

Catch A Moment
A Rashaki Maskani Perspective

Questions always lingering

When do you feel good? How often?

What makes you feel good?

Do you ever measure your good feelings?

You do enjoy feeling good, right?

Well, I do, but I say it's temporary, comes and goes cycle

Is that a pointed assessment?

If I'm feeling good

I should catch the moment, embrace it, Why?

Because eventually it's going to leave, but it's coming back!

More questions

What happens when the good feeling ends?

How do you feel then?

Do you idle?

Do you go to not feeling good?

Or are you just relaxing, chillin?

Are you sane? Very important question

Do you even try to measure your sanity?

Do you self-evaluate? Check your actions? Admit your faults?

Do you have human values? Or you just roll like an instinctual Animal?

Because when I check out the scene, instinctual Animals just follow the herd to go along to get along

I call that "Chasing The Devil" if the deeds are NonConstructive

I suggest that you and I “Catch A Moment” to check ourselves to see if we’re rolling in the right direction of Humanity

Additional Questions

Do you get down or depressed? Do you allow things to bring you down?

Do you depend on others for your upliftment?

Reflecting on the sentence above, I must say that “We are Interdependent Beings”

Do you know what that mean? If you don’t, Investigate, because it’s meaning is significant!

Have you heard of “Balance”? Another important term! This concept keeps you grounded

Why? If you go too high or too low, strive to acquire the midrange

The closer you get, more sane will be your lane

To Conclude:

Catch A Moment to Enjoy

When below Balance

Catch A Moment to reflect and learn

Not to ever get to low

“Acquire Life Sustaining Strategic Codes”

