

'DEFUSE ME' Thich Nhat Hanh

If I were a bomb ready to explode,
if I have become dangerous to your life,
then you must take care of me.
You think you can get away from me, but how?
I am here, right in your midst
(you cannot remove me from your life)
and I may explode
at any time.

I need your care.
I need your time.
I need you to defuse me.
You are responsible for me,
because you have made a vow (and I heard it)
to love and to care.

I know that to take care of me
you need much patience,
much coolness.
I realise that in you
there is also a bomb to be defused.
So why don't we help each other?

I need you to listen to me.
No one has listened to me.
No one understands my suffering,
including the ones who say that they love me.
The pain inside me
is suffocating me.
It is the TNT

that makes up the bomb.
There is no one else
who will listen to me.
That is what I need from you.

But you seem to be getting away from me.
You want to run for your safety.
The kind of safety
that does not exist.

I have not created my own bomb.
It is you.
It is society.
It is family.
It is school.
It is tradition.
So please don't blame me for it.
Come and help:
if not, I will explode.
This is not a threat.
It is only a plea for help.
I will also be of help to you.