

He Shout!!

Tribute to Amiri Baraka

by

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He shout about me deep within
in tunnels where I been, in shadows where I sinned
He call me out and force me to stand devout within my own herstory...

He shout!
There in that place where I hid,
where I bones slept unencumbered
Until he touch upon my heart with memories of who I be, who I am, what I do

When I awaken to wisdom's pearl kept
within this shell of protection... He say
Wake up daughter... know thyself
Know thy people... know the signs and
Realign with the truth of who you really are

He shout and my ears vibrate in revolutions where institutions spew out pollution
A solution to this persecution is to wake up the children and dig my toes in the earth and
proclaim this truth in kingdom's ride and justice fights and
spiritual sight come forth running laps on ignorance and
He shout!

It is there that we win, that the earth is unbounded and the sons are set free
and the light from the moon radiates the vibration of the call

He shout and my heart beats a drum I know
A rhythm calling me to the front of the line where I speak in real time

Wake Up He Shout! Tell them "Wake Up!!"

Lakiba Pittman is an educator, business consultant and creative artist. She is the Director for the Office of Diversity and Adjunct Professor at Notre Dame de Namur University, and a Senior Adjunct Professor at Menlo College where she teaches Race & Ethnicity, Diversity & Inclusion in the Workplace and Cultural Expression in Media. She is a Student Life Instructor for College Track where she teaches mindfulness and meditation as effective practices to mitigate stressors and maximize opportunities for success in school and life. She also is a Mission Be Mindfulness Instructor teaching at Mountain View and Los Altos High Schools. Lakiba is a member of a global cohort, certified to teach Stanford University's 8-week Compassion Cultivation Training course developed by the Center for Compassion & Altruism Research & Education (CCARE). Lakiba also facilitates compassion workshops with Concrn, the Compassion Response Team currently working with the homeless population in the Tenderloin section of San Francisco. She also facilitates trauma workshops with Global Gratitude Alliance. After a successful 20-year career with Hewlett-Packard and Agilent Technologies, Lakiba started Corporate Creative Solutions, a consulting firm that offers organizational consultation for businesses, start-ups, non-profits and educational institutions. In the field of Creative Arts, she is a founding member of Fua Dia Congo, a Congolese Music & Dance Ensemble about to celebrate its 40th year. She has recorded and performed with historian, teacher, percussionist and band leader – John Santos and the Machete Ensemble, with the Sons and Daughters of Lite and the Nairobi Messengers. She is a published author currently working on the 2nd edition of *Bread Crumbs from The Soul*, a book featuring her art, poetry, and stories from her life. She also, for the last two years has been one of over 60 African American women artists in the Black Woman is God art exhibit at SomARTS in San Francisco and was a presenter at the 50th anniversary of the Black Arts Movement Conference at UC Merced. She holds a B.A. in Creative Arts, an M.A. in Organizational Development and an honorary Doctor of Ministry from the Bell Grove Theological Seminary. She is currently pursuing her doctorate in Psychology with co-specializations in Consciousness, Spirituality and Integrated Health & Transformative Social Change.