

SONGVERSATION I AM LIGHT

My Thoughts On The
Skin Bleaching Allegations

A SongVersion on how we can heal.

Part 5, Section 1: Worthy

Songversation: I Am Light

Part 5

Worthy



SongVersion: I AM LIGHT began, with me wanting to Address [SkinGate 2013](#) - as a means to reassert my humanity.

WHO?

This SongVersion was sparked AGAIN, over a year ago now, in January of 2015. As I sat on the set of BET's one hour drama series [Being Mary Jane](#), I became very frustrated as I searched for words to explain spiritual principles to intellectual people. That experience haunted me, and compelled me to do just that, to best of my ability, here.

The truth is, my highest hope with my platform has always been, to bring spiritual truths and love to the world through words and music, and these challenging experiences of the past 2 years (culminating on the set of [Being Mary Jane](#)) has shown me that it's time for me to be able to *spea*k that message as clearly as I can *sing* it.

I *remembered*, (I didn't exactly forget, but sometimes we need to be *reminded* of things) just last night, that I come from 7 generations of preachers, evangelists, singers and musicians that I can actually trace genealogically. It is in my blood.

Thus, THIS SongVersion: I Am Light.

What?

In the previous 6 chapters of this SongVersion, I share backstory, inside stories and personal stories, all with the intention of building up to THIS!!!! What you are about to read NOW, SongVersion I am Light, Part 5: WORTHY.

If you want to join the full SongVersion - you can read the other essays [here](#). While these essays are meant to be cumulative, PART 5 can also stand alone, so if you choose to do so, you can start right here with SongVersion: WORTHY.

SongVersion: I Am Light: WORTHY/The SongVersion Practice is the distillation of the wisdom gained from the last 20 years of an alternating, dynamic, tumultuous, public life, and a slow, solitary, at times almost monastic, private life. Basically I would live full out, and then go into the house (or the woods) and process it all, which is why there would be so much time between some of my albums. And I'm EXCITED!!!! For this full circle moment, to have all of the many many *many* hours, days and years of deep *feeling*, and *solitary pondering*, manifest as THIS.

I hope it brings *true* clarity to someone. And I pray these words reach ALL they are meant for, and touch them the way they are meant to be touched.

HOW?

There is a new movement in the spiritual communities, of intellectual and spiritual studies dovetailing, to create *proof*, of why the fundamental spiritual principles make for a better life. For example, there is a happiness researcher from Harvard, and social scientist become spiritual teacher. I LOVE this because I know it is helping MORE people to awaken.

However, I come from a *different* angle.

Life experience has been my greatest teacher. 20 years of a rigorously and consistently examined life have brought me to the place from which I speak today.

My lens, as an African American, woman, artist, thinker, musician, singer, songwriter, explorer, reader, writer, feeler, seeker, traveler, daughter, sister, boss, student, teacher has shaped the contribution I've made through my music over the last 15 years, *and* naturally, the spiritual philosophies that I live my life by, which is what I will share with you today!

Music and all that has comes with it - (fame, financial independence, family struggles, friendship woes, fatigue, failure, fertility fears, future, falling, flying) have been my schooling.

Interacting with people from many different strata and walks of life; from elementary school girls, to corporate executives, from orphans in Africa to celebrities in Hollywood, this has been my case study.

SongVersion: I Am Light Part 5: WORTHY, and 5.1 The SongVersion Practice - I guess you can say, is my thesis.

SongVersion: I Am Light, Part 5

is broken down into 2 parts for my own ease of expression.

SongVersion: I Am Light, Part 5: WORTHY tells the story of:
Breakdown, Break Through, Break the Shell, Elevate and Fly

SongVersion: I Am Light, Part 5.1: The SongVersion Practice details what I consider to be basic spiritual principles and practices. And then I, for the first time, will bring you into my daily spiritual practice - where I will detail my "SongVersion Practice".

So make sure you read BOTH parts - they are meant to be taken in as ONE document.

When?

NOW, I'm ready! for the first time, to share some *very* personal stories of my hurt and healing, how I've grown, and developed and matured, and my spiritual philosophies and where they come from. This is how I navigate my life.

Why?

To every person I've met, who has asked, "Why do you write the songs you do?", "How did you become who you are?", "What advice do you have for me?"

This is for you.

To every person who is just dipping their toe into the spiritual waters that *eventually* calls us all to jump in and swim, this is for you.

To my 19 year old self ...

