

# “Chasing Demons”

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Confronting demons is never an easy task. Yet, recognizing that the demons I am confronting are of my own creation has set me off on the path of self-discovery.

My face bares the signs of time, the shedding of delusions, and the map to salvation. The doorway to happiness is right before my eyes. I do not see it clearly for my eyes have not yet opened. With one blink of an eye, I sense tranquility, joy, and unconditional love beyond the doorway. It is the doorway to the unexplored continents of the mind . . . and so I smile . . . completely!

On 9/11, I thought I was thrown off my path. I thought I was trapped in a loop from which there was no escape. I was like a fish out of water swimming in a sea of despair and hopelessness. Blinded by violence, I lost my way. Yet the same force that propelled me into hell showed me the way home.

As it turns out, the loop was just a thought. It was my demon. There is no place outside the path. Everything takes place within the path, as hell is not the opposite of heaven but simply an expression in heaven.

My mind recognizes the many roads available on my journey. They are the many choices I have made in my lifetime. It has been a lifetime of ups and downs, dead ends, and new beginnings. I wear a bow on my hair to show the innocent, whimsical side of me that survives each time a demon has attacked; it is what remains each time I am forced to shed my skins. Today, I see the number eight representing the infinity of life. There is no beginning and there is no end.

Now is the time to stop thinking and sit in stillness. As a bird sits high on a tree observing his surroundings, I observe my thoughts without judgment, condemnation, or regrets. As life continues to be a process of highs and lows, I rejoice in realizing the lows are just as much a part of the plan as the highs. The blindfolds have dropped. Yet, the bird needs no eyes to see.

The time has come to recognize the demons as a product of my own thoughts. They are conclusions drawn from past experiences and fear-filled expectations of things to come. Now is the time to give myself permission to forgive the demons I have been chasing.

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