



# *To Everybody With A Body*

*Kahukura*

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*Kahukura, 2023*

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***Dedicated to,***

***Every human being who has had a body,  
Who has learned to love it in an unforgiving clime,  
Who has learned to be graceful to every body,  
Who may still be trapped in the mess at this time,  
And will arise, like a phoenix, born anew in love,  
To accept and cherish life below, around and above.***



***To Everybody  
With A  
Body***

***Kahukura***

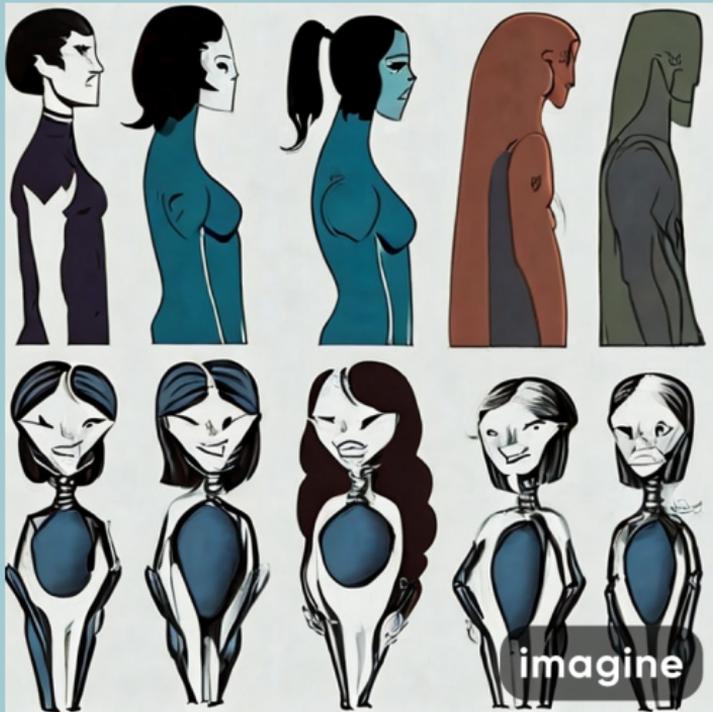


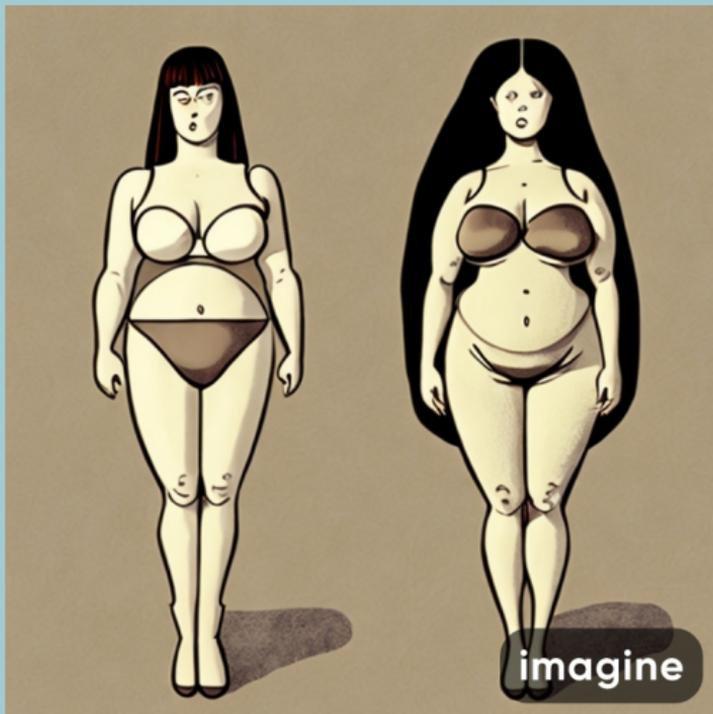
**Who has a body? You do?**

***Of bodies there are many kinds,***

***Each one is great, you'll find:***

***Here are truths to share with you!***





***Slim or fat or tall or short,  
Bodies come in all kinds of shapes;  
In our bodies is this truth draped:  
They need to be different sorts!***

*Beauty is not a worthy goal for us to set:  
For beauty depends on the one who sees  
And so much more is done by our bodies-  
They let us experience life, lest we forget!*





***Your body has no set gender or caste:  
You are more than what others may say-  
And perhaps they'll truly get it someday:  
With compassion, the mind comes last.***

***Your body converts your varied foods  
Into an energy that's strong and pure!  
No number could speak this truth for sure:  
Of just how your magical body is good!***





*Some do plenty and some do less,  
Yet all bodies we need to celebrate!  
For this truth will set things straight:  
Unity lives in chaos, diversity, a “mess”.*

