



MIND OVER MATTER
presents

Nostalgia Now



For my Time Capsule, I have these polcos of the day I met my best friend in person! I printed out pictures from my phone on polaroid film, then decorated it with deco stickers! We live in different cities and we've tried to meet each other, but we keep failing since it's SO HARD. One day, my uncle had to go to Jakarta for a meeting . Hearing this, I carpe diem'd and asked if I could come along. It was completely unplanned but we did it! All we did was chill, play video games, watch Kimetsu No Yaiba and eat sushi. But 5 hours felt like 10 minutes. I had to go back home the same day, so I couldn't stay any longer. I remember reaching home at 2AM! Even so, all the sleepiness, fatigue and hours spent on the road, really couldn't compare to how much meaning and happiness this day brought to



my 2020. Being able to be in physical proximity and feel the presence of the person who'd got you through your darkest days, really hits right in the feels. Especially if most of your connection is documented in archives of distance and the Internet.

submitted by Star Jessalyn

halo aku mona, umur 14 tahun (^.^)jadi ini boneka ku dari aku kecil, mungkin dia dibeli saat aku masih umur 2 tahunan. aku gatau siapa yang beli dan btw dia dibeli sepasang, satu cewe satu cowo nah yang aku foto ini tu yang cewe, yang cowonya ada di atas lemari, ga aku ambil karna aku ganyampe ngambilnya hehehe waktu itu pas banjir semua bonekaku aku lempar ke atas lemari biar aman soalnya lemari ku tinggi banget eh si yang cowo malah aku lempar kejauhan :(tapi aku emang lebih dekat sama si boneka cewe si. btw aku kasi mereka nama loh. pas sd aku baca buku perpustakaan yang judulnya "helen keller" atau semacamnya aku lupa hehehehe. jadi tiba tiba kepikiran deh tu nama buat mereka, aku pun langsung kasi nama helen buat boneka ceweku, dan holin buat boneka cowoku. aku lebih dekat sama helen si, setiap aku mau tidur pasti aku selalu pegang dia sampe akhirnya aku bangun pun masi ada dia didekat ku. btw sangking aku senengnya aku sama dia, aku sampe gamau cuci dia, bahan didalem tubuh dia mulai menipis/berkurang, aku takut kalo dicuci malah semakin tipis. dari kecil helen selalu ada temenin aku saat keadaan apapun, sebagai gantinya aku bawa helen jalan jalan keluar kota ahahahaha. bonekaku ada sekarang dan aku selalu menaruh kasih sayang kepada mereka aku selalu merasa kalo kita hidup bersama. aku punya perasaan mereka pun juga, oleh sebab itu walaupun mereka boneka aku tidak pernah memperlakukan mereka sembarangan seperti melempar menginjak dll. sekalipun boneka ku seambruk, helen adalah boneka spesial ku ya aku merasa paling bisa mengerti dia, entah ini aneh atau tidak, mungkin karna kita lama bersama makanya aku merasa terhubung dengannya. aku menyesal melihat semua boneka boneka ku rusak, melihat mereka menjadi kurus dan beberapa sobek :(oh ya ada lagi si satu boneka yang selalu nemenin helen sama aku, dia boneka babi yang itu loh yang pada umumnya deh, aduh aku lupa foto hehehehe. aku gapernah repot repot kasi dia nama, aku langsung panggil dia babi karna mnurut ku itu lucu (^~^)



SELF SELF SELF dear self dear dear dear dear dear dear



Dear self—whether it be past, present, or otherwise.

The future exists somewhere between these lines. I hope you are able to reach it and see for yourself.

How does one talk to themselves? You already have a rather chronic habit of muttering things to yourself while doing anything, really. So I've noticed. Your math assignments and your own mother could very well testify for this, even if she doesn't mention it at all because why would she? Speaking of which, I do hope you have a good relationship with your mother. She deserves it more than you do — I say this out of compassion.



I saw a video once about how smart people tend to think out loud more, which gives me a good reason to write all of this down: not to prove that you're some impressive being, but to tell you about yourself. Knowing yourself is kindness, believe me. I have lived it. Only for a short while, though.

