

Finding Your Soul



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"Th[is] image is, like, the Kundalini tree, [] [it was taken at a program for youth], [that] believes that all people grow like a tree into being the person they're supposed to be, and some people, um, pass away and, like, sadly, tragically, trying to find themselves... what stood out to me was just, like, for example, the starting at the bottom look[s] like [] the sun, and then it just kinda flowing forward and then creating a flower at the top, which I believe might be, [] a lily... Like, it represents like the tree of life to me... And, like, the black crow and the sun and moon dualism, that aspect of that, like, being, like, you know, masculine and feminine. Like, everything is, like, in a balance, in a flux, like yin yang or, like, the Pisces symbol. It's like the two fishes moving around each other. Um, Yeah. I love spirituality, ... I feel like the idea of when it comes to rehabilitation and, and both spirituality, you know, I think it incorporates a little bit even when it comes to just mental, [] and emotional health, [] -- but I feel like those two things coincide, um, very, like, closely... But [] with addiction, [] it's all about spirituality for me to get out of it... they taught me spiritual recovery stuff... when you connect with a spirituality form, it helps you relieve that pain and suffering... basically, drugs, alcohol, like morphine alcohol, and idealism are, like, the main root of addiction and need to be, um, restricted... And so the youth, I think they should be educated on these things inherently, like mindfulness, Zazen, um, Daoism. They should, like, teach, like, all this stuff in school. I would have paid attention way more in school and not have dropped out if my high school was, like, cool classes that I wanted to do... I do like the idea and, like, just, like, the concept of, like, spiritualism as a [] form of, like, rehabilitation in regards of substance abuse... It's helped my mental -- like, um, wanting to go to the gym again in physical health and be disciplined and, like, learn math again and challenge my brain, and I feel the passion through the spiritualism to do so... I feel like a lot of modern-day use kinda just meme about people being on fentanyl and nodding out and, like, make you joke in jest of it when it's more serious in a spiritual illness and, like, mental health issue psychologically as well... like, a lot of people might not be aware of, like, the actual, like, circumstance that people might be going through that may cause them or lead them to choose those actions of, you know, self-comfort or self-reliance... People, like, associate, like, homeless with, like, being, like, not hardworking and, like, shitty people, but they have some of the best stories, and they're some of the best people I've ever met in my life... Like, they're some of the most, like, connected people, but they can also backstab you, um, because they have the mental health and addiction aspects..."