The background is a solid gold color. It is decorated with several pink cherry blossoms and white lotus flowers scattered across the surface. There are also small, colorful confetti-like dots in shades of pink, blue, and yellow. In the lower center, there is a stack of old, weathered books with a red ribbon bookmark. The overall aesthetic is elegant and serene.

# MEDITATIONS AND REFLECTIONS

JOURNAL DIARY

NAWEL TRIKI

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# MEDITATIONS AND REFLECTIONS

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My journal diary

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*NAWEL TRIKI*

**(Meditations and Reflections)**

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## Dedication

*To my parents who always support me and believe in me  
when no one else does.*

*This book wouldn't have been possible without your  
support and this is my gift for you.*

*To all my friends and people who love me thank you from  
the bottom of my heart*

## Table of Contents

Introduction .....	5
English Essays .....	7
<a href="#">Chapter One: Abstract Themes /Art :</a> .....	9
<a href="#">Chapter Two : Personal Development</a> .....	18
<a href="#">Chapter Three : Mental Health&amp; Lifestyle</a> .....	31
<a href="#">Chapter Four Social issues /Technology</a> .....	41
<a href="#">Chapter Five : Love § Passion</a> .....	50
<a href="#">Chapter Six : Coronavirus Essays</a> .....	60
<a href="#">Chapter Seven : Music § Languages</a> .....	67
<a href="#">Chapter Eight: My Poems</a> .....	76
French essays .....	84
Spanish essays .....	90
Favorite quotes.....	96
Reading list .....	97

## Introduction

*Based on this quote “Writing is the highest form of self-expression”, I dedicated this book for those who believe that the written word is a powerful weapon that has the ability to make a change within the world and one’s soul. It is through self-expression that we unveil our inner word and open up new opportunities. This book is the outcome of three years of writing on my journal diary. I’ve collected my favorite essays and poems and poured my heart and soul into crafting this written piece.*

*Writing a book was merely a vision of mine few years ago. It is through constant endeavor and dedication that I’ve been able to make this vision a reality and chase a dream of mine.*

*Dear reader, I hope that you’d find some helpful and inspiring insights that will enlighten your mind and encourage you to follow the path of success and fulfillment.*

- Nawel



# English Essays



## **Essay 1: The essence of Beauty**

### **“ Beauty of the abstract”**

*In a hectic world where everything never seems to take a step back and slow down, we often find ourselves trapped within the cage of others' expectations to the extent that we no longer appreciate the simplicity of life while aiming for an illusionary perfection. As a matter of fact, beauty is often inherited beneath the abstract. It is indeed an immaculate wonder that is often disregarded.*

*Beauty itself is a subjective term that derives its meaning from the dismissed fine details of life. However, it is only the presence of an authentic artistic spirit and a prodigious mind that grasps the light and the mystic shadows of a sophisticated surreal painting.*

*In a nutshell, one ought to acknowledge that beauty is encountered within the deepest mysteries of passionate yet lost souls.*

## Essay 2 : The simple Key to Happiness

*This world is such a mysterious place full of divine miracles and wonders. As human beings, we often tend to slip away from our natural habitat that is “Nature” to dive into the toxicity and mediocrity that is what we claim as “Our modern society “.*

*“Everything now just seems so easy to reach nowadays as we’re needing a better life condition more than ever”*

*Technology has certainly paved the way for a generation of prodigies and geniuses, everything has changed turning the impossible full of possibilities. However, we still have to face ourselves and ask this honest question” Are we truly evolving and getting all of our desires fulfilled or are we lacking a necessity that is more crucial than any of this technology!*

*The answer to this question is simply happiness which holds a secret key that is only within us once we truly meet our purpose and connect with our authentic self.*

### **Essay 3: The happiness paradox**

*People often estimate that happiness is obtained through materialistic possessions “You get this then you’ll be happy” You do this then happiness is surely guaranteed”. I’d assume that happiness is rather a value that can’t be measured by money nor by anything you own.*

*Happiness has never been more needed than in this current decade as we became bombarded with endless stimuli and distractions. For instance, as various statistics have demonstrated, mental disorders such as anxiety and depression have increased in rate tremendously. In other words, our brains due to this overstimulation have been rewired to function on autopilot. Hence, decreasing its happy chemicals that are crucial to balanced emotional well-being. From an alternative perspective, happiness may be perceived as a goal to attain, a dream that is both far away and within the palm of a hand. Yet, a lot of us don’t realize that happiness is found within the simplicity of life’s finest details. It is indeed within every fiber of our being and the universe. Consequently, happiness is a paradox that is a value found within ourselves and a utopian dream that is beyond our reach.*

#### ***Essay 4: Simplicity is beauty***

*There's no single doubt that life within the comfort of your hometown is irreplicable way things flow smoothly and the air that you breathe fills you with pride and dignity.*

*Living in the city, I keep wondering about the sensation I'd experience while in the country side contemplating the dazzling sceneries and sensing the pure air. Life there might be simple. Yet, it is indeed an immaculate work of art where every fiber is filled with purpose. Simplicity is inherited within the finest details of this scenery.*

*People, there are bound to build a strong and united community. Whereas, in the city, people are slowly drifting apart from each other which made life unbearable and overly complicated due to the ever-increasing materialistic needs. The country side, however, offers a great deal of satisfaction within one of the simplest life styles. Hence, simplicity is key to achieving happiness and maintaining a balanced state of mind .*

## **Essay 5 : The essence of Man**

Humans, by nature, are social creatures who coexist in perfect harmony with their own kind and even other creatures .Indeed , no one can deny the fact that this coexistence has a major role in building the individual's character and strengthening the consciousness of both the surrounding and the internal identity of the individual .

Years ago, philosophers began to question the essence of man by asking a single simple question “What is the man”. For instance, Antonio Gramsci, the famous Italian thinker, had broken out the silence behind the gates of prison to reveal that this question, itself is mal out together resulting in a conflict between different philosophical concepts.

## Essay 6: Art: A refuge in a pandemic crisis



*There's no wonder that the world we're living in is currently facing a critical time as covid-19 is spreading at the speed of light. This, indeed, fills our hearts with doubts and uncertainty. Yet, during such times, we still can perceive a light shining at the end of the tunnel. Art is, in fact, a form of self-expression and a revolution of the intellect. It is a medium through which we express ourselves when words are no longer able to convey our deepest thoughts. It is something beyond our imagination. A miraculous journey where we travel above the clouds, diving within an exquisite painting of the mind. It is the only refuge from the daily stress of life and a great tool to spread awareness about the current pandemic and sensitize people about its inevitable dangerous consequences.*

# **ESSAY 7: POETRY : BETWEEN IMAGINATION AND REALITY**



*There's no wonder that writing is the highest form of self-expression. It is a creative process in which we feel immersed within the realm of words while painting a masterpiece filled with ecstasy.*

*Poetry is indeed the perfect example of both an elegant wordplay and an ocean of meanings. For this reason, a lot of people argue on whether the poetic text should be considered an authentic piece of art or a revolution for the written word. Personally, limiting poetry to its structural and aesthetic aspect is futile. Therefore, I consider this art as a double-edged sword that is both an artistic piece at its finest and a messenger for hope. It is through its strong messages that people raise their awareness about themselves and the world as a whole.*



## ***Essay 8: A world of mysteries***



*Have you ever wondered how this world is structured in such a meticulous manner that every atom, every particle has its own energetic field that connects the universe as a whole! Has it ever crossed your mind that once you connect deeply with your intuition, you partially unveil the mysteries and the signs the universe is sending? It feels deep down that we are on this life journey for a quest to finding ourselves and meeting our hidden potential.*

*The universe and all the living creatures are surrounded by energy. In fact, love's energy is the most radiant and the purest form of energy that brings us healing and empowerment.*

*Everything in this mysterious universe happens for a reason. Hence, we ought to keep on seeking the light within and face every obstacle along the way head on. So that, we find ourselves and create the life we opt for.*



## Essay 9: The Miracle Mind



The human brain is inevitably a complex mechanism and miraculous creation of God. It is indeed the epitome and the essence of every human being and one of the most precious gifts. It enables us to dive deep within the divine fountain of knowledge, drown within a love that is blissful and pure to explore a world filled with endless mysterious secrets and incredible superpowers that are waiting to be awakened. I'm not referring to one's innate abilities that are mainly practical but rather your mental and inner potential .One ought to acknowledge the fact that we all possess vast potential inside of us. There's a giant, a genius within us striving to break free from the illusion of being prisoned by a hideous monster called "The limiting beliefs". We have to firmly believe that similarly to upgrading our smartphone, we possess the utter ability to upgrade our subconscious for a limitless mind. Hence, a limitless prosperous life.