Living inside a body doesn't mean you get to embody every aspect of it at all times. You do, but as humans it's difficult to be aware of every single thing under your skin. The subconscious negativity, the bad habits, the torturous what-ifs. It's hard to be present. It's near impossible to forget your past. It's scary to think about the future. I know this, yet I am writing this down because you still haven't acknowledged that your fears are valid. Not that they need permission to be considered worthy — they just are. You may be terrified of both gaining and losing everything that is valuable to you, but think about what you already have.

You're surrounded by your friends who love you very much. Your family is mostly intact, even if this year has made significant ripples in their health. You've even met and built connections with new people—you joined Mind Over Matter, which has granted you a platform for your work! You've started writing again. You have her. It's all just you and your thoughts, now.

If I were to hand you a script of what you should remember from this year, it would be empty. You simply can't choose what to recall or what to forget. I will say that I remember simple fragments, though: eating pukis from a cheap plastic bag while conversing with your mother about the pretentiousness of drinking from little teacups, calling a friend for hours on end, movie dates and the afterthoughts evoked by a good old film. You've recently cleaned out a little heart-shaped glass bottle, which was an old gift from a friend. You finally received a key to your door. You relieved your childhood memories for a piece. You have an entire lifetime behind you, see? One that remembers you with fondness. Even if you still doubt that, you have another lifetime in front of you to live. I am reminding you that your throat—your voice—is the bridge between your head and your heart. Please continue to use it.

I love you. I'm glad I exist.

