

# BULLYPROOF®

## Shields

by Arthur Kanegis.

**Bullyproof yourself** by employing the shields, a *natural security policy* for dealing with any conflict, anyone trying to "bully" you whether it's your boss, parent, teacher, child, friend or even an opposing tribe or nation.

**B**ustout Bear

*Bust* away from the current fray,  
When tempers cool, then make your play.  
Why ram right through the middle?  
Try an end-run to solve your riddle.

**U**nderstanding Unicorn

*Understand* what makes a bully tick.  
Your brain is better than a big ol' stick.  
Understand that inside the bully  
are fears and hopes you don't know fully.

**L**istening Lynx

*Listen* with your heart, as well as your ears,  
Behind loud anger, hear doubts and fears.  
When little things don't get heard,  
They build 'n build 'til it gets absurd!

**L**oving Lion

*Love* the doer; But not the bad deed  
Appeal to the good, the inner seed.  
All are born with a seed of genius  
A buried core that's free of meanness.

**Y**in Yang Yak

*Yes* and no, boy and girl,  
Balance inside us in a Yin Yang whirl.  
Opportunity springs from crisis,  
Opposites: they energize us.

**P**icturing Porpoise

*Picture* your own happy ending.  
Play a game of pretending:  
Everything begins with thought.  
Create a vision of the way things ought.

**R**espectful Raven

*Respect* the bully, yourself and Mother Earth,  
In each of these you'll find great worth.  
We all need love and recognition.  
Give it to 'em! That's real ammunition!

**O**riginating Otter

*Originate* a win-win way.  
Don't make a loser or we'll all pay.  
The humiliated stew 'n plot retaliation  
Co-winners give you their admiration

**O**verseeing Owl says:

*Oversee* the chaotic fray,  
from a wider vision, a wiser way:  
Rise above wrong or right,  
Wield the power of a higher sight.

**F**earless Fox says:

*Fearless*, strong, way aboveboard,  
Stand tall, heroic, without weapon or sword.  
We know that fear attracts attack,  
Now our shield can turn it back!

**We've got a better way than fight or flight, We've got the power rooted in what's right.  
Tuned to channel insight, Flashing inner light, We're the rad dudes with the dyna-kinda might.  
You Gotta be BULLYPROOF!**