\*From iPhone\*

Show de ka - cheers and good luck

Eek a mouse

Rude boy jamacan

Listen to bob marley

Police in helicopter by john hont?

Monk man for 1 month eat one meal a day

When you are happy you listen to the music and when you are sad you listen to the words

Malawi volunteer organization

Pizza boy hotel for next time

Jordie has a friend who’s mom and dad we’re addicted to drugs but she was taken by child services and is trying to find the six other siblings now, she had found two

Her other friend is her ex’s best friends gf who’s kids are now her god kids (well one of them so far)

She volunteered in Africa for medical teaching with an entrepreneur and the lessons were life changing. Teaching that gay men can’t get pregnant and what AIDS is and where to put a needle not to hurt someone and that sex won’t stop your period and to give implants to women to not have kids in secret so their husbands won’t find out... men security outside in a sleeping bag with a gun scared her

Go inside at 6 pm because hippos and crocs come out at night

Marcus knows the 12th most influential man who made a company for reselling or donating the 60% waste food in England

Sak was a monk, would wake at 5 every day and only eat one meal. Big snake in the road on the way to meditate in the morning.

He thinks that I think too much.

Marcus and jordie thought I was so wise, especially for my age.

Jordies ex was a drug dealer out of her house an she didn’t know and he got caught and she had to plead guilty to not go to prison and she lost her job and career and was banned from NHS (national health society) for 5 years... bad relationship

Talked about body image, love for others, Veganism, spirituality in killing animals, talking to jordies passed father through a medium and her hearing things only he knew, she’s the second best karate fighter in the world both men’s and women’s ....

Don’t forget great conversation with VP about Finland, or 3 hour conversation with Michael from cozy inn about tech and philosophy and mindfulness and greed and money and fulfillment and human made constructs...

Bike ‘broke down’

Found my way around the island!

Smoked soooo much weed, only actually bought one joint

Free peanuts and pad Thai

Going with sak tomorrow on his crazy bike around the island to secret places... his family is Rich and owns a lot on the island.

TODAY WAS FUCKING CRAZY.