

exercise and analysis by : **Ebony Noelle Golden**
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my STUFF: HEALING WITH Attitude

alongside Ntozake Shange's

For Colored Girls Who Have Considered Suicide/When the Rainbow is Enuf

I MEAN, tHink ABOut It...

"Each character in *For Colored Girls* personifies an energy field or chakra in the body. In traditional healing arts, the color green is associated with the heart chakra thus, "Alla my Stuff" is an imperative thrust toward the Lady in Green's reclamation of self and self love. Lady in Green reminds the audience of the universal/sound expression of **love, self acceptance and allowance**. She reclaims her own "tacky shirts", her aired out vagina, "callused feet" her "arm wit the hot iron scar" as her story, her walk, ad her meditation on freedom, awareness and wholeness.

This **reclamation and proclamation** illustrates, specifically black womyn reclaiming ourselves, the pieces, bodies, desires communities have harvested, historically and recently, for consumption. Lady in Green's monologue is indeed a celebration of the reclamation of voice and herstory; and serves as an insightful glimpse into the importance of vocalization as expressive healing."

YOur STUFF: your gifts to the world

- "Lady in Green" in *For Colored Girls*

StEALIn my StUFF dOnE mAKE It YRS!
 mAKES It StOLEn

The STUFF that make me FUNKY:	The STUFF that make me FABULOUS:	The STUFF that make me FREE:
my _____	my _____	my _____
my _____	my _____	my _____
my _____	my _____	my _____
my _____	my _____	my _____
my _____	my _____	my _____
my _____	my _____	my _____
my _____	my _____	my _____