If, Can, Mayhap
a play for one or many by Aleshea Harris
VOICE

Everyone who is feeling uncertain
do a body roll
just one
don’t be greedy
one single body roll from wherever you are
the longer the better
roll
it
out.

Nice.

Now anyone who is mad
who has a fire in their belly about
injustice
or lack
or blatant dishonesty
or greed
or maliciousness
sigh the biggest sigh of your life
that’s it
there you go
just try and let it out.
Is it still there?
Might take another sigh
and another and another
until you feel a moment’s peace.
It may never go away
and that’s okay.
What we want here is
a moment
just a moment.

Sweet.

Now, anyone who’s got a joyous something
dancing around in their brain
the memory of the taste of your favorite food
or the dish you’re gonna prepare later
or the way your mother makes delightful puns
then guffaws louder than everybody else
Like seriously, not giving
anyone a chance to laugh

Aleshea Harris
before she does
or a surprise gift you once received
or a kind word someone sent your way
If you’ve got a something
that makes you feel joy
snap your fingers
one good time
okay, a few more times
there you go.

Darling,

If you have ever been embarrassed
someone walked in on you
doing something private
or you scolded someone for doing something
they hadn’t done
or you tried to sing at karaoke
but whoops
or you got ahead of yourself
with your dance moves
in public
or someone you trusted
told your secret
something
anything
that brings you
shame shame shame
my goodness
perhaps you could
pat yourself lightly
where your heart is
right there
a warm little tap
to make sure it’s still beating
there ya go

There it is.

And those of you who feel guilty
touch your toes
It can be guilt about whatever:
the things you have with ease
that you know others need

Aleshea Harris
your lacking empathy
your lack of worry
whatever
if it's there
touch your toes.

Good.

If you have ever told someone
you love them
if those words
have ever left your lips
smooth your eyebrows down
with your index finger.
Nice and easy
enjoy the feel of the thing
yes yes
You feel that?
You smooth.
You so smooth.
If you do not have eyebrows
try your eyelids.
They are soft and I'm told
the thinnest skin
on our bodies.

What a delight.

If something is eating you up
is taking tiny bites out of your
ability to concentrate
or your usual zeal
if something is bothering you
an email that felt a bit
nasty
an automated phone system
your arch nemesis
taking up real estate
in your mind
touch your forehead lightly and say
"What a good
brain you are.
So active and smart.
But I'm tryna chill.

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Would you chill?
Dang.
There you go.
That’s it.
Chill.”
Chill.

Alright.

Are you a singer?
Can you sing?
Like, a capella?
This is no time to lie to yourself.
Can you sing? Can you sang?
Not the past tense of sing but sang.
Don’t worry if you don’t know what this means.
We carry on.
If you can sing or sang (and even if you cannot)
think of the song that shows off your voice.
Now imagine yourself giving a concert.
Your faves are there
Your least faves are there
Strangers ready to love you are there
Sing
Sang
or lip sync if you can’t make noise.
Feel the glory coming at you.
Oooo  eeee.
You ain’t have to shut it down like that, Diva.
You ain’t have to.

Now,

You might have cried
within the past 48 hours.
Yeah.
If that be the case
draw your name in the air
with your finger.
Take your time.
Take your time.
If you start to cry again while you’re doing it
no problem.
Do it easy.

Aleshea Harris
Your own pace.

Fabulous.

What is your favorite accessory?
A red hat with a veil?
Or maybe a necklace that looks like a fish
gliding over your neck
with a jewel for an eye?
Or socks with otters on them?
Grab it in your hand if you can
Grab it in your mind if you cannot.
Put it on.
Is there a mirror nearby?
Strut, my dear.
Primp and preen and show off.
Now ask the mirror how you’re looking
(it will ask you the same).
Respond to it and yourself with
“I look good, honey.
Look at me.
Devastating.”

Cool.

Are you missing anybody?
Coworker
Beloved pet
Another version of yourself
An elder
Parent
If you are missing someone
write their name in the air
using your finger.
Go ahead
take your time
Their name
and a message for them.
Something sweet,
a bad joke,
some statistic you both cherish
you know best.
Write to them.
There ya go.

Aleshea Harris
Tell them where you are today
or how dear they are
or why you’re angry
It doesn’t have to be good
but
it should
it should be
honest.

END