

## Stop Breaking Your Own Heart

Iris

the crawl inside inner space  
environment: haywire  
asylum: inadequate  
another light yet dies

the only worlds I know  
are the dark and the scared  
you're either running away  
or you know what you're seeking

come to your senses  
you suffer defenseless  
train yourself, bear your lot  
stop breaking your own heart

the sun invades everything  
the light is contagious  
a sign of our reckoning  
the light is what made us

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you suffer defenseless  
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