*In just being or climbing a peak,  
Your body does a lot to care for you,  
So when of your own and others' too,  
Please use kind words, when you speak.*



**imagine**



*Let's care for our bodies as they are:  
 For which template are we to fulfil,  
 If not our own? Love is an act of will:  
 Being in our bodies is best, by far!*

***We may have been born of different mothers-  
Some bodies are scaly, some feathery,  
Some are hairy and some are leathery-  
When you love your own, could you hurt another's?***





*Though most seen, your body is not you!  
Who you are inside is who you are-  
We are all born of the dust of stars;  
And of who you are, you alone know what's true.*

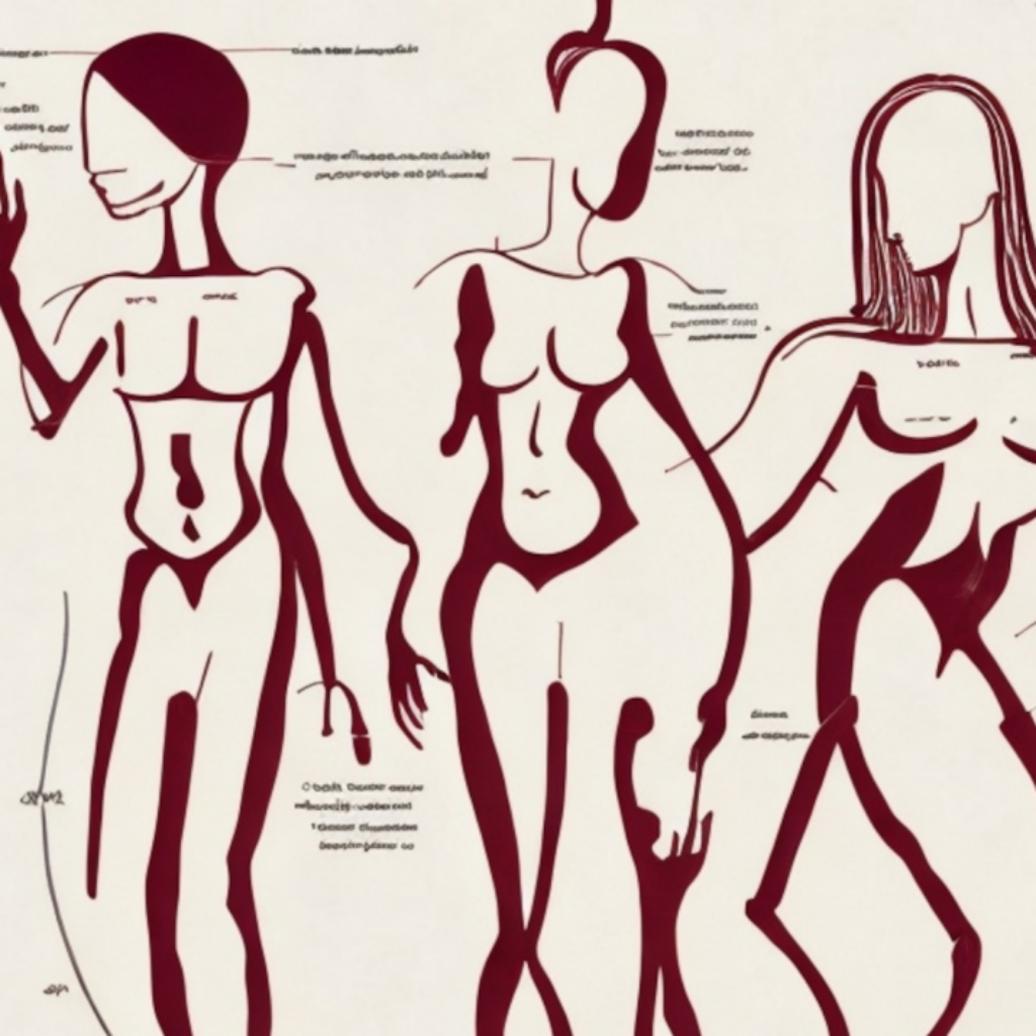


# Acknowledgements

*I am grateful for the kind souls who have helped me see that I am more than my body- I am the being that does things, through this body, to spread love, cheer, sarcasm, Star Wars trivia and puns. Most importantly, I would like to offer my thanks to my favourite human being, my therapist, family, friends and lovers who have seen me as more than just my physical form.*

*I would also love to say a big "thank you" to people whom I haven't met in person but have helped me understand and come to terms with my understanding of gender and helped me feel comfortable in my own skin. Hopefully someday, we can live in our bodies and love ourselves and not have to worry about the perceptions of others.*

*We shall overcome.*



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