

I AM BLUNT FORCE TRAUMA

As I listen to my voice, I take in the meaning of my words
like a delicious juicy steak and mashed potatoes with butter cooked by God,
and I know my own voice is the most powerful sound in the universe.
My mind is changing from the sound of my voice, changing from my own words
accepting my POWER.

My words are POWER. My imagination IS CREATION.
AS I SPEAK IT, IT SHALL BE. Now I WILL make it MANIFEST.

I Remember how strong I am
I remember I was born strong
I remember as a kid I was always the strongest
and FEARLESS because I willed it to be so
I am Strong now and I am getting stronger
I must keep building my strong Foundation
I MUST GET BACK TO THE FEARLESS

AND SO I SAY TODAY
I can lift anything, there is no heavy
it's all lightweight
everything is lightweight
it's all the same weight
lightweight

Gravity is nothing
nothing is heavy to me
I am in control
I CAN PUSH THE WORLD AT WILL
at MY will

I have discipline and I have Focus
I am strong and getting Stronger

God made me Strong
God helps me build hurtin' bombs,
bombs to bash though walls
He put up for me to get STRONGER

I am the son of William and Adrienne
they are the Strongest and the Wisest
and I am their Son
so I am the Strongest and the Wisest, too

When I am faced with a problem
when I am faced with a challenge
when I am faced with a Mountain

I do not go around it
I do not climb over it
I AM BLUNT FORCE TRAUMA
I SMASH THROUGH IT!!!

SMASH SMASH SMASH
I SMASH UNTIL IT IS A PILE OF RUBBLE AT MY FEET
AND LAUGH AS I DO IT

BECAUSE MY GOD MADE ME POWERFUL
because my God made me limitless

BECAUSE MY GOD MADE ME IN HIS IMAGE
IN HIS IMAGE
AND SO I AM MY *ONLY* LIMIT

AND HERE I DECIDE TO BE LIMITLESS

NO BOUNDS

Constantly RE-Remembering how strong I am

GOD GAVE ME UNIQUE TALENTS
GOD MADE ME GREAT

I have greatness within
but I have held this greatness captive
and so, here, right now, I am unleashing my GREATNESS

TODAY I AM GOING TO USE THE TALENTS GOD GAVE ME

I AM ATTRACTIVE
I AM MAGNIFICENT
GOD MADE ME MAGNIFICENT
I ATTRACT POSITIVE
I ATTRACT MAGNIFICENT

I am in control
I maintain discipline
MY MIND IS ALWAYS CHANGING ACCORDING TO MY WILL

I accept positive

I drink in the positive like a mango Arizona
refreshing
I am refreshed every time I hear positive
every time I hear good

I am in charge of my Destiny
I am in control of what happens to me

So good will happen to me, TODAY,
BECAUSE I SAY SO

I WILL MANIFEST MY DESTINY
I AM MANIFESTING MY DESTINY
I am pulling in Positive, snatching it out of the sky

I see positive here, there
I see positive everywhere
free floating in front of my eyes

and I take it in,
I take it all in
I breathe it in like air after holding my breath under water for a long time

and it makes me powerful
so powerful
I can feel my power growing
AND SO I AM FEARLESS
AND IT MAKES ME FREE, LETTING GO OF MY FEAR
AND IT MAKES ME EVEN STRONGER

and I am a WORLD-BREAKER
A POWERFUL BREAKER OF WORLDS

and I can make the UNIVERSE YIELD TO MY WILL

and I am getting more powerful each MOMENT
more powerful than I was the day before

and I am open to learn more
I accept new challenges because I know that's how learning is done
AND I WILL KNOW MORE BY THE END OF TODAY

and as I learn and get stronger with each lesson
I am mastering MYSELF

as I learn I GET BIGGER
AND BIGGER AND BIGGER

I AM THE MASTER OF ME
I AM IN CONTROL

and as the negative tries its puny attacks
I laugh
I LAUGH HARD AND LOUD
as I SMASH THROUGH THE NEGATIVE LIKE WET TISSUE PAPER

all negative words are just the whispers of weaklings
of the weak and the scared
just empty sounds, blown about by the wind like fall leaves
dead and useless

MY WORDS ARE POWER
MY WORDS ARE POWERFUL
WHAT I SAY WILL MAINFEST

BECAUSE MY GOD SAYS MY WORDS CARRY THE POWER OF LIFE AND DEATH

AS I AM MADE IN THE IMAGE OF GOD
MY WORDS CREAT ME
MY WORDS BUILD ME
MY WORDS HEAL ME
MY WORDS FEED ME
MY WORDS STRENGTHEN ME

and feed those around me
because I AM GOOD
GOD SAID SO
I was his last creation on the 6th day
his last, greatest project

I feed those around me positivity
good words
like mom fed us Thanksgiving Dinner
stuffed with love

Yea tho I walk through the valley of the Shadow of Death I shall fear no evil
Because I know God is with me

and God got me

and so I am Fearless
I fear no man
no work
no obstruction or task that looms before me

in fact, I will enjoy myself as I SMASH THROUGH IT
BLUNT FORCE TRAUMA
BLUNT FORCE TRAUMA
BLUNT FORCE TRAUMA

is who I am
is how I deal with any challenge

I AM MORE THAN A MAN
I AM IRON
I AM STEEL
I AM SOLID ROCK AND STONE

I am the stone that the builder refused
I AM THE STONE THAT THE BUILDER REFUSED
THAT BECAME THE CHIEF CORNERSTONE

THE FORCE OF MY WILL CAN SMASH MOUNTAINS
AND END HURRICANES
I AM THE CALM THAT ENDS THE STORM

Imagine the firm foundation I am building,
ever reinforcing it
See it filling in
stone and brick and mortar
GETTING HARDER AND HARDER
The more I build, the stronger I get
UNBREAKABLE

I BREAK ANY BONDS HOLDING ME BACK
LIKE CHAINS WITH WEAK LINKS
I AM UNLIMITED
I AM LIMITLESS

My words are power. My imagination IS creation.
AS I SPEAK IT, IT SHALL BE. Now IT SHALL MANIFEST.

Kareem J. Crawford, Esquire