

immune.

APR 2017

THE FREEDOM ISSUE



Freedom to me is when one feels truly unconstrained by everything; opinions, facts, money you name it. Freedom can come in the spiritual, mental and physical form; but first, one must be **bold**.

To be **bold** means to show a willingness to take risk; being
confident and **courageous**.

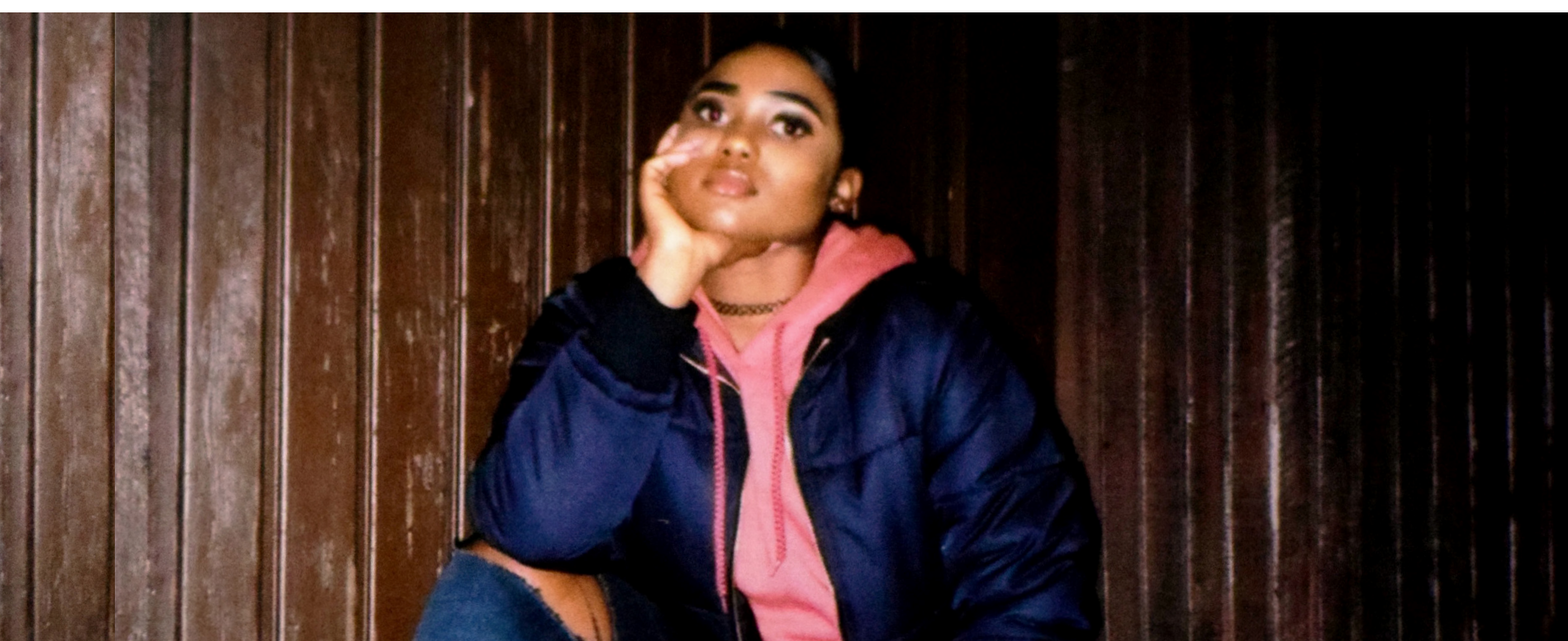
This is **not** easy but it **is** possible.

"Being unconventional whenever I want makes me **feel free**. Not caring about others opinions makes me **feel free**. Not being self conscious makes me **feel free**. Collecting leaves makes me **feel free**. Submerging myself into a book makes me **feel free**. Breathing out makes me **feel free**. Farting makes me **feel free**. Dancing makes me **feel free**. Singing in the shower makes me **feel free**. My uncharged phone makes me **feel free**. Pret a Manger makes me **feel free**. Holidays make me **feel free**. Laying down to sleep makes me **feel free**. No stress makes me **feel free**. Well planned photo-shoots make me **feel free**. No deadlines make me feel free. Wearing all green makes me **feel free**. Breaking the rules makes me **feel free**.

O L E T A S E M P L E



DEAR BROWN GIRLZ



I feel at times there is a lot of tension between us. Being humans we are susceptible to misunderstandings. Its in our blood. I think its about time that we stop automatically accusing one another of 'screwing' and 'cutting your eye' and realise that these gestures we see could have in-fact been misinterpreted. Take 'screwing one's eye' for

example; have you ever thought that your fellow counterpart on the road for example could have been staring at you for too long because they liked your makeup, jewellery or thought you were pretty? Have you ever thought that maybe the reason for someone looking you up and down was because they wanted to get a good full look at your outfit and looking you up and down was the only way to see it all? Ever had a group of people stare and you and snigger and you wonder what they are talking about? Just think; yes there's the possibility that they could be speaking bad things of you, but the likely-hood of that happening especially if you are looking peng

