

*I am a woman of distinction.*

*Recklessly beautiful and untamed—my heart is splayed wide open for I not only trust the process, but I trust the force in which each one of my feet hits the ground and my ability to maneuver through the joys and grief I face each day.*

*I walk tall, taller than an old cypress tree because I am at home in my skin — my self-worth lives in each nook and cranny of my spine.*

*It is not attached to exterior what have you's like money, a piece of paper, a house, a car, this world approval, a ring or success.*

*My success is in presence.*

*I am present in the humans I stumble upon like heart beats at first light and in the night.*

*I salsa dance bare bummed with bronze skin and white cheeks — let the music sway and bend and dip my spirit with the grace of a dozen fire flies drunk on the Moon's wine.*

*I am dripping in salt, browned from the sunshine, and barefoot in my beauty.*

*I am not afraid to tell you I am beautiful because I have done the work to be at home in my soul's skin.*

*I do not shrink to accommodate the insecurities of those around me, but stand tall to remind them gently, why crouch?*

*My body may be a meat bag, a vessel for the magnificence I hold inside but I cherish each scar on my chin, each freckle, each voluptuous sun bleached curl, each inch of my breasts.*

*I walk with my head held high when I walk into a room because I know there is space for me in this world — however I may come.*

*I show this world my tears and my laughter, unashamed.*

*I know better than to try and fix or heal the suffering of this world.*

*I know that by healing my suffering, I heal this world.*

*I am a woman of distinction and I am not afraid to love you before you are ready.*