

# The Runner

## Chromatics

At the edge of your mind there is a cliff. Dive. It is dark outside but it is darker inside. Use your fear. Run! Run! Closer. Run! Run! Closer

Imagine a lake. Look at the water. Closer. It is dark outside but it is darker inside. Breathe deep. Dive! Dive! Dive! Deeper. Deeper. Deeper.

You are drowning. But time is your friend. Breathe. Look around. Do you recognize this place? The mountain has vanished. No mountain, no wall, no ground, no sky, no water. There is only you

Run! Run! Run!

Run! Run! Run!

Closer

There is only you