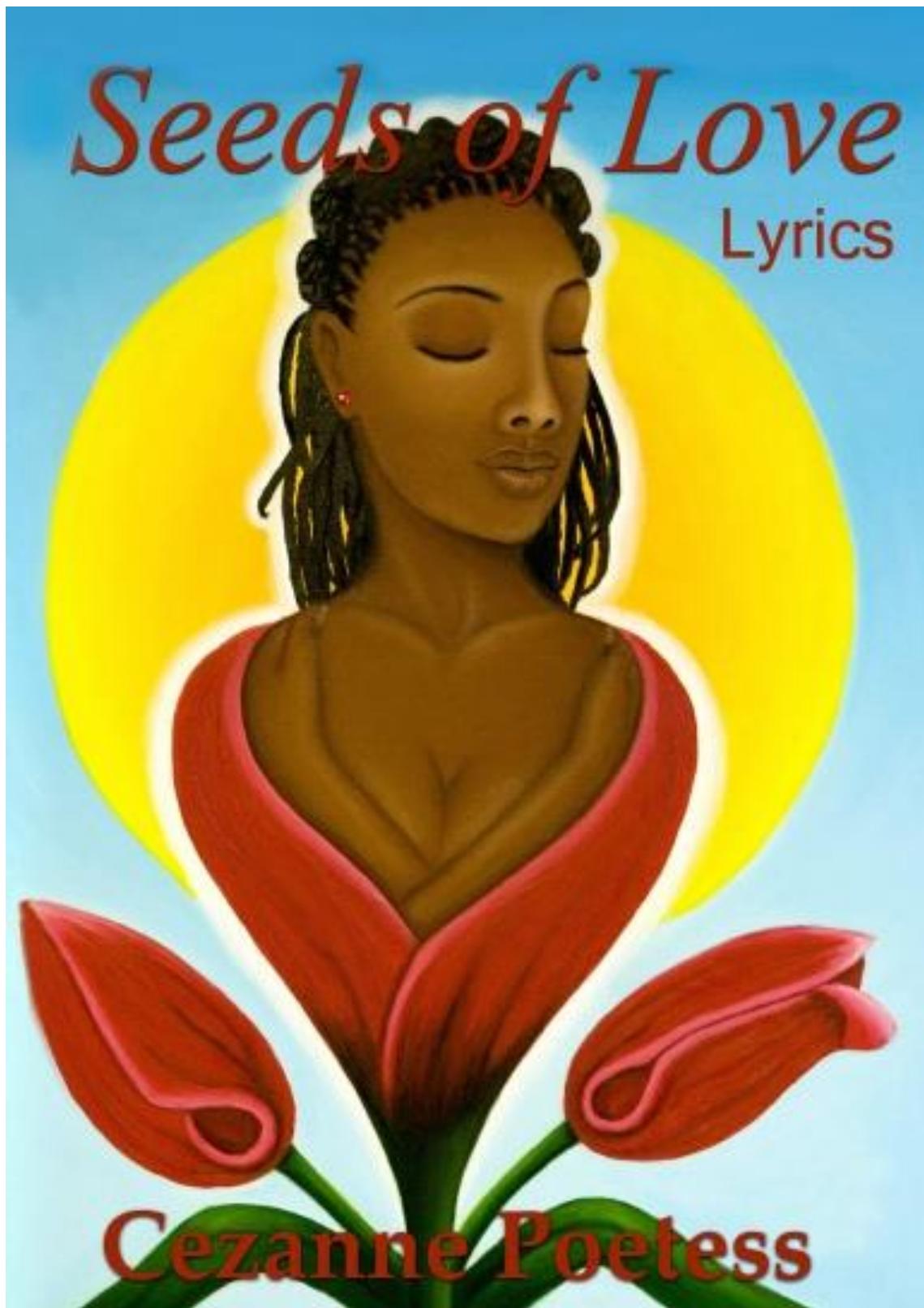


Seeds of Love by Cezanne Poetess



A compilation of poems and poem-songs that feature in my
novel **Journey of a Sister**

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INTRODUCTION

I have been writing and recording my poetry since 2001, starting with beautiful messages from ‘the Poet in the Sky.’ One of them, titled “*Look to Me!*” (*God’s Reply*) features in *Year One* of my novel **Journey of a Sister**.

All 14 poems in this collection are woven beautifully into the story. *Is This...Love?* features in *Year Four*, even though I wrote it in 2003, I didn’t record it until 2021 because I thought it was too sad – but I was forced to record it for the audiobook! With my youngest son ‘**Azzy**’ playing the piano, and my friend **Wadada** playing the sax, it turned out to be a beautiful heartbreak poem! You’ll find links at the end of each poem to listen free on YouTube, or you can [go straight to the Playlist!](#)

Most of my poems are *channelled*, which makes it much easier, as I don’t have to think about what I’m writing!

In 2009 I collaborated with acoustic guitarist **Theo Calliste**, and wrote lyrics to 10 of his compositions (two are included in my next collection). At the time I was learning how to meditate, and ‘going within’. I learned to think of my *mind* as a garden, and my *thoughts* as the seeds; I focused on planting ‘Seeds of Love’ in my subconscious mind, and uprooting negative thoughts, so I could grow a beautiful garden of *flowers* instead of *weeds*. The title of this collection and my painting *Self Love* on the front cover illustrates this concept.

My poetry and art became creative expressions of my spiritual journey; I wanted to share them with the world, to help others 'transform their mind' too...

However, unbeknown to me at the time, I had become a Targeted Individual in 2001, the year of my 'Awakening'.

For the next 13 years I was under *mind control* and didn't even know it; all the progress I was making to reprogram my subconscious mind was being undone with psychic attacks (suggestions planted in my subconscious mind while I slept) and Direct Energy Weapon (DEW) attacks, which are covert government technology aimed at individuals, or whole communities to influence their minds and actions.

I believe *everything happens for a reason*, and that it was necessary for me to experience mind control personally, or I would never have believed it was possible!

Covert government operations are taking place globally (especially in England and America) to control the minds of the masses; they prefer to promote *fear* instead of Love to keep us on a low frequency, so we can be easily controlled. It got so bad for me that I had to flee the UK.

At the time I compiled this first collection, I still believed in the creative power of my thoughts, and that you 'reap what you sow'. And while there's some truth to it, no-one was talking about the level of mind control taking place on the planet! My purpose is to start a LOVE-olution to

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help raise the frequency of this planet to LOVE, and
eradicate *all* fear – join the LOVE-olution!



