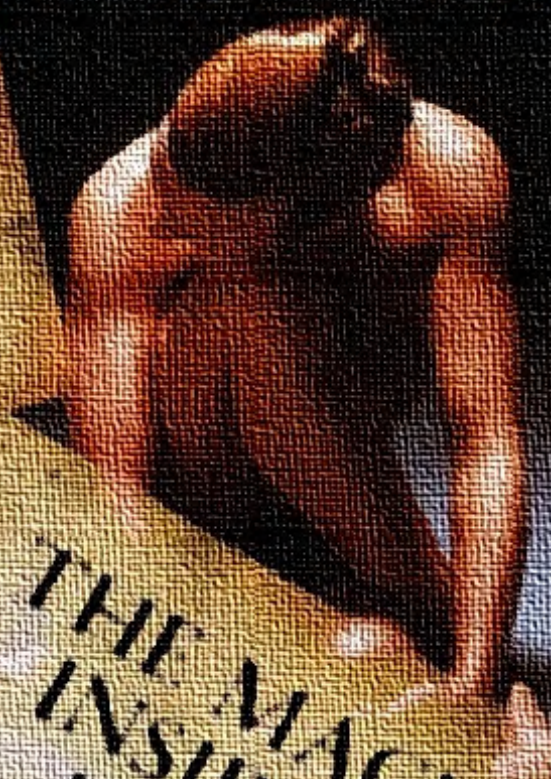


Reflection. Recovery. Release.



THE MACHINE
INSIDE THE
WOMAN

Kandayia Ali
Words Passionately Written
From The Soul Of
A TRUE SURVIVOR

The Machine Inside The Woman..

Reflection. Recovery. Release.

By Kandayia Ali

“I vowed to myself that once I learned how to love myself, that I was going to express it to others with hopes of helping them to look at themselves as being stronger and better than any obstacle. This book isn't just about being an abused spouse- it's about being a survivor PERIOD... I have had quite a few life- altering experiences occur in my lifetime- only to stand before the world and say that I've claimed my victory over it all. I don't mind being a living and breathing testimony- I want to share my battles with self worth-loathing and anger- but also share my moments where I became more than a conqueror over it all because of my faith and willingness to just allow myself to HEAL and learn to love again- STARTING WITH ME.”

Kandayia “JagudEye” Ali

Self-Published Author, Journalist , Mom & Community Activist

Author Of “*The Machine Inside The Woman*” © 2012

I want to take this moment to thank The Creator for all that he has blessed me with, and that which is still being placed before me to experience. I have been more than blessed with 5 wonderful children and a life of peace. I am truly one of a chosen few that has been given the chance to explore and express my life surrounded by my 5 wonderful 'Stars'. They are my inspiration and motivation. By my actions I aim to teach them how to do what matters to you most. Even if you find yourself accomplishing your goals alone.... LOVE is all I have- I give it FREELY... -Kandayia

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PREFACE & ACKNOWLEDGEMENTS:

I know that this book is sorta different from others that most have read- or even found themselves attracted to. The Machine Inside The Woman is filled with thoughts and emotions stemming from deep inside of me. I have been through alot in my life and still have more events to encounter in my future. The difference now, is that I have decided to allow only positive things that speak highly of me occur in my life. I am a firm believer in being strong- or at least building yourself up to conquer that which, under normal circumstances, would have you oppressed.

The one thing in my life that I longed for but never really have had the chance to actually have in my past was someone to listen and understand what was going on inside of me. There was so much pain and frustration in my life; I often times have thought that I wasn't going to make it to see the next day. I constantly worried about my children and their well-being while finding myself somewhat 'trapped' inside of an abusive marriage. The only thing I wanted for my life was for it to either get better or for it to end. Either way seemed fine with me at the time. Nothing in my life seemed to be right. No one seemed to care that I was hiding the anguish in plain sight. See, I was abused - until I decided to stand up for myself, I got out of my abusive marriage- only to find myself going through other forms of abuse and agony. Was I tormenting myself? Would I ever get it together? At first, the answer to me was NO... Eventually, I got weary of slamming the door of opportunity closed in my own face.

In 2005-2010- I took a few months to 'reintroduce' me to myself. It was awkward at first. but by doing so, it opened up my mind to what was missing in my life. I WAS. I had found myself wrapped up in running from one dead relationship to another. Finding pain every which way I turned. Dealing with people who would NEVER commit to me- or even come close to loving me the way I was willing and ready to love them. Was I ready to love anyone? Was I ready to give my life and love to someone? All I could remember was the feelings of betrayal and neglect on so many levels. I couldn't complain then- because I too neglected myself. I had to learn the hard way to love myself again. No one was there to show me how...

*I vowed to myself that one I learned how to love myself, that I was going to express it to others with hopes of helping them to look at themselves as being stronger and better than any obstacle. This book isn't just about being an abused spouse- it's about being a survivor PERIOD... I have had quite a few life-altering experiences occur in my lifetime- only to stand before the world and say that I've claimed my victory over it all. I don't mind being a living and breathing testimony- I want to share my battles with self worth- loathing and anger- but also share my moments where I became more than a conqueror over it all because of my faith and willingness to just allow myself to HEAL and learn to love again- **STARTING WITH ME...***

This book is my voice, my expressions of all that has hurt me in the past, as well as all of the great and beautiful things I'm placing in order for the future. I open up my heart to you- hoping that those who read this understand that in life- there are no mistakes- there are tests and trials- and just as our body has to be conditioned to handle certain tasks in life, so does the spirit. What hurt me- DIDN'T KILL ME- but it made me a hell of alot more resilient to people and events in my life. I ask that you take your time, read the quotes, poetry and other literature I chose to share in this mini book. I want you to feel yourself gaining strength of your own as you turn each and every page.

One thought I would like to leave with everyone who gets this book and decides to read it page for page- "No matter what I went through, or who /what took me through hell- I still have come to love and appreciate each and every experience. No matter how bad things seemed- I have found beauty in it. I went through what I went through so that I can be what it is I am right now-- *A Powerful Force To Be Reckoned With.*" What I went through- got me where I am here- but what it won't do is get me there. In order to get to the next level- you have to want more, do more, say more, want more, laugh more and more than anything else- **LOVE YOURSELF MORE...**

Welcome to my moment of reflection, release and recovery from it all...

Table Of Contents:

First |

Motivation |

The Machine Inside The Woman |

Contrary |

Decisions |

Driven |

FREE |

From Two To One Odds |

Heavyweight Champs Of LIFE |

How It Was |

I Am... ALL |

Idiotic Ramblings That Make Sense |

In Your Eyes |

Just Because |

Just Listen |

Mobile Ramblings Of Solitude |

MORE |

My Unforgiving Thoughts Of You |

Seeking |

Simply Complex |

SOUL FELT |

Still Shining |

The V-Day Vilian |

Violated |

Women |

Consider It DONE- I Am. The ONLY One! |

Time To Just Do It! |

Special Diary Entry |

At The End Of The Day |

You Are Appreciated...

First

You have give me a talent. A skill of my own. I know that it's not going to be easy, me doing this all alone. You said to me that if I did my part, you would meet me half way. Those are words I live by; I remind myself everyday. You have opened up doors and moved mountains. You've led me to the river of life, and allowed me to drink from its fountain.

Now, I give back to you, all the glory goes to my Father...

Who first loved me, when I didn't even bother- to acknowledge his existence, til times got rough. In time I got wise, and realized enough is enough. Through the good, the bad, your love was still there. I've seen your grace and mercy, and I know that you care. So, I give to you, my all... You are the first in my life... You are my strength to go on, when my world is in strife... You give to me new meanings, of love, patience, and understanding. You've instilled them in my heart. In my life you guided me, though it took some time and careful planning. You worked with me, now I can help someone else. Because in helping others, is where you find your true wealth. So, I dedicate to you, what you have given to me... A talent to reach hearts and minds, through the writing of...

