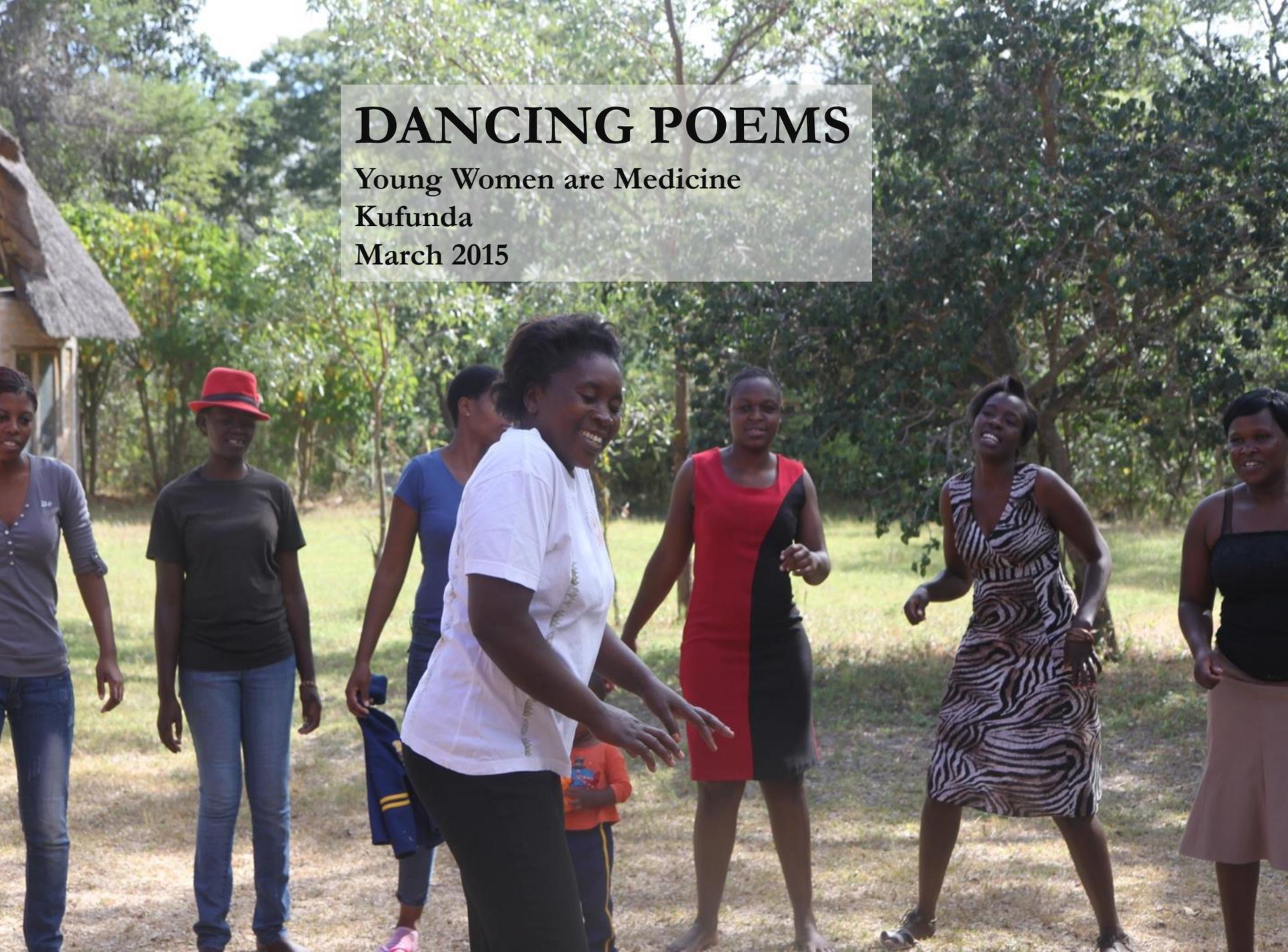


# DANCING POEMS

Young Women are Medicine

Kufunda

March 2015



# The Beginning Of Our Journey

by Winnet



We all emerged from our homes,  
gathering as women.  
Not knowing what was gonna happen here.  
We all expected someone else to define,  
those little words, but so meaningful:  
WOMEN ARE MEDICINE

