

What you Seek is Seeking You, by Hoorah Taheri

As we (ISH residents) were talking and sharing our thoughts and feelings in the house and expressing our frustrations during this semester for shortage of time, lack of sleep and overloaded with college works, I decided to share my feelings with you.

Expressing emotions releases stress and listening to someone else's struggles, reminds us of our own and the fact that we are not alone and that we all are in the same ship moving towards a destination called: SUCCESS

Not too long ago, I watched movie: "The Secret". According to the movie, based on the law of attraction and not to forget to mention **Rumi: "what you seek is seeking you"**. Even though, it may sound philosophical, but it's just a simple concept: We get what we give. We attract what we think about the most. So, If we want to attract success, we should think about success. Envision it now! How does it feel? That feeling can be manifested and be the source of our power. If we can see it, if we can feel it, we can make it happen! How? We all have the inner power to make things happen in our lives, but we have to believe it, have a clear vision, and wipe away negativities from mind, constantly think positive, focus on our goals without a doubt and work hard towards them. Having a vision board and sticking our favorite quotes, statements, pictures, places, etc. is helpful to envision our goals daily. As we mature, our goals may change, so it's okay to be flexible and trust our instincts and inner voices to make the best decisions at any time. I found exercise, yoga and meditation very helpful to release mental and physical stress, better focus and to get in touch with inner self in silence, as one positive thought in the morning can change the entire day. **"All that we are is the result of what we have thought"- Buddha**

It was a good reminder for myself, as I was suggesting another resident for having gratitude in life, since the most precious things we have (health, love, roof, career, etc.) are mostly forgotten, least appreciated or taken for granted. By appreciating all things we have, no matter how small they may seem to be and reminding ourselves of how many people on this planet wish they had our opportunities and were in our position, we will realize how lucky we are at this time, at this moment. **"The roots of all goodness lie in the soil of appreciation for goodness"- Dalai Lama**

As we are racing against time to meet deadlines, we can keep reminding ourselves: *If not now, then when, if not me, then who?* If we don't want to start over, we should stop giving up. Believe in ourselves and all that we are. Knowing that there is something inside us that is greater than obstacles. Have faith- **"Faith is seeing light with your heart, when all your eyes see is darkness"**.

Last, but certainly not least: Love is the answer! **"The only way to do great work is to love what you do. If you haven't found it yet, keep looking. Don't settle. As with all matters of the heart, you will know when you find it"- Steve Jobs**

Key words: "love", "positive thinking", "thank you", and "hard work". Good Luck ☺