Poetry...

Motivation

You are made in a way that people will step aside for you because you are a star. It has become known in the courts of heaven and in the presence of the Angels, that it is too late for you to fail. Your eyes will never shed tears of painful regrets; not anymore... Even if you decide to undo yourself, the grace which The Creator has granted you has nullified them. You will not and can never be undone. **I REPEAT TO YOU:** Even if u deliberately decide not to be blessed, its too late... ***YOU ARE FAVORED...***

The Machine Inside The Woman

It's funny, the moment you thought that pushing me to the ground would hurt. I PUSH MYSELF HARDER THAN THAT! You never thought that a smile would be how I would react. See, for me pain is easy to take- not an obsession though. I'm a force to be recognized- and reckoned with; please make no mistakes. Inside me, is more than you will ever be; so every time you raise your hand to me with hopes to land a lick that will damage me- *I RISE*. To your surprise, I RISE EACH AND EVERY TIME. I hold secrets, I hold the cosmos, the answers to questions "we all have"- if you'd just listen. I understand that *YOU MAY THINK THAT "I DON'T KNOW EVERYTHING"- BUT EVERYTHING HAS BEEN EMBEDDED IN ME*. Why would you use such blasphemy? Is it to belittle my worth, making you the only one I can rely on for love? For hope? For a fucking chance to prove myself deserving of the promises you never kept. What can I do? I have the answer for the whole world and you. YOU who thought that my life would end so soon- YOU who was a foe/friend- YOU who never really gave a damn unless I was giving it to YOU. I have woken up, and gotten a damn clue!

I have wings that were heavy because YOU held them down for me. Now that I've shaken you off- I can soar freely. I listened when I KNEW YOU WERE WRONG- telling me this wouldn't work- that couldn't work- I put up with that nonsense for too long. I can walk away from everything and still survive- as long as I have breath in my body to thrive- I CAN AND WILL WITHOUT YOU. Many nights I cried about you- wondering why the lying you'd do was done to me. Why was my life being tormented by this demented entity? Your forces aren't powerful enough anymore- and that was the ONE THING YOU FEARED MOST. I have taken back what's mine. I have taken back what's mine. I HAVE TAKEN BACK WHAT'S MINE FOR THE VERY LAST TIME! YOU were not deserving of ME- You never will be. What's inside of me won't allow my body to malfunction anymore. What's inside of me won't allow my pillows to be drenched or the walls to witness such weakness- as I cry on the floor. What's inside me won't allow YOUR MINDSET to even FUCK WITH MINE- I WILL ALWAYS OUTWIT YOU- never will you forget- ME. Goddess I am, and will always be- in spirit I live and in harmony I give- BUT NEVER TO YOU. The machine inside this woman doesn't work for YOU. I am fit for a HIGHER CALLING BY DESIGN. YOU mock me, trying to take my ideas, mimic my inherited skills- but FAIL, and YOU will always come short- MY LIFE IS MINE...

I used to be stronger you know- I used to be a fighter at best. I used to spot the enemy coming, and I'd never settle for less than LIFE'S best. I allowed you in, now I'm asking you to leave me in peace. The machine inside this woman wants the pain to cease. It wants this woman to rise once again and never falter. It wants this woman to move swift like the wind- NOTHING SHOULD HALT HER! The machine inside this woman- my soul, my life, my pain, my strife, my laughter, my passion, my voice, my song, my home, my heart, my children, my love, my lust, my loathsomeness, my caress, my trust. We all have this machine inside of us. Its working overtime because we overwork its efforts to keep us strong. I'm allowing the healing to commence, because its evident that I need ME to carry on....

A Lifetime To Spend

I was silent... Stuck inside myself, until the sound of love brought me out. I had no voice, until that moment. I had no soul until my life merged with that of an angel. In admiration I sat, being encamped by every part that made this soul- a true work of art. I couldn't believe that someone would ever trust me enough to offer my love to them. Unconditionally... I found myself wanting to know this creature like I know myself, wanting him to be closer to me than my own flesh; wanting to put trust on every word, every touch, every breath of life- that gave US LIFE TOGETHER. I didn't want to say anything... Afraid that once the words were relayed- they would be expired as soon as they left my lips. Oh, how I longed to kiss those lips... Longed to hold those hands... Speak a language that only we understand... For the type of love I receive, I will travel to distant lands. I have questioned my worth in the past, but won't anymore for as long- as my lover gives me permission to use him as the inspiration to all my songs. All my life has come to this moment; the one where I love with all that I am, and always have hoped to be. Where I have REAL love, in return given back to me. I have a lifetime to spend- and I want to venture out on a limb- arms extended- eyes closed- letting go- jumping off the cliff- into US.

This union wasn't by accident, nor a taboo- its real how I feel. I still find myself adjusting to this new- way to "see" someone and they "see" me; to "feel" each

other on all levels, seemingly overnight. Just when I thought that this couldn't exist in one's life- I've been proven wrong, by what is currently going on. I just want to run away and "BE"- whatever the fuck it is- I don't care- as long as he's next to me. I want to hide away when we have time to get lost in each other- I'm ready to walk the beach til sunrise, as long as I'm holding the hand of my beautiful lover. I'm not living in a fairy tale- I'm not fantasizing anymore. My heart is open to the idea of loving well past the physical- I want the journey we have chosen to take -to exist also in the spiritual.

I am patiently waiting to grow and know what no one else does and to aggressively love him like there's no tomorrow- BECAUSE- this moment is all that matters; all that we put into this moment matters. I'm for the kisses that lace my thoughts to the point I cannot focus unless it's known that I'm thinking about him; how I long to have extended arms waiting to greet me at the end of my daily journeys- I have a lifetime to spend... Not only being a great lover, but growing with him as his best friend. Showing him that there is a love- made just for him, and no one else can take it away. My heart is drawn to feel for him, my mind has held thoughts of loving him eternally- starting right here- today. WE have spoken to each other a language, that only we understand... For the type of love I receive, I feel its worth it- if I ever there came a time in any of my lifetimes- that to have him spend his lifeline- I would travel to distant lands...

Contrary

All the times I thought that I was your 'Queen; ' in the end, all you found yourself calling me was a 'hoe.' All the times I thought you were trying to hold on; you were building up your strength, to let me go. I thought you trusted me, but I only disgusted you. You said that you couldn't live without me, but each day we around each other you prove to me that statement wasn't quite true.

I wanted you, but, to my surprise, you had a different look in your eyes, a different feel in your heart; that you claimed wasn't there from the start. Over the years it turned from suga' to shhh; and all you say to me, is that I caused all of it. See, you loved me cause i thought differently; now, I'm crazy because I think like that. You go out of your way now, to hurt me purposely- because you

seriously think, I don't notice how you act. You make everything a challenge; a war- even when we shouldn't even be the ones in combat.

At first, you didn't deserve me, saying you're not worthy of such a blessing. Now, you say that I don't deserve you and that when you hit me, its only teaching me a lesson. I fell, and you caught, you sold, and I bought- but who would have thought I would have fallen for such a man? Any man that takes out his insecurities with his hands; I was your all, you're fire, your desire, and the one you admired. Now, you're telling me my time is up, and our 'best by date' has expired. We sexed all the time, to just there to keep each other company in bed. From being able to read each other's body language, to not knowing what the hell was going on in either one of our heads.

My thing is, through it all, I never flinched, never blinked, never stop to think that we would end up being enemies, fighting for the same thing- sincerity... So, contrary to what I thought you were, you ARE what you are, and sadly there is no cure. I preach love, you want hate, I want a family, you want to separate. Now, we have come to the conclusion, that the illusion is fading, and almost gone. Contrary to your thoughts of me coming back to your silly azz. I'm moving on...

Decisions...

