



MERAKI

A tablespoon of soul, and a potful of creativity



This issue:

I Have A Voice!

Meet the council

**From the
Counsellor's desk**

**Monsoon mood
boards**

**Poetry, Art and
so much more!**

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Lizelle Montes
Editor:
Natalie Moreira**

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Aman Kmat**



WELCOME BACK...

The internet defines 'Homecoming' as the tradition of welcoming back former students and members and celebrating an organization's existence. But at The Gera School, Homecoming had a slightly different connotation this year. In Sociology, we believe that an organisation exists because of the people and the year 2022 marks the return of students to the school. If you passed down the Kadamba Plateau Highway, our school hoarding reads 'School is back where it belongs'. So, while the building never really went anywhere, the actual experience of school is no more online. The students and the stakeholders of the school are now more in touch than ever.

This edition of Meraki focuses on just this. Students and faculty working together to facilitate the process of learning. To learn each from and with each other. To take on newer roles and responsibilities. Did you know that TGS now has their first-ever Student Council? Did you know that our students delivered their first-of-its-kind TED-style talk called VOICES? Did you know that our school Houses now have a name and a motto that all students identify with? Read on to find out how much our students have achieved in the last few months. How much more we can achieve in the next few months is anybody's guess. Godspeed, everyone!

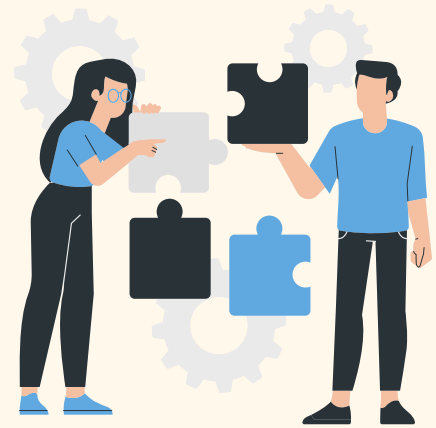


-Ms Lizelle Montes
Editor-in-Chief

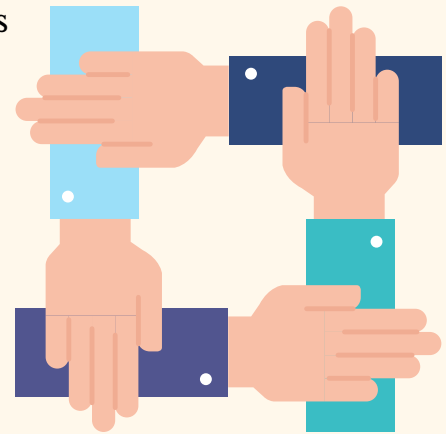
INTRODUCING THE STUDENT COUNCIL

The 29th of April will go down in history for The Gera School. It was on this day that we inducted the members of TGS' first-ever Student Council.

After our faculty selected and finalised the Grade Prefects, they nominated 8 students to run for various positions on the Student Council. These positions include; Head Boy and Head Girl, four House Captains, Activities Captain and a School Editor.



The elections were held on the 18th of April and all 8 candidates sat down for one-on-one interviews with the Principal and the IGCSE Coordinator on the 19th.



The students' roles within the Council were announced on the 20th of April.

According to our faculty members, the Student Council and its members are a well-organized body that possess a vast spectrum of skills. They are also a team and a united front, as well as representatives and role models for the student body.

The collective vision of the Student Council is to make the school a sounder place and a safer environment for all students. They also want to do their best to guide every student toward their full potential. The Student Council intends to provide an open and comfortable environment for students to make them feel seen and heard.



But who are these students? What are their roles, and what is it that they want to achieve?

Introducing your Student Council...



-Natalie Moreira
School Editor

YOUR STUDENT COUNCIL

Head Boy



Lucius De Almeida

Head Girl



Mantra Tengase

House Captains

Hercules



Omkar Rane

Pegasus



Elena Shinde

Polaris



Parisha Ahuja

Phoenix



Keith Alemao

Activities Captain



Kabir Gadre

School Editor



Natalie Moreira

**"Alone we can do so little; together we can do so much."
– Helen Keller**

GRADE PREFECTS

Grade 6:



Vruddhi Rajani



Vaishnavi Vedant

Grade 7:



Stefano Alvarez



Hannah Vales

Grade 8:



