

APRIL / MAY 2020 | VOLUME 1 · ISSUE 4

SARAHN SAYS

NUTRITION. ENLIGHTENMENT. WELLNESS. SANCTUARY.

N.E.W.S. LETTER

MONTHLY NEWSLETTER OF SARAHN SAYS LLC



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"And the people stayed home. And read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still. And listened more deeply. Some meditated, some prayed, some danced. Some met their shadows. And the people began to think differently. And the people healed. And, in the absence of people living in ignorant, dangerous, mindless and heartless ways, the earth began to heal. And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images, and created new ways to live and healed the earth fully, as they had been healed."

-Kitty O'Meara

Dear N.E.W.S. Readers,

I first want to express the utmost love and gratitude for your continued support of Sarahn Says and our mission to provide people all over the world with tools for self-mastery and fulfillment. This time in history is giving and taking so much from our lives. The uncertainty of what tomorrow will bring is flowing through all of our lives. For some of us, it's coming as a stream, tranquil and calm, change representing something we're looking forward to and perhaps even equating to peace. For some of us, it's coming as a tsunami, scary and frightening, maybe accompanied by death or loss. Nature must run its course. We must let it. And we must run our own race, or walk it. Just don't sit it out. Be present to the life energy that is alive in you. Show up for yourself. Your commitment to being your best self serves as a mirror for your compassion for others and your commitment to making the world a better place. Continue to give your light to the world. The sun shines on us all in appreciation.

Strength + Stillness,
Sarahn

CLICK BELOW TO DOWNLOAD CALENDAR

CALENDAR CHALLENGE MAY 2020 GRIT, GRATITUDE & GOAL-SETTING						
SUN	MON	TUE	WED	THU	FRI	SAT
2020 is the STILL the year of GRIT, GRATITUDE & GOAL-SETTING! With all of the changes we're experiencing on the planet, life is forcing us to go inward, literally and figuratively. This season, our test is how patient and present we can be for our own growth. Everyday this month, challenge yourself to make one small action towards becoming more purposeful in your growth. Prioritize grit, gratitude, and goal-setting so you can be your evolved self in this evolving world. Get your family, friends, and colleagues involved and share on Facebook, Twitter & Instagram with the #sarahnsays Visit sarahnsays.com for more calendar challenges and to access the May 2020 Sarahn Says N.E.W.S. Letter					1 GRIT Identify 1 thing you've done to better yourself during the quarantine	2 GRATITUDE List 10 things you are grateful for
3 GOAL-SETTING Meditate on a future vision for your life	4 GRIT List 3 things about yourself you want to work on	5 GRATITUDE Have a mini photo shoot (solo or group- you're beautiful!)	6 GOAL-SETTING List three things you will accomplish today - no excuses!	7 GRIT Reflect on how you have grown from the quarantine	8 GRATITUDE Identify how you can be of better service to those around you	9 GOAL-SETTING List 3 things you still want to accomplish in 2020
10 GRIT Read and share a passage that motivates you	11 GRATITUDE Do a morning meditation on gratitude	12 GOAL-SETTING Reflect on why your goals are so meaningful to you	13 GRIT Talk to someone who motivates you to work harder	14 GRATITUDE Get some fresh air and express gratitude for nature	15 GOAL-SETTING Review and refine your fitness goals for 2020	16 GRIT Remind yourself all day that you can do anything!
17 GRATITUDE Tell someone how much you appreciate them	18 GOAL-SETTING Make a list of life changes you'll make after quarantine	19 GRIT Write down something that is weighing on you	20 GRATITUDE Make a list of 5 talents/skills you have	21 GOAL-SETTING Identify 1 skill you want to develop in the next 3 years	22 GRIT Practice doing something you're good at	23 GRATITUDE Have a conversation with someone who brings you joy
24 GOAL-SETTING Do something creative! Celebrate perseverance! GRIT 31	25 GRIT Take an action towards any one of your 2020 goals	26 GRATITUDE Avoid complaining or passing judgment for the whole day	27 GOAL-SETTING Review and refine your financial goals for 2020	28 GRIT Listen to a motivational message about bettering yourself	29 GRATITUDE Highlight something that happened during the quarantine that you're grateful for	30 GOAL-SETTING Choose a new power word for the remainder of 2020!