Narrow were the choices I have been given. They have me driven to make the decisions that I have made in my life. Whether to succeed or fail, fall under or prevail, they are my choices... No one else hears these silent voices. Silent prayers of the heart, asking for the strength to take part in the activities that make a person an authentic work of art; I'm NOT a carbon copy; something put together so sloppy that no one wants to be near you.

You must think and be positive, with a desire to live like the true blessing from the almighty you are and certainly be far from what the average eye can see. You have a powerful journey- taking on the rough rapids and being what he has designed you to be. For YOU ARE an image of his love and your one true destiny is to shine above all so that others can see, the masterpiece that which we all can someday be.

So the choices made in my life will reflect a mirror image of the way it is meant to be. Me giving my all to you, and you sharing your good karma with me. Because that is what we are made for, to learn and teach, to illuminate the darkness with a path which will guide even those who have been blind all their lives; the rays from us will be filled with warmth and love as well- so if you can't see you still can FEEL and FIND, what you are placed here to do, the choices that come about for you to make in your life- are ALL up to you. Never doubt yourself- and what you're 'saying' inside- listen to those voices, they may be the ones to pull you through.

Driven

This time around, I'm longing for things to be different for me; I'm finding it hard to open my eyes wide enough to see, the do's and don'ts of the love game, seems all the same. Together, then apart, then move on, don't know who's really to blame. Why is it that shortly after the night we consummated our relationship, we soon took the final steps before consecrating our relationship?

I have heard it all before, but this time, I want more...

I desire to have the love I feel is due, to me, not settling for less than happiness. I want to be able to look into someone's eyes, and feel truly blessed. Having the mere thought of him near me, take away my breath... But I know that this phase that I'm going through now, is just a test; to see if I'm ready to love, ready to venture into the depths, and take what's rightfully mine. To not search, just allow things to take their time to progress into something that's for....

Me...

To share with someone, all of my heart, each day I plea... For the next one, to be the best one... The only one, that I will ever need, that will give me his all, and my hunger for love, feed... Giving me the amount needed to balance out this sanity and at the same time my insane call out to love; asking why can't I have

the one I want? Why must I live each day, while you taunt! Taking my mind on rides of visualizations, my body cannot have at this time?

When can He be mine?

When can I say 'This is the one? '

Why does my future seem over before it has begun?

When is My silver lining, around this dark cloud, gonna come? Because this in and out of love shhh ain't fun! Can't say when it's gonna happen, but what is meant for me, will be given... And it is because of this mere thought, resting in the back of my mind, I'm aimlessly, in the direction of love, again, driven....

FREE

I NEVER TOOK THE TIME TO THINK- THAT THE TIME IT TOOK TO THINK YOU HAVE SOMETHING, YOU ALWAYS HAD TO PAY A PRICE. NO MATTER DAY OR NIGHT, 'NOTHING IN LIFE IS FREE, ' IS WHAT PLAYED IN MY HEAD AT A CONTINUOUS RHYTHM. WRAPPED IN A SATIN COVERED BOX, IS HOW YOU WERE GIVEN...

TO ME? THIS CAN'T BE... SO MUCH POTENTIAL, AND ORIGINALITY, NOT TO MENTION YOUR SENSUAL MENTALITY. TREATING ME LIKE A BEAUTIFUL LINE FROM YOUR SELF WRITTEN POETRY... A PART OF YOU, I WISH I WAS JUST TO SEE AND BE ATTACHED TO- THE REST OF YOU... SOUNDS CRAZY? WELL BOO, YOU HAVE THE SKILLS THAT GIVE MY BODY CHILLS AND CURES ALL MY ILLS REPLACING THEM WITH THRILLS; YET YOU WERE DELIVERED TO ME, FREE..

THERE MUST BE A CATCH, BECAUSE EVEN THE BEST STUFF THAT IS ON SALE FOR LESS - COSTS - SOMETHING - AND YOU MY DEAR... HAVE CHARGED ME NOTHING...

MY EYES HAVE WITNESSED THE GIFT, THAT I UNWRAPPED UPLIFT MY SOUL AND TAKE HOLD OF MY MENTAL 'BUTTERFLY' AND MADE IT FLY 'HIGH', I DON'T EVER WANNA LEAVE THE SKY... YOU ASK WHY? CAUSE YOU HAVE GIVEN NEW MEANING TO THE WORD GIFT.... I HAVE SOMETHING NOW THAT AT A PRICE I COULD NEVER AFFORD AND TODAY I THANK THE LORD, BECAUSE, YOU CHOSE TO BE SENT TO ME; UNWRAPPING YOU, WAS SOMETHING SPECIAL TO ME. SOMETHING THAT I CAN'T PUT IN ANY CATEGORY! YOU ARE YOU AND YOU ARE MINE, AND MINE IS YOURS TIL THE END OF TIME- AS I LOOK INTO YOUR EYES, I SEE THE HEART THAT TO MY SURPRISE BEATS MY NAME AND - EVEN RIGHT NO, TO THIS DAY... IT BEATS EVEN STRONGER, WITHOUT SKIPS OR DELAY... THIS GIFT, YOUR GIFT YOU HAVE SHARED WITH ME, I WANT TO HAVE FOR ALL ETERNITY.. I WILL PLACE YOU BACK IN YOUR SATIN BOX WITH BOWS OF PLATINUM SHINE, BECAUSE WHAT I'VE GOTTEN FOR FREE, I WANT TO HOLD SACRED TO ME- IT'S TRULY DIVINE- AND I WANT TO KEEP TIL THE END OF TIME....

FROM TWO TO ONE ODDS

(Dedicated To Those Who Lost Multiple Children & Siblings)

I've found myself on this planet- all alone- no real place in their world to call home- but dammit!!! I'm here... Every experience I encounter, I truly hold dear... I place my ups and downs in a vault and as much as I would like for time to halt- it doesn't. I would blame myself for losing her, then I realized that it really isn't my fault... I was made different, to look different, speak different, live different- and sometimes it gets to me- BUT I have to be- a vessel created from this Superior Entity- that won't allow me to feel what society deems as 'being free.' Feeling like NO ONE can really understand me...

So, here I am, held in captivity- rambling on and on about a time that most won't see- most can't see- and even more will never have the privilege to experience deeply. I am a nomad of thought- a voyager of the soul, a body of flesh- that speaks in spirit... Even when I yell to the top of my lungs... Most won't be able to hear it... I speak a language that is felt, and not really heard, and I know that this may sound absurd, because it sorta sounds out-land-ish, even the reverse of what 'intellectual talk' should be. When I talk about this topic-

most even feel like I have developed a split-personality. I'm willing to allow misconceptions, misunderstandings, mixed with others being 'not so proud' of me.

I don't desire praise, and for the rest of my days, will still continue to evolve into a new version of myself- from having to deal with a connection severed at birth. I never wanted to look at it as an omen or curse- but a leaving of the weight of two people on just one person's shoulders- and sometimes this shit hurts. I wasn't born alone- but I am the only one left and I lose it every time I think about NOT thinking about it. There were two of us- two of the ones who were destined to only be one in the end.

They say, you can't miss what you never had- I beg to differ- that only exists in the conscious part of a person who has YET- to lose what I have lost's mindset. Now, don't get me wrong, me being the survivor isn't something that I regret- and the thought remains in my sub-conscious and it's stored there- never for me to forget. I miss that part of me, that made me more than one, and in this world- where two have to touch and agree for it to be so... Would we have been able to touch and watch the manifestations of our unified thought create a masterpiece? The answer to that I'll never know. But what I do know, is how it feels to be missing something, even when you don't really understand why, you're missing something- it's not there, and in actuality, it never has been. The loneliness I feel in life- that will always overshadow the company I keep- will be to always feel incomplete without my twin...

