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SURVIVING
AND
DIVING

A BOOK OF POETRY

Dedication

*In times of doubt,
and times of fear,
remember you are worth it,
You deserve a shout.*

*This book is for anyone,
Who has pursued their dreams,
for love,
Not clout.*

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Prologue

I started to write this poetry book on my 32nd Birthday on 10/17/2020. I wrote 32 poems in 32 days, a poem each day. The poems cover topics on race, politics, self-love, and motivation. Thank you for taking the time to read.

Day 1: I Am 32

Today starts a new,
I am 32,
I found something true,
To erase myself from the blue.

Reflection from depression,
My music is for expression,
Freedom from regression,
I live mostly for progression.

Today I found a mood,
That mood is gratitude,
Appreciation from strangers,
Who learn about my freedom from anger.

I am not alone,
The road is my home,
My story has tones,
My spirit has meat with bones.

I found connection with myself,
Free from my inner hell,
A fire that swells,
A sadness to quell.

I believe in better days,
To live in better ways,
To love others as I love myself,
To be honest for my mental health.

I need to change,
To be better for my brain.
To give more in my lane,
To change from a life of the same.

I am 32,
I will start a new,
I will learn more,
I hope you do too.

*Who you are is not based on your age, but how you continue to turn the page.
Don't let your age, stop the story.*

Day 2: Quality Process Improvement

Being consistent isn't easy,
It's a discipline,
It's a practice.

Being persistent kills me,
It's a practice,
It's a push.

Being resistant scares me,
It's a push,
It's a pain.

Do we control
What we become ?
Or are we the arbiter
Of the pain we feel?

Give it time,
Give it space,
It's the truth that will heal.
With time we will heal.

The memory of pain is the first part that allows us to feel.

Day 3: Do I Matter?

Many have said Black Lives Matter,
But when is the last time,
You treated your Black friend like they
Matter?

When is the last time you told your employer
About your Black Colleagues?
Did their knowledge, skills, and abilities
Matter?

When is the last time you noticed your single,
And searching black friend,
Could date one of your friends?
Or did their love life not
Matter?

When is the last time you found an apt opening,
And you told your white friend,
But not your black friend?
Did the real estate value worry you?
Did we Matter?

When is the last time you saw a black person?
Suffering in the streets?
And you turned the other cheek?
Did Black Lives Matter?

When is the last time you marched?
In the name of a living black person?
Instead of the name of a dead black person?
Did Black Lives Matter?