

Angus Cloud, such a young soul gone too soon. Rest in peace <3.

The generation I was born into has me experiencing first hand how insanely troubling living in this generation is. "Euphoria" the HBO series displayed tons of drug and sex scenes, touching on the mental health issues of teens and all the Genzers. Obviously for entertainment purposes, a large amount of the show was exaggerated to keep the attention of their target audience, but from those around me, a lot of the show is real and triggering. Speaking on mental health, the taboo topics around it create a barrier between not seen but more so felt. Pushing past that transparent wall when it comes to mental health issues is important in relationships you are creating.

Hearing the news of Angus Cloud, has since kept me questioning my own struggles with my mental health. Learning how to create constant awareness has created a space for me to really embrace the now and what is. Trying to hold onto something, someone only leads to an untimely low feelings/ low vibrations. Expectations amongst those around you, only pushes away the good moment you are in now. Podcasts like *Ram Dass Here and Now*, is just one example of an outlet that I recommend to those around me. Cloud, who played the character Fez on the hit show, made his character so relatable even on screen. I believe that without even knowing him, his energy was definitely magnetic and genuine. Rest in Paradise Mr. Cloud.

-Check on your friends and families <3.