(attractive) is very small. But even if they are hating... Sorry why do you care? Your happiness is controlled by you, so if you are heavily affected by the opinion of others you need to sit down and evaluate why. Things usually bother us when we are not fully confident in ourselves. For a long time everything I did was influenced in some way by others. At the beginning of college for example I used to express myself through the way I dressed. I wouldn't wear anything outlandish, just predominantly baggy mens clothes because I found it comfortable and were easily accessible from my dad's cupboard. I found through dressing the way I did I became an anomaly. I felt self-conscious and felt that the easiest way to stop being perceived as different was to 'normalise' my dress sense. On conforming to the unofficial uniform of tracksuit, I realised that firstly this outfit change was lethal to my pocket but secondly it was boring. Agreed, the method I chose was the easiest way of reducing the self-consciousness I was experiencing specifically regarding my dress sense but it was the most straightforward method of going against who I am.



Moesha feeling comfortable in what she likes to wear

When I came to CSM I continued to dress like this, I guess because it was what I felt comfortable in and for the last year that was all I knew. It was encouraging to see how courageously dressed students were at CSM. It made me realise that whatever I wore would be nothing compared to what I'd seen some student wear. There is nothing wrong with wearing a duck flipper or Chunky knee-high biker boots paired with a sun dress, but it simply is not my style; and this is OK. I feel like CSM has helped me to find who I am as there are no boundaries nor do you feel judged and intimidated. Instead you feel connected to everybody because you all have a common ground of creativity meaning you can all relate to one another. I'd say confidence is the key to feeling free in terms of styling yourself because it was a lack of confidence which led me astray. While not everyone was given an overdose of

confidence while in the womb (myself inclusive), everyone was however given the same ability to make the choice that they want to change. I'm not completely confident but I have chosen to live on a 'no regrets' basis. This means that I force myself to do things that I could possibly regret doing in the future. While this is not an approach that works for me, it sure doesn't work well with others. Henceforth you have to find ways of encouraging self confidence that work for you.

As my dad always says:

"No one can
put me in an
bad mood", so
take control
of your life.

"Don't bend; don't
water it down:
don't try to
make it logical:
don't edit you own
soul according
to the fashion.
Rather, follow
your most intense
o b s e s s i o n s
mercilessly."

FRANZ KAFKA



"I'll tell you
what
freedom
is to me.
No.
Fear."

N I N A S I M O N E

Fear is a feeling induced by perceived danger or threat that ultimately causes a change in behaviour, such as fleeing, hiding, or freezing from perceived traumatic events.

What are you afraid of?

Is this fear realistic?

What is the worst that can happen?

What can you do protect myself yourself from that outcome?

Is the worst-case scenario really so disastrous?

Where in your body do you feel fear?

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"Maybe sometimes
we cling to things
that make us bleed.
Because we'd
rather feel the
pain in the familiar
than the peace
in the unknown"

M.M



C O N F Z

1. Describe yourself in 3 words.

Observant, Loyal, Carefree

2. What is freedom to you?

The ability and power to control every aspect of my life without answering to someone else

3. If freedom could be bought how much would you buy it for?

Trick question; I see freedom as priceless, if i put a value less than that, my freedom would only be worth that amount

4. What are you interested in?

Music and life experiences

5. What's something you've always wanted to do that you have never done?

Ride an elephant

6. Why haven't you done it?

No elephants in the ends

7. Do you rush a lot?

Hell no

8. Which do you do more often? Say things as they are or sugar coat things?

Say things how they are

9. Are you free?

Yes

10. Fill in the blanks
_____ makes me feel free.

The company of close ones makes me feel free



How did you get into music?

The area I'm from nearly everyone was rapping and I jumped on the bandwagon only thing is I stuck with it because I was surprisingly good with words lol

Who, what and where inspires you creatively?

I inspire myself. Through everyday life experiences but mostly creativeness is an outlet for emotions either bottled up or random stories scenarios I create in my head that I challenge myself with to put in musical format

Why do you bottle up your emotions?

I don't bottle them up as to say. I just feel I deal with them differently. I just handle things, if I need to speak on it I'll address that person but I like using it to fuel content for music

