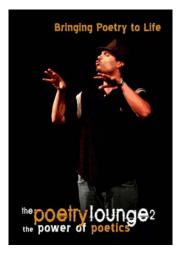
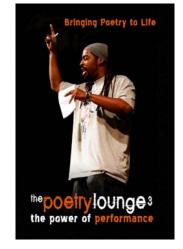


# The Poetry Lounge 2 and 3

## Poetry Booklet





## To order this and other programs call: (888) 570-5400

## www.choicesvideo.net

**Choices, Inc.** 3740 Overland Ave. Ste. F Los Angeles CA 90034

© 2008 Choices, Inc. All rights reserved

## Courage

By Crystal Irby

I've been in the valley Wishing I was on the mountain top I've been on the sand Wishing I was in the ocean I've been in the darkness Praying for the light I've been in the morning Praying the night So I could cry Just a little bit longer for you And I've been on earth Praying for heaven I've been where broken hearts go And I don't wanna see the end of the world anymore

So I finally got the courage To swallow my cries And I finally got the courage To stop believin' your lies And I finally got the courage To stop waiting on your phone call And I finally got the courage To take those dead roses off the wall And I finally got the courage To say no And the world didn't end Like I thought it would And I finally got the courage To let you go And I kept on breathin' Like I...Like I never thought I could

So I finally got the courage To pray to God to get over you I mean to really get over you And I finally got the courage To take your photographs outta plain view And I finally got the courage To wash your T-shirts So they don't feel like you And I finally got the courage To delete your numbers From my phone So I won't call And I finally got the courage to realize You don't miss me at all When I check my messages And I don't hear your voice When I check my caller ID And I don't see your name On my birthday...the holiday...or just Wednesday

So I finally got the courage

To stop thinkin' I was born into this world just to love you And I finally got the courage To stop thinkin' being by your side is all I could ever do And I finally got the courage To stop fantasizing and rehearsing our reunion Because I finally got the courage To realize our time had reached its conclusion So I finally got the courage To be mad at you for leavin' me And I finally got the courage To stop going to the places I knew you'd be Dressed in my best outfit For you to see To make you realize Just how much you really/really missed me

So I finally got the courage to realize Maybe you and I weren't written in the stars And I finally got the courage To put peroxide on all my scars To cleanse my wounds So my heart would have no bars And I finally got the courage To stop missing the smell of you on my pillow And I finally got the courage Too stop missing you lying beside me And I finally got the courage To stop missing you looking into my eyes To stop missing you touching me Stop missing you holding me Stop missing you kissing me Stop...missing...you

So give me the gold medal And the heavy weight belt I ran the longest distance And I took the hardest blow Give me the trophy and the crown That reads

Broken heart healed/Lost self found Engrave my name on a plaque Write the date in the history books Today I did the hardest thing I ever had to do Today I woke up and realized I finally got the courage To get over you

#### God Doesn't Make Mistakes

By In-Q

God doesn't make mistakes He makes trees, and leaves, and skies, and lakes Birds, and bees, seas, and snakes

The sun moon and the stars Ally bars Cars passing in the dark echo like my breaking heart

You hear them in the distance You feel it in your soul You've gotta break yourself apart if you wanna be whole I'm in this whole but I'm crawling towards the light by free falling into my hindsight

The thing about a lesson is you can't apply it to your past Life isn't as simple as it seems in my photographs Love isn't something that you feel its something that you do Every single moment is a miracle that can redefine you Every obstacle is an opportunity in disguise You can tell I've gone threw it by this look in my eyes

This is not just an Idea that I read in a book I'm opening my chest up and daring you to look Are you scared of the mirror that you see in my face? Switch a couple details you could be in my place Drowning in tears of joy from the rush of a battle I killed off my ego but regret has a shadow And I'm proud of my progress

The process is magic Some of us are still slaves to our old habits Responding automatically cause that's what were used to If there wasn't a choice your actions have used you

What if you're the puppet, and the puppeteer? This is your life, and this is your wife, and this is your career This is your pain, and this is your shame, and these are your tears, And this is your brain that's had to maintain threw the years

This is reality But you define what you see So your reality may not seem the same to me You think you have control? Baby this is make believe Your powers in your response so don't forget to breath

I have tattooed forgive on the insides of my eyelids So when I blink I can be reminded That

