



'DR. NAY'
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Embrace Your Power

*A Sistah to Sistah
Conversation*



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Disclaimer: If you know or suspect you have a health problem, it is recommended you seek your medical or mental health professional's advice.

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Thank you, My Sistah

DEDICATION

ABOUT THE AUTHOR

I Am, Who I Am

I am who I am, I'm me
Not what YOU want me to be

I refuse to change or transform
To conform to meet your standard norm

Just to make your insecure ego feel better
I definitely will not be a paper doll cutter

I am not altering myself for any reason
Like a chameleon that changes colors with the season

For you, I refuse to act timid, submissive, or weak
Myself I will not modify nor tweak

Not even change a single strand of hair
Because your opinion, I really don't care

I'll never be a victim of brainwash, manipulation, or persuasion
Because I'll always be me on every attempt and occasion

I am a woman of class and, in my opinion, much sass
And if you don't like it, you can simply kiss my sweet ass

Due to my sense of self-value and self-confidence
I don't have time for any malarky or nonsense

My womanly swag is what I proudly do
Clearly, your feeling of intimidation is YOUR issue

It's unfortunate that you can't handle my powerful personality

Nor my bold and sexy sensuality

I am who I am

Never your “Bam, thank you ma’am”

Always saying, “You’re too much” or “You’re off the hook”

You need to seriously take another good look

I am a woman of poise, pride, and power

I’m definitely not one to take any orders, and I never cower

I am who I am, self-sufficient and self-confident

Ambitious, successful, and totally independent

To bow down and kiss the royal ring

Certainly is not my sort of thing

In conclusion, I am not the one for you

Therefore, you should seek another person to pursue

If you want me, your only option is to accept

Well, actually, it’s you that I might reject

Because... I am who I am

Response:

Yes, you are who you are!! Who are you? How would you describe yourself to the world? What are your superpowers? Complete the phrase: I am who I am. I am _____, _____, _____ etc.

Believe You're a Queen

Adamantly believe that you're a queen
You have become what no mortal could have foreseen

Proudly wear your jeweled crown or tiara
And appreciate who's reflected in your mirror

Boldly take your seat on your royal throne
For there's no reason for secret flaws to be shown

Do not become preoccupied with your impurities
Because we all have some sort of insecurities

Everyone makes mistakes that we may regret
The past is the past, so never worry or fret

As a queen, perceive yourself upon a pedestal
For your divine gifts are authentically celestial

Remember that you were cultivated from fertile seed
To nourish you with what was needed to succeed

As a queen, empathetically lead throughout your destined reign
To make a lifetime of difference for all to gain

Embrace the fact that your majestic impact
Will influence with whom you have direct contact

You are a creature of a regal creed
Regarding your life, take your noble lead

Wholeheartedly believe that you're a queen

And your abundant victories will be visibly seen

Response:

Yes, you are a queen! What are your royal attributes? Describe how you want to be, and deserve to be, treated as a person of royalty.

Cherish Your Scars

Appreciate and cherish each and every scar
Because they epitomize the champion that you are

Like Social Security numbers that cannot duplicate
Your unique blemishes no one can ever replicate

They represent your life's development and growth
Some personal, others professional, or maybe both

Scars indicate your lessons and knowledge retained
And your experiences and new insights gained

They exemplify your life's challenges won
And signify the obstacles you've overcome

Some scars are physical, like stretchmarks from childbirth
While others symbolic of battles defending your self-worth

Be proud of your scratches, yet remain humble
Because you got back up when you accidentally stumbled

Congratulate yourself for challenging the enemy with heed
Because it was imperative to achieve that momentary need

Your scars you should acknowledge and appreciate
Your strength and perseverance they vividly illustrate

Your life's successes are illuminated by your scars
And how you continue to strive toward the brightest stars

The strong woman that you've become, your scars you must cherish

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