29-Oct-12

1100: I did deep-breathing.

1230: I had breakfast; it was bread-POHA that is like light frying of mashed bread in oil, bad for the throat.

1310: I had hot-wash of nose; it had jelly-crap in it.

1330: I wanted to study but no concentration.

1440: I have been thinking like since yesterday that slick bitch is cute; it is maybe because of the royal-blue color over-size tee she is wearing. She jumps on even the slightest touch on her boobies.

1500: Fat-whore asked me for food; I said yes, fat-dick and slick-bitch were not eating then. She made the Roti but then acted like doing me like it was a very big deal and it’s not food but rather some kind of bound on the person who has to eat. I so fucking hate her.

1530: I was sleeping when I lied to study.

1620: I had tea in the middle of the sleep.

1730: I was up.

1830: I was studying.

1945: I sat to write.

2145: Amma came over to tell me for food, I tell her it is not night yet. She said she was just reminded me even though ‘it is still day out there’.

2200: I was up and had fruits and food.

2230: I sat and was up and roaming in ten minutes. I saw COMPAQ computer open outside and I just took it for Internet by chance. Fat-whore was using it.

2340: studying.

0220: deep-breathing.

Last night, I was meditating in bed while sitting 20 breaths and then I was lying and the thoughts would still come up, so I will have keep doing deep-breathing in the proper position. That is, back straight and to the bed, head down with eyes straight-up and no use of pillow, legs folded to form around 90-degree-angle under the knee and the knees in the air. Hands resting on the diaphragm, neither too low on the abdomen, nor on the chest to make the breathing more heavy and laborious. I do deep-breathing to sleep.

-OK