\*From iPhone\*

Thought from Fall Quarter 2018

because I can’t visualize myself being able to actually see an animal killed in front of me and proceed to eat it, I don’t feel inclined to eat meat. This has a lot to also do with the fact that I want to feel close to my food; to know where it came from. I feel disconnected from meat.

\*Also from iPhone\*

February 7, 2019

10:55 am - on the flight from Bali to Bangkok.

1 hour of sleep last night.

It’s hard to describe all of the emotions I’ve felt in the last two weeks, two days, and even two hours.

I’m eternally grateful for travel and for my time here in Asia right now. Initially I was worried that solo travel wasn’t for me. I still don’t know if it is.. but I do know that I’ve been so pleasantly surprised by my last few days.

I decided to open up my heart and soul and shout to the universe and the sky for life. I’m not perfect. I have my hours and even days shut in and closed off. I have my hours of pessimism, fear, and reclusiveness. But it is the mere moments of connection with others, and with myself that move me beyond belief.

Standing at the Uluwatu temples looking down at the waves was such a profound moment for me. I realized that for the first time, ever, I had complete control over what I was doing. I felt so indescribably incredible while staring down at the moving ocean with the setting sun creating a beautiful backdrop. I never wanted to move, I never wanted to leave. I realized then and there... I didn’t have to. I could stay there for as long as I wanted. It took a moment, and then I realized that my entire life is that way. It always has been. And now more than ever, especially going into the future - I am in utter control over my actions, my choices, and my life. I CAN drop everything and simply practice yoga forever if I want. I CAN find a way to travel indefinitely. I CAN go to school, get a PhD, become a professor, and share my wisdom with the world. I CAN go home. I CAN stay independent and solo. I CAN find others to share my stories with. I CAN do literally anything that I set my mind to.

I’m only 22 years old.

I have my entire life ahead of me. If it’s anything like I’m setting it up to be, I have some crazy memories to make and absolutely wonderful stories to live, with amazing individuals to meet and connect with.

It really is the people you meet that make traveling feel whole. Including myself. Wherever I’m at. On good days. On bad days. In times of darkness. In times of sheer disbelief at the beauty of the world and those around me. I choose now and forever to meet myself where I’m at. To wholeheartedly accept myself, my choices, and the life I CHOOSE to live. For better or for worse, I’m HERE.

I cried earlier on the flight as I realized that me going to do yoga teacher training, IN ANOTHER COUNTRY, alone (but so surrounded by love)... is ME LIVING MY DREAM AND FOLLOWING THROUGH WITH ONE OF MY BIGGEST AND CRAZIEST GOALS.

Just thinking about everything ahead of me is bringing tears to my eyes again. I CHOOSE to live a MINDFUL life. Now, and whenever I can. I know it won’t always be easy, or even possible for that matter. But I am on a long journey that I started what feels like a lifetime ago. I’ve made a pact to myself to learn who I am, what I’ve got, and what the world and fulfillment and life truly means for me. I am making such positive steps to reach my goals.

One year ago today, if I told myself I would be alone on a flight BACK to Thailand, to get my yoga teacher certificate, with indefinite travel possible beyond that, connecting with locals, getting accepted into PhD programs for TECH ETHICS, with the world literally at my fingertips, tight within my clutch.... I would start sobbing. I don’t think I would honestly believe such beautiful words.

Oh, how far I’ve come in just one short year. And how much FURTHER I have left to GO.

I am so eternally grateful for this life. The goods, the bads, EVERYTHING.