

Divine

Actions to stay safe?
I decided to ask God for protection.

Because if I didn't
It would be too much
and one breaks too easily.
Only in the hands of "something",
holding on to something
can you handle so much
pain, blood,
injustice.

To God

every step of the way

that he protect us.
The things we used to like
a dance, a drink,
we've not been able to do.

Back to the inner being, all back.

It's like crossing the life and death line. Tears are in my eyes, but I keep strong.

Protection is more than a material sense.

I'm not really sure what other people think. I've not spoken about it much with anyone.

All the true paths will lead to

the creator, I do not call it God.
I feel it is in everything,
Maybe I know
that the world is not fair
but I trust
in laws that cannot be unjust.

The only security there is

it is not life insurance

it is not a 100%

I am flesh and bone.

My best protection is divine.

Composed by Juliana Mensah from the interview transcripts of human rights defenders at risk from Mexico, Colombia, Indonesia and Kenya from the research project 'Navigating Risk, Managing Security, and Receiving Support' (securityofdefendersproject.org)