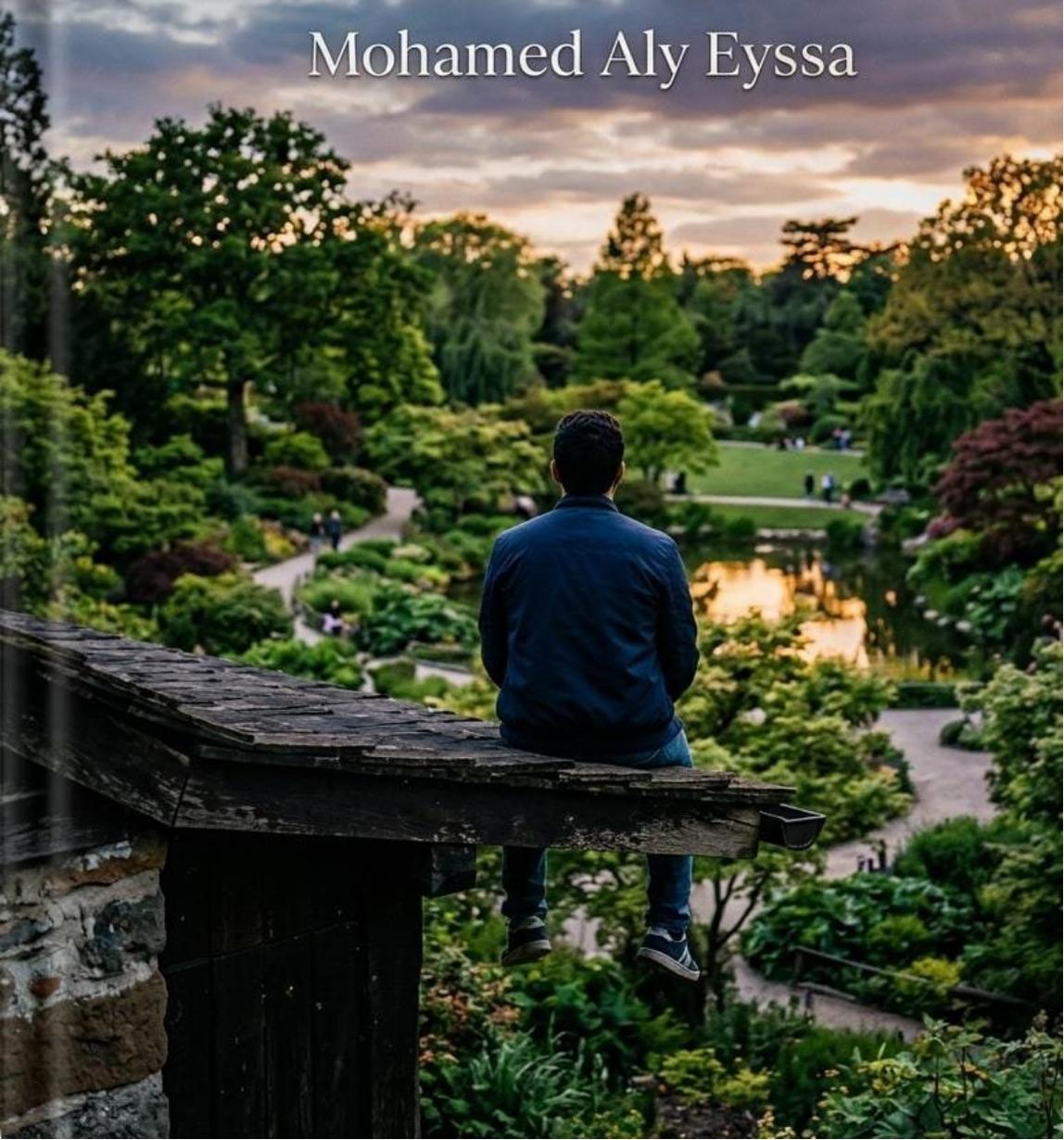


A LOST SOUL

Mohamed Aly Eyssa



a Lost Soul

by Mohamed Eyssa

My Life's Secrets, Regrets, and Rediscoveries

In the darkness of my room, amidst the dust-covered items, I found pen and paper, as it had been a while since I last wrote. My emotions seemed elusive, nowhere to be found, as if I had reached the end of a dark tunnel with no sign of light.

Within me, a new rhythm emerged in my heartbeat, its origin uncertain. Could it be a fresh start or the last beats of a weary heart? I have distanced myself from many people, and likewise, they have distanced themselves from me. Perhaps it was because I wasn't good enough, always quick to judge, preoccupied with everything but accomplishing anything in my personal life or career.

I am the presence that goes unnoticed, the absence that bears no significance. I no longer feel love or hate towards others, for they seem to exist outside the realm of my perception. Inside my mind, there is an eerie silence, even amidst the bustling crowds. Concealed within that silence lies an ice storm capable of shattering my heart and soul.

Losing hope is no easy feat. It comes after countless attempts, yet few understand this struggle. They are eager to pass judgment, but I remain indifferent. Strangely enough, our failures are deemed successes by others, and our greatest accomplishments are seen as their failures.

What if everyone simply left us alone without casting judgment upon our successes or failures? In that solitude, we would find gratitude and offer thanks. Nobody enjoys failure or loss, yet each of us carries our own unique story, suffering in a way that remains unseen and unfelt by others.

As they say, one never truly knows another until they walk in their shoes. But I am hesitant to relinquish my belongings to anyone. Our stories, losses, and falls shape our life experiences. Let us pray to remain strong and resilient, refusing to surrender.

I cannot predict what lies ahead, but I accept the mistakes and challenges in my life without blaming anyone. If there is anyone

deserving of an apology, it would be myself. And so, I return to writing, standing tall, kicking off the dust, and moving forward to prove that we both remain alive, not yet defeated. Until the day arrives when we are no longer lost, we will persist, forging ahead with unwavering determination.

“I have no fear, I have only ambition, and I want mine, And I will do anything to protect and feed my family.”

Tupac Shakur

Loss is an inevitable part of life. We have all experienced the pain of losing someone or something that we hold dear, and these losses often leave an indelible mark on our hearts. When winter arrives, the weight of these losses becomes particularly poignant, as if they occurred just yesterday, keeping us awake through the night.

It's astonishing how certain memories persist, even amidst the chaos and challenges we face. Despite the crazy twists and turns of life, there are certain people we cannot forget, like that woman we loved despite all the hurdles, or the physical scars left by surgeries that saved our lives, or even the sting of a defeat in a significant career championship.

Loss is a powerful force that tends to cling to us, and yet we strive to forget, even though we shouldn't. In the solitude of winter, when the cold seeps into our bones, and we sip our tea, a cinematic reel of painful memories begins to play. It is important to trust ourselves and acknowledge that there are things we cannot change, even when we believe we have the power to do so. Those days are behind us, and we have two options: to remain trapped in this black and white movie, with our burning cigarettes and tea, or to forge ahead into the future and embrace life.

If we do not stand up for ourselves, no one else will. The things we have lost happened for a reason, and those who left us were not meant to stay. The woman we once loved for her beauty has aged, and she is no longer recognizable. While our parents have passed away, they live on in the memories of others, their good deeds still remembered. If we had died first, they would have suffered the pain of losing us every day. The pieces of our bodies removed by surgeons were necessary for our survival; at least we are still here. Let us put an end to this self-drama.

Life does not magically improve when we dwell alone in winter, reminiscing about the past and fixating on our misfortunes. We must keep moving forward, without excessive contemplation. This is life; we lose, we gain, and we lose again until our final breath. Until that day

arrives, let us embrace the present and enjoy our lives, for our sorrows will not change a thing.

Ignorance can be a refuge from the sorrows that haunt us. Instead of dwelling on our weariness, we should channel our energy into work, tirelessly pushing forward until we find rest. Overthinking only leads to exhaustion.

The singer whose melancholic song resonates with us is not necessarily sad. They may be happy simply because their sad song is selling well, while someone else penned those lyrics to convey their own sadness. There is no shame in writing about our sorrow, but once we finish writing, let us burn those words and begin anew, living as if we have never experienced sadness before.

“When we are tired, we are attacked by ideas we conquered long ago.”

Friedrich Nietzsche

It is true that we tend to focus on the things we have lost in life, even if we have experienced many successes. We often overlook the good things we have received and fixate on the one sad event, not because we are inherently negative, but because there is something significant missing in what we have lost.

Nevertheless, it is crucial to be grateful for all the positive experiences we have had and even for the setbacks and losses we have faced. These experiences are what shape us and teach us how to become better individuals.

There is nothing wrong with experiencing failure in a job, relationship, or learning endeavor. We should acknowledge our losses as markers for understanding how to recover and move forward. It is important to determine whether a situation is a loss or a gain. Does a failed relationship define us as losers, or does it signify that it is time to move on and seek new opportunities? Does struggling in a job indicate the need to find another path or the determination to persevere and improve?

We often believe that we are strong and invincible, but even the mightiest mountains can be shattered or cracked. Sometimes, it is better to admit failure and loss rather than constantly trying to prove otherwise. Understanding how and why we failed is essential in finding ways to recover and grow.

I have a friend who has faced numerous challenges in life. His father passed away when he was young, and he had to take on the responsibility of raising his younger siblings. He worked in various jobs and spent around eight years in college due to the need to work alongside his studies. After overcoming all those obstacles, he pursued a career that he later shifted after the age of 35. When he finally got a new job, I visited him at his home and found him in tears. One of his team leaders in the new company had belittled him, questioning why they had hired someone who took eight years to finish college.

The ironic part is that my friend is still with the same company after two years, and he has become one of the best in his team. He refused to let others define his worth, and he made his own destiny, proving his capabilities.

Do not allow people to judge you. Ultimately, we are the ones who determine our own identity. Forge your own path, free from the interference of judgmental individuals who try to meddle in our lives.

“Many of life's failures are people who did not realize how close they were to success when they gave up.”

Thomas A. Edison

In Cairo, somewhere after midnight, a song fills the air, depicting the tale of friends who have betrayed each other. Although the lyrics may be unintelligible, the recurring theme is that someone is left alone.

When our friends turn their backs on us, it often feels like a betrayal of the very essence and principles of friendship. However, instead of dwelling on their actions, we should try to understand their reasons for leaving. Perhaps we have done something to hurt them, or they are preoccupied with their families and personal lives, leaving little time for us. It's also possible that we were not there for them when they needed us, or they have simply chosen to move on from the friendship.

It is important to respect their needs and decisions, even if it means they no longer want us in their lives. Respecting their boundaries does not equate to forgetting their friendship or disrespecting them. It is unnecessary to blame ourselves or them for what transpired. At this stage, assigning fault holds no significance.

This is an irreversible step, and we cannot and should not force someone to stay in our lives. Everyone will eventually leave, regardless of the circumstances. Our challenge lies in gracefully concluding relationships, as people tend to remember how things end, regardless of how they began.

There is no shame in taking a break from our friends for a while, as long as we have a valid reason, even if it's not necessary for them to know. Some individuals may choose to retreat and carve out a period of solitude. This does not mean they have forgotten everyone, but rather that they desire time alone or at a distance.

A significant mistake we often make is assuming someone is our friend when they may not view us the same way. Therefore, it is crucial to

make our choices carefully and avoid building connections based on assumptions.

