

Saturday, July 5, 2003 – 7:06 a.m.

There were so many positive thoughts and feelings running through my self that I didn't want it to shut off, which I guess is why the past four days I haven't slept a whole lot. These feelings were long overdue and greatly missed. Even though I had been in denial that my spirit had been dampered, realizing where my emotions lie now compared to where they were was proof enough to me. "Fake it till you make it," I try to tell myself. Whatever I was doing, it was obvious from the people I was meeting and the experiences I was having, something has definitely changed. My only hope now was that I could continue to keep this "buzz" on life flowing as long as I can. I love these feelings not only because they make me appreciate everything in my life a little more, but because I can serve as an inspiration to others who have forgotten who they are, and hopefully serve to remind myself when my perspective is skewed and I forget. Tonight I realized, again, that sometimes the best help you can give someone is not helping them at all. I don't believe that anyone is a "lost cause" or that anyone is impossible of changing. I can see how I have changed over my own lifetime, from needing everything proven to me to trusting that everything does happen for a reason and sometimes you can't or aren't meant to understand all of the reasons why. Sometimes we are meant to go on blind faith. Not everyone wants help, though, as I'm learning over and over again. It seems that a lot of people just want sympathy for the situations and obstacles that they have created, and I am not excluded from that group, either. But all I can offer them, instead, is compassion and understanding, because we've all been in tough times in our lives. The important thing is remember your past only as a reflection of who you were and a reminder of who you want to become.