## Chapter Two : Personal Development

### **Essay 1: The Power of Gratitude**

As human beings, we tend to slip through our daily activities wondering what is awaiting ahead. It is, in fact, a modern-day disease that feeling of uncertainty and ambiguity which leaves us begging for more instead of being grateful for what we already have.

As a matter of fact, living life mindlessly and expecting people to be the ones who guarantee your happiness and fulfillment might be the reason of having a hard time creating your dream life. Adding to that, a lot of wealthy people, in spite of drowning in a plethora of possessions, tend to crumble within a shell of sorrow and pain. That's mainly because they never tasted the sweetness of gratitude nor reminded themselves that God's blessings are beyond their limited materialistic view. Gratitude is indeed a cure for every soul that is aiming for more and being content for what it already has.

## Essay 2: Self reflection in the midst of a confused mind

*It is often said that you ought to “Be Yourself». IN fact, society has put so much pressure on its individuals to the extent that it feels as if we’re experiencing an identity crisis.*

*Life is unpredictable and change is prone to occur at any given moment. As a matter of fact, change is a natural part of life even inside every one of us. However, change is something quite challenging when it comes to personality especially when it’s shaped based on others’ judgements and point of views. Therefore, we ought to get out of our personal shell and expand our knowledge in order to face the world and ourselves head on .Reflection only starts when you acknowledge your flaws and take immediate action that serves your higher purpose.*

### **Essay 3: Limitless : Unleash your full potential**

*Often times, we tend to fully accept the labels that others impose on us subconsciously.*

*It is inevitable that society has not only shaped our personality as individuals but also our mindset. As a matter of fact, as various studies have demonstrated that our brains have a limitless power mainly within our subconscious ,it is the part of the brain that controls 90 percent of our daily life and it possesses the power to control your decisions and even your behaviors .Thus, by programing our mind to think positively and looking for opportunities instead of excuses , limitless doors will open for our favor and we'll begin to unlock and unleash our full potential as Albert Einstein once said :”The only limit is a mere illusion of the mind”.*

*There’s no limit to greatness, the only limit is your mindset. Once you change it, you’ll be unstoppable and you’ll achieve wonders.*

## **Essay 4: Be the change you wish to see in the world**

These past few years , it seemed as if we were living just to survive, as if we were bombarded by the stones that life throws at us along the way .In fact ,life is actually tied to our mindset ,whether we admit it or not , it is indeed our attitude and our way of thinking that influences our perception of the world around us . As Mahatma Ghandi said “ Be the change you wish to see in the world “

In other words ,life goes on despite the hardships and struggles .As a matter of fact, you won't be able to witness a colorful rainbow unless there was a beautiful and delicate harmony between gloominess and hope ,light and dark .This world is complex made of opposites and in order to create your dream life ,you ought to strive to find hope within the darkest and cloudiest day .Strive to become better and be the change you wish to see in the world !

## **Essay 5 : A little at a time**

As we move faster and life goes by at the speed of light , we tend to overwork ourselves and think that our purpose is to tackle certain tasks .Thus, we make to do lists ,try to stick to it then rush in doing the tasks in order to feel happy and fulfilled estimating that productivity is related to the amount of work we put in .However, that is not actually right mainly because it really takes quite a time to achieve something with quality and that is what we should focus on getting : Quality over Quantity.

So, take it easy step by step, avoid rushing it and overworking yourself because you might suffer from burnout which is the opposite of productive work. You ought to take some rest and live mindfully by focusing your attention on the most important thing and setting your priorities. Do a little at a time and you'll see wonders at no time!

## **Essay 6 : The power of affirmations**

*The world around us is ever-changing. In fact, the mind, that inner world of ours, has the power to store new information as well as new thoughts. With that being said, it seems that our subconscious mind is a powerful tool that is revolutionizing the manner we perceive the world.*

*Repeating positive affirmations on a daily basis doesn't only make us prone to thinking positively but it is also a powerful way to shift our behavior.*

*In fact, hypnosis as a therapeutic technique is entirely based on "Positive Affirmations». These affirmations are truly powerful as it has been proven that our subconscious mind is being automatically programmed by our own self talk. Therefore, we ought to enrich our minds with positivity and look at the full half of the glass.*



## **Essay 7: Mindset : A toolbox for Greatness**

*It is often said that “What we think, we are”*

*Our minds is inevitably as powerful as a giant computer that holds an infinite storage capacity. However, as human beings, we are creatures who crave external validation and seek greatness from external resources. Yet, one has the power to control our self-talk and shift our mindset from being victims who tend to blame others whenever we indulge into trouble to enter the world of creators who are often referred to as the greatest leaders and figures on this planet. Additionally, if you strive to be great, you ought to start implementing daily constructive habits that will allow you to live the life of greatness!*

## **Essay 8: Success is progress not perfection**

*There's a fine line as you all may know between being at the top of everything and being successful as success is mainly defined as something that is reached through hard work and a continuous progression of effort unlike what goes to other minds that it's entirely related to being smart and having a high IQ. In fact, a lot of people used to think about success this way, they were living in a complete lie because intelligence alone does nothing but deceive its beholder as it leads one to the trap of false entitlement and procrastination which are the opposite of success. Therefore, we ought to think twice before claiming that intelligence is the equal to success and think about making progress instead of seeking perfection and instant gratification, we must take action and work as hard as we can to grab every opportunity to lead us into building a successful life where progress is key and perfection is just an illusionary concept.*

## **Essay 9: Never settle for less**

*It is often said that greatness comes only for those who are willing to break through the doors of pain and struggles . It is indeed inevitable that hardships are the ultimate teachers and guides that lead us to a life that is filled with unfathomable miracles. As a matter of fact, great leaders and world influencers didn't become who they are today by accepting their mediocre reality and settling for less . They, indeed, fought hard to break every stone, every obstacle that stands in their way.*

*Life is a blank canvas that is filled with a vision of your own imagination.*

*Therefore, you ought to know that you are the artist of your life so start painting your masterpiece, thrive despite the pain and never ever settle for less than you deserve.*

## **Essay 10: Goal Setting : Success' essential Brick**

*As Albert Einstein puts it “If you want to live a happy life ,tie it to a goal not people”. As a matter of fact, having clear goals is the epitome of leading w well-defined destiny, it is indeed the optimum way to achieve a remarkable success and living with ecstasy.*

*Without goals, life becomes meaningless and a blank page one has to fill with aspirations and visions. Goal setting is ,in fact, a skill that one has to harness from within as your goals are the highest expression of your authentic self and what you hold dear inside .Hence, it is crucial to seek your life purpose within you instead of looking somewhere else where you'd feel lost in a trance of people who tear you down and try to change the direction of the sail.Thus,it is crucial that you find your purpose, tie it to a goal and become the leader of your life .*

## **Essay 11: Manifest a life of Bliss**

*“Life is what you think it is “. Following this principle, it’s safe to assume that our perception and mindset are the key components that determine the quality of one’s life.*

*As a matter of fact, one has the capacity to turn his or her life from mediocrity into greatness simply by breaking free from the vicious cage of limiting beliefs as well as setting clear and measurable goals that pave the way for a dream which was once a mere piece of the mind’s puzzle of imagination.*

*Goal setting is the initial brick that sets you apart from those who are just surviving as the train of life passes by at the speed of light. Whereas, successful people tend to seize every opportunity that comes along their path, set the bar too high as their vision is a fraction from a limitless imagination and a mind with no limitations.*

## *Essay 12: Motivation: Should we seek it?*

*A lot of times, we often feel fired up to do and tackle various tasks with a heart full of energy and determination. However, there comes a time unfortunately where all we want is to rest and eat some pizza slices.*

