

don't get too comfortable here. it's not healthy/good for you to stay with her and let her remind you of all those things that hurt you. even when it seems fine, even when it 'seems' peaceful, don't get comfortable with it. you can sense the underneath pain and tension. let that be a reminder for you to work hard, work as hard as you can, to get out of here.

if you feel pain, let it be a reminder and motivator.
you can do better, and you should get out of here.

was playing the piano. turned to a more percussive sound, like vibraphone and played the c minor sinfonia freely. i was always nervous when playing that piece because i felt that i just couldn't "feel" the song, while trying hard to make it sound like something outside of me. then when i suddenly switched to piano, i could suddenly hear that much softer singing tone of the piano, and i was suddenly much more aware of the dynamics, and suddenly i could feel the piano was singing it. That was amazing.

maybe from time to time, play more freely at the piano. allow yourself to make mistakes,
then maybe you can hear the piano sing.

growing up. what do you want to be when you grow up?

it sounds like once you reached a certain age, everything becomes static and there is no more possibility.

well, the fact is that we never stop growing. we are always evolving, changing and growing "upper". there is nothing static when you get past teen years.

I am not against the notion of being responsible and mature of "grown up"s. Taking responsibility for oneself is one of the most important thing in life and key to self-mastery and freedom. the danger of the static "grown up" image is that it robs you the possibilities in life, makes life seem pale and lifeless. you are not done. you are still a work in progress. that takes much of the pressure off because it's not like once you reached adulthood, boom, suddenly you have to reach this perfect image that you envisioned as a kid. the fact is, for me, my personal and academic life turned out to be a huge mess, which was nothing like i had imagined, ever. i kept feeling bad and beat up myself over it, grieving over what had been lost and how i screwed up THE THING in life, how i failed to be who i should have become. (note: very "static" mindset.)

however, if i see life as a continuous growing process, and i am just a work in progress, then, BAM, i am back in the game. i keep learning, growing, and changing. I have not grown up yet, because i am always growing. ----- on the fear of ignoring your feelings. when trying to focus on the task at hand and let go of the obsessive/intrusive thought, had the fear, if i drop this thought, does it mean that i am ignoring my feelings? which might lead to big problems years later?

well, you had this fear a long time ago, when you were being abused. you agonized over every little thing that you felt, fear that you might otherwise ignore some "important" feelings/thoughts. well, for some weird reason, you suppressed all thoughts on the fact that you were being abused, which was THE problematic thing. isn't it funny? with all those precautions, you missed the THING that shouldn't be ignored and got drowned in all the irrelevant things?

well, maybe getting drowned in all those little things PREVENTED you from noticing that was REALLY going on. that fear might even be a defense mechanism that protected you from absorbing all the hurt at the moment.

so, now the question is: how can i be sure that i am not ignoring/denying any of my feelings?

well, you can probably have a good idea, but you don't know for sure 100%. whatever will be revealed to you when it's time. apparently getting caught in all the obsessive thoughts actually prevents you from noticing what was really going on. so, maybe it's better to just acknowledge whatever comes up inside, then keep doing whatever needs to be done at the moment. This is no 100% guarantee, but it's more likely that you will be in touch with yourself because you are in touch with reality, the outer world.

like today, while running, it came to me 'what does it mean to grow up? maybe i am still growing up!' and another realization... i didn't force it. it just jumped to my mind. something wouldn't have come up if i forced.

reveals to you when it's time. can't be forced. if your mind/body is really hiding an emotion from you, not likely you can find it in obsessive thoughts. the best you can do is, not drown yourself in thoughts. live in this moment. this way, whatever is there is more likely to be revealed as it is.

----- devote yourself to music

"Stimulated at the mere thought of turning a musical phrase with control and artistry, they approach their practicing with a religious fervor and a childlike enthusiasm born of an unconditional love. No one forces them to practice; they are drawn to it. Their lives, they admit unashamedly, would be meaningless without music. Such people, though they may be highly accomplished in their chosen fields, are in truth among the most devoted servants of music. It is they who dignify the status of amateurism." (p.283)

----- Get into the smart habit of identifying a challenge, sitting yourself down, and thinking calmly and sensibly about what might help.

my challenge: get drowned in the past, regretting the past mistakes. yes, it is a sad thing. and i can't do anything about it now.

well, what might help? what needs to be done NOW? focus on today. make it worth it as a cs person's day. ----- drink tea of forgiveness write program of love, zen read carefully. topcoder site. ack the thought. let the music carry it away, like a leaf flows away with the river.

hmm. was meditating, and the jazz music came out. then thought of that guru said do not listen to jazz. listen to violin. i don't believe that, but kept fighting with that thought. should i ? should i not?

he also said do not indulge in toxic thoughts, no matter what. i indulged in toxic thoughts a lot, and it's clearly against his advice and this didn't bother me. AND, i believe this advice.

if i have to go against one of those two advices, it seems that i am more concerned with the former than the latter. why?