

SiBusisiwe



AND WE GROW Poetry Booklet
YVONNE BUSISIWE KGAME

SiBusisiwe – And we grow!

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INDEX

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PREFACE	04
DEDICATION	05
01. A NEW SONG, A NEW DANCE	06
02. A BLESSED LIFE	08
03. LEND ME YOUR EAR	09
04. A STATE OF BLESSEDNESS	11
05. PLENTIFUL BLESSINGS	13
06. WORRY-FREE	14
07. FOREVER THANKFUL	16
08. FINDING SELF	17
09. ONLY A SERVANT	18
10. THE WONDER OF CREATION	19
11. A NEW BEGINNING	21
12. THE LIONESS IS LET LOOSE	22
ABOUT THE AUTHOR	23
CONTACTS	25
BLURBS & QUOTES	26
ACKNOWLEDGEMENTS	27

PREFACE

Poetry has the power to force us to imagine, smell, and feel. It sharpens our focus and allows us to go into spaces we don't often go to. It forces us to think and dig deep within.

For most people a poem is just a song in one's soul, for some it is an expression of the innermost thoughts. Some have defined it as one of the most profound forms of expression.

Sometimes it does not take a lot of words and hidden meaning to get wisdom out of a poem. Perhaps this is the strength of poetry; its ability to speak to us simply and in a language that is easy to access and understand.

This collection of poems is refreshing and very positive. It is a celebration of life. All the poems have the same theme of rejuvenation and restoration. They blend well into each other, taking the reader through a journey of positive thinking. This booklet is so energising, after reading it you feel like getting up and smelling the flowers!

DEDICATION

To all my teachers, my parents,

My grandparents and my siblings,

To my dear husband and our lovely children,

The lessons were both fun and painful.

The lessons were tough but they helped me grow.

The lessons came from everywhere and from many.

For the ones who have touched my life,

And the ones whose lives I have touched.

You are all my teachers.

Thank you for the lessons.

Here's to growing from life experiences and lessons!

Here's to letting our blessings come to light!

01. A NEW SONG, A NEW DANCE

What do we do after our souls have just been through
the roughest tempests?

How do we manage our temper-tantrums after we have just been through
the biggest wave of doubt and distrust?

How do we wither the toughest storms of life and remain sane afterwards?

How do we rise above the harsh realities of our daily lives,
when we have been forced out of our comfortable bubbles?

How do we keep ourselves in balance
after having our world turned upside down?

How do we keep our breathing regular and our heartbeats steady
after losing loved ones and treasured assets?

I say start a song from the depth of your pain -

through to the breadth of your tears,

I say dance your sorrows away

as though you have come out unscathed,

I say compose a song and create a dance

I say get on singing and dancing your way out of limbo,

I say sing like you've lost your mind

and dance like no one will ever see you again.

I say dance to the music of your inner self
Dance to the tune only your spirit can hear
Dance even when they wonder what you're singing about
When they wonder how can you dance in this turmoil.

Dance anyway

Sing anyhow

Love anyway

Rejoice anyhow.

02. A BLESSED LIFE

Breathe blessings that radiate life and joy from within;

Blessings that complete the new being

arising from a renewed soul;

Breathe calmly in times of confusion

Peace during chaos

Laughter in distress

Clarity in frustration

Power in weakness

Trust in moments of uncertainty

Hope in times of despair

Courage where there's doubt

Resilience in trying times

Breathe love where there's betrayal

A way in the desert

Truth where there is deceit

Life where there is none,

Breathe blessings that create tranquillity and true freedom;

Blessings that release the dynamic potential locked within;

Let blessings come to life!

03. LEND ME YOUR EAR

My Father, My Mother

I might not know how to say it
in the way that you want me to,
But I want to talk to you about life,

I worry about my identity and my place in the world,

I want to be my own person but you insist that
I should follow your rules and statutes,

Mother, Father,

Lend me your ear - share your time with me.

