

00:08:46

They say "time flies"

Maybe that's because nobody's paying attention, nobody's counting

Nobody's grasping every second like it's their last

You don't really understand how long 8 minutes and 46 seconds is

I know I didn't

Not until I stood up to honor George Floyd

Not until I willed my shaking, crying body to stand for 8 minutes and 46 seconds

Not until I heard the combination of cries coming from my mother and I

as we grieved together for George, for ourselves, for all black people

I felt every second as my body became weaker and my heart broke even more

while I thought about how much slower it had to have been for George

8 minutes and 46 seconds

526 seconds

Never forget