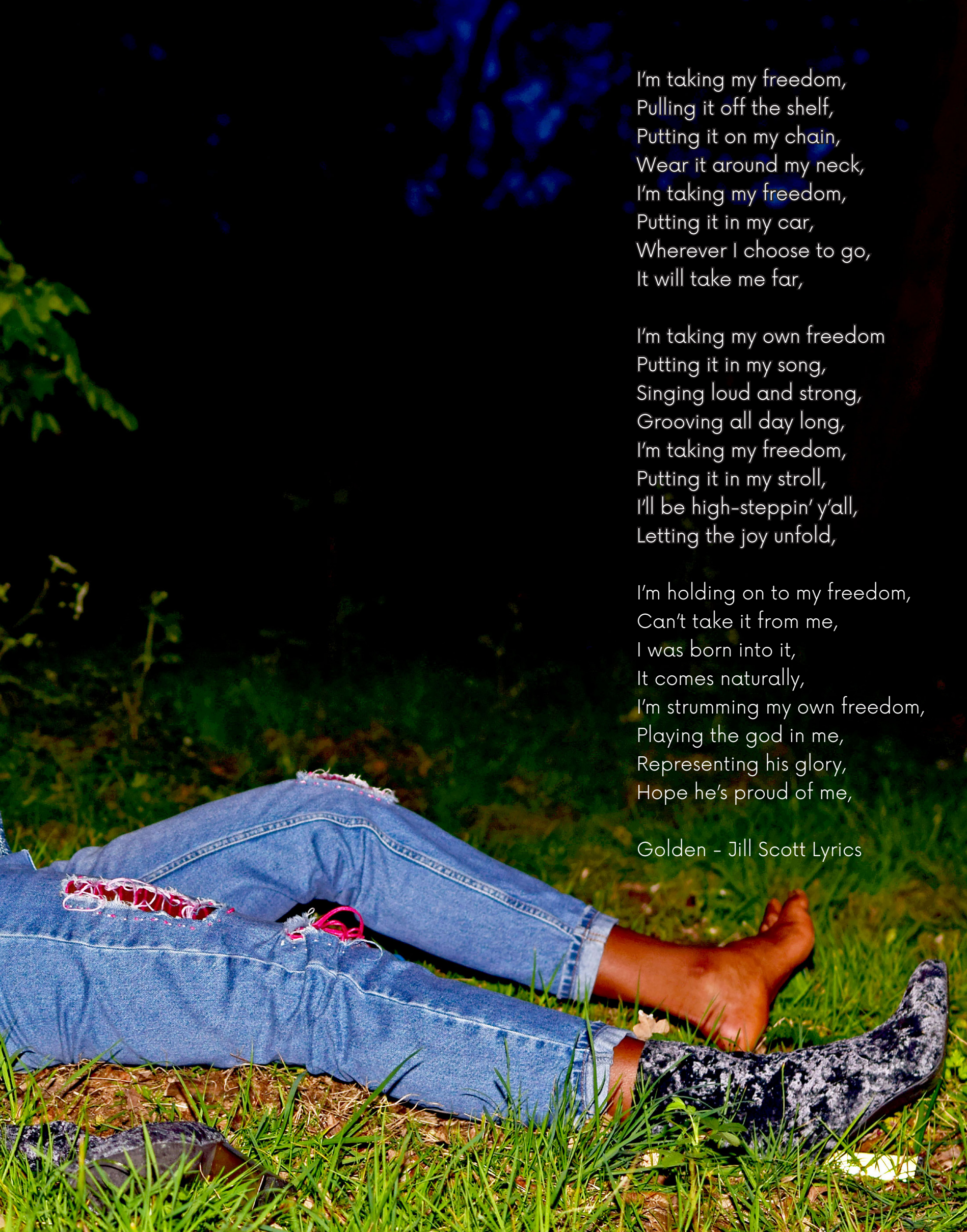
Men are known for 'bottling up their emotions' what do you think of this coping mechanism?

The reason men tend to bottle up is because systematically boys are programmed to "man up" "don't be a sissy" etc and for some dumb reason showing emotion is associated with being weak and it really isn't. So boys grow up trying to fit a ridiculous status quo of being a "man" who doesn't show emotion because there's no clear cut way of expressing so some bottle it up. Me personally, I handle things and I'm not bottling up some rage and one day its gonna overflow and spill out naah, I'm just genuinely at peace within myself.

"The function of music is to release us from the tyranny of conscious thought."

SIR THOMAS BEECHAM





I'm taking my freedom,
Pulling it off the shelf,
Putting it on my chain,
Wear it around my neck,
I'm taking my freedom,
Putting it in my car,
Wherever I choose to go,
It will take me far,

I'm taking my own freedom
Putting it in my song,
Singing loud and strong,
Grooving all day long,
I'm taking my freedom,
Putting it in my stroll,
I'll be high-steppin' y'all,
Letting the joy unfold,

I'm holding on to my freedom,
Can't take it from me,
I was born into it,
It comes naturally,
I'm strumming my own freedom,
Playing the god in me,
Representing his glory,
Hope he's proud of me,

Golden - Jill Scott Lyrics

S A F A R I I

Safarii is a Sociology and Health and Social student from South-East London. Last year she participated in a volunteering program run by Camps International which flew her out to Tanzania to help in the local community.

1. Describe yourself in 3 words.

Lazy, humble, caring

2. What is freedom to you?

Freedom is a state of mind. You can't be free until your mind is free of worries and expectations.

3. If freedom could be bought how much would you buy it for?

£0 😂 can't buy freedom (message me if you want me to revisit this Q 😭)

4. What are you interested in?

My history, helping my people, inspiring other & 90s culture!!

5. What's something you've always wanted to do that you have never done?

Travel to more parts of Africa with friends and family.

6. Why haven't you done it?

School, exams & MONEY 💰

7. Do you rush alot?

Not normally, unless I've left something to the last minute.

8. Which do you do more often? Say things as they are or sugar coat things?

SUGAR COAT

9. Are you free?

Getting there..

10. Fill in the blanks
_____ makes me feel free.

Delivered

Black history makes me feel free.

O: What provoked the decision of going to Tanzania?