God Doesn't Make Mistakes

He makes waves that break, shores, and shapes of clouds, faceless crowds I'm walking threw em like a hologram Just another kace of me filling up the space in this hollow man

I've been asleep for my whole life Now I'm wide awake and I can spot a nightmare threw the daylight

Rage is alive and well We are inside of hell when we rely on the lies we provide ourselves

I see it in the streets everyday Folks are unhappy with themselves in almost every way Yet they walk around like theve got it all figured out This is not what you're about You just think you're supposed to take a certain rout And I understand it cause I've been there in the past But does everybody have to walk around with a fucking mask

I wanna see you in the light of god You see I'm tired of making love to the same mirage And my heart is big enough to fit the whole world in it But I had to loose to learn my loves infinite

See God doesn't make mistakes

He makes truth And he put it in a body and he bottled it in youth And it's still inside of you Whether you know it or not

You are perfect right now, you should own what you've got...

## Mumm-Ra vs Panthro

By Paul Maboon

Thunder! Thunder!!! Thunder!!!!!! Thundercats Hooooooooo!!!!!!!! 5th grade I was Panthro! Hands go Wappa! Wappa! Wappa! with my nun chucks to much for any domestic abusing foe! Shoulder straps! Spiked tips! Muscles ripped! The Coolest Thundercat! And even though he was blue, you knew he was black! Back when Mom's only son wasn't afraid to act when we were on our own then He came home "Wonder if he gonna live with us?" Didn't trust him, like most boys do grown men moving in "He spending the night again? How come he got three pieces of fish? I did clean up! He used that dish! Wish he just gone somewhere! That's not fair! He cain't tell me what to do, he ain't my Daddy! I ain't even do nothing! Why you mad at me?" Because she loved him. She was happy. Next few years instincts wouldn't let it go, let it flow "Paul, Charles said you wanna go fishin?" No! "I'm watchin Thundercats, all-dav-long! Playing with action figures singin that song Dun Da Dun da Dun Da Da, Thundercats are loose!" In Today's Episode The evil Mumm-Ra The Ever-Living aka Charles, is living with Panthro's mom But Panthro uses his nun-chuks to beat up Mumm-Ra till he's gone! Oh no! Panthro! We're under attack! Calm down! What's wrong WilyKat? I was cruising in the Thundertank when JackIman jacked me, for The Eye of Thundera! And then he went and slapped me! Thhhh! AHHHH! Mumm-Ra's using the The Eye to hypnotize your mom! Lion-O gave me the Sword of Omens, should we tell him what's wrong? Lion-O's a punk! I should have been the leader! Then I could date Cheetara and have some baby pather-cheetas! Alright Mumm-Ra I'm bringing out my nun-chucks! Wappa! It's time to die! Stop hypnotizing my mom! Wappa! And give back the Thundera's eye! Wake up Mom! Mumm-Ra's evil! Remember when it was just us? "Panthro! Watch out Mumm-Ra's power is about to bust!" Booom! Quick! Everybody run to your room! Cover your ears. Get under the cover! Get under the cover! Boom! Get under the cover! Get under the cover! Get under the cover! Stop hittin my Mother! Stop hittin my Mother! Stop hittin my Mother! stop hittin my mother

#### PURPLE FILES

By Thea Monyee

As we lay in green pastures And rest beside still waters we fail to see the cup running over Fail to see the water rising past ankles to knees Or hear the desperate screams of the drowning It is easier to assume they are hydrophobic Society's response to their cry Is to create systems Be it foster, educational, or prison Cleverly disguised as hands reaching out To muddy water populations Offering salvation But refusing to get dirty Flirting with the illusion of unity While systematically avoiding issues plaguing low income communities I see the disparity Watch purple files grow from infancy to teens Change to manila and trade lives for orange jumpsuits or army green It seems the people have been misled to believe These institutions are to our benefit The general public does not question it See most believe the youth to be voiceless Some choose to suffer in silence Others act out in violence And still some will choose to use the pen To forge their rebellion Battalions of ballerinas and Musicians Who live by a creed that crescendos off the walls of should be empty group homes and bounces off of tear stained windows We know they are a force to be reckoned with A power to be recognized As raw as an undisturbed diamond And as valuable as undiscovered oil beneath the earth's surface All three have monumental purpose when placed in the right hands But far too often they do not Forced on to city blocks to be educated in the school of hard knocks But not all of our children fall victim to the system Picasso still paints pictures through fourteen-year-old fingertips and spray cans Using block letters and languages only some can understand They can still feel colors in their veins It's a shame some of us are too grown to participate Too stoned to see the poetry in the average fifteen-year-old emcees hip hop lyrics Too afraid to crack open his metaphors see the pain in his pores and deal with it Mistake Jesse Owens for a hoodlum hopping ghetto fences As though the next step is the only thing that matters Evidence that the illusion can be shattered Living artifacts of the art in fact they memorialize our ancestors in their passion Turn dreams into actions with few stars to wish upon

