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# The Journey of an Emotional Black Boy

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**The Journey of an Emotional Black Boy**

Alonzo Elias

Mentor: Dr. Roger Florka

## **The Journey of an Emotional Black Boy**

The Title of my Project is Emotional Nigga a.k.a. Emotional Black Boy because people would be comfortable if I called it so. The audience for this project may want to think of it this way. The title I chose is meant to express the struggles I faced in my journey to self-awareness. I decided to share my story into fifteen topics, which has brought me a better understanding of myself and hopefully the audience as well. These topics are Self-Love, Prelude: Intimacy and Attachment Theory, Relationships, Sex, Beauty, Sexuality, Love, Self-Love, Spirituality, Religion, Astrology, Psychology, Self-Care, and Life. These topics will be explored through interviews, monologues, and music. More specifically, it is about struggling with the tensions of being a man, black, queer, and an immigrant. The final product will be a set of videos. This will be advertised through, Instagram, Twitter, Facebook which will draw the audience to the final product the YouTube Channel. What I want out of this is for the audience to come and interact while figuring out their own path to self-awareness. That means realizing their insecurities and emotions instead of projecting them onto others. Accomplishing this requires learning how to have self-control, and healing from their past.

Below are the scripts for each of the videos. I attached the link at the tile of each to each scrips, so that it will be easier for you the audience to access them. Enjoy.

## What is Sex?

We've talk about a lot

From self-love to relationships

Now I want to talk about, sex.

This intimate bond we share

A connection between two individuals

This bond this connection that is not to be abused to control

Why are we so entitled? why was I so selfish?

And why did you lie when you say you didn't want anyone?

Sex. Between two individuals which involves pleasuring each other by stimulating the genitals.

I spit bars for it you even finessed your flow saying how much you gon probe for it.

I know you wanted me to yourself but you never even asked for it.

Oh much I want you so close to me.

You see something, I want and you get it

Don't take it when it wasn't even offered

I know we feel we deserve this bond this connection

You say when you look at me I remind you of something you never had.

You said look into your eyes and I remind you of love.

But what is lust?

## What is Beauty?

You're now tuning into my tv.

Because this is not a sappy song. This is an up-beat rhythm.

To a life not too long ago. Where Granny and auntie told me I was evil.

I was an obedient child,

I was kind

I even did all my chores.

At the crack ah dawn before meh sista and cousin break bread and yawn.

Look how black he is. that is why he wicked suh.

and I believed it so.

So, for 420 school days I adapted the culture and even mimic the accent because techha said I look like I was from Nigeria.

It was like a play, a sitcom I synthesized just for me. Just for School.

When my mother asked why? I told her my skin was vile. So she listened, I too am unpleasant.

So you should find someone that is pleasant so your legacy will be pure.

it was her remedy.

and I took it like a shot of tequila

dancing on this merry go around

going dizzy,

Praying that one day I will make it to the land with the rainbow. And I will have halo.

Because many people shared tales when they come back from the land of the rainbow to land of many water of how they gain their halos.

So I took the tequila at the end of the rainbow. It was so cold as I massage it into my skin.

Mommy am I pure enough yet.

Goddmait. Colorism.

Because now you're watching my T.V.

Emotional Nigga

This is not a sappy song this is a rhythm that has no remorse.

## What is Sexuality?

Oh hey,  
Come on join Me  
You're scared  
Why? Don't be  
I know I have been in my bag lately  
But this does not make me weak

You know it is okay to be sensitive and still strong  
for these are my words  
Not an empty vessels but a fool with a wise tough  
But the things I have heard, people said I should stay away, away from Zo. Because He will  
make you like him.

huh? how?

Because the things I have done and I am doing is only from the kindness of my heart  
You know I was once afraid of people who are like me because I was scared to live in my truth

I am not the one who has created us in his image  
I believe we have total control over our emotions  
becuase a wise man one said we know when we are being manipulated but it up to us to say stop  
he was an emotional boy

Wow, you are so right?

