Twitter Thread by KATA Ω



KATA Ω
@KATATHEGREAT

My brother was crying

He came into our room

“What’s wrong?”

I asked

He didn’t answer

I went into the Kitchen and asked my Mum why he was so distraught

■■

“He’s close to being put on medications for his twitching”

My Mum showed me a video of him twitching like crazy in public.

He was in denial until that video was recorded.

Now reality hit him.

The condition is bad.

There seems to be no way out.

But there was one caveat:

The twitching wasn’t for no reason

It seemed to be some sort of anxiety causing it. The twitching was way worse when in public and around people.

Now I had issues in the past with anxiety, panic attacks etc

I got over it. And I wasn't going to let my brother suffer like I did.

I started to teach him about the power of the subconscious mind, proper deep diaphragm nose breathing - and other tools that alleviated my anxiety

Most importantly I broke his conceptions on what being a MAN is

And I SHIT YOU NOT…

Within around 3 weeks?

The twitching was barely noticeable

At an appointment with the doctors they decided against meds!

Since then he's got exponentially better, with basically no twitches ever.

He's started to

workout, and take health even more seriously (which I've helped him with)

Now 2 nights ago

(bare in mind we're drunk af)

He comes up to me

Crying

"I love you"

"I don't say it enough but thank you, I love you"

■♥■

That hit me & made me think

Imagine all the young men out there that aren't as fortunate as me and my brother in having the knowledge we do

Imagine how many young men are suffering at the will of a world that doesn't want them to be

self confident, that wants to shun men at every step of the way.

Imagine how many young men are anxious, depressed, & hormonally fucked up on medications.

It saddens me to think about it.

So to any Young Men reading this:

Life as a man has always been hard.

But in todays world?

It’s even HARDER.

There are a lot of challenges you will face in life that the world around you will no longer help you with.

That’s by design, so you’ll be

a slave to those who just want to use you for your labour, and want your money for their bullshit medications.

So you can consume their meaningless products, and so you never break out.

You have to say FUCK THAT

You have to break out of their box.

You have to be unapologetically you.

You have to go against the norm.

The norm that hates men.

That wants men to be emotional pussies who can’t handle themselves.

Say FUCK THAT and

Unleash your true self

Since the day you was born as a man, it was your destiny to become strong and fulfil your peak potential.

You are not destined to waste away, consuming and working in a meaningless existence.

FUCK THAT

TAKE LIFE BY THE BALLS

BECOME THE HERO YOU LOOKED UP TO AS A CHILD

GOD BLESS

- KATA

If you fuck with this message?

Share it around ♥■

Linked below is the top tweet

Drop a retweet for ur boi

Let’s save some lives out here! https://t.co/5ytVbcWCaH

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>
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> \U0001f447\U0001f3fb
>
> — KATA \u03a9 (@KATATHEGREAT) May 17, 2022

This is the video I sent in the WhatsApp chat for those asking

https://t.co/yqLRRBUvFw