Fat and Naked

Laura Aguilar was the first naked fat body I ever saw in a museum

The first naked brown queer body like my own

the first naked fat body I ever saw besides my own

before I loved my body

before I knew I could love it

before I knew I was beautiful

before I knew my queer nonbinary self was valid

before I even considered that it was possible to love my fat body

I stood there staring at the picture of a fat naked brown lesbian

unable to move

in awe of this magnificent human

A fat body, naked out in the open for everyone to see

I tried to imagine what it would feel like to be as free as she was naked, queer and fat

I wanted to reach through the picture and ask her how she did it

how was she able to be fat and naked in front of a camera and show the world

I wanted to be free like her.

That day I believed that maybe someday I could love my naked queer fat body too.

Now years later I'm here, this is my someday, today in this moment I know what it feels like to unapologetically love my whole self.

I'm queer

I'm non-binary

I'm brown

I'm fat

And I love myself

Visibility matters

Laura Aguilar, your art helped me heal and love myself.

Gracias por tu valor y grandeza.

Cuir, no binarie, morene, gorde y me amo completamente gracias a ti.