Cezanne Poetess

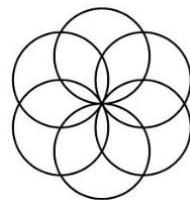
Visual & Spoken Word Artist | Author | Vlogger

Your MIND is a GARDEN

Your THOUGHTS are the SEEDS

You can either grow FLOWERS

Or you can grow WEEDS! 



Seed of Life (sacred geometry)

“Look to Me!”

I started dictating beautiful ‘messages from God’ in 2001, after allowing myself to be a channel for the Creator to

create through, as advised by the book *The Artist's Way* by Julia Cameron. This is one of the first poems I ever wrote, which now features in *Year One* of my novel **Journey of a Sister**:

Think on My Love
Think on My goodness
Think on My grace
And all the things I've done for you.

When you think on these things,
Your problems will become small
Your mountains will become molehills
And everything you do WILL become reachable.

Don't look at your situation, look to Me!
You can do all things, through Me;
I Am the Way that makes crooked paths straight
I Am the Key that unlocks the doors
I AM the Great I AM!

Do not fear when trials come your way
Do not bend when temptation is at your door
Always remember that in trials there are testimonies,
And no TESTimony without a TEST.

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So don't be discouraged,
Don't feel downhearted,
Be of good cheer,
And always remember that in Me
There is victory.

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Music composed by Noel Robinson (recorded 2007)

[Listen to “Look to Me!” \(God's Reply\) on YouTube](#)

The Preparation

I was inspired to write this sensual poem-song while listening to one of Theo's compositions; I was staring at my painting *My King* at the same time, and the words started flowing! It features in **Year Two of Journey of a Sister:**

*As you walk in,
I can feel your passion...rising.
But you're not ready for me,
See you're still carrying the negative energy
you picked up along the way during your day,
So let me run you a bath
And help you wash all your troubles away.*

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Leave behind all the pressures of life,

The worries and strife,

The drama, the bills

And enter if you will, into my Queendom...



A safe haven

A place of mental freedom

Feel my energy

Seeds of Love by Cezanne Poetess

Come, lay your head on my chest

Let me stroke your face,

Erase the tension

Feel my breath as I whisper sweet words

of Love in your ears,

Ease your fears

Let me massage away the stresses of the day...

Relax, enjoy!

Let yourself go

Think of nothing, not even me

Let the aromatherapy soothe your mind,

spirit, soul, and body

Allow it to take over all your senses

Let your mind be free

Hmmm...there you go...

Now you're ready for me!

Touch me (and now I want you to)

Touch me, you know it's only you

Who can make me feel the way that you do

So touch me, and make my dreams come true.

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*You're my sun, I'm your moon
Ooooh, there's nothing more I love to do
Than to share my inner-g with you
'Cos you give it back to me so damn good!*

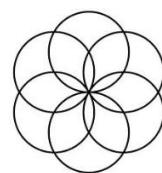
*(Oh baby, you make me wanna sing
with this sweet, sweet loving you're giving!)*

*So touch me,
Lay your kisses on me, and
Touch me, all over my body baby
'Cos when you're touching me
your love for me I feel,
So touch me and let me feel your energy.*

Mmmmm...yeah, right there baby....

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[Listen to *The Preparation* on Youtube](#)



Trust (feat. Chi Bomani)

This poem-song was inspired by a brother who was a water sign like me; Chi Bomani visited our home studio to play the djembe drum on another track, but when he heard this one he spontaneously started ad-libbing, so I asked if he wanted to add some male vocals (he's a fire sign!)

Trust features in *Year Two of Journey of a Sister*, and the painting features in *Year 11*:

Intro:

You know babe,

There's nothing I like more than spending time with you,

But you know, we both have to take time out

individually to grow and develop,

So that when we come together, we're stronger

It's also about *Trust*.

When we come together,

We're like a river flowing effortlessly

Safe in your arms,

Your embrace is the only protection I need...

Seeds of Love by Cezanne Poetess



Trust by Cezanne Poetess

Seeds of Love by Cezanne Poetess

But we both need time to grow, baby
To develop ourselves individually
So I'm giving you the space that you need
With no expectations from me.

And I want you to know
I trust you baby (x3)

I know you've got your things to do
And I've got mine too
But we know our love is true
And I know I can depend on you.

'Cos we both need time to grow, baby
We both have our own goals to achieve
So you are free to follow your dreams
With no expectations of me.

'Cos expectations inhibit the flow of love,
And we're in a place where Love flows freely.

I trust you baby (x4)

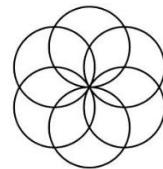
Being with you,

Seeds of Love by Cezanne Poetess

There's no place I'd rather be
But we've got to take the time out individually
Yet we know our love is true,
Baby I trust you, you know I do...

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[Listen to *Trust* on Youtube](#)



Is This...Love?

I wrote this heartbreak poem in 2003, after breaking up with my Twin Flame, again! It features in *Year Four of Journey of a Sister*, and is one of the few poems that features in its entirety – answers on a postcard, please!

Is this Love;
A yearning, burning feeling in my heart?

Is this Love;
The pain of knowing we're breaking apart?

Is this Love;

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Feeling helpless, knowing we're dying,

But not knowing what to do?

Is this Love;

Not eating, not sleeping,

Not wanting anything, but you?

All I ever wanted, I found in you

But now I'm feeling blue

Missing you, so much

Wanting you, so near

Wanting you to appear

from nowhere...

Is this Love?

Is this how love's supposed to feel?

Oh, I wish I could heal my broken heart!

Is this Love:

The wrenching, tearing feeling at my heart?

The crying, crying, crying

Seeds of Love by Cezanne Poetess

As we slip further and further apart?

Oh the pain, it's too much for me to bear!

I'M CALLING OUT TO YOU

WITH ALL OF MY SENSES,

WHY CAN'T YOU HEAR?

But I need to move on,

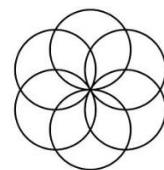
Make a fresh start –

But it's so hard without you:

Is this...Love?

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[Watch the video-poem to *Is This...Love?* on YouTube](#)



Who Am I?

I wrote this poem when I first discovered that my roots were in Africa – which was a big shock to me! None of my parents (who were born in Jamaica) had ever spoken about their ancestors or the Motherland!

I had recently left church (2007), and had just started my journey of Self-discovery. I was driving down the road when this poem came as a ‘download’.