Maegan Po



Zara Bajaj

JUNIOR PREFECTS



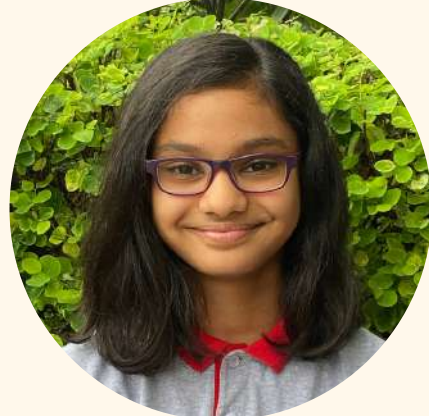
Jeremiah D'Souza



Aarush Madwalker



Maya Alvares



Kiara Jhunjhunwala



Sofia Buhariwala

OUR FOUR SCHOOL HOUSES

Hercules is a symbol of hard work and spirit. Our House logo shows how capable (not only physically) Hercules was able to be even after all the years of hardship he had to go through. It is self-belief that contributes to working positively toward a brighter future. Today, the Hercules house aims to be similar. "Maximus", our motto, implies that we are supreme, not alone, but as a team. We hope to participate in each event, without the pressure of having to win, but with the purpose to learn more. Inspiring and hard work being at our core, we will give our best as a team in all fields.

-Omkar Rane
Hercules House Captain



'Non pareil' is a French origin phrase which translates to 'no equal'. Our House symbol is a Pegasus, a Greek mythological creature. A Pegasus is referred to as 'the hooved master of the ground and the winged master of the air' as well as 'the guide for humankind beyond the physical world', and portrays speed, strength and creativity. As a House Captain my goals for the year are to keep the student body motivated to participate in co-curricular activities as well as help all members to find their higher self. I do hope our achievements as a team can culminate in winning the Champion House Cup at the end of the year.

-Elena Shinde
Pegasus House Captain

Polaris signifies firmness and constancy, just like the star, radiant and leading to the right direction while ensuring discipline and tranquility; it is a House full of great artists and talented students, all wanting to contribute in any way they can.

Our aim for this academic year will be to encourage each other to discover their skills and interests, which will allow the House to enhance their performance in Inter-House events with enthusiasm and optimism. The House will also be certain to follow school rules and be diligent, which will aid all the members in becoming good leaders in the future.

-Parisha Ahuja
Polaris House Captain



What does the Phoenix symbol stand for, what are our goals and and what does INVICTUS mean? Well the Phoenix was a bird that never laid any eggs. It was regenerated and reborn from its ashes every 500 years. It's a symbol of fire and divinity. INVICTUS means and symbolizes indomitable spirit and a defiance of the odds. Why does it suit us? We rise when nobody expects it and move mountains to win. We work as a team with a fiery passion; our goal for the year is consistency in all spheres of student activity.

-Keith Alemao
Phoenix House Captain



A STUDENT'S VOICE

Mantra Tengase, Grade 10

On the 27th of April 2022, The Gera School hosted Voices: Student's Edition, an event where students were given the opportunity to share their perspectives on Life Skills. Similar to the school's previous Voices events for teachers and parents, this event featured a group of speakers who shared, through personal anecdotes, what they learned about life skills. They also shared how the audience could implement the learnings in their own lives, leaving the audience with many takeaways.

With some guidance, ten students prepared and delivered engaging talks about life skills, ranging from self confidence to gratitude.

"My favourite part was probably the preparation for Voices, the way our speeches changed and grew." says Sia Karmali from Grade 8, a speaker for Voices.

"I loved that the people who participated got to share their own stories, everyone had their own voice", says Zara Bajaj from Grade 8, as the event was not only a way to share and learn, but also a way to show that the Students of the Gera School have a voice.

"The event was enlightening and helpful. It gave me a platform to share and exercise my skills." says our Head Boy and Grade 10 speaker, Lucius de Almedia.

Our Chief Guest was Mr. Prajyot Mainkar, a well-known motivational speaker; our Guest of Honour was Mr. Prakash Pereira, an entrepreneur of repute in Goa. Both praised the speakers and shared their own insights and experiences with life skills.

The event also provided a learning opportunity for the student hosts and backstage crew. We hope that the event helped many to discover how life can be transformed through the inspirational experiences of others and how we can go on do do the same for others.



