



An Introduction to *girl Child*

Includes:

Press Release

Author Bio

Excerpts from the book "girl Child (The Transition – In Poetic Form)"

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An Introduction to "girl Child" Biography of Author and Poet, Lily

lily (pseudonym for Lillian J Powers) grew up in Compton, California and began writing songs, short stories and poetry at the age of ten. "Writing has always been my refuge. By the time I was 10, I had already developed low self-esteem. I was teased because of my dark skin tone and wide nose. The first poem that ever caught my attention was the Mother Goose rhyme, "Monday's Child". The opening line that read "Monday's Child is fair of face" was empowering and gave me a little boost of confidence because I was born on a Monday. That is when I first started to write. In writing I found my first love, my best friend and an honest mirror. When I started sharing my poetry with others I realized that so many other women, regardless of their background, had gone through some of the same things that I had. My first book, "girl Child (The Transition – In Poetic Form)", is not only my story. It is the story of anyone who has ever been hurt by stereotypes. It is for anyone who feels like they are making this crazy and difficult journey through life alone. "girl Child" is especially my dedication to anyone who ever felt like they wanted to scream and tell the world exactly how it feels to be a woman growing up in an image obsessed, sex crazed world, but couldn't find their voice," the author states.

lily currently resides in Long Beach, California with her two children Jordan and Samara. She is the owner of Mama Incense, a retailer of aromatherapy products, and its subsidiary Mama Incense Publishing. lily is currently working on her second collection of poetry along with a series of short stories with her son Jordan.

Additional Accomplishments:

- ❖ Co-host of semi-annual "Poetry/ Self Expression" workshop sponsored by Big Brothers/ Big Sisters of LA
- ❖ Host of "The Village Speaks" an open mic poetry event held monthly in Los Angeles, California

Author Bio (cont'd)

- ❖ Founder of the “Worthy Women’s Club” an online forum for honest and positive discussion amongst women. The goal is to improve relations between women with the continued theme that all women are unique, wonderful and WORTHY of love and respect. For more info visit <http://groups.yahoo.com/group/worthywomensclub>
- ❖ Owner of Mama Incense Publishing, a venue for self-publishers that assists with all aspects of self-publishing from cover design to layout and creation of promotional materials

NEWS RELEASE

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FOR IMMEDIATE RELEASE

Self-Help Poetry with an Urban Twist

Long Beach, CA "To call it just a poetry book or a self-help book wouldn't accurately describe it", states one reader about the new book "girl Child (The Transition – In Poetic Form)" by poet/ spoken word artist Lily. "girl Child" provides first hand experiences in the form of poetic verse of a young girl's transition into womanhood. "My intention in writing this book was to let young women going through their own transition into womanhood know that they are not alone in their struggle," says the author.

The poems included in "girl Child (The Transition - In Poetic Form)" have been described as "raw and moving". One reader comments, "You almost feel like you are in the room experiencing what the writer has experienced. Even if you are not a young black girl from the inner city, you can see, taste and feel the pain turned promise that the author is referring to." Another states, "I felt like Lily peeped into my windows and saw me going through my own trials in life and wrote it all down. It feels good to know that I am not the only woman who has done things that were harmful and hurtful to myself in an effort to gain love and acceptance from other people."

The book "girl Child (The Transition – In Poetic Form)" covers the range of emotions and issues that most of us have dealt with at some point – from overcoming negative self-images and heartache, to going beyond the limitations that society places upon us. It is truly about traveling through life's peaks and valleys, making it through to the other side, and liking who you are when you get there. Lily's poetry is sincere, vivid,

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witty and more importantly – valid. Thus far, “girl Child” has received an overwhelmingly positive response from readers of all walks of life.

“I am surprised and of course pleased that the words of a “skinny little black girl from Compton” have touched so many people. My hope is that my experiences promote healing and understanding amongst all people, regardless of shade, culture or background,” says the author.