Only the faith that some exist beyond the smog and gun smoke Provoked often

Learning your craft in the most distracting of environments

Staying focused on hard work and your mom's early retirement We forget to remind you of your value

Lose your compliments amidst the disdain and frustration of your peers

Yet and still you raise yourself throughout those pivotal years

God bless the child that wipes away his own tears

Who taps to soundtracks that only his ears can hear

Practices plies, leaps, and back flips without fear

Who strive for the gold even when no one comes to cheer Here is to you:

The youth whose truth is hidden beneath media stereotypes

Manufactured by institutions and paid for by federal dollars

Raised by blue collars that you will never have to wear

I swear the youth are not lost

Our future is right here.

#### Verbally Disturbed

By Sekou (tha misfit)

When I write a rhyme, it's like I lose all sense of time Space becomes irrelevant, there's only state of mind So I climb and elevate, create and celebrate "Poetical" entrees that make you salivate Till your palate aches and craves to taste the rave I bake soufflés of words my medulla marinades Then I serenade cerebellums leaving hypothalamuses busted Numbing motor skills, cause I flow to thrill Ill be the rhythms of the night so I'm giving up delight And insight that puts me in flight Then write ten hype lines that bend light And send fright to foes, and send might to those Who relate to this altered state lyrics cultivate Can't concentrate when I wants to make rhymes And even if I never get a monetary payoff My poetry brings order to my chaos--...it's hard to explain.

When I write a rhyme,

I make the most incomprehensibly understandable Contradictory lyrics of the time Spherically designed for a continuum of lines I'm gon' send you one of mine, and watch it bend you by the spine I'm inclined to spend my time caught up in a beat Forget to shave, to eat, forget to bathe, to sleep I'm a slave of freaked verses that disperse with my ills Leaving my hunger fulfilled by the thrill of the words that spill From the larynx when I share a mix, but beware of tricks That bleed from the sleeves of diseased emcees Who please the masses, but fail hip-hop classes Cause they see the world through commercial glasses So he passes the mic back to the real I blast with a hype track, and I kill the pain When I feel the rain of verbal precipitation on my brain You know I find this all rather difficult to explain.

When I write a rhyme It's like I enter a world of words Adjectives and adverbs surge in my nerves Until herds of absurd concepts emerge Leaving me on the verge of being Verbally Disturbed So I splurge on a record, which provokes the track Which provokes the rap, which provokes the stacks But even with no contract it hurts not to disperse a verse It's kind of like a blessing and a curse

When I write a rhyme, the whole world is mine Ain't no space and time, only state of mind When I write a rhyme, everything is fine Ain't no ghetto crimes, ain't no chalk lines When I write a rhyme, the whole world is mine Ain't no space and time, only state of mind When I write a rhyme, everything is fine Nobody's totin' nines, nobody's doing lines.... When I write a rhyme.

And I could write rhymes till I'm weak and I ache in my bones And still write till I get carpal tunnel syndrome And keep writing till my record contract is blown And still write till my home gets foreclosed on And write rhymes till I'm broke, car repossessed And still write till my wife took the kids and left And keep writing till I see the first signs of death And take it all with no stress, cause I'm so dang fresh

AND ONE DAY! I'm gonna be up in the game AND ONE DAY! Everyone will know my name AND ONE DAY! I'm gonna have the cash and fame And maybe then it won't be so hard to explain AND ONE DAY! I'm gonna be up in the game AND ONE DAY! Everyone will know my name AND ONE DAY! Everyone will know my name AND ONE DAY! I'm gonna have the cash and fame And maybe then I can explain how it is

When I write a rhyme.