You know...I often question why are some people so evil...but when you get to know them they  
have no place for anyone

That don't think, dance, act

hell I am not your yess man

So what you are saying is you can't make me like you if I was never you

I already had to be like you before

Yes, because some people are often uncomfortable with people who are different like me

Honesty hurts when you get older you know,

This is some good ass tea

## What is Love?

Honestly.  
Desperately.  
Painfully.

Until it hurts either you or me.

Eagerly.  
Hopelessly.  
Wonderfully.

So that it feels like a fantasy.

Pure.  
Sweet.  
Easy.

Eventually, that's the way it all should be.

Lovely, love less,  
A little bit of warmth inside your chest.

Pressure and the consumption of your whole heart,  
That's what sets this all apart.

-el.li

## What is Self-Love?

I am creating this space to vent  
because I too know how it feels  
like to be the rubber stamp  
the door mat that everybody walks on  
I also know how the shepherded felt  
when the one thing he lost  
was so valuable  
he didn't know until it was gone. Me  
boy this feels good

I know you told me that I can't sit with them because of the past  
I am sorry they are also my friends  
I guess I'm not cool because  
I am not falling in line  
I guess you are my only friend  
So you punish me because I mingle  
This lasted about a fortnight  
My home we call a safe space  
Wasn't a home  
When I came home to my Georgie Bundle  
At the door  
The mark of my homeland in your possession  
To make peace I had to sympathize  
Because we often forget our worth  
because mama, uncle, ganny, and auntie push me to shoot for  
the stars  
they want what was best for us  
so I am never satisfied

But I fell in love with petty friends  
I had thing for wicked lovers  
Who think there are the stars outshining ha.  
may be because we are afraid to be alone with ourselves  
alone with our thoughts  
getting to know my insecurities and emotions  
being comfortable by ourselves to live in my truth  
to appreciate me  
because nobody can tell me what I should do  
how I should act  
who I should hang with  
because many of us haven't been thought how to love  
ourselves  
we all step on one another. ha  
human nature  
this journey we have to figure out on our own



So I go to my quiet place every time I feel lost  
talking to my best friends  
Me, Myself, and I  
knows how to sort things out  
Because you are your best friend

## What is Spirituality?

You don't know the value of something  
Until it is gone  
Because a wise woman once said be mindful of how you treat  
Others

Now I understand what it feels like to be the lost sheep  
Have you ever been told you weren't shit?  
Have you ever been called stupid?  
That was me

But I still stand by your side  
And you still take advantage of my love  
You know I was vibrating at a low frequency  
Because we often forget our worth

So you brake every single part of me  
which is what your parents did to each other  
because we often repeat the mistakes we have been taught

And when I actually get to know you  
You have no place for anyone  
And I still stand by your side

You calling me delusional  
Will not relinquish that hate you have for yourself  
These pieces of leaves and rocks help me vibrate at a high  
Frequency

Because darling right now I am at a place where I am  
comfortable being alone.  
I don't need anyone or someone to make me feel like I belong  
But-- I am wishing you the best  
Even amongst the crowd  
I know that you are lonely  
I hope you will find  
Your path of healing and individuality  
Just as I did

## What is Religion?

Hello, Hey how are you?

I am well

How are you? I miss you!

You saw the text I sent

No! What did it say!

I love you!

Oh thank you!

Did you went to church?

Ummm...no

Zo, why not?

Because I don't want to

You can't forget what the lord has done for you

I haven't.

I just don't want to go to church

Why not?

I am not really dissing it

I am not shunning it

I am just saying it is not for me.

You have lost your way.

Because many years of studying and dabbling into many religions

I just see it as a guide of how we should live our lives

And that's the message many saviors have said when they came to earth is to love

A message we often forget. Love people despite their flaws

Love people even though they are different from you

Love.

