

This is a play with a beat you can breathe to.
You'll need two wine glasses, some water, and another person.

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This play is a part of Starters by JETco.
Bear in mind that it doesn't tell you what to do or when or how to do it.
You'll have to decide that for yourself.

To find more Starters, visit jet-co.org/starters.

A
This is a play with a beat you can breathe to.

B
How does that work?

A
What do you mean?

B
I don't hear the beat.

A
Well, we just got started.

B
That's true.

A
So just give it a minute.

B
Alright.

A
I'm frustrated.

B
Why?

A
I don't know what to do with myself.

B
In what way?

A
It's all this information that I'm getting.

B
What about it? In what way is it frustrating?

A
Maybe frustrating isn't the right word.

B
What's the right word, then?

A
I feel heavy.

B
With information?

A
It's not information in general. It's all of these prognostications from every direction. Every person I talk to feels like a harbinger of something. They all feel like some kind of omen. I don't know what to listen to or if I should be listening at all. But also, an omen sounds magical and I think it's more real than something like that. I don't know. I feel down. I feel heavy.

B
The information is weighing you down.

A
Maybe heavy isn't the right word.

B
Anxious?

A
I don't think I'm sleeping as well as I used to. I wake up feeling like I just finished a workout. I can't tell the difference between my dreams and my nightmares anymore. Everything feels full of something weird. Sludgy, maybe.

B
Take a glass.

A
What?

B
Take one of these glasses and fill it with water.

A
What's this for?

B
I think I'm starting to hear it.

A
Hear what?

B
Give it a second.

A
Okay.

B
Now take your glass and, before we do anything else, take a sip.

A
Of water?

B
Yep.

A
Okay.

B
Now, set your glass in front of you.

A
Like this?

B
That's great.

A
And then what?

B
Every time you say something, run your finger around the rim of the glass and take a breath as you do it.

A
Just once around?

B
Just once.

A
And every word?

B
No, just every thought. Whenever you finish speaking, just run your finger around the rim and take a breath as you do it. In and out. I'll do it, too.

A
Like this?

B
Yep.

A
I feel like your breath took longer than mine.

B
You can take as long or as short with it as you want. But don't let your finger leave the rim of the glass.

A
What does this do?

B
Not much.

A
So why are we doing it?

B
I'm not sure. I feel like I've been swimming in a bunch of little things that don't do much of anything. But they keep accumulating. In my head and on my dresser and in my mailbox and in my inbox. Sometimes I wonder if a bunch of small things add up to a bigger thing. Like the drop in the bucket mentality. Or if maybe a bunch of small things is just a bunch of small things. Or wait, is that the drop in the bucket mentality? Which one becomes an ocean?

A
Don't forget to breathe.

B
Same to you.

A
How long do we do this for?

B
For as long as we want to.

A
I think I'm thinking about everything I say a little more.

B
Are you?

A
Well if I wasn't before, I am now.

B
It's a little weird to not just respond back to you immediately when you say something.

A
It was your idea.

B
I'm not saying I don't like it. I'm just observing.

A
It is weird. I like it too.

B
I didn't say I liked it either. I'm not sure how to feel about this. All this space.

A
Well.

B
Well?

A
What do you want to talk about?