To Mom, Victoria, Kemisha, TaKasha.
J'on, Dad, Harpie, and Nia.
Marc, Stephen, and Stevie and Taiye.
Donnita, Denise, Shannon, and Jilene
Kathleen, Hilda, Yahfaw, Iya Bahatti,
Aunt Naurice, Cousin T, and all of my family.

To (my editors) Anasa and Carolyn and Kathleen
And to you
To all #SoulBirdsWorldWide

This is for you.



WELCOME TO SONGVERSATION: I Am Light **Part 5: WORTHY**

What we are going to experience together right here...right now ...as you read this ... is a Practice called SongVersation. Songversation is not a concert, it is not a lecture, it's not a performance. It's not something you *read*, it's not a one way presentation. SongVersation is something you ENGAGE in. A two way dialogue. It is **A** SongVersation.

It is **A** SongVersation. And **A** SongVersation is a practice: **part meditation, part prayer, part fellowship, and part action.**

And A SongVersation begins with a prayer...

*It is my mission to spread love healing peace and joy through the power of words and music
I pray to be supported in this mission right now...*

Opening Prayer Song: ONE.

So A SongVersation is a co-created sacred space ...

Today's Songversation is called: WORTHY.

Songversation Worthy is my story of BREAK DOWN, BREAK THROUGH, BREAK THE SHELL, ELEVATE AND FLY. This is a fascinating time to be alive because academic and scientific circles are now corroborating many of the ancient spiritual truths (for example, science can now measure the benefits of meditation on the brain). And I LOVE this because I know it is helping MORE people to awaken. However, I come from a different angle.

I AM a student of life.

I come from 7 generations that I can genealogically trace of evangelists, preachers, and singers. And I understand now that I stand on the shoulders of that legacy.

I created SongVersation as a safe space to learn to speak my truth with as much clarity as I sing it. (authority established)

The music industry has been my university - music my major - and the people I have interacted with over the 20 years of my world travels are my case study, my students and my teachers

And this PRACTICE of SongVersation is my Thesis.

When I came into the music industry I was put into a box of someone else's making. A box based on race and gender. You are a black woman - and THIS BOX is what people will accept from you. I made a certain type of music, which I enjoyed, but a large part of my creative expression was stifled. And I stayed in that box until it got too small. And then I stayed a little bit longer until it began to crunch and hurt me. I finally reached a point where my creative fire had been smothered to a glowing ember. The flame of my creativity, once burned bright and free; but in this box it turned in on me and I began to burn - my skin was burning, my lower back was burning, my stomach was burning, my heart was burning. I began to self destruct ... literally. I knew it was in danger of being extinguished.

I had to find my MY AUTHENTIC self in order to save my life.

My authentic creative expression is SONGVERSATION.

SONGVERSATION: WORTHY is my story of finding My WORTHY.

The awakening of my destiny.

I will share my story of my break down, my break through, my break the shell, my elevate and my fly.

BREAK DOWN, BREAK THROUGH, BREAK THE SHELL, ELEVATE AND FLY.

It's a powerful moment for me to be standing here with you and my prayer is you will see yourself in my story.
I don't have the time to tell you EVERYTHING, but if you LISTEN between the lines - you will hear HOW I got here - standing RIGHT here, today.

Most of all I pray that you will be touched in exactly the way you are meant to be touched.

BREAK DOWN (Chaos)

My family gave me lots of love, and the inspiration to be something great. But my family was also chaotic. My parents fought horribly; and what I didn't see - I heard.

Adding to the chaos of my childhood I was sexually abused by several people by the age of 12.

All of this made me feel innately flawed. ... unlovable really...

That is what this song is about: Get It Together

One shot to your heart without breaking your skin- no one has the power to hurt you like your kin - kept it inside didn't tell no one else, didn't even want to admit it to yourself - and now your chest burns and your back aches- from 15 years of holding the pain and now you only have yourself to blame if you continue to live this way.

My mother is a singer songwriter and I grew up to be one too.

My songs became an outlet for the melancholy and I began to be recognized for it. It became that thing that made me WORTHY of being loved and helped me camouflage the fear and shame and guilt of my childhood.

My gifts made me feel WORTHY of being loved and my talent camouflaged my insecurity.

My young mind deduced - if I write **more** songs I can heal myself of **ALL** the pain.

If I have **more** success - I can be **MORE** WORTHY and get **MORE** LOVE.

right?

NO.

