1. **Surviving The Shadow Muse**

Ariane on 27 January 2021

A picture containing text, dog

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I am returning to the stairwell all these years later to take her outstretched hand

I need my twin

In my darkest hour, I feel defeated

I am holding pain around closing my heart to feeling, separating myself from myself

I am battling an urge to evade myself

I am ashamed of turning 60 and becoming aware I have been an imposter of myself all these years

I am bound or trapped by lingering beliefs that I am done for, that my fate is sealed

My primary emotion is a thawing numbness

My message is "do not override the pain but sing it open"

My name is AMRA, Anger Monster Rage Avenger