Friends in our lives are like a Windows system that requires periodic updates. Running these updates ensures that we receive the latest modifications and correct any errors. However, other aspects of the system may remain unchanged until the next update. Therefore, when we conduct our updates, we must ensure that we keep the best people around and update, change, or let go of those who no longer fit.

The earth is in constant motion, and life is perpetually changing. Let us pray for the right movements and changes, whether they involve our friends or other aspects of our lives.

“It doesn’t matter to change the world what matter is don’t let it changes you.”

Omar Taher (Egyptian author)

The pain of losing someone we loved and their subsequent absence leaves a void in our hearts, like a thorn that continuously pierces us. In the initial days following their death, we constantly question the reality of the situation, hoping against hope that it's all just a terrible dream. We long to wake up and have our loved one come knocking on our door, sitting with us, laughing, and continuing to live.

But as we see their lifeless body and feel the coldness that has enveloped them, the thorn in our hearts begins to move, slowly cutting our hearts into fragments. Each piece carries memories and longing, intensifying the realization that we will never see our loved one again. This realization haunts our midnight moments, causing us to wake up trembling and in tears.

The next step is incredibly painful: moving on. It's a journey filled with immense difficulty, where we find solace only in keeping ourselves occupied with work and daily life. Some people choose to shut off their emotions and feelings, leaving them with hollow hearts. Others try to drown themselves in an excess of emotions, but in both cases, they never return to being the person they were before. They have discovered the harsh truth that nothing in life is permanent.

In this state, we feel utterly alone. The days pass by quickly, while the evenings grow longer and the nights become darker, and we remain oblivious to the world around us. Eventually, we realize how selfish it is for our loved ones to have left us behind, facing the world on our own. They had promised to stay with us forever. We question why the most beautiful, kind, attentive, supportive, and cherished individuals in our lives are the ones who depart first, while those we despise and wish to bury seem to live on.

We go through these emotions to understand the importance of caring for our families, friends, and loved ones and spending more time with them before it's too late. Perhaps God has given us this experience to

teach us to be kinder to ourselves and others, and to recognize that life is too short to harbor hate, ignorance, or abandonment towards someone.

Now is the time to create a list of the people we care about in our lives, to reach out, inquire, and stay connected with them before it's too late. We should invest time in nurturing our relationships, rather than spending hours mindlessly scrolling through social media. Let us ensure that we leave a lasting impact before we become a selfish memory, departed too soon. At the very least, let us express our love and care to those we hold dear before regret consumes us at other people's funerals.

“Sometimes others help us just by being in our life.”
Dr. Ahmed Khalid Tewfik (Egyptian author)

Indeed, each of us carries within themselves one or more prisons, be it the past, money, relationships, jobs, illnesses, or anything else that can confine our souls. These prisons emerged at some point in our lives, unexpectedly, as we navigated through the risks and circumstances that life presented us. Over time, we grew weary and retreated into our individual cells, locking them from the inside.

None of us willingly chooses our prisons; it is the culmination of the repeated crashes and blows we have endured that have transformed us into captives. Some of us yearn to break free from our prisons, while others have grown comfortable within their confines and wish to remain there indefinitely.

The tragic reality is that some among us never realize or acknowledge that they are imprisoned. However, if you are aware of your captivity, what are you waiting for? Life outside the prison may appear brutal, wild, and terrifying, but by choosing to remain within, you are effectively sentencing your soul to death. Eventually, circumstances or people will cast you out, forcing you to confront life beyond the prison walls. It is then that you may find yourself hanging onto life by a thread, much like Brooks in the movie "The Shawshank Redemption."

You do not need to make a decision this very moment, but it is crucial to have a plan for escaping your prison. All of these prisons we find ourselves in have the power to kill us. If we dwell in the past, it will consume us. If we spend our lives chasing after everything, we will be lost. If we remain in toxic relationships, they will slowly drain the life from us. If we allow our wounds or illnesses to define us, we will never truly live again.

Admittedly, sometimes we have little control over our cages. However, even if we cannot choose how we live, let us, at the very least, choose how we die. When we enter a prison, we leave everything behind, and when we depart, we leave everything within. Even the things we relentlessly pursued remain outside the confines we once called home.

The most unfortunate among us are those who find themselves trapped in multiple prisons simultaneously. Dwelling within a cage within a cage is a peculiar predicament, and whether one chooses to remain inside or seeks a way out depends on their decision.

Lastly, remember never to rely on other prisoners. They, too, are present for their own reasons or mistakes, and most will never lift you up. Instead, lift yourself up, find your path, and face your demise as a shepherd, not a sheep.

“Live free or Die.”

General John Stark

Behind the dark side of each man, there is often a woman who has either ruined him or whom he has hurt and broken the heart of. As men, we often take a long time to figure things out, becoming easily angered over trivial matters, falling in love in an instant, taking years to decide to hate, and breaking up in a matter of seconds for our own mistakes or even for no reason at all. Each person has their own reasons and motives for their actions.

After a breakup, life may initially become easier and simpler, but unfortunately, this period is brief. Soon, the pain begins to resurface, and our conscience blames us for everything we have done. As we try to move on, we carry with us a lingering sense of guilt and the pain we have inflicted on others.

The real disaster strikes when we decide to go back and apologize to those whose lives or marriages we have ruined. Deep down, we may feel that we are doing something foolish, but we do it anyway. At this stage, we encounter four types of women.

The first type is the cute one who will hug and kiss you, wrapping her arms around you, saying that she knew you would come back to her. This puts you in a difficult situation because all you wanted to do was apologize. The second type is the superhero who cannot forget you, but would rather be torn apart than reveal her feelings to you. She will put on a plastic smile until you leave, leaving you to realize your own foolishness.

The third type is the psycho who will attempt to rekindle the relationship, only to break up with you and shatter your heart as you did to her. Revenge is the only thing she can think about. Lastly, the fourth type is the worst woman you have ever known. She will ignore you, pretending that she has moved on and doesn't recognize or remember you.

In all of this, all you wanted to do was say sorry. Of course, not everyone goes back for the same reasons, but now you feel like a fool, realizing the mess you have made of yourself and others' lives. We never truly forget our past or the women we have loved, although we may pretend to. However, we can still move on and find happiness in our own lives.

On the other hand, women often take much longer to move on. They tend to forget the past and rarely forgive, even those who ask for forgiveness. So, gentlemen, once you have broken up with a woman, it is best to never look back or contact her in any way, even if you just want to apologize. Give her the opportunity to find someone better than you, because she deserves to be happy too.

Rockabye, ladies, and gentlemen, please remember that once you have let go of a woman, it is important to give her space and allow her to find her own happiness.

“Letting go does not mean that you do not care about someone anymore. It is just realizing that the only person you really have control over is yourself.”

Deborah Reber, Chicken Soup for the teenage soul

We often find ourselves suffering from the weight of our past, wishing we could undo certain actions or take different paths. We regret not doing some things and lament the choices we made. What if we had a time machine that could transport us back to the most crucial moments in our lives, the moments that shaped our future?

Imagine being in those pivotal minutes, fully aware of their significance. What would you do? Which path would you choose? Would you confront your drug addiction, recommit to practicing your musical instrument or going to the gym, seize opportunities for your future, take that job, change your career, or walk away from a toxic relationship? What were the last words exchanged during a painful breakup?

But the truth is, nothing can change the past, not even with a time machine. You cannot alter what has already happened; you can only make it more emotionally charged. Instead, it's essential to have faith in where you are now and stop dwelling on regrets. You are not the same person you were in those moments.

Our mistakes and challenges shape us, making us stronger. If you had never experienced pain, you would live in constant fear of getting hurt. Don't wait for a time machine to fix your past, even if you feel like you've wasted your life. It's time to find value in the present and make the most of what remains.

Remember, people forget things. Most individuals don't hold onto the sadness or hurt we may have caused them because, in the end, everyone will eventually pass away. Time has a way of healing wounds, even the deepest ones. Forgiveness can be found in the passage of time, but only if you commit to not causing harm to anyone, including yourself.

I have a friend who is trapped in the past, consumed by his love for a woman from his college days. Despite her having moved on, married, and started a family, he still adores her. He hasn't seen her since graduation, yet he refuses to let anyone take her place in his heart, even though she may have long forgotten about him.

It's your choice to either move forward and focus on your future or remain imprisoned by your past. In either case, we will eventually be forgotten. So, choose to embrace the present and the possibilities it holds, for dwelling in the past only hinders our ability to live fully.

“We learn from failure, not success”

Bram Stoker, Dracula

As an engineer working in supervision at a construction site, I, along with everyone in the field, know that walking on steel requires a different approach than walking anywhere else. You must move neither too fast nor too slow, always watching where you place your feet.

The same principle applies to our lives. We must be mindful of where we step, taking steady and deliberate actions. Otherwise, we risk stumbling and falling, and falling is no easy matter.

Having your legs caught between steel bars is an experience you'd never desire, especially if it leads to fractures or cracks. When we were young, falling down was a common occurrence. We would simply get up and carry on as if nothing happened. But as we grow older, we begin to count our falls and failures, which only fuels our fears.

With a growing memory of falls and failures, we often hit the pause button, bringing everything in our lives to a halt. We stop working, exercising, improving ourselves, taking medications, nurturing relationships, engaging in prayer, pursuing hobbies, and even experiencing love. However, just like walking on steel, if you stop for too long, you will inevitably find yourself trapped between the bars.

Being in a state of stagnation, particularly in life, leads us nowhere. We must keep moving, much like jumping rope. It's a matter of going up or down, and if we find ourselves stuck in between, we fall down.

Forget those who tell you that pain is temporary. Pain is pain, and it hurts. It's not the pain itself that stops you; it's the disappointment and sense of failure that follow. Those are the true inhibitors.

So, what is your mission after a difficult day in life or work? Do you go home and cry in bed, hoping for the best or waiting for others to come to your rescue? Unfortunately, I must tell you that nobody cares. One way or another, you must come to terms with this truth because everyone is caught up in their own circles.

Nobody cares if you are feeling sad, frustrated, or defeated, walking home with your head down. You are not the center of the world. Stop worrying about what others think of you, labeling you as a loser, bad, sick, fat, or insane. No one can truly step into your shoes. And when someone tries to push you down and blame you for your failures, arrange a meeting with them in your grave after your death. But sadly, no one will show up. So, live your life, regardless of how many times you fail and how many fears you face.

“The real life is a gift given only to the brave that always is in a permanent risk, throw himself into unknown future and conquers new lands at work, thoughts, art and emotion.”

Dr. Mustafa Mahmud (Egyptian philosopher and author)

It is not just a death method; it is the way how you conduct your lonely movie that you acted in.

If you just decided to commit suicide allow me to join you for the few minutes left in your life.

So, let us say that I am close to you near the edge where you want to jump or in front of you where you are sitting on a table after you loaded your M-9; let me tell you that no one can talk about suicide if he did not think to commit it earlier.

I know you think I am here to tell you not to do it. Trust me, you will do it in the end, not your fault; it is me the awful author who joined you at the wrong time and place.

Others who are still threatening their loved ones with suicide, they never do it because they are just lazy, cuckoo, and childish using feelings to them only to pay attention.

On the other hand, you my friend is the one who I care about. You stopped beside me and decided to read my book for the few minutes left in your life, so I really care, and I am on your side.

I am sure that you left a message to someone you used to hate or care about and telling him/her that you did what you are intending to do now.

I will not ask you about reasons why you are doing that because I know that there are dozens of them starting from relationship, infidelity, divorce, losing someone, career issues or psychological problems.

