

To Be a Human

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It is painful to be a human
Rejection, judgment, exclusion, isolation
Being labeled, misunderstood, being dismissed
Categorized, expectations, barriers, burdens, pressure
Doing a million things you don't want to do
To become someone you never wanted to be
Bending over backwards to please the crowd
Trying to prove your worth
And living a life that lacks meaning

It is painful to be a human
Death, grief, uncertainty
Fear and anxiety eating your brain
Depression, loneliness, failure
It is painful to be a human

It is beautiful to be a human
Hope, recovery, birth, and rebirth
Music, symphonies, starry nights and holding hands
Falling in love, finally
It is beautiful to be a human

Daughter, sister, father, brother, friend
Wanted, loved, cherished, seen
Midnight conversations that twist for hours
Hot tears dripping, belly laughs aching
Climbing a mountain and standing on top
Looking out over rushing rivers, gnarled trees, breathtaking landscapes
Sunsets, heartbeats, feeling alive
It is beautiful to be a human

Letters ripped open, tender embraces
Something in the oven, thunderstorms, open fields
Wildflowers growing, dreams, destiny, fate
Vulnerability, authenticity, hope
To become who you were meant to be
It is beautiful to be a human