

I am Black
I am woman
I am African decent

I am strength defiance resilience survival
I am roots trunk leaves blossoms of my ancestors
I am their legacy standing tall firmly planted on this earth here and there surviving thriving
I am I belong and I take my rightful place
I am African Diaspora

I am ritual
I am colour of rhythm
I am taste of the drum
I am manifest of the embers of the molten magma of mother earth
I am language unspoken in a multitude of dialects simultaneously
The sacred stories of the heritage that connects and binds the women of World-tribe
From newborn to elders to unborn
I am the long awaited HER in the center of the Circle of HER

I am freedom healing enslaved African Heritage through embodiment and movement
I am colour of dance
the dance of the embers

I am friend mother grandmother teacher leader connector influencer inspirer healer founder pioneer
ambassador of my heritage

I am whisper
No
I am silently loud boom of the ancient ones
I do the soul's work
Reach more
Influence more
Free more
I am ritual I am legacy I am symbol I am strength of my heritage
I am the Story Of HER

I introduce Me Myself I am African -Jamaican – Canadian
Keeper of Womens stories past present future
I am Sacred Essence Storyteller
I am I Heal as I am guided to help others heal
I am Kasala animator
I am Sister-HER Patricia