Heavyweight Champs Of LIFE

Backed up in a corner- like- a wild cat in the ring. My battle against all that oppose me, and as soon as I hear the ding- I will come out with a monster swing. The rules were given before this fight, but my opponent looked at me kinda' funny, so I just might have to treat him like a stranger on the street. Beating him to a pulp- like I was tenderizing meat. See, if this fight is to be mine- I'd have to let go of a lot of ways that I was, in order to be the champ that I need to be. Some may have a problem with my choice to be a fighter- but with their opinion- I strongly disagree. I was only born to stay in this square, never

passed the rings- so I thought- it took up until I put away childish things, and the truth was sought. It's deeper than just me knocking' this fool out, my life is on the line here. I have had to let go of those who could possibly jeopardize my chances of winning- friends, family and the others that I hold dear. When you're in the heat of battle, and the gloves are on, laced up tight- you have no time for wondering if you'll have any fans after trying to win this fight.

All that you can think about, is a TKO, and to do this takes skill, practice and room to properly grow. Time to develop into the individual who will be wearing the championship belt- rolling' with life's punches can be definitely felt. If I leave this ring today, with my face disfigured, it was worth it, cause I walk away with my own peace of mind, sense of self, the ability to think for and be myself. I won't have to answer to my coach anymore, won't hear the screaming from the crowd- won't be mentioned or recognized- won't be the talk of the town. I want to end this misery in the first couple rounds- All I have to do is stay focused, with both feet planted on the ground. I'm prepare to do what it takes, even if I'm left standing alone. Right now, I'm a puppet- only here for others to enjoy, my name carved involuntarily in 'their' stone. No one can defeat me, even though most have tried to. I've been slandered, abused, tormented and lied to. It wasn't from the others fighters who I have had to privilege to go up against- it's from the people who claim they love me the most, but haven't shown me any REAL love since- I came to the place I am right now- and there is no way, no how- no if's, no and's, no but's- about anything I do- I have a divine calling on my life- tired of punching, ducking and dodging all the struggles and strife. I have made up my mind, and once it's been made, that is it... They'll know that I did the crime- because my gloves I'm using to take anyone who challenges me down- WILL fit...

How It Was

Our world is slowly being taken away from us through the constant recurrence of natural and national disasters. We run around in circles searching for answers- and we NEVER look to the real master, but the one we put before everything is existence-, only to see the real identity of 'govern-mental' society. Losing our homes, our lives, our loved ones, our faith just to have a piece of

something we often times hate- but eat it anyway and it makes our bellies ache and some of us even throw up at the thought. Look at the war we're now fighting and the battles in the past, we've fought. Never really had a reason to be involved but our people are so caught up worser than Usher- not close to opening their eyes to see that WE are killing WE; not one man killing one man, but ALL men killing humanity; strippin us of our real identity a chosen species placed on the pedestal by the Almighty.

Our children cry because they don't understand why we lost our home and the water washed away the land around their swing set. Now, it's covered with mud and the neighbor's dog's blood, and will be fossilized on a memory of how things was'. Not wanting to cry with them, you try to show them another way other than this pain that you see in their eyes today- 'we have each other, we have faith, we have life, we have hope, we have love.' Only if they really knew; that in this world, today- it surely seems like that's not enough! Until my struggle is yours and yours is mine we will never truly see that we're being led blind.

If we don't look at what matters and make better choices and pay a smaller cost, what we're losing now will not be the only things lost. Our souls will be damned and they say hell is worse.. Can you picture that? Hell being worse than this hell we are the producers of here on Earth? We need to put the right master back in the seat for a permanent stay and keep it that way- unless, we come together with true faith, hope, and love as a whole- because- if we don't- we may as well lay in the mud along side that swing and fossilize with the memories of 'how it was.'

I Am... ALL

I am WOMAN...

Born from His every thought; created from this Man's very hunger to feel complete. To bare His story, buried deep inside my womb; to give birth to His legacy and to stand firm in the face of Destiny's sometimes unforeseen, carnal minded calamities.

I AM

His temple, a pyramid- and inside me rests a timeline that's not mine- but ours
He stores His fears, tears and heavenly cries- to be guided onto a path worthy
of His footsteps. His GOD like resemblance is no where near a visual hoax- but
a reflection of what's inside His center. I hold the view of the fire that burns
FAITHFULLY without cease- inside my Lion-hearted beast. I too live thru its
beat, filled to overflowing when sitting at His table of knowledge to feast. Who
am I to Him? His lamb at times His Goddess easily turned warrior on occasion. I
live to be his nerve endings, for He too- is mine.

I-

by DESIGN lives to be His compass, His guide; once unlocked by His treasured
KEY- ordaining me- His natural replacement for THC- assisting His visioning eye
into spirituality. A part of His 3rd I am a part of His body; a part of His mind- I
am His fresh set of eyes- when His are weary of the lies. See, He trusts His gut
and I because I derived from that tingle in His ribs- the one that He decided to
give so that I may be HIS YES, He can hold the world on His back- but He knows
when we combine forces- the U-N-I-verse is OURS to align- a Cosmos to build
and define. WE BUILD EMPIRES. He and I grow; while wisdom and love are His
main tools used in the world around us to inspire.

I--

The letter in the middle of hlm- HE is very much a large part of ME; even when
we tend to see things differently it's because WE see a future built on a
foundation of diligence and consistency. I can sense tension- sometimes when
there is a correction of crooked lines- but we know that what we do EFFECTS
US- as well as others too. We realize the ripples we make can turn into waves,
uncontrollable currents and tsunamis. We pace in spirit-filled steps in order to
make our path easy to be replicated by others- like "spirituality for dummies."
The path He seeks to journey thru, I do too- as ONE, from once being two-
separate entities- to merging and becoming something new

ALCHEMY

FOLLOW ME

No one said it would be easy, we just chose to beg the differ when everyone says how hard it's going to be; for as long as I have Him and He has Me; and WE, the two touch and agree The Creator is the final passage when it comes to the decisions that are made by

WE

My BEST WHOLE, Not "better half" -

My rare diamond in the rough; my skin when it's time to be tough. He's my cry
He's my laugh My bodyguard- the keeper of my heart, for which he holds in the
highest regards. From now until eternity- He completes the circle; He's the
biggest part of me

Idiotic Ramblings That Make Sense

It's always something underlying, never what it is at face value. Most people think of themselves as straight forward and the same way everyday; 'keeping it real'. You are lying to yourself. The mindset you carry from what you have been through is what makes you who you are. What you are going through is what causes the constant change in your character. We change like the weather, even when we think we are the same as we were yesterday. It shows at different times. Most spend their whole lives trying to find themselves and lose themselves instead. Truth is, we only confuse ourselves when we give ourselves boundaries.

I'm forever changing, never the same, my heart is the only thing brings forth the balance. If we use our minds, the battle is far harder, because we think too

damn much to begin with. The heart is only true tool for making decisions- it feels more than you know. We take this for granted by putting up brick walls of defense, weakening ourselves. Once you stop feeling, you make crazy decisions, you have no regards for others. We get a gut feeling before something happens, EVERY TIME. We don't listen cause our mind tells us something else, and we blame our heart for the outcome. Follow your gut, that's the real inside of you talking. The gift that you were given to make the right choices in life.

In Your Eyes

Cool sunrises; warm sunsets; cool breezes through the day; that smile I cant forget. Watching the stars in the night while holding each other tight; full moon filled with love's delight. Running rivers, flowing into large bodies of water, is how our love flows from me, to you, between us two- the love steadily grows. Winds that whisper the sweetest songs; saying the sweetest things; birds chirp in the background with a melody that causes our hearts to sing...

Taking time to smell the roses as we walk hand in hand; never second guessing that I'm your woman, you're my man. As the sparks of love light up the sky; the fire burns between you and I- causing me to see the beauty in all things, even when we are tired, and at rest then hear the phone ring. Just to have these things to share, has made me realize- that all I am and all I want is found in your eyes...

