

## OUT RUN MY SHADOW

Every chance I get, I run because I'm so afraid to love myself.  
Nothing outside of me could ever heal me.  
I'll only heal when I look within and see myself.  
How can I expect others to be with me unconditionally  
when I can't do the same for myself internally?  
Outward projection of well-being / Inward turmoil constantly festering  
I want to look at the eyes of someone who truly knows me  
But really, I want to look in the mirror, see him look back like he loves me.  
I miss the feeling of being here without even trying. When I didn't want to escape, when I didn't consider  
dying.  
There's a difference between understanding and knowing.  
To understand is to make it intelligible, but to know is a feeling.  
Whether the light shines bright, is hidden, or lies low —  
You can never outrun your shadow.

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