## **Deferred Race**

By Brotha Gimel

So I'm hanging on the block with my crew, right? And Uncle Sam approaches in the form of Popo. My boys disperse, straight get ghost. But since I decide to stay, Jake. I mean, Uncle Sam told me had this task you wanna throw my way as his partner's beginning to pat me down he's like, don't bother turning around the challenge is this if you can run 100 + 1 yards non stop on a straight away beaten path you'll be granted total and complete liberation. In other words, we'll stop sweatin' you Can you do it, boy? Aren't you gonna clock or me or nothin'? Shooff. I take off with all the intensity and vigor my little body can Muster. I'm gonna win. With my eyes on the prize of my imagination's favorite muse. Freedom. Conquering my life's insecurities and inhibitions while increasing intuition one yard at a time. Diminish your self hate with a high stepped sense of pride and astride of [sovereign awareness] That's my encouragement. Capable of making calculated[snap decisions]like putting them up and putting them down in a flash. This is the dash of a lifetime. A generation. A a race. Run! 60 yards in I begin to contemplate the responsibilities of my future emancipation as possible. Run! For all the black activists, artists, dreamers and freedom fighters who have never left for the promised land. Run! I own up to your ideals, each one, teach one, leading by example and not letting you down. The weight on my shoulder I don't mind if it's how I'll be defined. By the 90 yard line I'm starting to feel like the weight is over. Nothing can stop me now, social progress is mine. I attack 95 with tears in my eyes and a feeling I've never been deprived [by the eyes in the glasses at my 9 to 5] Fatigued and winded I oppose 96 willing to commit to a strategy to rehabilitate convicts Defy gravity 'cause it is not a coincidence that I'm saying goodbye half hazardly as 97th and 98<sup>th</sup> vards are overcast by ambition and fate. I grind out 99 with upraised spine and my chin just got no more obstacles to now bump my chest than glory, bam! I'm stopped in my tracks, unable to make the final yard mark.

I'm reaching for the door to freedom but I can't quite reach the knob, there's something stopping me, and it's--There's an anklet. It's nice, it's like platinum and gold and with some diamonds on it. Oh, and the diamonds--Look at that chain! Oh, that's a really nice chain, man. That chain's long enough it's like four, five hundred years long I can put some joints around my wrist I can trade it in and put some joints around my neck and have a whole matching set on me to flash on the block. I could take the rest of it and trade it in for a new whip. Brand new mansion. I'll be the flyest dude on this block! In my new 500 Benz. Thinking of the Benz. I was going somewhere. I was gonna get--But before that I had to--We were gonna--It was--Damn. Guess my race got deferred.

## **MONSTERS**

By Poetri

I have demons. They lie and wait for the perfect time when I'm feeling weak and vulnerable When I don't have my guard up when I'm thinking hard about something, they make me eat when I don't wanna eat. I have something worse than demons. I have monsters, in my stomach. Oh, you don't believe me? You think I'm fat 'cause I wanna be fat? You don't think I wanna have a six pack? Take off my shirt at any given time? Like all those pretty working out types brothers do for no reason at all? Why is your shirt off, man? It's zero degrees outside. Why is your shirt off? I remember when the monsters were just babies. They were trying to make me eat something and I would just laugh. Oh, be quiet little monster. We just ate. Then I would run outside and go play basketball and work out all the calories I ate that day. Man those were the good old days. But now, my monsters are full grown adults conniving my taste buds like humans manipulate other humans and it just don't seem right when I go dragging to go get 99 cent chicken nuggets on Tuesday when I already had El Pollo Loco talking about I can't pass up this deal. Come on, monsters! We just ate! They keep me from the gym. You don't believe me. You think I wanna wear a size 4X 'cause all the kids do. Well, this may be a shocker to you, but I'm not skinny and I'm not that hip. I wear a size 4X because that's the only size that fits me and my monsters and how mad do I get when I go to the store trying to find the biggest size only to find that the biggest sizes are all sold out. Some skinny cool kid bought them all. Get your own size! Every time, every time I even think about going to work out the monsters devise a plan to thwart my mission and I end up working out a way to get to KFC. Hey, you should see me when I eat. How many people sweat when they eat? Just me? It's because the monsters are hard at work devouring all the food that they force me to put on my plate. I hate the false feeling of getting a work out while I'm eating. But if you ever catch me after grubbin on a hot plate at aunt Mae's house you might think that I just ran a marathon, sweating like an athlete fat as a couch potato, these monsters got jokes man, man. You don't believe me. You don't believe in monsters.

