

the Revolution of FRESH...

you say you want a revolution

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|--|----------------------|-----------------------------|--|----------------------------|--|
| | Home | about us... | gallery and past features... | reviews... | |
|--|----------------------|-----------------------------|--|----------------------------|--|

3/9/09

power.



so this 0

weekend I had an amazing time. I rocked Momma's Hip Hop



Kitchen@HOSTOS Community College and it was so dope! the energy of the women involved and the sense of unity and community is a feeling I want to have access to everyday. There is power in that. and then I had an incredible and productive meeting with Toni Blackman, International Hip Hop Ambassador on sunday. so between Momma's Hip Hop Kitchen and the session I had on sunday, this serves as notice that we are building and building this dope coalition of women that spit hard and breathe Hip Hop. and there is power in that. so from the experiences I had this weekend I am realizing what power is. it is knowing yourself, and loving

yourself enough to do right by yourself and others. to give back to the world the love that you receive and not feel empty inside afterward. It is touching those around you with your art, and your heart and allowing yourself to be touched in return. It is acceptance of your limitations and understanding that sometimes, most of the time, alot of the limitations we cry are stopping us, are actually ones that we have placed on ourselves. it is knowledge of self, and belief in self. I am coming to understand my power, and the power we all have within us to affect the world around us. embrace your power, embrace who you are and what you have yet to become because there is power in that. more to come later...