

# One Human Family, The New Democracy: Eyes Crying, Hate Dying & Love Unifying

*By Karen Nelson Mangold*

*This Is What Democracy Looks Like*

I saw a sister, being carried by her sister, because cancer took her legs

I saw a brother kiss his brother in love

I saw a baby, cradled in innocence

Raise her tiny hand to the sky

I saw black birds

Dancing waltzes

With a dove

I saw women who marched with Martin, with aging limbs but voices reborn

*I saw a people*

*Florescent and adorned*

*I saw our America*

*Black and Gay*

*Old and gray*

*A brand new day*

A Tribe United

Muslim Jew

Me and You

Every human

None were fighting

I saw transcendence

I saw resplendence

Independence

Boldly free

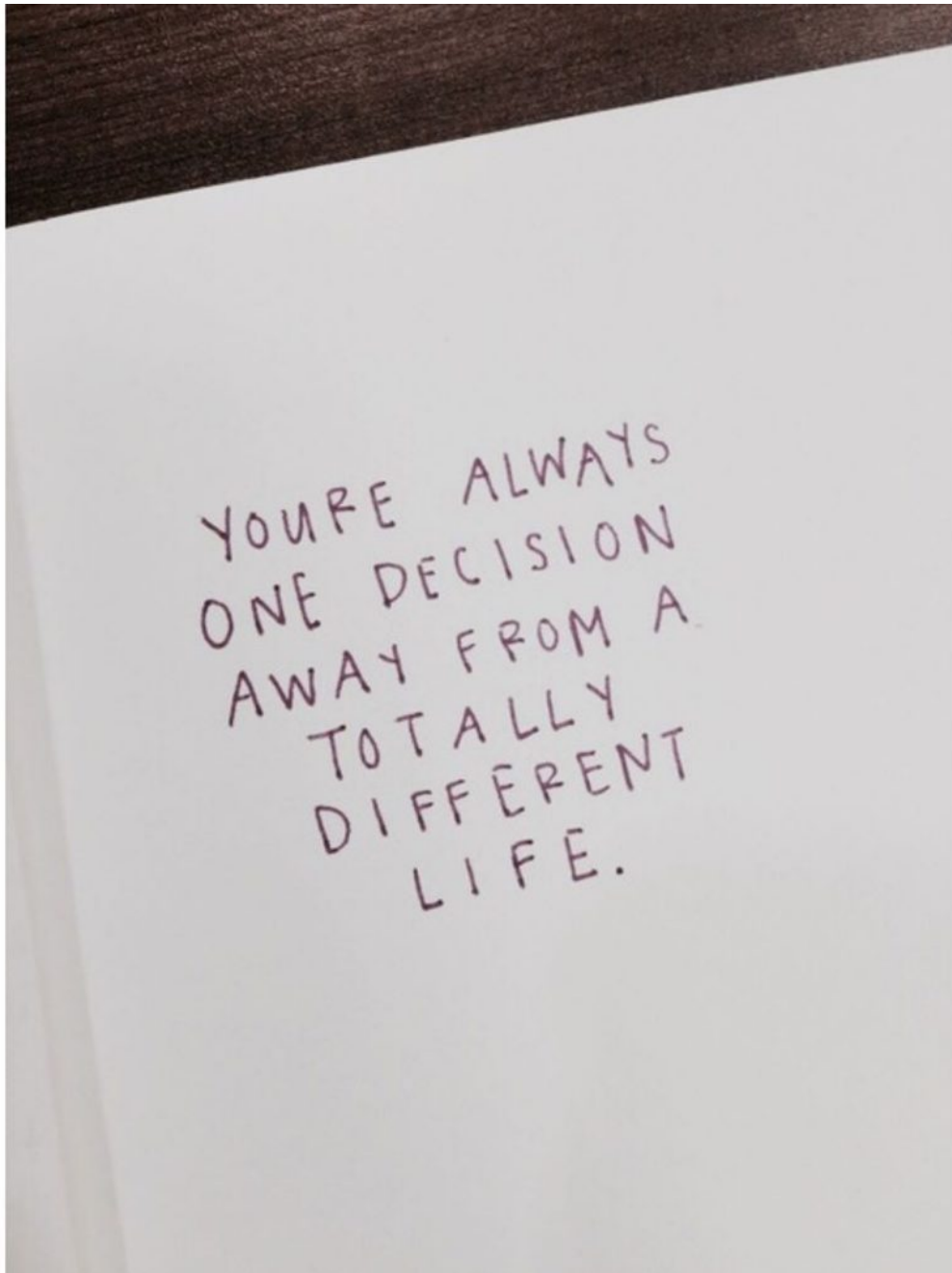
I saw eyes crying  
I saw hate dying  
Love's Unifying  
Possibility  
I saw resilience  
I saw brilliance  
I saw fortitude  
And truth  
I saw the dreams of Martin Luther  
I saw a marching  
Book of Ruth  
Where you shall go  
I too shall go  
We all shall  
Stand as One  
We are One  
Human Family  
And we have only just begun.  
This is what Democracy Looks Like.

*For more self-study, [The Urban Howl](#) recommends [52 Ways to Live a Kick-Ass Life: BS-Free Wisdom to Ignite Your Inner Badass and Live the Life You Deserve](#) .*

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**Karen's Heart Howl:**  
***Meditate. Live purely. Be quiet. Do your work with  
mastery.  
Like the moon, come out from behind the clouds...  
Shine.***

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