S: In class one day we were all talking about our most exciting experiences, I don't remember what I said but one girl said she had been on a safari another had been on a volunteering trip for a month. She was literally telling the class what she got up to and my eyes were literally in her mouth. I was just like oh my goodness I need to check it out. I asked her where did you go who did you go with. The same evening I looked it up and I told my mum about it. I was so excited. Told her this is what I definitely wanna do. I've always wanted to do something like that but I just didn't know how to who to go with. I pushed my mum and said that I need to get some fundraising and I might need her help.

O: What exactly did you get up to in Tanzania?

S: I did a lot of community work with the school, I helped them repair the walls, floors and stairs, stuff like that. In the area where I stayed, in certain seasons they have a lot of bad weather. This causes there to be cracks in the walls etc. So what we did was knock it out and fill it back with cement and stuff like that.

O: How long did you go for?

S: Two weeks

O: Who did you travel with?

S: I actually travelled by myself. It was super nerve-racking *laughs a lot*.

So basically, prior to going I was like "yeah I'm ready for this, I'm about to do my own journey by myself" then my mum said "bye bye" to me at the airport *breaks into laughter* and took my phone.

O: *breaks into laughter also*

S: And I just knew from then on this was real. *still laughing* I was lining up to check in my bags.. oh no I had already checked in my bags with my mum. I was lining up to go through security where you take off your shoes and all that's stuff and I was just like "mum!" and then one of the guys that was working there saw that I was by myself and then he let me go into a shorter line *still laughing*. I looked like such a child, I had no makeup on, converses and I was just walking with my bag and you can see I had a tear in my eye. I was just tryna shake it off you know. You know me! I weren't tryna ruin my rep' or nothin' up in Heathrow. I was really nervous (dunno if you can put this part in) but when I'm nervous I fart a lot *laughs*. So I was just farting a lot on the plane - but they didn't smell, that's how you know they were nerve farts. I met a girl on the plane who was going to the same volunteering trip

O: Oh really!

S: Yeah, so that was like my saving grace, but on my way back like I was all by myself. Literally this is the funny bit.

When I was coming back to London some random taxi driver took me to the Tanzania airport, and here's me thinking he's gonna help me to check-in and that but nope. He literally just took my bags out and was like "OK bye" and drove off and that's when 'ish' got real again.

O: You mentioned your mum took your phone, so you had minimal/no access to technology?

S: Yeah, It was like one of the best things to try and get to know yourself better, you know because right now, like where we live we're just surrounded by technology and what not, on social networks like everyday. I learnt this in Sociology, but social networks actually construct your personality... don't know if you knew this but it does. So the people that you watch on television the people that you follow on instagram and what not shape your personality; but when you're out there your just there for yourself you just have your own thoughts to listen to.

O: you feel like a free animal init.



S: Yeah you're just disconnected from the whole world and you just have time to think about what matters to you, not what society is telling you to matter.

O: Do you think that if you were out there longer the minimal access to technology would have had an increased the effect?

S: if I was there much longer I would have come back a C O M P L E T E L Y different person. Cos when I came back I was still a bit of Safarii but I did change.

O: How did you change?

S: Erm I don't know... It humbled me even more. I was humble before I left but it just made me see that life's just not all about me helping people... well not helping people - but quote on quote "putting people on" because everyone contributes to society whether you're the dustbin man or whether you're Richard Branson to be honest. Everyone has talents and what not - and like I don't know, when I was out there I was with people that I wouldn't normally chill with when I'm over here.



Safarii with the children who attend Fumvuhu Primary School, Tanzania

Like it just showed me that there's way more to life than what you're used to and personalities and the people you surround yourself with can make you a better person. I've changed friends a lot since as well

S: Once I was out there I was thinking the people in south east London are not just it, there's more to life than just South-East London. There are people out there who don't think the same way as you which is cool.

O: If anything, what most freeing about the whole experience?

S: Erm, the walks. Like they're quiet there are no distractions, and when you're looking out you're not looking out into buildings and man-made things you're looking out into natural life, you know..

O: What part of Africa do you plan on visiting next?

S: I have this project that I came up with after I got back from Tanzania last year and it aims to raise 70 exercise books and 70 bags

O: Why 70?

S: That's about how many kids are in the school.

O: I see, oh yeah sorry I've got a bag for you, can't lie, I'm gonna bring it round. Apologies

S: Cool, yes... you snake

O: sorry I forgot.

S: but yeah So yeah I came up with this project because I want to give back to the primary school and I wanted young people over here to have some sort of connection with the children over there as well, not just me I want the trip to be just about me. This year I Plan to go to Tanzania again and I'm tryna expand the project to Kenya next year. Then hopefully Gambia, Ghana all different parts of Africa.

P R E F I N A



Describe yourself in 3 words.

Ambivert, creative,
independent

What is freedom to you ?

Being able to express myself
fully without fear of judgement
or discrimination

If freedom could be bought
how much would you buy it
for?

Right now in life I could probs
push for like £500 but I think
it's worth a lot more

What are you interested in ?

Fashion, music, traveling and
learning about different
cultures and heritages, black
creativity, female
empowerment

What's something you've
always wanted to do that you
have never done ?

Make the first move with a guy

Why haven't you done it ?

Fear of rejection

Do you rush alot ?