*In this case, we ought to reflect deeply on our thoughts in order to find inner peace and balance and seek the motivation intrinsically. The question that needs to be raised, however is “What exactly is motivation?”*

*Motivation is a spark of inspiration that just comes and goes or is it hidden inside all of us and waits for the perfect time to get unleashed. Well, in fact, motivation is found within each of us and the only way to unleash it is to follow our passion or “dharma “to bring up our creativity and even when it’s no where to be found, you ought to dig deep by relaxing and freeing yourself of restrictive thoughts and that’s the best way to release motivation and find it!*



## Chapter Three : Mental Health& Lifestyle

### **Essay 1: The trap of anxiety**

There comes a time in our life where things just seem to flow effortlessly but other times, we may experience a surge of sudden emotions that encage us within a vicious trap of surrender and fear. Fear is the ultimate enemy; it is our mind's calling for protection at times of danger. Yet, it is indeed a false call that urge us to react based on primitive impulses .Thus, we ought to acknowledge that as long as we keep responding to this fearful urge we would never leave that trap of anxious thoughts .When fear seems to appear out of nowhere ,just take a deep breath and strengthen your faith in God's protection because as human beings we are prone to setbacks .In fact, it's utterly natural for these feelings to rise at the surface and it is important to know that we are much stronger than our fears and that after hardship comes ease .



## **Essay 2: The Negative voice inside**

Sometimes life becomes really unfair to the extent that makes us question ourselves and blame it on someone else or even get into trouble with our own ego that's inside us .

Negativity comes initially from the curse of perfectionism. As a matter of fact, perfectionism tends to make us eager to perform only at the right time and in the “perfect” circumstances. It makes us think that we shouldn't participate when our mind isn't full of “creative” ideas or when the words aren't flowing smoothly out of your mouth. Anxiety is the enemy of all good.

Like perfectionism, it is a wicked monster that reveals your past mistakes until you take the blame and crumble upon a hard shell. Hence, it is high time you stepped out of your shell to showcase your authentic self and try new things that will boost your confidence and optimize your mental health .

### **Essay 3: Breath : A Healing Journey**

*There might be a plethora of blessings in this life that we often take for granted. One of them is the breath that is keeping us alive. To begin with, various researchers have recently found that deep breathing is man's essential remedy. It allows the body to repair itself and boost its immune system. Yet, people still underestimate the power of breath and keep on breathing somewhat incorrectly. Additionally, as our breath is essentially a part and parcel of our life, we ought to use this powerful process correctly to unlock our lungs' full capacity. Thus, unlock a power that is engraved within our essence and hidden simply because we're often searching for greatness from external sources instead of diving deep within us through deep reflection and breathing. To sum up, our breath, the thing that we often neglect does not only make us alive but truly change our life for the better.*

#### **Essay 4: Imposter Syndrome: The vicious cycle of self-doubt**

There comes a time in our life when we feel trapped within the prison of our minds. Somehow, no matter the greatness of our achievements, there's always a constant void that is urging us to fill in the emptiness of a wandering mind. This kind of psychological phenomenon isn't a mental disorder but a syndrome. Imposter Syndrome is rather a vicious cycle of self-doubt about whether we are truly deserving of the recognition and the title that most people credit us for. Luckily, this syndrome does not impose any latent danger nor hinder the individual from excelling or majoring in his field. Yet, concerning those who are claiming to be imposters, seeking medical assessment is suggested to avoid a sudden drop in academic performance.

## ***Essay 5 : Don't ever suppress your emotions!***

*Since we were young, we've been programmed to feel ashamed of showing our negative feelings to the extent that we constantly keep suppressing and hiding any sadness away, wiping our tears so that we won't embarrass ourselves in front of people.*

*However, it has been proven that locking our emotions inside may do us more harm than good. In fact, these hidden emotions might even cause multiple diseases including cancer which is a life-threatening disease. That's why we ought to erase all the misunderstandings and false assumptions about our psyche and learn to fully embrace ourselves with no limitations or exceptions.*

*Life is a gift and our existence is a miracle. Hence, it is high time you started living mindfully expressing yourself with no regrets.*

## **Essay 6: Perfectionism: A modern day disease**

*It is inevitable that with everything being delivered to us in a blink of an eye, human beings are more prone than ever to drown within a vicious cycle of lies about others and themselves. It is high time we acknowledged the fact that seeking perfection would only lead to destruction .*

*In other terms, we should rather seek progress and fulfillment through engaging activities and habits .In fact, the term perfectionism describes the notion of wanting to reach the impossible and unleash one's fullest potential .Still, there's a gap between "wanting "and "striving». Thus, instead of chasing the illusion of perfectionism and falling into a trap that is both vicious and never ending ,strive to hustle every single day towards a specific goal and make your dream a vivid reality .*

## **Essay 7: Weight Loss : A desired goal**

*We often tend to get consumed with publicity and our cravings. Food to us is the desired pleasure that guarantees us satisfaction and fulfillment mainly sugary sweets as they manage to boost our mood and increase our insulin resistance. Despite the pleasure it brings, this type of food comes with a lot of issues mainly because as the insulin levels rise, your metabolism slows down. Hence, your chances to weight loss decrease and diminish. So, we ought to cut down on sugar and attempt a ketogenic diet or a low-carb diet that decreases the consumption of carbohydrates such as sugar, bread, and dairy products. If your goal is to lose weight then this plan is definitely for you and never forget to practice some physical activities more often to shed fat and maintain a healthier weight. Lastly, remember that weight loss is a journey and a lifestyle that has numerous benefits on your health and well-being.*

## **Essay 8: Keto diet: Weight loss guaranteed!**

*There's no glimpse of a doubt that our lifestyle reflects who we are and how healthy of a person we are. Therefore, we ought to start implementing a healthy lifestyle that guarantees you an effective metabolic system and a body that burns fat at a high function. Becoming curious about this topic, I've come across a new way of dieting called "The Keto diet». This type of diet is low in carbs and proteins but high in fat. Consuming fat helps you burn more fat but you ought to cut down on sugar and bread. Indeed, these substances block the burning process since insulin levels rise the more you consume these products. If I were a dietician, I would advise you to cut down on sugar, bread, and salt and focus more on eating leafy veggies and fruits moderately. Added to that, you have to substitute sugar with better alternatives such as almonds, fish, and nuts to succeed through your weight loss journey.*

### **Essay 9: Coronavirus outbreak! A worldwide crisis**

*It's crazy how things can take a different turn right before our eyes. Life is filled with uncertainty and unpredictability. Who would have thought that a tiny creature called "the coronavirus», Something invisible and tiny that is now causing collective anxiety and trauma is indeed an issue to discuss.*

*The past few months, Coronavirus has been all over the news. the virus that led the world to shut down and declare a worldwide war against it to the extent that a lot of people currently are staying in the comfort of their homes.*

*No one knows how much time does it take to find a cure for this international illness but hopefully, we ought to walk through dark roads with optimism, determination, and hope for better days to come where this pandemic outbreak vanishes and everything comes into place.*



## Chapter 4 : Social issues /Technology

### **Essay 1 : Moral values : A debate of a century**

*Human beings are social creatures who crave attention and collective work, they tend to care for each other and share a tender love between them based on core values such as solidarity and respect.*

*There's no single doubt that the world around us is changing so fast to the extent that devices have taken over the world leading us to become slaves. Thus, humans nowadays are keeping their distance from each other with a sense of connectedness yet separation at the same time.*

*Values are sadly vanishing and morals are no longer there in a technical world that has created some walking zombies who lack the emotional intelligence and the empathy that leads them to put themselves in others' shoes and spread love and kindness everywhere. Before clicking on another video or scrolling on your Facebook feed please consider calling a friend or even visiting your relatives as the world needs more love and less hatred and separation.*

## Essay 2: Why do we have to be good?

*There's no single doubt that this world consists of two opposites: Good and Bad . In fact, human nature is no exception. Some people aspire their reason of living through charitable work and kindness ,others feel the urge to steal or take advantage of others' work to survive .*

