

... How I feel affects other people!!!



IT'S EASY TO RUN AWAY

But when the run is over,
all of our problems catch up.
And as we put the brakes on,
we relive the discomfort from each jolt
as we flashback to our *escape*.

All of the *free* time
we visualized, fantasized, internalized
turns to lies
as we question the hue of green
surrounding the grass upon which we now feast.

A feast whose nourishment we pray
will lift the veil from our past
to, instead, confirm and justify our act(s) of desperation
(or are they just reactions to despair?)

Yes, we cling to our claim that we gave our all
That we did our best
Though, secretly, we protest any notion
that we cannot reach a higher level.

We banish the *What Ifs... Who Knows... and Why Dids*
To embellish *So What... Anyhow... and Told You So*

Summoning our highest human-ness
we block the thoughts that serve
as nothing but reminders of suffrage and pain
Though they could serve
as realization points in our growth and understanding
of who we are.

See, it's easy to run away.
It's hard to know when to leave.