

# Everyday I Listen To My Heart

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“Everyday I listen to my heart.”

Scared to talk.

Afraid to engage in society.

Trauma of being betrayed.

Scared to smile.

Afraid to relax.

Trauma never escapes me.

Should we double cross friendships to encounter temporary happiness?

Or should we be morally right and be responsible for who we truly are?

Hello everyone, to the fact that this speech is inconspicuous from my friends, my classmates, and people who I'm everyday vigilant to. I have decided to make a speech about some things that have shaken my nerves severely this summer.

The topic is that I have figured that people have a tendency to betray or lie when they are driven into a corner no matter if he or she is your best friend. They betray. They lie. They deceive to receive their treats. Henceforth friends change over time, best of friends to just a friend.

No doubt, being betrayed especially from your closest trustworthy friend devastates your mental strength, lowers your self-esteem, provokes issues in your school performances and brings days of darkness. Shock shakes and shivers my internal nerves every time I see how evil people are. As dark days follow, I draw on my past experiences, telling myself that double-crossing friends in violent strategies is equivalent to losing personal faith.

“When my faith is nowhere to be found I trust the voice in me”

Life just keeps on moving. Never looking back on such desperate memories, I always teach myself to have a more assertive, affirmative, active personality to enhance my quality of life. Because learning life lessons from failure teaches you success.

I became strong enough to surmount in these situations until this summer. This summer, I was given an assignment to read a Japanese novel called Kokoro for Japanese classes. The gist of the novel was about the concerns I have been struggling with for the past few years. Assignments required us to write Reflections and answer questions for this novel which in turn has given me a chance to put on and reflect on my life, enabling me to understand people's emotions from different perspectives. Throughout this novel, the betrayer or the main character in this novel have remorse for the rest of his remaining life, feeling such apologies for his best trustworthy friend.

Never knowing that I was ever hurt from being betrayed, I suddenly lost myself by reading kokoro, and came to a halt.

“Sometimes life moves in mysterious ways. And you don't know where it will end. It's a fight. No one can fill your place. And nothin's like you planned”

Realizing all of a sudden that I was building emotional barriers for the last few years, screws on my mind broke haphazardly. Rigid burden wall inside of me collapsed all of a sudden.

I want to live in a quiet, desolate place. A place without wi-fi, a place without friends, no acquaintances and living like who I truly am. Escaping from this incomprehensible society is what I prefer.

Life is not easy.

“When the world is on your shoulder and you're looking for your way  
Everyday I listen to my heart”

All this reminiscence has led me to be scared to be myself, afraid to be betrayed and trauma created rigid barriers among friends.

“But when you call looking for an answer, just trust the voice in you”

I came to realize that I don't have to conceal myself. Never conceal yourself. Be who you are. Trust yourself.

“I trust the voice in me”

However, considering the knowledge to expand communications within society, such a question remains.

“Everyday I listen to my heart”

What is right and what is wrong.

I would now like to ask everyone to think about this question once again.

Should we double cross friendships to encounter temporary happiness?  
Or should we be morally right and be responsible for who we truly are?