

What is it to be a hero?

he exists in all shapes,
minds, bodies and souls
not thanks to any God eating grapes
or to sacrifices of ghouls.
he is a hero!

he is determinate
he is truthful and strong,
his mind's extraordinary...
his powers beyond!
he is a hero!

he doesn't take things for granted,
he fights for it and for someone.
he sails in the waves of life
without looking for the weather provision.

he doesn't pit someone against someone,
instead, he unites them in one.
he surprises us more and more,
always giving us a reason to smile for

he fights with things
sometimes bigger than himself...
and with his invisible wings
he saves everybody else

he is an all-suitable champion,
someone whom we all have affection.
he answers with a voice as loud as lions
if the ones in need call for protection

he is a hero.
who is he?
he is us.
we all can be heroes.

if you practice the good,
care for the ones in need, for the poor;
if you see someone in pain
and try to make them feel o.k.,
if you have the ability to just try changing a day,
be certain that...
You are a hero.

By Catarina Casinhas