I pulled over sharply to write it down (this was before red routes!) At the time I didn't know what a ‘Kemetic Dynasty’ was, until I started learning about my rich history *before* slavery! This poem features in *Year Two of Journey of a Sister*:

Who am I?

I am a remnant of my ancestors
Torn from my Motherland
by the rape of slave traders.

Who am I?

I am a watered-down version of an African Queen
My blood is diluted,
So mixed that it's now in-between
My skin is no longer its original colour
Rich, dark, like black gold
The colour of...tar.

Yet still,

I have royal blood flowing through my veins
For my ancestors were Kings, Queens, Rulers,
Inventors, Scientists, Leaders...

I am the descendant of a Kemetic Dynasty
And I radiate my inner divinity.

Who am I?

I am from a rare tribe of Black people,
We're called 'Warriors'

For we do not give up the FIGHT for our freedom,
stolen by Westerners.

We seek to reclaim our culture, heritage and identity
Our mental strength and unity
For without these, we can *never* be free.

We use the *positive* parts of our history
To break free from the chains of mental slavery,
So we're not only *physically*, but *mentally* free.

We THINK and ACT for ourselves
Avoiding the need to be indoctrinated by religion
Or negative media promoting self-hatred.

We have a sense of spirituality
And are not motivated by lust,
Worldly greed and money.

We take responsibility for our children seriously,

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And we make a *positive* contribution to our community.

So now the question is, who are **YOU**?

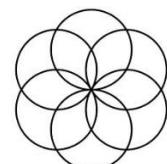
Are you from the same tribe as me?



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Djembe drum by Chi Bomani

[Listen to “Who Am I?” on YouTube](#)



Fertile Soil

This is the theme poem-song to my *Seeds of Love* collection; ‘fertile soil’ refers to the dark soil of the subconscious mind, where your thought-seeds are planted. My paintings *Black Orchid* and *Self Love* illustrate this concept; *Self Love* and this poem-song feature in **Year Three of Journey of a Sister**. (*Black Orchid* illustrates *Year Six*)

Chorus:

I am fertile soil

I am fertile soil

When I plant Seeds of Love

in the garden of my mind

They’re gonna blossom!

Verse 1:

Think of every thought you have as a seed

The thoughts you sow, you will reap

Thoughts rooted in *Love* will grow into beautiful flowers,

While thoughts rooted in *fear* will grow into fast-growing
weeds!

(Repeat chorus)

Seeds of Love by Cezanne Poetess



Black Orchid by Cezanne Poetess

Seeds of Love by Cezanne Poetess

All thoughts are either rooted in *Love* or *fear*
(*fear* is the opposite of *Love*)

Thoughts rooted in *Love* will produce a harvest after
their own kind,

While thoughts rooted in *fear* will produce a harvest after
their own kind

So plant Seeds of Love in the garden of your mind!

(Repeat chorus)

Thoughts rooted in LOVE produce a harvest of health,
wealth, happiness and peace,

While thoughts rooted in *fear* produce a harvest of
sickness, lack, poverty and dis-ease.

(Repeat chorus)

Bridge:

Every day is a SEED to your future happiness,
success and wellbeing,
So plant the seeds TODAY
for the future you want to see BLOSSOM!

(Repeat chorus)

I am fertile soil (x2)

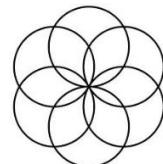
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When you plant Seeds of Love
In the garden of my mind
They're gonna blossom!

Just remember, you reap what you sow...

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[Listen to Fertile Soil on YouTube](#)



Conversations Within

This poem-song was inspired by the book *Conversations with God Book One*, and features in Year Four of **Journey of a Sister**. It compliments my painting *Black Butterfly*, which I painted while in a deep meditative state... My youngest son 'Azzy' was five years old when we recorded this in 2009, it's his voice saying "Your Own Universe!"

NARRATION:

There was a time in my life when I was searching,
searching, searching.

I was searching for Love,

Searching for "the Truth!"

Searching for happiness,

Searching for peace of mind.

And the more I looked *outside* of myself for these things,
The more they eluded me.

Then one day, a little voice inside of me said;

“Why don’t you look within?”

I didn't recognise the voice of my own spirit so I asked
“Who is this?”

And the voice replied *“It is I, Me...YOU!”*

“But, who am I?” I asked incredulously.

“You are a soul, living in this body.

You are pure, creative spirit.

You are the Source,

Everything comes from YOU

(Your Own Universe)

And everything returns to YOU.

You are a triune being; mind, spirit and body

And you have the power to THINK creatively.”

Suddenly it was as if I remembered Who I Really Am,
And the voice inside was no longer a stranger to me.

I realized that after all this time,

I'd been looking in all the wrong places for the answers
to my questions, when all I really had to do was look
WITHIN!

Seeds of Love by Cezanne Poetess



Black Butterfly by Cezanne Poetess

Chorus:

And after all this time, finally!

I find a whole new world inside me
Now all that I could ever need
Can all be found right here, inside me.

Verse 1:

I was always taught to look *outside* of my Self
for the answers to my QUESTions
But now I'm learning to be guided by my own *inner* light,
Gaining *in*-sight
Trusting my *in*-tuition
Finding love, peace and joy *within*
Changing my world from the inside, out
So now I go within
So I do not have to go without!

Break:

I NEED nothing, I HAVE everything
I WANT nothing, I DESIRE everything!

(Repeat chorus)

Verse 2:

Desire is the beginning of creation
But to *want* or *need* a thing will only leave you lacking!

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(The universe responds to your wishing)

So learn the art of meditation and 'going within'

And creating with your *thoughts, words* and *actions*

And soon you'll find a whole new world opening...

Bridge:

YOUR OUTER WORLD IS SIMPLY A REFLECTION OF
YOUR INNER WORLD, TO CHANGE ANYTHING,

GO WITHIN!

(Repeat chorus)

And after all this time, so can you

You can find a whole new world inside YOU

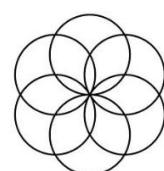
(Your Own Universe)

Now all that you could ever choose

Can all be found right there, inside you.

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[Listen to 'Conversations Within' on YouTube](#)



Equilibrium

I wrote this poem-song one morning in 2010, just after receiving a bailiff's letter through the door. At the time I was learning to 'switch focus' from whatever was causing me stress, so just like Suzanne in my novel, I picked up a pen and wrote this poem, which compliments my painting *Blue Lotus*. Both painting and poem feature in *Year Four of Journey of a Sister*.