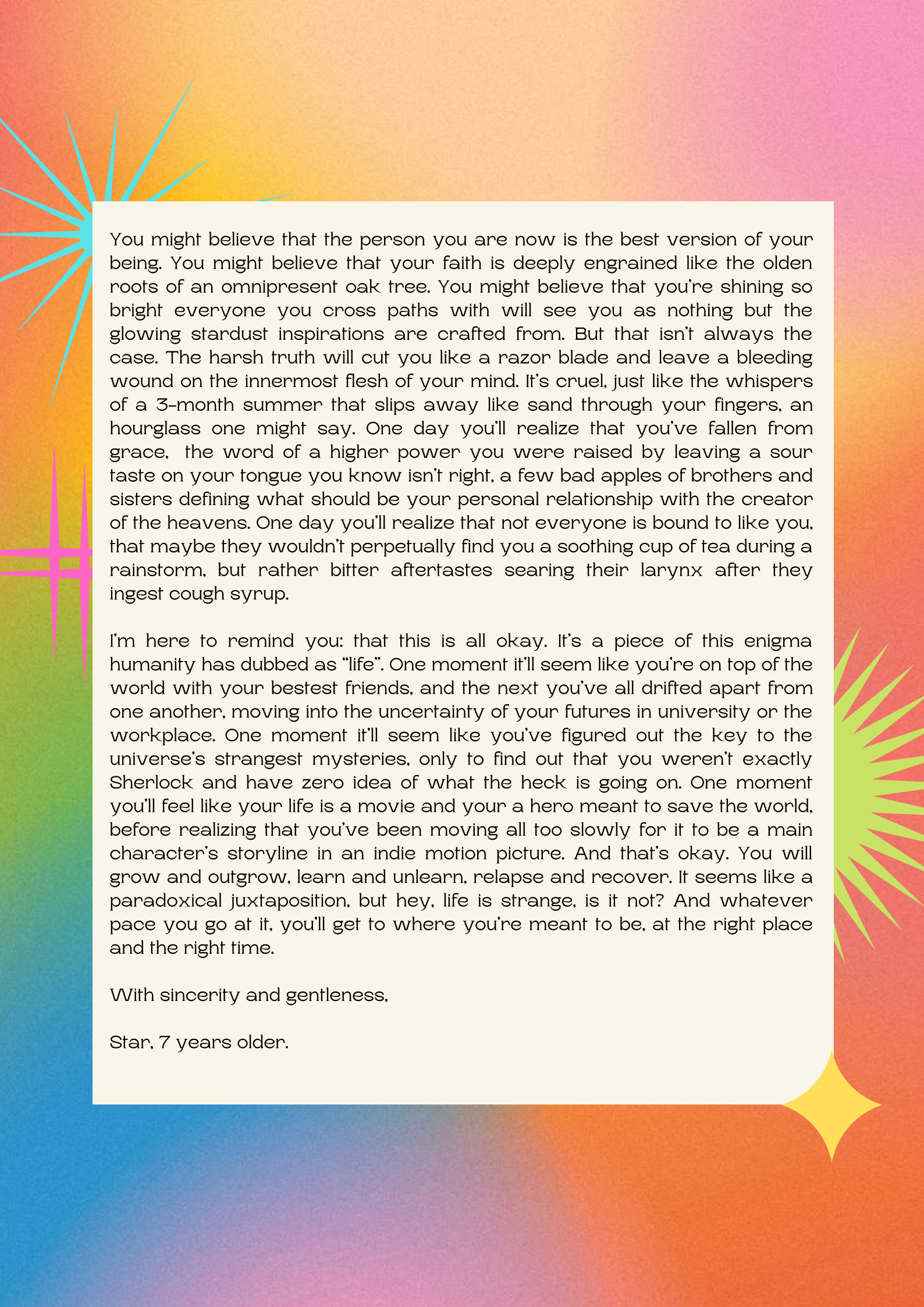
A Letter To My Inner Child

submitted by Star Jessalyn

Hi Star, how have you been? I hope you've managed to enjoy the privilege of being a 10 year old, in childhood's library dusting off the dust from the leather-bound novels each transcribing a tale like no other (even if it's merely a trip to that sushi place you love every weekend) You must promise me, to hang on to that childlike wonder even as you grow out of your 34 shoe size and see yourself a little clearer in the mirror. Because realistically, the world might be crueller than you could've imagined.

You might think that love is all you need to be happy, don't you? That because of its lack thereof, your mother has spent her nights weeping her sorrows wilting to the lilies of unrequited love? It isn't. You might've fostered infatuated limerence towards that musical prodigy from the class next door, but trust me, it's not. Love is merely chemical reactions happening inside your head, a raging storm of endorphins that sends you on a rollercoaster high all too common in crush culture. Truth be told, until now, the transcendent nature of intimacy is something your mind struggles to put together like a puzzle of a thousand pieces. It's like nosediving head first into the Mariana Trench (not that it's possible, but one thing's for sure, it's scary as fuck). Besides, you deserve better. You're looking for fun but all he's doing is serving you threads. He's only using your heart as a welcome rug instead of building a home in his for you.

You might insist on becoming a doctor or scientist, but is it really what you want to do? Are you doing this because it's a passion whose fire you can't seem to extinguish, or did you solely get burnt by the embers of your grandparent's ambitions? Live your life for YOU. It might feel like the pressure is weighing down on you like the world was on Atlas's back, but in time, they will be proud of you for whatever embodies the essence of your heart's pursuit. That being said, it isn't an easy process. Note the words "in time". You might think that your family will support you in everything you do. But that isn't always the case. You will disagree, and clash together like two rods of steel, only to realize that the friction is there to sharpen your wits. It's undeniable that you won't see eye to eye in everything, but families, no matter how complex, are still family. Whatever convoluted relationship and on-your-own-terms communication you have going on, it is okay because families can be tougher than you might've hypothesized.



You might believe that the person you are now is the best version of your being. You might believe that your faith is deeply engrained like the olden roots of an omnipresent oak tree. You might believe that you're shining so bright everyone you cross paths with will see you as nothing but the glowing stardust inspirations are crafted from. But that isn't always the case. The harsh truth will cut you like a razor blade and leave a bleeding wound on the innermost flesh of your mind. It's cruel, just like the whispers of a 3-month summer that slips away like sand through your fingers, an hourglass one might say. One day you'll realize that you've fallen from grace, the word of a higher power you were raised by leaving a sour taste on your tongue you know isn't right, a few bad apples of brothers and sisters defining what should be your personal relationship with the creator of the heavens. One day you'll realize that not everyone is bound to like you, that maybe they wouldn't perpetually find you a soothing cup of tea during a rainstorm, but rather bitter aftertastes searing their larynx after they ingest cough syrup.