No one can blame you; for sure you had tried a lot till you decided that you had had enough.

So now you want to be a murderer kill yourself with no mercy because you think that there is no way out from your trap or you are the worst person on the earth, let me tell you that the whole planet will stay miserable even after you pass away.

But go for it; knock yourself out, you think that what you do will release all the pain, unfortunately this is not correct.

You will be like any other murderer but congrats you are going to kill a lifetime friend which is you; how you really define loyalty?

May be not the best friend in the world but at a stage of your both lives he did not deserve what you are intending to do to him.

And you just want to betray him, end his life, and put him in more pain.

It is your choice. I am not that kind of fake loser working in human development who is pretending happiness, telling you that life is good and will be better.

For me life is life and sometimes it goes bad, especially for us, but if your trip is bad do not get worse.

Mostly you are not because all the bad people never admit that they are.

Whatever happens around you or to you do not be a murderer, you deserve a better end to your movie than the one you want now.

We all know that it is not always your fault, things happen and that is how we learn.

For all life judges who judge people who committed suicide, let me tell you that 50% of them have been murdered by others and you will never sue them, 35% were pushed by others to do that and 15 % were kept without help when they needed.

<p>“Whoever killed a person, it is as so he has killed all humankind. And whoever saves a life, it is as though he had saved all humankind” The holy Quran</p>
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I've lost the last chances to move, quit, protect love, keep a job, get well, stay with family, keep friends, save money, and more. It seems like losing chances has become my defect, but strangely enough, I don't regret these losses. After experiencing issues like nervous colony, nervous bladder, problems with my bones and joints, a labrum tear in my right shoulder, and migraines, I stopped being the thinker I once was.

In life, we lose when it's inevitable; no cards can guarantee otherwise. I have reached a point where I no longer care about anything. If there are beasts lurking around, let them come. I will do my best until my last breath. Yes, I have made mistakes, but I am not alone in this land of mistakes.

Through various journeys, whether by flights, buses, taxis, seas, or through the hearts of others, I have learned life's lessons the hard way. I've learned not to miss an opportunity when it presents itself. I don't have the chance to find my way every day. I may not find a job, love, career, family, or friends, but I have come to accept these losses and continue living without dwelling on the chances I've missed.

Here I stand, bearing scars and wounds in my heart, proving that I am resilient. I am reminded of a horse that was once treated well and used to dance in festivals. Although it can no longer move like it used to due to its wounds and injuries, it never forgets how to dance.

Often, we view chances as something we've lost. But why haven't we considered that these chances have lost us? If we haven't lost ourselves completely, it means that there are still multiple chances left. And even if we have lost and no chances seem to remain, we have the power to create our own chances.

Just like the process of authoring this book, I have missed many chances to write back, but here I am, trying to heal myself. While others may still believe that my soul is buried in darkness and cannot be fixed, they may

be right. However, I must seize my chance, even if it is the last one available to me.

On my deathbed, I want to be able to tell myself, "Rest in peace, my dear. You may not have been good enough, but you embraced the chances that came your way and did your best."

"You may never know what results come of your actions, but if you do nothing, there will be no results."

Mahatma Gandhi

People have a tendency to classify others based on love and hate, and even after living in this world for 30 years, I still struggle to understand why. It seems to be ingrained in our nature that we cannot remain neutral. When we love, we expect more from those we hold dear. We hope that they will stand by us during difficult times. Love is a complex emotion that cannot be forced or removed from our hearts. However, sometimes love can turn into hate when our trust in people is shattered, leading to feelings of betrayal.

Love can be likened to a kerosene lamp, illuminating our lives when darkness sets in and providing warmth in cold times. But if that lamp breaks or falls, shards of broken glass scatter throughout our hearts. We find ourselves in one of the darkest and coldest places, unable to piece everything back together. Hate, on the other hand, leads us nowhere but towards vengeance or sorrow—a blend of all the negative aspects of life.

If only I could have existed without these emotions, without experiencing hurt or being hurt by others. Only someone without a heart can navigate life devoid of feelings, including love or hate. It's like dealing with everything in binary code, akin to machines using only two symbols: "0" and "1".

Loving or hating is not inherently good. Love brings fears of losing our loved ones and constant worry about their well-being. Hate, on the other hand, often creates dark crevices of anger and violence within our hearts, pulling us towards the darkest sides of our personalities and leaving permanent black marks. Once stained, the heart can never regain its pristine state.

Despite the challenges these emotions pose, we cannot live without them. So, if you love someone, don't push them out of your life. Stay away from those who have recently broken up with someone, those who only have one love story, the selfish in love, the psychopaths, and those who seek revenge in love. For those who believe we cannot survive without them, know that we are alive, resilient, and moving forward. There is no place for you in our lives or our lands anymore.

For those unable to forget their ex-lovers, stop trying. The more you attempt to convince your brain to forget someone, the more it will remind you of all the memories you wish to erase. It will replay them like an old video tape from the 80s, continuously running in your head. Remember, it's all in the past—a part of your history. You don't have to repeat or forget it. Accept it, move on, and if you're unsure how to move forward after a breakup, simply follow the actions of your ex-partner. Emulate their behavior and never look back.

“Love a woman or hate her, you will regret both.”
Anis Mansur (Egyptian writer)

We often pretend that certain things are important to us because they signify the end of something, not just the need for nicotine in the case of cigarettes. They symbolize the end of exhausting work, troubled relationships, or suffering from various issues. This is why cigarettes hold special significance in most jails around the world and are used as currency among prisoners. Interestingly, there are individuals who do not smoke but start smoking once they enter prison.

Due to this, many correctional facilities have banned smoking. To prisoners, this prohibition serves as an additional layer of punishment, reminding them that their suffering continues. Being a prisoner, deprived of freedom, is an incredibly challenging experience where days feel like years.

What's peculiar about the last cigarette is that it provides a sense of stress relief, evokes memories, and soothes anger. This is not an endorsement of smoking, but rather an observation that sometimes we turn to things that harm or damage us in order to find temporary relief or satisfaction. Not everything that brings us comfort and relaxation is necessarily good for us, as evidenced by the effects of cocaine.

Therefore, it's not necessarily the cigarette itself that brings about these feelings, but rather the association and anticipation of relief in such circumstances. Death row inmates, for example, often request a cigarette before their scheduled execution. This leads us to question why we must wait for something to end our suffering in any given situation. Regardless of what we are going through, if we don't love it or want it, we must take steps to stop it.

We don't have to wait for months or decades for the end of our suffering, hoping that someone will grant us a cigarette or any other form of respite. We don't have everything in our lives, whether it be ideal relationships, jobs, medical conditions, financial stability, or social status. Nobody is perfect, and perfection doesn't exist on this planet.

Those who claim to have perfect lives are often just trying to impress others, projecting an image of happiness despite their own personal struggles.

“Perfection of character is this: to live each day as if it were your last, without frenzy, without apathy, without pretense.”

Marcus Aurelius, Meditations

Throughout my relatively short career as an engineer, I have witnessed a lot, and it has led me to contemplate early retirement due to the kind of people I have had to interact with. Despite this, I genuinely enjoy the work I do as an engineer—getting things done and solving problems. However, during this time, one of my friends took it upon himself to criticize how I spend and supposedly waste my time.

I am not typically the calm individual I may appear to be, but on that occasion, I decided to listen, something I rarely do. He justified his judgment by comparing our lifestyles. He studies numerous subjects simultaneously, setting goals and exhibiting commitment and discipline. As a result, he has acquired dozens of certificates and passed countless exams, which he perceives as accomplishments in his life.

Generally, I refrain from passing judgment on how others live or what they pursue, as I usually don't care about others' opinions. However, this time, I must admit that I was irritated by his assessment of me as a failure in life. Thus, I feel compelled to express my thoughts clearly here, given his paranoia and egotistical refusal to consider advice.

Certificates hold no value to me, and by certificates, I don't mean bachelor's or master's degrees, for instance. I refer to the various certifications issued by different institutions to declare one an expert or certified in a particular field based on their references. Acquiring such certificates often entails annual or periodic renewal fees, which I consider fraudulent.

Furthermore, I have observed numerous individuals holding certificates for areas they neither enjoy nor work in. These individuals are solely concerned with the title, and most of them are incapable of solving real-world problems within their field. So, dear misguided individuals, you may resemble heavy trucks, but don't question why a classic car cannot bear heavy loads. This is simply the truth: you engage in actions solely to appear significant and demonstrate power that you do not possess in a genuine competition.

Certificates are worthwhile when we are learning new things, technologies, or fields that align with our passions. Otherwise, they are akin to a trash can when obtained from institutes that merely compile textbooks and charge you for teaching yourself their content.

I understand that this article may not sit well with some people or align with their beliefs, but this is my opinion. You cannot judge me based on your collection of certificates. It would be better if you confined yourself within your own box and refrained from judging others based on your flawed background or history of failures.

If you acquire another certificate, do let us know so we can give you a round of applause, bringing some satisfaction to your troubled mind.

If you genuinely wish to learn something, you can pursue it directly without seeking validation or accumulating more papers in your collection. And if you truly care about science and knowledge, strive to make a difference or contribute to the world. The difference you make should extend beyond your certificates and LinkedIn profile.

Please do not take this too seriously. There is no need to argue with me, as I know I will not change your mind, just as you cannot change mine. This is not about altering perspectives; it is simply a reminder to establish boundaries and refrain from judging others.

<p>“The value of achievement lies in the achieving.” Einstein</p>

Being a mechanic isn't always a positive experience. One might appreciate it because cars don't complain; they simply start behaving poorly. Having your own garage is the ultimate joy if you can manage and fix your own car.

However, that garage is comparable to your heart—it functions best when you oversee the relationships you engage in. Likewise, you don't have to accept fixing every other car that breaks down in front of your garage, including the garbage truck.

Once you allow the garbage truck into your garage, it starts acting up, emitting an unpleasant odor that fills your space. There will be no room left for your own car. This is what happens when you involve yourself in trying to fix other people's relationships.

Your good intentions to assist others with their relationships can destroy your own life and relationships with your loved ones. You dedicate all your time and effort to people who don't deserve a minute of your time. They only remember you when something terrible happens, and they discard you once things go well for them.

There's no need to try and be a gentleman or a good person. We both know how flawed we are. No one deserves your help when you need it for your own car (relationships). I've been there many times, attempting to fix other people's lives, and in the process, I've lost many loves and relationships.

My car still needs fixing, as it always does. Therefore, it's best for me to remain in my garage, focusing on managing my own affairs rather than meddling in other people's issues.

As for the other garbage trucks attempting to enter my garage, let me make it clear: I've had enough of all of you. There's no space left inside. As you can see, the interior is exceptionally clean and fresh, devoid of the stench of your garbage. So, kindly go away and find a workshop that can attend to your needs.

This is my garage (my heart), where I must work on fixing my relationships and life. There's no room for others who try to burden my heart with their drama. It cannot endure any more. It's already burdened with a history of failures and cracks. If any of you genuinely care and are not selfish or foolish, please keep your drama away from my life.

I can direct you to other individuals (workshops) who would be ecstatic to manage your affairs. They enjoy sucking the life out of others and witnessing their suffering—a pursuit that holds no interest for me personally.

This is not about greed or betrayal. Those who did not listen or help us during our times of suffering and hardship do not deserve our support. My heart will only pump my own blood until I die, so please don't take it too seriously. You won't sacrifice your own heart for me.