Intro:

Nervous tension, constant worry, problems in the family, anxiety about money, bills overdue, relationship issues...

When the pressures of life get me down

And the stresses of life make me frown

I've got to find a way to get my peace of mind

And create equilibrium.

In order for me to keep my sanity,

I must create a balance between my mind, spirit and body.

Let go of all the things causing strain on my brain,

So I can keep my mental and emotional stability.

When the pressures of life get me down

And the stresses of life make me frown

I've got to find a way to get my peace of mind
And create equilibrium.

So I rise early with the morning sun
To give thanks for all the Lord has done
Take time out to meditate and pray before I start my day
When I focus on all the positive things in my life
I realize I'm too blessed to be stressed,
There are so many things to be grateful for!
So by taking a few minutes to switch away from
I put myself in a positive vibration.

In order for me to keep myself in symmetry
(mentally, spiritually, and physically)
I must find the balance between work, rest and play
And give myself time to recuperate from the stresses of
the day.

By learning to take control of my negative thinking
patterns,
And harnessing the positive energy within me
I'm able to maintain my serenity
Meditation is the key...

And so I found a way to get my peace of mind
And create equilibrium

Seeds of Love by Cezanne Poetess

And so I found a way to balance my life
And create equilibrium...

And that's what I've done!



Floating on a sea of consciousness
I realize I am a triune being;
I am Love!
I am joy!
I am peace!
These are my natural state of being

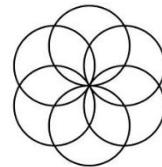
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My inner world is creating my outer world
My outer world is simply reflecting!

I let all burdens fall from my shoulders
I let anxiety drop from my mind
I let all fear slip away from my heart
I release all feelings of guilt and condemnation
I am free from all burdens;
Mental, physical and financial
I am now light!
“Thank You!”

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[Listen to *Equilibrium* on YouTube](#)



“I Am What I WILL to Be!”

This uptempo poem-song features in *Year Four of Journey of a Sister*, and was compiled using Positive Affirmations I've used over the years to reprogram my subconscious mind. It's a great way to start your day, and you can even exercise to it!

Some of the affirmations were based on bible scriptures, and some were inspired by books I read such as *The Master Key System* by Charles F. Haanel, *The Artist's Way* by Julia Cameron, and *Think and Grow Rich* by Napoleon Hill. Some of it was channelled, e.g. what followed after I wrote "I am a channel..."

I am Cezanne,

And I'm not just jumping on the "I am..." bandwagon, along with likes of Beyonce, Naz and Slim.

Because none of them took the time to explain the great significance of these two small words,

But in this poem, I will!

"I am" are the two most powerful words in the Universe,

Because anything following "I am..." is creative,

Whether it's POSITIVE or NEGATIVE.

So by using Positive Affirmations starting with "I am..."

You can steer yourself in the way you wish to go
(a Positive Affirmation is a strong statement that something is *already* so).

Your WILL is the part of you that drives you

Either you control IT, or IT controls YOU.

You can use your will to accomplish whatever you may,

"Where there's a will there's a way" they say...

Seeds of Love by Cezanne Poetess

I am...Cezanne!

I can write, I can paint, I can dance, I can sing
I can do anything I put my MIND to
And so can you...

Years ago (long before it was actually so)

I began telling myself
“I am a brilliant and successful artist!”
“I am a prolific writer!”
“I am a first class performer!”
“I am mentally free!”

And now, I am what I WILLED to be!

Let me give you an idea
how I train my subconscious mind
To believe the suggestions I make to it
so that IT co-operates with ME;

By using my will-power with the power of
“I am...”

I am in the process of changing everything about me,
Re-creating Who I Am and who I wish to be,
So listen carefully...

“I am the master of all my thoughts and feelings”

Whatever I say my mind has to follow,
I AM the one in control!

“I am in a constant state of bliss!”

By keeping myself feeling happy, I AM attracting good things to me!

I AM what I WILL to be!

“I am grateful for every little thing that happens to me!”

My positive mental attitude of gratitude helps me to see the good in every situation,
And opens the doors for me.

“I am in control of my destiny”

I don't have a victim mentality,
Every experience I go through only serves to give me the opportunity to decide who and what I will to be!

“I am strong”

I bend, but I don't break.
I rise above every challenge that life throws at me.
Metaphorically,
I am like a tree planted by the rivers of water
that brings forth its fruit in due season,

My leaf does not wither, and whatever I put my hands to
PROSPERS!

“I am a born leader”

I have the ability to influence many through the various
gifts and talents that have been given to me.

“I am an Advancing Personality”

And I WILL take all who wish to follow, with me!

“I am a natural healer”

I have the power to heal with my hands, my voice, and
the words I speak

My work sends out a healing energy.

“I am subject to change”

With me, nothing stays the same!

I am constantly moving, changing, evolving,
transforming my life into who I Am

and who I wish to be!

“I am a channel”

The ancestors speak through me,

So listen carefully...

I AM the Original Woman – I was here first!

MAN came out of **WOMAN**

HE came out of S**HE**

MALE came out of F**EMALE**

And **HE** came out of **HER**

See, it's hidden in the words!

"I AM a true and living Goddess"

That is, God in the flesh!

Made in the image and likeness of the Great I Am

I have the creative power of the Universe

at the tip of my tongue!

I can speak things into being,

And when my thoughts, words and actions are aligned

All three unlock the creative power within me.

My body is my temple – sacred.

I am what I WILL to be!

"I am spiritual"

There's more to me than meets the eye

99% of me you cannot even see!

I am a Spirit living in this body,

More Divine than human

Yet I use my body to express my Self perfectly.

I study ancient wisdom like a religion

Yet this Higher Education cannot be gained from any University;

I AM what I WILL to be!

“I am sexual”

Is it possible to be spiritual *and* sexual?

Naturally!

As I awaken the Sex Goddess within me

I experience the joy of discovering

That sex is a natural form of healing

And the fountain of youth!

I take sex seriously as I study the tantric secrets

That link sex to *spirituality*,

And I find that to reach the highest heights,

Real magic happens when I fully surrender

And as I am renewed and recharged

I radiate rejuvenating elixir for my partner!

“I am a great Create-Her”

I can create using nothing but the raw materials
of mental principles

My sexual energy is the key to my creativity

I am what I WILL to be!