Just Because - A Tribute To ALL Women

Just because you went that extra mile to make sure I stayed out of trouble- When I was- you still stayed near- true to your purpose- True to your being- your creation is a priceless design. You are no match for anyone- and my love for you- reflects the love you FIRST had for me- allowing The Creator to use your vessel to bring forth life. I know the transitions and trials I put you through were hard- but you stood firm- Gave me a foundation stability was found in you- even when your world was in chaos.

At night, I would hear you cry- asking for blessings that seemed far fetched- I didn't understand then- but now- I have matured and found out that you just cared- No matter what I did, I was a part of you- and you never wanted me to suffer- Never wanted me to see pain- agony and the truth about this world- Even though, you knew I would...

I pour out my heart, and ramble on like this, cause this is never said- We just think it- and it's not fair to you! You have been able to stand in the gap- For many years- because you were designed to carry not only your worries and strife- But the weight of the world on your back- even if you have no man to hold help you stand- 'You do it because you have to...' Your instinct- your God-given nature- And they wonder why you cry... Why you are the way you are- Not knowing that you are a gift- a find that is rare- always will be- And that knowing you- is like knowing the ways of the Creator- For he loved us enough to create us- nurture us- guide us- NO matter what we have become...

You have that same instinct- We have been blessed, all of us who have ever had a woman come into our lives- To give birth to us, to nurture us, to raise us up, supports us, guide us, protect us, feed us, clothe us, confide in us, cheat on us, yell at us, fight with us, stand by us, marry us, laugh with us, cry with us, trust us, make love to us, just to be in her presence- No matter the reason- so- her day should as special as her creation. No matter mother or childless- She's the closest to heaven- We will ever know as long as we walk the earth...

Just Listen...

I wish to take this time to let you know whats been bothering me, haunting me, to tell you. I don't know your situation fully, but I can feel what you going through. Its like some sort of connection, some vibe we have with each other, which causes me to want to bring it to the table to half way meet each other. No; not like that- as a friend, big sis, with the best interests of her lil' sister or brother. I hate to see you hurt; it makes me want to defend you, I can feel your pain, and I can relate to what you have been through; there has been a lot of

things, some unnecessary, others- meant to be. These things are turning you into the person you are now, the wonderful person I see.

I just wish that I could lift your spirits when you are down. I don't like knowing you will not do anything but frown... You are ROYALTY- stand tall, proud, cause you wear a beautiful crown. No one is like you, never will be, you are almost the last of a breed that is rare. Just know that if you need a support to help you reign supreme, I'll be there. I will stand by you, and support you til the end of your journey to greatness is final, no doubt! I just wish I knew what all your suffering is about.

I wish to kiss your tears, tell you its gonna be ok, but I know that its not my time. I want you to know I have those thoughts each day. I don't know what else I can possibly say, to get you to see that I care for you, to the hundred and tenth power, and i want you to see this situation in a different way. Everything happens in due time, I have patience... I will work with you to assist in getting you on a more positive track; because this person I'm talking to now, is not you...

I can feel your desires when I say your name and you answer, 'Yes.' That you want to free of it all and you long for the best. I don't think you should settle for less. I have no choice but to honor your wishes, being there in anyway I can; I will give you encouragement when you are feeling like you can't stand. I want YOU to see, the YOU that impressed me; you were the one that brightened my day, and makes me feel stress-free. It ain't gonna hurt much longer, these things make us who we are, and because of it, we are stronger... I got your back, and both sides if need be... I will hold you close to my heart, for as long as you will allow me....

Mobile Ramblings SOLITUDE...

I've always wanted 2 have a chair that sat by a large window alone off in the distance- a part of the house less traveled and often times abandoned. I could see myself- sitting there during the storms- day or nite- captivated by thoughts versus the sound of the rain hitting the windowsill. I've imagined sitting there 2

write, sketch and paint some of my best work- while lost in a realm of artistic bliss. No one 2 share my feelings with verbally only speaking thru my voice of creativity- my only outlet.

Isolated from the normal configurations of society- a black sheep with the social skills of a celebrity left 2 stand outside and look in on the cloned individuals of the world. Guess that's why I want that chair so bad. Maybe I'd sit and watch what society has done 2 every1 else from a distance wanting 2 be off 2 myself only 2 be visited by people and experience things that compliment my ideas of the peaceful life I see myself living. Compared 2 every1 else- I'm in a place where most couldn't make it, and I do just fine. Most would go crazy- but my sanity is fully intact. This metaphorical way 2 look at the world and my place in it makes it easy 4 me 2 come 2 terms with it all. Peace of mind- one with self- acceptance, serenity- in my moments of solitude...

MORE

Tingles up and down my spine- pain unbearable like the needle point pinch of a spinal tap, you tapped into my mind- mentally causing a relapse of time- a halt in space- that sorta' took place...

Unexpectedly-

Wondering what my move next should be... Should I say to thee: 'It's strange how things came to be. Me not thinking I'd run into you, and it's crazy how you ran into me. How you just shared a little of your world verbally and swept me up- with your words, lyrically; uplifting something in me that needed to be free! '

The pain I feel isn't to cry for- it's to die for- the pain of what's crying inside to be let out- and sometimes to hear and feel someone else's thoughts and emotions- is what freeing yourself is all about. Saying things I want to hear- longed to hear- and things I hold so dear; I thought no one else knew- but then I came across you...

Damn, now what am I going to do? An impact has been made- my thoughts have been delayed- you even made my legs sway- just from what you had to say. I didn't expect it to take effect in that way... Don't mean to disrespect- but hey: 'I'm being honest- trying to allow myself to keep cool, all at the same time; I don't want to seem like a fool. Honestly, I found comfort- I found peace- in every word released- from our conversed masterpiece. I felt like you knew and was talking to me- calling me- seeing through me- making the shoe fit like in the fairy tales.'

Inside I can hear my heart pound, while my body sensually yelled! You touched me- mentally- and I felt your energy physically- as I closed my eyes- and lifted my head to the sky. I could see the clouds coast by as the Angels from the heavens cried- giving us a reason to cherish every moment spent; every word shared- for this situation- I wasn't prepared. I wasn't ready- it's sorta heavy- I'm light as a feather blowing in windy weather.

I had to share this with you, hoping that you felt it too- and then it won't seem ironic- this connection- this new found drug- your vocals produced a powerful tonic! Inviting me in, allowing to explore your world- your sensual nature- and for crossing paths with you- I thank the creator. I hope you get this letter, this poem; this chapter of my life that was shared with you: 'You made me look in a different direction and I thank you for teaching me a lesson; ween if you didn't mean to come at me in that way- I want to say you're presence is a definite blessing...

My Unforgiving Thoughts Of You

I sit and think of how things were, and if for my symptom, there is a cure, If what I'm going through, is because of you, or is it because of what I thought was there, but in reality, you didn't even care? In reality, you never said you were sorry, but I can hear those words spoken every time you speak, trying to pretend the hurt does not exist between you and me. Trying to pretend that I'm moving up, moving on, and I wish you luck, when in the back of my mind I'm thinkin: 'What da' fuck? ! ' This cat really thinks that everything is cool, I was a fool, cause he didn't even give me a chance, and now, instead of this world-wind

romance, we have only a world-wind... of what? Who knows, all that I do know, is that the only cure is letting go.

I deserved a reason, why... Why didn't it fit? You know what?

Forget it! It's gonna be another excuse to forgive you. And right now, I don't want to. IF it was you who loved me the way I loved you, and then things went the way they did... What would you do? How would you feel? Would you like to have been done the way I was? Cause.... What goes around, comes right back into play... Think about how you treat others, BEFORE, you say and do what you do and say....