We all gathered in a top open classroom.  
Expecting someone of good academic knowledge,  
to dictate everything to us.  
But to our surprise,  
music was turned on.  
We all started dancing to the meditating  
music,  
connecting to ourselves and the nature.  
Swinging from side to side,  
our bodies woke up together with,  
our minds and hearts

Immediately, something magical rose up.  
A fresh cool air rose within us,  
carrying something special.  
It touches every one of us,  
as we dance.  
And the journey began.  
The journey of SELF DISCOVERY

# Freedom I say

by Idah N



Now the time has come for us women  
We need freedom

What is freedom?  
Freedom without harassment  
Freedom without embarrassment  
Freedom without fears

Freedom to talk  
Freedom to walk  
Freedom to play with friends  
and love freedom

Good leaders support freedom,  
encourage freedom so that the world grows well  
with freedom

Freedom - come today  
Not tomorrow  
Even in our marriages  
in our relationships  
and in our communities.

I speak freedom and I say freedom

# Women

by Esther

Please, let's pray for all single mothers and all mothers including widows for us to be able to stand firm, no matter what comes and not to depend on people or men who end up hurting us, but to depend on God.

That's where we find comfort, answers even those looking for a godly man, *unomuona kuna Mwari* and to love our children.

Because the society have a belief: that us single parents – we mean no good, we're either a husband snatcher or have too many boyfriends.

But if we stand with God, we will be respected and God will grant us all our wishes and people won't be afraid of us or talk negatively about us.

Thank you.



# Farewell

by Nyarai



**T**oday I said farewell, to the fear of the unknown.  
To being family-centric.  
Not to love and care, but to blind and unnecessary sacrifices.  
Not to understanding and sharing, but to being misunderstood  
and always giving without keeping some for myself.  
Farewell to being superwoman and accepting that I am only human, sometimes vulnerable.  
Though feeling anxious and nervous, like the water.  
I have hope that the void will be filled with nothing but the best life can offer.

# Medicinal Walk

by Ethel



A bird doesn't sing because it has  
an answer  
it sings because it has a song

Yesterday is but a dream and  
tomorrow is only a vision, but  
today well lived makes every  
yesterday a dream of happiness  
and every tomorrow a vision of  
hope

Don't wait until everything is  
just right, it will never be perfect  
There will always be challenges  
and less than perfect conditions  
So what? Get started now,  
with each step you take,  
you will grow more and more  
skilled,  
more and more self-confident  
and more and more successful

Always take action that will  
lead you towards your goals  
Develop a sense of urgency  
in your own life

Change hurts, it makes us insecure,  
confused and angry  
We always want things to be the same  
as they have always been  
because we peel as though  
it's easy, smoother and safer that way  
But sometimes one cannot hang on  
into the past that is not  
serving us anymore

The journey of thousand miles  
must begin with one step  
Vision looks inwards and becomes  
dirty; vision looks outwards and  
becomes aspiration  
Vision looks upwards and becomes  
faith

Where there is a will, there is a way  
If there is a million things that you  
can do, do something, anything,  
to keep what you want from ending,  
do it, pry the door open, or,  
if need be,  
wedge your foot in that door  
and keep it open

# Two poems

by Idah W



**F**ind peace  
find my natural flow again  
and with it, peace and quiet  
find myself with others  
our strength  
and together we shall be  
united and strong

**M**y children, I love you  
but like water... I can be harsh,  
dirty, contaminated,  
dangerous, hurtful...  
I can be aggressive with you,  
tearing everything in my way,  
leaving home flooded with  
confusion,  
dilution, pollution.  
But I will redirect...