BACK TO SCHOOL

What's it like being back in school?

STUDENTS

"It's good to be back in school. I like meeting all my friends."
~mantra tengase~

It's pretty fun at times although the constant work gets quite stressful
- Evan godhino -

"As overwhelming as I thought it would be, I just love it everyday here"
~ omkar rane~

"An amazing feeling interacting with friends"
~aman kamat~

"Surreal"
~zara bajaj~

"A much needed change"
~kaya kholkar~

"Perfectly Imperfect"
~nida khan~

TEACHERS

"I've never thought school offline"
~mr. jurish nath~

"Indoor became outdoor, interacting with physical people" -
mr. mannoj raj-

"It was my first day in school!!!"
~ms hetal gangani~

"I'm exploring my childhood with a lot of joy."
~ms geetanjali naik~

"When children are playing, i feel like playing with them."
~ms sukanya narvekar

"It's fun, but overwhelming. It's easy and it's hard. School feels like school"
~ms shagufta khan~

THE RIGHT TIME

By Lucius De Almeida, Grade 10

The time had finally come. After years of pondering, months of chatting and hours of preparing in front of his bedroom mirror, the time had finally come. Jake was alone with Emily in the train back home. Oh, how he was waiting for this moment. To verbalise his love for Emily.

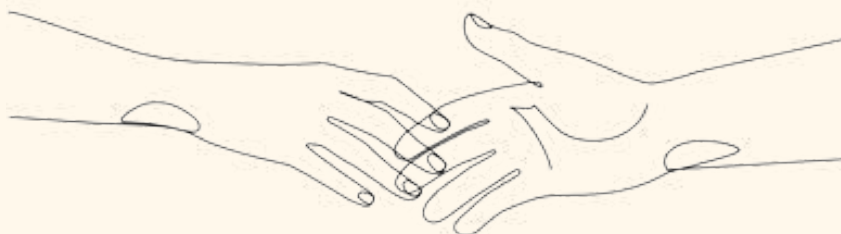
They were both quite tired; it had been a long day at college. Their A-levels were closing in and for the last few weeks, Jake and Emily immersed themselves in their studies. However, this wasn't all there was on Jake's mind. From just puppy-love in Grade 4, Jake's feelings for Emily had grown over the years. And at last, today was the right time, the perfect chance he had been waiting for.

It was a tiring evening, the bustling tube unloaded a horde of passengers leaving Jake and Emily sitting together on the cold, metal seats. Their conversation continued involuntarily, while Jake's thoughts fluttered through the realm of love, spasmodically driving the conversation toward his emotions. Jake couldn't help but think about Emily. He ran his mind over the memories with Emily, the graduation dance, prom, group-studies and his first encounter in Grade 4. Slowly, his mind digressed into the future: A future of dinner dates, Netflix parties and love.

All this day-dreaming was abruptly ended when suddenly a bump sent Emily sliding towards Jake. Her arm now on his. NOW! NOW IS THE CHANCE! Emily looked up at Jake, laughed and smiled. Once again, he was lost, lost in her light brown eyes; so delicate yet an unexplored Jungle for his thoughts. His heart fluttered. After months of fantasising, the situation engulfed Jake. He couldn't bring himself to confess. Where was his courage when he needed it? He opened his mouth, mumbling a bit. He hesitated, faltering at this cardinal moment. The fears started pouring in. Jake began to imagine the idea of mockery and betrayal. Rejection saturated his thoughts.

Suddenly, the speakers boomed with words of conclusion. They had reached their destination and the right time was almost over. Jake opened his mouth but was struck by anxiety once again. Jake looked at Emily and she looked back at his face. Jake got the butterflies again. The price for her flawless face to get close to him, her perfect lips to touch his and her tender cheeks to rest on his shoulder.