*Personally, I believe that goodness can be found within everyone and it's a necessity that leads us to live a prosperous life and guarantee a better future .What's the point of a life where we corrupt and spread hatred .this kind of behavior won't make you nothing but a burden on this society and hurt your reputation. Therefore, you ought to think twice before acting or saying something offensive as the proverb goes "Nonviolence leads to the highest ethics ,which is the goal of all evolution. Until we stop harming all other living beings, we are still savages"*

### **Essay 3: Humans crave being social**

*Since the dawn of humanity, human beings tend to crave the sense of groupings and being together but the question that needs to be raised into awareness is the paradox of having loads of connection tools and devices .Yet, we seem lonelier than ever before .The answer to this paradoxical question lies within us initially since “being conscious of ourselves is the beginning of every knowledge “ according to René Descartes . Added to that, being conscious of ourselves and the manner we respond to various stimulus will not only deepen our inner connection but our connection with others .In fact, being exposed to social media creates a gap between the individual and its social environment .Thus, as we crave being social ,we ought to consume less social media and build real connections face to face with no barriers involved.*

## **Essay 4: A connected World: Can we dream of a united nation?**

*In a world filled with stimulations and distractions, we often find ourselves immersed in loads of websites and things that we don't even need, we connect with others without even seeing their faces as their identity is hidden behind a screen. Yet, we keep on following trends mindlessly and tend to neglect the fact that the phenomenon of globalization is taking over our minds and even our lifestyle. This phenomenon is indeed a curse that is making us feel connected while we're far apart, It also makes us feel amused while our minds are troubled and about to lose the focus on the most important issues that is essentially based on one simple question : Can we still dream of a united nation or are we bound to stay trapped in the cage of globalization?*

*I believe that we can still dream as long as we respect others' differences and build real connections with others face to face with no limitations.*

### **Essay 5: Far Apart but close by heart**

*We're living in a time where we are obliged to stay away from each other; No embracing, no kissing, no warm hugs from a loved one that cure our aching. The Coronavirus is tearing our social life down building blocks instead of bridges leading us to feel lonely and isolated. Yet, the power of love is much stronger than any barrier ,it travels lands and puts a beautiful light within the hearts to cure aching souls. It is a thread that connects two hearts and strengthen their connection.*

*Humanity ought to build bridges instead of blocks. Bridges that travel beyond any barrier and unite us whole and a love source of energy that continues to spread within this miraculous universe to heal it entirely.*

*“Yes, we're currently far apart but We'll always remain close by heart”*

## ***Essay 6 : Telepathy : The new empathy***

*Our mind is such a powerful mechanism, connecting every part of the world to our own soul and to the best version that is found deep within us . It's mind-blowing that this complex mechanism has the power to travel miles from a mind to another circulating thoughts and emotions. This phenomenon is called "Telepathy". It is not far from the truth that human beings are social creatures by nature, they feel each other and showcase high levels of empathy.*

*Telepathy, in this case, is a little different from Empathy. In telepathy, thoughts circulate from a mind to another even when the other person is standing thousand of miles from us. This kind of experience is truly a miraculous and wonderous process where energy displays messages to people, we love to remind them of our affection and needs. It's truly something out of this world and a great way to connect with people while being faraway.*

## **Essay 7: Consumerism: Born to buy!**

A lot of people nowadays seem to be too rushed and hurried. They just want to satisfy their needs mindlessly without considering any consequences. Their unexplainable desire to consume loads of stuff and food is rather a mindless action .It's undeniably authentic to assume that we're born to eat and consume by nature to satisfy our needs and survive but considering the fact that we're born to consume yet we're not born to buy .In other words, buying isn't our true purpose, it's just an act to gather and obtain the things we need .Yet, we tend to take it the wrong way and make it a trendy movement .Consumerism is rather a lie .In fact, this movement states that happiness is measured by the amount of things you have .However, happiness is devoid of materialism . Materialism is indeed the definition of misery because it makes you condition happiness to the act of buying tirelessly. Hence, we ought to think about the value of the object before buying and turn off the consumerism cycle.

## **Essay 8: Internet: The refuge in a pandemic world**

In a world where Internet is spreading as fast as the speed of light, people are creating new ways to overcome loneliness and boredom and trying new things by surfing the net and studying online during the current pandemic.

Internet is currently considered as an alternative to TV as social media sites provide an endless resource of information and at the same while entertainment. Therefore, there won't be any way that boredom hits you. However, you ought to acknowledge the fact that Internet is a double-edged sword. Thus, you should make a good use of it and one of the best ways for me to benefit from it is to study online through watching educative videos which will not only assure an effective study session but also an engaging class that delivers both information and entertainment.





## Chapter Five : Love & Passion

### **Essay 1 : Radiate the energy of love**

*As human beings, we were created for a purpose and nourished with different types of energies, there's a hidden power within us that keeps us alive and filled with blessings. Therefore, we ought to acknowledge the fact that our mind can bring us both the negative and positive depending on our inner world . You ought to bear in mind that what you give to the universe ,manifests whether it's beneficial or not . Thus, I invite you to focus deeply on love and kindness, give acts of service everyday or say something sweet to your partner whatever deed is. Just focus on doing it intentionally and purposefully. So that you can manifest endless blessings in your life and live a life of purpose.*

## **Essay 2: A one sided love**

*How can I describe how I'm feeling? Emotions are flowing in my heart creating that harmonious melody I've heard a long time ago. You were singing and I went speechless, you were there sitting but yet I couldn't reach you .*

*The time when our stars collided, my hand gently touched yours, it was a moment of bliss, a coincidence that I want it to repeat .Love has the power to cure the wounded souls but how to cure a heart that holds love deep within itself without showing it.Standing from a far looking at you without a single move toward you .Your green eyes sparkle like some beautiful stars in the middle of the sky , like a pearl in the deep oceans .How can I mend my heart ? How can you love me when I'm too afraid to show it, too anxious to make a move? It truly burns when you experience a one-sided love but I'll never surrender and continue to dream about a day when our hearts intertwine harmoniously and perfectly. Sending you all of my love, lover.*

### **Essay 3: The Gift of love**

*I've seen you once in the midst of my unfathomable chaos. Your eyes seemed like a forest that I would get lost in its mystic wonders. This love is an immaculate serendipity that unites two longing hearts. Destiny is calling for a collision of souls, a surge to unite lost soulmates who came on earth the same day and met the same way. Love is indeed a force that is filled with a beautiful energetic field. Planets aligned for us both the moment I suddenly touched your hand and laid my eyes on you. For the first time in forever, heaven's gates were wide open and it felt that I finally found a twin of mine who I've been looking for my entire life. Someday, I long for the day when we become one. Two souls born on the same day and reunited together on a special day to chase their hearts' desires.*

## **Essay 4 : The Gift of Life**

*If you ever asked me “What is the best school to ever go to and learn a great amount of lessons?” I’d undoubtedly say that there’s no school that is better than “Life». Every time you open your eyes, you’re bound to step on different roads along your journey of discovery. Each road even if it might be filled with rocks and stones, it will definitely teach you a valuable lesson that will resonate with you your whole life. For me, one of the greatest lesson one can learn from life is that we have to be grateful for everything, for every little thing we experience through our senses and ultimately thankful for God who gave us and keeps showering us with endless blessings that made us the special, unique human beings we are today. This kind of people who are forever willing to make the world a better place.*

## **Essay 5: The power of Gratitude**

*As human beings, we tend to slip through our daily activities wondering what is awaiting ahead. It is, in fact, a modern-day disease that feeling of uncertainty and ambiguity that leaves us begging for more instead of feeling content and grateful of what we already have. As a matter of fact, living life mindlessly and expecting people to be the ones who guarantee your happiness and fulfillment might be the reason of having a hard time creating your dream life. Added to that, a lot of wealthy people, in spite of having everything and achieving their heart's desire, tend to stay within a shell of sorrow and pain as they never taste the sweetness of gratitude nor they remind themselves that God's blessings won't fill their life unless they become thankful for what they already have and pray God to head towards their destined destination with a heart full of love and gratitude.*

## **Essay 6: Can you feel the love tonight?**

Love is an exquisite mixture of the most powerful forces in the universe. It is through love that we thrive and conquer everything that weights us down, spread our wings and fly. You are the epitome of love. The day I met you felt as if I was within a beautiful surreal dream . I still recall the day I laid my eyes up on your exquisite emerald eyes, the day I touched your hand by a mere serendipity. I never thought that I would ever learn to love unconditionally until I met you. Destiny called us that day and lead me to you. Yet, fear held me by its vicious clutches and destroyed a castle of sand that is utterly fragile yet strong to endure a distance that might separate us and keep us apart. You'll always be in my heart.