FREEDOM IN A CAGE

PART I
BY SARAHN SANKOFA

CREATIVITY

I burned that letter I wrote to you today
a ritual, a reason, a rhyme
it basically said that i'm really happy that i met you and i'm sorry it didn't last longer
but i'm glad that it happened.
I feel like I've met you in my past life
you kinda sweet, and tangy too.
I love the taste you when I'm afforded a drop.
You give me energy, and make me smile. I like that.
When you distance yourself I get lonely, but I'm afraid to seem desperate so I don't always reach out
I overthink it all, I know
but sometimes, I do call, when I can't help myself.
Even just a little bit of your presence, gives me goosebumps
so I just hope that you'll pop up soon, telling me you miss me too.
It's kinda like, we're made for each other in a way
I wonder what your life is like without me...
how you fill the void that gets left behind when I'm not around?
no pressure to give me an answer, I'm just curious...
like do you tell yourself that you can find another me? A better me?
Someone who loves you more than I do?
Or are you so busy doing you, you're not even thinking about little ole' me?
I keep myself busy with work and school
When I miss you most, I focus my attention on things that are nothing like you
I like those things too, but you'll always have a special place in my heart.
You know that.
We've been quarantined for a few weeks, so I'm missing you extra these days,
what does your company cost me?
If I can afford it, I'll pay. You can't be bribed, huh?
Maybe you'll surprise me one day and pop-up announced. I'm cool with that
you know where I stay at, just don't bring the virus with you.
I've been running to keep my lungs strong
you would be proud of me
I think about you extra when I'm hitting the pavement
I remember the last conversation we had...what you smelled like the last time we embraced
Maybe we can pick up where we left off...
So about the letter I wrote...
I had so much to say to you. All good things.
Lessons I've learned from you and ways we can do better the next time we're together
they say if you love something, let it go
If its meant, we'll meet again
I have a feeling again is coming soon.
Either way, I'll be patient
I'm forever yours.



IVY COCO'S HEALING KIT

IF YOU CAN'T
GO OUTSIDE,
GO INSIDE!



This kit
includes the
power of:

(1) White
Sage Stick
(6 inches)

(4) Mini
Incense Sticks

(1) Himalayan
Crystal Salt

(1) Palo Santo
Stick

(1) Alter Cloth

@ivycoco23

20% OFF!
USE CODE:
SARAHNSAYS

In today's world, incense has more practical uses in our lives.

It is often used to cleanse and purify the
environment/space WHEN WE FEEL it is attracting or
loaded with negativity.

Himalayan salt is known to purify and rejuvenate your energy
field, enabling you to cleanse your aura.

Take this time to help yourself achieve spiritual healing and
emotional balance.



SHOP HERE!

Risky and Frisky: A Look into the Life of Chelsea Satine

BY SARAHN SANKOFA

In the Summer of 2017, I received a DM voice message from a young girl with a sweet voice asking if I would participate in a compilation of videos self-defining 'joy'. With my name Sarahn, meaning 'joy', I remember thinking to myself, "why didn't I come up with that idea first?" As synchronicity would have it, we connected in early 2020, finally getting the chance to not only exchange joy, but share with each other how our journey's have contributed to our missions to make the world better through physical and spiritual wellness. After getting to know Chelsea a little more, I know exactly how she brought joy to me. Chelsea's energy and enthusiasm for connecting with others serves as a bridge between people's understanding of self, and the parts of themselves they don't understand. Her childlike spirit exudes bravery, excitement and purpose. When I asked her what she would name this stage in her life, she responded, "...this stage in my life would be called 'Risky and Frisky' I just want to live so that when I'm older I can tell my children the story of my life. I want this story to be beautiful, fearless and inspiring."

Originally from Haiti, Chelsea was sent by her parents at age 3 to the United States in hopes she would have a better life and access to education. At age 16, she got an urgent call from her mother and traveled back to Haiti to find her mother on her deathbed. After her mother passed, her father died shortly after, not being able to survive in her mother's absence. After burying both parents, she returned to the United States only to find she had been kicked out by her adoptive parents. With the support of her bestfriend's family, she was able to finish high school and go on to college in her home state of New York. After graduating from college, Chelsea got a teaching job in China. Just 5 days before leaving for China, she was contacted and told that her visa was not approved and she would not be able to teach. She scrambled, sending her resume out to education companies all over the world. The day before her lease expired, she flew to Kuwait City, where she has been living and teaching since. She works with an American German School as a learning specialist and head of department.

