

Inward Transformation

(Before)

Lies are told,
Trust is hurt,
When kindness comes,
I'm high alert.

Ready for battle,
Make no mistake,
Watching for lies,
Everyone's fake.

Words are empty,
By their fruit I learn,
Actions speak louder,
Their deeds, I discern.

I need my anger,
I need some distance,
I need protection,
Guarded and resistant.

I have a wall,
Solid and steady,
Maintain with thoughts,
To always be ready.

Keeping me safe,
There is no one else.
Me and me only,
I protect myself.

I can't understand,
Promoters of peace,
I can't comprehend,
People at ease.

What protects them,
How are they safe?
If I practiced peace,

I'd feel out of place.

I'd be lost,
I'd be confused,
I'd be in fear,
Of being used.

I'm a worrier,
A soldier with skills,
Ready to defend,
Even to kill.

I can be friendly,
I can be kind,
But not too close,
There is a line.

If I care,
Start to believe,
Feel love inside,
I must retreat.

Been there before,
Hurt and busted,
Because I loved,
Because I trusted.

Deep down within,
Where no one can go,
An army of messages,
A shield that says, "No!"

Armor of protection,
Belt of distrust,
Shoes of cement,
No one can bust.

A helmet of pride,
A sword of contentment,
I'm in control,
Powered by resentment.

(After)

Taught to let go,
begin letting God,
So strange and foreign,
Scary and odd.

Do what feels wrong?
What I don't want, I seek?
Doesn't make sense,
Seems stupid and weak.

Yet here I go,
To humble myself,
To serve and trust God,
Above all else.

Setting aside,
Self-seeking and fears,
Praying for strength,
Through pain and tears.

Praying each day,
Pondering good,
Practicing principles,
The way I should.

Open minded, willing,
Honest and humble,
These are my shield,
Ways that won't crumble.

Time passes on,
Discovered new truth,
Learned many lessons
And found new proof.

Practices undesired,
I Standing firm,
New experiences,
New life learned.

Because I trusted,
Willing to believe,
Opened ears to hear,
Opened eyes to see.

I gave myself over,
As Clay to the potter,
Follow new guidance,
Like a child to a father.

My wall crumbled down,
Opened heart and mind,
Willing to learn good,
To love and be kind.

I found a new power,
Through Spiritual connection,
With inward affection
There's better Protection.

This power of love,
A fact so reachable,
To anyone willing,
Ready and teachable.

A switch must be made,
In heart heart and in mind,
To trust and obey,
Follow and find.

To build love and peace,
To sense what it's like,
Forgive and have mercy,
Give up the fight.

Practicing truth
Without partiality,
Sincere in all things,
New spiritual reality.