

When you are being taken
advantage of and abused

Is not because you are stupid
It's because you are so loving

You are so free and so accepting
That you fall prey for those
Who wish to be so themselves

And so they act to destroy you
When they really want is to
destroy themselves

Everyone is clean and beautiful
But you can't heal yourself
with anybody else or
any body

You heal yourself in spirit
As you become true

Forgiving yourself becomes
a challenge when you haven't
done anything

But treated so bad that all you
feel is bad

The root problem
Your own perception

That will make you aware
until you can't take it anymore

And then you do something about it
And make a change

And heal yourself

t r a n s m u t a t i o n . s e