Wrong.

Because that's not how it works.

Self love had to be self generated.

At 23, I went into the music industry seeking to be healed but the entertainment industry is treacherous.

With fame you become LITERALLY a human commodity.

Basically, you give up all *boundaries*.

Your very SOUL is invaded - with opinions, and projections, and touches and thoughts, from every direction

And you're under CONSTANT scrutiny

The Racism - The Sexism

The Thievery

Add to THAT!

The exhaustion of constant travel

And the anxiety of some NEW drama happening every day

you get my drift

But worst of all is the isolation of fame. Because no one understands, not even your closest loved one's really know what it's like. The most difficult part is that my mother who has always been my backbone just couldn't understand what I was going through.

Put all of this together and now you're getting CLOSE to how it feels.

I was 23 years old, and I had NO IDEA what I was doing - and I went into THIS world looking for *healing*. Laughable now!

It was the great wound of my life to discover - that - "success" which was defined as "money" and "fame" did not equal happily ever after. Achieving all of my childhood dreams - singing with my heroes and being number 1 on the Billboard charts and winning Grammys - did not HEAL ME of that ever present melancholy in fact - it magnified it.

No one comes out of celebrity unscathed. And when I crossed that threshold into fame, I had strained relationships with my entire family.

And I lost, ALL of my friends. Every single one.

I went into living an isolated life and a depression that lasted many years.

BREAK THROUGH (GATHERING THE COURAGE TO ACT)

I released my first album *Acoustic Soul* in 2001 and my 2nd album *Voyage to India* in 2002.

I toured, traveled and had many successes but at the same time profound defeat.

I took a break and came back in 2006 and I released *Testimony Vol. 1, Life & Relationship*. It debuted #1 on Billboard chart.

And THEN! while on the tour with that album, I had a spiritual break down that ended up being my spiritual *breakthrough*.

My business team was trying to coerce me into doing something that would have been good for my career but I just didn't feel I could manage it and they pressured me all the way to the moment I took stage.
I did my performance and gave EVERYTHING and as soon as I got to my dressing room - it all started up again - with the calls and pressure and the talking at me.
And I just SNAPPED.

It was as if my body and soul had to separate from my personality - so that my SOUL could say no.
I remember screaming, breaking things, and crying and I ran down a stairwell and kicked a door and it opened and there are fans out there waiting to greet me.
And when I came to I walked back up the stairs, stunned, and collapsed on the floor crying while my band, my friends, and my mother, surrounded me confused, as I cried uncontrollably.

I went home and rested for the 2 days...
And I went RIGHT BACK on the road to complete that tour. And NO ONE, asked me what was wrong, NO one said maybe you need a break - they all just reminded me of my obligations and my schedule.

I was miserable, exhausted and RAW. When that tour ended, I withdrew from all of it completely.
Rather than fly home, I stayed in a friend's apartment out on the west coast where the last show was (she was on tour herself)
On Halloween day, I landed back home in Atlanta, and I stayed IN the house for 30 days. - LITERALLY - no front porch - no back porch - in the house for 30 days.

I self medicated - with ISOLATION - Isolation was my drug of choice.

I was asked by the one and only [Charlayne Hunter Gault](#) to sing "Complicated Melody" at [Ed Bradley's](#) memorial service, and I could NOT get on ONE MORE AIRPLANE - or be in a crowd, or hotel, or SING ... it wasn't even a choice - I literally *couldn't* do it. Liz Wright ended up singing it in my place.

When I finally did travel again, it was to go to the opening of Oprah's school in South Africa, this is December of 2007.

(By this time I'd released 3 albums and been in the industry for 8 years.)

While I was there I had so many really important conversations - imagine the amazing people who must have been there - but the most impactful conversations I had, in fact one of the most important moments of my LIFE, was the conversation I had with - the force of nature that is Cicely Tyson - on January 2, 2008 in South Africa.

Can't say everything she said
BUT
At the end of our conversation she hit me on the arm and said,

"You need to break the shell and let life touch you."

I always remembered those words.

SONG: Break the Shell

I met a prophet, dark as the night, she could see into my soul. Said she'd been watching and had some advice - she said shadows make you whole - a life without pain, is a wolf in sheep's clothes, but if you listen to the lessons that it holds, THERE, you'll find the gold.

Child it time to break the shell, life's gonna hurt but it's meant to be felt, you cannot touch the sky, from inside yourself, you cannot fly - until you break the shell.

