

Human Being, Not Machine (4/28/2020)

Yesterday, during a random conversation with my King, I experienced a breakthrough. A breakthrough so powerful that it is my **moral duty** to share.

My King has had the privilege to witness me, in live action, give birth with no epidural. I am not sharing this to boast about my incredible will and determination, but rather highlight the experience of making a conscience choice to go through the painful yet beautiful process and journey of birthing human life without medicine. It was **a moment of revelation-my undeniable strength**.

From that moment forward, I began walking around as if “I have to be strong” every day, all day, and carry the weight of the world with me.

However yesterday, as I balanced adapting to my first month of telework and all that comes with it, motherhood and all that comes with it, and matrimony and all that comes with it, I began **reflecting on the journey** that I took to get here and all that came with it. And before I knew it, I began to cry. And **the crying** felt so good. The crying both **healed and restored** me- at the same time. I needed to cry, but I did not know it. And **more importantly, I did not know that I could**. I have been conditioned and trained since a child to “stop crying,” and hearing false narratives such as: “what doesn’t kill you makes you stronger,” or “you’re a strong black woman,” or “you know, black women have to be strong because...” **WRONG and enough already with the branding, labeling, and coded terms/sentiments**.

Unfortunately, somewhere along the way, I began to believe that crying and transparency was **not accessible to me**. And if I dare attempted to “do it” then my “strong” power would evaporate.

However yesterday, I was liberated. I was **empowered** through the embrace of my King who listened and supported me as I allowed my tears to flow and go. And in that moment, I was hit with a universal and divine truth: **I am a human being. NOT a machine**. I have an inherent right to: cry and cleanse, not have or care to know all of the answers on autopilot or demand, listen to the still and quiet voice, and breathe for however long I choose. I was able to debunk the myth that “being strong” looks and acts a certain way, while recognizing and honoring that **true strength comes from within**.

So, as we continue to encounter the day to day, remember that we are human begins. Solar even! We have the **power of choice** and **shall live uninhibitedly**. And we should do so freely- without judgement, condemnation, trepidation and/or fear.

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