

## Human Rights

To breathe clean air (even in our cities)

To drink clear water (from every river)

To eat food uncontaminated by the chemicals (that gave us cancers)

To have a place to rest and sleep and dream our best dreams.

To wake up together. To see each other and our places without fear.

When I see you and know you're not "*the Other*,"  
when you know this too, we will have room.

To live in a place that is *safe*.

Where one is safe. Where we are safe together.

To wake up to no sounds of war nearby

No authoritarianism, greed, or exploitation.

No systemized violence (hierarchical or lateral).

No fires raging. No immediate flood emergencies.

No hate as the megaphone of any society or community.

Yet--

I was born into war. My home, this Earth, we have been at war upon her, toward her, with each other. My country is at war in at least 17 places. What is it to know peace when all that has raised us is linked to terrible nonsensical enduring wars?

(If you can) Walk into a forest. Put down the news. Feel the sun or the rain.

Listen to your own heart beating. Remember your rights to be here outside the stories of those who tell us there are only human rights for "others" lucky enough to afford it. There is room for all of us to live between earth and stars to

celebrate, to dance together.

We change the stories.

There is room.