



A FREE MIND

A free mind is what we all want and need. what we all long for.

Joey who's awoken from a deep sleep, amid the sound of rain hailing, smashing onto the windows, feeling anxious, with painless movement. Standing tall, he gazes out the window to a dark haze storm, falling onto his feet with a sigh of distress.

He has fears of the waters, as his dearest cousin had fallen victim to a tsunami attack. Joey lays back in bed and silently cries, thinking about all the endless possibilities and ways he can get up, hoping for a better life. "Why me?", says Joey as he lays there in despair, with the ongoing thoughts of fear that run rampant through his mind.

"Why is my life so melancholic? So, depressing? So still?" as he stumbles in fear – contemplating life and his purpose. Another day of university, another day of a part-time job! another day of having to survive! The corruption of this nation fuels its citizens to want to fight, only resulting in more and more division. When we need peace. We need love. We need help.

Yes, life has its ups and downs – but Joey feels like it has all come crumbling before his own eyes. Just hearing about all these wars and rumors of wars happening around the world, is honestly depressing, as he's thinking about it his heart aches for those who are victims of war, "where can I find peace" as Joey glares at himself in the mirror - "What is my worth? What is life? Someone hear me out?"

Hours go by, and Joey decides to just stare at the wall as he lays back into bed, struggling to eat, with no appetite, just there. A few days go by, and his cousin Job – Job is always very caring and there for you. Job came to drop off some anti-depressants for Joey, "How have you been coping with your struggles?" said Job. "Honestly I am just lost, don't know my purpose for this life, or if I should even be here anymore?" - said Joey. Job replies: "You know, I've been there before, I know how it feels to hit rock bottom, but just know that you are loved and that there is someone out there who cares for you."

Joey wakes up the following afternoon, he decides that he had enough, so he gets up and calls Job over and he takes him to the beach, he wants to overcome his fears and stand tall. On the drive there, a breeze of strong wind hits Joey as he feels this weight hugging him – making him bawl his eyes out. As they head down to the beach this sense of peace just grips him in an instant – "If I can feel this peace 365 days of the year, I think I could live."

Job calls for Joey to come and run into the waters as he dives into the waters, that cool breeze that hits, cannot be explained. "Maybe this is what we all want to seek, a free mind."