When it comes to coursework
yes lol,
But life decisions I like to take
time and plan out all my steps

Which do you do more often ?
Say things as they are or sugar
coat things ?

I sugar coat when it comes to
others but if the situation is
about me or involves me I'm
very blunt and straight up

Are you free?

Not as free as I want to be but
to a certain extent

Fill in the blanks
_____ makes me
feel free

Delivered

Being happy makes me feel
free

"Do the things you used to talk about doing but never did. Know when to let go and when to hold on tight. Stop rushing. Don't be intimidated to say it like it is. Stop apologizing all the time. Learn to say no, so your yes has some oomph. Spend time with the friends who lift you up, and cut loose the ones who bring you down. Stop giving your power away. Be more concerned with being interested than being interesting. Be old enough to appreciate your freedom, and young enough to enjoy it. Finally, know who you are."

K R I S T I N A R M S T R O N G



S E L I



Describe yourself in 3 words.

Overdressed, nice , human

What is freedom to you ?

Being conscious

If freedom could be bought
how much would you buy it
for?

My soul

What are you interested in ?

Aliens

What's something you've
always wanted to do that you
have never done ?

LSD

Why haven't you done it ?

Don't have the right
connections

Do you rush alot ?

Never

Which do you do more often ?
Say things as they are or sugar
coat things ?

I tend to sugar coat

Are you free?

Yes

Fill in the blanks
_____ makes me
feel free

My soul makes me feel free

"Only stop dreaming
of freedom when you
can **see** it."

O L E T A S E M P L E



l o o s e y o u r s e l f





Y E M S X O C L O T H I N G

Founder of the clothing brand Yemsxoclothing, Yemi Thompson (19) gives us an insight into her start-up business and the progression she is making, The aim of her brand is to make African clothing modern. As a young person who loves African prints such as; Ankara and Kente, she claims she could never find African clothing that was modern and attractive. She would have clothes made by tailors but what the outcome wouldn't be what she had envisioned for herself. So here she is today, making African clothes modern. Yemi affirms that know that her brand will definitely appeal to the youths of this generation and the next.

1. Describe yourself in 3 words.

Creative, Charismatic, Goal-Orientated

2. What is freedom to you?

Freedom to me is the ability to express yourself physically, spiritually, and mentally without restriction or condemnation.

3. If freedom could be bought how much would you buy it for?

I wouldn't buy it because Jesus already paid that for me x

4. What are you interested in?

I am interested in fashion, beauty, real life discussions that develop me mentally

5. What's something you have always wanted to do that you have never done?

I've always wanted to be rich but not rich yet. I will be though, so no stress

6. Why haven't you achieved it yet?

Because I'm in student debt, but give me a couple years

7. Do you rush alot?

Lol yes

8. Which don you do more often? Say things as they are or sugar coat things?

Recently grown to just say things as they are but I used to be a sugar coater

9. Are you free?

Yeah, I'd like to believe that I am free but sometimes I act as if I am bound by my emotions, finances, situations but my freedom over come these things.

10. Fill in the blanks
_____ makes me feel free.

Jesus Christ xxxx

O: What made you start your business?

Y: I started it because I thought like why not? What have I got to lose? And I've always had a desire to have a business on my heart.

O: Have you always had an interest in sewing?

Y: I've always had an interest in sewing. I think I began sewing in like year 3. My childminder got me a sewing machine and from then I was always sewing, I liked hand sewing as-well. So yeah always done that.

O: What is your cultural background?

Y: I am fully Nigerian but sometimes I am Half Jamaican it depends on how I feel. I'm Half Jamaican on the weekends.

O: Why the weekends lol?

Y: Why stick to one cultural background when you can embrace many.

O: How does your cultural background affect your freedom?

Y: Not really. My mums Nigerian but she doesn't act like a strict Nigerian parent so it wasn't like 'ahh you can't do fashion' Like do your ting init. Just make sure that you're smart about it and you get a degree

O: What advice do you have to others wanting to start a business?

Y: Id say just start it, don't worry about how things are gonna work out because things will always work out, eventually; you grow and you get smarter when

you go through trials and tribulations. I'd also say Plan, see whether you need funding or not, work with what you have and don't think that you have to be great now because greatness takes time

O: What does 'XO' stand for?

Y: XO just stands for me because my name's always been Yemsxo on instagram so I was like d'you know what I'm gonna call it yemsxoclothing.

O: What's up and coming for @YEMSXOCLOTHING?

Y: I don't know. God knows but yeah. I'm just working with the wind which is kinda bad but it's been working so, I'll just go with whatever. But being in the middle of my degree makes focusing on both quite hard. Obviously when I become international I'll be able to devote all my efforts; but that obviously comes with time. And yeah I just wanna get bigger and better as usual.

Do what you
love baby-
girl. Just
make ££££££.



CUBE B. ROOF.