That's how they get you.

I used to be that way, too.

Monsters can find a home anywhere in your body.

They may not be in your stomach, but you

checked your heart lately?

Monsters lurk like babies just waiting to get adult, and if you don't watch it, they grow up fast, helping you hate everyone who tries to help you

you didn't get a reputation for being cold hearted but I know that truth.

You just got monsters in your heart.

I can't tell you how to get help because they're not my own monsters.

Your best bet is to pray. The sooner we realize there are monsters inside of all of us The better this world will be.

I have monsters in my stomach.

Where are yours?

## UNTITLED

#### By Nikki Blak

There are occupations well suited to young girls who learn to get undressed too soon.

Why study for SATs, when HIV tests are so much easier to take?

Teenagers lose their virginity in the afternoon after school and learn that it's more fun to make babies than necessary changes.

Tribal markings of tradition paint the faces of familiar strangers and are branded on the hands of men and women.

Reality is more ridiculous than fiction.

Consider a scenario in which the ratio of mothers to fathers is so disproportionate we figure we're fortunate we can get abortions in clinic close to home.

I live next door to addiction.

Eviction notices decorate doors.

Dollar stores have the nerve to sell [shit] that costs more than 99 cents.

Rents is as high as the ever thickening smog that hovers above the city.

Somewhat like the police helicopters we've become too accustomed to seeing.

Middle of the week street sweeping doesn't ever seem to clean these curbs sufficiently.

Liquor stores and bus stops become crime scenes.

The line between innocence and guilt is blurred by poverty.

Capitalism and institutionalize racism keep us here permanently.

Religion is a sedative, materialism a suppressant.

Girls oversexualize the promiscuous boys dangerous and aggressive,

evicted from the womb with criminal records and bad credit

only some of us are brave enough to be born.

There are occupations well suited to young boys who teach themselves how to be men.

Why apply to college when it's so much easier to got to prison?

A child will lose a little bit of his innocence every time he exits his apartment.

Converse to pavement, face to face with the reality of a hostile environment.

Here, you either grow up real fast or never mature by age 16 now insecurities are tattooed on both arms worn like sleeves, prominently displayed for all the watching world to see.

TV always on same five songs on the radio programed brain waves to read these frequencies.

Must be the reason we're so ill when it comes to literacy.

Mostly deaf, so we connect to stereotypes.

Hands carefully craft [gang] signs.

Third eyes read lips, fingertips absorb the braile of broken beer bottles and promises leave like light imprints on surface streets.

New sneaks keeps momma knee deep in debt.

Fresh outfit ain't paid the light bill yet.

Boy still claim sex.

Bros need children sit on front steps and spit some flower seeds.

Grown folks sit on front steps talk and smoke weed.

There are too many apartments, too little parking and too few trees.

It's rare to find open space in this place so there's no

reason to wonder why we don't feel free.

We fall asleep to screaming sirens and barking dogs and wake up confined to tiny rooms, crowded into low cost housing.

Bound to these mazes of alleys and streets tires screech on boulevard black tops.

Pigeons perched on telephone wires against the backdrop of a wounded sky full of airplanes and kaleidescope sunsets so picturesque it seems fictitious.

A faded shade of regret so stunningly surreal it's hard to believe it even exists.

## LOOK THIS WAY

By Gina Loring

It was a Saturday afternoon in June. And the sun shone down on our naked skin as we passionately embraced and met soft lips and gazed into each other's eyes as we began to make love. It doesn't really happen that way. The real story goes, we had this deep connection we knew each other in another life, powerful, magical thing going on, But between me getting tired of you being high all the time, and you getting tired of my mouth when you show up two hours late every time we get together and then that little issue about you and a girl in a backroom at a house party. Well, it just didn't work out. But I have faith in love. I do. And I've learned and I've grown and I know what I want. I wanna debate political issues like, who owns Israel, and how the Chinese government operates, and what's happened to this country since the civil rights movement. I wanna wrap my legs around your conscience and your innermost self, that vulnerable side we all have where we hide away things that never should've happened and pretend that your dad didn't leave you, leave us. Why do so many black men abandon their children? I wanna discuss with you about how that's not always true and that some black men hold nothing in higher regard than their families and how when you and I have children you'll fit that description. I wanna whisper with Donny Hathaway and Stevie Wonder in the background and lead a sparkling conversation and I could break out my Native American tribal music and you would like it. And acquire more knowledge about whatever it is that I know that you don't know and whatever it is that you know that I don't know. And I wanna relate to you how much Billie Holiday means to me

how she sings and cleans to me and I feel my soul is rocked lovingly and I cry sometimes. 'Cause Miles Davis hits that note so beautifully on Kind of Blue.

