More Than Time For Me…
by Martha M. Bradley

Somewhere in life I picked up on the notion that through time pains would yield and wounds would heal. Somewhere down the line I bought into the notion that in time I would grow, my thinking would evolve, and that life would take on a new meaning. I’m not really sure who said “time heals” wounds and brokenness or why they said it, but it is a notion that I have chosen to no longer agree with. One of the things that time provided me was an opportunity to pretend that my wounds and brokenness didn’t exist; and that the easiest way to deal with my pain was to pretend that it was not there. The time we spend avoiding the issues in our lives is nothing more than time lost. At the end of the day, the issue will continue to exist. While wounds can heal, in time, a process must happen so that they heal properly. When they do heal, they almost always leave you a little reminder (scar) that they were there even though they don’t hurt the same.

I cannot discount the fact that time is amazing as it is one of the only things that when it’s lost you can’t get it back. I’ve encountered others who speak of a past wrought with pain. I often wondered if they believe that those old wounds would somehow heal themselves through time. If they truly believed that, why are they still in so much pain? I’ve learned that for the most part those old notions were just that… notions and that it will take and has taken more than time for me.

I no longer allow time to function as a conduit to simply get me from points A to B, but I utilize it as a tool to help me process everything that happens to me in my life. As I began to allow time to help me through my transition, I came to understand the effects of denial, unforgiveness, and pretending. With understanding, came the devastating pain that truth often brings. The physical and emotional consequences were of great magnitude. All because I chose to believe a notion, when I should have found a way to deal with the source, the root, the lie, the truth, the pain!

Basking in the comfort that a MASK brings is nothing more than living a lie. Life begins when you reveal the real you to yourself and to others. Your latter days can be greater and you can walk with your head held high. There is no way that I can tell you what it will take or how long, but I can tell you that it took more than time for me.
Volume 2

“We’re on a Journey….

The ladies of TBLE have a desire to utilize very painful situations experienced by women over the course of their lives and turn it into poetry. The Journey of “From Pain 2 Poetry” began almost 2 years ago with the 2nd of 4 Volumes having been recently released. From Pain 2 Poetry: Taking Off the Mask, Vol. 2 is very different from the first as it seeks to bring light to a woman’s need to deal with her own issues, many of which are self-imposed.

In this volume, Dawn-Charmel brings to light the unthinkable notion that a woman could allow her daughter’s “treasure” to be stolen in an effort to please her significant other in her poem, “Stolen Treasure.” Cassandra delves into the fascination of the black woman’s hips, lips, breasts, and thighs with her poem, “I am Sarah Baartman.” Sarah Baartman was put on display for the entire world to see and treated as if she was a side show. Cassandra notes that today’s young women treat themselves as side shows by putting their bodies on display for the entire world to see.

Yes, some women have done and continue to do the unthinkable, but triumph awaits as you continue to turn the pages. Tonya encourages each and every woman reading this book to “Rise Up” as she boldly declares that women are resilient and can rise above anything. Last, but not least, Martha seeks to encourage women to love themselves with her poem “I Love Me.” Martha explains that her love for herself is so deep that it can’t be touched and notes that other women ought to learn to love themselves the same. God created them in His image; therefore, they should not deny themselves one of the greatest gifts ever given, “love.”

Pick up your copy TODAY!
Wearing the mask does not protect us from HURT...
it keeps us from HEALING!

Take Off The Mask!
...it's not easy, but it's possible.
- Dawn-Charmel

Once you discover YOUR TRUTH...
FACE IT! Look your truth in the eyes and
Take Off The Mask, declare that
you will overcome!
- Tanya D. Zeigler

Be true to WHO YOU ARE...
if you don't like YOU... then CHANGE!
Take Off The Mask, become stronger,
wiser, braver and FREE!
- Cassandra R. McKibben

In order for me to really walk in the TRUTH of who I AM...
I had to reveal MYSELF to MYSELF...
...and yes, Take Off The Mask!
- Martha M. Bradley

FROM PAIN 2 POETRY: Taking Off The Mask
Volume 2
A collection of poems from the heart of women.
From the Contributing Writers of The Bag Lady Experience:
MaChta M. Bradley, Dawn-Charmel, Cassandra R. McKibben, and Tanya D. Zeigler
If you haven’t purchased your copy of The Bag Lady Experience’s latest volume of poetry, it is not too late. Not only will you encounter an intriguing body of poems for women by women, but you will receive encouraging and uplifting words from Dr. Nelva Lee in the foreword.

Dr. Nelva Lee is the President and Founder of the Medical Interpreting and Translating Institute Online (MiTio), an online certificate and diploma program, where students obtain the necessary skills to become professional medical interpreters. She is a devoted wife and loving mother of 2 boys and resides in Atlanta, GA.

She has over 20 years of experience in the health care administration industry. She served as coordinator for the Department of Health in Mental Health Services and holds a Ph.D. in Health Sciences.

She feels that “From Pain 2 Poetry: Taking Off The Mask, Volume 2” is filled with “powerful, raw and in your face” poetry that she can relate to. Her journey of living life F.R.E.E. began when she found healing from the pain of sexual abuse as a child through her walk with Christ and through forgiveness.

In the foreword, she shares with readers how taking back her power allowed her to move forward in life.

“I found my voice and gained the courage to face my misdeeds in the light and cause them to have no more power over me.”

-excerpt from “From Pain 2 Poetry: Taking Off the Mask Volume 2”
A Black Woman’s Fears…
By Martha M. Bradley

A black woman’s fears are as dark as the night
And just as sure as the night comes,
so will her fears come to light.

A black woman fears
that she will live life alone…
With no black man ever deciding
to make her heart his own

She fears that she will raise
her babies all by herself…
With no education, stable home,
or financial wealth

She fears that society
will not take her seriously…
Judge her by the way she walks,
talks, or the way she wears her hair

A black woman fears that
her children will never be safe;
Hunted down by watchmen
or molested by men
without regards of race

A black woman fears
her sons won’t make it to see 18
A black woman fears her daughters
may become pregnant in their teens

A black woman fears
she’ll be judged
by the color of her skin

A black woman fears that
she’ll be betrayed by her friends

A black woman’s fears are endless
A black woman’s fears are her reality….  
A black woman fears…
THE BAG LADY EXPERIENCE’S
“FROM PAIN 2 POETRY” BOOK CLUB OFFER

–If your book club is looking for something different, something fresh, and something insightful, then consider The Bag Lady Experience’s “From Pain 2 Poetry” Collection as your next books of choice. “From Pain 2 Poetry” (FP2P) is a collection of thought provoking and intriguing poetry for women by women. It encompasses poetry that will make you laugh, make you cry, stir up emotions and strike up intense conversations and discussions. “From Pain 2 Poetry: The Bag Lady Experience, Volume 1” and “From Pain 2 Poetry: Taking Off the Mask, Volume 2” are now available at www.tblepublishing.com. As a club you can purchase books for your members at our discounted price.

To inquire about our special Book Club rates, packages, and other services please contact us at:
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