

# Do Something That Scares You

Heather Nova

Yesterday, I walked outside  
Out into a sea of dust, arid and dry  
And so hot and so unbelievably radiant  
And unforgiving  
And I watched myself go under

And I felt energy rising  
And then I saw this woman coming towards me  
All heat and haze  
But with a smile like a river that swept me up  
And I took my hand and I put it in hers

And I said, "Will you be my spirit guide?"  
And she said, "You don't need a spirit guide  
All you gotta do is ride  
You just close your eyes and then open them wide"

She said  
Do something that scares you  
Do something that scares you

And I washed my hands in the clear green water  
Rushing from the mountain like some kind of absolution  
Like a resurrection  
I put my whole body into the water  
Like I was transforming, a chrysalis  
I could taste the dirt  
The red earth on my tongue

And I felt like I was just a girl,  
Seventeen, looking for something, edgy and green  
And bursting and beautiful and undecipherable  
With the reins held tight  
And I felt like I was just holding onto a thread  
Taking off, ready for joy, on a bird's wing, fragile

And I heard that voice  
Do something that scares you  
Do something that scares you  
Do something that makes you feel  
Do something that makes you feel

And I stood on the edge of that cliff  
And I realized I was all alone  
With no way up or down  
And I was scared  
And I started to climb  
Up, up, up

And I could suddenly feel  
And I could feel rain on my skin, sweet and cold  
And I could feel all the pain from all the years  
All the sweat and all the untold passions and the tears  
Like rain flowering in me so strong  
Like jasmine, and releasing me  
And I fell onto the sand and I put up my hands  
And I put up my body arms

And I cried with the rain  
And I felt myself becoming myself  
Like I was freed from the beliefs that I'd been handed as a child  
Like I could see the world from above  
Like I could live pure

And I took off that red ribbon from around my head  
And I buried it under the yellow earth, scratching at the sand  
Burying it deeper and deeper  
Into the heat, into the core

I said  
I did something that scares me  
I did something that scares me  
I did something that makes me feel  
I did something that makes me feel  
I did something that makes me feel  
Alive