

## The Bitch's Journey: Leaving the Cocoon to Transform

### **Dance of Courage**

Breathe. Step forward. Embrace the dark.  
Conquer those fears with your inner bark.  
Find your voice. Warm to your spark.  
Breathe. Step forward. Embrace the dark.  
Light will find you. A pirouetting lark.  
It will wane. Hold on. Now, on your mark!  
Breathe. Step forward. Embrace the dark.  
Conquer those fears with your inner bark.

**Of Getting Stuff Done**

“Of sugar and spice and everything nice;”  
was a line fed to little girls about themselves back in the day.  
But I say girls and women are made of so much more.  
We are made of perseverance and tenacity,  
endurance and veracity.

The world calls our smile-less face:

*Resting Bitch*

and if not cracking our face and expending  
that extra energy for the sake of being nice  
makes us a “bitch who rests”

I pity the person that gets our

*Awakening Bitch*

face.

Bitches get stuff done.

And the bitch who rests has the magic of the world.

Because the girl or woman who gets stuff done and  
gets rest is a goddess and that bitch you  
should be terrified of.

“Of getting stuff done, perseverance, tenacity, endurance, and veracity that is what girls and  
women are made of.”

**Look to Nature**

Look to nature  
as a guidebook for life,  
how to grow,  
how to move,  
how to nourish,  
how to release,  
how to hold,  
how to heal.

The living all begin in some type of stretchy tissue encasement,  
be it cocoon or womb, sac or pod.

And we thrive as well as wrestle in the tight, but cozy space.

We outgrow it. We burst forth into a world  
that will try us, test us, that is unforgiving,  
but also is beautiful, wondrous, and rewards us  
in tiny moments if we sit with them and are open  
to receiving them.

When you struggle, many living things are also  
enduring and when you  
triumph, many living things are  
also celebrating.

As alone as we feel at times, we are  
always surrounded by nature teeming  
with life and cycling through the ups,  
the downs, and the plateaus.

Look to nature, when you are uncertain,  
need pause and gratitude, and to  
appreciate where you have been  
and where you are going.

**Prosper Free From Terror**

I was on the playground the other day,  
when news was breaking about a young Black man a cop did slay.  
I was watching three Black kids under the age of ten  
having fun, horsing around, all cares left to abandon.  
Their joy and delight was infectious and shared  
and felt like hope, if we dared.  
I hope these kids make it to old age  
and on their way there they help us turn the page;  
on the fear and terror that white police officers have bolstered  
and showing law enforcement it's time for their hate to be holstered.  
Let's fight the beast of white supremacy, bring it down to its knees  
burn it up, hold vigil, bless America's soil with racial peace.  
I want these kids to live and their kin to thrive  
to prosper free from terror and have the space to strive.

**Love, Get Lit**

Sometimes the  
struggle to relate to  
another person  
and overriding the  
hate for  
another person

is like  
dredging the rivers of  
blood within you  
for the stardust  
that composes  
you  
and connects you  
to this  
person

And like a magnet with all the energy  
you can muster  
drawing your  
stardust  
back to its  
source

The corona  
of humankind.

Your heart.

Busting it  
open

like a coconut shell

and allowing  
the illuminating particles  
to create a  
sparkly bridge  
between you and  
another person.