SJB SELECTION

REVIEW · R&B

Know Your Power | Allysha Joy

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Allysha Joy leaves little room for misunderstanding.

Body.

Mind.

Autonomy.

Respect.

“Know Your Power” starts here and doesn’t seem interested in making the message more comfortable.

The voice is dark. The Rhodes pulses. The writing scratches.

But the song doesn’t become a shouted manifesto.

It’s a **vulnerable ferocity**.

Behind the anger is the need for a boundary.

The sound feels almost purple to the touch: dense, warm, compressed. The rhythm section tightens and then lets go.

Like someone who isn’t asking permission to say no.

The title can be read in two directions. Know your strength.

But also know the way that strength touches others.

> ***In “Know Your Power”, knowing your own power doesn’t mean showing how far we can push. It means knowing exactly where we have to stop.***

LISTEN

Know Your Power — Allysha Joy — is in our playlist Blue Desire: Jazz, Soul & Slow Fire.

Allysha Joy. Updated every Friday. Selected by ear.

LISTEN FIRST. SELECT SECOND.