

Abdi “Phenomenal” Farah

Spoken Word

Abdi “Phenomenal” Farah is a spoken word artist who writes, “The resiliency of the human spirit is what moves me.” Born in Somalia in 1987, Abdi Phenomenal lives and teaches in Minneapolis and has been featured in The New York Times and Al-Jazeera. This poem is titled, “More Than Heroes.”

“More Than Heroes”

Written and performed by Abdi “Phenomenal” Farah

We live, we breathe with our wings open

Running fast get caught with our limbs holding

Caught in the sense of our dreams being broken

The youth have no choice but to sell their dreams for a token.

And old age is unnoticed

the youth unfocused

and al Shabab¹

is trying to tell you they’ll bring change but only if you hold this.

But I’m holding peace in one hand and freedom on the other

Peace in one hand and freedom on the other

And besides what’s the difference between galvanizing the bleak and sanitizing the heat between utilizing the weak and institutionalizing the free

I said what’s the difference between galvanizing the bleak and sanitizing the heat between utilizing the weak and institutionalizing the free.

It’s between not being able to see and what is the door of opportunities if you swallowed your own key.

And only to stay sane you have to confide in truth because truth is woven in the fabrics of the women and the youth.

¹ Al-Shabab – meaning “The Youth” in Arabic – is the largest group among several armed Somali organizations that were started with the goal of toppling Somalia’s U.N.-backed Transitional Federal Government and imposing Islamic law.