The last year and a half, life for Chelsea has been accelerated. She packed her bags and left home in hopes of healing herself from past trauma. Since then, she says the biggest lesson she's learned from traveling the world and living with monks in India: there is nothing to heal. The struggle she says was using her past experiences to define herself. She now has the tools to create space between her story and who she is. Chelsea says this has been one of life's greatest gifts. She is now able to relate more to others and to heal from a totally different space. "Previously there was always something to prove because I was suffering from a sense of importance and need to please, but now I'm closer to my friends and family than I ever was before," she says.

Before the stay at home orders, Chelsea recently visited India, where she spent time praying and meditating. She prayed for down time to focus on The Joy Academy, her wellness platform that bridges the gap between the eastern and western world by making sacred wisdom accessible to all. Her prayers were answered. While she is compassionate to the ways COVID-19 is affecting the wellness of people all over the world, this time is rejuvenating for Chelsea. Beyond the surface, she believes this experience is giving us, as a collective, an opportunity to be still. In these moments, Chelsea says she feels more grounded than ever and more in control of her reactions. "It's easy to stay grounded when the world around you is bowing at your feet, but the true test is staying grounded when there is no ground left."

"...it is in these moments
that we get to see the
harvest of our spiritual
practices." - CS



Your life's journey has taken you to and through unique experiences. What's the most unique experience you've had since living abroad?

CS: I've had so many unique experiences, but I'd say the most meaningful and life-changing one for me was living with a monk in India. He taught me so much about life and completely shattered my ego. He's been like a perfect mirror for me to see myself.

How has being a world traveler influenced your perception of life and self?

CS: I realize how small the world is. The more I travel, the smaller my world gets. Meaning, when I was living in Brooklyn, young and naive, unaware of the possibilities, I thought everything was impossible. But the more I travel, I realize that everything I need is on the other side of other people. The more people I connect to, the closer I am to the things I once saw as impossible. I thought having a degree was one of my biggest accomplishments. I would walk into rooms and say here I am, blinded by my own ego, now I walk into a room and I see myself in everyone. Traveling has made me realize what is truly important. With traveling and studying yoga, I understand that there is no 'me and you' or 'me and the universe', it really is just one. So traveling has taught me union.

What things inspire you most to go within?

CS: One of my teachers in India said to me "whether you get pushed in the water or jump in the water, you're in, so swim." I was forced to go within. After reaching the end of the rope in college, I had a mental breakdown and the only place I could go was in. Now, I see it as, I'd rather jump in the water as often as possible, so I'm not pushed in. The push can be painful, but it's the universe or God's way of saying "hey, spend some time with me." What inspires me to go within is how much more beautiful my experience of the outside is each time I go within.

What things inspire you most to go without?

CS: I really like going within, I could definitely live there for a lifetime, but why are we here if not to share the love with others and to help make life a little easier for those around us. Going without means the possibility of sharing the gifts I find from going within. It means inspiring other people to also go within. It gives me a chance to be human and to feel emotions deeply as I connect with those around me.

What are your self-care regimens/strategies?

CS: I use the **ayurvedic** morning routine. We experience the world through our senses, so in order to experience the world more clearly, the senses must be clean. So cleaning the nose, ears, eyes, mouth, hands. Oil pulling. I do a self-massage in the morning a practice called **abhyanga**. I meditate and pray.

Ayurveda: the traditional Hindu system of medicine

Abhyanga: a special type of Ayurvedic warm oil massage that involves anointing oneself with healing dosha-specific oils

In your opinion, what is the number one threat to our wellness right now? Explain.

CS: The number one threat to our wellness is the idea of self-love or self confusion. To me, there is no such thing as self-love, because the self is love. When we say self love it creates this idea that we are loving the self. This is not possible, because the self is formless. We can care for the mind, for the body, for the emotions, etc. but none of those are the self and often times without deep introspection, we stop at "self-love" not realizing that the body is simply a tool. Localizing awareness causes deep suffering. To say who you are is where you are will, undoubtedly create a sense of unhappiness. When the limitless awareness is confined by a location, meaning every time you think of yourself, your body is uploaded into your awareness, then it is a threat to wellness.

Self-awareness is already under the siege of the body. We need to know that the body is an object of experience, but the self is not an object of your experience. Self is the self-revealing aspect of existence. Often the practice of self-care includes meditation, yoga, facials, a night out with the girls and the guys, and these are all great experiences. But there is no direct connection between taking care of the vehicle and knowing the nature of the vehicle. There is no direct connection between meditation and enlightenment. Because enlightenment amounts to knowing the nature of the meditator. It is possible to practice so many self-care routines, including meditation without ever truly getting to the core of the work, without ever knowing the nature of the self. It's almost like the body is the car, and a lot of the self-care practices are spent polishing the car and taking care of the car, not realizing a car is only a tool and that there is more work to do, then polishing it.

