I need to write more.

Writing makes me feel very grounded and helps me work through things. You know what else does?

YOGA.

MEDITATION.

VEGANISM.

MINIMALISM.

I’ve begun to practice all of the above. I am finally fully started to become the person that I know I am meant to be. I am manifesting a life for myself. I know it won’t be a quick alteration. It won’t be a change that happens even in a year or two. But this is the beginning of a big change. The coming of age.

I feel such a passion for yoga. I can’t explain how it makes me feel. Almost every yoga class that I go to, whether it’s vinyasa, ashtanga, hatha, yin, or restorative - makes me tear up. I feel such a deep emotional connection to yoga. I’ve never felt so physically, mentally, and spiritually fulfilled by something. I quit water polo for yoga. I quit water polo to pursue what serves me. I quit water polo because I was no longer connected to it. I was attached to it. And it’s okay to let it go.

It’s okay to let things go.

It’s okay to say goodbye.

Grandpa passed away on Tuesday. It has hit me in small moments over the past few days. But I don’t think I’ve been able to fully emotionally feel the weight of it yet. It’s different being away from the family. I need to learn to work through things on my own. I think making his memorial website will give me the emotions that I need to feel. It will help me fully realize what happened and appreciate getting to honor him and his life and learn more about him and who he was in the process. I think it will be hard and emotional and raw, but it will be so good.

Death is so weird.

I have such a hard time letting things go and letting people go… but yet sometimes I surprise myself and feel so emotionally vacant and void of feeling. Why does that happen? I thought that it was the influence of many drugs, but I’ve been trying to be sober a lot lately, and still I feel a disconnect sometimes. I think that meditation will help me unearth the meanings behind this. Or at the very least, it will just help me understand myself and my thoughts and my true self much much better. It already has, and I’ve only been actively doing it for about 2 weeks now.

Some things that I am very grateful for right now:

* Yoga
* Yeng
* Claudia
* Meditation
* Spirituality
* Support systems
* Education
* Career trajectory
* Opportunity and luck for the life I was born into
* People who are open minded
* Raw Allignment
* Jenna
* Morgan
* Margarita, Trevor, Elvis, Miles, and Katie….. To a certain extent
  + I am grateful that they are people I am close with and people who I can share fun and memorable experiences in college with
* The ability to afford veganism and a healthy life in general
* Myself.

I don’t think I give enough credit to myself. I know I have flaws. I know I’m not perfect in any way. I know that I can be hypocritical at times, and that’s a hard thing to realize. Especially when I am the only person who knows of my hypocrisies. But I do know that through all of that I am a good person. I do mean well. And I do want the best for everyone. I do think I am a very very open minded person, and because of that I am accepting of everyone. I am working on becoming more accepting of people who even aren’t open minded, but that will come with time.

I am just so happy and grateful for the person that I see myself becoming.

I’ve never felt such strong potential for change, and good change at that.

I am so READY to travel!

In December I will be in Peru, Utah, California, and Malaysia… it’s going to be a very huge learning experience for me. I’ve never been more scared and excited for something in my entire life. I couldn’t think of a better time for me to travel like this. I know that I will have a big curtain drawn away from over my eyes, and I hope that what I see beyond that curtain only adds to who I am as a person positively. I hope that I enjoy traveling. I hope that everything I’ve pictured of other countries, cultures, and people is as good as I’ve hoped. Even if it isn’t, I think I will learn and grow from it. I am so ready.

Thank you thank you mother nature.

Thank you thank you everyone who has positively or even negatively influenced me, for you have all made me the person that I am today. And you will be a part of the person who I will eventually become.

I couldn’t be more happy, grounded, or accepting of where I am right now. I know that this journey will have so many ups and downs, and that is OKAY. I am willing and ready to accept and live through all of them. I’m ready to begin the first step of the rest of my life. And that starts every second of every day.

I am forever grateful, positive, and present.

I love life.

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Jessie J. Smith

Age 21