

PS, THANK YOU FOR READING!!

HEY THERE, WE'RE TRULY GLAD YOU'RE HERE. THE THOUGHT OF OUR WEBSITE BEING ACCESSSED ON SOMEONE ELSE'S DEVICE—A DEVICE WE DON'T EVEN KNOW—IS QUITE SOMETHING. AND IT'S
• Toranvichara /E MADE YOU FEEL SAFE AND LIGHT. OUR HOPE (AND CONSTANT ENDEAVOR) IS FOR OUR SMALL HOUSE ON THE INTERNET TO BEG
RITINGS, THE THINGS IT SUPPORTS, OR THE WORK IT ENGAGES IN. IT'S ABOUT KNOWING AND EXPLORING THAT SIMPLICITY, KIND
-A /VE IN THIS WORLD. WE DON'T NEED TO PROVE THIS, BECAUSE TRUTH NEEDS NO NOISE.



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Social Health is what I regret not having



*Social Health is what I regret not having ~ Toranvichara

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For a few days, "Social Health" is something that

has been going through my mind. In the process of growing up and looking around desperately, I have slowly been absorbing what I want in my life. And I have come down to simple things: no fast fashion, no overconsumption, no show-offs, just a simple life and a passion for making this world less expensive and more harm-warming.

I hate how we are raised with the feeling of competition and winning over other people. It has never helped anyone. The tendency I have observed in many parents to mark their children's friends as competition and make their happiness lie in being on top. But happiness doesn't come from being lonely. Crying with money is still bad, and I just hope we could make people realize the value of community, the value of cooperation and working together. Friends as actual friends. Having genuine people you can be vulnerable to, who can assist you, and whom you can assist, is what really brings happiness. It's not about being socially dependent; it's about being independent with one's own self and starting to nurture others.

Now I know what I want in life, and that is no big awards, no big recognition, but a society that learns the value of community and well-being, and doesn't make me into a joker with awards and garlands over my statue. And that is what we all are being fooled as; we, in our history of humanity, have always worked to make things better for us. Now I can't use my phone for more than four years; I feel like I need to change my clothes as per fashion; I need to endure the torture of this rough education system, and I have been compelled to work for what I deserve.

All of these blinking lights are interesting as long as you are able to kill your own voice. Partying, drinking, style, fast fashion, flashy cars—each of these things are fun until we realize that we are the brand ambassadors for capitalism, overconsumption, and social anxiety. Until you realize that all you need in life is a beautiful heart and just enough resources to live our lives. The harsh truth is, "Life is boring, and it gets shitty sometimes along the way. The best thing to do is

to be a person of value and compassion for oneself."

I hope instead of being "THE Boys," I could have talked to people with value and built strong bonds. Life is tragic until you have people that can make you laugh off your tragedy. The world has enough resources for each and every one of us if we try to keep our head straight. If we become humans and just have eyes of love, support towards the good start. Live a healthy life with time for you and your people. Have time to support good initiatives.

Now, when I look at life, I am happy. I am happy that I notice things, and I have my own people in the world with whom I can fail if I have to, but at least try. I strongly believe a little bit of failure and a little bit of downs in life will help all of us to realize at the end it's just life, a stream of consciousness flowing through you is what it always will be like. And neither is the future going to be any better/worse, nor was the past.

Maybe this is what Eastern Philosophy was all about: loving from within and taking a breath to let the sun go down so that we can all see what the days leave us with.

I have hope, and when I don't have it, nihilism is what there always is. And I hope people realize the goal of life is to be content and not to be sadistic with our own sufferings that we don't realize.



Toran,

Hi! I hope my writing gives you hope, courage, or a new perspective on life in this confusing yet beautiful world. This article explores deeper into the life we are all living, or, as I like to put it, the voice that comes from within each and every one of us. These are my observations of life, and I hope you find them helpful :)

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