

## **On Bullying**

Bullies like to hurt others.  
They think happiness lies in their power over others.  
They hurt knowingly.  
And until we stand up to them, they keep on hurting us.  
The victim feels a fear like no other: alone, helpless, brutalized.  
And mostly no one will take the victim's part.  
The victim stands alone in the playground facing the bully.  
Others are too afraid to stand with the victim  
Because they do not want to become the next victim.  
  
Sometimes the victim disappears into the background, hiding and never  
Living life as it is meant to be.  
And sometime the background is not good enough: the ground  
Six feet under, seems a better place to escape the torment.  
  
- Marv Machura

## **The Loneliness of Being Bullied**

The worst part of being bullied is the isolation.  
Everyone in the victim's peer group (school yard or office cubicle farm)  
Avoids the victim.  
Indeed, they cannot be seen with the bully's victim.  
They thank God that the bully has targeted him/her—not them;  
And so, the victim becomes invisible.  
His/her existence and sense of mattering  
Just disappears from the group.  
They turn their eyes away.  
    And...  
This hurts the most.  
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This hurts the most.  
  
- Marv Machura

## **"The Abuse of greatness is when it disjoins remorse from power." Shakespeare And Bullying**

Bullying is the abuse of power.  
Bullies power-trip their way to abuse when  
They deliberately and unnecessarily hurt  
  those beneath them  
And human sympathy, empathy, respect, and love  
Are shadowed by ambition, cruelty, hate, and anger:  
Somehow it makes the bully feel better  
To hurt others.

Power properly used sometimes  
Has to hurt—such is discipline, and such is necessary.

But power to discipline is not power to bully.

Never lose your love and soul to the abuse of power:  
Parents, teachers, bosses, brothers, sisters  
Don't become bullies.

Love is more powerful than fear.

If you have the power to make others feel safe, respected, loved,  
(Parents, teachers, bosses, brothers, sisters, etc.)  
Then use it to do so—and you will transform the world  
Into a place flourishing with amazing wonders that  
We can barely dream of today.

Marv Machura