

Reanna Suarez: Meditation Speech

Good evening, I am Reanna Suarez and I want to share with you my story of how transcendental meditation has given power within my self.

When I was six, my mother decided to pack up our family in a small trailer and move to Mexico to live with my father. My mother, at 24 years old, with me and my two brothers, left my family and we drove cross country to live with my abusive father. This is when my anxiety started. In Mexico, we lived in a car. We lived in the hills of Mexico where poor families trying to cross the border lived in aluminum shacks and houses made of old wood. My family did not have the luxury of an aluminum shack, so we lived in our car. When we arrived, we were starving and had to push our car because we didn't have money for gas. The little money that we had, my father spent on drugs. I remember people shooting up on heroine in the streets. I remember my father yelling and beating my mama repeatedly in front of me. I remember my mama trying to escape him but he would always find us. The on and off relationship continued and the guilt, fear, and anxiety had complete power over me.

When my mama completely left him, we moved to another part of Mexico. I realized I needed to get out. I left my mother to live with family in New York and I was finally free, but anxiety and depression had become a normal part of my life. It wasn't until I started at Brooklyn Urban Garden Charter School last year and began the Quiet Time Program, that I realized how much the anxiety had affected me.

When I first heard about the meditation program, I was skeptical about how closing my eyes could do anything. I didn't have an outlet in which I could just relax. The first time I meditated it was magical. When I closed my eyes, I felt my burdens lift. I felt the pressure on my chest break free—the pressure of guilt, fear, separation anxiety, and depression released. Meditation cleansed my mind and washed the negativity away. Meditation has given me security, relief, and tranquility. It has given me the power to conquer and to control my anxiety. Something I never thought I would have been able to achieve. Now, nothing has power over me. Not my past, not fear, and not guilt. Meditation has helped me find my Self - power. This power is my ability to have control over my Self and I know that I have the freedom to do what I want. My story no longer controls me. I control my story. I am full of love and happiness and want to give everyone a chance to feel their own self-love and happiness. I am so thankful to the David Lynch Foundation for giving me the gift and the necessity of having Transcendental Meditation in my school.