Seeking

Some days I just want to lay down and die! Why ask why? ? The reason doesn't really matter. Why my thoughts are scattered and I can't find- One thought that is not tied to another in my head. Not being able to control my emotions, some days mean, some days kind. Some days waking to only want to go back to into a deep sleep. No one to hold me close while I weep. So, now, in my dismay and suicidal thoughts I can no longer be the me, I've pretended to be, I look to you.... Savior, for my guidance, because my faith in man, and self is way past surreal, fallen short of myself, and having others fall short of me needing to be put where I need to be...

Give me what no one else can- Help me be a better me, help me understand, that I am worthy, I am your child, your gifted I know only in you, my spirit can be uplifted. I will keep moving, cause I can't sit and decay in this confusion, of not knowing what to do or say, I want to feel, and be a real, vessel for you to use, To do away with the past life of physical and mental abuse. I plead for sanity, in this world where everyone is crazy, Seeking light at the end of a path that's hazy...

Simply Complex

Life can be so complex, to the point that sometimes the simplest things mean the most to us. Friendships, laughs, love, family, our passions, that split second of silence- only you can hear. These simple things I hold dear. With no fear of 'missing out' on anything. Life ties us up sometimes- with hopes of many things; taking flight to bring success- only leaving us stressed and obsessed with 'creating a legacy.' The legacy, that already exists- in YOU and I. You are truly blessed- so your efforts to try- are effortless- simply, because you are admired- and you inspire others- even when you don't think you do. People are drawn- to the energy that dwells inside of you! Creating you- with such detail, beauty and skill- seems like The Creator had a complex task; 'Why? ' Is what you may ask. Simplifying this complex conversation- I'm sharing my admiration- for your strength, commitment to your craft(s) - And above ALL- Your Dedication....

SOUL – FELT

"I have 2 Choices In MY Life: To Make It- or- Make It! "

"YOUR STORY CAN ONLY BE WRITTEN BY YOU... TELL THE UNIVERSE WHAT YOU WANT TO BECOME- AND FOCUS ON BECOMING AND WATCH YOUR PAGES BE FILLED WITH THINGS THAT MAKE YOU FEEL COMPLETE AND WHOLE WITH THE COSMOS. LIFE IS WHAT YOU MAKE IT- SO MAKE IT THE BEST DAMN LIFE IN THE WHOLE WORLD! "

"If what U gather to adorn Ur body with is too big, small or U don't like it, U can either return the the item or give it away to someone who it best suits; This isn't true for energies U gather to adorn the spirit with these entities are absorbed, reconfigured and embedded for as long as Ur spirit dwells inside of Ur body. Be careful when choosing things that U may 'think' is a good fit for Ur life's journey- it maybe too big, too small or just doesn't match."

"STOP BEING 'IN' PAIN ON PURPOSE! ! As an ADULT, the ONLY thing a man or woman can blame on their parents is the fact that they assisted in your creation. Stop using your upbringing and things that happened to you as a

youth as an excuse to ruin the lives of people who really give a damn about you. People are quick to say 'I'm grown!' Really, ARE YOU? If you are then make things right in your own life. Harness the pain and use it for productive purposes."

Keep thinking the way you think and being the way you're being. Eventually, you'll get weary of slamming the doors of opportunity closed in YOUR OWN face. Sometimes in life, YOU ARE your worst enemy- plotting your own demise.

'If you are running up a staircase and you slip from moving too fast and not watching your steps- you will surely fall damn near, all the way back down- things will fall right before you the same way in a relationship. When this is your life, that staircase should be traveled with the utmost of care and observation so that you don't miss the steps that may take you upward and not cause you to fall. Your goal should ALWAYS be to reach the top! '

Never count your faults as imperfections- only see them as ways that separate you from others. These things are the things that make you perfect'- because no one else has what you have- and if they do, it ain't better than yours! So every extra curve, wrinkle, mole, scar, shape or size is all you- accept it and begin to nurture, honor and respect the skin that you're blessed to be in!

'I'd rather live the rest of my physical existence being me- than to spend a fraction of a second being ANYONE else in the world. I don't know what they did to get where they are- and honestly- depending on what it is- I don't want to know.'

"In life, sometimes a great loss can be the introduction to an even greater gain... The loss could have been what was holding us back from taking flight- The Creator wants us to have a lighter load so that we can fly..."

'I've learned that it's ok for someone to 'feel' like you've turned your back on them. Not because you did it intentionally, but because it would seem that way if you're moving forward in YOUR LIFE and they are standing still in theirs. Keep going forward- either they will be there moving with you or be left behind. Either

way- you will be blessed with what you need OR don't need- to fulfill your own destiny.'

'You know what real power is? It's standing to your feet after being knocked down so many times- and when you take that first step, you can feel the world tremble beneath your feet. They thought you were too weak to come back. They didn't expect you to get up... Make every step from then on count! '

'Your life must be a continuous 'treasure' hunt! Out of every bad thing- something good always develops if we stand firm and stay focused. Life is your map- you're the pirate of your own ship- don't be afraid to set sail in a new and exciting direction. Never mind what people think- what they say- what they do- 'who they are'- AND if they get on your nerves- make them walk the damn plank! '

Still Shining

Despite what I have been through in my life some things, no one will ever know cause I choose to keep them inside. Some things that I have trapped deep down, are now getting harder to hide. No matter what I'm feeling, no matter good or bad, there is something that's stronger than I 'think' I am. Something that now, I have to come to realize that I've always had.. My strength, and it comes out when I think all is lost, it shows itself at any cost; any given time, any given place, it's never afraid to show it's face. I'm fortunate because I thought that I was burned out, I had no intentions of surviving this spiritual drought. This drought that had left me heartless, and empty, but now, I have the strength to move in a better direction. With strength I have plenty room to grow and become what I desire to be. I'll give my all, standing tall, regardless of the things that have kept me down.

As bad as I want to sometimes, it's hard for me to just sit and frown. I have to take that energy and redirect it to something worth wild. If I only knew about this as a child, I would have used it a long time ago, but I now know that everything has it's season; the strength to do it was always there, I just needed a good reason to pick up the pieces and make my own puzzle. With the help of

the Almighty, I'm constantly in meditation with The Cosmos- both daily and nightly. I now have the strength to face another day, with the day before, now, behind me, and I don't mind what I didn't do then, or said, or the thoughts I had in my head- because whatever it was, I'm still living today. Because I have that honor of doing so, I'm going to do what has to be done, in order to make this day shine!

The V-Day Villain

Do I believe in a day where everyone runs to buy something, or take the extra time to say something that wont even be heard for the rest of the year; well, maybe on a birthday or anniversary. What if you wake up and never hear a word? Never feel a touch? Loathing the day that they say is for "lovers" only. All that you have are thoughts and maybe a few calls wishing you the best- but you have yet to see the real meaning of the whole gesture. What happens if you told the truth about how you feel- I mean on the real, that you have yet to believe in such a thing- cause face it- you have never been shown the true meaning of it.

Now, don't misunderstand me- I'm not bitter- well, fuck it! I am the bitterest bitch alive right now and there are many of us who feel the same way. Many of you can relate to me when I say with confidence- FUCK VALENTINE'S DAY.

I don't need a day to be held by someone or shown how much I'm worth to them. I need a lifetime- AND MOST AREN'T READY TO GIVE IT-- I don't want to hook up with the next man because this is a time that I should have someone- I don't want need a flower, because I AM A ROSE, and I refuse to be clipped, wrapped and delivered to anyone who doesn't understand my need to strengthen and grow. I want to be rooted IN something REAL. I'm not "something to do" - I am one of the few that have YET to truly appreciate a day that's man-made that doesn't make sense. I guess that I have yet to truly see any evidence of it lasting past 24 hours, and then another 7-10 days before the death of the flowers, and then 2 weeks before the promises are once again being broken, and then the rest of the year before you're wishing and hoping- your heart wasn't in it-cause you feel nothing coming from his. You question if

its love or lust, then comes the doubts and mistrusts, nothing- you feel nothing from his...