CS: How does being a black woman influence the way you love yourself and others?

My biggest challenge for a long time was my hair. Especially with traveling, the fro draws so much attention. I really couldn't stand my hair for a long time, but it's become such a conversation starter and it allows me to share my experiences as a black woman, each time I meet someone. Everyone has their unique struggles no matter where they are from, I'm learning to embrace what makes me unique.

At what age/stage did you begin to take real ownership of your independence and 'woman-ness'? How have you shown up differently in your life since then?

CS: 25 Years old, I started taking more responsibility for my choices.

How do you find healing through your creativity/art?

CS: I find healing when I take time to write and reflect.

What has being a creative entrepreneur taught you about business, resource investment (time, energy, and money), and leadership?

CS: I heard someone say "When people pay, they pay attention." For a long time, I undervalued what I could bring to the table and so I would give everything away for free, but I've realized that what I have to share is valuable and people are willing to pay for it.



How do your life experiences show up in your work?

CS: My work is sharing my life experiences, whether I'm working at The Joy Academy or teaching yoga or an English class, it's all about connecting to my experiences, that's what makes it real.

What tools do you use to enhance your life and increase your health?

CS: Ayurveda is an ancient medical system used in India, it is my secret tool to wellness.

What has yoga brought into your life journey? What gift does it keep on giving?

CS: It keeps giving the gift of union and to be, that understanding solves almost every problem.

What is your winning formula for success?

CS: The world belongs to those who DO. The second I think of an idea, I act on it immediately and it needs not to be perfect. I just keep putting one leg in front of the other. This quote about writing captures the secret: "writing is like driving at night in the fog. You can only see as far as your headlights, but you can make the whole trip that way."

What's the biggest challenge you encountered over the last year? How are you working on it? And how has it made/is it making you stronger?

CS: The feeling of loneliness and isolation, then I realized that I had to have this period of seclusion in order to do the work. Now I'm leaning in again and reconnecting. I recently created a group with all of my family members in Haiti to make staying connected easier. Being alone has taught me the gift of courage and the importance of having others.

What are you inviting into your life at the moment?

CS: I'm inviting lots of love, affluence, influence, and joy.

Where do you see yourself in 5 years? 10 years?

CS: I'll be 35, living my best life with a beautiful family and we are healthy, wealthy, and traveling the world, influencing and sharing joy. I'll be more passionate about living than ever.

What is your vision for how your brand will shape the world and change the lives of people everywhere?

CS: The Joy Academy will influence millions of people globally to choose life. It will offer people practical tools to be intentional about their choices, with food and lifestyle. It will encourage people to take risks and to be connected. It will inspire people to live a life of purpose, freedom, creativity, and joy.

.....

Passions: exploration, freedom of choice, freedom of sex

Purpose: to inspire people to abandon fear and to live a healthy life of purpose, freedom, creativity, and joy

Hobbies: yoga, writing, filming, curating events

Habits: silence, eating

What's your favorite book/Last good book you've read?

Quantum Healing by Deepak Chopra

What's your favorite music album?

Chris Brown's album (Chris Brown)
but I really don't listen to full albums ever

What's your spirit animal?

Elephant. I saw one for the first time last month.

Where's your favorite place in the world?

India/Anywhere near a body of water/ Being in someone's arms that cares deeply about me

What things in life bring you the most joy?

Meaningful conversation in a warm room with food.

What is one thing about yourself that you would change?

I'm seriously tired of shaving my legs. I would take less hairy legs lol I just got laser, so that should do it.

What's the most exciting thing about being Chelsea?

You never know what to expect. My personality is all over the place. Hot/cold/day/night/moon/sun all in one.

What things are you most grateful for?

How does gratitude take shape in your life?
Gratitude is my religion.

[@heythatchelsea](https://www.instagram.com/heythatchelsea)

[@thejoyacademy](https://www.instagram.com/thejoyacademy)

LOVE IS

QUARANTINE

OH, THE PLACES YOU'LL GROW!

pick a habit you can begin to develop while you have a little extra time on your hands...

FUN FACT:
New studies suggest it takes 66 days to build a habit. Previous research said 21!

