

A.S.H.E

Arts, Spirituality, Healing and Embodiment

Presented by Kyisha Williams and Ravyn Wngz

Welcome

Opening Practice

Movement Practice

Who we are // What we do

Healing Practice

In the Arts



Healing Practice

In the Arts





This song is for the lives that have been lost and to encourage allies to speak up. I made it 73 beats per minute in honor of George Floyd who was born in 1973. I wanted to create a token that can continue the heartbeat that was taken from him and many other black lives. Streaming income from this song will be donated to Black Lives Matter organizations.

I would like to get everyone's face involved in this message so I can put a video together with everyone sharing the message of "If you look like me, stand up and speak up." Please send a video of yourself lip syncing to this song to: callyyourselfalover@gmail.com . I love you and I stand with you 🍷❤️

Call yourself a lover

Janine

Too many mothers crying
People dying on our phones
Honestly I'm scared the ones I love won't make it home
When they're walking or driving or in their own homes
Law in their face justice leaves them alone
It ain't right, it ain't right

When if it was your mother, your brother, your son or your
lover
Your father, your daughter, your sister, your friend
I don't think you'd sit back

So If you look like me and you don't wanna speak
Don't call yourself a lover
Don't call yourself a lover
Change needs us, I'm begging you please stand up
And call yourself a lover
Call yourself a lover

Don't tell somebody bleeding
How their supposed to bleed
Quoting Luke 6:31 but ignoring those in need
Their shooting EMT's
Kids getting candy
Garner and Floyd said that they can't breathe
When did signing the wrong check
Become signing your own death?

When if it was your mother, your brother, your son or your lover
Your father, your daughter, your sister, your friend
I don't think you'd sit back

So If you look like me and you don't wanna speak
Don't call yourself a lover
Don't call yourself a lover
Change needs us, I'm begging you please stand up
And call yourself a lover
Call yourself a lover

Skin tones don't deserve gravestones
It's time to make a change in our history
Cause if one life is not treated equal
There's no way that all lives could ever be
Skin tones don't deserve gravestones
It's time to make a change in our history
Cause if one life is not treated equal
There's no way that all lives could ever be

So If you look like me and you don't wanna speak
Don't call yourself a lover
Don't call yourself a lover
Change needs us, I'm begging you please stand up
And call yourself a lover
Call yourself a lover
So If you look like me and you don't wanna speak
Don't call yourself a lover - Don't call yourself a lover
Change needs us, I'm begging you please stand up
And call yourself a lover - Call yourself a lover

Questions

Support us!

patreon.com/kyisha

patreon.com/ravynwngz

Closing Practice

Ashe and Thank you

Kyisha Williams & Ravyn Wngz

(@kyisha)

(@ravynwngz)