

OMID AMIDI
EDITORIAL

Editorials.

Writing one is more difficult than it appears. After all, I played all my cards for the first issue, leaving me with very little to work with. For the past hour, whatever I have written has followed the same formula as the last: same tale of hardship, struggle and success accompanied with a passage about the art of writing and the inspiration that comes from it.

So I had to delete everything again and again.

I simply cannot use the same type of idea and message. I would just be recycling, and that simply wouldn't work. What I want is that shine and polish; that new car smell.

So, here I am with absolutely no idea what to put down. However, I do feel that I should be writing something. In fact, I'm compelled to let my fingers dance along this messy and over-used keyboard, even though meaning has not yet materialized. Not yet, anyways.

I am writing for the sake of writing; it feels like the right thing to do.

But why?

Well, I guess that embarking on this creative process is something that is necessary.

Maybe this is something I can work with: writing as the creative process and what it means to the individual.

It is my opinion that writing is sometimes necessary to the human mind, body and soul.

Don't roll your eyes. Hear me out first.

What I'm trying to say is that perhaps one needs to write in order to feel better about oneself, one's day or whatever the case may be. This is why I'm still writing this editorial.

However, frustrated, I still felt good about pressing 'new document' and not saving any changes that I had made.

The way I see it, writing is much like how some people feel the necessity to go for a jog to feel better about their day. This is why people keep journals, or in today's world, blogs.

Now, I'm not speaking about typing 'lol' on MSN messenger or e-mailing dirty jokes back and forth to deal with boredom at work. That's just a form of normal, everyday communication. What I'm referring to is the actual process of creative and reflective writing. Take note of that last adjective. Writing provides the individual with something that is grossly underused today: reflection. Why is this important? Because it causes one's mind to pause, a rarity in today's 'go-go-go' world, giving a chance for introspection and meditation. Without this opportunity, the mind is restless, always thinking shallow and briefly, never fully stretching its muscles.

We all walk everyday. But jogging gives it that extra 'oomph.'

See what I'm saying?

It's therapeutic.

I'm sure there is a theory about it somewhere.

So even if you aren't required to write, you should still go ahead and do it.

Compare it to an education. There are those days where you don't have any assignments or homework to complete. However, you'll feel much better if you learned something of value (which took a giant thirty minutes to accomplish) than if you spent all day, lounging around with a leisure suit on.

Right? I know, I sound like a teacher. That's what happens when your mother is one.

So pencil in a half an hour for writing. Take that time to pause, reflect and put it all down on paper. You'll feel better

I know I do.