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# What you say

All I ever wanted and all I ever had were never the same  
I tried my best to be perfect  
Trying to be what they wanted and playing their stupid game

I gave and I gave until I had nothing left inside of me  
I tried so hard to make them proud  
Just wasted efforts because they never cared to see

Instead they pointed fingers and judged me for flaws created in their head  
Smiling in my face  
While everyone judged me for the rumors that they spread

No matter what I conquered and despite all that I achieved  
Never once was it good enough  
And I remained this person that they all believed

I worked my hands to the bone struggling day by day  
I worked so hard to be my best  
But they still only had bad things to say

Not once did they ever see the truth or tell me they were proud  
As if I were invisible  
The outcast who stood out in the crowd

They never saw the failure in the others but expected some from me  
Nothing ever made that change  
One day I stopped trying to become what I'd never be

Tired of feeling ashamed for the lies that they would say  
Eventually I gave up trying to please them  
Knowing that it would always be this way

They never took the time to see me for who I was or who I had become  
Instead they judged and looked down at me  
Permanently labeling me for my past mistakes which I had done

To them I'd never amount to anything more  
So I finally gave up trying  
They were supposed to build me up but knocked me to the floor

Too busy making accusations of things that they had no clue  
Assuming this or that  
Spreading rumors about me so everyone believed the lies were true

I stopped and told myself to simply walk away  
I realized It didn't matter  
Because I am proud of the person that I am today

So to those of you who see me as someone weak or flawed u couldn't be more wrong  
I am someone special  
And I am someone strong

No longer will I allow your judgments to hold me back from what I deserve and need  
I refuse to give you power over me  
Without you setting me up for failure I will succeed

You weren't there when I needed you and you waited for me to fail when I got to the top  
I no longer will be your victim  
From this day on it will stop

So go ahead and spread your lies if it makes you feel better inside  
Think what you wish of me  
Anyone who truly knows me will know that you lied

No longer will I allow myself to let it affect me or care what others think or say  
Come up with something more clever to say next time  
I refuse to stoop to your level and for you I shall pray

When I look into the mirror upon my reflection I see the person I became  
What do you see staring at u  
Do u see someone real or do you see your shame

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# THE ISLAND OF PEACE meditation

You are alone on a deserted island that has been filled with overgrown fruit and bare essentials.

The water is so clear you can use it as an honest mirror of truth.

Over in the distance you spot a lovely hammock that has been hung between two sturdy cypress trees.

You decide to walk over and give it a try.

Its soft material hugs you and before you know it, you are fast asleep in that lovely makeshift hammock.

The sound of the ocean rocks your ears in tranquil motion to and fro.

Passing clouds glide over your head without making a sound.

They are watching you breathe as they go by.

Breathe from your diaphragm, your chest, your throat,

Breathe in and out.

You smile because you are in a place of inner contentment.

A little green turtle trundles along moving side by side close in, circling your little soft hammock.

She is heading for the ocean for some seaweed, jellies or tunicates.

The little rosy seashells are sitting at the edge.

They call you over for a barefoot walk.

You smile as you rise and go to the edge of the water wetting your feet and holding spaced with the dolphins and the fish.

You are going to live here for a little while.

Long enough to receive your fitful rest.

You are going to stay her for a little while, because you know it is the best place to be.

The End.

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