I'm speaking from my own disbelief- not to impair another's judgment, but to express my disappointments. If I was to become a believer, it is because EVERYDAY for me is this Valentine's Day that everyone stammers and stutters over once a year. Every moment will be the right moment and even in the face of things seeming to go wrong- we are a team. It's past one day for me- It's past one night. If Valentine's doesn't represent eternity- consistency- and intimacy on the daily- then my decision is to avoid getting my heart wrapped up in it completely. Speaking from my own perception, not as a voice for you...

Violated

I awake to the sounds to the train moving across the tracks. Realizing that I cannot relax! Why? Because, by the time on my watch- I should have been just leaving the club scene- But instead, I'm here- in a room- dark- and serene... I get up to move finding that I'm bound- I panic- but I don't think I'm going to be found... Why? I'm handcuffed in this room- to a headboard- and no matter how loud I cry to the Lord.... There is only silence afterwards- no one else but me- This is a tragedy!

Who's gonna help me? I called on God, and he can't even hear me for the sound of the train- I don't know what else to do- am I going insane? Then I see him- that guy I smiled at; the one that offered me a drink. I remember me agreeing to receive his invite to talk- because I wanted to know who he was and how he thinks- I remember thinking to myself, how 'fine' he was, and how I could 'swing that' This is not the same man- his whole attitude has changed... He seems to be turned on by my pain- My head is spinning, I must be high, these cuffs are too tight- cutting off my blood supply! This is not what I expected- nor what I could ever see coming my way. He seemed like he only had the most intelligent things to say... Now his words are vulgar- threatening to cause me more harm- It's wet from a leaky ceiling- I'm finding it hard to keep warm...

He parts my legs, tying them so that I won't be able to fight- raping me, repeatedly- throughout the night, until I lost all hope for tomorrow- all hope for today- all hope for living I only wanted to die at that particular time... So many things went through my mind- I couldn't stay awake- the agony caused me to black out. The rays of the sun through a crack in a covered window- caused me to soon lash out- into a 'set me free; someone help me' rage and frenzy- But no one can hear- cause it's just me- I have been raped by life, repeatedly- trapped deep down- never to be found... Screaming to be free- from the inside of me....

Women

Every tone, texture, frame, physique; almond shaped, round, exotic, unique; long hair, medium, short, shaved, or even locked. Every box braid, up-do, wrap, curl, or natural hair style ever rocked...

From high cheekbones, wide spread to pointed nose; naturally arched to waxed eyebrows, manicured nails, pedicured toes. Full lips, to thin, injected or reduced; from detailed and intelligent, to petty and obtuse. From A cup to Z cup; sagging' or firm either- single lettered or doubled; to a waistline that you can't find, or one that get's you in trouble. Hips and thighs that stop traffic dead in its tracks; to the dimpled themed thighs with the excess luggage in the back.

From long and luxurious legs, short sporty calves, to small pretty feet; or 'broke down ships' {Which I DO NOT have- and you better not laugh}; from rags to riches, using the prefixes Miss, Ms. or Mrs... Lesbian, bisexual or straight- one that's matured too early, or bloomers that matured too late. From one that has you wondering 'Damn, how'd you get into those? ' To you not wanting to wait to see what's under her baggy clothes.

Hoe to housewife, club hopper, to church girl; independent to needy- one who'll give her last, and one that's just plain ole' greedy. From one who doesn't say much, to one that says too much; to one that makes your nature rise with one simple touch. From the beginning, to the end; your lover, mother, sister, daughter, or friend; 'baby got back! ' to 'her azz is too flat! ' From a body like a brick house to a body like a quadruplex- whether from a mansion in Cali or the

Upper East Projects; from a woman that's simple, to one that's complex. You have to admit, to love us is your God-given reflex.. No matter what type you prefer, *WE ARE WOMEN*- the vessels that bring forth life- and for that... We deserve the utmost respect...

Consider It DONE – I AM... The Only ONE!

I am a multiracial bombshell- zodiac is the lioness- China's fiery dragon--- 30's new 20's-- and when I'm at my worst, I always end up being the best. Curvaceous, creative, dominate, American native, with a strong sense of self and sensuality. Now, I don't think that I'm the best damn thing walkin' - fuck it! I do, but you can't get mad at me. I have given my time, effort and talents to many, and now, it's time to get some of it back-- I'm not just saying this cause I'm bitter- and as a matter of fact-- I'm good! If you only knew me-- you would see and say the same thing. Just think of all the joy, just knowing me could bring.

My aggressiveness stems from my need to break through barriers most dare to even come close to-- and alot of people would walk away from their destiny- and most do... But, that's not me, and will never be, cause you see- embedded in me are kingdoms- talents, experiences and an undying love for life altogether-- and I'm more than powerful enough to withstand and take command ANY kind of weather. I've been there, done that, died inside, and was brought back- but above and beyond it all-- I'm still here. So, now what? Well, let me make myself clear.... I am more than sure of myself- more than just the woman you see- I consider myself more than just flesh and bone- I'm a conqueror- *I AM ROYALTY*. I have created beautiful things, and have I innocent lives that count on me- so I have to be the best damn me-- that I can be! I'm not just a lover- I'm a fighter. I'm an artist, and a writer. I design from within'- bringing out what has been- trapped away lying dormant- and now, I won't hold back any longer. They say that what doesn't kill you-- only makes you stronger! Well, that's not all, I aim to last way past others -- cause I'm true to myself- in the end when I look in the mirror-- there is nobody else! Have I been honest with me- have I given in to someone else's wants that has left me paralyzed and loving myself less than more? That shit ain't happening again- so you can call me selfish and say that this approach is uncalled for. Call me arrogant, call me a bitch, call me a problem- well, that part's evident. Cause I am prepared to do me at whatever the cost- too much time in my life has been lost! I'm in control-

can't blame anyone else for my short comings and bad decisions but me... So, this time around--- I'm standing my ground-- getting it right the FIRST time-- and *I WILL FULFILL MY DESTINY....*

Time To Just Do It (Ramblings Of Change)

I have been searching through myself, my lifestyle, and my motives behind the things that I do. Honestly, there have been so many things about me that have changed dramatically, only igniting that fire in me to continue to move forward in the development of who I am in the process of becoming the final vision that I've always seen me being in my future. One thing that I have noticed about me is that since I began this journey- I found myself no longer comfortable with what I was taught to believe, think or even be, and as long as I don't pursue a greater cause- I will only live with this self loathing, wondering what I would have turned out to be if I followed my heart and it's beating need to be inside a person who is truly living.

I'm embracing a new me, a new way of looking at life and what I attract to me. It's not easy, because I find myself wanting to go with my initial human instinct- but I've realized that I can not punk out and go that route. I'd rather be out of the comfort zone of who I was in order to become what I know I need to be. How many people do you know who are willing to give this in life? I'm ready to live for the development of others- knowing that by giving a mere portion of me will continue to live on in the through that contribution. That means more to me than anything I could possibly accomplish alone or just worrying about myself and my children. I have learned to see a bigger picture, and place my pieces where they fit in order to encourage others to place their pieces down as well- with full knowledge that WE are who makes us stronger- not just me alone. I'm strong, I know this, but with support and a positive common ground being our initial drive- EVERYTHING IS POSSIBLE... My life is no longer a strife for me- but a constant assisting in the development of providing and implementing ways to change the world. My fight is not against anything- but for an alternative way to view, create and encourage others to choose that way instead of fighting against what they are giving power to!

I'm not comfortable with my level of knowledge, because I know that I can learn so much more that will help me in my journey and be beneficial to both myself

and those who I've been blessed to have around me. I'm not comfortable with what I do for my community, because I know that I can be a stronger asset and blessing to those who are directly and indirectly involved in bettering the world we live in. I'm not satisfied with my health- because I'm still fighting against myself with foods I know I'm not supposed to ingest, and others who have issues with my choice in eating healthier and choices to continue to change how I nourish my body. I'm constantly questioned as to how I believe- or if I'm a certain religion, and frankly it makes me sick. I don't ever want to be constricted by the thoughts of others because of my views being different from theirs.

