

Body Love, Pt. 2

Mary Lambert

I know I am because I said I am
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My body is home

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I know I am because I said I am
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So try this

Take your hands over your bumpy lovebody naked

And remember the first time you touched someone

With the sole purpose of learning all of them.

Touched them because the light was pretty on them

And the dust in the sunlight danced the way your heart did

Touch yourself with a purpose

Your body is the most beautiful royal

Fathers and uncles are not claiming your knife anymore

Are not your razor, no

Put the sharpness back

Lay your hands flat and feel the surface of scarred skin

I once touched a tree with charred limbs

The stump was still breathing

But the tops were just ashy remains

I wonder what it's like to come back from that

Because sometimes I feel a forest fire erupting from my wrists

And the smoke signals sent out are the most beautiful things

I've ever seen

Love your body the way your mother loved your baby feet

And brother, arm wrapping shoulders, and remember

This is important

You are worth more than who you fuck

You are worth more than a waistline

You are worth more than beer bottles displayed like drunken artifacts

You are worth more than any naked body could proclaim in the shadows,

More than a man's whim

Or your father's mistake

You are no less valuable as a size 16, than a size 4

You are no less valuable as a 32a than a 36c

Your sexiness is defined by concentric circles within your wood

It is wisdom

You are a goddamn tree stump with leaves sprouting out

Reborn

Lyrics provided by <http://www.1songlyrics.com/>