

Mirror Mirror On The Wall- Who's That Black Girl Standing Tall?

Every day I take a moment to stare into the mirror placed in the corner of my room. Every morning, every evening, every chance I get, I walk to that corner of my room to stare into my mirror – and I smile at the reflection looking back at me.

When I look into my mirror, every day without fail I see a beautiful Black, and talented woman. Black first because that's where my strength and power reside, Women second because that's where my spirit and wisdom lie, and talented because.... Well, have you met me? – all of this joined together; that's where my beauty and my essence shine.

I have always been proud of the colour of my skin, from the moment I was birthed into this world, to the moment I first saw my reflection in the mirror, and I am happy that the creator blessed me with so much melanin simply because I know its value and power. All things were birthed out of darkness. The colour Black; is power, strength, authoritative, elegant, rebellious, mysterious, sexy, sophisticated and so much more, it's time to remove the negative connotations associated with the colour Black and reclaim all of its power.

When I look deeper into my mirror, I see all my ancestors that have come before me, all the wonderful, talented, great Black people who have paved the way for all of us to be here today. Our ancestors who built empires, led armies, cultivated land, raised communities, created life, navigated through space and time, harnessed energies, communicated with all forms of life, the world's first doctors, scientists, leaders, authors, carers, nurturers – the list could go on. Yes, we had a small mishap for a couple hundred of years but we ruled the world for hundreds of thousands of years before that.

This is the stuff they don't want us to learn about in school, because if we did -from a young age we would all look into our mirrors the same way that I do every day, and see the magic, and power that we have possessed for hundreds of thousands of years, and there would be a major shift in the way Black people move in the world today.

When I take my last glimpse into my mirror before I go about my day, I take a step back so I can see the golden crown placed upon my head by the beautiful Black Queens that came before me. From the first women- who gave life to us all, to Nefertiti the Egyptian Queen who ended a great war, to the Queen of Sheba the epitome of beauty and power itself, to Candace- the strongest and fiercest African Empress, to Aminatu- the great Hausa warrior and Queen of Zazzau, Queen Yaa Asantewa- the last woman to ever lead a major war against the colonists. Of course, not leaving out my

Great-grandmothers, Grandmothers, my Mother, Aunties, and all the great women who have helped raised me.

So, in all honesty I don't need to ask my; *'Mirror mirror on the wall, who's that Black girl standing tall?'*... I know who I am – I am who I say I am, and I say I am a force to be reckoned with; simply because I am not only me; but through my DNA I am all those amazing Black people that stepped on this earth before me.

To all of my people, when you finish reading this go and stare into your mirror whether it's in your bedroom, bathroom, bag, whatever- just stare and see who you are, understand your history and the line of power you come from, allow your ancestors to guide you and go out into the world and be great leaders, teachers, doctors, scientists, creators, partners, mothers, fathers, children, and learn to harness the energies of the world- just like your ancestors once did; so we can rise up and shine bright once more.

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