Emily got off the tube along with Jake. She said "Good Night" and they parted ways. Emily walked off into the darkness leaving Jake in a regretful, pensive and worried state. His mind was in true darkness, as he had just lost "The Right Time"





creativity corner



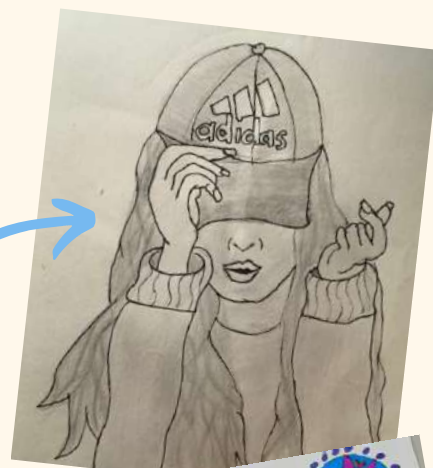
Mihirra, Grade 9



Aman Kamat, Grade 10



A study of historical fashion
Mantra Tengase, Grade 10



Kristyn Souza Vaz
Grade 6

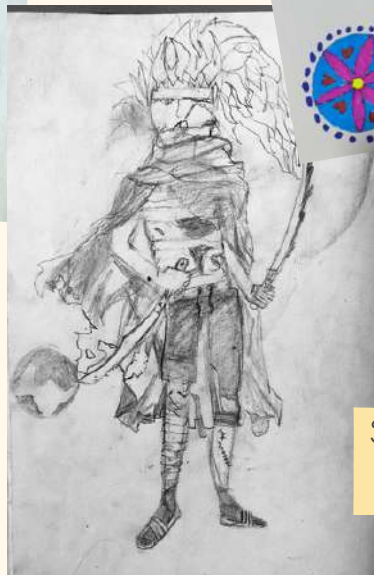
Raechel Malimath
Grade 7



Kiara Jhunjunwala
Grade 5



Ananya Kamat
Grade 6



Samyak Lunia,
Grade 5

YODA BEST DAD IN THE WORLD!!



Parisha Ahuja, Grade 10

The Gera School celebrated Father's Day on Saturday, June 18th, welcoming all students and parents. The celebration featured games, activities, rewards, and boundless enjoyment. The school places a high priority on the students' relationships with their parents/guardians, and it is crucial to make them feel like they are a part of the school community.

The event began with a zumba session in which all pupils, parents, and teachers showed off their dance moves; the auditorium was filled with lighthearted laughter and excitement as everyone followed Miss Nikita's lead. Little did they know that this was the beginning of an utterly wonderful and unforgettable day as they all made their way to the refreshments to unwind after dancing.

A variety of games and activities was set up by the teachers in the cafeteria, including a brick lifting game in which the fathers had to hold a brick lifted directly out of the water with just two fingers with a timer set for one minute. Another enjoyable activity required dads to dress their children in newspapers; several trends were established that day. The children proudly went around in their newspaper attire, appreciating their dads' dedication and effort.

While everyone was occupied in the cafeteria with activities, the futsal court was being prepared for the game, with teams being formed and pupils preparing to compete against their fathers. The futsal court reverberated with clapping and cheering at the start of the match. Aman Kamat, Grade 10, scored the first goal and every team member was overjoyed—but not for long since Dr. Sameer scored the first goal for the Fathers' team and the score was tied. Both teams competed with great skill, but only one team can win; after a long tie, Mr. Pradhyum Reddy scored a penalty and handed the Fathers' team victory.

In all honesty, one day does not suffice to recognise how special fathers are every day of the year. Remember to thank your fathers every day for what they have done for you.

"A dad is the anchor upon which his children stand."



The winning team



FROM THE EYES OF THE CHILD

from the little ones in UKG



"A child's imagination is a very magical thing"



Advika Kubasad drew what a magic carpet looks like. She wants to go to different places sitting on the magic carpet.



Riyaan Nowlakha drew a trampoline, something that he loves to play on. He enjoys jumping higher and higher.



Zayaan Martin Naik drew what he saw from his car on his way home.

Yoga Day with TGS!

Zara Bajaj, Grade 8



Yoga day is celebrated on the 21st of June, The Gera School had the splendid idea to invite Ms. Namrata Menon, the brand ambassador of yoga for the state of Goa, to teach the students a bit of yoga.

Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. The word 'yoga' comes from the Sanskrit word 'Yuj' which means to join, to yoke or to unite. Before Ms. Namrata's tranquil yoga session, she gave us an explanation of why yoga day was celebrated on the 21st of June: this day is the longest day of the year and amplifies the performance of each individual.

