

It stretches the insides of my perfect belly
And makes me full
Of love, of light, of freedom
Today I am free to love myself to LIFE!
Authentically. Boldly.
Today I tell myself I am beautiful (and mean it)
Am more than just the physical shell
I am powerful. I speak my truth
Unapologetically.
Sustained by the Spirit of the ancestors
And of those who came before me
I am all the change I was lookin' for
I educate and empower my community
Remembering today how worthy I am of love in every form.
I know I don't say this often enough:
Dear Black girl, sparking with so much magic in your bones
I love you; I am here for you. You are enough.