

Where I Live.

I don't live in a political or religious world. I am not a member of a group; I don't live with another person, and I don't have a dog or a cat. I can't tell you the news because I don't follow it. I rarely watch television, and I don't spend much time on Social Media sites. Others may choose to accept me or not, but I stay loyal to who I am. You'll see me in the outside world only when I want to be there.

Where I live is among the canyons, peaks, and flatlands of my mind. There, I am free to roam, and I've found success in creating a reality that answers two existential questions:

Who am I?

and,

Why am I here?

Living this long has taken a toll on my body and heart, and broken me in ways both lifelong and temporary. I tried to undo my destruction, but nothing was left that I could use for the rebuild. I accepted my broken self, chose to live, and began living on my terms; not that I had another choice.

I allude to, but rarely tell, my life story. If I fall, I don't reach out for a hand to help me up, another's heart to steady me, or a friend to sit with during my hardest times. I was brutal to myself a few times in my life; I learned from those times, and now I can choose myself because I am the safest, most loyal person I know when it comes to nurturing and protecting my boundaries.

At night, I make a bed for myself in my mind while my body rests on a comfortable mattress, neither too warm nor too cold, for that is how I sleep best. I wake grateful, happy, and strong.

Where I live, forgiveness is bountiful; some forgiveness is instant, while others take longer. I try not to drag negativity forward. I appreciate happiness in all my days, and I carry a strong optimism for my tomorrows.

I have loved and been loved, but the love from others came and went, while the love that existed within me for them stayed intact. I learned, by letting my love continue for those others, that my love is not transactional. I also learned that love is not an obligation, but friendship is.

Where I live, deep inside my mind, a utopian theme reigns, and dystopia is neither attractive nor welcome to me.

Where I live, life is good.

Written by Peter Skeels © 10-7-2026