

06/10/10

Word of the Day: Window

As I sit in this undersized 25 passenger van on the way to work, I look out the window. A rainy day preparing for the coming of April, the sky gray, the air humid, the sight of the buildings extending around the exit of the Lincoln tunnel. I remember that feeling, the first time coming out of the tunnel and visiting NYC to begin a new hopeful journey in my life. Leaving behind who I was back in Washington D.C. for a place that I hoped brought me closer to who I wanted to become. The smell of the city was fresh, like the beginning of a new adventure.

Well a year later, I'm in the adventure that is no longer new nor fresh. The buildings that once extended out of the tunnel like branches are now growing older and the feeling of excitement of entering the city seems to come and go like the rain. The frustration of incompleteness and instability lingers like the smell of the seats in this undersized 25 passenger van, leading me on a path to the city that I was once so excited to see.

But despite it all, some reason I continue to stare out the window. But this time I decided to look up and not down. I guess that no matter how bad that I think I have it, no matter how crappy it may seem out there, no matter how little I seem in this Big Apple, all I need to do is just close my eyes and revisit that initial feeling of self-discovery. Remembering what it felt like to open my eyes to the light at the end of the tunnel during my first trip into this city of dreams, searching for that uncharted territory yet to be conquered. And when I do that, suddenly the rain goes away, the smells become fresh again and all seems clearer. My pulse comes out of pause and my mind begins to believe again. I begin again.

05/02/10

Word of Day: PICTURE

It would take more than thousand words to express my love for you. Your smile puts my life in focus. My USB and heart are filled with so many joyous images throughout the years. To think how something so still can say so much. You gentle touch continues to capture me. I find myself frozen in adoration, sometimes with my eyes closed, only because seeing myself next to you is sometimes too much handle. And though love can be prone to life's many imperfections, we fortunately disvalue the need for any retouching or alternation with ours. That's because we got it right on the first take.

04/26/10

Word of the Day: CHEESE

This word can certainly be a mouthful. I always seem to smile before it or frown after eating too much of it. I also seem to find myself wining whether I have too much or too little. It is the skin to my pizza, the dandruff to my salads and the iconic mascot of the state of Wisconsin. It is truly in a class of its own and never cease to receive high marks from me whenever I grade it. Now I may be milking my adoration for this wonderful treat, but in my opinion, there is nothing wrong with being a little cheesy once in a while.

04/22/10

Word of the Day: SUITCASE

Whether you are moving in, moving on, moving out or just moving forward, a suitcase will probably be at your side. To me it represents more than just a compartment to store your things. Some of the most memorable moments of my life involved my suitcase, whether it be packing for a long awaited trip or moving to a place yet explored. A suitcase may not show emotion but it is surely a catalyst for it. An ambitious young adult preparing to move away from home

for the first time or a fed up girlfriend who has decided last minute to discontinue her misinterpreted romance with her beau. And though it may get tossed and worn after much use, it still stays strong and sturdy. Maybe that idea can serve as a metaphor for us as we travel along our ways into and onto the many destinations in our lives.

04/13/10

Word of the Day: OAK

An oak tree has quite a reputation to live up to. It has to be strong because that is what it is known for. Anything less would be a disgrace. But as we know, there are many things that can cut away at our emotions. The spontaneity of nature will always prevail. Life is a continuous growing process, as the oak knows full well. Sometimes we may not be strong. Sometimes we may be stronger than what we need to. But as long as we stay in touch with our roots, the foundation to life, we will always continue to grow. We will always continue to become stronger with time.

04/10/10

Word of the Day: CURTAIN

Shady people suck. Seriously. And if you don't agree with that statement, then you are most likely to belong to that particular population. I have to admit, it can be hard to differentiate a shady person from a socially awkward person. Luckily, relationship websites such as eHarmony and Match.com nip the shady factor in the bud, allowing you to be connected based on compatibility, instead of a thousand calories of regretted drinks at the bar.

Over the course of my 25 years of living, I have encountered many people who have been misrepresented as shady (including myself at times). Because of this, I highly recommend observing someone over a period of social encounters, just so that you can solidify your

prior assumption of them. Trust me, time does tell you a lot about someone.

Shadiness in my opinion is inspired out of a lack of self-confidence and mutual trust. Open communication can always shed light on any misunderstandings. So the next time you involve yourself in a shady situation or just so happen to discover the shadiness in someone else (hopefully through several social encounters) just know that your knowledge can be empowering if you decide to confront them on their antics. But if and when you do that, just make sure that someone else is around you at the time. I mean let's be honest, there's nothing worse than accidentally confronting a shady closeted serial killer. Well maybe accidentally finding out that you are dating a shady closeted serial killer. Yeah, that's definitely worse.

04/09/10

Word of the Day: BEER

"Love" and "Beer" are so similar, they can practically be served from the same tap. Like beer, love can make us feel intoxicated and alter the way we think or act. There is no doubt that love is better shared when with others. Some people use love to fill a void, while others enjoy love as something more disposable or even recyclable. It is never safe to be obsessed or addicted to love, for it can be harmful to both our health and those close to us. On the bright side, it is still legal to drive and be in love at the same time. But making love while driving, well, that's just dangerous.

04/08/10

Word of the Day: TRAFFIC LIGHT

No place in the world knows traffic better than New York City. And even though I do not drive here, you can't help but to feel like one of the cars helplessly stuck in what sometimes resembles a clogged artery. These crowded streets resemble a competitive career choice that I have made, a road that I am aimlessly convincing myself that I should be

taking while the city is continuously trying to redirect me elsewhere. Yeah there are shortcuts in site but I know that they eventually go nowhere, taking you to a destination that you hadn't earned to arrive to. Horns sound like boos or applause, depending upon the amount of coffee I had in my system or the level of enthusiasm I have accrued for that day. Sometimes I hit potholes, sometimes I'm able to avoid them. But I have accepted the fact that they will always be around. And as I look ahead, I see the yellow light signaling me to be cautious and weary as I continue my journey. And even when the time comes and all is telling me to stop, I will keep going.

