

Centered Within

Today I learned what it means to be centered within. It's strange because it doesn't necessarily refer to a state of thought, but rather a state of being. Where I'm not distressed or even stimulated by the world outside, yet not by anything within neither. The stimulation is simply perpetual.

The concept of being centered within was first brought up for me when I began struggling with maintaining my mental state at a sustainable level due to extreme volatility in the environment around me. You see, I'm an extremely external person. I become one with my environment, feeling what they feel, seeing what they see, and have a constant need to connect with them. Take away that connection, and I lose purpose. I forget what it means to be extraordinarily motivated to achieve the unachievable. Which is great because as long as I have people that are happy, motivated, and connected with me, I can break through all limits. But what happens when they're sad, unmotivated, or simply not around? Perhaps it's fair to say a lot of these topics hit me the hardest right around graduation from college. The time period in which everyone was moving and life was changing with no certain direction.

To be centered within is to tap into the infinite energy we have within, to let our hearts fill the dry rivers, to not only be inspired, but be inspiring. One who is completely happy when everything in the world is right and devastated when faced with change, struggles, and even worse, the struggles of everyone around, is missing the point of living an inspired life style! Sadness is a beautiful feeling, but once misunderstood, can turn into darkness. Stress is the drive to not lose, but once misunderstood, can turn into friction. All of these can be hard to understand once the person is always looking for answers in the world outside. It's addictive to block out the cries of our inner self for attention by working, partying, blaming the world, or even praising the world. Yes, we can guide the energies roaming the universe, trying to make them what we wish they were, but why not simply let the infinite energy within flow smoothly outward and instead let the world enjoy our presence. A lot of times we spend so much time trying to maintain the world in a way that would make us feel secure, to not lose the people that make us feel good, or to not lose at challenges that decide our level of achievements, that we simply forget we are the

person the world has grown to love and respond to! We need to maintain this “self”, live from it, improve it, and see positive results!

Growing up I was always under pressure to be perfect. No I don't mean just to get perfect grades and win at all the competitions, but rather always feel the right things, say the right things, and even make the right facial impressions. Somehow the trauma of what would happen when I didn't meet such expectations never left me. Now I've grown up to be the perfect human, and to be honest, I think the word perfect here is being misused. I believe in order for me to be perfect, I have to be fully centered within, and react to the imperfections of the world, not to bend my own self in order to accommodate for its imperfections. Does this mean one should stop caring? Absolutely. The best care you can give to the world is the one that comes at the time you're unbiased, at the time you don't care. Once you're unbiased you can live from a point of clarity, clarity being the pre-requisite for all that the world deserves from you and all that you deserve to ask from it. At that point you're no longer looking for love, for security, for approval, because you've truly understood that you already have all of those, that you are love. That's when you're no longer pulling and pushing at the world, you create life that everyone and everything else can tap into and that's when you're truly loved because you are simply amazing.

To be continued...