

What a time to be alive.

Alive in an age where the walls that have long confined our minds are slowly crumbling.

Alive in an age where the truth of who and what we are is making its way into mainstream conversations across aisles and tables and women's circles worldwide.

Alive in an age, where we no longer have to think like a man to get the job done.

Alive in an age where getting the job done doesn't mean exhausting our inner resources or those of the planet.

Alive in an age where our voices are uniting, growing louder by the day.

Can you hear them?

Can you hear them?

What a time to be alive.

Alive at a time where what has been lurking in the shadows is now being exposed to the light of justice.

To the light of reparation.

To the light of hope.

Hope that tomorrow will be better for the little girls looking up to us, still daring to dream they can be and do anything they set their minds to.

Alive in an age where the size double-zero supermodel has been removed from the pedestal and replaced by the A.O.C's and R.B.G's and Janelle Monae's and Lizzo's, OK?

Alive at a time where we're recognizing that we are stronger together than we could ever be standing apart in competition.

Alive at a time where we're finally giving ourselves permission: to rest, to feel, and to trust our intuition.

What a time to be alive.

And yet, there is still work to be done.

The children and mothers that cry out from cages at our borders? They deserve our love.

The homeless among us, by-products of a system that has created greed beyond measure? A bottomless pit of consumerist hunger that has made us more interested with a sidewalk sale, than those living on the sidewalk? They deserve our love

The black and brown faces behind prison bars, wearing criminal labels, treated as animals, stripped of their rights long after their release? They deserve our love.

The trans, the gay, the queer the bi, the non-binary, the curious humans who's only wish is to feel free to be who they want to be? They deserve our love.

And the wild thing is? We, have so much of it to give.

Love lives within us.  
Love lives as us.

We came here to set it free.

To let it ripple through the hallways of eternity, on behalf of humanity, long after our beautiful hearts stop beating.

We are creators by nature.  
We nourish.  
We support.  
We give life.  
We create life.

So much depends upon what we do and how we move.  
Here.  
And now.  
Here.  
And now.

Sisters. Mothers. Queens. Goddesses.

That light, that spark, that fire within you, the same one you felt as a child - it is not there by accident. You chose to be here on Earth at this time, because you have something to contribute to the uprising taking place, can you feel it?

Here.  
And now.  
Here.  
And now.  
We are superheroes.  
We are the bringers of the light.  
We are forces of nature.

We are the leaders we've been looking for.

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