And I can't believe Clarence Thomas is actually allowed to decide that there should be no punishment for a prison guard who beat a young prisoner for stepping out of line, Momea Abdul Jamar and Lenord Paltemar but are locked up in cell blocks?

I wanna explain to you how happy I am Lenny Kravitz exists.

And how much I look up to Lonette McKee and then I'll have to remind you who she is but that's okay 'cause most guys haven't seen Sparkle,

but they've seen the Mack which will then seigway blaxploitation and Blacula and why that's significant to me and only me and you will listen and be intrigued.

You gotta feel for me, but not sorry, 'cause you have your own sad stories to share.

And you will and we'll look into each other's eyes, not corny like but for real 'cause you're the one that fits and I'm the one that matches and we are vibing.

We're walking with grown up eyes into love.

But what is love?

I wanna talk with you about this over herbal tea or martinis or coffee

or Coronas or whatever meets your fancy 'cause this is about you and this is about me.

I wanna talk about Greek mythology and African history and why plastic surgery doesn't become illegal when you make yourself look like an alien and why people of color all over the world judge themselves

according to a European standard of beauty and I wanna a tell you all

about Saphronia and why she is not tragic, and how the story really goes and you'll care and I wanna decide with you who really made Earth and if we can remember our births and do flowers mind when you pick them for me on my birthday 'cause you would and I wouldn't mind 'cause really, all I want is somebody to admire the sky with and I think you might really like it, too. If you would just look this way.

## **MY GRANDMOTHER**

By Javon Johnson

My grandmother speaks to me about race relations in South Central at a time when black folk didn't have a right to vote claiming how we have it so much better now. Two languages that have been broken at least five times over. And after multiple strokes she sits there in her wheelchair strong like tree trunks, top half cut off so that poet grandchildren could use her past stories. Still I've never heard more powerful words than the bible. See, my grandmother's slowly dying today. And it's like I'm mostly upset for selfish reasons 'cause she has this unconfidently infectious smile and she wears wrinkles on her face like tattooed laughter. Yet still my grandmother's slowly dying today. See there is very little difference between desperation and strength, between waving and drowning. Between slow dancing to no music in empty apartments and walking around in confused circles in big cities streets while big city railroad tracks beat into my grandmothers back so her grandchildren could travel places never dreamed. It seems now that my grandmother picks a family up but Atlas never really held the world in his shoulders. He was just one man hanging on the edges trying his dear best not to fall off. And we nicknamed Desperation Strength. We nicknamed my grandmother once her wings got clipped and she lost her halo in the watts riots 1965. Who else do you know that had eight kids and adopted another? Raised grandkids as if they were her own. Had a hand in raising me. Ironic I'm somewhere in Iowa at 2:30 in the morning listening to racist talk on radio thinking, I hope to God this truck don't break down. I'm about to break now I can't handle this shit I'm not as strong as she is. At best I can hold myself though most of the time I can't even do that well. I'm constantly being mistaken for standing tall when I stood on the shoulders of those who put step ladders. My grandmother happily accepts the fact that I'm starting a new life in Chicago while hers is slowly coming to an end. I'm writing suicide notes behind convenience store receipts hoping to return a few minutes of my life so that she can stock more for hers. I wrote her a letter the moment I got to Chicago. I told her she can't go yet, that I'm still working out this deal with time. I'm still working on trying to be a man and I need her there from time to time to tell me that I'm doing all right. I told her she don't have to be so strong all the time. But I do need her to hang on to those edges not like a dam about to fall off and I wouldn't nickname her Desperation Strength.

It's like my grandmother's slowly dying today and I'm mostly upset

because I don't think I'm strong enough to hold her world on my shoulders.