Everyone should carry their own garbage and refrain from tossing it into the lives of others.

<p>“My love is something valuable to me which I ought not to throw away without reflection.” Sigmund Freud</p>
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It is indeed a curse on our Earth, the disease that causes a progressive brain disorder, slowly eroding memory, thinking skills, and the ability to perform even the simplest tasks. It is a disease that pharmaceutical companies refuse to research for a cure, as it does not offer them the same value or profit as diseases like cancer.

We never know when we will lose moments and memories, so it is crucial to cherish each good moment in our lives. We need not worry about the terrible ones, for one way or another, we will lose them all. It is incredibly difficult to witness our loved ones being struck by this monster that devours their brains and memories. You look into their eyes and see the love you feel, but they look at you as if they are seeing you for the first time. It is a profound hardship, one that we can only pray we never experience ourselves.

A friend once told me, when I was complaining about my injuries and surgeries, "If you can still go to the bathroom alone, you're fine, so stop complaining." It is a matter of control, and none of us know when we will lose control over our lives or minds. Let us pray that there will be someone there for us until we reach our graves.

So, if you still feel something, good or bad, towards anyone—your lover, parents, colleagues, boss, or friends—just say it before it is too late. You may regret saying it, but at least they will know how you feel about them. Always remember to be gentle with your heart and mind. Nothing in this world is worth it, as everyone must leave. But let us hope that those who love us will miss us.

We will spend our lives grappling with the things we know and those we will never know. That is our life, nothing less than that. If there is still time to apologize to someone and you feel the need to do so or carry guilt, say it and never look back. Say it or write it before it becomes too late.

And to those who claim that the world is the best place to live due to the advancements in technology and science, I say this: Until you find a

cure for Alzheimer's, please be silent. Until we are remembered, recognized, and memorialized.

On that note, I want to emphasize to my family, wife, and son: "I love you all. I know I am a madman who acts strangely most of the time, but I love you. Nothing can change that, and I apologize for any harm or mess I have caused in my life. One day, you will read this after my death. I have cherished every single moment I have spent with you, and I want all of you to be happy, to live freely and without constraint, until we reunite again."

"You spend your life hoarding memories against the day you will lack the energy to go out and make new ones, because that is the comfort of old age. The ability to look back at your life and know that you left your mark on the world. But I am losing my memories, it is like someone has broken into my piggy bank and is robbing me one penny at a time. It is happening so slowly; I can hardly tell what is missing."

Shaun David Hutchinson, *We Are the Ants*

During these challenging times, the rise of work-related suicides has become a concerning issue that needs to be addressed.

Insightful pieces written by Mr. Bryan Robinson in Forbes and Mr. William Wan in The Washington Post, shedding light on mental health in the workplace and the importance of supporting employees.

It is an unfortunate truth that many corporations prioritize their own interests over the well-being of their workers. While businesses focus on profitability, the mental health of employees often takes a back seat, resulting in devastating consequences.

“You know, I could no longer bear to be in this hell, spending hours in front of a screen like a mechanical puppet faced with the determination of some people to let us die like dogs.” This is a suicide note of someone who sent a dozen documents outlining his repeated requests to management to change position.

This heartbreaking example serves as a powerful reminder of the urgent need to address the factors contributing to work-related distress.

Several key factors can lead individuals to contemplate suicide or consider a career change.

Making the wrong career choice, such as accepting a job that doesn't align with one's strengths or preferences, can cause dissatisfaction and distress. Working in positions with low salaries that fail to meet basic financial needs can exacerbate stress and anxiety.

Moreover, the lack of clear pathways for career advancement within companies and the prevalence of favoritism can breed feelings of injustice and unfairness. Unethical practices, such as nepotism, credit-stealing, and discriminatory behavior, erode trust and contribute to a toxic work environment.

Furthermore, companies with policies that force employees into uncomfortable situations, such as restricting family planning or undervaluing their contributions, create frustration and despair. When the work environment becomes hostile, with colleagues turning against each other in self-preservation, employees endure heightened stress, discomfort, and constant anxiety.

Excessive workloads, whether due to personal relationships among colleagues or lazy superiors delegating tasks, can lead to burnout and a sense of being overwhelmed. Companies that prioritize appearances over well-being, masking internal struggles, perpetuate a sense of fraudulence among employees. The resulting depression and stress often remain hidden due to fear of appearing unqualified or unprofessional.

The culmination of these factors breeds a sense of hopelessness, leading to depression, insomnia, exhaustion, and a loss of motivation. Individuals caught in this cycle may consider one of four paths: suicide, resignation, seeking employment elsewhere, or pursuing a career change. Breaking free from this suffering is crucial.

Disturbingly, some companies opt to replace human employees with machines, prioritizing cost-cutting and profit maximization at the expense of retirement plans, insurance, and other essential benefits. This disregard for human well-being in the name of progress is deeply concerning.

To anyone experiencing work-related stress and contemplating suicide, seeking assistance is not a sign of weakness. Taking a break and distancing oneself from work, even if only temporarily, is essential for prioritizing mental health.

For those facing serious medical issues due to work, it may be time to develop a plan for transitioning to another company or exploring a different field. Safeguarding one's health should be the utmost priority.

“Goodbyes make you think. They make you realize what you have had, what you have lost, and what you have taken for granted.” Ritu Ghatourey

We face fear in every aspect of our daily lives. As children, we fear animals and cars, but as we grow older, our fears extend to losing relationships and jobs, among other things. This kind of life is far from normal. Fear does not change anything for the better; it simply happens when it must, and bad things can occur without reason or permission.

Life is a mixture of good and bad, like rain that can be either beneficial or harmful. We must accept this fact and understand that life is not always going to be in our favor. If fear has dominated most of your life, what have you gained from it thus far? The answer is nothing.

Fear can trap you in the wrong place and time, preventing you from ending an unhealthy relationship or accepting a job offer from another company. This fear can burden you and make you feel miserable about yourself and your life. Sometimes, it is better to take a leap of faith and swim rather than sink with a sinking ship.

We must make peace with ourselves, even if we write an article or a novel that nobody likes or reads. Writing is an expression of our will, and no fear can or should stop that. Fear is like cancer; you cannot reject a necessary surgery just because you fear the stitches.

In life, we will bear scars from failures, losses, sickness, and abandonment, and fear cannot change any of that. We carry our wounds until we die, so it is better to stop crying. Can we eliminate fear

completely? The answer is no. However, we can accept it, control it, and develop strategies to cope with it.

Fear will be a lifelong guest, appearing in different forms and at different times. We should not allow it to bring us down; otherwise, we will be living in our graves, waiting for death. We must prevent our demons from consuming us. Whether we conquer them or let them taste and enjoy our fire, we must remember that there is no other way to live.

Ultimately, the decision and choice of how to deal with fear lie with us. Whatever decision we make, we must accept it and live with it. Therefore, it is crucial to think wisely so that we do not have regrets when we reflect on our lives on our deathbed.

<p>“Courage is doing what you are afraid to do. There can be no courage unless you are scared.” Rickenbacker</p> <p>Eddie</p>

A nightmare is a personal experience that varies from individual to individual. For the author, a nightmare is not having a cigarette and lighter in a world that is ending. However, generally speaking, nightmares are disturbing dreams associated with negative emotions. In this article, we won't delve into the medical causes of nightmares, as there are already numerous books and articles covering that topic.

Nightmares hold significance because they reveal our deepest fears, whether during sleep or while we are awake. They reflect aspects of our nature and can provide insights into our future. Sigmund Freud and Carl Jung believed that nightmares could be a manifestation of past traumatic experiences.

Living in the nightmares of our past is a dreadful experience. Waking up terrified from a disturbing nightmare is unpleasant, but it is even worse to live and wake up every day consumed by our worst nightmares. Nightmares often stem from unresolved issues, mistakes, and behavioral disorders that haunt us from the past. We cannot simply erase our history or who we used to be. Memories stay in our brains, and they can be triggered by unknown or unimaginable factors.

Although we cannot change our past or forget everything we want, we can choose to bury the things we do not wish to remember. It's essential to turn the page and move forward. We may have hurt others, acted foolishly, and felt lost, but that doesn't mean we have to remain in that state forever or blame ourselves endlessly. Sometimes, we may not even have the opportunity to apologize and excuses often come with

unnecessary drama. The best course of action is to focus on changing and improving ourselves, if possible.

Moving on and making peace with ourselves and our souls is crucial. Just as a former prisoner should not feel guilty about their past once they have moved on, we should strive to leave our past behind and commit to being better individuals. Life will always have its ups and downs, and the last thing we need is a monster or a nightmare in the form of our past. Those who try to remind us of who we once were should understand that we haven't forgotten, but we have moved on. We hope they can do the same.

As we move forward, aiming to become better versions of ourselves, we hope that our nightmares associated with the past will subside. Those who think they can predict our actions should be aware that there are aspects they may never see, and it is important for them to avoid passing judgment based solely on our past. We have lived and experienced things that they cannot even imagine.

In the end, we may continue to have nightmares about our past, as they tend to resurface. However, we will never allow ourselves to be dragged back down.

<p>“Oh god, help us on how we became now and forgive us about our worst things we did in our lives and the rest of things we have to do.” Me</p>

How many times have you betrayed? A question every one of us shall ask himself.

Betrayal is not something happen between a man and a woman only it happens all time in-between family members, friends, and soldiers even it happens within us on daily basis; some of them are worse than you think but the worst one is the betrayal of your home country.

It is a human nature you are going to do it in a way or another so when you do it make sure to choose the correct side and always remember that you must live with the consequences and accept seeing your face in the mirror every day after (just make sure that it worth).

Stay away from everyone and do not make friends, especially with yourself. This is advice if you are like that kind of people who betray everything in their life, make sure that you buy a grave and pay for your funeral that no one will attend.

It is a hard choice to change yourself and the man you are meanwhile no one is late from anything.

Some sacrifices are counted as betrayals; the soldier who died for his country betrayed his mother in her point of view because he left her alone sad and crying for him every day.

We are looking at everything according to our point of view only and no one knows our morals or intentions.

At all it does not matter how people see or know about you, we all have secrets and directions.

Sometimes people think that they know us from one situation, one hour, a night, a month, or a year but they cannot see what is behind skin, there is a flow of blood and feelings inside us that drive us to many directions and only God knows how we feel and where we are going.

No matter how many times betrayed, no matter how many times we are found guilty because we are going to choose the betrayals that we can live with accepting all consequences.

Overall, the above is not an excuse or encouragement on betrayals, it is just our roads and the lanes that we must drive through in our lives along way above our principles that no one knows if they are going to last at the end or not.

Some betrayals make our hearts tough and rigid which makes betrayals addiction for living because we know that we crossed the borders however there is always a way out no matter how many times we surrendered.

“Betrayal is the only truth that sticks.” Miller	Arthur
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To keep secrets, we need lies and deception which shall be perfectly covered, organized, and hidden from everyone especially dispersed people because they always reveal secrets even their ones; a few more steps on that track and no one can detect our secrets except a professional liar.

The values of secrets depend on how many have been killed or dying from them but every time we keep secrets, we must re-organize our lies. The hardest lie is performing blindness while you know all secrets that are kept hidden from you; a perfect liar will pretend being deaf when others speak about those secrets and being such like that require commitment and discipline, especially when all secrets are about and represent you.

We know about our madness while we are pretending that we are not like that so no one can keep, holds our secrets; those secrets that we cover and protect by perfect lies that no one can discover.

