

Invisible...even for a moment

For sure everyone would agree...

Was there ever a time in your life when all you wanted was to be alone, isolate yourself and wish you were invisible? Have you felt so exhausted and have lost so much of yourself and you can never seem to figure out what you really wanted and where you're going to?

It's a sad thought for anyone... As I lay awake at night thinking about the sudden changes in my life that separates me away from reality. I wanted to have my own world where I can be myself and fulfill all my dreams. A world with no problems and no trials, only happiness, peace and triumphs.

Looking back, I feel that I have made extra effort to move on...to go on with life but something's pulling me back. It's a feeling of running in full speed only to realize that you haven't really gone too far.

Every time I feel that I have lost my sense of direction, when I feel like my world has pause for a moment and all was there to see is the mess out of myself, I think of just being invisible... It's great to be invisible I suppose. People will start noticing all the goodness in you and maybe think you're a great loss to everyone. And maybe, one way or the other they will realize and regret that you're a person who is so special and worthy of all the love and care in this lifetime.

In reality, I felt so down and I wish to be invisible.

I wish I am invisible... unnoticed... non-existent....and it's good to be one!

Matter of choice...

Looking for some refreshing drinks that benefit your body? Your pick is as good as mine, go for green tea. A drink that has been there since time in memoriam but not everyone knows the goodness of this tea.

Yes, just a tea. A tea made solely with the leaves of *Camellia sinensis* that have undergone minimal oxidation during processing. It originates in China and has become associated with many cultures in Asia from Japan to the Middle East. Many people appreciate the health benefits coming from this tea. All tea acts as anti oxidant of our body and it is believed that the polyphenols (a kind of anti oxidant) in tea seem to aid in the digestion of fat. ... thus, weight loss is achieved.

For people who aims to be sexy, lost an extra pound and be healthy all at the same time...here's one for you, green tea. It is readily available in any supermarkets and groceries and in a very reasonable price compared to those health drinks you're buying in a special packaging but some side effects manifest later in your life.

So, go for safe, affordable and beneficial drink. Not simply refreshing, but good for our health.

Make a choice and make it wisely!