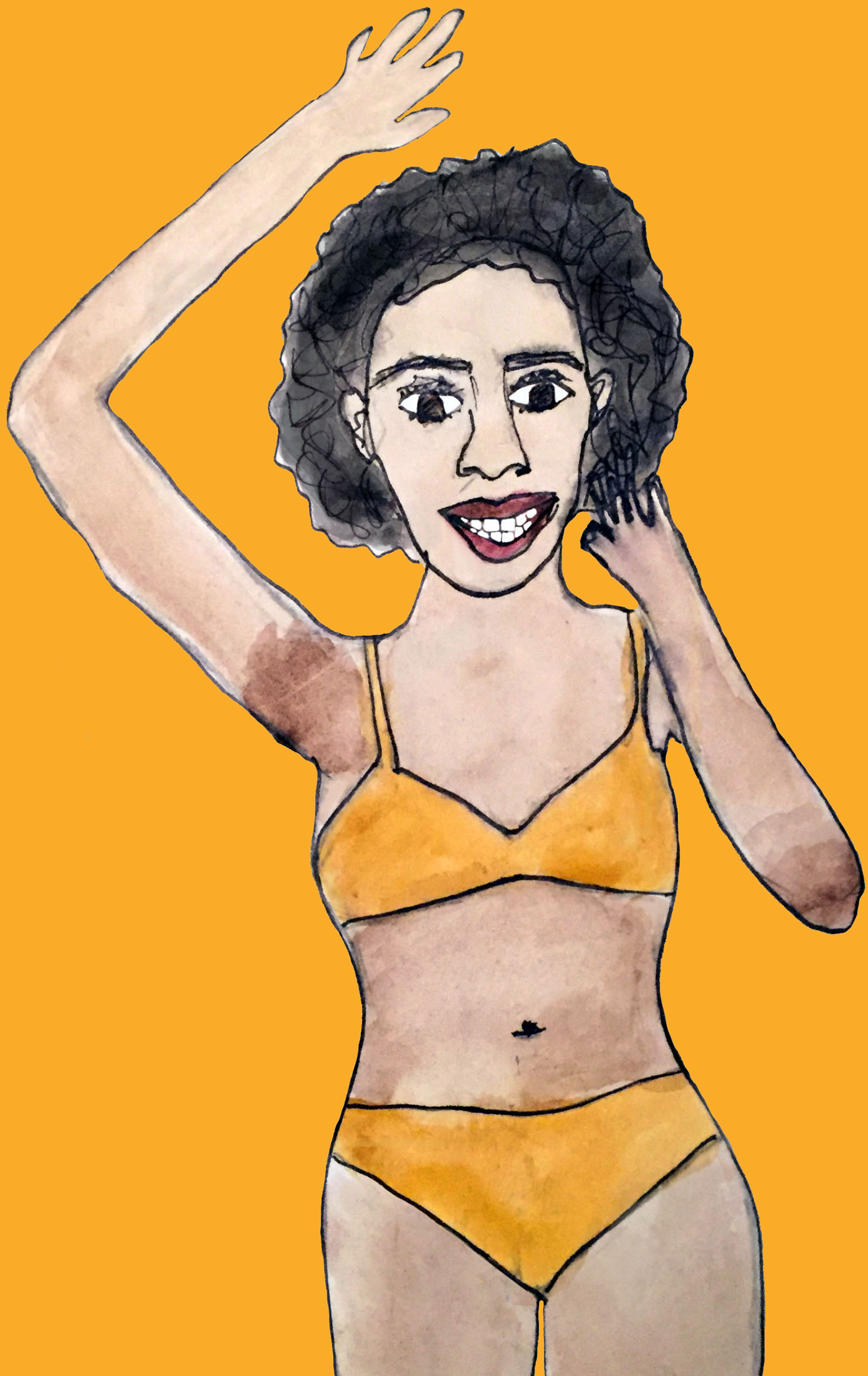
If there is something that you really want in life you have to go for it at full speed and consider yourself with only two options.

"He left himself no possible way of retreat. He had to win or perish"

THINK AND GROW RICH -
NAPOLEON HILL



THE DARKER THE PIT THE SWEETER THE JUICE



I N S E C U R E

A lot of women have armpits that are darker than the rest of their body. While some are OK with it others have turned this characteristic into an insecurity. I personally can relate to having dark armpits and subsequently I never used to allow myself to be caught with them on show. This went on for many years until I realised I wasn't alone. Girls would post pictures of themselves with their armpits exposed on Instagram and they would still get loads of likes. I used to think that people would think that because I had dark armpits I was unclean. I also used to hate my ears because they are really small and stick out. I would never wear my hair up because I felt they would show more and I used to always try and wear a headscarf covering my ears and night in hope that I would one day wake up and they would be pinned back. While these insecurities weren't affecting me on an extreme level, they did bother me. I decided to put a stop to my insecurities having control over my life and found a way of over coming them. It wasn't easy but it was possible.

I began by putting things into perspective. Nowadays there are many life aspects that are considered mandatory to a lot of us that we forget that not everyone has access to them. I have good health, I eat 3 meals a day (plus snacks), I have clean water to drink, a bed to sleep, access to education; the list could go on but what I'm getting at is that I kind of felt selfish having all these things but complaining because I didn't have perfect armpits and ears. The second thing I did was observe people's ears and armpits at every opportunity, sounds funny, I know but it made me realise that there isn't a standard ear or armpit shade and that as long as they are functioning correctly that's all that really matters. Being a part of the 21st century's younger generation makes it almost impossible not to dislike something about yourself. With constant updates from celebrities with rare lifestyles, no wonder we are often made to feel self conscious. The last thing I did was to ease myself into feeling comfortable and eventually loving my ears and armpits. I did this by purposefully not hiding them. Physical attributes are obviously down to personal preference but you have to put things into perspective sometimes and appreciate that you are alive for starters but realise that not being 100% perfect is OK.

