I AM LIGHT
BY REGINA TAYLOR

Characters: Mind/Mouth/Heart/Stomach/Hands/Feet/NetherRegions/Hips/Spirit-

MOUTH
Do you remember the first time -

MIND
The first time-

MOUTH
The first time you fell-

HEART
The first time you fell in love.

MOUTH
“You’ve got mail-“

MIND
Yes- Haven’t thought if it /since-

MOUTH
Yes- since-

STOMACH
OOO---
2005 was Instense-

MOUTH
Your stomach recalls

MIND
My stomach -Regurgitating
the past -All nerves-
Growling and grumbling
Always complains-

STOMACH
OOOh! 2005!
the hurricane!

MOUTH
The year of Katrina-
Wasn’t it

STOMACH
I felt it in my gut
like a kick-

EYES
When I saw-

MIND
No-you didn't
I Didn't want to see-
I closed my eyes-

STOMACH
Ooo-wee

MOUTH
And your heart did pump
Irregularly-

HEART
BUMP BUMP
BUMP BUMP/
BUMPITY BUMPITY BUMP

MIND
My heart racing

HEART
BUMP BUMP
BUMP/BUMP

STOMACH
That was the year-the
Flood waters broke.

EYES
So Salty - my tears

MIND
No- Don’t- want to go back
Not to that memory-

MOUTH

My mind- You think so deeply
But what good is your history
If it stays buried in your head
What’s past can lead the way
When your future looks bleak
to figure a brighter day
MIND
Ok O mouth almighty
There’s sense in what you say
But you sometimes run in front of me
Before I’m ready-

MOUTH
Then lets begin
When you were happy
a bit further back before-

HIPS
1992
on the dance floor
2 and UH
3 and UH four

MIND
And who are you?

HIPS
Your hips

MIND
No- cant be true

HIPS
Remember when you were 34
I was levitating

MIND
No- not anymore.

FEET
And I was the guide

MIND
My feet-
Are now flat and wide

FEET/HIPS
Higher we - jump
3 and UH 4

HEART
BUMPty BUMP....

MIND
That was over
thirty years ago

HEART
BUMP BUMPTY

FEET
Twas my moves -he fell in love with-

HIPS
It was Me-

EYES
I saw him first-

HEART
BUMPTY BUMPTY/bumpty bumpty…

HIPS
I mesmerized-

EYES
As he floated across the floor

HANDS
Reaching out/ to me-

HIPS
I caught his eyes

MIND.
He takes my hands

STOMACH
Ahh! /butterflies

MIND
Butterflies in my stomach

ALL
Pulling me in-
NETHER REGIONS
Wow- wowzie

MIND
My nether regions agree

NETHER
La da dee- oochee-wah

ALL
He’s the one for me-e-e-e

HIPS
6 months later-

FEET
He waltzed me out the door
and down the aisle

ALL
I said

MOUTH
“I do”

ALL
I do
forever more

MIND
Yes -

STOMACH
So fast-

MIND
I felt Safe

STOMACH
How long will it last-

ALL
I felt whole
in his embrace

HEART
Time
Stood still
NETHER REGIONS
Sublime

HEART/STOMACH
Every day the same -

MOUTH
As our first kiss…

HEART
Years without change

STOMACH
I held my breath

HEART
Wasn’t it bliss-

STOMACH
Was it?

MIND
Our romance
Was like a dance
Without moving.

NETHER REGION
All in all-

EYES
If Hindsight
was a crystal ball

STOMACH
What floats up
Some day must drop

MIND
Who was to blame?

STOMACH
When it all stopped

MIND
When the end came-

MOUTH
The day of Katrina hit-
STOMACH
The hurricane

EYES
i cried salty tears

MIND
When the Levys broke

HEART
And I dived into the waters
out of that love boat
And I could not swim

STOMACH
I am Sinking
Watching him
Floating-

HEART
a gust of wind
Lifting him up
Above me he flew

HANDS
I grabbed at his feet
-Only got one shoe

FEET
Can’t chase after him

NETHER REGIONS
Nothing I can do

ALL
I got no wings

MIND
That's how it felt
Euphemistically-
Romantically-
Poetically
But
Actually-
it was simply -
He grew bored with me-
Bored with the predictability
He walked out the door
He said-

MOUTH
“There has to be something more.”