I'm here to remind you: that this is all okay. It's a piece of this enigma humanity has dubbed as "life". One moment it'll seem like you're on top of the world with your bestest friends, and the next you've all drifted apart from one another, moving into the uncertainty of your futures in university or the workplace. One moment it'll seem like you've figured out the key to the universe's strangest mysteries, only to find out that you weren't exactly Sherlock and have zero idea of what the heck is going on. One moment you'll feel like your life is a movie and your a hero meant to save the world, before realizing that you've been moving all too slowly for it to be a main character's storyline in an indie motion picture. And that's okay. You will grow and outgrow, learn and unlearn, relapse and recover. It seems like a paradoxical juxtaposition, but hey, life is strange, is it not? And whatever pace you go at it, you'll get to where you're meant to be, at the right place and the right time.

With sincerity and gentleness,

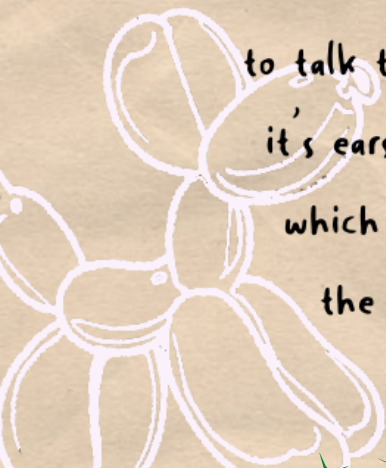
Star, 7 years older.



Lumpy Bestie<3

this cute babie right here is a small toy i owned since i was 5 . i got this from mcdonalds happy meal's lol. nothing fancy, i know. but lumpy was my only best friend at that time, who's always ready when I needed someone to talk to. what's special about it is that if you push down it's tail, it's ears will move back and forth. lumpy is basically an elephant, which is my fav animal! if you know, lumpy is a character from the winnie the pooh movie, he is very playful and cheerful, loves to bounce, and likes honey.

submitted by Ivy Wangsa



A Letter To My Inner Child

submitted by Kiki Wijaya

I know it's real hard to suffer alone. Wishing someone would hear you and come to you. To be honest, it won't happen if you didn't did the first move. The amount of stress you put on yourself is too much. Overthink has become a night routines. I know what's the reason, you hide it from the others. You dislike to burden them and can't trust them. Even until now, I can't find someone who I can trust. I was contemplating whether they are a true friend or not. Anyway, how to find a real good friend? I was struggling to find them. But after all, I am proud of you! Kamu dah lakukan yg terbaik, masalah demi masalah sudah kamu lewati. I believed it's a process of growth. Love youu!

A Letter To My Inner Child

submitted by Niffa Nakitaa

Hello, my future. Saat gue lagi nulis this confession, gue lagi dalam salah satu fase paling buruk hidup gue. Susah banget rasanya belajar di rumah, sendiri, gabisa discuss with other friends. I hate it. Jadi, gue gagal di semester pertama kelas II ini. Gue benci mengakuinya tapi, yes, gue gagal. Rasanya sedih gabisa kasih yang terbaik ke Bunda. Benci banget. Tapi gue tau, pasti ada hikmahnya. Pasti Tuhan lagi uji gue, biar gue ga gampang puas sama hasil gue. Tuhan mau gue lebih pushing my effort for other challenge in the future. Semoga, saat lo baca ini, lo udah bisa mengerti kalo gaada sesuatu yang gampang. Semoga juga saat lo baca ini, lo udah bisa buktiin ke temen-temen lo dan Bunda kalo lo tuh bisa. Lo tuh hebat, gacuma pinter make up aja, otak lo isinya ga make up dan skincare aja kok. Gue yakin otak lo pasti ada banyak pikiran dan hal-hal positive yang berguna, walaupun lo ga pinter akademik. Semoga hal-hal yang saat ini lo semogakan, benar-benar terwujud satu persatu. Semoga hidup lo saat lo baca ini, menjadi salah satu fase terbaik selama lo hidup, ya! Janji ya, lo harus terus jadi versi terbaik diri lo untuk seterusnya. Semoga hal-hal yang gue semogakan di tulisan ini, benar-benar terjadi. Be kind. Be positive. Bring the best version of yours

From, the past of yours.

