

Go Scream Free

by Jen Lewis

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Leap and soar
Joyful explore
Our voices play with ease

Twist and flex
Don't know what's next
Just following the muse

Sense the rhythm
Breathe within 'em
Alive through to the core.

But now
STOP
Play time
DONE
Come inside now, dear.

Come stand here.
There's work
To be done.
Suffer through
The scales.

Do
Re
Mi
Very nice.
Now repeat
Just that
5,000 times more.

What's that?
Stand Still
That's not how it's done.
That's not what you're
Supposed
To do.

Stop messing around.
You know the drill.
Don't
Do it
Wrong.

Oh joy! We're done.
Time to run
And scream with fun
My freedom's won
At least for today.
What if the

Do
Re
Mi

could stop being mild
get riled
by the child
she wickedly smiled
taught to go
Wild?

Go
Scream
Free

Oh
Bray
Banshee

Flow
Betray
Chickpea

Snow
Croquet
Crappy

Whoa
Play
Debris

So hard to reframe
The way we've been taught
To learn a funner way

But play is the practice
Practice is play

The error is gold
The grind, a chance
To explore that way once more
With fresh eyes and curious mind
With which we see anew

Breathing into
This moment
Every thing has changed
How could I
Remain the same?