

A Mind Unleashed

Freedom from Apology

I am going to be the best,
That I can be,
With or without an apology.

I am worthy and deserve respect,
No one can deny that fact.
Who I am and who I become is my responsibility,
I am the Captain in the driver's seat.

I release my anger, fear, and guilt,
Resentment, shame, and tension.
After all that I have been through,
They deserve to be mentioned.

Yet, I cannot sit here and deny,
All the pain I had inside.
Today, I choose to let go of the pain,
Mentally and spiritually drained,
I allowed the pain to weigh me down,
I gave you my power and was left with a frown.

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I was blinded by the anger and bitterness,

I could not see the purpose in all of it.

It was more than just an apology to me.

See, I wanted you to know that you hurt me.

I, now, know I have a divine right

To enjoy my life with all my might.

So, I forgive all the perceived wrongs

Done to me,

I must let them go and set myself free,

Because I am going to be,

The best that I can be,

With or without your apology.

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Success

I have what I need to succeed

Do you or do you not agree?

I was born with a mission in hand.

Something my eager soul demands.

Success is not measured by my face.

My body or my family grace,

Nor whom I know,

Or by my presence or my show

Success comes from deep within

It is mine and not from another's bin

There is no need for jealousy or deceit

Because we all have our own mission to complete

It requires my whole being and undivided attention

I am here to serve. Did I not mention?

My soul has a blueprint that I cannot overwrite.

It will guide me through the rest of my life.

Living my life is my divine right.

Success, you see, has already been planned.

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I just have to follow through and take a stand.

I am here to succeed in everything I do

I have faith, you see

So what about you?

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Bent not broken

There was a shift in my being I did not understand,

Rage and disgust seethed through me without my command.

The impact of negative thinking had overcome me.

I could not see clearly; my scattered being was all part of my destiny.

The shadow of anger and disappointment surrounded me.

I was blinded by a Fog of pain and shame and feeling guilty.

It all just came and would not leave.

My soul cried and cried out.....Will you just trust me?

I focused on the pain and not the bigger picture.

I was angry and felt betrayed.

They ignored the pain that they created.

They lied and did not tell the truth.

Whom did they answer to?

This is for you and not for them.

Please be patient and just listen.

We need to become one to grow.

To become the person that you must show.

To let GOD shine through you.

So that people see one and not two.

I never knew my ego could be so strong.

The pain became so unbearable and grief so long.

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How do I go on and become the person I need to be?

I need someone to show me.

Please let go and let things be.

This is a time of growth so you must let go freely.

But, fear has me in its tight hold.

What if I make the same mistake or worse you know?

Why should I trust because I participated?

I put others first before my own needs, and I hate it.

I let myself and others down, and you did not stop me.

Why did I sleep and not save my body?

And now you want me to be so trustworthy?

Trust, have faith and believe in me. Just let go and trust in thee

Give me your guilt, pain, and suffering.

Believe in me, and I will not disappoint you no more.

Let me guide you through the open door.

Of forgiveness, love, understanding, and so much more.

You want me to trust something I do not?

Are you sure you want to use me?

I know that I do not even come close to what you can do.

So, please show me how to have faith in you.

Fatherless Daughter: Letting go

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It is so hard for me to stay mad at you,
Because I know things happen for a reason or two,
Up and down I go, just like a roller coaster.
There was nothing I could do to bring us closer.
I am being molded into the person I need to be,
So much easier to admit it openly,
Yet, in private, my body is dry
From the river of tears that flowed outside
More than my ego took a fit,
I felt more like a misfit.

Yet, if I was in touch with my inner being,
Your absence would not hurt me so much now really,
Because you have a role to play, and so do I,
Still, I cannot deny the past feelings I held inside,
Anger, blaming, rejection, animosity,
All because I felt like there was a hole in our family.
Forgiveness is the path I chose to embark,
To remove the blame from you and me was just the start,
My Creator has something greater in store,
A purpose to help heal others and so much more.
So I take what happened to me in stride,

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Lessons to learn, love to embody,

Forgiveness is what my soul cried.

To become who I am right from the core

And to embrace grace, forgiveness, and love once more.

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The Color of My Skin

Even as I child, I tried to make sense of nonsense,
The color of my skin took prevalence over my born innocence,
What a burden to carry as a young child,
That the color of my skin would get people so riled,
It is still a wonder to me,
How some hearts are tainted with animosity.
Purposed effort designed my outer shell,
I was created so that I may show and tell,
That the color of my skin should not be a disgrace,
Nor the shape of my eyes, my nose, or my lips on my face.
My outer dress is part of His plan and His Masterpiece,
Grace, beauty, and His genuine love surround you and me.
I am here to reveal the truth that binds the universe,
I am here, like you, to serve a divine purpose.
I am the image of my Creator in HIS own right,
Created by focused hands, not blinded by sight.
I am a descendent of America's struggles history.
Inside and out, I reflect perfect beauty,
Just glance at the things that surround us,
Trees, buildings, cars, and animals who do not fuss,
Stillness in their form without worry of their outer appearance,
Why do you still question my existence?
Just like you, I have desires that burn deep inside,
This flame keeps me going when I just want to hide,
Keeping myself whole as I promise myself to never part,
Revealing aspirations & revelations that lie deep within my heart.
Just like you, I feel joy, pain, and sorrow,

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Blessed to live another tomorrow,
One's success does not diminish another's self-worth,
I did not design my color or choose my date of birth,
Look closer and see me for what resides within,
I am much more than the color of our skin.