



Flow With The Now



Leaving Boston, MA



Arriving Washington, DC

Day 1: Caribbean Reads

I have been following this book club since 2023 and was excited that my trip coincided with their meeting.



Caribbean Reads w/ Lois

[The Girl with the Hazel Eyes](#) by Callie Browning

Day 2: Lunch with a Business Associate

To physically meet up with Saleema after a two-year virtual connection. She asked probing questions to understand BETA's client focus and value proposition.





Day 3: National Museum of Women in the Arts

I arrived three days after the [Sky's the Limit exhibit](#) closed. Being in the museum sufficiently quelled my disappointment in missing this exhibit.





What do you see?

Day 4: National Portrait Gallery & the MLK Library

This day was spent with a friend — whom I've only known virtually for four years. We were both delighted that being in person affirmed our friendship. Lots of laughter and exploring.

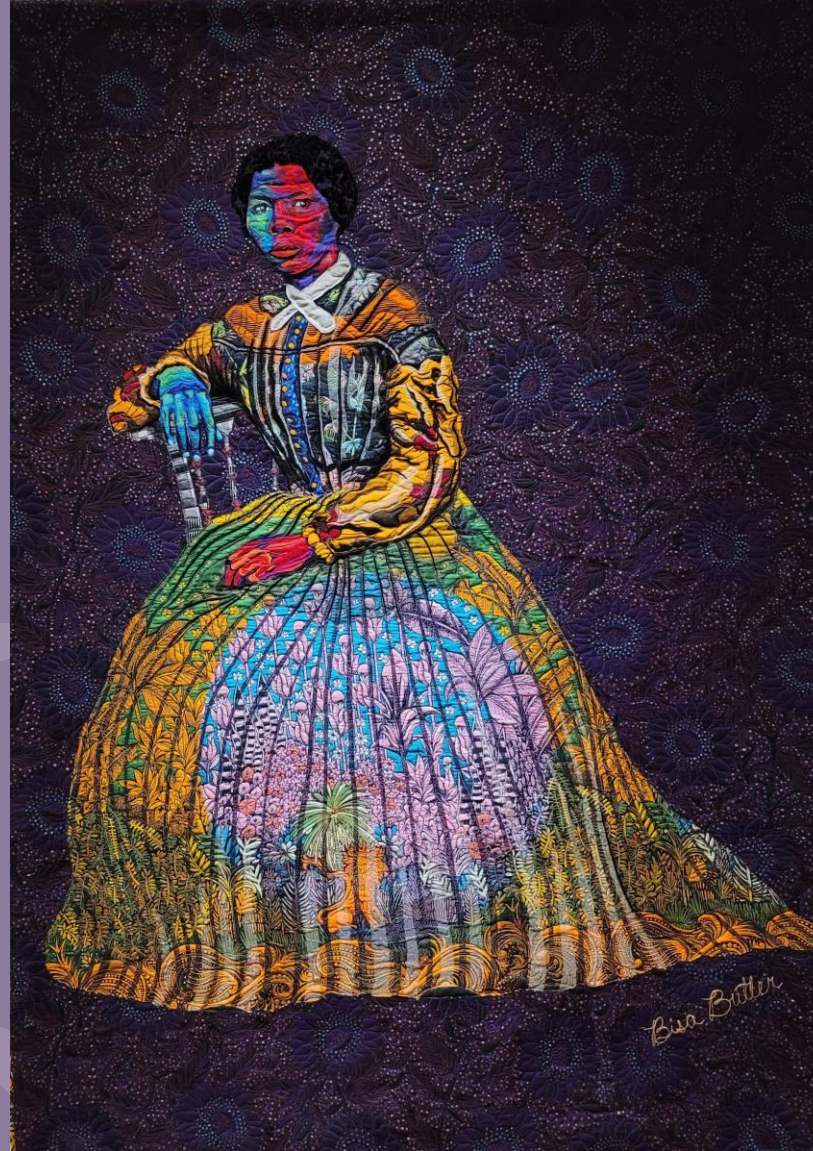




Sights on my walks

INFINITE POSSIBILITIES

With its ability to draw from the past and present through the lens of futuristic imagery and technological themes, Afrofuturism is a powerful tool to tell the story of African Americans in an increasingly complex and technological world. Connecting themes of space and liberation, digital activism, and 21st century popular media, Afrofuturism provides a platform of infinite possibilities in determining Black futures.



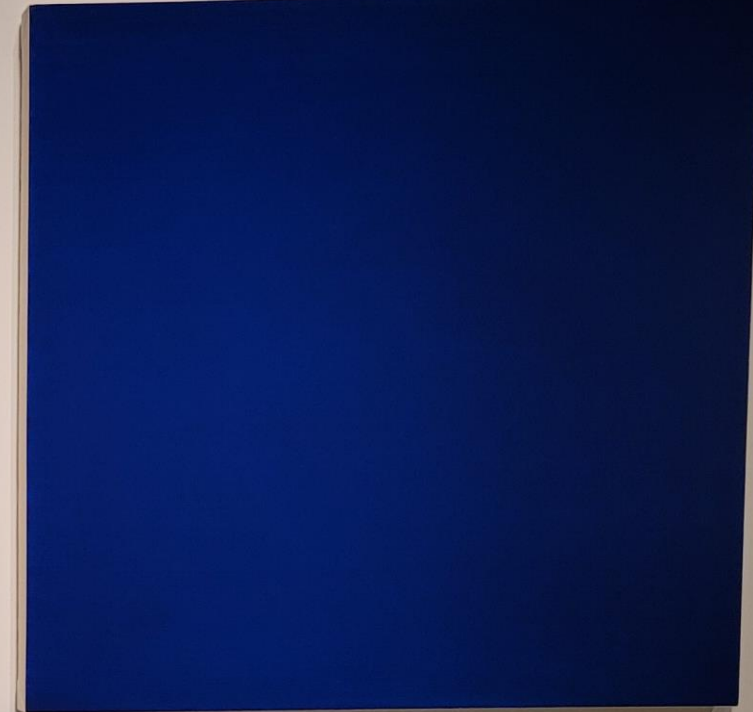
Day 5: The National Museum of African American History and Culture