## **Essay 7: A brighter future**

*Life is a blizzard of a rollercoaster of moments. As we go through it, we experience the ups and downs of a hectic ride. As a matter of fact, as human beings, our brains tend to be indulged within the negative side of life. It is an innate fact that human beings are rewired on negative thinking by nature. However, the power of will and determination is the optimum method to conquer the negative loop that we tend to indulge in.*

*Therefore, we ought to train our minds to perceive light in the midst of the darkest nights and that ray of sunshine that is playing hide and seek behind a gloomy cloud. In fact, we are not destined to live a life filled with darkness and gloominess. You are the leader of your life and the brightest star to ever exist! Act today to make a brighter future!*



## **Essay 8: Dream: A path to a fulfilled life**

*When I was a little girl, I used to think that life holds a simple meaning. In fact, life to me meant nothing to me than loving and making my family proud of me but as I grew up , endless challenges arose and it suddenly felt as if my utopian world was on hold. However, I wasn't until I've realized that this world is a complex. It is a tangled maze where you meet people, discover new things and learn something new every day. As a matter of fact, as mother earth keeps on turning and the days pass by, we discover that the dream that I hold within is what keeps my heart beating and what fills my life with a bright ray of sunshine despite the gloomy clouds.*

*Keep on dreaming even if it's just a mirage in a deserted island because in the end as you reach towards it, you might find the treasure that's hidden within. Dream is the key to a fulfilled life. So, keep on dreaming but don't ever be trapped in someone else's dream.*

## **Essay 9 : Life's true Spark !**

*Man's desire to fulfill his purpose has always been a debatable topic that mentors and psychiatrists often tackle. As a matter of fact, we often hear that talent is a gift from God that we're born with passion comes from finding your heart's calling. However, the truth is that finding meaning within the fiber of every living creature, within every shared moment, embrace or kiss. You become passionate once you experience the thrill of being alive, the joy of being surrounded by loving and supportive people. Moreover, it's inevitable that hobbies might be considered as a passion or purpose for a few people albeit the word "purpose" itself is a subjective term. Personally, I'd think about purpose as a connection to our authentic soul and a foundation of hope within the midst of darkness.*

## Chapter Six : Coronavirus Essays



### **Essay 1: Coronavirus outbreak ! A worldwide health crisis**

*It's crazy how things can take a different turn right before our eyes. Life is filled with uncertainty and unpredictability. Who would have thought that a tiny creature called "the coronavirus», Something invisible and tiny that is now causing collective anxiety and trauma is indeed an issue to discuss. The past few months, Coronavirus has been all over the news. the virus that led the world to shut down and declare a worldwide war against it to the extent that a lot of people currently are staying in the comfort of their homes.*

*No one knows how much time does it take to find a cure for this international illness but hopefully, we ought to walk through dark roads with optimism, determination, and hope for better days to come where this pandemic outbreak vanishes and everything comes into place.*

**Essay 2: E-learning : An alternative protection**  
*Living in the 21<sup>st</sup> century, things are moving faster and getting more complicated than they used to. We no longer have the will to go out for shopping instead by a simple click our whole pack of lunch gets delivered right in front of our door. It's crazy how much can change within a decade and what's even crazier how a tiny dangerous virus can turn life upside down for the whole world. Currently, the role of Internet as a means of information is being acknowledged for the variety of its contents and its accessible nature. In times of a worldwide panic, Internet, despite the fact that it's loaded with rumors and panic worthy news. It's also a great means for learning new skills on different platforms. Indeed, E-learning is the optimum alternative protection and a great method to enjoy learning while at home.*

### **Essay 3: Stay optimistic & Grateful !**

*At times like these, time seems to be passing slowly and life is shutting endless doors of opportunity in front of our faces. Looking at it from a different perspective, I think that this world-wide crisis is indeed a wake-up call to humanity. It is indeed something to stay concerned about. life and the blessing of health and prosperity because life keeps unfolding its chapters. Each day is a blank page that is meant to be spent on gratitude and mindfulness, create opportunities instead of waiting for them to come, spend time with loved ones and rewire your energy with the vibrations of love. Optimism is not taught at schools. Yet, it is undoubtedly a mindset that is built through the ups and downs of life, through the pain, the hurt, the joy and the thrill.*

*Fear will unlock the opportunities and it'll destroy you but optimism would free you. So, stay optimistic & grateful!*

#### **Essay 4: Quarantine: Win the battle against Covid-19**

*Human beings are social creatures by nature, they crave socializing with their partners and aspire their reason of living from collective work. However, during these difficult times, the best way to save your country is by staying at home with no way out. While quarantining, we might become overwhelmed by the amount of work that needs to be done to the extent that some of us might feel anxious. Following what's happening daily around the world, it is crucial to carve out some time for self-care. In other words, you have to make your well-being your priority by practicing meditation, exercise and indulging in creative work. Added to that, it is high time that you start valuing your time and invest in good habits that build your knowledge such as reading books and strengthening your faith in God.*

## **Essay 5: Coronavirus : A Globalization crisis**

*We all know that we're living in a world that is connected as a tiny village through Internet. We connect and chat with people all around the world and that made us proud to say that we have succeeded to overcome the barriers between us to unite the whole globe but that, in fact, has its drawbacks. To illustrate, globalization as a modern-day phenomenon is indeed an epidemic that spreads all around the world just like Coronavirus. It goes beyond the oceans to make us all the same and erase any difference, any uniqueness of ours. Therefore, this global phenomenon is a mere lie that spreads to deceive and create a man who once was standing tall by the power of his own mind is now begging under the claimed great power that is USA that forces him to follow her rules and models blindly while trying to spread the illness and reinforce it instead of letting people live harmoniously with no barrier or social distancing.*

## **Essay 6: Lessons from the Coronavirus**

*No one can deny the fact that hardships are there to build us not break us, give us enough strength to endure a life filled with challenges. This is ultimately the case with the novel Covid-19 virus that is spreading at the speed of light around the world leading us to stay quarantined at home with no escape.*

*Quarantined at the comfort of my home, numerous thoughts have been circling my mind leading me to learn how to appreciate what I have and practice gratitude for the things I unfortunately used to take for granted. A lot of us, in fact, tend to live mindlessly with no reflection up on ourselves and the entire world.*

*This crisis has made us more conscious of our health and well being and more aware of our needs, grateful for everything we have and this allowed us to live in the moment and learn to manage time effectively.*





## Chapter Seven : Music & Languages

### ***Essay 1: Music: A universal language with no barriers***

*“Music has no barriers”, no one can ever deny that deep within everyone of us there’s a powerful chain that connects us , making us one solid unit. That’s the power of music! Through music, we embrace the differences and learn to appreciate them without any prejudices. Added to that, it is a stress relief and a source of encouragement during our hardest moments.*

*Indeed, this whole universe feels empty without a sound, without a melody ringing through the wildest galaxies. The nature, the oceans, the desert, all of them, hum a melodious tune that revives every cell of ours.*

*When my anxiety attacked me, music was my refuge. I almost gave up and thought that there’s no escape. Thankfully, one day I stumbled upon a group consisted of seven talented men whom I find really inspiring and full of positive energy. Despite the language barrier, I found myself genuinely enjoying their songs, having the best time of my life that I ‘ve never thought I’d have!*

*Music is indeed a portal that connects an entire empire and builds a path to a world where differences are embraced and acknowledged.*