All the grades were split into two batches, Grades 1-5 in one and Grades 6-10 in another. She began with a killer warmup and then soon after dived into multiple different activities! She taught us poses like Bakasana which helped us with our control. We performed the

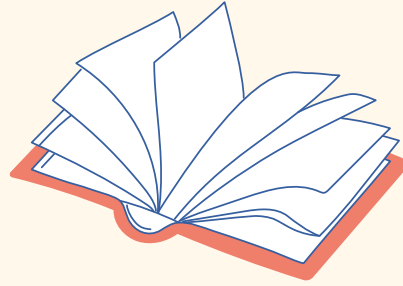
Sarvangasana, also more popularly known as the candlestick pose. Ms. Namrata decided to add some friendly competition with a plank contest. The aim of the contest was to stay in a plank position for as long as possible. Everyone had a blast! To end the session, we did the Shavasana pose also known as the Corpse Pose to relax ourselves even more.

It was a great experience to learn and understand the world of yoga; everyone had a delightful time. All of us are extremely grateful for all the effort put in by the teachers, Admin staff and the one and only Ms Namrata Menon.

Yoga is a mirror to look at ourselves from within-B K S Iyengar



Peek a-book!



NEUROLOGY MEETS NARRATIVE

Natalie Moreira, Grade 9

The Man Who Mistook His Wife For A Hat, is yet another gripping collection of recounts by Oliver Sacks.

The Man Who Mistook His Wife For A Hat, is a book written in 1985 by Oliver Sacks, a British neurologist, naturalist, Science historian and writer.. The book is a collection of case histories from various patients that he dealt with in the past.

The book really delved into the bizarre world of neurological disorders, and consists of 14 different, peculiar medical tales.

I feel like this was particularly enthralling due to the fact that everything that was being recounted in it was true. If somebody had told me earlier about the things that happened in the book I would have thought they were telling me bits and bobs of fiction.

Oliver Sacks has done an incredible job of taking something a lot of people would not usually pick up, non fiction, and turning it into an interesting and enlightening chronicle.

It really brought the worlds of neurology and philosophy together , "If a man has lost a leg or an eye, he knows he has lost a leg or an eye; but if he has lost a self—himself—he cannot know it, because he is no longer there to know it". This quote from the book really illustrates how Dr.Sacks' philosophical mind and how he handled the cases; a lot of these written studies often lose sight of humanity and only care about the facts, but when neurology and philosophy are brought together we get a much deeper insight into what was actually going on with these people and how their minds handled certain situations.

Due to Sacks' approach at explaining these cases, we are gifted with a moving and compassionate collection of short stories that also explains all the clinical aspects of the cases in a brief and easy-to-understand (even for people like myself, who are untutored in neurology) way.

"A gripping journey into the recesses of the human mind" ~Daily Mail-. I can't help but agree.

I would unquestionably recommend reading this book, it's an attention grabber right from the very first word, it's enlightening no matter your educational background, it's extremely thought provoking and mentally stimulating. I think it may be one of Oliver Sacks' best pieces of work.



- Oliver Sacks

The Dictation Song

(A rap song by Sofia Sanchez and Maya Albuquerque, Grade 5)

NOTE : We are talking about an imaginary teacher, not any of the teachers in school.

So, today the teacher gave us a dictation,
the first word was dictation.

We studied all week so much,
our brand new table started to creek c-
Oh, no, my mother said to get a good score,
but is it worth it 'cause studying is such a
bore.

I wish the teacher was caught by a bear,
or fleas invaded her hair;
if I was her, I'd really get a scare.

This thing's impossible;
Hey, what's the next word right now ?
I'd rather get pooped on by a really big bird!
Dictations? whhhyyyyy ???

Dictations! nooooooo....
Am I the only one who can't get a really
good score ?

10 words, I've only got five;
this is like standing under an angry bee
hive.

So our point is we hate dictations,
dictation song, dictation song, bye bye!



RAINBOW

Rare in time
Attracting
Incredible look
Nice
Beautiful
Ongoing at times
Wonderful

-Saanchie Kelkar, Grade 5



Sarvadnya
Grade 4

My Awsome Summer Vacation in Dubai

Nathaniel Moreira, Grade 3

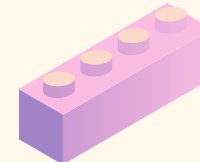
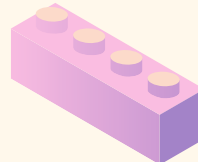
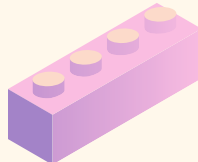
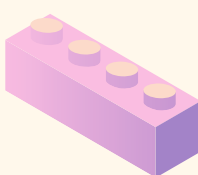
This year for my summer vacation I went to Dubai with my mother and my sister, Natalie. I was very excited because I knew I had some fun stuff coming up. I was going to meet my aunties and cousins. What I didn't know was that my Auntie and cousins had also planned a surprise for me. We were going to spend the weekend at Legoland hotel.

