

The Wounds I Have Healed From: The Reality I Have Learnt.

There's a brokenness in each of us, I speak especially for men between the age of 15-30: trying to out-grow, learn and unlearn what they've been taught to suit - the ever-changing society. A society that has no whistles blown to tell us that it is changing.

There's need to mention that during that age bracket, the boy in us is struggling to adapt/to change: a change that we are unaware of specifically. You want to grasp this, yet yourself on the inside you've never grasped a thing or two about the self!

In the end we breed on those who have not cut us because we have wounds that never healed - even then we are not aware of our woundedness, everything keeps happening at once! Until we realize how much we have lost: time, failure to realize who we are, who we are supposed to be, how society affects us, how we affect our own selves, how we affect others.

In the long run, everything seems rapid, just because we have had many years of 'blindness' and one day of enlightenment, every moment flies in seconds, and we unfortunately can't recuperate the lost times. This age bracket begins a new struggle of learning how to live with this reality and how to accept it - another unidentified wound that goes on for a lifetime. It is unidentified because we are not aware of the consequences this has to our life; thus, we live an uncertain life which seems certain on the outside and ideally - laid on a certain conviction of a short time until we face the same realities again at 45-60.

Many lives of men are lost during this age group, but they continue to wake up and show up, but dead! It is here that those who realize that are dead, 2% of them get the chance of rebirth. They're reborn with a bit of brokenness

where these are now calmer, give a deep thought about their own words and actions, they seem to have lost the grip of life.

But during this time, they have all of it gathered underneath their own tables: silence feels the rooms *(yet called maturity)*, less words *(yet called choosing wisely - sometimes it can be fear or uncertainty of what to say or fear to be judged)*, a broken humility *(yet called being bold and outstanding - though lacking ethics)*, a look at things and letting them be and go *(can also be a hidden "I don't care character" thus loss of responsibility)*, a deeper focus on the self *(which either strengthens us or destroys how we see ourselves and who we are.)* . It is here that when you look at the eyes of these men, you see a healing/healing brokenness.

After or during this age, a man has died so many times that he just looks at things and breathes and lets them go.....

What are you battling with.....? You can as well write to us as if it is not you. Third person narration. Just write a few sentences, we shall compile your thoughts...