# Dream in the Dare

## by Johanna

*I fell asleep in the Dare at lunch break and had this amazing dream given to me... In this dream, I was giving a workshop saying following words:*

**I**t's not so much about DOING as it is about ALLOWING. ALLOWING the earth to move through us, ALLOWING the water to move through us, ALLOWING the fire and the air to move through us.

So the obstacle we face today is not so much about how to make our systems more efficient or superficially doing things differently.

It's about removing or facing the fears that have come between us and the Source. To come and BREATHE. Because remember; BREATH and BIRTH have almost the same letters...

I want to thank the spirits of the Dare again for giving me this dream...  
I feel warm and powerful, writing it down.



# Why Am I Here?

By Rufaro

**I** am here to know myself

To appreciate myself

I am here to find courage to be me,

to go deeper in myself

You dare ask me Why am I here?

I will answer you: I am here to stand for myself

To find my voice, wherever it has gone

To find my centre

To face the difficulties and not to run from them

I am here to be free

- To scream freedom

I am here to find my dream which I had lost

I am here to transform and to be transformational

I am here to claim power but not to war with anyone

I am here to stand with other women

I am here to unlearn the toxic information that has been handed down  
from generation to generation

I am here to stand together

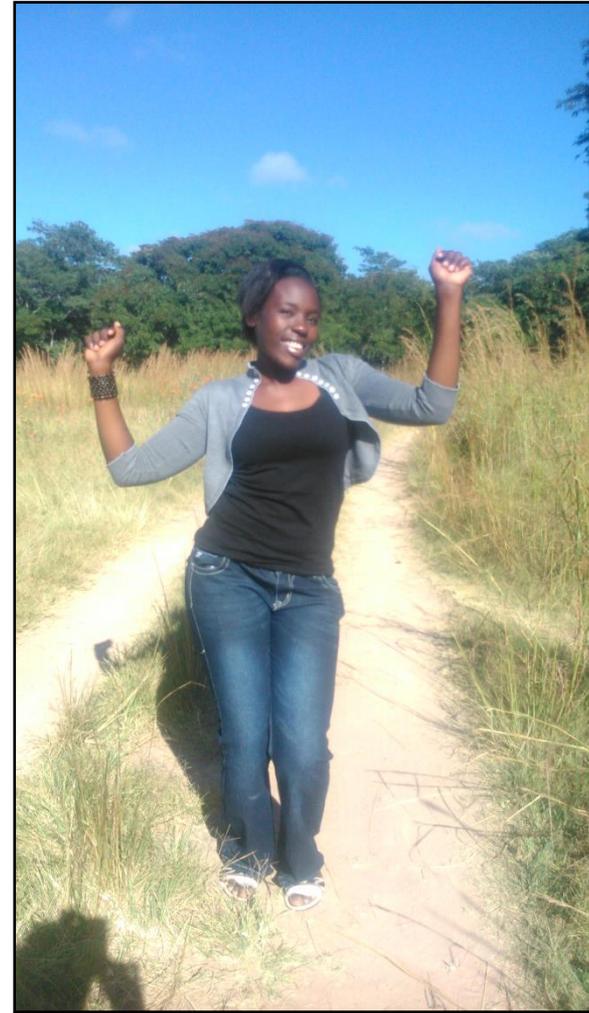
to walk the journey with other women

I am here because I want to be here

I am here because I am here

So don't look at me cross-eyed

I am here because I am a gift



# Our Destiny

by Winnet



Coming from different roots,  
families and worlds  
We all heading to the same destiny,  
women's destiny  
To live to the fullest of ourselves,  
and transform the world  
to become people's world  
not men's world

The road is too shallow,  
with a lot of obstacles  
covering our freedom  
Empowering and supporting each  
other  
is our motto all over the world  
Through it, there's hope in us  
Hope to reach our destiny soon  
Beware you world  
soon you came to know that  
we are still alive  
We Women