No matter how many secrets you know about others you should cover them perfectly because death is coming for all snitches unless you are prepared. Nations are dead because some people could not keep secrets so unless the secret is yours and you are alone you cannot reveal it.

Humans are controlled and ruled by lies some of these lies are from us, some from others and who ever reveal their secrets will be dead so always make sure that you bury your secrets in your grave, make sure that you make perfect lies and if you do not know how to lies ask the government in your country they know better.

Life is not black and white there is always a brown part that you will never know about hidden in some drawers and graves so accept and live with it because half of the things in your life consist of secrets and lies and always never trust words because sometimes, they lie.

<p>“Man is not what he thinks he is, he is what he hides.” André Malraux</p>

Of course, it is not the company you work for, nor the one I am working for.

We are talking here about a company in the Arctic Ocean and the North Pole, and you have not heard anything about it before. There are things happening that do not happen in any other place that has a past, present and future, or in any other place that has any of them.

Where this company has the strangest management in the world and the strangest managers and employees ever, neither astronomers nor zoologists could figure out who they were and how they became.

The strange thing is that aliens sent one of their ships to study the way this company is managed and do some research on it.

In this company, there is a large gap between employees and management in everything in addition to internal gaps between the employees themselves.

Management cuts employees' salaries and at the same time raises the salaries of managers who categorically refuse to give up one dollar of those salaries to keep any employee loyal to the company and that is because, from their point of view, they cannot be replaced.

Even if they go away, or die, or their butts freeze under the sea, or a polar bear sleep with each one of them, no one will feel the difference and no one will care.

It will not affect the company or anyone else except the owner of the company, who claims poverty, will feel the difference, after he lay off many employees and renovated his office with millions of dollars

and putting in it a strip dance pole, which will remain empty for a while.

In that company, the manager is afraid of his employees, some employees are afraid of being laid off and here lies the tragedy.

Since Covid-19 pandemic reached the North Pole, managers put in place a plan to reduce the burden on the company, or in a more correct sense, their burden on the company and lay off the most efficient workers, starting with those who threaten these managers' positions, so that the company can pay their huge salaries even if it means laying off everyone.

At the same time, the company follows a policy of corrupt hiring represented in appointing prostitutes, relatives, and incompetent people even after they fail to pass their interviews.

It is normal there to find a manager, his son and his father working in the same department, while the wife of one of them works in a second department and the wife of a friend of one of them works in a third department. Where every manager in the company deals with the company is a part of the heritage left to him from his dead father.

So, you find the paradox in the salaries and promotion of employees, as it is okay for an incompetent manager to receive four times your salary and your younger colleague to receive twice your salary because his mother is a friend of your manager who appointed him in the company.

In this field and place, there are no promotions for those with competence, every hardworking and intelligent of them who suffers frustration, despair, and failure, and none of them can escape from the place due to the surrounding environment.

The experienced staff sits far outside in the freezing cold, playing with the fierce polar bears they befriended, while the managers sit in their air-conditioned rooms and follow up their real estate investments, their investments in the stock market and pay the

university fees for their children, who are eagerly awaited by the company to appoint them.

Meanwhile, these managers raise the phone sometimes shouting at the employees who do not have relatives or connections in the company to blame them for everything that happened and did not happen to protect their ones.

However, some of these managers unfortunately must go to the places of these employees to reprimand them for something they failed in or the failure of one of managers' relatives in the company then, they decide to dismiss one of these qualified people and one of the experts and expel them from the company to face their inevitable fate in this harsh weather.

On the other hand, most of the corrupt and immoral staff are inside to receive commissions and bribes from suppliers and other companies to increase their profits and income, waiting to be promoted to a place they know they will inevitably reach.

Let professional and conscientious people do their jobs after they put everything on their shoulders.

At that exact moment, alien's ship got ready and prepared to leave this cursed pole, leaving behind a steel impale on which all the insults known to humankind since the beginning of creation are crafted on it for the owner and all managers in the company after what they had done.

Then aliens released a strange gas in the North Pole, urging bears to attack the company's headquarters and rape the managers themselves.

Since then, we have not heard anything about the company or its rapped managers; that company has disappeared, as any company else will that does what they did.

Certainly, managers who are interested in appointing prostitutes to important positions wish other things will be raised on top of the

impale left by aliens, but unfortunately that impale has fallen due to many of those who raised above it.

And here stays the most key role of those who were laid off from the company in raising this impale again and helping their former colleagues to obtain from this impale what they deserve and to make sure that the managers' falls will not happen again, especially after the aliens' gas has run out.

The impalement is our only hope unless aliens decide to send gas to the bears again.

“Good is somebody who delivered and allowed the company to overcome obstacles, without leaving a profound impact on its culture. Great is somebody who leads his company to achievements, performance, and value that nobody was expecting it had.” Carlos Ghosen

Everyone has that old love or hate story that he cannot forget any single detail about, however, many of us as men like traps and want to be always trapped or connected to something, especially a woman whom we can't forget.

No matter how many relationships you went through after that woman, but you still remember everything; it does not mean that you still love or hate her. It means that she had a golden, unforgettable effect on your life; good or bad, it does not matter; the more you try to forget her, the more you remember her.

“There will always be something related to your memory” - remember my words. No one remembers or mentions you in any detail of their life; with women, "past is past." They are professionals when it comes to burying an old relationship.

There is nothing bad with what they are doing; they prefer to move on, live new lives, have new experiences, relationships, and leave you buried with your deep tragedy.

If there is anyone remembering you, it will be your parents and a few family members, no one else. And that woman whom you think may have anything, or something related to you, or you still have the idea that she will be back; she will never be.

You might think that I have a negative thinking with a deep history of love stories fails, well unfortunately you are right, and nothing helped me except moving on.

You can continue gravitating towards the past with its relationships and how it was great with other people, but re-think and ask yourself again, was it really that great?

You cannot forget; we all know that. But you cannot stop your life now; the life train will never stop for you. Other people in your past are having good lives now with other people while you stopped your life for them.

Do not try to forget; the more you try to forget good or bad memories, the more they hit stronger in your head.

If you think that orange is the best fruit in the world, wait until you try an apple or a pineapple.

It is better to move on with fear than to stay safe in the shadows. We all have had good things that we miss and sad things that we regret. But it is better to plant a seed than to plant a broken or fallen tree. So, move on and do not stop because there will always be a woman.

A final word to those women whom we could not forget: "we still remember all the wonderful things we had together, regret every single sad thing we had done to all of you, but we will never come back again, we don't want to."

<p>"Taking a new step, uttering a new word, are what people fear most." Fyodor Dostoevsky</p>

Men are strange creatures with their nature and brains differing from women. They have the ability to ruin their lives at any moment with anything that comes from the past.

A man can engage in terrible actions when he remembers past deeds, always finding a reason to do things even if he knows they are wrong.

The worst part about us is that we never forget the past, all the details of those we loved, those who left us alone, and those who betrayed us. We never forget, even though sometimes we pretend to.

Living with our past and all the regrets in our lives is our curse. It has never been easy, especially if we have a significant past.

There is no cure for our past; we must understand that we can never change it. However, we can change ourselves from that past, or else we will be trapped in a closed circle of memories and regrets.

Although there is no cure, there is something that can prevent the spread of the infection of the past: being constantly busy and creating a present and future that will eventually become the past.

Everyone has moments in their lives that they do not wish to remember. Even if we have nothing to be proud of in our past, let us make a difference for the remainder of our short lives.

Sometimes we cannot change the harm or pain we have caused others. We may not even be able to reach them to apologize. Other times, apologizing and expressing regret can hurt them again by reminding

them of what we did. In such cases, it may be best to leave the past where it is. Alternatively, you can write them an apology or send them a voice message—it is your choice.

If you have ruined your life due to your past, you must also write a message to yourself. Remember, you cannot and will never forget. Accept your past and believe in yourself that you can change. However, that change may require sacrificing habits, relationships, and money.

Being trapped in your past can drive you insane. Your cries and complaints will not change who you were.

Now take a deep breath and start anew, as if you were born yesterday, but this time with the experiences of another man (the older version of yourself).

Walk tall, initiate change in your present, and try to stay away from those who constantly remind you of who you used to be, as if you had even forgotten that.

Everyone has gone through tough times or may still be in them. Some of us have been bad or may still be the worst men on Earth. But everything can change. Mountains can become sand, and sand can become mountains, and both will never forget the past.

It is not about convincing those around you that you have changed. It is not about how they see you, even if you were a killer, a robber, or worse.

Perhaps now is the time to choose who you want to be. It is never too late; we are not in a race.

“There is a fine balance between honoring the past and losing yourself in it. For example, you can acknowledge and learn from

mistakes you made, and then move on and refocus on the now. It is called forgiving yourself.”

Eckhart Tolle

I postponed this article more than four times till now since my father passed away and that was three months ago.

I cannot imagine or understand that it has happened, I will not see him again.

The man who taught me everything right while I decided to do everything wrong; no one can imagine my sadness and grave, it is hard on me and on all of us as a family.

He was a friend of mine who knew secrets about me that no one else had ever known about; he supported and fought for me in every situation he could.

During all the surgeries I had he was there, no one can understand my suffering or loss; even till now I cannot think or enter his house without seeing him there.

With a good reputation and legacy, he left us quietly as he always was; one of the 1973 war heroes who later become a family-oriented person after his marriage.

He taught me a lot of things that I cannot even forget, and nothing hurt me more than losing him.

Unfortunately, I changed after he passed away, I see life in an unusual way and still cannot recognize the new personality of me.

We cannot forget those who supported and consoled during those tough times also we cannot forget those who we thought that they will be there for us while they decided to an opposite way.

My father's death is the wound that will never get healed, but he will stay in our hearts till our last breath on this earth.

In all my life I was living in the shadow of a great man but now I am standing alone finding my own path in the middle of nowhere, thinking that making myself busy can makes me feel better but it does not.

I will always remember my father for all the good things and memories we had together, starting from crafting whole chess pieces for me when I was young till supporting me during my worst and tough times and more in my whole life.

Life is not easy, it takes us away from family and people who we loved more than anything else, but we will keep them in our hearts wherever and whenever we go.

I lost a piece of my heart by losing my father and nothing can change that; I wish to see him again, having a cup of tea with him for a last time and going through one of our talks; I really miss him

<p>“If you are planning to do something, do it correctly or don't do it at all.” My father</p>
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I have been losing my mind for a while and stopped doing everything that can make me happy, I am feeling bad about myself while I cannot control or predict my actions.

I feel alone specially when I am being surrounded by others, when I looked at my mirror today, I understood that look it meant to me what I was searching for in the last two years ago which is why I am doing everything bad to myself “I gave up” that what I told myself in the mirror.

I gave up on every move, dream, hope and I do not feel shame while I am writing that because I know how that happened to me, this is the result of dozens of failures and disappointments.

So finally, I lost hope, raised the white flag to everyone who wanted or expected me to fail, and I announced that I am just another loser who thought that he can change the world while I cannot change anything in my life.

During that, I forgot the main reason of our life, which is making mistakes and moving from one to another without stopping.

Then I am overloaded with my faults, guilts and everything else happened to me all over my life so I had to look in my mirror again and apologize to that man while I am looking in his eyes.

I owe myself an apology that is it and promise that I will try to change everything while I am staying alive and till my funeral day comes, I will try.