Sit down at the table for breakfast

Listen to a motivational message

Limit your social media use to 60 minutes or less

Drink 64-128 oz of water

Write in a gratitude journal

Stretch for 15 minutes

Avoid eating after 8pm

Log what you eat each day

Read for at least 30 minutes

Learn a new word

Spend time outside in nature

Floss before bed

Set a bedtime and stick to it

Make the bed first thing in the morning

small daily rituals are the key to long-term success and achievement

THIS OR THAT WITH CHELSEA



Fruits or veggies? : **VEGGIES**

Yoga or gym? : **YOGA**

Kale or spinach? : **KALE**

Incense or sage? : **INCENSE**

Water or tea? : **WATER**

Reading or writing? : **READING**

The Sun or the Moon? : **MOON**

Singing or Dancing? : **DANCING**

Texting or Talking? : **TALKING**

Truth or Dare? : **DARE**

Passenger or Driver? : **DRIVER**

Ocean or Mountains? : **OCEAN**

Eat Out or Cook at home? : **COOK AT HOME**

Morning or Evening? : **EVENING**

Flowers or Trees? : **FLOWERS**

FREEDOM IN A CAGE

PART II
BY SARAHN SANKOFA

FORGIVENESS

I had to release people who have caused me pain. Did I say 'had to'?...have to.

Did I say 'people'?...lovers.

They are people too, but only once I forgive.

In process, in progress.

But I still hang on to the memories. My process of healing involves transforming the spirit form of the pain.

I have been working to turn my sadness to expression of grief.

I am not sad as much as I am grieving the loss of what I once wanted.

Saying goodbye to what I once wanted means being in the company of what I no longer want.

And that can sometimes be lonely. Being in that company feels like massaging a sore muscle.

I realize this journey of forgiveness is me forgiving myself for all the times I failed to accept, have faith, and be

obedient to myself for my own good.

And with each day I am a little more free.

Free because I am letting go of codependency.

Free because I am remembering that it's okay to make mistakes.

Free because I dream beyond the cage of resentment and disappointment.

I am alive in those dreams. Dreams become my reality if I let myself escape in them.

If I choose not to be caged, I can feel the freedom of love and joy.

Memories of pain seem like ice cubes in a glass of lemonade.

Just there to taste the flavor a little sharper.

Melting down, water into water.

All flavors find a home on the tongue.

I find home in forgiveness. Rejection of lesser self. Returning to greater self.

Remembering that forgiveness was always a part of the plan.

My escape plan out of this cage.

I hope they forgive me too.

For love still remains, seat of the soul, seed in the soil, ready to be planted again.

The next season looks promising.

The last one did as well, but I was caged in that dream too.

And I was still free. Free in the excuses of loving my cage.

My cage is my friend. It remains consistent in giving me what I ask for...a reason to dream of flying.

I am alive in those dreams. I'm so alive, I feel the wind beneath my wings.

I don't have to be angry or bitter or sad.

I am alive in my dream, and my dream is alive in me.

I don't have to change the way I love. I am good enough. I am worthy of being set free.

I am ready to leave my friend, the cage. Perhaps to revisit someday.

I want to miss life inside the cage. Remembering how real it felt to dream of flying.

Make flying familiar again.

But the wind whispers of cages imagined. The door's been unlocked while I was dreaming.

Oh. Forgiveness.



TAROT STUDIES

WITH SARAHN

WHEEL of FORTUNE

meaning: life cycles, a turning point, karma, destiny, habits, patterns, lack of control, unexpected events, synchronicity

Great forces that are outside of human control are at work. Change can be frightening, but it is always constant. The Wheel of Fortune is a sign to let things flow in their own direction.

If you feel out of place, strengthen your patience and prepare for circumstances to change. Yet and still, cherish where you are, for every place has its purpose. Whatever is to come next, remember that no 'good' or 'bad' thing lasts forever. Divine order will always prevail.



JUDGEMENT

meaning: judgment, mission, invitation, decision-making, self-evaluation, renewal, rebirth, inner calling

Self-assessment and reflection must be done, as well as forgiving yourself and others in order to evolve at this time. Look within instead of seeking clarity from the outside world. Judgment represents an essential moment where nothing will be the same from now on. An important decision needs to be made. Stagnation is not an option. Intellect and intuition must come together to make this decision. The decision that feels right is the one to make. It may seem new, risky, and even painful but it promises to pay off if you have faith to move forward.





THIS MONTH'S YOGA POSE: LOTUS POSE

Written by Sarahn Sankofa

THE LOTUS FLOWER IS A SYMBOL OF PURITY, ENLIGHTENMENT, REGENERATION, AND REBIRTH.

