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Sun Beams and Simple Dreams

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Sun Beams and Simple Dreams

It all happened one day when I was eighteen. I, for the first time in years, began to experience life with all five senses: see with clear eyes, hear with acute ears, smell with a clean airway, savor with exquisite taste buds, and feel with the most stimulating touch. Oddly, this moment took place when I was far away from the outside world, peering at the warm, welcoming sunshine from a cold, confined hospital room as was my dad, miles away. But, it happened, after many tears and debacles, and I'm sure glad it had.

Before this turning point, I was depriving myself of life's pleasant and healthful necessities. I had withered down to nothing but skin and bones because my view of the world, for so long, had been so skewed. Was restraining from the Earth's nourishment, both in mind and body, really going to make me a happy young woman? Obviously not, if it landed me in an inpatient clinic more upset, hopeless, and ashamed than ever before.

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I had always been a fun, vibrant little girl who had the most innocent disposition, seeking out the glimmer of goodness within that weathered, old swing set in my backyard. Life was my best friend; just give me anything, and I would treat it as if it were gold. Young, with a wide imagination, I possessed incredible confidence; nothing would ever stop me from pursuing my dreams.

That all changed when the demons of insecurity and anxiety intruded. They persuaded me to not eat, convincing me that I would be so much prettier, happier, better. For a long time I believed it—as the numbers plummeted on the scale and my clothes started draping loosely over my fragile frame, a chilling wave of satisfaction filled my veins. Day after day of existing like this though, the high eventually vanished. I literally could not see, hear, smell, taste or touch anything; it was frightening. Loved ones became strangers. Home became hell. Hunger and obsession fueled me. Who was this machine by the name of Justine? At the same time, other demons threw a truck at my dad, trying to also take his life. Everything that could possibly go wrong did.

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I'll never forget when that this nightmare twisted into a delightful dream. Gazing at the pure sun beams, I realized I had been blind-sighted all this time, and I no longer wanted to miss out on the exciting milestones ahead of me. My dad's and my life were spared, two true blessings. Ever since that moment, I have been living how I want to live: full of vibrancy, fervor, and confidence.

I truly believe that everyone should embrace the unknown, go seize the day, have confidence! Kick back, relax a little, and look at the wonders that this world holds. Moments are too precious to waste on the pressures and the fears in this modern day society. Live the Life you LOVE; LOVE the Life you Live.