

Dear Middle School Giselle,

One must begin by accepting the light that they bring into life. At times, one felt as if they were invisible by the absence of the love within themselves that one never knew how to share. One wore all of the trending fashions and was always known as the one of the most stylish styles in the school but one never felt physically secure. See, they always wore midi dresses, big t-shirts, and high waisted jeans to highlight their curves but never demonstrated their stomach. In one's eyes, everyone was perfect but they; flat stomachs, curvy bodies, long hair, and being self-conscious about their appearance. The insecurity was more of a comparison of the expectation of my society and my culture. Fitting in was more than feeling present, it was teaching oneself of acceptance, and the rebirth of a new self.

The evaluation of life consists of understanding the importance of independence and the financial freedom to make decisions. Through the financial freedom in time, one began being more conscious of their appearance, what they wore and how others interpret their actions. Trying out for the school talent show every year or participating in aerobics classes just weren't enough to erase the physical insecurities that one continued seeing everyday as a reflection in the mirror. The disappointment of one's natural curves made them feel overweight as the hormonal changes continued to trigger my mental state of mind. One didn't feel beautiful, one did not feel satisfied, one did not feel enough; all they felt was invisible. The sparseness of puberty leads to areas of one's body being disproportionate by genetics as one has always been known for being "short with a big booty".

Rushing out of school every afternoon, just to head to Dad's job as we would spend the last three hours of his shift learning how to play tennis, working out and understanding how each machine improves our body motions. They became obsessed with seeing the advantages of how the body fat transforms into muscle and how clear the skin feels. Vivid memories make one still feel like it was yesterday and the light of the tunnel has always leaned one towards fitness and healing. As one heals, by incorporating weekly healing rituals, that help feed the hunger of our immune system, our well-being, and spiritual growth. Loving the gratitude and acceptance of where positivity, consistency can transform one's life into a balance of revolution of who one is becoming.

Many in society do not agree with one's natural decisions of burning calories, finding discipline and staying consistent to the challenge. See the physical challenge, as a way to obtain strength in honor of our own powers that we tend to refer to as insecurities. Insecurities that through time become an outlet of tears, acceptance, defeat, and of concur. Believing in the abundance of patience, time and knowledge is the favorable key to growth, survival and life. Grasping the

knowledge and wisdom that experience can only speak for itself. Remember the words always spoken within yourself, "Eyes speak, words hurt." One's power lies within our wings as it protects your young self.

Be the motion unspoken, be the power of growth. Only they know what it takes!

I will always be proud of you,

Future Fearless Giselle