Dear Diary,

What an interesting life we live. It’s funny how simply complicated things can be.

It’s always a trip to look back at my old diary entries from similar times years back. Apparently January is an interesting month for me. It seems to be pretty depressing as well.

I’m very curious to see which version of myself comes out on the other end of these 100 days coming straight from a bender of sorts..

I love drugs. I love feeling numb. I love giving myself away to the energy around me and letting go of everything.

Until I don’t.

Then I love reconnecting. Reawakening. Feeling *present*.

2020 will be a year of clarity.

What a wonder it will be to emerge from the fog (as enjoyable as it is to be down here).

We are at the cabin right now in Arnold California. I chose to not go snowboarding today because my body feels pretty injured after yesterday. I am feeling really great about taking the day to relax. I took adderall and finished my medium article to submit to Towards Data Science. I wonder if they will accept it. It feels more like journalism and an opinion piece to me… but I like it.

I love hanging out with Ryan, Yeng, Faris, Kato (Adrian), Nick C., and everyone here. But the Malaysians are just fucking incredible. They make it so easy for me to just chill out and do whatever I want to do.

Sam was getting to be a bit too controlling the last few days. He practically forced me to take over 10 bowls of weed on New Years which wrecked me for a few days, even while I was sick, and now at the cabin he tried to get me to go snowboarding two days in a row, but pushed me so hard on the mountain yesterday that I injured myself and couldn’t go today.

It’s weird how much I think about him and feel for him but at the same time get so frustrated by him. I feel jealousy when he pays attention to other girls… and I *never* feel jealousy for people. I think it gets to me more than anything else that I honestly have no idea if he ever could have feelings for me. Sometimes he acts like he does, and like he really cares for me… and other times he really acts like he doesn’t give a shit about me. It sometimes feels like I’m looking at a reflection of myself and how I treat people that I’m into. Sometimes giving them all of my attention and other times not even noticing them.

I think the most important thing here is for me to not change anything that I am doing. I don’t need to please Sam. I just need to do what I want to do and what is best for me, and make sure that I treat the friendship well. Then the universe will decide where my life goes.

I love Yeng so much. I miss him a lot. He is such a wonderfully introspective person and equally so easy to talk to and to be around. I really appreciate having him in my life. I hope he stays in it.

He’s writing a book right now. I think it’s going to be really good.

One of my new years resolutions is to try to watch the sunset every day. So far I’m doing well. I’m going to go outside soon and finish journaling out there so I can see the sunset.

Actually - I’ll just go now.

**IT FEELS SO FUCKING GOOD TO BE OUTSIDE IN NATURE**.

I’m having a really hard time coming to terms with grandma dying soon.

I hope she holds out over cancer as long as she can, but I also don’t want her to be in any pain.

I wish I could ask her a million questions… but I don’t know how.

I would love to know how grandma feels about death. I want to know if she is afraid to die, and what she thinks will happen to her when she dies.

I want to know what advice she would give to someone my age. I want to know what its like to grow old, from her perspective. What it is like to grow old with someone else and to have created a life with them, then to feel the pain of losing them.. And being alone in a changing world. Aging sounds scary.

I’m so glad my grandma isn’t alone though. The family spends so much time with her and it makes me so happy. I wish I could spend more time with her. I’m also going to try to include in one of my resolutions this year to call grandma more often, since the yoga class doesn’t really seem to be manifesting into fruition.

I am currently watching the sunset though, so there’s at least one check-off for today.

I love breathing the fresh air around me.

I love relaxing and having no expectations and no judgement. I love feeling relaxed and care-free. I love being open-minded. I am so *content*.

I’m pretty freaking young.

23 is seriously such a young age. It doesn’t feel like it to me in comparison to the rest of my life obviously because I am the oldest I’ve ever been… but I am also simultaneously the youngest I will ever be again.

Trippy…….

No but seriously, I am very young. I still have so much to learn.

One of the things that Peter said to me when I saw him last week was that he thinks there are many ways in which I am like a newborn baby still, and many ways in which I surprise him and seem more mature that he is.

I completely agree with that.

I haven’t been able to get Peter out of my head these last few days… he’s a really interesting person. I have a feeling he’ll stay in my life for quite a while.

I have also been really enjoying Ryan’s company. I think he has very pure intentions.

Oh how I love the golden hour…

La hora de oro.

Hoy.

Ahora.

Me encanto.

Yay my article was published!! I’ll probably wait until Monday to share it on my social feeds… oh what an interesting world.

I’m excited and happy that I still publish things that aren’t entirely perfectly polished. I share my life as it is and don’t claim to know anything that I don’t.

I think I’m going to enjoy the rest of my time outside here during the last tidbits of golden hour as the sun slowly sinks behind the tree-covered forest bed….

2020 is off to a wonderful start so far. I feel *me*.

More when the time is right,

Jess

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1/3/2020