There are no better versions of us it is just us that is it; we must adapt to the new us without feeling with guilt or shame this is life and there is only one way till death “by living.”

We cannot count on our expectations of future, but we need to try living life without watching it; I feel sorry for those on social media who are trying to show everyone else that they are happy and being awesome with their relationships; can you imagine how miserable is their life; they are trying to convince others that they are happy and living good lives (psychopaths).

Anyway, when you have that book in your hands and while you are reading my words just know that I changed something in my life because I have been authoring this book since years even my laptop has had enough, screwed me, and ruined all my work so I had to start again.

I wish that our little conversation did not make you feel with anything bad, and I hope to see you soon on another page; I will find my way back to writing and you will find your way in my writings.

“Five years this is the cycle of changing ourselves we all change per each five years in everything even if we still have the same shape from outside.” ME

I am in a middle of unhappy situations since days which let me ask myself on everything I had been through “how hard is it?” My answer was it is too hard for me living like that I changed and became so soft that I am afraid of moving forward and do anything new in my life; I miss my family I have been away for a while.

I am the worst man on earth even I am crying now while I am writing those words, it is hard to much hard to suffer from your actions and decisions on the same time you find something that hurt you badly inside your heart.

How bad the injury inside my heart is, it is too deep that I cannot even describe, my hands are shaking, my pulse is getting low.

Then I realized that I missed something, I was falling and now no one would pick me up; I must do that to myself otherwise no one will do it.

It is only one life, my life, and that is what matters; I can stay till tomorrow blaming myself for everything and making a list of failures and disappointments.

In addition to another list of people who dumped me especially when I really needed them, but this is the middle of nowhere.

Here I am writing another chapter of my life; telling facts, moving forward mentioning how things are too sad and heavy on my soul to hold.

I cannot keep anger, fear, or sadness in my soul, enough is enough; there is no space in my soul for such things anymore.

I can hang my head on a tower crane at one of our construction sites but that will never change anything, and it will insult me as an engineer.

And that is not something for someone like me or you, we used to be great the greatest and here we are still standing suffering all the Sh*t to stand up again and overcome and heal from our deep wounds.

In fact, there is nothing left to cry about; I have had enough, it is my time to be back. Even if it is hard to be back, I will die trying.

I will not stay there in the cave till the end of my life that has to end, and it must end now.

A man wounds never heal so we move with the pain at least we will feel that we are still alive; may be after years or decades from now not for our successes but for our tries.

Since legends never die, we will be memorized forever; till that day comes we will never say again how bad is it we will move forward and pick ourselves up since no one will ever do.

No one can feel our suffering so we will bury those sufferers in our graves before we are buried there.

“Accept yourself, love yourself, and keep moving forward. If you want to fly, you have to give up what weighs you down.”
Roy T. Bennett, The Light in the Heart

Here I am living in the middle of one chapter in a book while I do not know when or how it will end at the same time there are things affecting us during every chapter and we change from chapter to chapter based on those effects.

We think that we handle those effects, but we cannot, we feel that those effects did not and cannot change us, but we already have been changing with every single effect even steel changes according to the effects that can be applied on it starting from heat, humid or galvanization.

You change with every effect starting from meeting your first love, getting a dream job, going through surgery, having a broke up, losing your parents or having been laid off.

Every one of us is a huge wall greater than China great wall within our lives, that wall has many pictures, photos, memories, and cracks.

Sometimes the effects can make you fall when everything becomes heavy on you and the cracks extend everywhere in your soul and life and some other times you have no other choice but to stand as great as a wall.

A man can accept that the woman he had loved will not be with him anymore, but he cannot bear seeing her with another man even he may resign after that if she is working with him on the same place.

He cannot go to the wedding; he does not want to see her anymore, but he had to go since her future husband is his friend while that husband did not know that they were together, and no one had told him earlier

On the wedding day that man my friend is feeling that there will be no light in universe anymore; someone had switched off all lights in his heart on the other side of the bride is very well in pretending that she is extremely happy while she sometimes still missing him.

That dark room in my friend's heart is closed and no one could enter it for long time till another woman smashed the door and but fire inside his heart so that it he can feel with light again and after those years he is back with brightness in his eyes and hope in his soul and when I asked him are you still remembering he told me that you will never forget a woman but you can love another and that what makes us different from women; our hearts have cells of beeswax and that what he thinks.

All the above are effects and I have hundreds of stories to tell about them but sometimes we choose to bury ourselves in effects and sometimes we move holding those effects to see what and how they can change us.

Mel Gibson got into a drunken fight at a bar. He went to the audition with a face full of bruises and the director saw him. Deciding that he already looked like he was living in a dystopian future, he asked him to come back because "the film needed freaks."

When Gibson returned without the bruises and a handsome face, the director asked him to read for the only character that does not look like a freak. Mel got the titular role in Mad Max.

So, the main reason for living is catching trains from one to another till we reach our destination, which may change due to effects on the railways, and we cannot leave railway stations till our train stops.

And by the way when we mention effects, I do not want to forget to my message on CGI effects to some Hollywood production companies and directors "try to find other jobs you are shame on the whole industry you and all the clowns on the green boards."

“All discarded lovers should be given a second chance, but with somebody else.”

Mae West, Wit & Wisdom of Mae West

It is not just a death method; it is the way how you conduct your lonely movie that you acted in.

If you just decided to commit suicide allow me to join you for the few minutes left in your life.

So, let us say that I am close to you near the edge where you want to jump or in front of you where you are sitting on a table after you loaded your M-9; let me tell you that no one can talk about suicide if he did not think to commit it earlier.

I know you think I am here to tell you not to do it, trust me you do it at the end, not your fault; it is me the awful author who joined you in the wrong time and place.

Others who are still threatening their loved ones with suicide, they never do it because they are just lazy, cuckoo, and childish using feelings to them only to pay attention.

On the other hand, you my friend is the one who I care about. You stopped beside me and decided to read my book for the few minutes left in your life, so I really care, and I am on your side.

I am sure that you left a message to someone you used to hate or care about and telling him/her that you did what you are intending to do now.

I will not ask you about reasons why you are doing that because I know that there are dozens of them starting from relationship, infidelity, divorce, losing someone, career issues or psychological problems. No one can blame you; for sure you had tried a lot till you decided that you had had enough.

So now you want to be a murderer kill yourself with no mercy because you think that there is no way out from your trap or you are the worst person on the earth, let me tell you that the whole planet will stay miserable even after you pass away.

But go for it; knock yourself out, you think that what you do will release all the pain, unfortunately this is not correct.

You will be like any other murderer but congrats you are going to kill a lifetime friend which is you; how you really define loyalty?

May be not the best friend in the world but at a stage of your both lives he did not deserve what you are intending to do to him.

And you just want to betray him, end his life, and put him in more pain.

It is your choice. I am not that kind of fake loser working in human development who is pretending happiness, telling you that life is good and will be better.

For me life is life and sometimes it goes bad, especially for us, but if your trip is bad do not get worse. Mostly you are not because all the bad people never admit that they are.

Whatever happens around you or to you do not be a murderer, you deserve a better end to your movie than the one you want now.

We all know that it is not always your fault, things happen and that is how we learn.

For all life judges who judge people who committed suicide, let me tell you that 50% of them have been murdered by others and you will never sue them, 35% were pushed by others to do that and 15 % were kept without help when they needed.

“Grief is like a long valley, a winding valley where any bend may reveal a totally new landscape.” – C. S. Lewis

So, it is over now we cannot see each other again, I will miss you and all our moments together. This is the end of our story, nothing lasts forever.

It is very cold now in the mid of December in my lovely country Egypt this is the time when you miss all good moments you have had with your X-lovers and remember all terrible things you had done to them. My only consolation is that they certainly do not remember me at all, while I hope that they are living good lives now.

I cannot say that I regret everything because I do not, and I will not; life is a mystery, a stair of small steps each one leads to another, and all the time regret brings nothing.

We may fall in love with someone by coincidence and want to have our life together, but things do not go like what we want in everything each time.

Things change and those who loved us may hate us now for things we had to do to move on with our life.

Sometimes we must move on and leave our lovers behind just because we do not want to lose ourselves.

You reach time saying I cannot do more, I cannot be more, I need to stop thinking about this relationship that is driving me to madness.

To avoid losing yourself, you choose to lose someone else and sometimes once you lose that person you figure out that you have lost every single piece of yourself.

No matter your regrets or apologies; it will change nothing; there is nothing that can heal the wound you cut in the other person's heart.

They do not forget that easily, but they will move on extremely fast and no matter how you feel since you caused them damage and sometimes a total loss.

At the end of the story, you end up in December remembering everything as if it just happened in minutes.

In addition to that you remember others who had left or changed without a visible reason, and you ask yourself many questions like, when and where I fu**ed up.

And after many Decembers you get used to that one after one day after day then you realize the truth that nothing stays forever neither those who you loved nor those who you hated.

Each of us is a bus driver dropping people off at their stations, some of them come back others may not; that is why we need to take care of our bus not people, till our shift is over because it is only one.

And to those who are not in my life anymore, I am happy for you for everything good is happening to you and I feel grateful for everything I have in my life.

I really thank God for all good things I have in my life; sometimes I face terrible things may be the worst but here am I fighting till my day comes.

I hope that you are enjoying your Life like I am trying to do since past goes nowhere, let us keep it like that as you are not good enough to be in my life anymore.

From time to time I will drop other people in your stations, and I will let them send my regards to all of you and I wish that you had enjoyed our trip together like I did and if we meet again by coincidence, you do not need to talk to me; I do not want to; just smile and wave move on as I already did.

<p>“I will not try to convince you to love me, to respect me, to commit to me. I deserve better than that; I AM BETTER THAN</p>

THAT...Goodbye.”

Steve Maraboli, Unapologetically You: Reflections on Life and the Human Experience

I feel good about being the worst writer in the world. I can do nothing below that; I do what I do because I like it not for any other reason or to impress a boss or a reader.

It is just me writing, enjoying, and doing something that no one else can do with my head or my life since they are already fuc** by everything else in the world; financial issues, commitments, work, injuries, medicines, surgeries, grief, and drama.

No expectations or commitments as they are the worst two things in the world; I write the way I do the manner I do; I do not have to add sexual staff, change the whole idea to match an idiot actor or actress who think that they have a vision in my work to get manuscripts approved by publishers or producers; it is a shit life for anyone who is living in it unless they want that.

I do not need to take care of all grammar and sentences since no one will read or review my works and even if that happens, I really do not care.

I had a review on one of my works since years and my reader mentioned that my novel just was a wasting of time but why you need to spend wasting more time writing a review while you can just give the lowest rating and leave peacefully; he was so angry of me and I didn't know why on the same time he didn't tell me what went wrong on that novel; he could help me in figuring it out but he didn't; well my dear reader if you are reading my work again just take screenshots and highlight things and sent them to my email or telegram but before sending them just make sure that you don't want me to change the novel or any work because it didn't match your thoughts or the way you wanted it to go.

I really miss the days when I used to write too much; nowadays I can only author a paper or a paragraph every one or two months according to the mess happening in my life.

I was enjoying a lot in my life doing what I wanted to do no matter what, where or when, till great walls in my life started to fall one after another and that was the time I had to stop, felt that I had done and had enough.

After a while I decided to move, and this move is not for anyone except myself, I needed to support myself since no one else does, prepared a list of things to do with my life before death.

Anyway, life goes on; the world will not be worse than it is due to my words, it is going to end anyway.