Dear my 2020 self,

Hello! It's your another self speaking. Today, I'm in my comfy bed while writing a letter just to warning you from the year 2021. k. let's jump to the letter!

2021 is not going to be a meant year and also not a good one too. ykwlm. In 2021 you'll be even busier than before.

I won't reveal the details cause I know you're ^{like surprise} hate being spoiled. but don't worry, I've got some good news too: ^{that's} cherry lol.

Next year, you will experience a lot of things. Lo bakal lebih sibuk mencoba hal baru dan lo bakal lebih improved your

Character. I know, we all know that 2020 isn't the best

year because of the fckin COVID $\frac{v}{o}$ but I wish in 2021,

lo bisa lebih berkembang n lo bisa lebih jujur sama diri

lo sendiri (that's important). stop crying in the midnight!

Give juga berharap di 2021 lo bisa lebih kuat cause you will take a hardship, lose some friends along the way and even lose yourself during the whole process. (I hate this part :c)

Give yakin kedepannya lo bakal banyak sekali tuntutan, termasuk tuntutan untuk lebih bahagia but please don't make the

environment let you down. And also in 2021 you'll be 21 $\frac{7}{0}$

It's mean that you have started to prioritize things. ~~PLEASE~~

~~PLEASE~~ **FAM FIRST! K?**

I believe we're going to make it in the end trust the process n have faith. Don't give up or even trying to stop it.

Just enjoy it n grow with it.

P.S. you'll be happier with yourself eventually you have ~~some~~ much love in your heart - spare some to yourself, please.

Best regards
your future self
(2021)
— hahaha

hi future me!

as i'm writing this, i just want you to know that everything will be fine and probably you're in uni or work probably. oh btw if u don't remember this year (2020), it is corona season. this is a period of your life where you played uno and skribbl.io non-stop cus u were bored af. with this letter, i just hope that everything will be fine and you will get married, have kids, and pursue your dreams in life. despite all the pain and struggles that life has to give, i hope u have a reminder that god is always on your side and ur family and friends will always support you. lastly, i just want to say that i'm so proud of you and your achievements. i hope u have a good life and keep being quirky and fun like you always used to do.

kisses from, your past self

submitted by Skyla

I am so happy to be able to write this short message;

This letter is most likely will go into a time capsule and i guess i will read this year later? Okay, we'll find out and i wish i'm still alive. There are so many things that i want to write but let me just prioritize what i reaaaaally want to write.

I want to say hi to my future self, hi! How are ya?? Are you doing okay? You have a boyfriend now? lol. Are you jobless or doing great in work? You still go crazy for Kim Soo Hyun? Maaan, you should he's adorable. I have a lot of questions for you, future-shafa, and to answer all of those with a good answer is just by doing your best in life. I hope you don't regret what you've done because you did your best.

I also want to thank my-present-self to handle all the shit that has been coming since day 1. You are appreciated, shaf, you are. Currently, i am still struggling to find somewhere to settle, in a lot of things, in many aspects of my life that of course will affect everything sooner or later (is this sentence make sense?). I should've done this long ago yet here i am. I hope when the time i read this letter everything gonna be a lot better and you already become proud of yourself. Anndddd you need to stop procrastinate and start working on something you want. Do you exercise daily? Do you read more than i am right now? Pack it upp, we still need a lot of improvement. Ps, do you become a better person as well? I hope you do.

I feel like i should write about 2020. It's December now, so it almost over. This year has been a krezzi adventure. But isn't this normal? i think it's human who is too selfish to think we can control and run the world. The world runs on its own. I didn't expect to be this way tho, it's an emotionally exhausting year. We also lost many people, that's so heartbreaking. So many things crash this year but hey, we survive. Remember, the world run on its own and it heals on its own. Be like the world, shafa.

Phew, it's not that long? I think that's all i really want to say. Have a good day, future shafa.

submitted by Shafa Anis Salsabila

halo. Clarisa di usia 23 tahun kelak.

