



After Carven's Lissiant

Praise your mother
Praise the breath before she pushed you forth into the world
Praise the moment before the singing of your name
Praise the dark skin girls,
how they use the sun like a prized possession
and feast on the wind like angels
praise the air
praise the art form in our walk,
how we spin these hips into mother ships
and make the rivers sway
lets make it sway today
praise the sway
how a room full of brilliant women sound of the snapping before a sunrise
praise the sunrise
the morning you stood up to the sunrise
and said yes,



I'm living my life like it's golden
Praise the life
And the fires that erected the freedom in you
Praise the freedom
When they tried to tell you
That love wasn't etched in the skin of a woman who looked like you
How they lost faith in the rhythm of our grandmother's prayers
Praise the rhythm
How we smell like Sybrina Fulton and broken chains
Like battle and light rise off our skins
Praise the life
The beginning
The renewal
The freedom
The first breath
The sunrise
The joy



Praise the I'm still alive in this life after I thought they had broken me
Praise the broken and how we healed it before it could sabotage our bodies
Praise the girlfriend that stretched your last dollar
I mean
don't we all
always want that one friend like her?
Praise the bare knees that didn't buckle under your struggle
Praise the struggle because it couldn't hold you hostage
Praise the kiss
From the mouth that is half your grandmother and half wordsmith
Praise the joy
That cometh in the morning time
And when they try to stop you from living
tell them you were born into freedom
because it never made much sense to me
how you ain't gonna claim something you were born into naturally
praise what comes naturally
and choose life
like the queen that you are



praise the queen
don't you know
we created this life,
it's our smile stretched over the pyramids
praise your life
and tell them
I'm taking my own freedom
And living my life
Like it's golden

-Sabrina "Heymiss Progress"



Sabrina "Heymiss Progress" was recently named one of BRAVA Magazine's 2015 Women to Watch. She is a mother, poet, columnist, motivational speaker, blogger, social media consultant, entrepreneur and change agent. She inspires others to live their dreams as a speaker at American Family Insurance Dream-Bank. She is the founder and host of the Conversation Mixtape, a forum to bring together Black men and women to discuss and break down topics relevant to building and fostering healthy, long lasting and loving relationships. She's competed in the National Poetry Slam and led her own poetry slam on Madison's Southside. Progress launched her personal brand, Peace, Love & Dopeness last year alongside Madison community members. Her personal brand aspires to motivate others to be rooted in love while living a more peaceful and dope lifestyle! She's a woman with drive and purpose. It's through her commitment to love that she works to effectively create and inspire change.