Therefore, we should not wait or hold things we want to do because of others unless you want to do something immoral; prepare your to do list and let us enjoy life before it is too late.

<p>“Dear Mr. Idiot, live while you still can; your death is coming soon” Me</p>

I am not good with history or the past but sometimes I remember things.

Since years ago, I moved to outside my home country to earn my living like any young man meanwhile I changed, the change that cannot be described and I cannot say neither it is a good or a terrible thing.

I left things and people who I had loved, gained new friends, people and lost a lot of them.

I reached the limit of everything emotions, love, sadness broke ups and I do not have the capability to speak to anyone.

Years ago, we have been keen on going home properly but now we are getting strange things when we go home, people who are not talking to us, friends who changed and talk too much about strange things and the worst thing that we cannot find home in home; only ruins we get.

I have been postponing my going back home for months as I cannot imagine that this is the first time I will go home while my father will not be there; I tried to go but till now I could not since he passed away.

Life takes from us the best things we have had in our lives, family, friends, love, and strength and no one knows what is next, therefore we should have faith.

A wise man said once " your life ends when you start talking about your past" so I guess we will stop that kind of talk.

However, we must pray to find love in our loved ones, family surroundings and home where home is.

I know how hard it is to have peace at home but there is no way for that; No one will leave us alone, but we still have the love of our home whatever and wherever it is; even if it is in our hearts only “home is where the heart is.”

On the same time, I decided to go back home one of my best friends passed away in the age of 38 a father of two young angels on the memory day my father had passed away it is hard on me that I will never see both again; I cannot even imagine that.

When I knew about my friend, I went back to our chat days earlier before he passed away; it was a voice message which I replayed it for times and no words can describe that feeling.

Again, back to talking about losing people for dummies; in brief I am going to give you my experience with losing people and how to do that successfully.

You need to keep them always mad about everything, be happy when they are sad, become sad when they are happy.

Try to make jokes about their sufferings, get interfered in their work and always say terrible things about their loved ones.

Avoid attending the funerals of the people they cared about, never give them a hand when they need to.

Always talk about them badly behind their backs in front of people who really hate or care about them.

Never stay silent when you should; you always need to show that you are better than them in everything.

Make sure you ask them for loans above their limits and never pay them back while you make proposals to their x-wives or x-loves.

You need to be selfish and ugly more than you are in everything; go behind your limits.

If you reached and done all the above; congratulations, you have lost those who you wanted to lose; we may do those things without our knowledge or feeling of what we are doing, and this is the ugly truth.

Now you know what to do if you want to lose or keep people in your life but what if you did things from the above accidentally without knowing that you are doing something bad?

If you do not care about them then this is a good thing you lost them forever but if you cared about them never say sorry or apologize because they will never understand, accept, or believe you.

Simply you need to walk away; keep your distance from them; try to work on your personality and ethics then you may have a chance to have them back in your life.

I do not guarantee anything because people nature is so strange, they may eat a frog for someone who had done everything badly to them and that my friend is called by "Un-conditional love" like your parents' love (if they ever loved you) or the psychopathic love you had to a weird girl or the friends you know that they are using you, but you are keeping them around because you have the fear to be alone.

Remember I am not judging you or your beautiful life; I am just letting you know how I damped some people and how I lost others.

IMAM Ahmed Bin Hanbal was asked once "IMAM how can I keep people around me and stay safe from them?"

He answered: "give them and never ask them to give; let them hurt you and never hurt them; do things for them and never ask them to do something for you."

Then the guy said: "but it's so hard IMAM."

Then IMAM said: "even if you did all of that you will never be safe from them."



It has been three hours for me trying to start this article, but I could not; I was coming and going between my laptop and everything else around me at home but there is no way.

May be because I do not have any experience in it, and I had never been on the same situation before; it is weird to speak about being a father and having kids.

I will not discuss feelings about that here not now, not today and those my friend are the worst words you say to your son.

Honestly, I am a father with no experience in parenting at all, I tried to learn and read some stuff, but I had felt that all of those who say, discuss or write about parenting are not clear enough to show all sides, pretending to know everything, while for me it is like you are learning to act as a pilot in a movie scene then you go to work as a pilot in fact.

With all my appreciation and thanks for everyone who writes or makes content on parenting “I do not know, learn, or understand anything and I will appreciate if you can reach me out and find a way for me to be a good parent.”

I just try to show love when I can, teach good things and say “no” when I see something not correct but you cannot expect kids' reaction or feedback.

At the same time, I find myself guilty of not spending enough time with my son because I am getting busy with life things like work and everything else that must be done.

I am not trying to find excuses for that, but I am feeling sad that me and you are doing the same things; we both stay away from our homes for periods of time long hours, days, or weeks to earn our living while our kids are growing up.

Our kids should know and see us no matter how busy we are, even after a difficult day or week at work, it is not this problem that they have been born in one of the worst centuries while everyone else shall stay at work for long hours, to let the sluts who are acting as businessmen, companies, and governments can gain more money.

But it is not yet over we have to try and encourage ourselves to stay and be there for our kids, at the same time we just need to say “Yes” to correct things, “No” to terrible things and clap for small successes and do not ask me for more advises because this is all I could have gotten after years.

We just need to be there for our kids before we knock on a door to see them because that day is coming, no matter the way it will come but it will come anyway, whether through divorce, being adapted, leaving or they are growing up.

Therefore, we need to spend time with them from now on because when time comes for knocking on doors, some of them will never be opened.

In fact, nobody is perfect, neither a parent nor a son, and the only chance we have is trying to be there when we must, before we become alone and old enough to look for those who we had loved and those who may have a bit of that love remaining.

<p>“When a man dies, if he can pass enthusiasm along to his children, he has left them an estate of incalculable value.” Thomas Edison</p>
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One year earlier, I was working in a construction site as a supervision engineer, but I took the decision to get back to design works as that what I was doing earlier.

I came back with a different mind and point of view in everything not only at work but in life too; When you become an engineer at site in middle east specially in gulf area you will find that things are different than anywhere else around the world.

Countries are rich but workers are getting low wages not because of bad human rights or other things but because of the market values however many of them are smiling, happy and grateful for what they have in life.

I have learnt a lot from those simple and decent people, one of the things that I learned is being patient, do not care a lot about life and having a goal; no matter how your situation is.

On the opposite side when I got back to the design office, I thought that life changed, and people changed for the better, but I figured out that the old things had never changed.

Colleagues or friends become enemies or never talk to each other; people having too many loans with huge dreams and willing to eat each other, sucking and absorbing many things around them just to stay in the loop or position.

Life has become not simple anymore with toxic and unhealthy environments and that does not mean that I hate or get angry at anyone at my workplace because I simply do not care.

Life can be simpler if we just focus on our work only, not trying to act like animals with all their characteristics, we can be better with each other, we can be better with ourselves not putting too much stress with loans and unnecessary commitments.

We are going to leave work, company, office, country, and everything else; we are going to die one way or another.

I am not trying to be pessimistic, but this is life nothing stays forever whether it is a title, position, or a salary; all is going to an end.

At the end of each day, we need to get back to home with a heart full of peace and feeling that all issues are over, nothing will chase us in the next day and act as there will be no troubles for tomorrow and never care about un-necessary fights and trash people who try showing that they are better.

What we need is a strong and a unique will to save our mental health during handling psychopathic issues from psychopathic people at different workplaces and fields because if we could not achieve that we can consider ourselves as dead, at that time there will be no doctor can bring us back to life even DR Dre.

<p>“Some people die at 25 and are not buried until 75.” Benjamin Franklin</p>

I am writing this after midnight feeling bad about everything and that there is no aim for life.

There is no future for people like us going and coming all the way everywhere then getting zero results or success.

Consider that whatever you want to consider but I am going to say it anyway; I am exhausted, tired, depressed and feel bad about everything.

There will be some talks about how lost I am, I know that you have to say nothing, but I am feeling sorry for me and for everyone who did their best in something then got nothing.

That feeling not everyone can feel or manage it, some commit suicide, crimes or do crazy things to themselves or their loved ones.

Then you reach the end and discover that even after you have worked hard that not everyone succeeds or can succeed, this is the truth no matter what you think but this is the one that no one is going to tell you.

So, does that mean we must do nothing? Shall we stop?

The answer is no, we just need to do things we love, the way we like no matter what the results are.

It is a one life, there will be no more tries for us to bear all of sadness, dissatisfaction, and pressure due to things away from our desire.

I cannot give you examples for people who did what they have loved and succeeded in their lives you can google it, but I am going to tell you that there are millions of people who did what they have loved, died in peace, and had a great life.

And here I am not talking about necessary things that you hated to do like urgent surgeries; I am talking about whatever you do while

you are unhappy, unsatisfied, and pressured; just because other people wanted you to do.

What I want to say is that usually we fail more than dozens of times but that does not mean that we should stop.

God gives us alarms from time to time to let us know that this is one life only, there will be no more tries in this life; we just need to have the ability and responsibility to live it as we want since sometimes life attach all our tries to live the way we want and no shame of that, not everyone has the capability to do that.

Sometimes alarms come through failure in things we do not like, success in things we love, the love we found and the death of best friends who were with us yesterday.

And here I am doing things that I love, writing things that will never be read or published and if so, it will never be a hit or be remembered anyway however, I am spending time to time in something I love, just to remember that I am still alive and can be away from my life commitments sometimes.

I do not want to be remembered after my death, I just want to remember at the last minutes of my life that I have had a good one and did not hurt those who I care about.

“The fear of death follows from the fear of life. A man who lives fully is prepared to die at any time.” Mark Twain

When things go badly nothing will go right, this is the fact about everything, when something bad happens everything starts to fall apart.

It is something like Murphy's law "*Anything that can go wrong will go wrong.*" But it is true and happening in real world and dreams, especially nightmares, you keep asking yourself in your life what can go wrong till a year comes when everything starts to fall.

The most fearful and the hardest things invade your castle then your heart and soul become intaked.

At the end of that and after all fights, injuries and suffering, your soul becomes fragile, empty, and dark at the same time you will make the worst judgment ever on all those who are around you.

Even those whom you loved and that is not usually their fault, the main issue is deep in your heart.

You cannot smile, enjoy, or have a life anymore because you have doubts and worries about everything.

On the time when you needed those whom you loved and could not find them, you start to change from inside whether you will notice and understand the change or not because sometimes people do not figure out the changes inside themselves.

Life becomes difficult when you do not trust love or feelings and more even if love came late because wrong time means wrong love.

There will be things you cannot discuss or say to anyone because they are heavy to talk about or discuss, even on your own soul.

Everyone will tell you do not to ever stay alone; you are going to hear a lot from all but this will be the right time to stay alone.

When you feel all cracks and chaps in your world, you must shut everything around you, look inside yourself and soul again and ask yourself what went wrong and why.

There will be no shame to stay and sit alone crying in your room or on the dark side of your balcony.

Sometimes we become the only ones who can fix ourselves while no one else can know or understand what is happening to us

Hard times come, go and if they did not visit you yet, you should know that they will be there so stay sharp, prepare yourself and pray to God to give you strength to pass tough times and know the lesson learnt from them.

I like the sound of rain in the middle of nowhere on winter nights and the smell of fresh air at the same time while I close my eyes and imagine that all my suffering from my life and soul is over.

At the end we need to be prepared and accept falls, cracks and that does not mean that we need to stay down but we should not blame ourselves with things that happened because in life we need to accept that there will be things that can happen even if we tried hardly to prevent them, usually it is destiny and no one can change the past, walk tall and look forward to the future because there is no way back.