We took a long flight to Dubai; it was hot when we reached. We visited malls, had dinner on a beach; I also had fun in the PlayZone. The best part of my holiday was Legoland. I had a Ninjago-themed room and my own bunk bed.

On the first day we went to Miniland. There I saw Dubai landmarks made of legos. I could even make them move by pressing some buttons. Then we enjoyed some rides. I went on a superfast rollercoaster with dragon seats.

Next day I woke up early, had a good breakfast at BRICKS, the lego restaurant, and then went to enjoy the waterpark. I floated in the wave pool and the lazy river. All of us also sat in a giant, round raft and took a ride down a huge slide. We had fun getting soaked in the water playground. Finally, we visited the BIG SHOP. I was so happy to be there because I was surrounded by legos. I got 2 new legos sets as a souvenir.

I felt tremendously happy that I got to go back to Dubai and visit Legoland. I enjoyed my summer vacation and I hope I can go again.



अगर मैं रानी होती तो |.....



अगर मैं रानी होती तो मैं मेरे महल के बाहर एक बटन लगवाती। जब भी मेरे राज्य में किसी को मदद की जरूरत होती तो वे आकर बटन दबा देते और मैं उनकी मदद कर देती। मैं सब गरीब और भूखे लोगों को पैसा और खाना देती। सब बच्चों को पढ़ाई के लिए जो भी मदद लगती मैं वह कर देती। मैं मेरा राज्य साफ-सुथरा रखवाती। मैं रास्ते ठीक करवाती। मैं सबकी मदद करती। मैं पूरी कोशिश करती कि मेरा राज्य एक अच्छा राज्य बन जाए।

अनन्या कामत
Grade 6

Ananya Kamat
Grade 6

From our
Hindi and
French
students

What i
would do if I
was a queen



La mode a une grande variété et c'est plus difficile, Les vêtements que j'aime porter c'est un tee-shirt un short ajustement sec noir. Pourquoi noir ? Un tee-shirt noir c'est parfait et personne ne peut voir les taches de sueur. J'aime aussi un short ajustement sec noir car un short sec plus vite et un short plus confortable. Est-ce que J'aime les vêtements de marque ? Non, je ne préfère pas les vêtements de marque ex : louis Vuitton, Dior et cartier. Car les vêtements de marque sont très chers et inutiles. Comme un adolescent le vêtement de marque sont inutiles car je grandis tout le temps. En même temps, ça ne me dérange pas de les porter car c'est à la mode. Je ne suis pas à la mode pas car je me fiche de ce à quoi je ressemble.

Keith Alemao, Grade 9

J'aime les vêtements de créateurs mais je ne peux pas les porter parce que c'est très cher. J'aime la mode. S'habiller selon l'occasion et je pense que je suis une personne à la mode. Je préfère porter des vêtements simples comme un jean et un t-shirt ou un haut avec des bijoux et une veste mais pas à Goa. Parfois, j'aime porter des robes pour les fêtes et pour les chaussures, j'aime porter des baskets, mais ces jours-ci, je porte des chaussures de pluie à cause de la saison des pluies.



Eva Fernandes, Grade 9

J'aime les sports

Grade 8 French Class

A l'école, on a environ trois heures de sport obligatoires par semaine. A ton avis, c'est top, juste assez ou pas assez ?

Les étudiants de huitième donnent leur point de vue et justifie leurs réponses.



Pour moi, trois heures de sports chaque semaine c'est assez parce que j'adore le sport et en plus des étudiants ont les activités extra curriculaires aussi.

~Zara Bajaj

A mon avis, trois heures de sport est assez chaque semaine parce que quelques exercices et activités sont très bien. Moi, je suis très paresseuse. C'est très fatigant pour moi mais je pense c'est amusant aussi.

~Kaya Kholkar



Pour moi, trois heures de sport obligatoires chaque semaine. C'est assez. Comme sports j'aime le tennis et le basket. C'est fatigant bien sûr, mais c'est très amusant aussi. En plus, ça me rend en forme.

