



The Mind's Language

Over the years, my features have changed. I have gotten taller. I have (arguably) matured. My thoughts continue to change based on my surroundings and experiences. I am not who I once was. I see things with a fresh pair of lenses every time I turn a day, a week, a month, a year older. An old school could look completely different than what we remember it to be. I used to think of my elementary school as a huge maze with lots of twists and turns. But now, it is just a building with a few narrow hallways and short ceilings.

The mind's memories can alter the voice that is present inside of one's head. For example, parents will always treat their kids as children even though they may be grown up. The parent's memories of their child heavily weighs on the voice inside their heads and as a result, it impacts how they treat their young.

While it is comforting to think that we can control our body and minds, the truth is, we have no control over the constantly evolving mind. The voice in our minds can only be molded by our past and present experiences.