## ***Essay 2: BTS : Global superstars and world influencers***

*Behind Every success story comes a wave of Blood ,Sweat and tears ! It is undoubtable that being successful takes bravery and a massive amount of hard work as well as a good heart who always has a special place for the people who made him who he is today! And That's the secret behind BTS' massive success worldwide. This group has proved that music is on its own a language that trans passes through with no barriers around the globe as this group gained a tremendous worldwide success despite the fact that their self-produced songs are in a completely different language which allowed them to breaking barriers to culture appreciation and acceptance as they paved the way for a generation that has learned that music is a universal language that is meant to speak for the world and make it a better place filled with love and appreciation .BTS has taken the world by storm in the past few years as they entered the American Music markets and have dominated it leading them to ranking #1 on the Billboard Social 50 and staying at that rank for more than three years till this day as well to making their first #1 on The billboard 200 charts twice back in 2018 and it came as no surprise that their music is reaching a wider audience after the release of their first full English single “Dynamite” as it ranked on top of the Billboard Hot100 charts for two consecutive weeks which is a huge achievement considering that Korean music is still not fully appreciated by American audiences but BTS is making a huge movement to open those barriers and stay at the top of their game As South Korea’s president once said praising them :”At the very heart of BTS' outstanding dancing and singing is sincerity, this magical power turns grief into hope and differences into similarity “. The south Korea’s president has always been their number one supporter because he believed that BTS is not only a typical K-Pop group who*

put on a show but they're rather a movement that encourages youth and enlightens the hope within everyone's heart. Back in 2018, BTS and UNICEF joined forces as they launched the love myself campaign to protect children against violence all over the world #StopViolence. In November 2018 ,BTS were given the honor to deliver a speech at the UN assembly and it was such a special and memorable moment to witness as RM opened up about his childhood stories and how his passion for music grew inside of him as he said "And For the first time I began to hear Music calling my real name " ,His words hold such a deep meaning that no one could ever describe and you can feel the passion that his voice holds when he delivers his speeches ,coming to the end of his speech ,he asked everyone : What is your name ? Speak Yourself! Self -Love has been a theme for their three albums: Love yourself :Her ,Love Yourself :Tear and Love Yourself :Answer and that shows how much of influence and impact they have on the young generation as a generation that cultivates self-love and respect is indeed a fruitful tree and BTS are indeed making a great change in this corrupt society by spreading positive messages through their music as well as their speeches. In September 2020 ,UN held an online UNGA assembly to discuss the current Covid-19 pandemic situation and again BTS were there to deliver a special message and spread positivity during these tough times and there words were just so heartfelt and heartwarming as RM said that " The Stars shine brightest when the night is darkest " meaning that after the winter comes the spring and after the hard times comes the blessings and **fulfillment** that we have been waiting for and that's a message we really needed to hear considering the fact that the world is currently facing so much negativity and uncertainty !

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*“I thought this was ocean but it’s a blue desert “ -Sea  
“A meduim-sized ordinary idol was my second name” -Sea  
“We saw the mirage in the desert but we couldn’t grasp it “ \_Sea*

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*There’s no doubt that BTS' music is making waves around the globe .However,the seven - member group had to cross a desert to ascend the upper echelons of the global music industry. It wasn’t any easy for them at first as they got pulled by the clutches of doubt and failure mainly because their agency had no big budget as that time which made them hopelessly desperate that they even thought of disbanding but luckily they didn’t ,instead ,they’ve decided that they have to push themselves harder and follow a new strategy that allows them to expand and unleash their full potential . Now,they sell out the tickets for their concerts and world tours in the biggest venues and stadiums like Wembley stadium in just few minutes and put on an epic spectacle that amazes everyone and showcases their phenomenal live vocals.\_\_\_\_\_*

### **Essay 3: BTS : The lyrical genius**

*“Music is a universal language that is meant to connect every corner of the world as one”*

*Following this strategy have felt the urge to speak up about what’s been hidden, they wanted to spread a message to the world especially to those youthful souls who fight and struggle with mental illnesses such as depression and other social issues that hold them back from fulfilling their desired dreams.*

*Through their poetic lyrics, they make you experience a new way of living and loving as you immerge through the melodies and words, you enter a” Paradise “where you feel safe, where you sense a breeze of reassurance telling you that “it’s okay to stop and stand without knowing the purpose “, because at the end, everything will be clear as long as you believe and put your blood, sweat and tears into anything you desire to achieve.*

## **Essay 4: Language is never a barrier! It's a wide connection!**

*Often times, most people assume that difference is a barrier; they categorize people based on their cultural and religious beliefs. Thus, we ended up judging people mindlessly only because they don't act, look or talk like us !*

*What's wrong with being different? What's wrong with speaking another language? Is there a mindless excuse to separate between us, my brother! Humans came to earth to bond with each other despite their differences. Language can vary from country to country, for every single individual. Still, we can proudly stand unified. Nowadays, people are starting to wake up and hear the call of unity! Learning languages, personally, has become a habit and passion of mine. My journey with learning Korean has started thanks to BTS as they've touched my heart with their beautiful melodies and poetic lyrics. As a result, they're truly making a great impact despite having a different tongue. Once again, this proves that being different or speaking another language is never a barrier! It's rather a connection between others and ourselves.*

## **Essay 5: Psychology & Music “Behind BTS’ music**

*Music is a universal language that transcends every existent barrier and sores above the existential and abstract. In other words, there’s no “limit «to “Music” as some people tend to believe. This universal language is capable of moving one’s emotions and even changing one’s perspective and life philosophy. Following this equation “What we listen to, we are”. Moreover, there’s a fine line between involving certain messages and emotions into the song that you opt to produce and touching these topics in an impeccable depth. Following this principle have established a solid discovery that is undoubtedly revolutionizing the way we perceive «Music” as a topic. As well as tackling critical issues mainly social injustice against youth. Furthermore, dedicating an entire album “Map of the soul 7” to the psychological findings of Carl Jung proves once again that music is a universal language.*



## **Essay 6: Learn a language! Change your perspective**

*In a world filled with endless distractions where social media constantly consume and dominate our daily life, It has become extremely difficult to sit still for a moment and attempt new things. Personally, although I tend to slip through the sweet trap of social media, I still manage to find some time for language learning. As demonstrated, learning a language and mastering it has a great effect on our brain; to the extent that it modifies its shapes and enhances the neurological system. As a result, changes our perspective when tackling various topics. It is not the fact that language defines culture rather it is the fact that languages are a new way to define the power of our brains and showcase it!*



## Chapter Eight: My Poems

### 1- The Fountain of Emotions

Looking up at the blue sky where the sun  
was shining brightly  
I got closer to you, thinking that  
I could reach your hand  
Though I never knew it was as far as  
This mysterious ocean that hunts my dreams.  
So far away, so far away  
I keep on dreaming  
This ocean, this fountain of emotions  
I'm feeling overwhelmed as  
The waves crash on this glorious sand  
Where our hearts collided  
We've fallen apart  
We're maybe grown up now  
Still, we'll remain forever young  
Coming back to me smiling  
We'll write a love story that is meant to last a lifetime

## 2- My family, My Euphoria

I can recall the day the sun smiled so bright  
I still remember when I saw you in front of my eyes  
Glazing your exquisite rays of love  
Sending a gentle breeze to mend my torn heart

You are the shelter from the wildest storm  
Deep within your heart, I find myself  
Deep within your voice, a sound that keeps me calm  
Without you, I'd be forever lost

Looking at a desert where ocean can't be found  
You encouraged me, you revived my dreams  
You held me closer, you shed my tears

### **You are the cause of my euphoria**

Reaching out to the farthest galaxies and beyond  
I still won't ever find someone like you  
My family, you are the greatest gift  
That God has given me  
and I'm forever grateful  
for this glorious serendipity

### **3- Sweet Melody**

Looking through your diamond eyes  
I felt quite strange, I felt hypnotized  
In a paradisiac garden, I've seen you  
Walking around in this faithful ground  
You held a flower, you stroke my heart  
As I heard this sound

A sound of love, a sound that goes much  
Deeper than the ocean  
Your sweet melody filled with emotion  
Don't worry love, I'm making my promise  
As my heart beats of devotion  
The sun is rising, the light is shining

A new chapter is unfolding where you and I  
On this mysterious ride are driving  
Hoping for spring days, for exquisite sun rays