“I am a genius”

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Genius is developed through the Sixth Sense;
I stimulate my mind so it vibrates at a higher frequency
This enables me to tap into the faculty of my Creative
Imagination,

There I am able to see what others don't see
I let my in-tuition guide me as I create
something out of nothing
Which is real creativity!

I am the Creator *and* the creation
The giver *and* the gift
The teacher *and* the student
I learn as I teach
I practice what I preach
I am compassionate and caring
Sensitive and sharing
I give unconditionally
whether you give back to me
I give to those in need
I see money as a seed
What I sow I will reap
But I don't give to receive
I am the Source,

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Everything comes from me
And everything returns to me
It's just a natural Law of the Universe
I am what I WILL to be!

I am what I WILL to be
And nothing or no-one ain't stopping me! (rep)

“I am a freedom fighter”
I fight for the right to be free, daily!
I'm constantly breaking free from the mental chains
of religion, mis-education,
and how society tells me I should be
I'm always breaking boundaries,
thinking *outside* of the box
So don't try to cage me into your way of thinking
Who are you to tell me what I should think,
do and expect
Don't you know I have my own spirit guides
and intellect?
I will not be controlled by the will of another
Not even my own Black brother!
I have a mind of my own and a free will to use it,

My mind, I am the only one to control it!

If I didn't ask for your advice,
what makes you think you should give it?

So you master your mind and let me master mine

My will, not your will, be done! (Laughs)

Some call me an inspiration, others an abomination

People can think and say all kinds of things about me,
but

I am what I WILL to be,
And nothing or no-one is stopping me!

“I am a Mastermind”

To think according to what you can see is easy,
But to think 'Truth' regardless of appearances
requires mental tenacity

I think thoughts of riches when faced with poverty

I think thoughts of perfect health
when sickness attacks my body

I choose not to believe everything I hear or read in
newspapers or on the TV

Because I know that this world is the EFFECT of our
mentality

The CAUSE is our collective thoughts

But the work starts with *me*

Seeds of Love by Cezanne Poetess

To keep *my* thoughts on track
every minute of every hour

So I can change my world from the inside out
I'm mastering my mind through my sheer WILL-power!

“I am a great success!”

Success in life is becoming what you *choose* to be
Not what society tells you you should be!

“I am great!”

Not because I want others to serve me,
But because I wish to be of service to others
And give to those in need.

It is my will to give to the poor and needy
As Jesus would have said

“She that will be great among you,
Let her serve!”

I am what I WILL to be,
And nothing or no-one is stopping me!

“I am a bestselling author”

I am changing millions of minds for the better
Through my books, art and poetry

I am what I WILL to be!

“I am goal-oriented”

(not time oriented)

Time is just an illusion

In Truth, Past, Present and Future are all in one

I believe in time-lines, not deadlines

So I WILL reach my goals at the right time!

“I am financially free!”

Money comes to me *easily* and *frequently*

The flow of currency is always towards me.

I Am what I WILL to be!

“I am rich!”

There's nothing wrong with desiring money

Desire is the seed which gives birth to reality

I desire riches so that I can make the most of my Self

BE my best, DO my best, and HAVE the best

To help myself and others reach our potential, fully.

“I am a Queen – royalty”

Health, wealth and abundance are mine

I have the right to be rich, it is my birthright

Seeds of Love by Cezanne Poetess

I was born to live an abundant life

To have the best of everything

I am a child of the King

Heir to the kingdom of Heaven, which is *within*.

“I am in perfect health”

Mind, spirit and body;

I am whole, perfect, strong, powerful,

loving, harmonious and happy!

“I am being the change I want to see”

As taught by Mahatma Gandhi

Changing my world from the inside out

I am what I WILL to be!

I WILL myself to wellness!

I WILL myself to transformation!

I WILL myself to claim the riches of God's kingdom!

What I will for myself, you can be too,

All you have to do is tell yourself that you're IT already,

And soon you'll become what you WILL to be!

Marcus Garvey gave the call for liberation

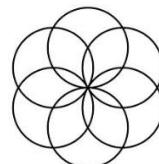
And now his place I fill –

Seeds of Love by Cezanne Poetess

“UP YOU MIGHTY PEOPLE,
YOU CAN ACCOMPLISH WHAT YOU WILL!”

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[Listen to “I Am What I WILL to Be!” on YouTube](#)



Ode to My King (Part 1)

I was inspired to write this poem after researching the origins of poetry, and discovering it originated in ancient Kemet (now called Egypt). I never *learned* how to write poetry, and the best ones are the ones I write without having to think about it! This is an ode to the Black Man (not any one in particular), which features in *Year Five of Journey of a Sister*.

Beloved,

What shall I compare you to?

Spiritually, you are like a tree

standing tall and strong,

With roots that go much deeper than our wrong.

See, you remember the richness of our history *before* slavery,

When we ruled as Kings and Queens

Seeds of Love by Cezanne Poetess

Scientists and inventors,
Building empires...



Fruitful Mind (Male) by Cezanne Poetess

And now, you bear the mark of our ancestors
You are strong both physically *and* mentally
You have the Genius Gene
Man, you don't know how much you inspire me!
Let me study YOU and get my degree

Seeds of Love by Cezanne Poetess

From Mother Nature's university

For there is nothing more I'd like to achieve:

Your eyes are like two pools,

Sparkling and watery

And in them I see the perfect reflection of *me*.



Your nose resembles the ones cut off the great statues
in Egypt;

Too defined for the white man's mind,
But I like it!

Your lips are like two juicy mangoes
And your kisses, sweeter than honey.

Your voice is like a deep, dark river
Carrying me away to ecstasy.

Your neck is like a tower, strong and sturdy
And around it you wear a reminder of our history.

Your teeth are like a string of cowrie shells
And when you smile, you light up my world 😊

The scent of your skin is like frankincense and myrrh
(Breathes in) Mmmmm....refreshing!

Your locs are all individually cultivated from the root
Like a well-kept garden in bloom.

Your hands are strong, but soft
And you know how to handle me...gently.
You are an artisan,

Your hands bring forth the work of a skilled craftsman.

 Your physique is unique;
 Natural muscle definition under your skin
 With rich tones of melanin!
 Your body is like carved mahogany,
 Dark and shiny.

Like an apple tree amongst the trees of wood,
 So is my beloved amongst the kings.

You are like a tree planted by the rivers of water
 That brings forth its fruit in due season;
 Your leaf does not wither,
 And whatever you put your hands to *prospers!*

(Affirmation based on Psalm 1:3)

 Your legs are like two pillars,
 Strong and muscular
 And when you walk,
 You remind me of a black panther.

