

Learn more about *Hollow/Wave* from writer/actor Anu Bhatt! [View Online](#) or [Forward](#) to a friend



Artist Statement from Anu Bhatt

I am a survivor of trauma: this I have known for many years. However, I didn't connect the dots between the trauma I survived and the depressive symptoms I experienced until long, long after the events had occurred.

It shocked me that it had taken me so many years to make that emotional connection, and it scared me that trauma could have lived latent for so long in my body. In fact, I felt stupid: **as a high-**

achieving, book-smart, educated individual, I felt betrayed by my own body!



When **Silk Road Rising invited me to expand my shorter one-woman show into a full-length piece**, I started exploring deeper into this trauma, to uncover the "causes" of my depression. I started thinking about survivors, like me, who carry latent trauma in their bodies and spirits for countless years.

It was terrifying, writing about things I had only mentioned in passing to family and friends. **It was like uncovering a well I had buried in my gut for so long**, and that started to overflow once I dipped my hands in. **Yet I knew this was the story I needed to tell**, for people like me who are also living fulfilling lives and also carrying latent trauma in their bodies and spirits.

***Hollow/Wave* is specific in that it is my story and my experiences, but it is universal, too.** This show is for people of every color, every sexuality, every height, every age. I want to empower others to validate their own experiences. **I want audiences, especially South Asians, to be able to talk openly about mental health, sexual trauma and sexuality.**

It took me so long to identify my triggers in part because it is not something openly talked about in South Asian culture. Let *Hollow/Wave* be yet another indication that no population or type of person is free of trauma, and that **we can embrace our shared humanity as a result.**

--Anu Bhatt, Playwright/Performer, *Hollow/Wave*

[Get your tickets to *HOLLOW/WAVE* today!](#)



Hollow/Wave combines the personal with the poetic in a new one-woman show about depression, body image, and confronting sexual abuse. Seeking to balance and embrace two identities, Bhatt **explores her South Asian-American background with courage and insightful humor**. A mix of raw memories, lyricism and tough truths, *Hollow/Wave* is a **daring dance for empowerment** through a sea of imperfection.

Performances begin May 17th for this limited event, directed by Barbara Zahora. [Get your tickets here. >>](#)

Performances run thru May 27th:

- Thursdays at 7:30pm
- Fridays at 8:00pm
- Saturdays and Sundays at 4:00pm



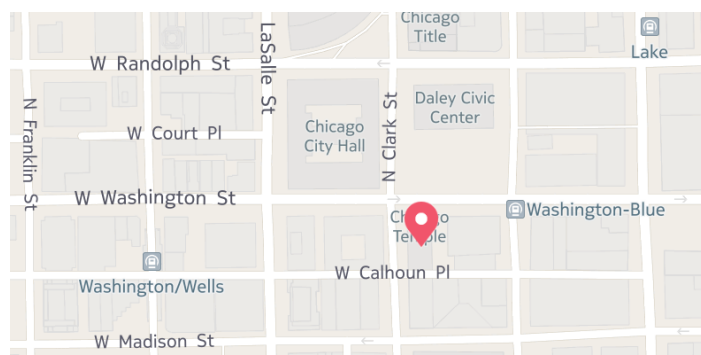
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