I'm getting tired of a person needing you, and you helping them, and as long at you're helping them, they are fine- but in all actuality, if it were anything else involved- because of your beliefs being different from theirs- they would have a major problem with even talking to you. Even worse, people who won't allow you to be of assistance to them because of you and them having different personal views. I was told "It doesn't matter who does it, if there is a problem or issue that needs to be resolved, as long as it's done right, who created the problem doesn't even matter- as long as the people who are willing to resolve it work together."

That came from my Mother & Father-"If you see something that needs to be done, and you can do it right- then just do it..." It's not like that now- everyone is to blame for the shortcomings of someone else. I'm not settled in my spirit with that being a primary reason for me doing something or not. Please believe, if I'm going to do something, I'm going to do it with all that I've got, and will always make it my business to learn what I need to learn to do it correctly. The knowledge I seek is beyond me, beyond what people see or even what I see sometimes myself, but so far I'm ready to take on the challenge that has been set before me.

My mind is worn out with a lot of things- but one thing that I'm fully aware of: ***I AM THE STARTER & FINISHER OF MY OWN DESTINY BEING FULFILLED!*** Whether long term goals being worked on with diligence or short term trials being successfully conquered- it's my choice either to allow someone hinder that or even more importantly and extremely more detrimental, me allowing myself to continue to not have enough faith in myself and the power that I have

over my own life to make the best of it. I have never been a person to run away from a fight or challenge- and so, I'm going to use that same characteristic when it comes to this. My future is filled with good things- and I know what has to be done to gain a permanent place in this world. I can change alot, just through me and I only want to work with others who are willing, ready and able to get off their asses and help make a difference. We are tired of people stating the problems but not coming up with resolutions. I have come to far now to sit down on my desiny-- I'm just going to do it.....

Diary Entry February 25th, 2010-

It was the 25th of February 2009, a little after 9pm in a heavy downpour of rain, my life was changed drastically. The passenger side of my friend's car was hit while on our way to one of our open mic events-- I was the passenger. Since then, I've been going thru several types of therapy that will help correct the injuries I've sustained. I've found myself, at times not wanting to talk about it or mention what has happened to me, as well as what I'm dealing with while on my way to recovery. I still press forward- despite my wants to give in and give up. I'm determined to move onward and upward to each level, no matter the circumstances, until I reach my goals.

I sit DAILY and reflect on what happened and what could have happened that night, and I know that there is a purpose for me, not just because my life was spared-- BUT because I AM DETERMINED TO DO GREAT THINGS THAT WILL MAKE A DIFFERENCE IN THIS WORLD-- NOT JUST MY SMALL CIRCLE OR COMMUNITY. I have learned to give my time and energy to being an asset to SOLUTIONS that will change not just my situation, but will more than benefit the people around me. I have decided to take my life with each passing day as a chance to be a blessing to someone in someway- no matter how big or small. I owe it to myself, I owe it my children and above all-- I owe it to the world.

No one really knows how I feel in depth- because I when I start to come out about my feelings, I back off and find myself in deep thought. This reason was because I was trying to determine how I really feel about what has happened. Since the accident, people have come in and out of my life, both good and bad- to either teach me a lesson or added to my journey to blessings-- but to me, it's all the same. GOOD OR BAD- there was something learned and from now

on, there will be a implementation of that lesson learned for the rest of my life. I have had a lot of friends when I had it ALL going for EVERYONE and I had no one to even talk to when I had NOTHING going for MYSELF- so yeah, there were a lot of nights, aside from the nightmares and night sweats-- that I cried myself to sleep-- wanting someone to just "listen to my silent cry." I found myself having to answer to that cry. I was the only one who truly knew what it was about and could cater to my own needs if I just stood up...

As an answer to that cry, I pay tribute to what has happened to me- because of it I am stronger and I appreciate the life that I have been given-- the chance I have to make a difference- and I'm more than ready to do this, even if I have to stand alone. I'm still in recovery-- and I'm using this time to redevelop and heal, not just from the impact of the car, but from the impact this has had on my life- I could have lost mine-- and at anytime-- this event can take place. My only meditative prayer is to not be taken away before I have done my part to make a difference-- and each time my eyes open to a new day, I will put forth the effort to make that difference. The joy I now seek is in the strength I have to DO things that will bring forth CHANGE FOR A STRONGER TOMORROW...

This is my release--- my therapy-- my day of thanksgiving-- because I woke up and was able to stand, able to talk, able to walk, able to see, feel and BREATHE-- and I would go thru everything all over again because of what it has instilled in me. Some say tragedy-- I say tribulation. It's an honor to be alive - and I'm extending my heartfelt gratitude...

At The End Of The Day, What Is Valuable To You?

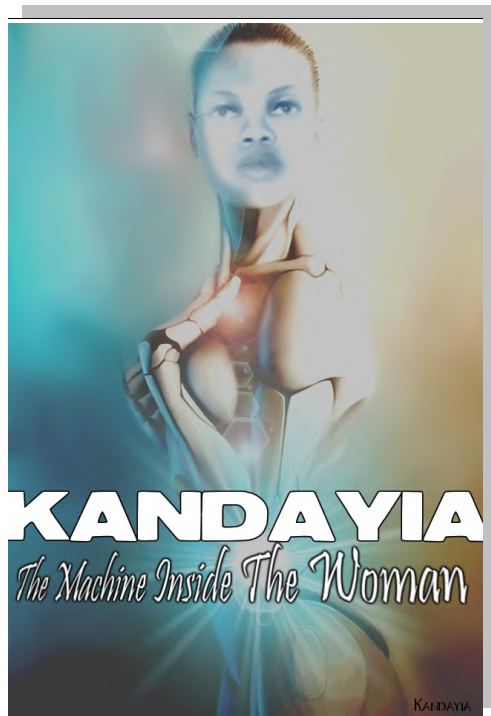
It's official: It is what you have that matters!!!

I MAY NOT HAVE: A husband or boyfriend, what some people may consider "a real job" or a "professional" way of doing things, a whole lot of friends, and upscale neighborhood, a yard that isn't 'perfectly manicured (lol), the latest fashions, money hanging out of my ass- and a laced out house...

BUT I DO HAVE: My own home to build and grow with my family; 5 (FIVE) beautiful children to whom I adore with all my heart and they return the same love to me daily; faith that everything I'm blessed with the talents for doing will

pay off, due to my hard work and dedication; a rugged way about myself that most won't *EVER* understand; No drama or worries that would normally come from too many people being in and out of my personal circle; a place to work and people to work with- where I know I'm being a blessing; people to help and the ability to be a voice for those who are ignored and most are ashamed of; a heart, determination, a willingness to learn, compassion, ambition, *ASPIRATION*, diligence, a thirst for knowledge, love for the *HUMAN* race, a chance to make a difference each and everyday and despite what is being said- I HAVE MY DIGNITY....

So, what you have really does matter!!! It's just your choice to decide what's the most valuable... "THINGS DON'T MAKE ME WHO I AM-- IT'S WHAT I DO WITH MYSELF WITH THOSE THINGS IN MY POSSESSION THAT MAKE ME "REAL" OR "FAKE" - Don't get sold on what you currently see- I'm always working towards a stronger, better version of me...



You Are Appreciated...

From Kandayia Ali

Thanks for all your love and support by downloading this eBook online! You are appreciated and held in highest regards as a fan of my writings. I try to pour my heart into my literature- hoping that someone, somewhere will be reached and will have their moment to realize how special they are to the world around them. I'd like to extend a hand in encouraging those who are in need of the right words at the right time. Best of the best in all that you do- I look forward to someday thanking you personally for your support... Kandayia Ali

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