

STATE OF MIND



The Sunshine State | 2021 © Alicia Kae Miller

Mwahahaha....my global master plan *to shift humanity from "me" to "we"* is working!

On a recent trip to Florida, I was delighted when family members went out of their way to point out the practice of empathy in their everyday lives. Given that empathy is my business, I cannot begin to tell you how good it feels to know that my immediate family has also made it theirs.

Daily Dose

On the topic of feeling good, one of my favorite things to do every day is to take a cell-phone-free walk. I do this for several reasons, but mainly because it helps steady my breathing and dials down the symphony in my 'noggin.

My Florida excursion was no different. As I inhaled the delightful fragrance of gardenia, I stopped short at a 'No Trespassing' sign outside the entrance of a nearby golf course.

Private Property.

Members Only.

No and No.

These signage keywords alone compelled me to pause and consider how the message made me feel... uneasy and unwelcome.

News Flash

Now don't get me wrong.

I fully understand the concept of memberships since I also pay fees to receive benefits that come with such a privilege. What gets my ire up is how ill-conceived messaging, in all its forms, can be.

When I suggest messaging forms, I include the silent judgment of one another. If we are honest with ourselves, we all sit in the judge's chambers now and again. Similar to the benefits of walking, standing in judgment is one thing. Sitting, in conclusion, is entirely another.

Make A Difference

When you find yourself becoming too stationary, I encourage pivoting to greater compassion and less hate. In my experience, a softer stance and honest discourse galvanize us from silent observers to empathy activists.

Until we meet again, navigate darkness by shining your love light. ❤️

Yours in Solidarity, -akm

June 2021

PS Re: walk. Consider lacing up and report back. This one is keen to know what you found out about yourself while becoming one with nature.

CONNECT WITH ALICIA



PREVIOUS

MEND THE LINE

JUSTICE, EQUALITY, LIBERATION

NEXT

SAFE HARBOR

INTEGRITY

Let's Shine A Light, shall we?

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activism-inspired.

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