

Can I talk to the black men
 I mean, talk talk to the black man
 Have a heart to heart with the him
 I'm trying to resuscitate him, reset him
 Commemorate him
 Hear him
 I am here with him
 I listen
 I provide a safe space
 A sanctuary in my world so they don't have to save face
 He can just be
 With me
 He is human
 Not in humane
 Or immune to pain
 He is everything that the world says that he can't be
 Like an expression of vulnerability
 Or visibly afraid, frayed or swayed
 Here, he is loved, praised and raised in appreciation
 Relinquished of unrealistic expectations
 Here, they can express their fears and they do
 See I possess this mothers nature, that allows them to naked while fully dressed
 Like, lay your head on my chest and at best profess your truth
 Like, we can cuddle and I can be the spoon
 I just want you to feel, heal and breathe
 Without the pressure of animinisltc perceptions buckling your knees
 Mimicked by the stories
 They are all the same
 The introduction to pain came the first day you allowed that tear to fall
 Emotions quickly stalled, because you better not cry in the house
 Led to a drought
 No more tears
 Only egregious aggression stretched thinly across life's span to
 A hair trigger held in the hand of a young man
 I overstand, but the plan is not to stand over you, just get close enough that you can touch my
 garment and rid the residue
 Let's converse and convert that hurt into lessons and I won't think less of you
 But more
 Let's sort until you reach the source, unstore or reveal
 You no longer have to carry to conceal
 I am here to receive
 I will neutralize that masculine energy

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Can I talk to you black man?

- What is it like to be a Black Man in America?
- When was the last time that you felt like someone was talking with you?
- Do you feel as if the people in your life talk with you or at you?
- When was the last time someone sat down with you and engaged in a conversation where YOU believed that they actually wanted to hear what YOU had to say?
- Why do you believe that I want to talk with you?

Have a heart to heart with the black man

- What does your heart hold?

I'm trying to **resuscitate** him, **reset** him, **commemorate** him

Resuscitate

Revive (someone) from unconsciousness or apparent death.

- Have you ever been shut down or judged for expressing your feelings and or showing emotions?
- If so, around what age did you have this experience?
- If so, how did this experience affect you?
- If not, how comfortable are you with expressing your feelings at this current time in your life?

You can enter me through endless vibrations and I am able to raise them
 No judgment, just an abundance of love and peace and I will never deem you as weak
 I am honored to be privy to your person
 Proud to meet your physical
 But I rely on the metaphysical so I see you
 Even through stained glasses windows
 I know, I know, I know, I mean, I could never really know the road that you have to traveled
 Or the burden you have to bare
 But I am here, so you can bare it all
 Just let me know when you ready to talk
 Like talk talk
 With no buffers or disclaimers to reclaim your manhood
 You good with me
 Still hood with me
 I'm from the block too
 I will not use words to cut through you
 No chop block or stopwatch
 Just keeping going so can keeping growing
 Release
 I promise you safe with me
 I know you also need to feel a sense of security
 I know how assurance be
 When you can receive it from someone outside of yourself
 Your health is contingent on your ability to speak
 Let me
 Be your physician
 Not to diagnose you
 Just to listen to your condition
 With no role switching
 No bitch ass nigga after
 I just want to capture the intimate parts of you
 And when we are threw
 You can disregard this heart to heart
 Put that mirror back in your pocket and go back to being hard
 But just know that silence kills
 And vocalizations heals
 And I'm here whenever your ready to talk

Reset

Set again or different

To move (something) back to an original place or position
 To put back in the correct position for healing

- Are there any areas in your life that you would like to be reset?
- If so, what are these areas?
- Is there anything in your life that needs to be put back in the correct position for healing?
- How comfortable are you with expressing your emotions?
- What do you believe that I meant when I said that I want to reset him?

Commemorate

Recall and show respect for (someone or something).
 Celebrate (an event, a person, or a situation) by doing or building something.

- How important is respect to you?
- How do you feel when you are disrespected?
- How do you respond when you feel as if you have been disrespected?
- Do you respond differently to feelings of disrespect when it comes from a friend, stranger, partner, family member, male or female?
 - If so, why do you think that is?
- When was the last time that you were celebrated?
- How often are you celebrated?
- How comfortable are you with being celebrated or praised?

Hear him