 Let the hunter in you chase me
 I cannot be caught easily,
 But once in the snare of your love

Seeds of Love by Cezanne Poetess

I will not wish to be set free...

Who is this I see running towards me
Like a black stallion galloping in the wind?
Behold, it is my King!
Locs flashing,
Dark skin glistening,
With a golden aura around him!

You look awesome to me,
From the crown of your head
To the soles of your feet
You are altogether lovely!
And I'm not just talking about physically
There's more to you than meets the eye;
You have a presence about you
And I assume that
Your aura fills a room!

You are The One, the unique One
You are like a rare black pearl
More precious to me than any other brother
Turn your eyes away from me
For I am overcome with desire!

Seeds of Love by Cezanne Poetess

One look from you and my knees quiver,
My heart skips a beat, and I feel the fire!

I wish I were your mirror
so you would look at me daily.

I wish I were your clothes
so you would always wear me.

I wish I were part of your affairs, like a wife
With me by your side,
You could achieve anything in life.



'Fruitful Mind' Male & Female

Seeds of Love by Cezanne Poetess

Let me be The One to cherish and adore you
And will you love me, honour me,
And treat me like the Queen that I am?

Take me to Kush, the Land of Kings
Where you originate from;
There I will give you my love
Under the heat of the blazing sun...

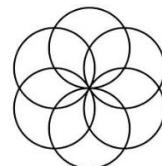
Look at you, standing tall and strong!
Brilliantly black, sun-kissed skin
With beautiful eyes for looking in
Sweet lips for kissing,
Your lips, oh my King,
Drip words so nourishing!

You speak words of life, not just any
And when you talk,
You have not one phrase too many.

I know you might think I'm obsessed with you,
But what else can I do?
I am a Strong Black Woman,
My only weakness is...YOU!

[Listen to *Ode to My King \(Part 1\)* on YouTube](#)

[Listen to Part 2!](#) (Written and recorded in 2022)



R U 'The One'?

Inspired by the book *An Afrocentric Guide to a Spiritual Union* by Ra Un Nefer Amen, and partly inspired by a brother I admired at the time, this poem-song features in *Year Five of Journey of a Sister*.

Are you 'The One'?

Can you make my heart *beat* like an African drum?

(Du-dum, du-dum, du-dum)

Are you the star I've been hoping and wishing
and praying upon?

Is it you sending me positive vibrations,
Letting me know that I'm The One?

Do you love me, the Black Woman
And will you put me on a pedestal, where I belong?
Will you hold me in high esteem
and treat me like a Queen?

Seeds of Love by Cezanne Poetess

Can I look up to you
And give you the respect you want from me?
Do you conduct yourself with honesty,
dignity and integrity?

Are you 'The One'?
Are you my soulmate?
The one with whom I can share a deep,
spiritual connection?

Are you looking for True Love,
Or just a one night stand?

Come on, can we talk freely?
And will you open up to me completely
Because communication is the key.

Can you relate to me?
I am a spiritual being having an earth experience,
And I'd like to experience something with *you*
What would it be?
It would be like a fire ignited,
Two souls from a past life,
Finally reunited!

Seeds of Love by Cezanne Poetess

You are the object of my desire, but I don't know,
Can you take me to my highest heights
And then can we go a little...higher?

See,
I'm seeking the one who experiences a *natural* high
Through prayers and meditation
Who operates on a higher spiritual vibration
Connecting with the Mother/Father of all creation...
Are you 'The One'?

You are my brother and a King
So don't deny me my rightful position as your Queen
I'M the one you need
No other race can take my place
I am your spiritual and intellectual equal!

Hmmm...I don't even know if you're 'The One'
Maybe you're just a figment of my imagination...

But,
Can we tune our thoughts in synchrony
Two becoming One Mind
As in the great Marriage Mystery

For what God joins together no-one can come between.

Yes, I'm looking for my husband,
Someone who'll treat me the way I deserve to be!
Are you The One?

Can you make me submit to you?
Not through force, but willingly
Because you are submitted to the Almighty?
Because then,
I will give you the respect you deserve
Honouring you and treating you like a King
(Your throne being our home)
Can we live together in unity
Perfect love, perfect peace, perfect harmony?

Yes, I'm looking for my King!
Someone who takes pride in
Himself, his culture, his history
Who's not ashamed of his black identity
Are you The One?

Because if you're The One,
Then maybe I can be The One

Seeds of Love by Cezanne Poetess

You can depend on,
The One you can trust and lean on?
I will nurture you into *your* unfolding
I will love holding you in my arms
I will caress you, cherish you, treasure you
Like a rare diamond found in ancient Kemet
And brought to this land
Where no price could be put on it!
Yes I will treasure you and polish you daily
Until those rough edges become smooth....

And then,
I will support you – *emotionally*
Helping you achieve all your dreams
I won't hurt you, mistreat you, disrespect you –
At least, not unless you give me reason to...

I will give to you selflessly,
Seeking nothing in return.
I will love you unconditionally
And together, we will be an immutable force
Which nothing can come between
Except of course God, who is our Source.

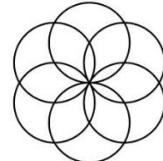
Seeds of Love by Cezanne Poetess

You will be my sun, and I will be your moon,
And we can feed off each other's energy
Spreading Love to our community
And sharing our good fortune...

Now I know this is a tall order,
But brothers, if you think you fit the position
Show me by the raising of your hand –
That is, ONLY if you're 'The One'!

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[Listen to 'R U The One?' on YouTube](#)



Love Attraction

I wrote this poem around the time I was learning 'The Secret' about the Law of Attraction. I used my painting 'Love Bump' to illustrate it; the idea for the painting came to me in a flash of inspiration; if it's your desire to meet your soulmate, marry and start a family, you can use it as a focal point (put yourself in the picture!)

I've been on my own too long
And I'm tired of spending my nights alone

Seeds of Love by Cezanne Poetess

I'm looking for a love that's true
Someone to call my very own.

Lord can you help me, please
To attract the man of my dreams?
Tell me what I have to do
To attract a love that's true?

Please...

Oh Lord, show me the way
To find the perfect One for me
What steps must I take
To bring the man from my dreams into reality?

(Inner Voice)

First, I must heal myself from the emotional damage
caused by past relationships;
The hurt, the pain, the wounds that keep opening up
again and again,
Each time I'm reminded of a negative experience
It starts a chain reaction
I lash out, shout and scream,
Say words I don't mean,
And before I know it, I'm alone again!

