Phenomenal Woman

For as many yesterdays as I can remember

The morning marks a time when I must

***Look***

Look into the mirror…

**Look! What are you going to wear? Who are you going to be?**

…and try not to think what people will say about me today.

**Go to the store, be the girl from the poster.**

**How easy it is when you dig at your insides**

But the sales lady hands me four sizes too big

And I feel foolish for wanting to cry

**Oh my! These jeans make my lefs look…**

…look like sticks

**….look great and**

… I wont let out so much as a whisper, but what I really want is for my thighs to be perfectly grabbable and an ass that’s phenomenal.

**Like the thousand smiling faces of a commercial woman.**

When the probability of being happy lies on a scale of one to double zero

**I shrunk it**

When you hate yourself but pretend to be ashamed for somebody else

**I tightened it**

When you want desperately to be hear and are afraid of saying all the wrongs things

**I zapped it**

When you have one chance to make an impression

**I dissolved it, plumped it, padded it**

Words like skinny, slimming, sexy

**Supersize satisfaction, minimize modesty**

***I I am a woman***

… but a lot of the time I wish I wasn’t

**First having to smile, wave, flirt, wink…**

Though I feel like a little girl wearing mom’s bright red lipstick,

Two of my feet stuffed into one high heal

***I am a woman falling her primary education***

Where ABC means Allocate Binge Control

***ABC: Attention, Behave, Curtsy!***

**So I strut, squeeze, suck in my stomach….**

Live as if a picture’s constantly being taken

***Don’t you know***

**Prince Charming could walk by at any moment**

You wouldn’t want him to see you like this

**Because then… he wont notice you. He wont look at you. He won’t like you.**

***Then you won’t like yourself.***

***I am a woman and no one thinks me beautiful without make up. But…***

**It’s not the daintiness of our step**

Or the lure in our lips

**The bow of our head**

The sway of our hips

Yet the world wants more.

**More money, more power, more of these girls.**

More short short, more pushed up, more tucked in…

**More sucked thin**

When you are upset and someone tells you to

***CALM DOWN***

**Calm down.**

Don’t fend it off.

**We know**

**It’s the tacit language between sisters**

**The strength of our pride**

(Don’t fend it off)

**Our kindness in numbers**

**This power inside**

Don’t fend it off, phenomenal woman

**Don’t be afraid**

**Of the bigness and badness of the great, round worl**

Spinning around and around in its darkness

**Tilt your head and open up this beautiful void**

Reach your arms to the ends of the earth

***Swallow it whole***

Learn to pity the jealous

**Hatred can manifest wonderfully, but do not be afraid**

It is only self-loathing, spun out of control, casting a net upon

***Whoever will follow***

***Be brave, phenomenal woman***

***It’s the sweat of these backs***

***The care in our love***

***This break in the light***

***Leaves a chasm above***

**We walk into space, face to face with each other**

Remember the danger to stand by your sameness

***We straighten our backs with a courage that’s shameless***

Stay hungry for more and the fasting will end

**Stand bolder, stand brighter, at last we will send**

***Ourselves Home***

For when we prove

**That we are blessed with hips to cushion our falls**

And breasts to protect the hearts which feel too much

***There will be music***

***There will be laughter***

***We prove it to those who are not yet ready to listen.***

So make the choice

**To smile upone those, who never dared understand us**

***That’s what makes me a woman, phenomenally.***