BREAK THE SHELL (ACTION)

I recorded an album all of 2008 and released *Testimony Vol. 2, Love and Politics* early 2009.

I went into that year of touring with my eyes wide open - ready to see the truth of *everything*.

and *I watched* - eyes open - as everything fell apart...

While on tour
I dislocated my finger on stage
Threw up in the airport
I lost my voice
Injured my back on the tour bus
Got sick and had to take a round of antibiotics on the road
And that was just the *BEGINNING* of 2009

By the end of 2009 - everything I was afraid of happening – happened.

I was Humiliated on stage
I was sick
I was stolen from

I'd hit ROCK BOTTOM

And I SAW EXACTLY what needed to change.

And that was ME.

I needed to change.

I'd tried EVERYTHING.

In my early 20's I tried with drugs. THAT didn't work.

I tried to *give* my power away, thinking someone ELSE could make my life right. THAT didn't work.

I tried to quit. THAT didn't work.

I tried to pretend everything was fine long enough to just get paid. THAT didn't work.

I finally understood, that the only thing I had NOT TRIED, was the truth.

No one was going to tell me to "take a break" no one was gonna tell me "go take care of myself" I knew I HAD TO DO IT FOR MYSELF.

20th century essayist Anais Nin said: "And then the day came, when the risk to remain tight in a bud was greater than the risk it takes to blossom."

And I had TURN and look my fear RIGHT IN THE EYE

And I tore my whole career down to its foundation

And then I tore up that foundation to the dirt beneath

And **then!** realized, I needed to go somewhere new and build a whole NEW foundation

To start from scratch, from the earth up

This would be the beginning of a 4 year hiatus.

ELEVATE (Relief)

So, I decided to change my life. This is the fall of 2009.

I needed healing and clarity.

And so the first thing I intuitively did was go into nature.

In order to hear the guidance of spirit and to connect with the wisdom of our souls, we have to stop looking OUTSIDE and go IN.

So the FIRST THING I DID WAS GO INTO NATURE.

And I listened.

SONG: MOVED BY YOU

I love the fragrance of your voice, you're the color of loyal, my favorite sound is your smile, I'm intoxicated with joyful.

19th century author, poet, and philosopher, Henry David Thoreau said it PERFECTLY: He said, "Heaven is above our heads as well as below our feet."

Again, I found myself, SOLITARY! - but this time I didn't feel ALONE or ISOLATED - I prayed and meditated everyday for extended periods of time, and I felt a very REAL presence of spirit guiding me.

I made CLARITY and my HEALING my life's work.

FIRST: I began by taking time to write out my whole life's story up to that day - it took me about 2 weeks.

The most important lessons I learned during this process were:

1. I am responsible for me, as in responsible for taking care of myself.
2. I am responsible for me, as in, responsible for the energy I bring to the world around me. I wanted to stop leaking my pain onto the people around me.
3. I had the power all the time, I just had to take it back from the people who usurped it, and USE IT.
4. I have to be the highest authority in my life **and** in my business.
5. I had to define success for myself.

Everyone has their OWN agenda, and I learned that is not wrong, it's how we do business, so, I TOO needed to have MY agenda, to ensure that I make decisions in alignment with my truth.

The Best definition of success I've ever heard from Maya Angelou:
"Success is liking yourself, liking what you do, and liking how you do it."

My definition of success is: **TO live with a joyful heart. Make money doing what I love, while making a contribution to the elevation of humanity.**
The wording has changed some since **I said it on Super Soul Sunday** - but the INTENTION is EXACTLY the same.

So, now we come into FLY.

FLY (embodiment of the wisdom - getting your WINGS)

I Love GOD. And I've always wanted to know GOD.
I have been a truth seeker all of my life, even as a very young person.
And I've grown into an adult for whom my spiritual life is the center of my life.

For the last 20 years, I have read, and talked to elders, and counselors, and spiritual teachers.
I've traveled and spent thousands of hours in prayer and meditation. I've kept a journal since I was 15 and of course I had my songwriting that taught me so much.
All in a quest to heal that haunting melancholy and connect to my Higher Purpose and a Higher Wisdom.

And through my seeking, and especially after the I changed my life in 2009, gradually I achieved, clarity, and a great deal of HEALING and spiritual maturity.

BUT! I lived comfortably inside a protective, bubble made up of all of the knowledge and wisdom I had accrued. And could reach out and touch whatever tool I needed in the moment.