Please...

Oh Lord, show me the way
What steps do I have to take
To find the perfect One for me,
Who'll give me the commitment that I seek?

(Inner Voice)

I must learn to drop the emotional baggage
I've been carrying around for years,
Let go of all my insecurities and fears
Releasing bitterness, hurt and pain
Forgiving, so I can heal from within,
And learn to love and trust again.

And then, I must BE the Love I seek for myself
I must love *myself* unconditionally
And treat *myself* how I'd like others to treat me
When I fill myself up with Love
I'll become a Love Magnet,
Attracting that which I am!

I love you x 3 (look in the mirror)
I love you x 3 (to your beloved)

Seeds of Love by Cezanne Poetess



(Inner Voice)

Self Love *has* to come first

Because if I don't find love *within*

How can I accept it from him?

Besides, I cannot give what I haven't got

So when I learn to love myself in all my natural beauty

The person I meet will simply be a reflection of me!

Seeds of Love by Cezanne Poetess

Hmmmm.....

Next, I must focus on the things I *desire* in a man
Because if I keep focusing on the things I *don't* want
I'll just keep attracting the same things
over and over again!

My desire is the beginning of creation
I'm attracting the man of my dreams with my thoughts,
words and actions

And I'm putting it out there with deep felt gratitude,
“Thank you!”

Now, I feel ready for him!



‘Love Bump’ by Cezanne Poetess

I believe in a love so true

Seeds of Love by Cezanne Poetess

But I know I've got work to do
And I know that when I'm ready
My true love will come to me

I believe in a love so real
Someone with whom I can feel
Open and unrestrained
And with him I can trust again...

(Inner Voice)

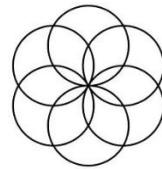
And lastly, I must put ACTION to my belief
Without *action* there can be no attraction
(The Law of Attraction is the Law of Love in Action)
So I must DO something positive to cause the
MANifestation of this 'Love Thing' that I'm seeking;

I must create a space for him to appear
Clear out the clutter of past interactions
Cutting ties, saying goodbyes to the love *distractions*
Who can't commit because of their own fears...

Now I trust and let go because I know that
DREAMS DO COME TRUE.

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[Listen to 'Love Attraction' on YouTube](#)



True Love

Based on 1 Corinthians 13, this is one of the first poems I wrote and recorded in 2001 (when I was still a Christian). It makes a good wedding or Valentine's event poem, and features in *Year Ten of Journey of a Sister*.

What is the true meaning of the word 'Love'?

The thing is, 'love' has so many meanings!

So when you say to me "I love you"

Do you mean you're in love with the way I *look*

Or the way I make you *feel*

Or you love the way I walk, talk, laugh,
smell or appeal?

Is it my smile that captivates you,

Or the way I wear my hair?

Or is it the clothes I wear that makes you
stop and stare?

Or is it that you love me

Because of how I treat you;

With **Tender Loving Care**?

Seeds of Love by Cezanne Poetess

I cook for you, I clean for you, I massage you
I dote on YOU.

Or do I love you for what you can give me
A nice home, fancy car, a lovely family
Security...

Do I love you with all sincerity,
Or am I just thinking of me?

What is the true meaning of the word 'Love'?

True Love is a commitment of the *heart*
Right from the start it says
“I *choose* to love you,
Whether we're together or apart.”

Love never fails.

True Love says “I'm going to be patient with you,
When you try my patience, I'll *still* love you.”

Love never fails.

True love is kind, it sows a seed
It's helpful, merciful and benevolent to those in need.

Seeds of Love by Cezanne Poetess

Love never fails.

True Love is never envious of what I have,
But it inspires you to reach your own goals
And doesn't boast when it does.

Love never fails.

True Love isn't proud;
Pride comes before a fall!
But in Love you can stand tall.

Love never fails.

True Love isn't rude or selfish
And doesn't feel the need to be loud,
Or to have centre stage in a crowd.

Love never fails.

True Love isn't easily angered
It forgives and forgets
Even when it's difficult,
And it leaves no regrets.

Love never fails.

True Love always protects
And when I'm down in the dumps
Never rejoices in my downfalls,
Only in my triumphs.

True Love always trusts (never accuses)
Always hopes (never doubts)
Always perseveres (never gives up)

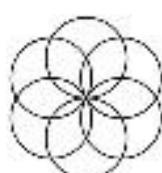
Love never fails.

I love you, unreservedly
And can you say you love me,
Unconditionally?

LOVE NEVER FAILS.

© Copyright 2001 Cezanne Poetess

Listen to '*True Love*' in Year Ten of the audiobooks!



We Belong Together

I wrote this poem-song the morning after watching the film *Sankofa* in 2010. For the first time, I identified as the descendant of an enslaved African, and acknowledged that I was still carrying the trauma my ancestors suffered in my DNA. I cried painfully, and wondered what I could do to help my people heal. As soon as I awoke the following morning, I was led to go straight to my home studio and record this poem, before even writing it down. I dedicate this healing poem to all the descendants of enslaved Africans who are still suffering from Post Traumatic Slave Syndrome (as diagnosed by Dr Joy DeGruy) . Shortly after, I started writing **Journey of a Sister**, which also covers this topic in **Year Two**.

Yeah, I know sometimes I don't treat you right,

And I bet you wonder what happened to me

Why I seem so uptight and angry?

And all I wanna seem to do is fuss and fight

And not give you the right to take your place

As King upon your throne in our home?

But sometimes I can't seem to help the way I feel,

It's like something that's been passed down to me

through my bloodline,

And I need you to help me heal...

Seeds of Love by Cezanne Poetess

See, my brother, my King

I'm beginning to innerstand

That I'm still in an emotional state of shock

After seeing the things they did to you in our history

And the things they did to me!

So you see,

There's a lot of healing that needs to take place

between you and me and our community,

And I'm willing to do whatever it takes to help us heal,

Are you?

Because brother, I want us to be together

I choose you, not another.

And I'm trying,

I'm really trying to heal

But you've got to help me,

And I've got to help you

Brother, we need each other

I can't do it without you,

And you can't do it without me

We've got to stick together,

We Belong Together.

Seeds of Love by Cezanne Poetess

Let's not let another come between us,
Let the love for each other be stronger.

(We've got to heal ourselves)

And I know sometimes I don't treat you right
And all I wanna seem to do is fuss and fight
And not give up you the right to take your place
As King upon your throne in our home,
But I can't do it without you,
And you can't do it without me,
See, we need each other
We've got to stick together
We Belong Together.