~Reva Kulkarni

A mon avis, trois heures de sports chaque semaine a l'école, c'est assez parce que j'aime les sports et je suis sportif. En plus, c'est très amusant aussi. J'adore la natation et le basket.

~Sia Karmali



A mon avis, trois heures de sports à l'école chaque semaine, ce n'est pas assez parce que j'aime les sports. Au dehors de l'école, je pratique le foot et le tennis de table deux fois par semaine.

~Jadon D'souza

Pour moi, deux heures de sports aussi est assez parce que ce n'est pas amusant. C'est très fatigant et en plus, c'est difficile. Pourtant, j'aime jouer les échecs pour deux heures aussi parce que je trouve cela très amusant et intéressant.

~Vaanya Reja



LIFE FROM AN ALIEN'S PERSPECTIVE

Mr. Jurish Nath



Ever stopped to consider how absurd human existence is?

When we find something amusing, we can double up in laughter till our stomachs hurt. The arrangement of some sounds makes us want to move our limbs in ways that don't make sense and achieve no objective. We add spice to our food that makes our mouths burn, on purpose! We have the ability to create pictures in our minds by making sense of scratches on paper.

We enter and leave the world alone, but spend a large portion of it around others like us. We give people colorful appendages of plants to show appreciation. When someone puts their limbs around us, it makes us feel warm in a way that can't be quantified. We wear rocks on our fingers to show that we want to spend the rest of our lives with someone. We take in descendants of animals that used to hunt us, give them names and consider them family, even though we don't speak their language, and they can't speak ours.

We go into a deathlike state for about 1/3rd of every rotation of the earth. When we bare our teeth, it means we are happy; when we shed liquid from our eyes, it means we are sad. We decorate ourselves with stones, shells, and colours. Smells make us hungry (or sick). We celebrate our existence after a revolution around the sun. We jump off bridges with ropes tied to us for fun, explode chemicals in the sky, put bitter leaves in water and consume it, watch a series of fast-moving images in rooms with large screens and upgrade our vision with transparent lenses in front of our eyes. We throw and catch orbs with our offspring, and tell them fictional narratives to excite them.

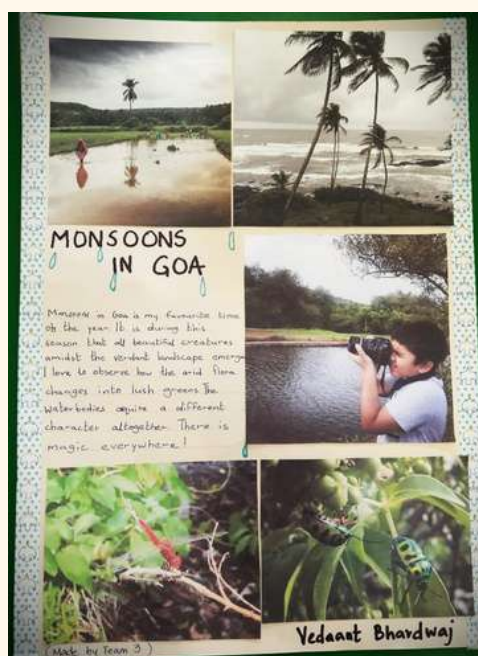
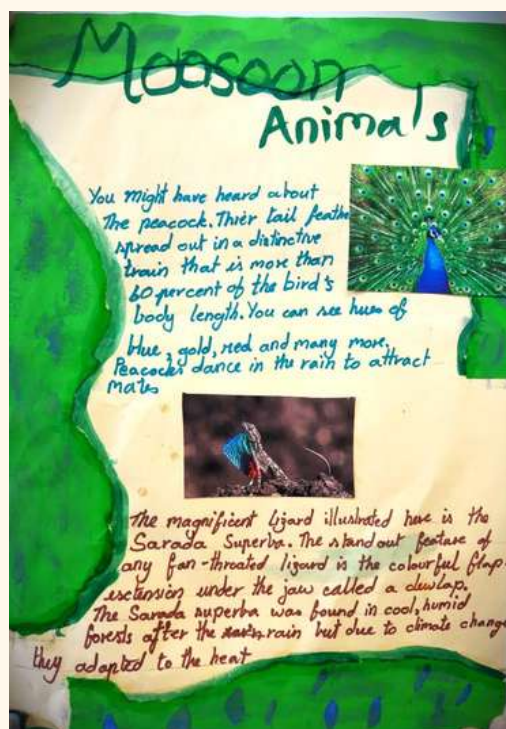
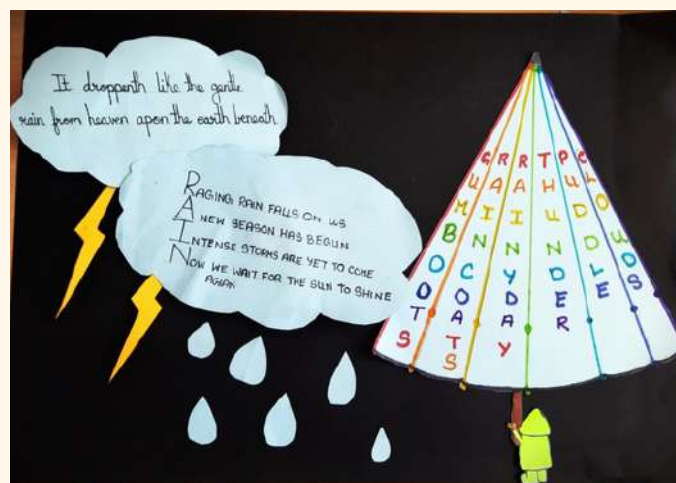
We slice food, stab it or scoop it and ingest it. We burn the remnants of life forms that existed millions of years before us to stay warm and we wait for our sun to set so we can look at many more that are light-years away.

