Princes Dian Salamanca

Grade 11 Block D

**“I am Free”**

For me freedom is someone who was truly free. Anything they were physically and emotionally capable of doing could be done. No rules, no laws, no penalties, nothing could stop them. One thing I realized about this is that for this to happen, the person could only be by themselves or be with one or two other people who are extremely close. Freedom is really about the individual. When you share any place with a group of people, there are going to be rules. And the more people there are, the more rules there will be. People’s lives tend to be similar to everyone else's since that kind of life breaks the least rules.

freedom means independence the ability to take care of ones self. If you can travel by yourself, thats part of independence. If you can fold your own clothes, that is part of independence. And if you can cook, and so on and so forth, thats also part of independence. But you must put all of these tasks together in your day-to-day life to achieve independence, and this is part of freedom.

The responsible exercise of freedom means to thoughtfully choose your courses of action, considering what effect they will have on yourself and what effect they will have on others, and then follow through, as best you can, on those choices.

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**“I am one with others”**

In the Book 'I and Thou' Buber focus on the Two ways of living or relating in this world.These two ways consist basically the 'I-Thou' and 'I-IT' way of living or relating. There is an intimate relationship between the 'I' and the 'Thou' and between the 'I' and the 'IT'.From here we can draw a conclusion that one cannot really exist all by oneself or that there is no man's land, but always in relationship with the other(here come the aspect of the community, family etc.) This is also true when I speak of the other (Thou or IT) the 'I' is included or present in the other. By this I feel Buber say that in my speaking with the person I enter into a relationship with him.Thus Buber would say that both 'I-Thou' and 'I-IT' does not described that there are two independent existence, but in being spoken they bring about existence.

When it comes to our every day life, we are facing hundreds of smaller choices every day. These choices define the quality of our lives. The seemingly smaller choices can over time produce huge negative or positive consequences. Our smaller choices are vital for us. Period. I want to serve this as simple as possible. Here are some examples of the choices we may face each day. Please take your time to reflect over the huge impact these different choices can have in your life.

Love is sacred. Love is sealed with trust, intimacy and even sharing of secrets. Love is to be practice rather than to talk about. True love must be experience rather than to be enumerated. Always remember that “You are what you do not what you say.”

A PHENOMENOLOGY OF LOVE Loneliness and Love The experience of love begins from the experience of loneliness. The experience of loneliness is basically a human experience. Because man as man is gifted with self-consciousness, there comes a point in the stage of man’s life that he comes to an awareness of his unique self and the possibilities open to him. He becomes aware that he is different from others, that he is not what others (like his parents) think him to be.

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**“I must one day pass away”**

There is no idea behind death. It the great leveler. If you have had a good fulfilling life it is something that you yearn for in the later stages of life for a peaceful death. It is just a certain phase in life like birth at the other end. All animate and even inanimate objects has to go through in their cycle of its existence. It is transition point for getting rid of the old and starting with the new. Everything in universe including stars have a life cycle of birth and death. In a microcosm scale every part of the body is dying every second and regenerating simultaneously, so as to keep the life in a capsule of body going. Only we do not realize, time is a partner of death. Every second that ticks the unavoidable eventuality comes calling.

“Someday, I’m going to die, and my friends and family are going to have to go through my stuff… just like I had to go through mom’s.” What’s weird about this statement is that it just came through as a fact. There was very little emotion attached to this thought. I wasn’t afraid for my life or overwhelmed by my stuff. I wasn’t even really sad for my friends and family. The fact that I was going to die was just there as a fact. And I looked at it and paused for a second. Reflecting on it later though, I was really reminded that this thought of, “I’m going to die someday,” comes up a lot for me. It comes up when something really petty is happening at work and I disconnect from it to save my time and energy because after all there are more important things in the world and, *“I’m going to die someday.”* Before I die, My dream is to help others accomplish their dream. Deeper than that, I want to live free and help others live free and fulfilled.

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**“ How do I look at myself in my whole life”**

**I look back in my whole life and i realized that i didn't know myself that well. Im not sure what i wanted to be in future, im not sure about the things that i always do because im worried about what people might think about me but i am willing to spend my time thinking what i might become in the future but I know Millions of people have no clue what they want to do with themselves. And that’s okay. Self-discovery is a journey. Honestly, What people think of me scares me. The fact that I cannot control what people see in me scares me. The chance of someone disliking me and talking about it scares me. The possibility that my unfiltered genuineness could come across as fake or dramatic scares me. The thought that I could mess up my own life scares me. The fact that my mind is always thinking and I can never ever make it be quiet scares me. The way that my heart can’t help but get hurt over certain things scares me. How my actions and words will always impact other people’s lives scares me. The fact that I can’t always fix every problem and I can’t spare my friends from their own heartache scares me. It frustrates me that I care what other people think. It frustrates me that I can’t be unapologetically myself. It frustrates me that I don’t allow myself to be genuine for fear of misinterpretation or rejection. It frustrates me that I will NEVER be able to get away from everyone and everything no matter where I go, because even if I am absent, life is still happening. It frustrates me that I don’t fully trust well meaning people because I know they aren’t perfect. I have a story. everyone has a story. and parts of each story are good and parts are bad and life is a big book full of stories and u never know what the next person’s story reads.**

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