Definitions

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Definitions

In order to be healthy
you have to
heal thy
self
I mean the word tells you what to do
heal thy
and then do you
those old wounds will
fester and rot
and that leads
to other diseases
does it not
the dis
ease
of not healing
means that
hurt people hurt people
but this is just a poem
or a small call to action
to ask you
are you really healthy?
yes, your diet is balanced
and you exercise
however
did you forgive yourself

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for holding all of that pain inside
No Not yet well, you've got to let it go
breathe in blow it out
and begin to think
how holding on to all of that hurt
has manifested negative energy
but this is just a poem
I'm not telling you what to do
just a few suggestions on how to feel better
be happy
and most of all healthy
but this is just a poem

I. Pettie Perkins
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