Perhaps aliens would look at us and think that humans are cute, the way we look at cat videos on YouTube.

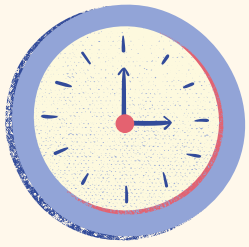


Monsoon Mood Boards

Created
by
Grades
7 and 8

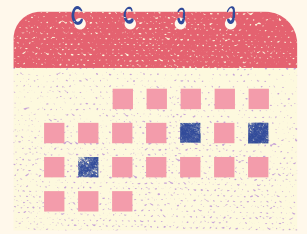


And when it
rains on your
parade, look up
rather than
down. Without
the rain, there
would be no
rainbow. –
Gilbert K
Chesterton



LIVING IN THE NOW..

Ms Charlene Farrell, Counsellor



“Stress is caused by being “here” but wanting to be “there,” or being in the present but wanting to be in the future.”
— Eckhart Tolle

Over the past few months, I realized that my stress levels were causing me to make a number of errors and silly mistakes that I would not make under normal circumstances. This new awareness led me to begin my journey to self-discovery. It was quite painstaking and included hours on end of research, but not the kind that we are used to. This research led down a path ‘in’ rather than on an adventure ‘out’.

During this trip, I discovered a book that changed the very basis of my beliefs. Eckhart Tolle, in his book ‘A New Earth,’ said that acknowledging the good that we already have in our lives is the foundation for all abundance. What was I looking for? An abundance of peace. A moment of calm without the threat of impending doom on the horizon. The simplest, but most profound discovery I made was the discovery of the delusion we hold about time.

We are either always worried about tomorrow and how our actions will affect what’s to come or we are upset about what we did in the past and anxious about how that will affect our tomorrow. The truth is, that nothing in the past or in the future is true. As time passes, we distort our memories of situations and as we know, tomorrow hasn’t yet come. The only true moment is the one we have right now. Coming to this realization opened a gateway that I’d been afraid to look through. I knew it was there but I didn’t dare open that door. I was afraid that if I did acknowledge the idea of being present, I’d have to give up the comfortable feelings of worry and anxiety, two mindsets that had become a habit and gave me a sort of identity. I accepted my anxiety as an old friend that was a constant and would always come along for a visit when I had a deadline to meet or an event to plan.

Now, I have let go of the shackles that tied me to my anxiety and worry simply by focusing on the present moment. It is in the ‘now’ that I know what I need to get done, it is in the ‘now’ that I know how much to do, it is this moment that I am in full control of, and it is just this one single moment that holds the sincerest truth of what my life is about. Yes, there will always be times when something is playing on your mind or where there is something you have to do, but if you are present and focus on the current moment savoring every moment completely, no mountain is too high to scale.