

“inner crown (reflections on healing)”
by jacquese armstrong

*gonna give myself a promotion
want myself a great big star
i'm not so certain
i won't make that star a crown
well i'm free...*

- **joan armatrading, *steppin out***

you earn it
you do the obstacle course
you fight
the demons
you box
the shadows
you confront/challenge
the voices in your head
you
wipe your own tears
you write
your own motivation
you learn
to Love (most)

you see
the skies as your friend
from dusk till dawn
grey to blue
the stars are the loves of your life
the Sun your level guidance
the trees
barren/full/orange hued/green
are your sisters
the rivers and their parents
your inspiration
the wind at your back/
your inheritance

you uphold family
laud their successes
use ancestors as guides
fill in the gaps

if you're lucky you
have family support
find a few true friends
a love that applauds your quirky ways
challenges your intellect
and thank your Maker
that he made you
"perfect, and he made you funny too."

(last quote recorded poem by abbey lincoln, *you made me funny*)