

# Proud to be a contributor!

**BREAKING THE  
BIAS  
FREE EBOOK  
SIGN UP NOW**



International  
Women's Day

**IMMORTAL  
MONKEYS**

# DUALY

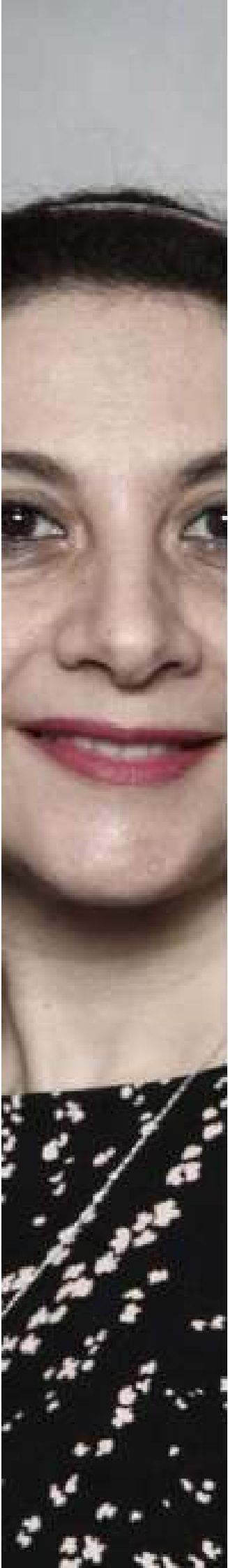
To be a Woman  
What it means to be a woman?  
To accept you always come second  
To be told in your face that you should know  
you are less  
To be taught to put yourself last  
To love yourself well after everyone else  
Your man, your children, your male siblings  
To be conditioned to shrink yourself  
To dim your light  
For others to shine  
To let everyone, claiming to love you, take  
your own light  
Toy with it,  
Take it for granted,  
And the best they can do  
Is to remember to say thanks  
What it means to be a woman?  
To love unconditionally  
But accept to be loved if any  
only conditionally  
to be told "I love you" backhandedly  
when the words only mean  
I love what you offer  
Not really love you  
What it means to be a woman?



For you  
To be taught to deny your needs  
To learn to dare not be really yourself  
To not venture to dream big  
To limit your intellect  
For your fellow men not be scared of you  
To fake you're weak, fragile, and so easily  
broken  
For your male counterparts won't be menaced  
by your might

**WHAT IT MEANS TO BE A WOMAN?  
TO SUCCUMB TO THE REALITY  
THAT YOU'RE HERE ONLY FOR OTHERS  
NOT FOR YOURSELF**

What do you think girl?  
It's only him that's here for him  
And you too are here for him  
What it means to be a woman?  
To be all time giving  
And be given only what you're told you  
deserve  
And when you dare know your true worth  
You're shunned abandoned and dumped  
What do you think?  
You can define your worth?  
You can set your own boundaries?  
You can draw the borders of your self-  
respect realm?  
Who do you think yourself, girl?

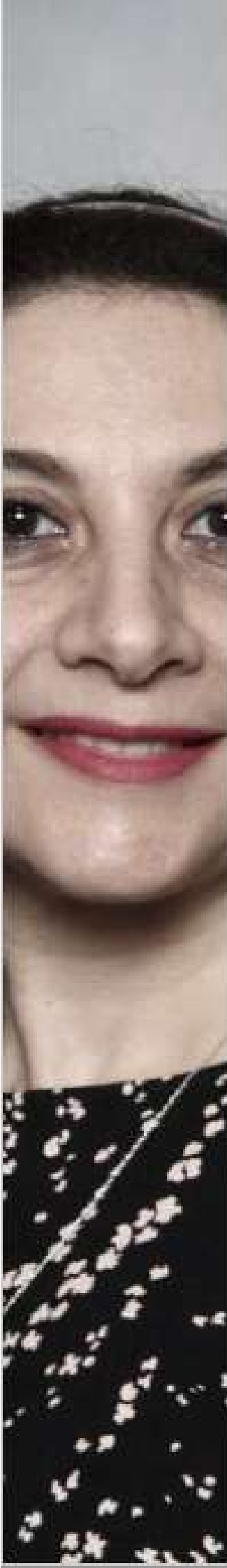


Wake up  
And remember you're here for him  
What it means to be a woman?  
To bow your head  
To know in your heart you are a property  
And be well happy with that!  
What do you think?  
You can determine your destiny?  
You can have a say in your own life?  
You can shape your future?  
Shake those feminist thoughts off  
Or you'll be destined to forever alone  
What it means to be a woman?  
To fake being soft on the outside strong in  
the inside  
What it means to be a woman?  
To give your heart mind body and soul  
To someone who will never fully reciprocate  
To accept the crumbs you're given  
And be thankful that you've ever been given  
anything at all  
What it means to be a woman?  
To know for a fact you come first in your own  
life  
To know you are no less  
And that you're worthy of more

To put YOU first before anyone else  
To expand with no conditions forced on you  
To shine your light on every dim corner  
Not bothering who hates to be engulfed by  
your shine  
Beware though  
Save your light only to those worthy  
What it means to be a woman?  
And return it to sender  
To refuse to be loved  
For nothing but YOU  
And only YOU

**WHAT IT MEANS TO BE A WOMAN?  
TO ASSERT YOUR NEEDS  
TO BE NO ONE BUT YOURSELF  
TO DARE DREAM BIG**

To stretch your intellect  
To be scary  
To be powerful  
To be unbreakable  
To not be bothered having a menacing might  
What it means to be a woman?  
To be here for YOU first and foremost  
To create balance  
To know your worth  
To settle no more for less than what you  
know deep in your heart that you truly  
deserve



To shun whoever dares define your worth  
To abandon whoever breaks your boundaries  
To dump whoever violates the borders of  
your self-respect realm  
And sentence them to a lifetime exile from  
the kingdom of your heart  
What it means to be a woman?  
To bow no more  
To be the property of your own  
To determine your own destiny  
To have the only say in your own life  
To shape your future  
To be happy and proud to walk your path  
alone  
What it means to be a woman?  
To accept no less than full reciprocity for  
giving your whole  
To love and embrace yourself and your sister  
Whole and complete  
And heal from the queen bee syndrome once  
and for all  
So rise all women  
Heal  
Be healed  
And be empowered  
Forever and more  
So, rise all women  
And be women!

Immortal Monkey  
presents

# IWD2022 Speaker #breakthebias

8th March 10am-12pm GMT  
over on Clubhouse



*Dua Aly*

**RAPID TRANSFORMATIONAL THERAPIST**

Follow @EstelleKeeber on CH and  
set your reminder!  
LINK IN BIO