Forever more, I put my heart in the flower  
You held delicately in your arms  
Singing with you, a sweet melody  
That can heal a torn heart

## 4- **Just One Day**

I've been dreaming of something miraculous  
I've been aiming for something glorious  
To turn my life into an exquisite paradise  
Filled with peace and love inside

Just one day, I beg for this hatred to disappear  
Just one day may this agony fade away  
The injured and poor  
Help them find the cure

Heal the world, speak out loud  
Hold my hand, hear this sound  
A sound that holds a magical power  
Turning grief into a blooming flower  
That once withered within my hands

For solidarity, I stand  
I speak out loud for peace  
I find my voice within the missing piece

## 5- ANXIETY

No one can ever feel what I've been through  
God! This overwhelming feeling is brand new

My brain feels like a thunderstorm

Sending its blaze

Now my heart is torn

My mind is circling around

Instead of sitting on its throne

I can't recall where or why

I even try to stop this speedy train

Within this busy-working brain

It's just stress, it would melt as ice

Hearing this was quite nice

After a while, I realized that

It's up to me to play with the dice

The choice of pleasure or pain

The choice that will forever remain

It's up to me to choose or lose

A life journey and a lesson

As it is a blessing in disguise

## 6- A miraculous love

I still recall the day my hand  
Gently touched yours  
My day suddenly took a whole new turn  
Chasing the train of a destined love

Your emerald green eyes magically  
casted a spell on me  
My soul chased a destiny  
A soulmate that I've been longing for

What a wonderous serendipity  
That mother earth welcomed us with open arms  
On the same day

Love is timeless, it crosses every barrier  
And unites the hearts of lost soulmates  
This miraculous love is a once in a lifetime  
And I hope someday we will live our once upon a time



## 7- Your Reflection

I still dream about the time when our eyes  
Meet and our hearts intertwine  
What a beautiful serendipitous feeling it would be  
To witness the warmth of your presence

The depth of your love and essence  
Your journey was far beyond dreams  
Others kept telling you that there's no  
Reach to the overseas

You've worked hard and proved them wrong  
You've remained so humble yet strong

You've crossed roads filled with stones  
To reach an ocean and fill the world with hopes

**Hopes for a better life, for better days**  
You are the cause of our euphoria  
You are the reason we're living in utopia

Looking at your reflection  
You'll see us standing and telling you that  
you're the brightest light



# French Essays

## **Essay 1 : La modernité : Facilite-t-elle notre vie ?**

*L'homme est un être social de nature de façon qu'il ne peut jamais résister à la tendance d'imiter ses semblables et suivre le cortège de la modernité en négligeant les traditions et les moralités.*

*Il faut d'abord rappeler que notre monde contemporain a subi une grande révolution aux divers domaines tels ; La médecine, la technologie ainsi que la domaine sociale et économique. Cette révolution phénoménale a fait de l'homme moderne le noyau dans sa société.*

*En premier lieu, la notion de la modernité a créé un homme qui ne cesse jamais à évoluer et à contribuer en faveur de son état et même son entourage de façon qu'il a réussi à convaincre ceux qui néglige le pouvoir de la technologie moderne que la volonté peut créer des miracles. De même, être moderne est la tendance de nos jours sans discussion de façon que l'individu a trouvé un refuge pour soi-même pour s'exprimer librement et découvrir le monde dans toutes ses façades, de diverses perspectives qui lui donne la sensation à être un homme bien cultivé et un individu qui a une vision claire pour améliorer l'état de la société.*

*Enfin, on peut dire que « être moderne » se définit comme un concept ou un progrès décisif de la conscience en soi de manière que l'individu apprend à donner le meilleur de soi et stimuler ses capacités cognitives pour contribuer au progrès et aux changements accélérés dans son société.*

## Essay 2 : La mondialisation et la modélisation

*L'homme, depuis la révolution industrielle, a trouvé de multiples façons pour éveiller les consciences et installer une grande dominance sur la nature à partir des modèles. Ces modèles-là ont fait une révolution pour la science vue que la modélisation est un processus qui est conçu à créer des images imaginaires et des représentations fictives sur la manière dont une chose fonctionne. C'est notamment un processus qui rend une grande faveur pour l'humanité comme on peut à travers les modèles créer des organes qui peuvent remplacer les organes infectés. Mais, ca ne peut pas nier que la modélisation touche tout un projet mondial inclut dans la mondialisation vu que la création des modèles nous engage dans un monde modelé où un robot peut remplacer l'homme et où tout chose perd sa valeur artistique et esthétique juste pour assumer une valeur numérique et scientifique, où les nombres deviennent une langue internationale et les signes remplacent les mots qui touche l'âme et le cœur.*

### **Essay 3 : Le progrès scientifique : Facilite -t-il la vie ?**

*De nos jours, la technologie a propagé d'une manière que l'homme ne cesse jamais à utiliser et l'employer dans des domaines variés.*

*Le progrès scientifique que l'homme a manifesté dans les derniers siècles est, en effet, une bénédiction et une malédiction.*

*D'une part, le progrès scientifique peut avoir des bienfaits multiples pour l'homme tels la guérison des maladies contagieuses et chronique. Dans ce cas, le coronavirus qui a affecté le monde entier et l'équipe scientifique est entrain de chercher le remède pour cette pandémie ainsi que ce progrès garantit le développement de l'économie du pays. D'autre part, ce progrès peut contribuer a la ruine de l'âme, dans ce contexte, la disparition de l'éthique et des moralités prenant le cas de l'énergie nucléaire et les inventions qui fument utiliser pour la destruction de l'humanité.*

*Pour cela, nous devons avoir de l'attention et contrôler le pouvoir de la science et ses effets sur le monde.*

## **Essay 4 : La discipline nous procure le bonheur**

*L'être humain est l'un des plus mystérieuses créatures dans cette planète. ; Ils veulent la richesse, le bonheur éternel et l'autorité sans même considérer fournir un peu d'effort pour les obtenir ! Quelle hostilité ! Quel égoïsme ! Comment peut-il être si lâche et ingrat !*

*Dieu nous a chargé d'une responsabilité, d'une mission. C'est de travailler, d'utiliser nos capacités pour obéir à l'appel de nos besoins, ainsi que les exigences de l'autrui. Il faut tout d'abord être à la hauteur en mettant la discipline une priorité sans la négliger !*

*On doit tenir compte que toutes les choses que Dieu nous a procuré sont sans doute plus précieux que les Diamonds. Le temps que l'homme ait négligé et perdit sans avoir aucune conscience que chaque seconde qui passe ne peut jamais être restauré. Cette seconde, cette minute peut changer une vie entière ! La vie se métamorphose en quelques secondes, tu peux même avoir une richesse phénoménale en quelques secondes si seulement tu sois attentif à vos décisions et être discipliné et conscient concernant la valeur du temps !*





# Spanish Essays

## **Essay 1 : ! No Hay que temer de nada!**

*Los humanos son creaturas que buscan la vida perfecta y confortable sin cansarse. Por eso, la mayoría de los individuos continúan a pasar su tiempo buscando como mejorar su vida y evitar el estrés de un cotidiano monótono lleno de miedo y ansiedad que se ve cada día destruyendo la vida de mucha gente...Hay que mencionar también, que ninguna persona puede ayudarte a mejorar tu vida sin que tú mismo, te des cuenta que la mejor manera para vivir en paz es por destruir y romper con el miedo. Por eso, no debes temer de nada en esta vida, ni olvidar de hacer faltas, ¡Sólo tema el miedo que te obliga a vivir sin aprovechar de probar cosas y experiencias nuevas! No Hay que temer de nada ¡Haz tu camino hacia el desarrollo, el éxito y la excelencia ¡*

## **Essay 2: La psicología de vivir en el momento presente**

*No hay ninguna duda que la vida comienza en el momento en el cual podemos vivir el presente y disfrutar del momento. El pasado nunca tiene importancia por que debemos olvidar los instantes que nos dan la sensación de melancolía y disfrutar de una vida llena de alegría y de bien estar. Debemos tener en cuentas que “un cuerpo sano es en una mente sana”. Por esto, es crucial practicar varios movimientos deportivos y encontrar el momento para meditar y para relajar la mente e intentar vivir en alegría y satisfacción. Al final, aprovechando el tiempo, nos ayuda a mejorar la función de nuestra cerebro y activar las endorfinas que nos darán la sensación de alegría.*

