

may the resonance of that **love**
translate into **loving**
all women and living things.



' MAN PRAYER '

words by **eve ensler**

may I be a **man**
whose confidence comes
from the **depth** of my giving
who understands that vulnerability
is my **greatest strength**
who **creates** space
rather than dominates it
who appreciates **listening**
more than knowing
who seeks **kindness**
over control

who **cries** when
the grief is too much

who **refuses** the slap, the gun,
the choke, the insult, the punch.

may I **not be afraid** to get lost

may I **cherish** touch
more than prowess
and the **experience**
more than getting there.

may I move **slowly**
not abruptly

may I be **brave** enough
to share my fear and shame
and **gather** the other men to do the same

may I stop pretending
and **open** the parts of me
that have long been numb.

may I **cherish, respect** and **love**
my mother