

## **Becoming an Instrument**

Ever feel as if a person is not listening to you? What might you try to get them to hear what you say? Why not become an instrument and speak to them through music.

And if you were an instrument, what would you be? How would you play? For whom would you play? And who would you not play for? Who would not listen to you? Where would you play? Describe the music, its tempo and rhythm.

If you need a starting line, consider this: “Would you listen to me if I were a name of the instrument?”

Below, read how Julie Cummings, a poet in Denver, describes how she might be a drum.

## **Drumming at 30**

Julie Cummings

My words rose up  
then came down hard  
a steady beat  
Interrupted at times  
when you droned on  
and on  
like a 10 year old  
practicing the violin.  
It hurt my ears  
to hear you.  
Some days I  
tried to accompany  
what you called music  
with a steady beat,  
but I kept improving  
and you continued  
to wail.

*Poet and presenter Rosemerry Wahtola Trommer is the author of If You Listen, a three-time award winning book of poetry, editor of Charity: True Stories of Giving and Receiving, and leads TAG: You're It seminars on creativity, positive attitude and finding purpose. Visit her at [www.wordwoman.com](http://www.wordwoman.com).*