Take a breath.

Stop what you're doing and rest.

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Respite

You've survived the worst and yet, you still power on?

Within your DNA lies power, resilience, and strength.

You rest on the shoulders of caretakers, housekeepers, teachers, pastors, mechanics, activists, icons, leaders, giants, and those who have stood in the most hostile of spaces loudly and boldly advocating for the right to be seen in the fullness of humanity with dignity and respect.

Your molecular structure is the result of your ancestors who have blazed the trail before you and conquered. Their blood flows through every crevice of your being.

In your spirit is the will power and tenacity to break through ceilings, crush windows, push through doors, dismantle systems, crush barriers, and demolish obstacles.

But when was the last time you stopped to think about that?

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A close-up, high-contrast photograph of a Black person's face, focusing on the mouth and chin. The skin is dark and textured, with the lips slightly parted. The lighting is warm and directional, creating deep shadows and bright highlights that emphasize the contours of the face.

Respite

Sit still.

Lay in the sanctuary of your Blackness.

Turn inward.

What do you hear?

What do you see?

What do you feel?

What is your spirit speaking?

Stop what you're doing.

Rest.

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