



There is a Spirit Inside: A collection of Spiritually uplifting poems

Tony B Conscious

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There is a SPIRIT INSIDE... From the Ancient times in World History when melanated men walked the earth as GODS, to the middle passage and then the worst decades of human torture, murder, brutalization and oppression. There has always been a spirit, a soul and consciousness deep within those beings considered the mothers and fathers of HUEmanity. It is the same spirit that built the pyramids, created the majority of religions and cultures and fought with resistance all forms of tyranny oppression and hatred. It is the same spirit that all of the shamans, teachers, healers and griots possess as well. TONY B. CONSCIOUS is one of those artists, healers and orators. Before the "National Poetry Slam" and HBO's "Def Poetry" became popular, there was TONY B. CONSCIOUS. From selling individual poems on the streets of Atlanta and Los Angeles, to writing Poetry books and starting the first poetry clothing line, TONY B. CONSCIOUS is the personification of not only poetry, But Hip Hop Culture and the "inner-city" black male. SPIRIT INSIDE is a poetic journey metaphysically, spiritually, culturally, emotionally and politically through the heart and mind of those oppressed, yet still grounded and connected to the roots of their ancestors and people in the inner-cities and ghettos of North America.

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