

Hectate as a Guide:
When She Asks You a Question, You'd Better Answer!



Illustration by Khara Scott-Bey

Nancy wanted me to tell you who I am. You can read about me in her [blog](#), but in case you are too lazy to check it out there, I'll tell you. I am her own Texas twist on the Goddess Hecate. I am smarter than Nancy is, as you see by my questions below. Your answers to these questions (write them in your journal) will let me know how smart you are.

Quit dawdling, and pick up your pen—now!

1. Life's mighty short. Don't spend all your time snoring, asleep to the world around you. So, I must ask, what are you asleep to? It's probably a long list, but get started anyway. Time, it is a wasting!
2. When you say to a friend, "You made me feel..." I can't listen to you any more. Don't be ridiculous. No one can MAKE you feel anything. What do you think you are? A sponge?
3. I hear those ridiculous thoughts when you are invited to go swimming with friends—trying to figure out how to say no even though you'd like to be in the water all because you are embarrassed by your "lumpy thighs." What can I do but wail? Loudly! Then grab hold of your ovaries (or testicles, though I've noticed fewer men worry about their thighs), and take you on a ride far away from our culture's nonsense about our bodies. What internalized bullshit about your body are you ready to dump now?
4. When you are suddenly shy, scared and hiding under your covers, I spring into action. I'll snap your covers to the side, stand between you and whatever you're hiding from long enough for you to catch your breath. Then I'll firmly nudge you up with my toe and bellow, "GET UP! Be the person we both know you are." What are you trying to hide about yourself?

5. When I hear the voices in your head tell you that you're too serious or lousy at playing, I throw back my head and roar in laughter. Once I've caught my breath, I want you to dig deeply into that little brain of yours and remember ALL parts of you—serious and playful. What parts of yourself do you tend to forget about?

6. When you try to connect with someone saying, "I know just how you feel, when I..." I'll shut you up right quick. Really? Who do you think you are? Trust me, honey-bunchkins, you are aren't that bright to know JUST how she feels? What beliefs do you need to let go of that once felt so brilliant and universal?

7. Do you sometimes feel bad about what "your" people—for Nancy that was white people, some of them in her family—had done to "those people"—for her it was Black and Native Peoples? When Nancy felt that way, she'd collapse in shame and guilt. I hope you aren't that stupid, because if you are, I'll say the same thing to you that I said to her, "Get UP! Do something now. History is a hard thing to change, but the future is open. Make the change NOW!" What are those things you've felt so guilty about? Guilt is only helpful if it gets you off your ass and starts you making some changes.

8. How is your sniffer? Can you smell the roses, tonight's dinner and compost? Or is your nose only willing to smell the good stuff and pretend the other stuff isn't part of life too?

9. I see you there some afternoons. Flying through your overly long to-do list when suddenly that *^#\$\$@ little bright beach ball starts twirling and the whole computer freezes. Suddenly, you're yelling at the machine. That is when I step in, twirl your chair around, grab your hands, lead you over to the couch and tuck you in for a rest. When you are this crazy, you won't hear a single word I'd say. Rest is your only hope. What are your signals when you need to stop and rest?

10. Lord knows you humans all need a guide like me brave enough to say what is real and wrestle with you until you became the person you were born to be. You can call on me, of course (though Nancy keeps me very busy), but you are a creative person. Use your own imagination, why don't you? What would your own personal kick-ass guide look like? What is she/he just itching to say to you right now?