I promise you if you listened carefully to what I want to say,
If you tried to understand the emotions behind my hysteria

I know you could help me,

Allow me the space to make my own mistakes
and judge me not when I come crashing at your feet.

I need your guidance not law enforcement,
I need your wisdom not an affirmation of my shortcomings.
Mother, Father, lend me your ear - share your time with me.

My Daughter, My Son

Hear me and hear me well,

I cannot stand and watch you
make the same mistakes I've made.

I want you to do far better than me.

I want you to understand though –

life is no one's friend.

I tell you from experience,

I teach you from what I have learned.

My Daughter, My Son

Hear me and hear me well.

These are life principles that will never change;
respect life, respect yourself respect authority.

I wish I could tell you something different but

I can't because this is all I have learned:

There is time for everything, use your time wisely,
that's one thing you can never get back.

My Daughter, My Son pay attention, life is no one's friend.

04. A STATE OF BLESSEDNESS

Let's call it a state of blessedness

The moment when we are not so easily afflicted

When we are not crying about everything

When we have an understanding of life

And the Creator's bigger plan

When we can let go without a fuss

Let's call it a state of blessedness

When our faith has created new ceilings

When our love has penetrated beyond skin color and nationality

When our happiness is a fountain,

reaching to the outmost hearts and homes

When our laughter is genuine and contagious

When our hearts are open to new ventures and experiences

Let's call it a state of blessedness

When we no longer complain about everything

But appreciate everyone

When we no longer only see the wrong in others

But compliment them in the good that they do

When we no longer love another for benefits

But benefit from loving each other

Let's call it a state of blessedness

When we no longer fear death

But know that when it comes it will find us ready

When we know that living is a gift and dying is a gift

Let's aspire to live in bliss, in this state of blessedness

Where our spirits are aligned to our purpose

and no psychology can crack us!

05. PLENTIFUL BLESSINGS

From the rising of the sun

Let your spirit soar with excitement

For the eyes that help you see

Let your soul be joyful

For the ears that help you hear every sound

Let your spirit sing

For a heart that can love

Let your soul be well

For the body that works

Let your heart jump and dance

From the rising of the moon

Let your thoughts settle

For a nose that helps you smell the scents in the sphere

Let your mind unwind

For the people in your life

Let your body rest

For the wonderful encounters

Let your brains blossom

For the blessings you receive everyday

For the favor you acquire every hour

For the grace you enjoy every minute

For the mercy you don't even feel filling your life

Be grateful.

06. WORRY-FREE

Remember those days when we used to play in the streets

We played in the rain with open smiles

We welcomed the sun with shiny faces

We collected dust and mud

All in the name of good times

We had no cares in the world

Only the assurance that the dust will be removed from our feet

That the water will dry on our clothes

That the tan from playing in the sun will only make us glow.

Remember those years when school was a playground

A place to surprise ourselves

A place to showcase our creativity

And have our energy burst into physics experiments we had no comprehension of;

Our enthusiasm would melt into complex Maths problems whose solutions meant

absolutely nothing to us

But all the same we found it exciting

Can we remember to visit that part of ourselves each day?

Can we live in that bliss just to get ourselves back to balance?

Can we replace all this worry and stress with laughter and family time?

Can we still walk in the rain bare feet?

Can we still smile with rain-washing our tears off our cheeks?

If we can remember then we can relive,

If we can relive then we can revive,

If we can revive then we can restore,

If we can restore then we can receive all the blessings meant for us

Because they are still there

We have just chosen to outgrow them.

07. FOREVER THANKFUL

How can I keep quiet and not show gratitude?

How can I be silent and not give witness to the supernatural

Manifestation of faith and favor in my life?

How can I be shy when I have to share the story of my life?

How can I not talk about the wonder that is my testimony?

How can I recoil into a corner and not shout at every street corner?

How can I watch and not warn?

How can I see and not show?

How can I hear and not guide?

Life is a testimony of favor and grace

Family is a testimony of unity, love, and perseverance

Home is a sanctuary for spiritual growth and maturity

Days are for witnessing the favor and grace our creator gives us.