MIND
Hm.

HEART
Sometimes divorce
 Hits with such force

MOUTH
Things fall apart

HEART
With no rhyme or reason?

MIND
There’s a time
 for every season

HEART
But- Why does it have to be-

MIND
Be still my aching heart

EYES
Sometimes you find yourself
 in the dark

HEART
Shattered-

ALL
On the floor
Scattered

MIND
Confused
EYES
Feels like yesterday
When I was forty five
wondering -
if I could survive
Without my reflection
in my loved ones eyes

MIND
These are tests:
Divorce -Plagues
Deaths
Striking (even if expected)-
unexpectedly

ALL
Things happen to us
Our friends and families-

MIND
Yes
I remember
I know
I've seen
and weathered
Again
and again

ALL
Sisters
Brothers
Fathers-
Ancestors

MIND
My mother's
hands
Where it began
she-
With broom and dustbin
always helped me
to pick up the pieces
Guiding me on what to do
And even after she died-

HEART
You fell apart that time too

**MIND**
But I made it-
Because she wasn't through
Her hands upon my own
Her hands- look like mine
Now that I’m grown-
Storms- I’ve weathered a few
Survived each round

**HANDS**
What I know how to
with spit, bobby pins -
some Elmers glue-
A rubber band -

**MIND**
How I knew- *This will do*
till I heal again.

**ALL**
Some things never get back
to what it was before-
We transform adapt -
then-

**MOUTH**
“On you go.”

**MIND**
But how do I tell my hips
Who think I’m still 34 -
That…

**MOUTH/MIND**
-That there’s no going back
No back to “normal” any more-

**FEET**
My ankle is where
there used to be an elbow-

**HANDS**
Still can bend and reach-
that’s ok- /I guess

**MIND**
I guess so-
How you evolve
as you grow-

FEET
I've got no right knee joint
now -bone on bone
But still /I walk -

MIND
Still- I move on-

MOUTH
over the years things get misplaced-
some things forever gone

MIND
But I'm here-

ALL
Life goes on
Got no plans to disappear
No-

MIND
No time soon

HEART
In the darkening sky
I'm constant as the moon

MIND
So if I lose my job
position in community
If they take my last dollar
-My family…
when life makes me wanna hollar
I throw up both my hands

HANDS
Gonna pull it together

ALL
I know I'll rise agin
Until I have to
Do it all over
I can-

EYES
You see-

SPIRIT/MIND
Beyond my skin-
and history
Even
Beyond my body
Beyond all-

Within
there's a flame
burning
without end
With limitless
Possibility-

This light

ALL
This light

This light is me.

Play INDIA ARIE - I AM LIGHT to sing along and or to listen:

India.Arie - I Am Light (Lyric Video):
"I Am Light"

I am light, I am light
I am light, I am light
I am light, I am light
I am light, I am light

I am not the things my family did
I am not the voices in my head
I am not the pieces of the brokenness inside, I am light
I am light

I am light, I am light
I am light, I am light
I am light, I am light

I'm not the mistakes that I have made
Or any of the things that caused me pain
I am not the pieces of the dream I left behind, I am light
I am light, I am light
I, I am light

I am light, I am light
I am light, I am light

I am not the color of my eyes
I am not the skin on the outside
I am not my age, I am not my race
My soul inside is all light
All light, all light yeah
All light

I am light, I am light
I am light, I am light yeah

I am divinity defined
I am the God on the inside
I am a star, a piece of it all
I am light

Play list:
15 Songs to Overcome Challenges with
https://spinditty.com/playlists/15-Songs-to-Overcome-Challenges-With