

The Balance of Yin and Yang - A Youth Perspective

Lisandra Wagan Fesalbon

Youth is precious. It is the time of our lives when we are energetic, idealistic and passionate while being at the same time also clueless, insecure and naive. This small fragment of time in our lives may sometimes feel like a grey area between childhood and adulthood, a time when most of us feel lost but yet excited about what is to come. It is a mixture of bliss, depression and changeability. Youth can be bright and sunny but, on the other hand, it is also dark and stormy. Let me explain.

Youth is happiness. Youth is trying things for the first time. It is being a bit braver, a bit bolder, a bit... mercurial! Perhaps, for some, it is the first time we have fallen in love and it is magical - like a fairytale. Youth, as we see it now, is spending time on the Internet, with our friends, on our hobbies, on the things we enjoy - all this is not time wasted because we are happy. Youth is Pandora's box of memories with childhood friends and high schoolmates - making fun of our teachers behind their backs and sometimes copying one another's homework.

But youth is also pain. It is a time of metamorphosis and sometimes we learn things that are simply excruciating. For those who fall in love, youth is their first heartbreak and it feels like the end of the world. Youth is a time for goodbyes - the friends we see every day will be scattered across the globe and 'every day' becomes 'once a year'. Youth is a time of acceptance - when we get rejected sometimes by universities, by our parents and even by ourselves. We blame ourselves for things we cannot change and yet do not understand - why did that university not accept me? Why am I not good enough? Why?

Youth is both happiness and pain. It has highs and lows, moments of light and dark. It is the zenith and the nadir. You cannot have one without the other. Rather, it is a balance of both - a yin and a yang, a complete whole.

So, do not fear the darkest of nights because night will always be followed by day - the boy or girl who broke your heart will never meet your future spouse; the friends we thought we would never see again come back to us - perhaps on our wedding day and the people who thought we were not good enough, well, now look with admiration how far we have come.