This candid and entertaining book is a must have for poetry enthusiasts, parents, teachers, counselors and anyone going through the growing pains of life. For more information about the book “girl Child (The Transition – In Poetic Form)” or upcoming events, visit www.mamaincense.com or contact Mama Incense Publishing at publishing@mamaincense.com. To contact the author directly, e-mail lily@mamaincense.com. ISBN 0-976-1523-2-0.

CONTENT ADVISORY: “girl Child (The Transition – In Poetic Form)” includes poems that contain adult language and subject matter. Parental discretion is advised.

Meet the author:

- ❖ lily will be the featured artist at Shades of Africa in Long Beach on Saturday, May 14th
- ❖ lily hosts an open microphone poetry event on Sunday, May 15th at Mecca Hair Studio in Los Angeles
- ❖ lily also hosts Poetry/ Self Expression Workshops for At-Risk Youth by request

END

Ugly

Being told by black people
that my particular shade of black
is not beautiful
was hard for me
People one shade lighter
than my skin tone
made me feel ugly and alone
Like I belonged underneath a rock
that I could not lift
like my dark brown skin was a curse
not a gift

For far too long
I have despised my race
hated the way my features fit upon my face
hated my wide nose
full lips
slim waist
thick hips
coarse hair
hard speech
big dreams that seemed beyond my reach
because I was just a skinny little black girl
from Compton

And even now
though I have tried to rise above
all the hatred that rings in my ears
to find self love,
I still hear the voices saying
"Ugly – Blacky – That's why your hair is so nappy"
So I add hair weaves and extensions
And dream of plastic surgery

Excerpt From The Book "girl Child (The Transition – In Poetic Form)" by lily

As I continue to heal from old scars
I try not to allow them to become new bars
that imprison me
I have to overcome the harsh words
Words that were implanted into minds
to be repeated to brothers and sisters
so that as a people we are left behind –
but small words turn into bricks
and into walls and into sticks
that keep us broke, stuck and beaten
into old habits, into old ways
reminding me too much of old days
when we were separated according to hue
and my people – as if on queue
are still falling for the mind game
causing separation and shame
within a race that should be glowing with pride
instead of trying to hide
behind the next man's version of beauty

I know that I have to get over it
I have to be happy to be nappy
and happy that your hair is straight
Happy that my nose is wide
and that yours ain't
I have to be happy with me
and with all of the variations of beauty
that black can be
because as long as we are hating each other
there is nothing we can do – together
but be stuck under glass ceilings
and on bottom rungs and shelves
until as a people we are willing to love ourselves

Excerpt From The Book "girl Child (The Transition – In Poetic Form)" by lily

We have to stop
being our own weapons of mass destruction
and start with self-instruction
Redefining the word Black
Instead of it meaning ugly, evil,
wicked or depressing
let it mean powerful, beautiful
and showered with blessings

Redefine the word Black
and don't let anyone stop you
or tell you that "black is *not* beautiful"
because if that happens – they got you...

and I'm back to being ugly

Rebirth

I feel it

Life is what I am living now
No longer just hurting or in pain
or living in reaction
to other people's actions
Now I am living

Life

I am making choices
and not just dealing with their consequence
but seeing the evidence
that not all the decisions I make are bad

I'm still broke
but now I not only have hope,
I am making steps to ensure
That it won't always be this way

I'm still alone
but my house is now my home
and I am not the least bit lonely

I might be making incense
Or watching my children play
Or reading a book
that I've read two times already
but now I find happiness in the smallest of things

Somehow,
just being at peace with myself
accepting who I am
the good, the bad, and the ugly
Changing the things that I can
and not letting my past guide my future...

Excerpt From The Book "girl Child (The Transition – In Poetic Form)" by lily

Feels better than any high
Satisfies me more than *any* guy
ever could
and if I could share this feeling with you
even just a little bit
I swear I would...

or maybe I just did