

**May 6, 2019**

**You Are Not Broken**

*You know they're comin' when you hear the drummin'...  
They're all around you...you sense their presence...  
You are in your darkest times, swallowed up by pain & sorrow...  
You don't ... you can't even ... tomorrow...*

*You know they're comin' when you hear the drummin'...  
You feel a slight breeze, a slight weakness in the knees...  
You're afraid to ask  
Afraid you aren't up to the task*

*Am I worth it? Will they judge me? Will they know me?  
Show me! Show me!  
I'm afraid to look. I close my eyes, but I only see clearer.  
They're gathering, coming nearer.*

*And then they speak to me, from inside of me, all around me  
The words that are spoken: YOU ARE NOT BROKEN!*

*I feel the strength I never knew I had, I breathe in from this world  
I exhale from the pain I carry.*

*Say a word, even just one that you can remember,  
From the language of your ancestors, and they remember you as you remember them  
In this perfect circle of all we can be, all we've ever been.*

**YOU ARE NOT BROKEN. SAY IT!**  
**"I am not BROKEN"**  
**MEAN IT!**  
**"I AM NOT BROKEN!"**

The drum that beats within us all, (lub-dub, lub-dub) is our connection across time  
And distance,

You ARE NOT broken, your heart breaks, you are in pain, but you are not broken.

This darkness that chases you is nothing that you called,  
It comes from a world of fearful men, greedy men, ignorant men all.

They want to blame you for their weaknesses, so they can take more.  
They poisoned your childhood, and blamed you for surviving as a child would.

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They want to take it all.

But you remember who you are, in those brief, fleeting moments when your spirit looks around and sees what really is: You are not lost, you are always found. It's not unfamiliar territory. You know where you are. Even more important, you know where you want to be. Walk in that direction.

*Close your eyes to this world of lies  
And beat that drum a steady rhythm  
Say that prayer, or just that word you remember  
And you and they are here, you are with 'em.*

*You are in pain, and you can heal.  
You are not perfect, but you are real.*

What you overcome adds to us all, you are WHO WE NEED TO BE HERE  
To remind us that despite the pain, the anguish, the sorrow, you are worthy, and so are each of us.

Addictions come from Pain & Shame. Those are things inflicted upon you, not anything you have chosen. Remember who you are. Speak even one word of your language, and you draw your ancestors nearer, their strength becomes yours.

Addictions try to undo you. The battles are epic both within and without.  
Actions under the influence hurt the ones you love  
You abandon yourself in self-pity and justification. You feel you are of no worth. (You are wrong)

*Because you know that's not who you are.  
You are not broken. You are in Pain  
Pain will blind you  
But I am here to remind you  
You are not broken.*

Say it. Mean it.  
The Past cannot be changed.  
The Future always can.

The Ancestors did not leave you. They are your strength and your will.  
They don't come to the sound of the drum from anywhere far away.  
They come from the place where you are, who you are, your DNA.

We can struggle over and over, but we cannot fail unless we give up on ourselves.

True History has never been taught, although it's often told, handed down, survivor to the next. The Day is coming, I promise you, the Truth will be revealed.

Those who practice evil and Black Road, will be the first to suffer the worst.

And those who were blinded by the lies, misled by the greed, will crave with a new hunger for the truth.

Each of you, each of us, carries a part of that Truth within ourselves.

You have an election. They are always rigged in favor of those who do the most abuses. They always bully & intimidate, bribe and cheat to take the power for themselves.

But you can, each of you, in that one small but extremely significant act of defiance, vote for the one that you know is most worthy and strong, and you can vote for that person not because they are perfect, because no one is, but because they have overcome enough in their time to understand your struggles.

Someone may change your vote or steal your vote, but they have to step into a dark place to do that. You, YOU will always know that you did the right thing, regardless of how it turned out. Each step towards the light of Truth makes you stronger. It makes your children see how it is done. It reminds them, and all who know you, see you, that it can be done.

Doing the Right Thing counts in this world. It intimidates the Darkness and those who inflict it upon you. Most of all, it reminds you: You Are Not Broken.

It reminds them that despite all that they have done to undo you, YOU ARE NOT BROKEN.

You know where to find me.

~Cat