## What is Astrology?

This is not a poem or some sort of spoken word

This is a conversation

Because I didn't know

Which is why I seek knowledge because I don't know anything and I suggest you do the same

This is a subject I looked into because many people get nervous whenever I say my birthdate

I ain't know what the hell that meant

so I YouTube it and they say Gemini's don't confront their problems so instead they go to a different circle because they are able to make friends easily.

Partially it was true in relation to me I can make friends easily but I always confront my problems. Which people can't do. Honesty hurts when we getting older.

So, this made me dabble into Astrology a little bit more and I came across this thing called the birth chart

When I looked into it. It says you may be born under your Sun sign but you may not act like your sun sign. Because there is this thing in called your rising sign which rules your birth chart. The rising sign is the mask you wear and your reaction and how you approach the world. I am a Pisces rising ruled by Neptune I have a dreamy nature to me which means I am not often stuck in reality. Despite your insecure nature I will overlook them and I will still look like the bad person in the friend group whenever we have a fallen out even though I was a good friend. I am kind of like a free spirit so I can be friends with anybody. But not a lot of my friends don't like that I can fit into any group. Many people find me personable because I can see feel the vibe but I don't connect with a lot. You come into your rising sign when you reach adulthood. Your Sun sign is your ego this shows when you are a child. Because of who I am people love being around me because I am complex and I am confident. Many people can't handle my energy. Which is why I understand Kanye. There is this thing called the moon which is your emotions the side that is known to your close friends and family and it is your deepest desires. My moon is in Capricorn boy this explains why I get along with Capricorns and Scorpios. And when I let you in I am the support system in the relationship group many people abuse my kindness for weakness. Then there is the mercury which is how you communicate and process information which shows you that people think differently. My mercury is in Gemini with conjunction to my moon, rising, and mars means I see everything, so I am a good advisor but I gotta learn to start taking my own advice. Though people try to copy me they cannot execute it like me. Then there is the Venus which shows how you love in either a platonic, romantic or family oriented relationship. And my Venus is a Cancer which means I love emotionally and help others get in touch with their emotions with conjunction with my rising. I am an empath. I also don't mind clingy people it makes me feel like I am doing something right because of my insecurities of wanting people there, but I learned how to control that. Then there is this planet that controls your drive of how we approach things in the world. The mars, is what makes us thick. My Mars being in Libra which means I love the grand scale of society and what keeps society in balance. I thrive to make others get along to find a common ground. I will say this is a good Mars to be friends with based on experience. We're always looking for our Aries mars because they know how to take action

and keep things exciting. Sex. People I know with this mars placement are good in relationships because they treat you how they would treat themselves. The mars, Venus, mercury, moon and sun goes hand in hand. There are how we go about things in life. It kind of makes you you.

Then there is Jupiter and Saturn which are social planets.

Jupiter pushes us to grow and expand. It rules how we seek information and seek success.

My Jupiter is in Aquarius which means do you really know me you think you do. It all depends on what I want to show you. Maybe if you ask I will tell you. And a lot of people in our generation are born with this sign in their Jupiter. We are good liars, think of a news anchor everything is a performance. Which is why our generation relationships is built on lies.

Saturn governs structures--structures in our society, restrictions, fears, and struggles in life. Saturn doesn't come out of placement for 2 ½ years. Which is why they say our generation are the ones that is going to disrupt our society because the way we treat is other is fucked up. The group think. When Saturn is in Aries it means we have to work hard to get the things you want in life.

Then they are the generational planets which are Uranus, Neptune, and Pluto.

Uranus stays in each sign for seven years. It rules innovation, change, and it is rebellious. Which explains why people are shocked because of our generation way of handling this. My sign is in Aquarius which explains the name. You get it

Neptune rules the unconscious and imagination. It stays in each sign for twelve years. My Neptune is in Capricorn. Because of the ruler of my birth chart. Oh my I am such a good friend. When I bond with you I am bond with you for life. This is a life lesson I had to learn the hard way to be careful who I let in share myself with other who are caring like me. Not everyone deserves second chances.