### **Essay 3: Disfruta y aprende**

La vida no es simplemente un tiempo que pasa, pero es un regalo para todos los humanos. Por eso, tenemos que estar contento y en una buena forma practicando deporte cada día. El deporte es una actividad crucial que nos hace disfrutar y al mismo nos enseña varios valores y principios. Primero, la actividad física permite al individuo evitar muchas enfermedades peligrosas tal como las enfermedades cardiovasculares, la obesidad y las diabetes. Además, cuando pienso al deporte o a practicarlo, la alegría me viene y me transforma la vida en una vida llena de valores tal como: la paciencia, la solidaridad y el desarrollo de la personalidad que cambia hacia lo mejor y me ayuda a ser más confidente, fuerte y feliz. Finalmente, practicar algún ejercicio físico cada día puede afectar a los pensamientos y a los sentimientos del individuo y prolongar la edad del hombre y cambiarle su estilo de vida en un estilo más sano y saludable

## **Essay 4: El poder de la mente**

*Ningún ser humano puede ignorar que nuestra mente tiene un gran poder que afecta nuestra salud física y mental de una manera impresionante más de lo que piensa, cada día tiene un inmenso efecto en la manera de hacer las cosas. Pensar positivamente no es solamente una manera para relajarse y lograr la motivación para trabajar o estudiar, es un estilo de vida que tenemos que probar para estar en forma física y mental . La vida es una aventura llena de momentos de alegría y estrés y tenemos que tener un motivo para continuar a seguir el camino del desarrollo y la excelencia. Hay que tener en cuenta que tu mente puede estar la causa de tu excelencia o al contrario disminuye tus oportunidades del desarrollo. Por eso, nunca piensa negativamente y sigue el camino de la positividad y la motivación para encontrar y realizar tus deseos y sueños.*

**Quotes &**

**Books**

## **Favorite Quotes**

**The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart. - Helen Keller**

**“I believe you should focus your life on observing the little things because one day you look back and realize they were the big things.”  
– Jay Shetty**

**“I can’t change the direction of the wind, but I can adjust my sails to always reach my destination.” – Jimmy Dean**

**“We must be willing to let go of the life we planned so as to have the life that is waiting for us.” – Joseph Campbell**

**The way to get started is to quit talking and begin doing. -*Walt Disney***

**If you look at what you have in life, you'll always have more. If you look at what you don't have in life, you'll never have enough. -  
*Oprah Winfrey***

**Be the change you wish to see in the world -Mahatma Ghandi**

**Our life is what our thoughts make it – Marcus Aurelius**

It is during our darkest moments that we must focus to see the  
light. -Aristotle

**Reading List “Best self-help Reads”**

***The seven habits of highly effective people*** by  
Stephen Covey

***The Power of your subconscious mind*** by Joseph  
Murphey

***The Miracle Morning*** by Hal Elrod

***The power of habit*** by Charles Duhigg

***Limitless*** by Jim Kwik

***Think Like A Monk*** by Jay Shetty

***Atomic Habits*** by James Clear

***The 5 second Rule*** by Mel Robbins

***How to win friends and influence people*** by Dale  
Carnegie

***How to stop worrying and start living*** by Dale  
Carnegie

***Eat That Frog*** by Brian Tracy

***Ego is the enemy*** by Carl Newport



# **Flow – The Psychology of optimal experience**

## **- By Mihaly Csikszentmihalyi**

### **Conclusion**

*At last, I'd like to thank my parents, my friends and the people who have never left my side and supported me through the thick and thin. This work wouldn't have been possible without you.*

*This book was inspired by the many self-help books I read the last three years. Personal development has not only made me aware of who I am as a person but also opened new doors of opportunities to inspire people around me and share insightful wisdom that has the power to spark a light and make a change.*

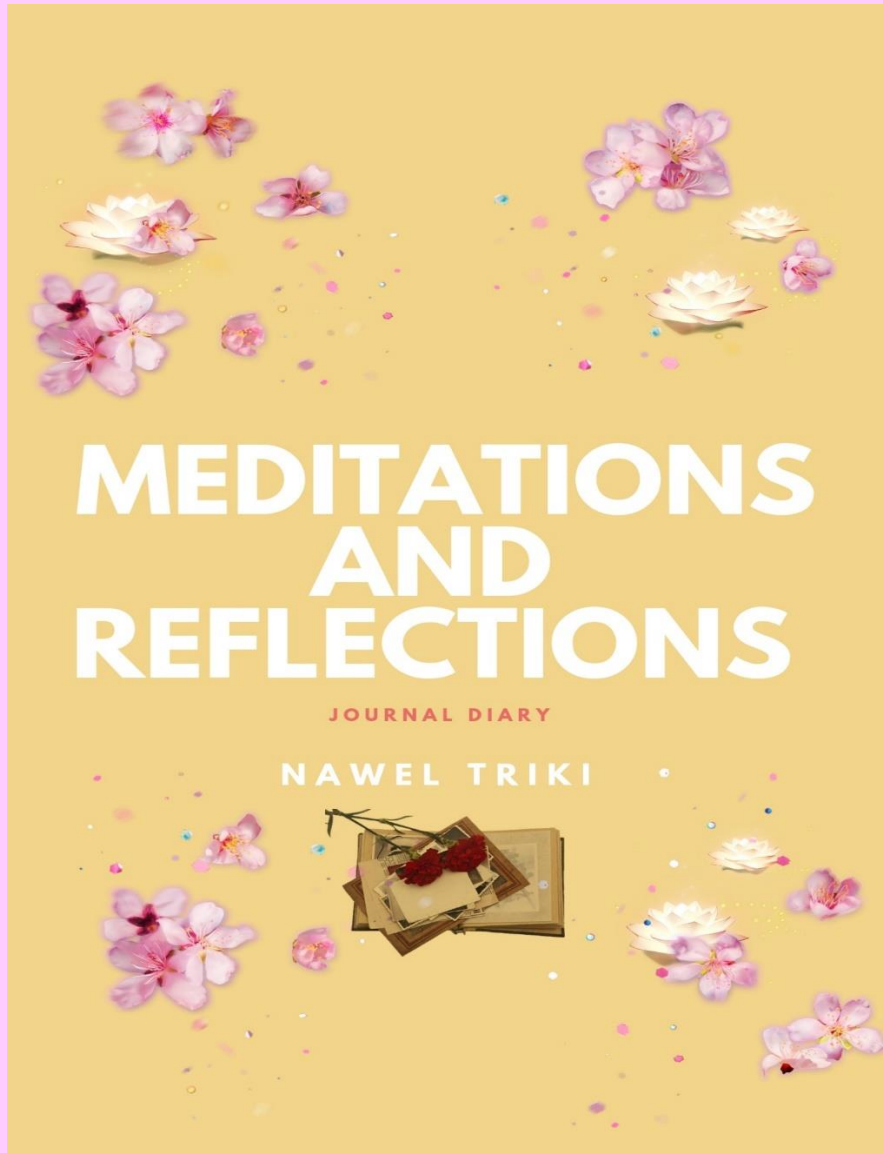
*“If you want to make the world a better place, take a look at yourself then make a change”. Life is made of opposites and it consists of various aspects that are meticulously intertwined. Hence, striking a balance between every aspect is crucial in order to thrive both personally and professionally.*

*Change starts with you and it is your mission to discover your inner world through building instructive habits and striving to develop new skills.*

*These essays are my reflections on various aspects of life whether social, artistic, medical or educational. Through this book, I wanted to share the knowledge I acquired from books, videos and inspirational quotes that*

*till this day continue to ignite a spark of wisdom within me and encourage me to continue the path of knowledge and enlightenment. I hope that through this book I've succeeded to ignite that spark within you and I encourage you to build the habit of journaling every day. So that, you'd put your brilliant ideas on paper and share your knowledge to those who need inspiration the most .*

*-Nawel*



# MEDITATIONS AND REFLECTIONS

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