Staying in darkness in a room with all suffering and pain will never change failure or pain; life is a matter of moving and nothing else.

If you had stopped learning how to walk after falling when you were a baby, you would have never walked in your life at all; If you keep pressing on brakes while you are driving, you will never move at all; if you are trying to never forget a woman who had dumped you, you will never see how horrible she was.

Whatever the feeling you are testing now it will go away and if it will not you need to force it; there is no stability in anything in life; move.

“Life is like riding a bicycle. To keep your balance, you must keep moving.” Albert Einstein

Since my vacation is about to end in days, I will talk about my ten years of work in engineering; they did not pass easily or quickly, I feel as if it is like a decade, oh really it is.

In this journey I learned a lot and I still do every day with every project or task, I gained a lot of friends, met hundreds of people from various categories, ages and nationalities.

Lost my hair (not fully), gained weight (cortisol), issues with back and neck pains like anyone else work for long hours.

I am trying to find a way to make balance between my personal life and work, but I am still suffering.

I do not hate engineering or my work. This is the way I have been earning my living for a decade, but I hate drama and injustice at work.

I have been hired from around five companies till now and on each place with my respect to everyone there are tons of failures, management, trust, and financial issues that does not mean that those companies are the worst, the issues at work and business are everywhere.

There are things that companies can do which will cost them nothing to keep their good employees and prevent them from leaving, like trust, being fair, having a work plan and for sure asking their managers to book appointments with a psychologist.

One of the worst things that many international places do is racism, during all their job applications you can find this statement “our company is an equal opportunity employer committed to diversity in the workplace. Minority/Female/Disabled/Protected Veteran/nationality or color” on the same time you will see that all their applications require all that information about you, and you know the rest.

I wish to do and only do my work no more, with no drama or harm to anyone because sometimes I must teach some people how to show some respect.

On the other hand, some employees need to stop acting like animals since the real difference between them is that animals do not speak from behind each other backs.

So, I am leaving the field soon, not fully; I will be around in case there is something challenging. I will be back on duty and for sure I will be there for my friends who need my assistance or support where applicable.

My decision is not related to the above, those are the marks of this decade; the main reason is that I lost my father and a friend within a year.

I do not want to waste the rest of my life trying to get a salary increment, position or arguing with some colleagues about my technical decisions which they want to ignore, I do not want to attend meetings with company managers who think that they own their employees and blame them for any fault happening and they just finger them telling "all of you will be fired."

I am above that and do not want to spend the rest of my life in such a trash can where everything is smelly and falling above each other for a cocaine salary dose continue from one month to another.

I know that some of you will say that you need to be grateful for what you have and thank God; I really thank God for that and for everything, I just feel that I do not belong to this field anymore.

I spent years, achieved many things and successful career in this field; I deserve to think differently now to the way I will spend the remaining days of my life for myself, my family, and my mental health.

I guess if you are in the same position you need to work on a plan and text me if you got something otherwise there will be nothing new in our future except a routine predictable life till we die.

“Work is love made visible. And if you cannot work with love but only with distaste,
it is better that you should leave your work and sit at the gate of the temple and take alms of those who work with joy.”
Khalil Gibran

Yesterday I was with my family, and I was happy.

Today I am on my flight and do not know when I will be able see them again.

It is so hard as if you are moving with an open wound, something that breaks your heart and soul.

I am not crying but I can feel that my heart beats are not stable, medical issues, I guess so, but I do not know.

If you want to know about your love to someone or your family, try to take a flight while you know that they are having medical issues and are going through surgeries while you are away, if you are okay with that; your soul is not bleeding, congrats you do not love them.

Life is forcing us to do things that we do not like, to help those who we love and that my friend is called sacrifice.

At the end we must keep our hearts and souls frozen to save those who we care about and that has never been something easy.

I am trying to do that with a cracked heart and soul and still remembering how all of that started eight years ago.

I wish that we could stay with those who we care about till we die, spending all the time, having good memories, helping, supporting and being with them at their toughest moments.

Some of you will say that I am becoming soft and so weak, well maybe but that is not my decision or wish, I became like that after the losses I have been through.

" Dear God, you know my story and who I am, I am not one of the good ones and may be the worst but I believe in your greatest and will, I don't want to be in this suffer anymore, I know that you will help me, I trust you in that and I know that you are going to break doors and force them to open for me, help me because I am not able

to be in those situations anymore, make me better, support me and give me power and strength to be able to do what is necessary, and I am sure that anything happens to me is the best thing you want for me ".

I have been worried about everything for a long time, overthinking is my curse.

I think about everything dozens of times even though I cannot sleep from thinking.

Along with that stress and anxiety come to my mind which is why I am feeling well.

I wish that I could be the type of person who sleeps when they put their heads on pillows.

" Take it easy, what can be worse than your situation?" I heard that from my sister and she is right.

So, I decided to collect all my fears, worries, and lock them in a dark room with a lock and chain, this is how things will go.

I have had enough and barely feel well and that will drive me crazy.

So, if something bad happens, I will not be surprised but I will be prepared for that.

I must conquer my fear, I am the emperor of my life till I rest in peace or hell who knows, again I am trying to pick myself up and here we go.

<p>“That's what people do who love you. They put their arms around you and love you when you are not so lovable.” Deb Caletti</p>

Consider it right or wrong I decided to author this book with no obvious reason, just wanted to write things that I do not talk about because everyone around is busy and will never listen even if they listened, they would never care or have intension for that.

So, if that is a wrong decision or thinking, you made the wrong choice to read it too; in the end both of us be on the same edge and here we are.

“That is bad thinking” who can judge us about our thinking? well everyone does.

They will always say you have to think about better things, try to think about your future, your life or anything else we want you to think about but why I must follow everyone’s advice? Why can’t I follow myself?

All the time they are forcing, judging, categorizing us with everything around us, telling us what is good, what is bad, what looks nice and determining everything with their marketing and sales strategies.

Therefore, I guess we have the right to think bad as this is our remaining choice in our life because the rest of our minds and lives are controlled by what others want.

Freedom is not just a word; it is a hidden treasure and not everyone finds it meanwhile we should search in ourselves and life and one day we may be able to find it.

The planet has become a huge prison and we are the prisoners who are controlled by everything around us, try to think about it.

Blame and guilt are parts of our share in life. We will never get rid of them after we take decisions meanwhile it is one life only no more tries.

I will never get wisdom in life without making my own choices, I do not want others to take choices for me; it is all on my own shoulders and I am the only one who will live with them.

Sometimes the bad things are the right to do at their time and no one will understand our choices because they are not living in our shoes.

You cannot see from where the fire is coming inside a castle while you are outside.

I know that I made the worst choices and thoughts ever than anyone did, and this is the main function, reason, and benefit that I will not have to blame anyone else.

We are the birds who cannot be caged; in people opinion we must stay in cages so they can feed us and hear our singing, but it is our own choice to prefer flying in rainstorms than staying in a beautiful colored cage.

It is not about running; it is the desire to fly and feel the freedom outside cages.

I can give examples of “think bad” for celebrities and other people but I do not have to discuss people’s choices in their own lives.

At the same time there will be a little chat between a free bird and a caged one where there will always be a space of regret from one of them about thinking bad.

“The most courageous act is still to think for yourself. Aloud.”

Coco Chanel

There is a cycle of life in which we have been trapped for years, caught between different aspects of life without an anchor. This cycle is a result of our daily routines and the changes in people's nature and personality due to the constant shifts happening in the world every day.

In today's society, everyone seems to be overly concerned with acquiring everything and anything they can. People are obsessed with making money through peculiar mobile apps, engaging in scams in the business world, and pursuing both ethical and unethical means just to demonstrate that they have more and to obtain things they believe they need.

The latest selling strategies target everyone and everything, with companies even going to extremes, attempting to convince you to sell your organs just to purchase or acquire their products. This constant pursuit of more has led people to live dissatisfied and miserable lives, which has given rise to a new kind of fraud known as "life coaching." People now pay for minutes on a call with a life coach to discuss their issues, believing that these coaches are there for them, when in reality, these conversations could be free and extended for hours with a caring friend.

Everyone seems to think that life is a battle they must fight, constantly striving to prove that they are better than the rest of us. They believe that they have a better life, job, car, house, family, and the list goes on. But there is no real battle, no need to constantly compare ourselves to others. What we truly need is a simple, good life without stress, commitments, and headaches.

On the other hand, there are organizations and companies that prioritize profit maximization and cost reduction above all else. I personally know someone who takes pride in making a profit during the COVID-19 pandemic while laying off most of their staff. While some layoffs may be unavoidable, there is no pride in putting an entire team out of work, leaving them to support their families and deal with their financial obligations and loans.

Other companies have taken different paths, resorting to embarrassing strategies and engaging in dirty work and money laundering. They try to maintain the appearance of being in business by creating advertisements and posting fake job listings, even though everyone in their industry knows they are struggling.

Governments also come in different types. There are those that constantly play the victim, claiming that they are affected by everything and everyone around the world and that there are forces trying to destroy them. However, they are actually working towards their own destruction without any external help.

There are also governments that exhibit psychopathic behavior, constantly proclaiming that they are the best and cannot be affected by anything. These governments need professional help to address their mental issues, as it is clear that their thinking is distorted.

Lastly, we have the tax-addicted governments. These governments jump at any opportunity to raise taxes, claiming that a plant being cut down on the other side of the planet or even on Mars requires an increase in taxes. Instead of relying on the blood of their people, they should focus on working diligently.

In the end, everyone seems trapped in their own minds, living within their own cycle that leaves most of us feeling unhappy, disconnected, invisible, and disappointed. This is a natural consequence of not making a difference or adding value to our lives. We need to mark our own path, create value, and strive for a good life, rather than obsessing over attaining the "best" life, which is nothing more than a marketing ploy.

“If you don't give up, eventually you will break the cycle and you will overcome any obstacle.” Lyoto Machida

In life, it is essential to evaluate and comprehend the situations we encounter, as nothing happens without reason. Every aspect we experience, from friendship to betrayal, love to hate, carries a cost. One of the prices we may pay is losing ourselves, influenced by various factors and consequences. However, it is crucial to recognize that nothing is worth sacrificing our true selves for, as everything is transient. Even our relationships with family, love, friends, and ourselves undergo transformations.

Eventually, we reach a point where we find ourselves standing alone at the end of our journey. We come to understand that nobody will support us or stand up for us. This realization can be disheartening, leaving us with only sadness and loss as our constant companions. Even those who have touched our hearts with their presence eventually depart, and the door to their return closes slowly, forever shutting them out.

As we continue to face loss after loss, we gradually grasp the notion that only God can save our lost souls from the turmoil surrounding us. He alone comprehends when we have endured enough and reached our limits. In this process, we make choices not solely to bear the costs but also to navigate our lives with the price we have paid.

There is no joke or hope in this article it's just another sad ugly story that no one will read or understand.

I just want to be alone for a while as I got sick from everything around and can't bear with anything around.

On the same time everyone is trying to convince me that this is the normal life and everything will be fine but I have to admit that our lives are away from being named a normal; I just need a break with no one else; a break from everything and away from everyone.

I guess we deserve to pay the cost of being ourselves at the end; a price that we will pay proudly.

“Life is full of misery, loneliness, and suffering, and it’s all over much too soon.” Woody Allen