

## **Be human manifesto.**

There's this thing about people.  
We're all messy complex humans.  
Screwed up with emotions and probably lots of caffeine,  
But that's the thing:  
We're all human.

We owe that to each other,  
That humanity.  
Some of just want to be heard  
to be a voice in all the dark  
and craziness.  
We all feel alone,  
Feelings of hurt, betrayal, sadness, in all people.  
But then there's us.

It's the simple golden rule your parents tell you,  
something the world always seems to forget.  
Be kind to your neighbor,  
Treat others like you want to be treated,  
or better,  
maybe how they want to be treated.  
Even the worst souls deserve that kindness,  
Because then you show that you have the better heart.  
Who deserves hell.

So, here's my manifesto to you.  
It's not all foolproof,  
the world is too complex,  
but maybe one by one,  
we can put our hearts to the moon.

Be kind  
do kind.  
Seek out charity,  
pet a dog,  
help someone out.  
Thank that bus driver,  
Give help when it's needed.  
Like I said,  
be kind do kind,  
be good do good.  
Simple truths.

Don't gossip about people,  
Never leave someone in the dark,  
have clarity and honesty,  
Room for conversations to take place,

for conflict to have peace  
And the world to grow.  
Be that light in someone's darkness.  
A footprint to remember to lead the way.  
Again simple.

Love the world, the environment.  
Smile at the sunshine.  
If you want to jam out to the radio driving down the highway,  
You do that.  
Just spread joy,  
and love.  
You know The Beatles were right.  
But the reminder from the radio: "all you need is love."  
The notes seeking poor souls.

Again to the end I hope to teach,  
not preach,  
that love and kindness is where everything starts.  
Maybe this manifesto can be such.  
It starts with a heart,  
and it's never too late to have one.  
Everyone can be kind,  
Or make someone smile or laugh.  
Laughs are contagious, right?

So hug,  
Laugh,  
Apologize  
Forgive,  
Be a friend.  
Speak truths,  
accept others for all their awkwardness,  
Because I bet someone accepts you.  
Be you, that amazing you,  
never fit the mold,  
**Be human.**

I'd like to say for my last thought  
That a good heart is what's important in the end.  
It's worth so much to lift people up,  
and feel, feel, feel.

That's always been my struggle.  
I have a big heart, you see,  
and sometimes get dampened by the world closing in.  
Sometimes it can be so much  
when the world is such a hateful place

and chaos and stress take up so many gaps for hearts.  
But yes, I promise to never stop my good heart,  
and neither should you,  
because that's a special trait to have no matter what.  
Never apologize for that good heart,  
for the heart filling up so much space,  
Being too much  
wearing hearts on sleeves,  
Putting your heart out there,  
and just being a kind soul.  
The world isn't perfect,  
but a good heart is.  
Never let someone knock that down.  
The world needs them.  
Don't stop a good heart.  
That's the last step—  
to **be human**.

[The world shouldn't come to all the above,  
but sometimes we need a gentle reminder.]

I think that's it.  
My last addendum.  
I'll now wrap up this manifesto  
in a little bow and leave it for someone to find.  
Maybe someone will come across it on a rainy day,  
when the world around them is a little too much.  
Needing a cheer, a smile, a confirmation that they have a good heart,  
they open it.  
And maybe they'll read it,  
and think:  
there's still good in the world,  
good hearts,  
People being people.  
I'd hope that's what they think at least,  
so one by one,  
let's please put our hearts to the moon.  
Then generations later,  
They can say:  
That's how to **be human**.

—love, a fellow human