Hari ini tanggal 14 Desember 2020 dan 12 hari lagi aku genap 18 tahun. Usia yang tidak belia lagi untuk berleha-leha. Titik-titik penghabisan masa remaja di SMA. Jujur aku masih bingung sekali langkah apa yang harus kuambil selanjutnya. Apakah harus mementingkan keinginan atau kebutuhan. Apakah harus menerjang atau melangkah pelan-pelan sampai bertemu apa yang dimimpikan.

Maaf kalau saat ini aku masih banyak sekali berleha-leha. Aku yang seharusnya mengambis sampai tengah malam justru malah sibuk merajut sweater dan bandana sambil membayangkan akan banyak orang yang mengenal @merajoot.

Clarisa, aku sekarang sangat sedang tidak dalam keadaan baik. Seakan-akan sedang berhadapan dengan jalan yang bercabang tapi aku malah memilih berjalan diantarnya. Gimbang dan tidak kunjung sampai. Terus berdoa setiap paginya berharap Tuhan mengasihani anak yang begitu malang dan bodoh ini.

Clarisa, semoga diusia 23 tahunmu kamu bisa menemukan tujuan hidupmu yang sebenarnya ya. Semoga kamu sudah dipositi yang cukup stabil dalam kehidupan dan tidak lagi berjalan diambang-ambang. Jadilah bahagia bagi dirimu dan orang-orang disekitarmu. Mama dan bapak sedang memimpikanmu, maka peluklah mereka saat kamu bertemu mereka nanti. Peluk dengan hangat dan sampaikan semua yang aku belum bisa katakan pada mereka saat ini.

Jadilah besar dan bestari. Semua pte peluk dan tangisku hari ini, dan semua usahanya, kulakukan supaya kamu bahagia.

-14 Desember 2020-

Surat Ini Ditulis Pada Tanggal 14 Desember 2020

pukul 01:35am dengan hati yang sejijur-jujurnya

submitted by Zahra Claresti

Hi!

Apa kabar kamu sekarang? semoga kamu selalu baik-baik saja ya dimanapun dan dengan siapapun kamu berada, karena doa ku pun selalu begitu.

Bertahun-tahun kita berteman, aku selalu bertemu kamu hampir setiap hari tanpa bosan di sekolah karena 5 tahun kita selalu sekelas. Dari kita masih bocah sampai aku melihat kamu tumbuh menjadi laki-laki dewasa. Sampai kita lulus SMA dan kuliah di tempat yang berbeda pun sesekali masih menyempatkan untuk nongkrong bareng, masih suka bertegur sapa dan berbagi cerita lewat chat.

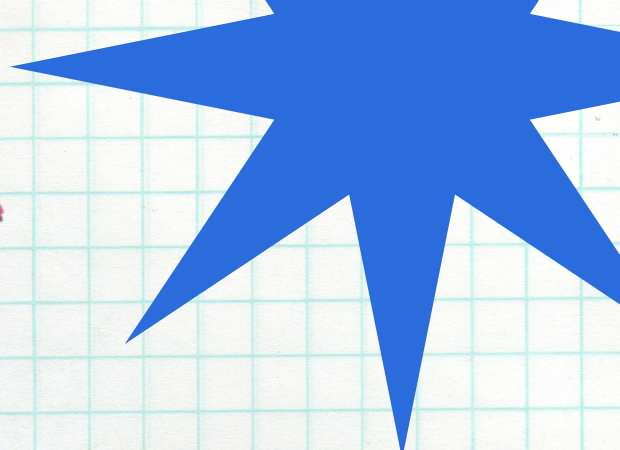

Tapi di tahun ini aku merasakan sesuatu yang berbeda karena aku memutuskan untuk menarik diri dari kehidupanmu, ya itu adalah keputusanku dan sudah dari lama aku memikirkan hal itu sampai pada akhirnya, pada tanggal 01 Juni 2020 aku memblokir semua akun kamu di sosial media. Ya pada bulan Juni, bulan di mana kita sama-sama berulang tahun. Bukan karena perasaan marah, apalagi benci, sama sekali bukan. Aku hanya ingin lupa, tentang perasaan yang aku miliki untukmu bertahun-tahun lamanya. Bermula dari kita bluetooth-an lagu Justin Bieber dulu, hari pertama ketika aku mulai jatuh cinta padamu dan kamu menjadi cinta pertama ku.

