The Beauty of Our Mind

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*Keep a notebook. Travel with it, eat with it, sleep with it. Slap into it every stray thought that flutters up into your brain. Cheap paper is less perishable than gray matter. And lead pencil markings live beyond memory.* —Jack London

That moment may come from time to time when we feel no control over our thoughts. As they run free and entering our stream of consciousness, we let some slip and we keep others in mind. Seeing as the mind does a lot more than thinking, the atmosphere of our thoughts may seep into our moods and affect us. As an alternative to fostering our thoughts we surrender them to a paper, with ink or lead. The memories we foster and the thoughts we process are confined to the intangibility of our minds, with due time, they will fade from our minds, leaving us with no recollection of ever having crossed paths with them. The memories we share and the thoughts that we develop are significant and can affect us in various ways, we should make it a point to lay down our thoughts, writing is one of the only physical ways of preserving that of what comes deep from the mind.

Tension and Ease

As of late, times have been tense and stress has taken its course on many. For many students, social distancing during this pandemic has created a new set of complications, setting limits to the resources that assist us with education. Our means of getting connected are mostly through social media, but even then, fear starts to play a factor. The headlines that are being delivered to the public are spreading fear and instilling it within our now-distanced society. Staying connected with friends hasn’t exactly been comforting during this time, as I’ve noticed that we share the same fear(s) and uncertainties, making it harder for us to overcome such a time. Being reclusive has actually helped me far greater than any physical distancing, using only immediate forms of technological communications, such as video calls and text messaging, in hopes of avoiding further bombardment of misinformation on the subject. The greatest challenges of this pandemic lay deep within its uncertainty. There is no clear telling, if or when this pandemic will end and how it will affect our daily lives after it has taken its course. In terms of ease, living in isolation hasn’t exactly been difficult, but it has definitely been a time of confusion; not knowing what is yet to come is mentally — and to an extent, emotionally, unsettling. Living isolation is not difficult or easy, it has simply been a matter of adjusting and living through it. Despite knowing the severity of the situation, I am at ease knowing that I have my health and family close to me.

A Gap in My Disappointment

Despite focusing on school and developing myself as a musician for most of my life, sports have influenced my life greatly. I consider to myself to have a rather subtle love sports, as I am not as outspoken about statistics, but I am more analytical of the mindset that players have towards sports as a whole. The ability to play sports throughout my life as well, has taught me humility above all things. Simply playing sports has encouraged me to always focus on the opportunity to better myself as a player and a person. Basketball has been my sport of choice, being not able to watch it has left a little less to look forward to this year. However, realizing that the sports as a whole have come to a halt, has allowed me to realize the gravity of the situation, which we are undergoing. As a Los Angeles native, the Lakers have been the team that I’ve rooted for since I could remember and the untimely death of my all-time favorite basketball player and former Laker, Kobe Bryant, along with his daughter and many others, left somewhat of a void in me. Words could never express the impact that Kobe had on me, even beyond basketball As a result, I was hoping to see the current Lakers rise up in his honor. I miss just about everything about basketball; the feeling of setting aside all various tasks to focus on the game is a feeling unlike any other. Living without basketball hasn’t been the *worst* thing, given the grave situation that we are living in, the absence of sports as a whole, is allowing me to go back and study how sports were before a time that I remember. The absence of sports have left a moderate extent of emptiness that has been mildly unsettling, but truthfully, I have other passions that I value just as much, such as my passion for Jazz music.

Abstraction of Space

A space is something of great significance to me. No matter what I am doing or what thoughts may be running through my brain, the space I am sharing a presence with — physical or mental, dominates everything. I do a fair amount of thinking throughout the span of my days, and often times the space I am in consists of a place that is not exactly confined to physical presence. I think about other places, other times, other people, other realities that people face. A space can exist within the mind. I personally approach solitude as I would approach space, somewhat interchangeably, in that an individual does not need to be alone to experience solitude. Just as a space may be abstract or ‘metaphysical’, solitude may that of an experience rather than a reaction to the absence of others. Personally I’ve never had a problem with solitude, for the most part it is just a state of mind in which I am able to connect with my thoughts. On a less abstract note, a usually crowded space I have dreamt of having all to myself is the world-famous concert venue, Hollywood Bowl. Attending a concert there in 2018 single-handedly one of the most impactful experiences of my life. Ever since then, I have dreamed of playing my drums at the Hollywood Bowl, even if I lack a band to accompany me or an audience whose attention I could capture. I’ve always liked the Hollywood Bowl for its history and its natural surroundings. Knowing I might never see it in its emptiness—let alone play drums in it, somewhat irks me, but it’s an aspiration of which I am willing to work toward.

Information Onslaught

From what can be observed in the media today, we are looking at the world and realizing that this event will one day be in textbooks and on history channels. Instead of unsettling me, I have allowed this time to be of comfort, knowing that my family is here with me. I know that this is not the case for everyone, and I am very grateful for it. There is ease within me knowing that I have the capabilities to do everything that I am responsible for, from the comfort of my own home. Despite being a person that loves the outdoors, I have gained a new outlook on the intricacies of our planet and for the humanity as a whole from being inside. My time indoors has also has allowed me to realize how much of a routined life I had become accustomed to, I’ve noticed how my days go about and how I make use of my now-free-time. With all of this in mind, I realize the importance of health and that not everyones time on Earth is guaranteed. Another thing that I really felt the need to address, is the connectedness of the world, not in form of media, but physically. Every person makes a difference, whether we contribute to spreading the virus or stopping the virus, it takes only the will to choose one to make a difference, positively or negatively.

Above All Else

It is moments like these that have collectively incentivized self-discipline and have displayed the worlds connectedness all together. There is a vast range of emotions in the general public, some fear and others resist. From here on out, it is only a matter of time before things come back to normal. From my perspective it comes down to understanding how to cope with this situation and not taking for granted the sheer fact that I am above all else, living.

Haiku

LIVING

In life there is pain

Brokenness, Happiness, Joy

Life is ongoing

PANICKED

Confusion strikes quick,

Cognitive processing off

Incongruent thought.

SUSPENSE

No clue what comes next,

Fear worst Possibilities

Immersed in Outcome.