Back to the basics we go! Not always because we want to, but because we have to. The basics never change. The principles on which we govern our lives remain consistent with who we think we are and who we believe ourselves to be in the eyes of others. So what happens when things change, when life alters, as it always does and always will...? Do we then adjust our principles, writing new rules for which we are ruled by, or are we then forced to honor them, to be true to them in the face of change...You must decide if you want to be who you've always been, do what you've always done, and give and take what you've subscribed your time, energy and money to...or if you want to revise your version of life, creating a new story based on who you desire to be, what you desire to do, and what you want to give your precious resources to. The basics never change. You always get to decide. You always have decided, and you always will decide. This time is not asking you to choose between staying the same or being different, or to be present or distracted. Life is just inviting you to choose. Some things never change.

LOTUS POSE (Padmasana) *Lotus is used in cultures all over the world as the common pose for traditional meditation. Lotus pose calms the brain while also increasing awareness and attentiveness. Lotus opens your hips, stretches your joints, and helps you to develop good posture.

APRIL/MAY 2020 AFFIRMATIONS FOR QUARANTINE

I spread love
and not fear.

I create
boundaries in
my life where
necessary.

Everything is
going **according**
to the divine
plan of the
universe.

I am grateful for
my **health:**
mind, body &
spirit.

Nature is all
around me,
reminding me
that **all things**
are one.

I make room
for peace and
joy, all around
me.

CHECK OUT NEW MUSIC FROM ARTIST

SERAIAH NICOLE

@SERAIAHNICOLE @LIGHTOPENMIC @SERAIS.EYES

New Singles
"I Refuse to Lose" &
"Greater is Coming"


Scan the QR Code Below to Listen!








ALSO, CHECK OUT
SERAIAH NICOLE'S
QUARANTINE
PLAYLIST
"FIND YOUR PEACE",
A MIX OF
INSTRUMENTALS &
MOTIVATIONAL
SONGS.

[CLICK HERE FOR PLAYLIST](#)

Apple MUSIC Sign In

 **Find Your Peace**
Seraiah Nicole

[▶ PLAY](#) ...

	Greater Is Coming Seraiah Nicole	+
	Lovely Day Bill Withers	+
	Peace and Love (feat. Masego & Rommel Donald) Tall Black Guy	+
	Moments in Love Art of Noise	+
	Superwoman (Where Were You When I Needed You) Noel Pointer	+

Seraiah Nicole

FREEDOM IN A CAGE

PART III
BY SARAHN SANKOFA

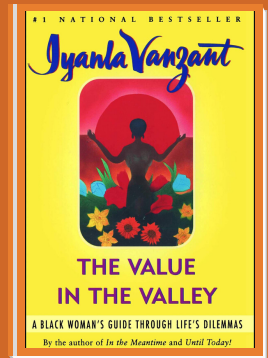
EXPRESSION

oh you fancy huh?
you thought you were too good to detangle your hair
never taking time to love every part of you
why?
who told you them lies?
tie it up, young girl
open up, young lady,
break it down, young woman.
We got it. We don't need you to explain.
just display you desires to this here tune
we'll interpret it
and don't make a mess. If you do, its for you to handle
you're a big girl now, big lady, big woman.
write it out
so we can see it in black and white
make it clear, simplify it
we're waiting, take your time
hurry up, do it now
fix your face
take your heart off your sleeve and tuck it in your back pocket
let them watch you leave the world
matter fact stay in the house
find a corner and get comfortable
put that phone down, little girl
pay attention
put a mask on to cover your mouth
you aren't to speak unless your spoken to
didn't your mama teach you that
nobody asked you for your opinion, young lady
handle your business
we don't even care if you do it with a smile. do you see us smiling?
does life afford you the luxury of smiling?
does the world create a room for you to hear your own echo in?
Welcome to the deep end. People are drowning.
What is your excuse?...
we're listening
matter of fact, that's enough
we don't need you to explain
we prefer it when you're quiet
you got that phone to keep you company right?



BOOK REVIEW: THE VALUE IN THE VALLEY BY IYANLA VANZANT

Review by Sarahn Sankofa



Insight on how we can apply the text to our global pandemic!

CLICK ABOVE TO WATCH!



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SPECIAL THANKS TO THE JOY ACADEMY, SERAIAH NICOLE, AND IVY COCO



BEAUTY LIFE STYLE
ivy coco

TJA The Joy Academy

Seraiah Nicole