

Lotus Feet, Lotus Minds

Ten long centuries
Women's feet constrained
Tightly bound to create perfect beauty in a size of four inches.
Yet, in reality, producing disability in performing normal tasks.
Young girls oppressed by their elders
To meet a culturally defined ideal.

Today, instead, we mindbind our young women.
With "Boys will be boys," we free our sons to take risks,
While we oppress our daughters with ideals of perfection,
And bask in parental glory as they live out our dreams.
Meanwhile as women they misdirect their energies toward trivial details
And suffer self-blame at their self-perceived failure to achieve body perfection.
Our valuing ideals of perfection
Blocks their joy,
Robbing the world of the significant solutions their energies could create.