Spiritual platitudes like:

what you give out you give back

happiness is a choice

the Universe rises up to meet you wherever you are

there are no mistakes

you are wherever you are meant to be

we are all one

the earth is one living being

But DOING is one thing, and BEING, is another!

EMBODIMENT! Happened **Let me explain this**

It's the summer of 2012 and I'm standing on a mountain top in Hawaii and that bubble of spiritual learning that I walked in - it felt as if it floated above me - burst open and rained down on me, and absorbed through my skin, and into MY VERY BEING.
I was, *SATURATED* with CLARITY.

WE REALLY **ARE** ALL ONE

WE REALLY **DO** STAND ON THE SHOULDERS OF OUR ANCESTORS

THE EARTH REALLY **IS** ONE INTERCONNECTED BEING

THERE IS NOT SPOT WHERE GOD IS NOT

If that spiritual break down in 2006 was a fragmenting of my body mind and soul?

This - 7 years later - this Spiritual awakening - was a UNION of my mind body and soul.

EMBODIMENT is the best word I've found to describe this experience of an actual shift on a cellular level.

I DROPPED INTO MYSELF.

I wrote a series of essays called SongVersation: I Am Light about how I came to this moment and the wisdom I walked away with from this moment.

You can find the [WHOLE STORY HERE](#) on my website or you can see it on my [app](#).

THE MOST IMPORTANT AWAKENING OF THAT MOMENT

THE CORE TRUTH I WAS LITERALLY IMBUED WITH ON THE MOUNTAIN TOP THAT DAY,

IS: **THERE IS NOTHING. WRONG. WITH ME.**

I am WORTHY I am significant and I matter - because I exist.
Not because of my “accomplishment!” but because I EXIST!

I am WORTHY and I am significant and I matter - because I EXIST!!!

And I AM DEEMED no less worthy BY ANYTHING, that had happened to me, nor anything I have done.

My favorite definition of WORTHY is - deserving of effort, attention, regard and respect.

I knew that *intellectually* - but in this moment - It became a truth in my BEING, in my BODY, in my CELLS, in my DNA. LITERALLY.

I feel like, if one of the brilliant scientists could create a tool to measure spiritual awakening - that it would measure a profound shift at the level of my DNA.

And from that moment on, I've been... different. My mind works differently. [The physical way I look has changed](#), the way I see the world in general shifted GREATLY.

I WAS CHANGED
THERE IS NOTHING WRONG WITH ME.

I am WORTHY and I am significant and I matter - because I EXIST!
I am Worthy - NO MATTER WHAT

I wish for us all to take. That. in.

And! I realized, that everyone ELSE IS WORTHY TOO.

That moment taught me compassion.

Being a celebrity and going through all of this behind the scenes, had taught me that : You never know what a person is going through. And I used to say that in defense of myself, but this experience taught me to say that now, in understanding of everyone. You never know what a person is going through. And when someone is doing something that hurts me - I remember that their actions are not about me.

I KNOW I am WORTHY and anytime anyone treats me otherwise - I know now that, THAT person is in a conversation about their OWN worthiness, and, I KNOW how that feels, And the places that can take you. So I give them the forgiveness that I myself want.

Break the shell I say: a life without pain, is a wolf in sheep's clothes, cause if you listen to the lessons that it holds, there you'll find the gold.

I used to hear this song as an inspiring spiritual platitude but I understand now, IT IS TRUE

[Beautiful day: life is a journey. not a destination. there are no mistakes. just chances we've taken. lay down your regrets. cause all we have is now.](#)

Yes.

WELCOME TO the earth TO LEARN.
THESE EXPERIENCES that sometimes hurt, are our LESSONS; this is not wrong!
IT'S JUST. LIFE. HAPPENING. This is THE HUMAN CONDITION.

There is NOTHING WRONG WITH YOU - you are just HUMAN.

And then I came down from the mountain, and Something WONDERFUL and PAINFUL Happened.

I WAS TESTED!
I call it [SKINGATE 2013](#).

After this whole journey of break down, break through, break the shell, elevate and fly, after all of the work I'd done on myself and the embodiment experience ... The long walk back to my music! I was ready to come back to the world, release new music - with my 4th studio album [SongVersation](#).

