

Liv's Journey

Liv Bloom was 12 years old. She had a mom(Mara), a dad(Jimmithy), and a brother(Levi). Liv played the violin at Chickpea Middle School and she loved it so much. It was the color of cinnamon and the halls were always full of energetic people. Her favorite quote was by Audrey Hepburn. "There is no such thing as the impossible, the word itself says I'm possible." Liv had always had a normal life except for one thing, she had anxiety. Anxiety is where you are fearful all the time. If you could shape her fear it would be deep, circular and broad. The fear had taken over her life and she was only really happy with her family. Yes, if you would like to know her weakness, it's her family. They always bring love, joy, and laughter into her heart. Her family couldn't always help her with her fear. The only other thing that calms her is playing her violin. The richness of the sound on the string soothes her inside and out. Liv really loves to play her instrument with other people, especially her family. Her family is a string quartet which is 2 violins, a viola, and a cello.

Often Liv had panic attacks, mainly on airplanes. Liv starts shaking like a little kid in the arctic. One time she was on a plane and felt sick. She had always been scared of getting sick on a plane. She asked her dad, "Can we please turn around?" over and over. She screamed, AAAAAHHHHHHHH!!!! Her dad handed her a bag and she immediately snatched her vibrating hand around the bag and took gigantic breaths.

She could hear a voice pounding in her ear, "Give into the fear Liv and don't come back." Liv started to calm down afterwards and was breathing into the bag the whole plane ride home. This was just one of the many panic attacks she had. It was often that her family was helpful through her journey with fear and panic attacks.

School was getting worse by the day. Quizzes, tests, projects, and homework, the stress was turning into fear. She was so sick and tired of fear living inside her soul. She feared that it would stay with her for eternity. As final exams approached fear started to feast on Liv. She had always stressed out over tests and exams, but fear wanted to be in control yet again. "You're not good enough and you will never be, so just give into the fear," Fear said to Liv. Whenever Liv made a mistake or got stressed she would always think that she didn't want to be living on the Earth anymore. She told her parents and they told her that they could find someone or something that could help. They wanted to help Liv release all her negativity and fear that had always felt like a weight on her body.

Liv's dad, Jimmithy had meditated and thought it would help her. Her mom had also tried it and said it felt like she had taken an 8 hour nap. She said she had been in her own little world, that was peaceful, calming, and relaxing. Jimmithy wasn't home so Liv and her mom watched a YouTube video on how to meditate.

Liv told her mom, "That was so cool, there are no words to explain how you feel deep inside." Liv meditated as often as she could to relieve the fear. After she meditated and did yoga Liv had a less fearful life. When she meditated or did yoga it would always

smell fragrant. Liv lived on to become a professional violinist and she learned that family was way too important to not be with. She never thought about not living on the Earth again.