

**THE SOUL AND  
SPIRIT OF WHO I AM**

**by**

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## **INTOXICATION**

I called you wanting to be touched  
To feel the electricity run through my veins  
The touch of your fingertips caressing  
My ever so yearning body  
However you embraced me with a touch  
I will never forget  
The intoxication of your words overwhelmed my every fiber  
And brought tears to the delicacies of my soul  
I cried  
I cried because you had touched me like never before,  
AND you affected my being  
I always thought that your fingertips  
On the small of my back  
Would forever overpower me  
To the deepest intoxication of my life  
But this time, you cradled my mind  
And this is when I learned mental stimulation  
Was oh so much better than the in and out of  
Your

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## **HE**

He haunted my thoughts off and on for almost a year  
Splitting thoughts of him flashes across my brain  
As I am getting ready for my day  
Why was it that he seemed to haunt me and not go away?  
Was it because I loved him and didn't know?  
Was it because I loved him and never knew  
Until the dusk settled and it was too late?  
Was it because I felt I had missed out on a Man because of my behavior?  
I was only seventeen when I met him and I didn't know how to be his woman  
**I didn't even know how to be MY OWN WOMAN**  
He went away and faded into a distant memory over the years  
But for some strange reason he came back to me  
And he came back full force  
Asking questions  
Making me question myself  
And I hated him for that  
I was fine  
I didn't need him haunting me  
I was doing fine without him  
I hated him; I hated him for leaving me  
Cause he was my way out of poverty and pain  
And I hated him even more when he left;  
I hated him even more when I found out he

Got married to someone I knew  
I hated him even more when he had kids with someone else  
I hated him for all the reasons I couldn't tell him  
I loved him and didn't know  
Cause I had never seen love before  
He took care of me when I needed him the most  
But I didn't understand that  
I just knew he never took me out  
He never took me to a movie or dinner,  
He never told me I was pretty,  
He never told me He liked ME,  
He never told me he missed me  
And HE NEVER EVER TOLD HE LOVED ME

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## **CONTEMPLATION**

My mind is present  
Contemplating the message  
That is trying to reach my soul  
I sit in my car  
And stare afar  
Into a world of the unknown  
I keep questioning  
Why?  
My soul has no fire  
In my ever present life  
No ecstasy, no screams  
Of how my dreams  
Are coming true  
This makes me sad  
Angry and damn  
Wanting to fly away  
I hear the birds chirp  
And I haven't wept  
For all that goes undone  
My spirit is screaming  
Your being is waiting to create  
That's why I'm giving you this much

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CONTEMPLATION: page 2

Take it all in

Captivate the thin ...ness

Of this plastic world

Remember it's just

A moment to trust

What you were put here for.

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**M.**

I want to have sex  
No love and all that  
Romance and more  
To hear me moan  
Turns me on  
And oh how good it is  
My watering mouth  
Needs to be quenched by  
Your ever so tantalizing tongue  
As it swirl in my world  
Amidst the turmoil  
That comes to take me away  
Butter kisses and cream  
Means everything  
When stressed has knocked at my door  
So baby please  
Do that thing  
That you know  
I love EVER so much

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## **THE POWER**

I didn't know my own strength  
Didn't know what I was made of  
Didn't know how to stand up or wake up.  
I didn't know my own strength  
To use it when trouble came  
I didn't know I had THE POWER to withstand the circumstance.  
I didn't know my own strength  
THE POWER I possessed in me  
Not because of who I was,  
But because of WHO SET ME FREE.  
I didn't know my own strength  
Fear was a constant friend  
However the time came when  
I just couldn't blend  
Into the background and bleakness of life  
It was calling my name and WOULD NOT STOP.  
I tried to run, hide, walk away  
But the harder I tried THE HARDER IT CAME  
It was pounding down my door, waking my sleep  
Disturbing my thoughts and even creeping into my dreams  
The moment came when I HAD TO STAND.  
Look it in its eyes and demand.  
WHAT IS IT YOU WANT OF ME?  
WAT IS IT YOU NEED?



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THE POWER: page 2

It said,

“I NEED YOU TO BE WHO I CREATED YOU BE.”

STOP HIDING, STOP RUNNING, STOP BEING AFRAID

YOU ARE MORE THAN A CONQUEROR, I MADE YOU THIS WAY

YESSSS, TIMES ARE GOING TO COME TO MAKE YOU DOUBT WHAT I HAVE SAID

BUT LOOK IN MY WORD IT'S ALL WRITTEN THERE.

SEE YOU LOOK TO THEM WHEN YOU SHOULD LOOK TO ME

THAT'S WHERE YOUR STRENGTH LIES, NOT IN HUMANITY.

TOMMOROW HAS COME AND GONE, YET I AM STILL HERE

GUIDING YOU, PUSHING YOU, CREATING YOU TO STRIVE

I KNOW WHAT I PUT IN **YOU** SO CONTINUE TO DRIVE.

PRESS ON, DON'T QUIT, DON'T GIVE UP

YOUR HIGHER SELF IS WAITING TO ACQUIRE THE VICTOR'S CUP.

YOU DIDN'T KNOW YOUR OWN STRENGTH

**BUT I ALWAYS DID**

**I GAVE IT TO YOU,**

**THE DAY I GAVE YOU MY WILL**