

## All of Me

He's a bit thin on top  
She's a big piece  
He's got a belly on him  
He's strong, hairy beast  
She's tiny is she well?  
Expecting I can't tell?  
Put on a bit of timber,  
Used to be so slim remember?  
Not an oil painting  
No Prince Charming  
I'm only saying, it's not really hurting.  
Needs a good meal!  
Should stay away from the cakes.  
Just plain lazy.  
For goodness sakes  
What are we doing?  
Passing comment on what we think we are seeing?

Cruelty, although somehow tongue in cheek  
we can't help but let people know just what we think!  
But what would happen if we actually thought?  
And looked at a person not a prejudice taught, in a world of pre conceived  
ideas of how we should look amongst our peers?

Airbrushed pictures on social media  
Some twisted template of how We should appear.  
Something to live up to,  
A benchmark to make.  
Altered unnatural and oftentimes fake.  
Comparing with those on the magazines, beating ourselves up because we  
don't look like the screens.

I am all of me.  
I'm not just the things you can see.  
I am heart and soul and mind,  
But you focus on my body.  
Don't judge me, don't short change me, just because I don't please you  
aesthetically.  
I have beauty and it's not just skin deep.  
We are all different but the same, when you cut me I bleed.

I am all of me.  
I'm a whole package.  
my successes and failures my emotional baggage.  
My sunny smile my tear filled eyes,  
The wounds and scars I try to hide.  
The dreams I've had since childhood days,  
My imperfections and funny ways.  
My laughter lines and bits that wobble, my crows feet my bald patch my chin  
at the double.

I am a work of art a masterpiece!  
Fearfully and wonderfully made,  
One of a kind, the mould broken,  
Creativity displayed.  
Surely our diversity is the wonder of humanity?  
woven together in this most beautiful of tapestries.  
Features and colors and all kinds of shapes,  
All so different and no mistake.  
No two of me, no two of you.  
A true wonder to see.  
All perfectly unique,  
All of you and all of me.

*By Pete the Postie*