

Mp3 Meek - Egression



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Jazz, Alternative, R&B, SpokenWord, Erotic, Lesbian, Blues, DIVERSE, RICH COMPLETE. 11 MP3 Songs SPOKEN WORD: With Music, URBAN/R&B: Soul Details: Born Tamika Yvonne Brown, June 17, 1972 in Philadelphia PA. Genre - Spoken Word, Jazz, R&B, Rock, World, Erotica. Occupation - Poet, Artist Instruments - Vocals, Pen, Camera, Years Active - 2007 Label - Independent Associated Acts - Bassist Kirk Green, Brass King, Mark Strowbridge Website 50Secondst.com Tamika Yvonne Brown (born June 17, 1972), known professionally as meeK, is an American poet, spoken word vocalist, motivational speaker, writer and photography artist who independently releases her work. Born in Philadelphia, PA, meeK's poetic influences include Alice Walker, June Jordan, and Maya Angelou. She is an openly gay artist whose music and art work confidently express her sexuality and love of women. She is of African American, Native American, and Caucasian, descent. Filled with a love of God, meeK brings love to the world through encouraging self acceptance, responsibility for our life, love of God/ Allah/ Most High/ Universal Mind/ Buddha Nature/ Jehovah. Quote "The reason that I release my work is because I believe that I have something positive to share with people. A gift of love and kindness that might help many if many hear/see/feel or experience it. It is my hope to help people to take responsibility for everything they are experiencing in life, knowing we are the self perceiving the self at all times. So if this is the case then everywhere I go, there I go. So everything that I am seeing are aspects of self and I need to embrace them. Embracing instead of battling. A lot of people say. "Battling demons". I suggest not battling our demons but embracing and loving them. There is value in the various aspects of our personality and we need to be grateful and appreciative when we are allowed to encounter the positive and negative in life. Cultivation is acceptable and is done best through loving adjustments. Love self and you will be able to love all. Be Joyful and Give Love. meeK"

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