

# Cultural Daily

Independent Voices, New Perspectives

## Michael Ayomide: Two Poems

Michael Ayomide · Tuesday, September 22nd, 2020

### A LIVING OXYMORON

I am strongly weak,  
Mundanely righteous,  
Happily sad.

Dotted, slashed or dashed,  
Sometimes stabbed,  
But not squashed.

Caged in Freedom,  
Lucidly dreaming lost dreams,  
While the world dreams away.

An organized scatterbrain,  
Indolently meticulously,

A thick skinned basket case,  
Bleeding insecurity like a punctured vessel,  
Walking excitedly on eggshells with depression

\*

### HOW TO PREPARE A CHICKEN (BUILD SELF-ESTEEM)

(Don't) Soak (yourself) over-night in butter-milk (comparison)  
Buttermilk is milk (how people see you),  
and vinegar or lemon (Their thoughts about you)

Then, put flour (self-love) in a bowl,  
Add ginger powder (assertiveness),  
garlic powder (persistence)  
and basically any spice you can see (set personal boundaries)

In another bowl,  
you will prepare egg (Listen to your inner monologue),  
Add salt maggi (positive affirmations),  
and pepper (forgiveness of self – and others),

Remove (yourself) from buttermilk (comparison),  
dip in egg (Listen to your inner monologue)  
wash (in positive re-affirmations),  
Dip (yourself) in flour (self-love),  
dip in egg (Listen to your inner monologue)  
wash (in positive re-affirmations) again  
and then flour (self-love)  
lastly, fry (in self-confidence – even if you have to fake it)

## VOTE!

This entry was posted on Tuesday, September 22nd, 2020 at 3:29 pm and is filed under [Poetry](#).  
You can follow any responses to this entry through the [Comments \(RSS\)](#) feed. You can skip to the  
end and leave a response. Pinging is currently not allowed.