

# Letters To The Men I Love ©dmt2002



## INSPIRATION

She's no scholar, no psychologist; she's only human, a woman, a poet. She's a woman who was tired of complaining, tired of getting her heart broken by the same kind of man, tired of making the same mistake, and excuses, tired of being angry and feeling lonely.

## OVERVIEW

Four years ago while in LA **Deborah Magdalena** sought help from astrologer Elizabeth V, hoping she'd tell her, her ex-boyfriend, would come back to her. Thankfully she assured **Deborah** he wouldn't and suggested that she write him a letter. In that letter **Deborah** was to celebrate the relationship, forgive the relationship and ask for forgiveness. Once completed, she was to mail out the letter, symbolically letting him go the same way she was letting the letter go into the mailbox.

**Deborah** didn't miraculously feel better but, she did notice that she had a different outlook on her heart ache. Celebrating their relationship made her think about the good times and how good he really was to her. Forgiving their relationship allowed her to understand his mistakes. Asking for forgiveness forced her to see her faults. With that **Deborah** was able to objectively see the lessons that relationship brought her.

*"I chose to take my power back, my power of love and forgiveness. I decided to love all of the men in my life and forgive them. I don't have to like them or even speak to them; I just need to forgive them, clear away the cosmic dust bunnies they left on my heart and make room to love myself, my husband, my son, my father, and my brother. What evolves is this - my poetic tribute to the men that I love. It is for these men that have helped me become the woman I am today."*

### **Confesses Deborah Magdalena**

Combined with **Kiki Valdes'** portraits, music, dance, multimedia videos and a passionate performance of these poetic letters, this poetic tribute becomes a piece of art.

## POEMS (LETTERS) OUTLINE

**My First** – Just because of that – he was my first.

*"You are the most beautiful man I've ever known ... I will miss you for the rest of my life ..."*

**The Bodyguard** (my ex-husband), an absolutely, dysfunctional, cancerous, relationship that taught me true self worth, on both a personal and professional levels.

*"We fought like two over sized rams. In between rounds we became aroused... Your insecurity devoured my persona..."*

**The Professor** broke my heart three times but I'm thankful to him for showing me that I'm a writer.

*"I couldn't stand still. I couldn't stand still because the smell of decay reeking from my soul was driving me crazy..."*

**Mulatto** (my 95 years old Godfather) He's my Dali Lama, my ultimate advisor who has taught me and given me unconditional love.

*"No hay duda en mi vida ... Tu eres parte de mi destino ... (There is no doubt ... You are part of my destiny)"*

**Bullies** – A collage of characters that were annoying, broken marbles, which I knew would cut me, but still chose to make the same mistakes by letting them in my life and getting severely cut.

*"Big ... buuullies ....come out and plaa-aaaayyyy..."*

**Pianoman** (my father) With an alcoholic past, and a womanizer up until 8 years ago, he has taught me acceptance and forgiveness.

*"Dear Daddy, This is the second letter I write you and I just don't feel any better ..."*

**CONCLUSION** - Despite completing these letters it is still an everyday struggle to let go and forgive. I finally saw the light and am no longer afraid to run towards it and embrace it.

*"Funny enough, the last letter I wrote is exactly where I needed to begin ...."*