I have a song rising from the depths of my soul.

I have a cry of joy bursting out of my belly.

I have a mission to accomplish –

and that is to give thanks for everything all the time.

08. FINDING SELF

When I thought I lost everything, I found me

When I felt my life seep out of me, I found me

When I saw myself walk away from everyone, I found me

When the sun set with only bad news, I rose with me

When I heard nothing, saw nothing, felt nothing

I saw myself clearly; I heard my truth clearly and felt my vibrations clearly

09. ONLY A SERVANT

It is often when we are forced to serve with a bleeding heart that we remember who we are
and what our greater purpose is.

It is often when we are forced to give what we think we don't have that we recognize the
needs of others.

It is usually when we are called to stretch ourselves out of our comfort zones that we really
feel compassion for others.

It is usually when we go through what others went through that we stop judging and start
understanding.

It is often when our sun sets that we treasure the rising of a new day.

It is when we are bound in bed for days that we appreciate the days we wasted.

It is mostly when we hear "thanks you" that we really feel fulfilled.

It is often when we hear "God bless you" that we stop to take in the impact of our little good
deeds.

It often takes an appreciating smile to get us to get up again and extend a helping hand.

10. THE WONDER OF CREATION

The sun rises and sets in the horizon
Nights reveals days and days turn into nights
Time goes on, life goes on
And we grow

The moon and the stars adorn the sky by night
Our voices and energy fill the air during the day
Night reveals days and days turn into nights
Time goes on, life goes on
And we grow

The nature remains intact, moving ever so slightly once in awhile
Trees continue dancing in the rhythm of the wind
Rocks hold a firm balance not letting go of the earth that holds them
Rivers run, mountains stand tall and majestic
Time goes on, Life goes on
And we grow

We inhale and exhale like it was nothing significant
We talk, walk, work
We go to war and we make peace
We cry and we laugh
Time goes on, Life goes on

And we grow

We hurt, we feel and we heal

We stumble, we gain balance and we continue walking

We lose ourselves, we find ourselves

We go crazy as the burden grows heavy

We lay down our burdens, our bodies too finally get to rest

Time goes on, Life goes on

And we grow

We overcome, we succeed, we win

We sing, we dance and we give praise

We celebrate and we wish each other well

We meet and we part ways

Time goes on, Life goes on

And we grow

We take and we give

We work and we earn

We learn and we teach

We live and we die

Such is the wonder of creation

Time goes on, Life goes on

And we grow.

11. A NEW BEGINNING

Fresh air fills the body

Blood runs through every vein

A rejuvenated spirit springs from within

A new mind is created

A new being is coming to the fore

Fresh thoughts fill the mind

The brains expand with new ideas

The fog lifts from the soul

A fresh perspective is found

A new being is coming to the fore

Fresh eyes, fresh ears

All that can be seen and heard is a new song

A new voice, a new mind

There is no more clutter

A new being is coming to the fore

New love fills the home

New sense of appreciation fills the land

Peace and forgiveness flows like a river

There is no more pain

A new being is coming to the fore

12. THE LIONESS IS LET LOOSE

Watch and see - who is that running free in the open field?

Look closely and perceive her joy and open smile,

She runs like her whole life depends on it.

She renews her body and her soul is set free.

Who is that running up the mountain, across the river?

It is the lioness; she has been set free from within.

Can you hear those firm footsteps running across the land?

Can you hear that strong convincing voice celebrating victory?

Can you hear those sweet words of salvation and grace?

Can you feel the breeze the lioness leaves behind her as she runs on?

She never seem to get tired or discouraged

She runs like her life depends on it.

Watch and see, who is that jumping, dancing and singing for joy?

Her whole manner says I am free

She runs like there is no tomorrow,
Like whatever must be done must be done now.

Whose soul clears the air, whose joy overflows?
It's the soul and spirit of the lioness; she has been set free from within.