TOP 4 REASONS FOR DARKENED ARMPITS

Cause #1: Shaving.

When you shave you cut the hairs off at, or just below, the surface of the skin. If your hairs are slightly darker than your skin colour, they can give the appearance that your skin has a dark stain when it's really just sub-surface hair.

What To Do About It:

Stop shaving and try waxing or plucking instead so you get rid of the hair below the skin surface. Since the hairs aren't lurking so close to the top of your skin, they won't be as visible.

Cause #2: Build-up of dead skin cells.

Supposedly dark spots under your arms are the result of dead skin cells that are trapped in microscopic "hills and valleys" on your skin.

What To Do About It:

Ex-foliate, preferably with a product containing lactic acid.

Cause #3: Antiperspirant and deodorant usage.

It's possible for some ingredients in these products (perhaps the fragrance) to react with the skin causing discolouration. Practically speaking this seems unlikely but many people do claim that when they stop using APDs, the darkness goes away.

What To Do About It:

Try switching brands or using a deodorant instead of an antiperspirant. You may stink a bit more, but hey, the Left Brain lives for experiments like that!

Cause #4: A medical condition called acanthosis nigricans.

This condition causes light-brown-to-black markings on the neck, under the arms, or in the groin. It can be related to insulin production or to a glandular disorder and it typically occurs in people who are overweight.

What To Do About It:

Watch your diet to control insulin production and use Retin-A, 20% urea, alpha hydroxyacids, and salicylic acid prescriptions to lighten your armpits. Ensure to speak to your doctor if you have any concerns.

<http://thebeautybrains.com/2006/12/the-top-5-causes-of-darkened-armpits/>







" N A H , I ' M N O T M Y H A I R "



'The quickest way to acquire self-confidence is to do exactly what you are afraid to do.'

U N K N O W N

In a recent interview with Rachel, she speaks out on the insecurities she has recently overcome. Rachel is 19 and currently in her 1st year of her Sports Therapy Degree at the University of Coventry. Rachel considers herself an honest, determined and adaptable individual who would pay everything she has to be free. As a health and well-being fanatic, she tries her best to eat things that are best for her, exercise regularly and have a good well being. Rachel says there are many things she has always wanted to do but has never done. Travelling the world and joining a modelling agency are just two things that feature in her bucket list. Why she hasn't done them; she isn't sure but claims that there are some situations that just don't allow you to do what you want to do. 'Rushing' is practically Rachel's middle name; and suggests that this could be a leading factor.

O: So why did you cut your hair off?

R: Erm, I used to feel like I needed to have long hair to be pretty, erm so then yehh I literally just — I had split ends and I was holding on to dead hair, like the hair was dead, I was just holding on to it because like I said, I had an insecurity and I just thought that you know, without long hair I wouldn't be pretty. I've always had extensions, I've always had weave. When I started wearing my natural hair, I started to realise the beauty in my actual hair; and em, yeah. I cut it off. Literally I was sitting in my uni room.

O: You cut it yourself?

R: Yeah I cut it myself. I was sitting in my uni room and nah, I'm not my hair. I'm pretty without my hair. Got the scissors and started cutting.

O: That is such an amazing story ,

R: So yeah literally now, I'm tryna just go for the whole: My Hair doesn't define me, Society can't tell me what makes me pretty, erm, I am what I am, I do what I do. It started with make up and now its gone to my hair.

I don't wear makeup unless I go church.

O: Do you have any other flaws/insecurities that you feel comfortable sharing?

R: I've always hated my feet, I thought feet were disgusting. I would look at other people's feet and the perception that people would put on pretty feet,



like you know them ones like they're bare (really) sweet.

O: Like the ones on instagram them ones with the nice toes init And they're in their nice dressing gown and they're like this *demonstrates a laying down position with feet propped up on a pillow*.

R: Like literally, My toes don't look like that. Like obviously I used to play sport, I used to run track; I didn't used to take care of my feet because I didn't care about them before

O: Mmm I see, I see.

R: I never used to show them so I didn't used to care, and then obviously, since doing ym degree a lot of it is hands on, so at one point I did have to touch people feet and I had to see peoples feet and now I stopped looking at them at the body —

O: What's ur degree sorry?

R: Sports Therapy. I stopped looking at the body as a thing of, erm perfection. Everyone has something. Now I see feet as — this is something that has carried me for 19 years of life

O: Thank you, exactly

R: They're not supposed to be perfect.

O: You can't stand up if you don't have feet you know You can't walk, you know you're little toe you can't balance.

R: If you don't have a little toe you can't do anything

O: Exactly *laughs*

R: My feet have carried me for 19 years

R: My feet have carried me for 19 years of life they are not perfect because I am not perfect, I've doesn't things, I've been through things, I've climbed things

O: Exactly; tripped over, you name it

R: Nothing's gonna be perfect. what is a perfect foot?