It was great to experience the new exhibits. An afternoon at the museum with another friend followed by dinner at Del Frisco's.

WHEN INJUSTICE
BECOMES LAW,
RESISTANCE
BECOMES A DUTY.

Day 6: National Museum of the American Indian National Mall

The history of the indigenous peoples of this land is layered with both beauty and trauma, as evident by the exhibits.

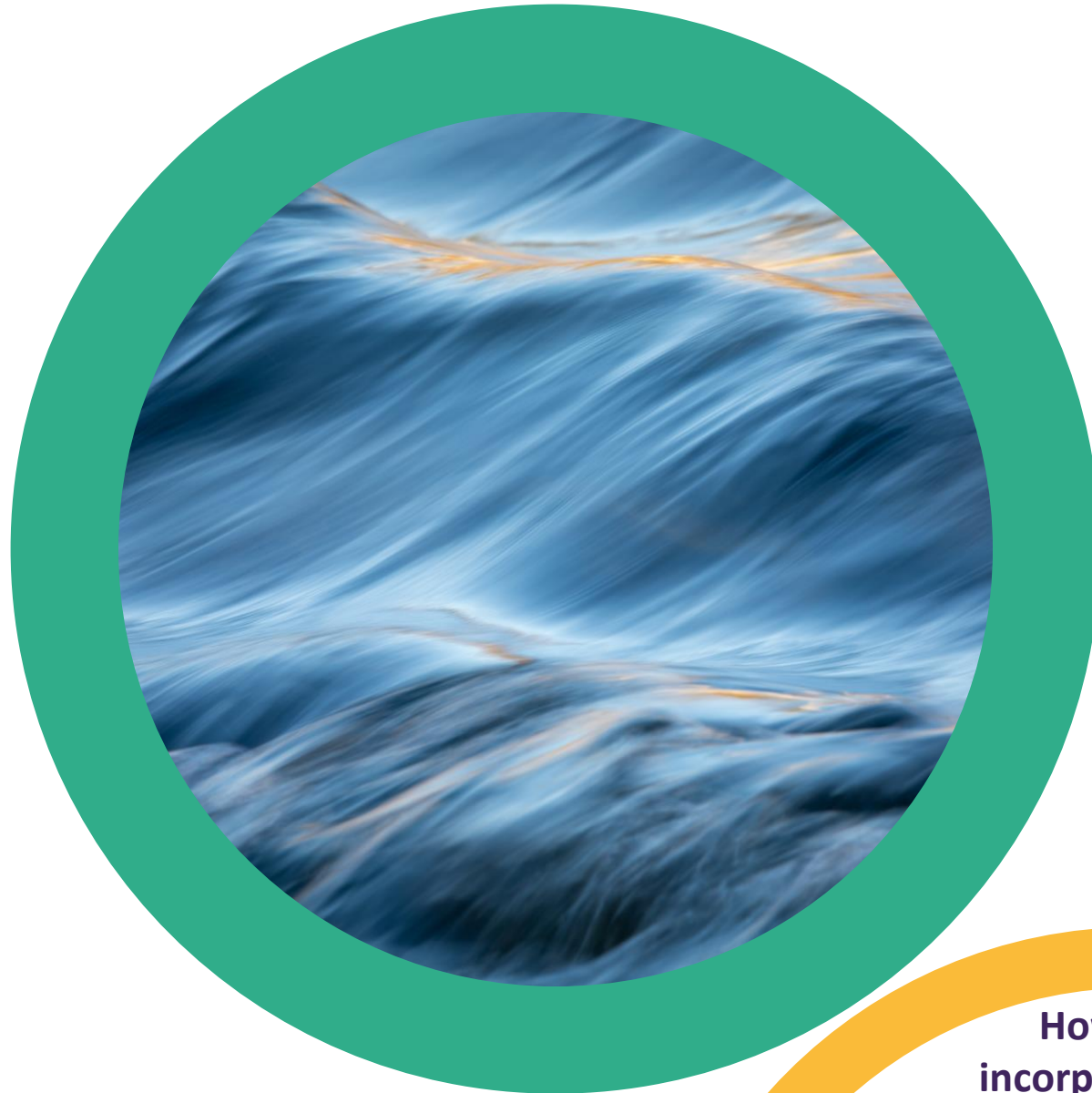






Heading back to Boston, MA

**Thanks for
flowing
with me!
Novelette**



**How are you
incorporating more
"slow-flow" experiences
into your daily life?**

