

My Friend Got it Figured Out

By

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INT. STUDIO APARTMENT- DAWN

STIMMY(19) a checked-out scruffian lemming, sits idle on a torn leather couch, he shakes, and his foot taps wildly. Stimmy picks up his phone. He stares down at a pdf of a craigslist roommate ad. He clicks on a profile of a potential roommate, gives a scour then puts it back down.

STIMMY

What am I gonna do?

He picks the phone back up, clicks through the profile, a simple man, top of his class, doesn't go out at night, 3 friends. He puts it down, a deep exhale.

STIMMY (CONT'D)

5 minutes...

A buzz on his phone, then the door bell RINGS. Stimmy's eye's bolt for the door.

STIMMY (CONT'D)

Just had to be early.

He stands up, dust himself off, walks off screen. CUT TO

Hold on a door. Stomping up steps can be heard, light chatter, a nervous chuckle. The door swings wildly open, Stimmy leads a TRUY(18), wide-eyed dough boy.

STIMMY (CONT'D)

I don't know, it sounds like you had a good morning though, with all that breakfast.

TRUY

Ye, Yea... I like this place...

Truy stands in the space, and gathers the room, a big mess!

STIMMY

Thanks...

The boys sit on opposing furniture, semi-circled around a large screen TV, an obnoxious ad plays. Stimmy shimmys for the remote and lowers the volume. TRUY gathers the room and rolls into the desk chair.

BEAT

STIMMY (CONT'D)

So... tell me about yourself?

Beat

TRUY

Uhhhh, well, hmmm. I just got here.

Forced chuckles. Stimmy laughs a little too loud, he shifts around and taps his foot.

TRUY (CONT'D)

I've been living in the loop for a few months, up over, at uh the hilt-

STIMMY

OH YEA.. I've got a good friend that liked that area, Johnny Jonsons ehhe you probably don't know him but you coulda bumped into him.

TRUY

Oh, that's cool.. I've got no clue who that is.

STIMMY

Oh he was great! We were gonna be roomates

TRUY

Oh, that's cool...

Beat

STIMMY

Ye we did everthing together...

He sighs

TRUY

Uhhh... where is he

STIMMY

Well.. it's sort of a long story, I

won't bore you.

TRUY

Ok.

STIMMY

But! we were roommates during a study abroad trip in Tibet, it was a peaceful time. The most interesting part was this week long meditation.

TRUY

Oh... that's a long time to meditate

STIMMY

YEA! it was, but this teacher taught elevated meditation 101. HA, he made us all sit in a room with our eyes closed.

Truy chuckles.

STIMMY (CONT'D)

But he's a cool guy, I mean, my friend. but I've barely seen my friend after that, he never opened his eyes again.

TRUY

Oh. I'm sorry

STIMMY

Oh it's totally cool, im ok. I've been looking for a new roommate since.

Beat.

STIMMY (CONT'D)

We should try it.

TRUY

What?

STIMMY

Meditation, like they do in Tibet, it'll be quick, then I give you a

tour of the place.

TRUY

Um, sure, I guess.

STIMMY

Sweet, alright, now what you gotta do is relax, that's the number one thing. So lets sit back.

They relax.

STIMMY (CONT'D)

Alright now. You don't need to close your eyes to meditate but if it helps you, go for it.

Truy keeps his eyes open but Stimmy closes them.

STIMMY (CONT'D)

He said, that you can do this at any point in the day or night, and it doesn't take long but it helps a lot. So next is breathing, and that's the mediation part, listening to your own rhythmic breathing. There's a specific count but its unique and individual. For me I like to breathe in for 6 seconds, then hold for 3, then release for 6 to 9 seconds. The SUPER important part of the breathing is airflow.

TRUY

Huh, so it's just breathing?

(Scoffs)

I do this all the time!

Truy tries it, he breathes in deep and holds it then breathes out quickly.

(Cont'd)

TRUY

See, easy.

STIMMY

Nononono you did it all wrong, here
lets do the next one together, I'll
walk you through it, it'll feel
really nice when you get it.

They prepare again, relax, both shut their eyes this time.

INT. ABSTRACT

Team effort for animations!

STIMMY (V.O.)

Now listen to my voice, and my
breathing. First you want to inhale
through your nose, for the air to
cool your brain and freshen it up.
Inhale until you've filled you
lungs, not quickly, not slowly, but
breathe. Let's try it. Just let go
once, you've got it, we'll move on
from there.

Stimmy inhales slowly, Truy follows, a six second count.
Truy exhales quickly and wheezes a bit, Stimmy exhales out
his mouth with control and cool.

TRUY

How can you inhale for so long, are
my lungs are just bad.

Stimmy chuckles.

STIMMY

Ha, no, it's just a bit of
practice. Now once you've got the
breath you want to hold it just the
right amount until your brain wakes
up, you'll feel it if you did it
right, for me it's about 3 seconds,
this hold isn't that long, but its
important. Now after the hold you
want to exhale slow out from your
mouth until you can't exhale
anymore, then start the next

breath. We'll try again with the
full cycle, you'll figure it out.

Stimmy starts his breath and Truy follows behind. A breath
in is a breath out, a rhythm of air.

INT. STUDIO APARTMENT- DAWN

They got it, a minute goes by, then suddenly Truy snaps
out of it and stands up, stimmy draws his last breathe
then his attention towards Truy.

Truy looks shell shocked, caught in a trance,

STIMMY

What.

TRUY

I figured it out.

STIMMY

What?

Truy slowly get's up and composes himself.

TRUY

Thanks for the tour, I've gotta go,
there's something I need to see.

Truy walks over to the door, Stimmy tries to get up and get
the door, but the door opens without Truy touching it,
Stimmy sits shocked, and Truy walks out, the door remains
open.

STIMMY

What the...

The door swings closed automatically. Stimmy relaxes back
into his chair and grabs the remote.

STIMMY (CONT'D)

Maybe he's going to go see my
friend.

CUT TO BLACK

TITLE: My Friend who Figured it Out.