Let's not let another come between us,
Let the love for each other be stronger.

(We've got to heal ourselves)

My brother, my King
We've got to do this together.

And I know sometimes I treat you like less than a man,
And yes I know you have your own issues to deal with;

Seeds of Love by Cezanne Poetess

Lack of employment weighing you down,
Disabling you from providing for me and our children
‘Cos that's the way they planned it,
So that I would not give you your rightful position as
“My King”
But I will do my best to help you in whatever way I can,
To help you rise to be the man
you're destined to be, to me.

And there are times when I pretend I don't need you
And you act like you don't want me,
But the truth is,
I'm your sister, you're my brother
And we've got to stick together
We need each other,
We Belong Together.

Let's not let another come between us,
Let the love for each other be *stronger*.

(We've got to heal ourselves)

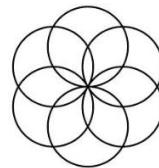
And yeah, I know sometimes I verbally abuse you
Because there's so much pain inside of me

Seeds of Love by Cezanne Poetess

But today I pledge to do the best I can
To help you rise to be the man,
The *King* you're destined to be.

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[Listen to 'We Belong Together' on YouTube](#)



**Thank you to all the musicians who contributed to
the Seeds of Love project:**

Theo Calliste: acoustic guitar

Chi Bomani: djembe drums

Dave Anderson: music for "I Am What I WILL to Be!"

Noel Robinson: music for "Look to Me!" (God's Reply)

George Dawkins: saxophone (Conversations Within)

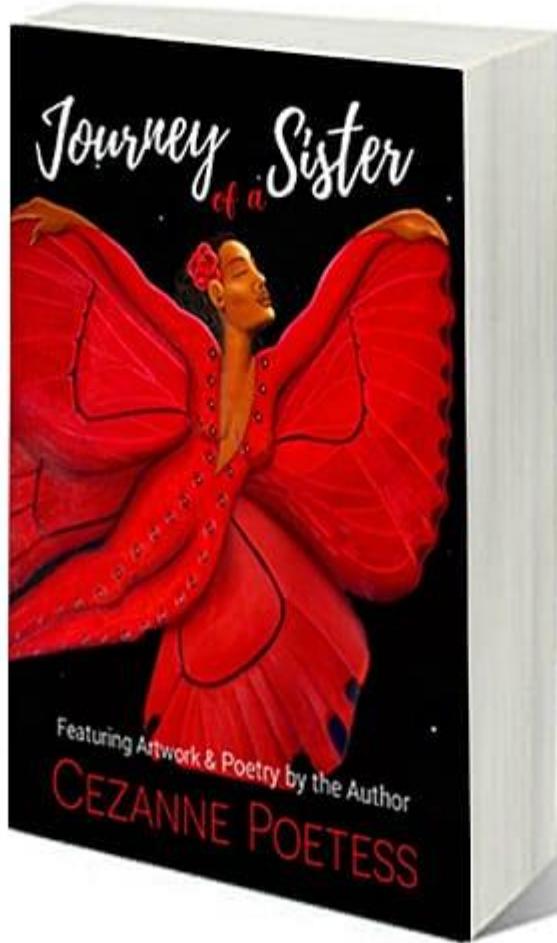
Azagba 'Azzy' Orobator: piano (Is This...Love?)

Wadada Stanbury: saxophone (Is This...Love?)

[To purchase the paperback version of Seeds of Love
Lyrics visit Lulu.com](#)

Seeds of Love by Cezanne Poetess

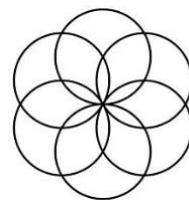
Journey of a Sister – a self-help book told in a NOVEL way!



Journey of a Sister is a beautiful Black Love story that will take you on your own personal journey of Self-discovery! Join Suzanne on a 13-year quest for “the Truth!” about sex before marriage, the creative power of her thoughts, her African ancestry, and the his-story of the religion she had been indoctrinated into!

To start your journey of Self-discovery, [listen to the audiobooks FREE on YouTube!](#) (WARNING: Sexually explicit in parts). **Order your paperback** and join me at

an upcoming **Book Signing & Discussion Event**, where we will discuss the topics raised in the story openly! I'm currently travelling through Africa, the Caribbean and America; if you would like to **help me organize an event near you**, drop me an email: cezanne@journeyofasister.com



Join the LOVE-olution!

Now I'm aware of how our minds are being manipulated by covert government technology and mainstream media etc, my mission is to gather an army of lightworkers who can *collectively* help raise the frequency of the planet to LOVE, and give birth to a New Earth!

Listen to my revolutionary track **Imagine a World**, and join the LOVE-olution! Music for the first half was created by my youngest son 'Azzy', and music for the second half was created by **Zakaos Breedlove Ewing**, another TI (Targeted Individual) who created healing frequencies; sadly he was taken out by a DEW attack in 2016. May his memory live on through his music...I also immortalised his music/words with **DNA Ascension Activation**.

Did you enjoy this collection of poems and poem-songs? To exchange energy with me, make a contribution towards my travels via **PayPal**; I fled England to escape

the targeting (they were trying to section me under 'mental health'!) My plan is to fund my travels by sharing my gifts with the world! No amount is too little or too much, and *I am* fertile soil for your money-seeds! 🌱

Follow my travels on the [**Journey of a Sister YouTube channel**](#); feel free to leave your comments under the videos, share them, 'like' your favourite ones, and subscribe – thank you in advance!

Tip jar



Join my Mailing List to receive my monthly newsletter with updates of my activities; and if you would like to **help me organize an event near you**, drop me an email: cezanne@journeyofasister.com

If you would like to **interview me** for your radio show, podcast or alternative media, please email: cezannepoetess@gmail.com

Seeds of Love by Cezanne Poetess



Cezanne Poetess

[Visual & Spoken Word Artist](#) | [Author](#) | [Vlogger](#)



Download my art and use them as screensavers on your phone, tablet or PC to benefit from the *Colour Therapy* and *Love energy* in them – free! (Energy exchanges are gratefully received! ❤️)

See 'Playlists' on the **Journey of a Sister** YouTube channel to listen to more of my poetry, to watch my Black His-story 365 vlog series, and my fictional characters 'Felicia & Co' that I created to expand on the topics raised in my novel – yes I do a bit of acting too! 😊



Touching the Heart...through Art!

journeyofasister.com