

## **Defuse me**

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 you to care.  
I need your time.  
I need you to defuse me.  
You are responsible for me  
because you have made the 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 realize that in you  
there is also a bombe 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 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 why I need 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  
when it is your turn.

*Thich Nhat Hanh*