

Why This Need To Blend Into A Normalcy That Doesn't Exist

BY KATHRYN JONES

Who is your camouflage for?

What are you hiding from?

Why this need to blend into a normalcy that doesn't exist?

We mask what is real

continuing to put on layer after layer

as we pretend to be something different.

Each skin remaining as a new one is donned over the top

and eventually, their weight becomes a burden too heavy to bear.

Immobilized by the cumbersome task of keeping up appearances, but for whom?

Soon they begin to peel,

bursting and cracking after one too many have been applied

and they reveal mismatched layers of this facade you have created.

The original flesh is so deeply buried,

having not been allowed to be seen in so long

that when you have finally reached that precious layer, you don't recognize it.

You discard it with the rest, forgetting to nourish this beautiful layer of truth.

So, who is your camouflage for?

For more self-study, [The Urban Howl](#) recommends [The Inner Voice of Love: A Journey Through Anguish to Freedom](#) .

Sip a little more:

The World Does Not Benefit From You Hiding Your Bad-Assery

The caged bird sings
with a fearful trill
of things unknown
but longed for still
and his tune is heard
on the distant hill
for the caged bird
sings of freedom.

Maya Angelou

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