04/07/10

Word of the Day: LIGHTHOUSE

I've never seen a lighthouse in real life before but I always pay reference to it. This symbol of leadership and guidance allows me to think about my life's direction and who I can count on to help me get where I want to go. Sometimes my parents are my lighthouse. Sometimes my friends. Sometimes strangers. I have even found myself acting as my own lighthouse, oddly enough.

We all derive clarity from many sources when we feel lost or confused. And like a ship, we all travel amidst the unpromising seas hopeful for our intended destinations. The lighthouses in our lives serve as our mentors, our reassurances and our motivations that encourage a better understanding of ourselves as we continue to discover where we are heading on this amazing journey we call life.

04/06/10

Word of the Day: MOUNTAINS

It's hard to understand why people place added stress onto their lives just for the hell of it. I mean, why would anyone want to venture out to New York City with nothing and try to figure out him or herself for the sake of art? Why would anyone want to climb Mt. Everest? What was so bad with their own country that our world's earliest navigators felt the need to find somewhere else to live?

To do approached a perceived insurmountable task and then doing it, must a very rewarding feeling. I wonder what it must have felt like for that one actor who finally received word of his career changing opportunity; to have tasted

that cup of coffee on the morning of that climb or to had seen the land in sight.

Successful people resonate the notion that as long as you put your mind to a task, you can always accomplish it. Obviously every task holds different circumstances, but what I think is important is honoring your strengths and your weaknesses as the fuel to approach any challenging measure. Self-awareness and self-assurance can you far. It can even take you to places unexpected, like a paragraph in a history book.

04/05/10

Word of the Day: SYMPHONY

There are many synonyms to describe symphony, but I enjoy the "Work of Art" meaning the most. Whether it is music or mechanical engineering, to have created something of your own and to be recognized for it truly exemplifies the meaning to life. To conceive and to nurture is in our genetic makeup. And it seems to me as the days go by, that people in the entertainment industry are becoming recognized for things far from self-deserving. To be working toward something and ignoring the attention you will eventually receive in the end is the hardest part about living for me. Everyday I try to figure out how I to live in a symphonic mindset and ignore the noise around me. To be focused on a goal and going after it, no matter how long it takes. Being "opus-minded" if you will. I guess in the end, I just want to create something worth sharing in this world. Something that people will remember and take with them. And if people take notice and applaud my efforts, well that right there is just as rewarding as any standing ovation.

04/01/10

Word of the Day: BOOMERANG

I like boomerangs. Boomerang is not only a cool word but what it represents to me is even cooler. By design a boomerang when thrown is intended to come right back to you, depending upon your skill level and obviously the quality of the apparatus. But I like to go deeper and see what that actually means, to throw yourself out there and wait for something in return. Relationships tend to feel that way almost all the time, one person putting excess force in or onto a relationship only to receive less or nothing at all in return. I know I've felt that way and

sometimes still do. I also think Karma works like a boomerang. The good or the bad of a situation placed upon us by others usually finds its way back into the hands of the person who had thrown the favor or frustration in the first place. There is a unique sense of power and unpredictability that emits from this handheld weapon, which I find very comparable to the everyday person. Oh well, just thought I'd throw that out there.

3/31/10

Word of the Day: **DANGEROUS**

It's scary to think that life can end just as quick as it begins. Reading the free newspaper yesterday reassured this notion to me, as I opened myself up to the cold hard facts of how ephemeral life really is. Headlines of the recent subway attack in Moscow and the recent gang related stabbing and murder of two innocent college graduates on there way home from a celebratory evening with friends here in New York City circulates a fresh breath of reality into my lungs.

We live in a dangerous world. Chaos surrounds us like trees, in disguise as the everyday citizen. I guess we are all essentially animals by nature, but do we truly have to act that way? What is even more dangerous, I think, is not making the most of our stay here on this Earth. Our natural instinct to hold back or hold onto to things for too long, whether they be personal goals or grudges, can be just as threatening to our personal livelihood, if not more.

I find a lot of familiarity with this problem in my own life, waiting for the perfect moment or not taking the time to enjoy the little moments with significant others or even strangers. Taking the opportunity to embrace the grace of life's subtleties by acknowledging my past as the trail that has guided to my current point in life and treating the future as if it begins now in the present. No day but today. Carpe Diem motherfucker.

3/30/10

Word of the Day: **BALLOON**

Everyone is born with a balloon to carry. I was born with a very special one. It is filled with passion, creativity, love and all the elements needed to live a fulfilling life. But exposing my balloon to the elements is what scares me. I am overly secure about my balloon as a result of being insecure. I know that my environment around me is very dangerous. My balloon can be punctured, stolen or even released without my permission. And because of that I am very scared to hold it high for all to see. But balloons by nature aren't meant for private as I am slowly realizing. And the longer I wait to share it, the smaller my balloon becomes. We only have so many moments to offer a gift like this. Things don't last forever.

A balloon needs to be shared with others. And it's shocking to now understand that holding this balloon in my arms with precaution is just as dangerous as the world that I am afraid to share it with. I just need to let go. Not of the balloon of course. Well, maybe I do. Maybe I should let the balloon take me in the direction that I was meant to travel in. As I sit here wondering about this I am imagining a world filled with people of all shapes and sizes carrying their balloons of all shapes and sizes freely for all to see. Wouldn't life seem less like a deflating circus and a lot more uplifting?