# On a mission

by Loveness



**A**s the sun shines in the sky,  
ready to give light and warmth  
You so shine and bring light into our dark world  
You are on a mission

You are full of good gifts  
You give generously without hesitation  
You are full of surprises and love for all  
You are on a mission

Just like nature  
You are growing inside of our hearts  
With each heartbeat, a step into this  
self-reflective journey of positive transformation  
You inspire and empower many lives  
You are on a mission

You gave me knowledge and wisdom  
A true reflection of myself and others  
A possibility to do and experience the impossible  
You opened my eyes, now I see clearly  
You are on a mission

A mission to bring back a future,  
a hope, that was long lost  
I thank you Kufunda Learning Village  
My future is bright now because of you  
I am now a pioneer of what I attained from you  
Together now, we are on a mission

# Letter to myself

by Nyengetera



11<sup>th</sup> March 2015

Today I said farewell to what was eating me up. The fact that it was staying in me made it difficult to let things go. But there came the water meditation. This was me in the water; listening, talking and experimenting. What came out was strength and peace, which I longed for. Surely, I say to myself, there is always hope for everything. And I appreciated the long journey I took to the river.

After releasing my stories, I felt relieved and grounded. Deep in my heart I had got a tingling feeling. That made me strong and brave. I thought; well, this is the end of stories. Now, here I am, ready to move with a new mind set: Forward ever, backwards never. I am free now.

# Relief

by Lina

After a long journey  
standing straight  
feet on the ground

Ferry is moving  
waves, wind in my face  
wind in my hair  
wind all over my body  
and inside me

Journey of questions  
journey of intensity  
journey of warmth  
journey of love

Horizon grey, blue, green  
horizon limitless  
sinking into waves  
becoming water

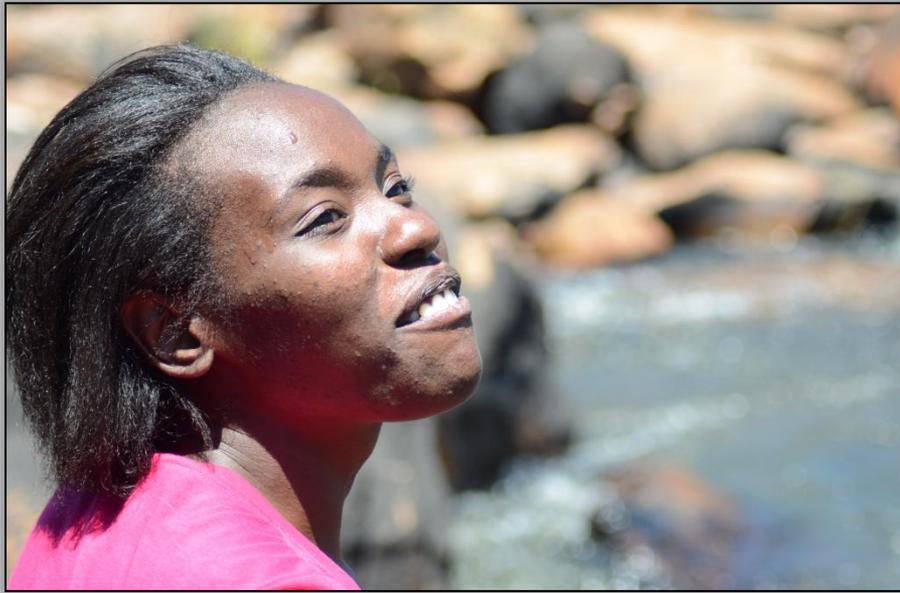
I am standing still  
breathing waves  
eating drops from that oxygen  
I did not know existed

I am here  
I am carried  
I am water  
I am horizon  
I am ferry  
I am love  
I am sinking, floating  
I am inhaling, exhaling  
I am alive  
I am drops  
I am real  
I am hope  
I am life



# Medicine

by Rufaro



**S**he said young women are medicine

I asked: Whose medicine?