Jujur aku selalu merasa tak pernah pantas untuk perasaan itu sampai akhirnya aku memutuskan untuk menjadi teman baikmu saja, yang bersedia menjadi tempat mu bercerita tentang apapun, bahkan tentang perempuan-perempuan yang sedang kau suka meski sakit rasanya, tapi tak apa. Aku berusaha selalu ada ketika kamu butuh karena itu caraku menyampaikan rasa sayangku padamu, aku tak ingin kamu merasa sendiri ketika sedih. Kamu pasti gak tau kan alasan kenapa aku gak pernah mau pacaran sama orang lain? hahaha tak perlu dijawab pun ku rasa sudah jelas apa jawabannya. Selama ini aku lebih memilih hanya menjadi teman baikmu dan berusaha selalu ada ketika kamu butuh daripada aku menjalin hubungan dengan laki-laki lain yang benar-benar ingin denganku. It was so stupid i know;) Tapi bagaimana bisa juga aku menjalin hubungan dengan laki-laki lain yang meskipun sudah aku sayang, tapi aku selalu terpikirkan kamu ketika aku sedang bersama dia. Lebih baik tidak usah sama sekali bukan? hehe

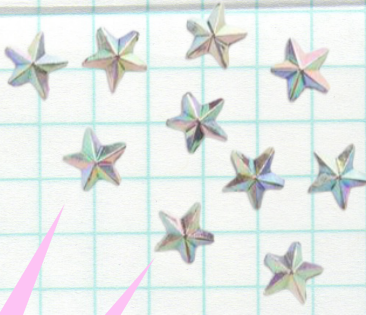
Lambat laun aku mulai tersadar, kita semakin dewasa dan aku tidak bisa terus menerus seperti ini, terjebak dalam perasaan yang tidak jelas bagaimana ujungnya. Terlebih kita sudah jarang bertemu dan kamu juga sekarang sudah bersama seseorang yang sepertinya kalian bersungguh-sungguh dalam hubungan itu. Itu sebabnya mengapa aku menarik diri darimu, aku tidak ingin menjadi orang yang sedih atas kebahagiaan mu hanya karena bahagiamu bukanlah aku, sedangkan dari dulu aku adalah orang yang paling ingin kamu selalu bahagia, meskipun aku tahu kamu tak pernah menyadarinya hehe.

Jujur sampai saat ini memang rasa itu belum sepenuhnya hilang, (karena aku tahu ga akan semudah itu juga dan akupun cukup menikmati proses move on ini) tapi aku yakin aku bisa lupa dan benar-benar bisa membuka hati untuk orang lain hehe. Meskipun sekarang aku sudah tidak tahu bagaimana kabarmu, tapi aku selalu mendoakan yang terbaik untuk kamu, semoga dimanapun kamu berada dan dengan siapapun kamu sekarang, semuanya bisa memberikan kamu kebahagiaan, dan semoga akupun selalu bisa bertemu dengan bahagia ku sendiri. Aamiin :)


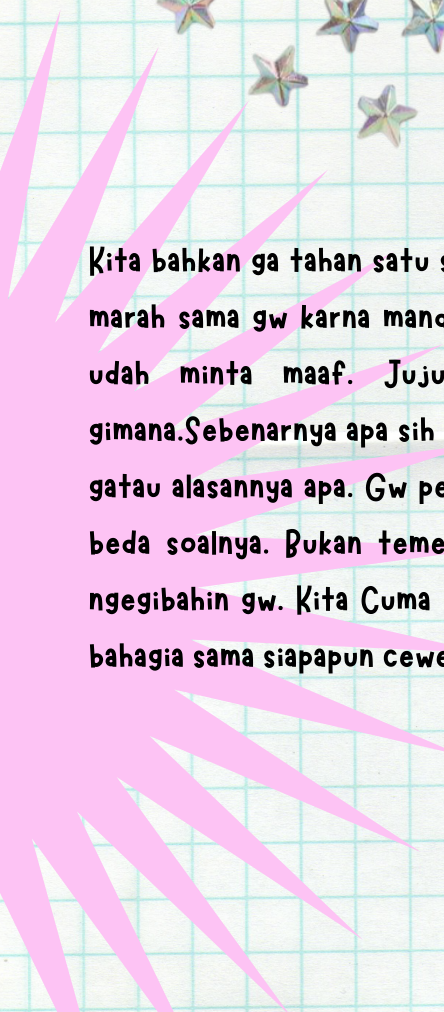
dengan kejujuran hati, Z.