ABOUT THE AUTHOR

Yvonne Kgame is a professional with over 30 years' experience as a leader and senior executive in local and international print publishing and public broadcasting at the South African Broadcasting Corporation (SABC). Yvonne is also a teacher, chief examiner, mentor, inspirational speaker and researcher and is currently The Executive: Innovations and Editorial Manager of Local Content at the SABC.

During the period of South Africa's transition to democracy, Yvonne provided insightful leadership in educational broadcasting. The collective work of her and the team she led has been recognised through 150 international and local awards, and the development of strategic partnerships resulting in a number of co-productions. Among the most prestigious awards she has received are: The Peabody Award, the CBA Broadcasting Award for Outstanding Children's programmes, and four awards in Italy including the Grand Jury Prize. She was nominated for a South African Feather Award in her personal capacity. She received an award from Images and Voices of Hope, an international organisation focusing on International Dialogues for Thought Leaders in Media – Journalism.

Following her successful leadership in education broadcasting, Yvonne headed up the SABC's Content Hub, overseeing a broad spectrum of programming genres. At the apex of work in this role, she was overseeing the conceptualisation and broadcasting of more than 800 programmes. During this time her work was recognised through more than 80 local and international awards in just over two and a half years.

Amongst these are: An Emmy Award of Recognition for Hosting the Semi-final round of the International Emmys; FEPACI (Pan African Federation of Filmmakers): a Recognition Award for services rendered. In August 2013 Yvonne received 3 awards: Inspiration; Vision and Modesty; Leadership as voted by SABC staff.

After her double stroke, Yvonne was appointed Executive Manager: Innovation and Editorial. In this role, she supported content houses across various media platforms, which express, celebrate and affirm South African and African stories. Yvonne's passion for weaving and

positioning the African tapestry in a global context represents her quest for making Africa's great stories widely known.

Yvonne's academic qualifications include a Master of Arts (University of Stellenbosch, South Africa), a Materials Development Certificate (Thames Valley University, United Kingdom), Bachelor of Arts Hons (Wits University, South Africa, 1992), a Bachelor of Arts in Education (Honours) (Wits University), Bachelor of Arts with distinction in Education (UNISA, South Africa), a Senior Secondary Teachers Diploma (Soweto College). She has recently obtained a Certificate in Occupationally Directed Education & Training Development Practices – NQF 4 (Maccauvlei Learning Academy). She has worked as a teacher at Kagiso Sr Secondary school and also worked at McMillan Publishers.

Yvonne has served as a board member of various international and national boards, including: International Public Television; Basel Forum; Sithengi Board (International Film and TV Festival); Academy of Television, Arts and Sciences; Oscar Selection Committee; Chowac (Christ Haven of Workers Adult Literacy Centre) and Chief Examiner at the IEB. She is the Chair of the Board of the International Association of Human Values and is an Ambassador for United Way Worldwide.

STAY IN TOUCH

Website: infinitegrace.co.za

ybkconsulting.co.za

Facebook: Infinite Grace

Twitter: @infinite_grace

LinkedIn: Yvonne Busisiwe Kgame

REFERENCES & QUOTES

SiBusisiwe – And we grow!

“Fresh, inspiring and highly positive!”

“We overcome, we succeed, we win

We sing, we dance and we give praise

We celebrate and we wish each other well

We meet and we part ways

Time goes on, Life goes on

And we grow.”

(Extract: The wonder of Creation – SiBusisiwe)

“Like the dew lifting off the mountains, and fog off the grass, this selection of poems is like

waking up to sweet smell of the ocean.”

ACKNOWLEDGEMENTS

This booklet is a song of praise to the Creator, God in heaven for all the blessings and favor he has bestowed upon me.

I am grateful for everything and everyone because I know that in all things God works for the good of those who love Him.

To my co-writer, Ayanda Halimana; thank you for your passion, dedication, and time. Working with you has been absolutely amazing!

To the reader, I hope you find the peace, joy and restoration breathed into this book. I hope you find your song and your dance as you embrace all your blessings!

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