

AFRICAN TOES

My toes are African

No I never dug them in the soil

But its where my roots are

And I am the fruit of her

Even though I was born in a foreign land

Something bout this place want to, I feel,

She wants to gently take my hand, then slowly guide and get beside me

I feel the spirit of her and somehow I know she wants to hide me

So all I know is, my toes are African

And so is my nose

I can feel the spirit of her and I feel she wants to reclaim me and unchain me

And raise me

I feel she wants to lift me

Pick out the shit and sift me

And plant her gift in me

For something tells me, this place is home

BLACK WORTH

Hey before you pick up that gun and pull that trigger
Black lives matter
But hold on, you aint the police
You just some crazy lost nigga bout to help the police do what they do
Kill another crazy lost nigga
But black lives matter, right?
How they only matter when our lives are taken by whites?
Why it dont matter face to face with that nigga with whom you have a gripe?
How can black expect white to cherish black when black aint right?
If black dont cherish black, what then?
The world can kill us
Even our own men?
What you aint discovered is
That nigga you bout to pop
His life matters whether you take his life or the cops
It gets deeper than even that though
Once you pull that trigger, it dont make you all powerful
What you aint stopped to consider is
If you pull that trigger aint no coming back from this
But see I think I know what part of the problem is
You dont know cuz aint nobody ever told you
Your life matters too
It is the truth, black man,
Yes it is true
You might not die today but if you pull that trigger
You accelerate your demise
Whether that be by the hands of another
Or in the form of becoming institutionalized
Either way, WE lose
If Im ringing any bells
Do not press snooze
Please wake up
WE NEED YOU

THE BEAST

God I cant help that it is trying to consume me
You know better than anyone that I try not to dwell
There, in its grips, too long when it takes hold of me
But it is big and its grip is tight
It captures me in unexpected moments and tackles me
It holds me down, raping any joy from me and suffocating my very soul
It makes my heart literally ache
My salty wet tears help loosen its stronghold
Even after it releases me, it tries to linger but I do not allow it
But it creeps up on me so often
It is relentless
It wants to destroy me
It means me no good
I feel I am never truly free from its reach
Because even after it lets go, I am left tainted with the stench of it
And just the slightest whiff of it repels the opposite sex
Thus fulfilling one of its main objectives, isolation
I can not fight this alone
I am not equipped
HELP.

I MISS YOU

In the middle of the night
When my day aint going right
Always problems on my mind
Especially my alone time

I been longing for your touch
My heart is aching, its too much
Need to feel your comforting
And the joy that you bring

I feel like Im not worthy
These lines are getting blurry
Feel like we're worlds and worlds apart
Without you life is very dark

So please come shine your light on me
Reveal the thing Ive been missing
The root of what your really are
Hold me, then dont go very far

Is there some riddle I must solve?
Some state of being to evolve?
Or do I just not qualify,
To have you for me in this life?

LOVE LEFTOVER

You left me and
As far as I can see
Im more woman
Than she will ever be

When you were here
You used to hold me
Put your arms around me
So that you could sleep

It makes me wonder
If you were genuine
Or was I your place holder
Until your next girlfriend

You used to look at me
With such desire
Then mistrust came in
And put out that fire

You thought I had to have
Every man I saw
If you only knew
It was you, that's all

Now that you're gone
Its all that I can do
To find a place
For this love residue

I got so much left over
And no place to put it
Cant give it away
Its only for you if you choose it

And now its 8 months later
And not a day goes by
That I dont think of you
Sometimes I have to cry

Where ever you are now
I just need you to know
You got left over love
That I cant get rid of

It's got your name on it
And nobody else
You're the rightful owner
It's dying on the shelf

Was it a one way ticket
That you got when you left
Or are you coming back
To claim the love I kept

I dont have use for it
It only weighs me down
And its so damn heavy
It really has me bound

Are you sure you wanna
Stay gone away from
the love with your name on it
You cant be that dumb

And if nothing else
You are the inspiration
Behind these heartfelt words
I crave reconciliation

