

SONGVERSATION I AM LIGHT

My Thoughts On The
Skin Bleaching Allegations

A SongVersion on how we can heal.

Epilogue

SongVersion: I Am Light

The Epilogue



Moved By You

I.A. 2011

SongVersion: I Am Light

The Epilogue



The “Worthy” Necklace from the SoulBird line of “Worthy” products.
For more about the “Worthy” Line, visit the Shop at www.SoulBird.com

PEELING BACK THE LAYERS:

I see healing like an onion. Your particular life lessons and themes re-occur and you peel back layers through healing over time. And so, while the stories are different, the lessons are connected to a greater theme.

In this, my 40th year of life, and my 15th year in the music industry, I realize it’s an appropriate time to stop and look back at what wisdom I’ve gained.

FOR THE FIRST TIME...

I am sharing my life philosophies outside of song.

This is my answer to:

- The SoulBirds over the years who have asked me why I am who I am,
- Everyone who has asked me questions or for advice or my opinion from a spiritual perspective over the years
- The seekers coming behind me on THEIR spiritual walk
- My 25 year old self
- Every person who joined in “SkinGate 2013”
- Anyone wondering what a spiritual path is at ALL
- My fellow panelist on the “Line In the Sand” episode of Being Mary Jane

Here is ...

The SoulBird Manifesto

1. YOU. ARE. WORTHY: *Deserving of respect and regard*

VIDEO- [from the Album Acoustic Soul](#)

You are worthy and you are significant and you matter because you exist.

2. THERE IS NOTHING WRONG WITH YOU.

[Get It Together - from the album Voyage to India](#)

Things that hurt happen to all of us - this is just the human condition. Accept this and be and live guilt, blame and shame free.

3. LOVE YOURSELF!

[Private Party from the album - Testimony Vol. 1 Life and Relationship](#)

Love is an action. Make kind choices for yourself. If you're not sure what the loving path is, ask what you would advise your sibling or child, niece or nephew - this is a guideline.

4. LOOK AFTER YOUR SOUL / HAVE A SPIRITUAL LIFE

[Strength, Courage & Wisdom - from the album Acoustic Soul](#)

Your spirit is as real as the hair on your head and the teeth in your mouth and needs the same periodic care. Look after your soul as my great grandmother used to say.

[Interlude: Great Grandmother - from Testimony Vol. 1 Life and Relationship](#)

[Better People - from the album Testimony Vol. 1 Life and Relationship](#)

5. SOULBIRD RISE!

[SoulBird Rise From the Album - SongVersation](#)

How will you know you can fly unless take that first leap?

6. DO THE WORK!

[Break the Shell - from the album SongVersation](#)

There is no short cut to healing; you have to actually try. No one knows exactly how, but a spiritual path is to trust that you will find your way and keep walking until you do.

7. BECOME A SEEKER AND FIND YOU

[Always in My Head - from the album Acoustic Soul](#)

Make your "self-work" your hobby.

It's not as much WHAT you do, but HOW you are doing - your life. LOOK at life with a spiritual eye.

8. CREATE A SACRED SPACE BASED ON YOUR NATURE

[Moved By You - from the album SongVersation](#)

[Beautiful - from the album Acoustic Soul](#)

This is like an office for your spiritual work. It can be a room in your house, a favorite space in nature, a library even, but make it your style. Go there periodically to quiet the outside world and delve into your internal world.

9. JUST DO YOU!

[Just Do You, from the album Testimony Vol.1 Life & Relationship](#)

Learn who you are, and do you. Set aside your fear of what people will think. Some people love you, and some won't; that is not your business. Your real job in life is to be you.

10. BE SELF-DEFINED

[I Am Not My Hair - Testimony Vol.1 Life & Relationship](#)

Get to really know yourself. Not who you think you are, who the world has told you that you are, who you thought you were from your childhood, but who you are now. Live your life with knowledge of self.

11. FORGIVE.

Wings of Forgiveness - from the album Testimony Vol.1 Life & Relationship

Heart of the Matter - from the album Testimony Vol.1 Life & Relationship

It's easier said than done, but you must find a way to forgive the people who hurt you, for every grudge you hold, you're leaking energy.

12. BE HONEST

Life I Know - from the album SongVersation

River Rise - from the album Testimony Vol. 2 Life & Relationship

Honesty is not just speaking your truth; it's being your truth. Be. Honest.

13. WATCH YOUR MENTAL DIET!

Better Way - from the album Testimony Vol. 2 Love & Politics

Liberate and elevate your consciousness. Your mind is by nature impressionable; guard it!

Be conscious of your music, your surroundings, books; everything, and especially your internal self talk.

Talk To Her - from the album Voyage to India

14. WATCH YOUR PHYSICAL DIET

Chocolate High ft. Musiq Soulchild - From the album Testimony Vol. 2 Love & Politics (A joke but I just had to LOL!)

All machines need fuel, and the *kind* of fuel matters. SO IMPORTANT: keep hydrated! It matters to everything from BRAIN function to System flushing. Water is a healer.

15. CULTIVATE COMMUNITY

Flowers - from the album SongVersation

Instead of trying to fit in wherever you are, find your tribe and spend as much time with them as you can.

16. DEFINE YOUR CORE VALUES

ONE - from the album SongVersation

What do you believe in? Don't let this be haphazard. Define (and continue to refine) your core values, your life philosophy, and live by that.

My core values are:

1. *In my full power*
2. *Self Defined*
3. *Alive!*
4. *Balanced*
5. *Gratitude*
6. *In the flow*
7. *Socially Responsible*
8. *Compassionate*
9. *A contribution*
10. *In community*

17. DEFINE SUCCESS FOR YOURSELF

This Love - from the album SongVersation

My definition of success: Clarity of my intention and reaching that intention while being true to myself and in balance.

The environment you are in will tell you what success is. Everyone has their own agenda, what's yours?

18. CREATE A MISSION STATEMENT

I have 2 mission statements:

- I. To spread love healing peace and joy, through the power of words and music.*
- II. May each song, I offer, touch whomever is meant to be touched, in the way God intends them to be touched.*

Repeat it often, as a reminder about what matters to you. This will ground you in your truth as life inevitably shifts around you.

What is yours?

19. BE EMPOWERED.

I Choose from the album - Testimony vol. 1

Giving your power away means giving anything outside of you, the power to dictate how you feel. Empowerment is to consciously choose, in each moment, who or what will be the highest authority in your life. CHOOSE WISELY.

20. YOU ARE WORTHY! (YES AGAIN!)

I Am Light - From the album SongVersation

You are WORTHY of love and respect.

Ask yourself, “What would I do in this moment, if I knew I were worthy?” and to the best of your ability, DO IT!!