I released the first promo image for a song called “Cocoa Butter” and the black community - who I love so much - accused me of bleaching my

skin OR deliberately lightening my skin in [this photograph](#). This is painful - because there is a cultural pain in the black community about SELF WORTH (there's that word again!) based on the SHADE - lighter or darker - of our skin. It's called COLORISM. And I've never seen people that way, but it hurt to know my community is still having this conversation. And after all I've done to uplift the black community in my songwriting ([Brown Skin, I Am Not My Hair](#)) it hurt to be accused of something so COUNTER to who I am. I can't go into all of that here - but, it's the impetus for the essays on my website.

But in short, what I was *really* being accused of was not loving myself. The IRONY of it, was that I had Never. Loved. Myself. More! After that moment on the mountain top, and the OTHER truth is, there was waaaaaaaaaay more going on with me than a colorism conversation.

And so THIS [SKINGATE2013](#) was my chance to BE the new me.

The melancholy girl, turned Woman CLEAR about her self worth, took the time to process the experience, to integrate its lessons and take back my humanity from the inhumane world of social network by speaking my TRUTH. I chose walk in my legacy and *teach* what I had learned.

What I now know is that taking a chance on the truth is the best thing I have ever done because it brought my life HERE. When I'm afraid and I have to step up - I do it!

And my courage comes from knowing the PAIN of living an inauthentic life.

There is NO OTHER WAY to be in alignment with your destiny than to make decisions based on your TRUTH. Every choice you've made has brought you HERE.

Where you will be in the future is NOT by accident - it is by CHOICE, one choice at a time.

That moment on the mountain top (and all the work I'd done leading up to that moment) was the awakening of my destiny.

**And now that I have stepped into this next phase of my life,
how I keep myself in alignment with my AWAKENED destiny?
is my "Songversation Practice"**

I began my life, and somewhere along the way I was broken.

But I stand here before you today

self defined
courageous
EMPOWERED

And living in alignment with MY!!! Destiny.

HOW DID I GET HERE?

Looking at the Truth.

Going within for answers.

Being in touch with my soul to help me make the right decisions.

How am I in touch with my soul? Through Prayer and Meditation.

And what keeps me on my path?

Worthy. This word is just Magical for me.

We are ALL, WORTHY AND SIGNIFICANT AND WE MATTER BECAUSE WE EXIST! PERIOD! Deserving of effort, attention regard and respect. WORTHY of love, of our dreams, our truths, our voices, of out vision for our lives.

[WORTHY](#) is the key that awakened MY destiny

And I pray the same for you.

SoulBirdRise

There is always a higher purpose behind every aspect of our lives, When this *purpose* guides us - it becomes a Higher Purpose! But It requires *change*. And starts with the *acceptance* of the passion, drama, and chaos and the pain and suffering that goes with it. "Life's gonna hurt but it's meant to be felt" The *healing* lies in observing it and honoring it, And not judging ourselves, and walking the path of truth presented before you! And then when you get to the edge of your old life, being willing to take that LEAP into the unknown. I call that [SoulBirdRise](#) - Go ahead and FLY.

Honesty is not just what you say, it how you LIVE. Authenticity is honesty is *action*.

Authenticity IS your wings.

The *embodiment* of your TRUTH, BEING your truth, IS HOW YOU FLY.

Closing Prayer

My life is easier now because I now have my wings!, but not perfect! Not struggle free, but it's a life I LOVE. I know the pain of NOT living my truth and I know the glory of authenticity. [I CHOOSE](#) authenticity.

What I now know, "*what I know for sure*" - as Oprah asks! (she quotes me, I quote her *smile) - is that -

THERE IS ALWAYS ANOTHER SHELL TO BREAK AND ANOTHER FLIGHT TO TAKE.

NOTHING fixes everything. There is no PERFECT life.

Not even a spiritual awakening moment on a mountain top.

But now, when things come up, and they do, ALL THE TIME!

I take what I call “divine right action” *faster* and *easier*” because I now have my wings, and I can use them when life calls me to take that leap.

What I know for sure, that this closing Prayer is the TRUTH of who we are.

The same way SongVersetation begins with a prayer, its ends with a prayer.

I often say every song take a lifetime to write - especially when it’s simple. This is my prayer because life has shows me the truth.

This song is prayer not TO you, but FOR and ABOUT YOU.

Take these words in.

When you watch the video of Super Soul Sessions you will be able to SEE me ground here - more about that in part 5.1 the SongVersetation Practice

I AM LIGHT.

[Click here to download SongVersetation: I Am Light 5.1](#)

[The SongVersetation Practice!](#)