

Musicality

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For the longest time I found the most vulnerability in music.
A song with a good set of lyrics was the only place I could let go and lose it.
It felt safe to belt out a refrain.
It was a way to keep any semblance of vulnerability locked in a frame.

Talking about anxiety, forming the words floating in my brain...
Well that ladies and gentlemen made me want to hurl my guts down the nearest drain.

But music, music is power.
After all, singing to your plants gives you taller flowers.

Music teaches.
And anxiety well, anxiety is like a set of leeches.

Although these songs were brought to me through my phone.
In my deepest anxiety that audio made me feel like I wasn't alone.

I once had a fear of human vulnerability.
I once had a fear of human emotions and their flammability.
But music is one of the things that set me free.
Music is one of the things that taught me how to be.