An anonymous confession to Devon.
HAHAHAHAH. Sumpa awkward Dev, tapi lo mungkin ga bakalan baca ini. Gatau ya. Mungkin lo juga gatau devon yang mana. Secara kan ada banyak nama Devon. Hehe.



Ingat ga si waktu dulu pas english perna ditanyain sama sir A . "kalian pacaran ya?" gw gatau disitu mau senang atau kaget atau gmna. Mungkin lo ga ingat lagi momen-momen kita dulu pas SMP. Tapi gw masi ingat cinta monyet yang gaje gw. Gw belum sadar kalau gw suka ama lu sampai.. Kita lulus SMP. Gw tau kok gw bukan tipe cewe lu. Jauh bahkan. Cuma gw mau bilang, thankyou for the happiest months(?) of my life I guess WKWKW.



Kita bahkan ga tahan satu semester bedua. Karna, gw juga ga tau kenapa. Lu yg waktu itu marah sama gw karna mandarin. Baru dari situ gw gaad ngomong lagi ama lu. Gw padahal udah minta maaf. Jujur disitu gw kaya sedih, khawatir lu bakalan gimana-gimana. Sebenarnya apa sih yang bikin lo ga mau ngomong lagi sama gw? Samai sekarang gw gatau alasannya apa. Gw pengen nanya itu ke lo. Seriusan tapi, gw ga berani. Sekarang lo beda soalnya. Bukan temen dekat gw lagi. Gw mau nanya itu. Tapi, gw tau lo bakalan ngegibahin gw. Kita Cuma sekedar bilang hbd aja kalau ulang taun. Anyways, gw harap lo bahagia sama siapapun cewe lo. Bahagia dengan keputusan yang udah lo buat.



Gw jujur sampai saat ini nyesal ga nanya ke lo pada saat itu knp lo ga mau lagi ngomong sama gw. [ego gw tinggi bgt. Ego kita berdua tinggi. Sampai gaad yang mau turunin salah satu egonya buat nanya. Kalau seandainya saat itu gw nanya ke lo. Apakah semuanya bakalan beda dari sekarang? Good luck ya sama cewe yang gw denger" lo suka. Jangan mainin hati cewe, kasian. Seberapa kuatnya mereka di depan lo dan mereka cuek ke lo. Mereka pastu juga ad saat sedih pas lo putusin mereka dan lo pacaran sama cewe lain. Gw tau lo itu orangnya boyfriend material banget. Semoga lo tau siapa gue. Dan pas lo ketemu surat ini uda umur berapa? Gimana dulu perasaan lo sama gw? Cuma mau bilang itu aja. Hope you have a wonderful day. From your past. Ga bisa dibilang masa lalu juga si. Pokonya temen lu di kelas english dulu de. Babai *plis, plis ketemu surat ini pas gw uda punya pacar.

♥ A LETTER TO MYSELF ♥

Dear 2020 self,
i miss the old you, the kind you,
the optimistic you. I miss the
decisive you, the ambitious you,
the confident you.

Dear 2020 self,
im sorry for allowing yourself to need & rely on others,
im sorry for changing you for the sake of others,
im sorry for constantly blaming you
for the shit that you go through,
im sorry for allowing unnecessary things affect you :(

Dear 2020 self,
Im relieved & grateful to say
that i forgive you,
i forgive you for all the mistakes you've gone through,
i forgive for all the judgment you receive for being you,
i forgive all your old silly habits that you did to get
through the day,
but most of all i forgive you for being so spiteful to yourself
in the past

Dear 2020 self,
Please take note!

Whats in the past is in the past,
it is now irrelevant.

You can create a better version of you FOR YOU n BE YOU.
You can create a better future
, a better reality regardless of the past or the lies
that old you believed. Choose ease, kindness and the entirety of you