Pluto god of the underworld. Rules power, intensity, and transformation. Pluto stays in each sign for fifteen years My Pluto is in Sagittarius meaning my psyche is positive, optimistic and forward looking. Which doesn't clash well with people who have a pessimistic outlook in the world.

Then there is the north node this hold the key to our destiny, past lives and the purpose we are here to serve. It stays in each signs for 3 years. My north node is in Virgo which mean I am here to heal but in an emotional way. Whereas my south node which is in Pisces signifies my past lives and in my past lives I healed in a practical way.

## What is Psychology?

This shit is therapy

I am bringing this sentiment to the table,

Sweetly changing the narrative

but I mean business when I arrive.

So Listen

I have fallen victim to a game

where I thought I was playing checkers

but I actually was playing chess

not until I lost my way

to the garden of Eden

If I had only listen to Ganny when she said choose your friends wisely

I wouldn't have been a pawn to this sitcom

Phoebe was a free spirit

she never had thorns pressing her to fit in

she was never given an ultimatum

That I denied

This is my channel

You're tuning into my station

In this games call chess

Where I was just your pawn

You made me your vision

But then you break me

Because I never fall in line

We call these people the perfectionist,

the traveler, and the initiator

who think they are stars out shining  
but in reality I am at my prime

oh boy this is therapy

we play different roles in this game call life  
oh shit I mean chess  
getting caught up in the mediocrity  
of if you don't think like us  
you can't sit with us  
because that ain't cool  
cause it is not mature

that's boring...

you see the group think mentality doesn't work

just because someone is of a different, race, ethnicity, religion,  
or have a different political view different from yours doesn't make them  
a bad person  
so we should not persecute them  
cause everyone is capable of good and evil  
But I'm guilty  
please forgive me

seems like we forgotten all the saviors message  
to love each other despite our differences  
because we all got different stories to tell  
our paths are different  
for something we are all born to do  
die

## What is Media?

I don't even know where to begin  
because I too am guilty of this  
because a wise man once said  
you can't always believe everything you see

This wise man I am talking about is my grandmother

I know I preaching  
But This sermon is an antidote to our wounds  
That is our reality

In the domain where we reside  
The Pioneers  
Of the free enterprise  
Kings and Queens  
Is what we call them  
Masters of their craft  
Monopolizes on our group think mentality  
That is our pain

Cause in actuality  
For it has been told  
The truth is controlled  
By the gods in our society  
Because these things are filtered  
I guess we gotta read between the lines

We refuse to listen  
Since it is not cool



Running with our glass half empty  
Because this shit right here is the hottest trend  
But we made them famous  
Instead of taking the time  
To hear the truth  
We dismiss it

I don't think I even know my own ideas or thoughts anymore  
Am I saying these things because I was told that I was supposed to say them  
Something we are all guilty of

What do I actually believe  
I don't even know  
I have to start looking at things based upon their intent  
And say it from an objective stand point  
That is free thinking.

## What is Self-Care?

We are what we eat

we are what we read

we are what we follow

so be careful who you keep in your circle

because they are some ashy ass mf out there

that don't know beginning or ending of hydration

I am not telling you to moisturize because I said so

I am applying this shea butter because I care about my well being

looking healthy

feeling good

drinking water

taking my vitamins

so be careful who you share yourself with

I get so lonely sometimes

I forget who I am

we get so bored

we blame ourselves

so take the good memories

because they are 7 billion people in the world

why are you making this one a problem?

they said to forgive and to forget

but what you forget to mention

I forgive you but you didn't change  
You just so resentful  
Because darling this is not healthy  
That you still talk about me like we together

As I am riding this chill ass wave grinding  
minding my business  
seeking knowledge because I know nothing  
As me and my friends  
inhale these blessing  
and it's seems to be working pretty fine

I wanna share a secret  
I am at place right now  
where I enjoy being alone  
I have never been here before  
because chasing never seems to work  
letting things flow seems to be working pretty fine for me