What kind of medicine?

Who needs her as medicine?

I said: Look at her closely

she is wounded

she licks her own wounds

she drinks her own tears

she drowns in her own tears

she sees no purpose in her life

she always gives and takes with no shame

she has no shine on her face!

she has nothing to offer

because at one point she tried,

she tried to love, hoping to

find someone, someone to love her

but her love was thrown back

in her face

they now call her Loveless

so tell me, whose medicine is she?

Then she said: You are wrong!

Take a close look at her

She is medicine!

You say she licks her own wounds,

I say she heals herself

You say she has skin on her face,

I see an open woman who says:

Hey look at me and see

me for who I am!

They take with no shame, yes,

but she gives with love

She's like a tree

she goes through all the seasons

and she still stands firm, grounded

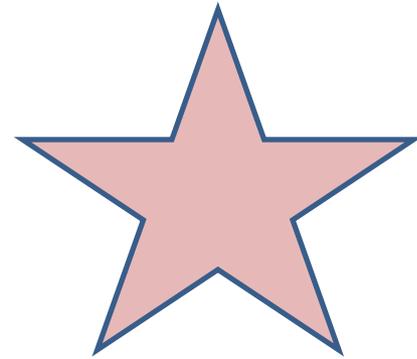
Yes the wind will try to to push her down or

confuse her but she still stands

The sun tries to burn her  
the cold tries to freeze her to death  
but she grows  
The rain comes to wash her,  
the sun will smile on her The world needs her medicine  
she needs her own medicine  
when she finds it, she will share it  
because that's what she knows to do  
They, as usual, will take with no shame  
but she will give with pleasure  
her medicine brings tears of joy  
sounds of laughter  
groans of pleasure

Her medicine brings  
healing and contentment  
it says enough to bruised, shattered and estranged relationships  
It says yes to love, peace, comfort,  
support and joy

The world needs her medicine  
we need her medicine  
let's help her find her medicine  
Young women are medicine  
All women are medicine  
I am medicine!



**H**ere is: The Platform. The Foundation. The Plan.

For anyone to construct any shelter,  
they need to plan first.

Now as Young Women are Medicine,  
we have started together our endless journey of  
becoming.

Before this gathering, some of us were empty and  
had been living in custody, while the doors were still  
open.

If I do it, what will they say? *Vanaani?*

How lucky we are to participate in  
Young Women are Medicine.

Why am I here?

I am full, rich, present and free.

A new, free woman – with a purpose, voice and  
wisdom.

They always shout: It's our culture! It's our culture!

What is “culture”? Who can define the word “culture”?

Every place, nation, country, society, religion,  
family, community – even Kufunda has it's own culture.

But most cultures oppress the girl child  
who will later on become a woman.

# The platform

by Patricia



Get up, stand up for your own rights!  
Here are the keys:  
Open up your own doors.  
Just be yourself and become who you want.  
Not only the opposite sex abuses the woman,  
but also woman against woman! A serious threat!

Woman! Mind your own business!  
A woman is a woman, no matter she is a single mother,  
widow or married.  
No woman, no cry.

Is it because of soft lovely voices, soft flesh,  
soft movement, soft looks, soft bones, soft everything?  
By underrating a woman you are losing a lot.  
Respect and listen to the soft, attractive, beautiful creature.  
She is full of wisdom.  
Start now – treat every woman equally.  
It begins with you, with me and then everybody.

Even if they call you names, just be yourself.  
Not even a single dimple will vanish because of their names.  
Let's preach it, let's say it, let's live freely and let's start it now!

There is a reason why you were chosen  
to take part in Young Women are Medicine,  
make use of this opportunity and show a difference.

Who am I?  
What makes me, me?  
Who am I?  
Who am I becoming?  
Just be true to yourself.

