

Are You Still Afraid?

It's raining, they declare. It's snowing, they warn.

Whether the weather is a personal concern is your worry, not theirs.

Appreciating sentiment nonetheless, they only comment out concern for your wellbeing.

"Put a jacket on or you'll freeze out there," they counsel. "It's for your own good," they think.

Questioning "why," is the response. Not for your benefit is the retort.

Are you mad? Are you sad? Why are you not more glad? They question with anticipation.

These are their concerns, not yours. You are not afraid. You are not uncomfortable.

You should care more about your wellbeing, they snark. Life is precious, they lie.

They know not your life, your happiness is internal to you. They don't gaslight, they fail to ignite.

Why are they afraid? It is wet, it is cold. You will catch a sickness.

Why are they afraid of being sick? It is uncomfortable. You will become unhealthy.

Why are they afraid of not being healthy? It goes against life. You will expedite existence.

Why are you afraid of death? It is the lack of us. You will no longer be here.

Do you exist for their benefit or your own? Are you a tool of happiness for them, or you?

Do not be afraid of the adversity that exist. Embrace finality and accept that we all must go.

Do not be the person who decides the fate of others, because they should do the same for you.

Do find the sure hearts release, no matter how you seek it.

Let go of resistance and embrace inexistence.

Let go of self-admiration and seek communication.

Let go of resentment and feel enlightenment.

Let go of life and understand death.

We all must go. Be not afraid.