O: Exactly *laughs again* — It sounds almost, funny

R: D'you know I hid my feet for all of my adolescent life; from like year 5 to my 19 years of age, I've hid my toes. People would come round and I'd be doing this: *curls up toes under her feet*

O: *Laughs*

R: And i'd always wear socks and I wondered why my feet weren't getting any better. It's cos they weren't out.

O: And feet need to breath... did they stink?

R: No. Oh no they used to get hot, I'd be like ahh man my toes are hot man,

O: Damn I wanna let my toes out haha

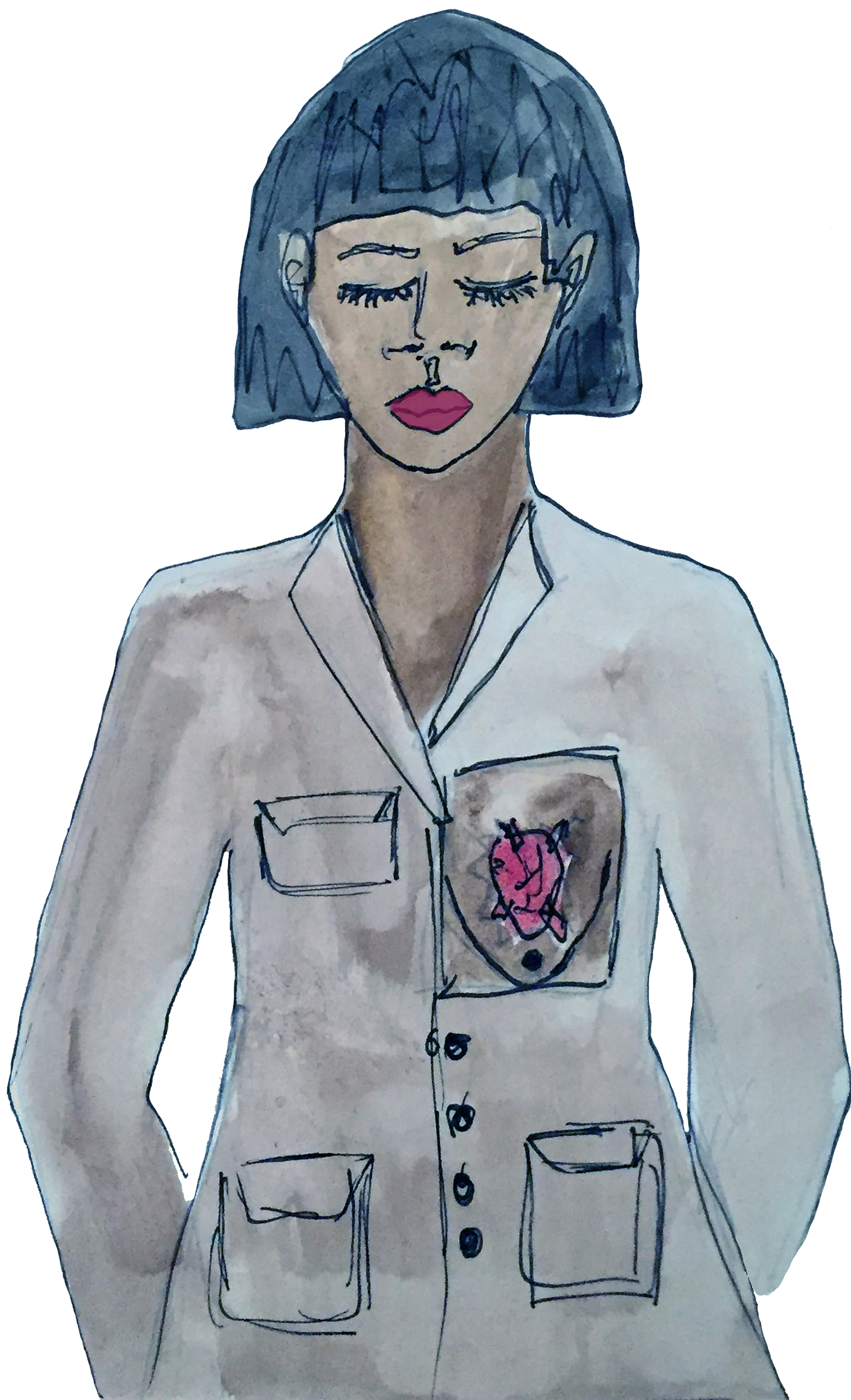
R: yeah ah man I wanna let my toes out, I'm hot. But I never would — but now I do and I feel more free.



Lana: Freedom where you
at?

Freedom: err right in front
of you.

Lana: Oh



1. Describe yourself in 3 words.

2. What is freedom to you?

3. If freedom could be bought how much would you buy it for?

4. What are you interested in?

5. What's something you've always wanted to do that you have never done?

6. Why haven't you done it?

7. Do you rush a lot?

8. Which do you do more often? Say things as they are or sugar coat things?

9. Are you free?

10. Fill in the blanks

_____ makes me feel free.

B3*

*This is **not** easy but it **is** possible

O L E T A S E M P L E