

J U N E 1 6 T H , 2 0 1 5

Sistah's Organized & Unified for Liberation

# Soul Sistah Series

In pursuit of a pleasure filled life

## Qualities of Self Possession

**BEAUTY:** Gasp, did I start with the superficial? I don't know about you, but when I look good, I feel good. Chimamanda, at a recent commencement ceremony implored the women to choose their lipstick wisely, reframing lipstick as a statement of power in feminine form (my words).

**GRACE:** Think of grace under pressure. Think of those times when people tried to destroy you, deny you, belittle you or make you into someone you are not. Like being an "angry black woman" when you're speaking up for yourself, your right to be alive, showing them you matter. Pushing through. That's grace

**RECEPTIVITY:** Ooooh, the hardest lesson for me to learn. How to receive? How to ask for and expect to receive? How to receive without any guilt? How to really actualize the wisdom of, "you are the prize!"



*Janet Mock is  
fully self-  
possessed!*

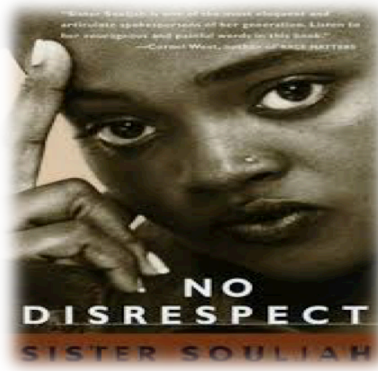
## To be a fully self possessed woman

This last week of my life has been a game changer. It started with the awareness of the term "self possessed." As we, at Soul Sistah Series think of ideas and events to provide spaces for pleasure and good girl talk, we realized that our mission REALLY is to help women become more fully self possessed.

What does that mean? Honey chileeeee, that's a long conversation. But you should check out this week's episode on [SOULtv](#) to get a small taste of what we mean when we say self possessed.

It's funny, I was thinking about a picture I could use at the top of this section. All I could think of was Janet Mock. Ughhhh, Janet Mock is a transgendered woman. And I thought how can I use someone who was a man, and now a woman as the poster child for self-possession?

Then I thought, who better than someone who knew they were a Goddess and went about transforming themselves.



So what do Sister Souljah, Chimamanda Adichie and Iyanla Vanzant have in common?

I consider them to be, fully self-possessed women.

They live in their truth. They work to help all of us and women especially to live in our truth and they look fabulous while doing it.

Ok, well...2 out of 3 of them do. But I haven't given up on Sister Souljah yet.

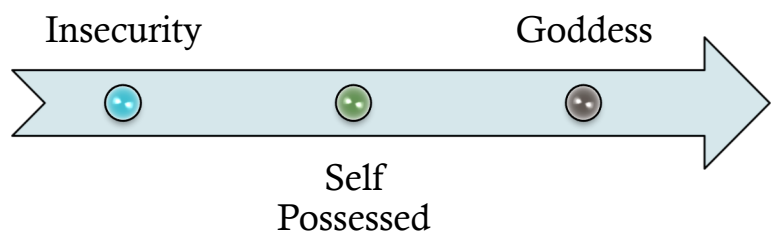
How do you live a self-possessed life?

Are you pursuing your passions? Do you know what you're passionate about? Which voice do you listen to in your head--the Goddess or the insecure little girl?

We're creating a Goddess Continuum that we will unveil fully soon. One end

represents who you are, from birth and the other, who others try to make you out to be.

There are many points on the continuum, because we all start in different places...but we're all on the same journey, facing the same direction.



A man once said to me, that information turns into knowledge when you internalize it, but it turns into wisdom when you act on that information.

My question to you, as you read, and learn and ingest all that the universe shares with you, are you taking the information and turning it into knowledge or have you turned it into wisdom?

A self-possessed woman is a wise woman. Because with wisdom comes power and with THAT power you transform into a Goddess.

## Save the Date



**Soca & Scotch**  
**July 2015**