Dear Diary,

My resting time is coming to a close. But how wonderful it has been.

I was NOT expecting the last two and a half weeks or so to feel so eye opening to me. I not only mended my relationship with Morgan, but I also got so much closer with Eric than I could ever imagine, and I came to a ton of conclusions about myself and things that I am going to need to work on in the upcoming months. I know that I have a LOT to do…. But I’m actually feeling pretty excited for it.

The most important thing for me to remember is that I AM IN CONTROL OF MY LIFE AND I AM IN CONTROL OF MY ENVIRONMENT.

I’ve created a ton of goals about controlling my environment, but how am I going to ensure that I control my life. This was something that I actually have been wanting to make sure I wrote down before the end of this break. It was something that I realized while on Acid more so than ever before.

My thoughts are my reality.

When I was tripping, if I thought that the backpack was heavy and that I didn’t want to go any further, the backpack would become ridiculously heavy and I’d have a really hard time walking even a few feet. But, when I thought “oh wow this backpack is so light! I feel amazing! I could run and it would feel like I’m flying!” Then I felt like the backpack was literally as light as a feather and my feet and legs were stronger than they have ever been.

Of course this idea was elevated at an exponential level while I was on drugs because of the nature of how they work. But, it did paint a good point about how this is also true in my everyday life, just at a much smaller (micro) scale.

When I look in the mirror, no matter what I see - I need to react as if it is the ideal version of myself looking back at me. I need to think that I am beautiful and truly believe it no matter what, and I will become that person. I need to think that my body is already being treated like a temple and amazing, and then it will be. I need to manifest what I want myself to be by thinking that it has already happened.

My thoughts become my reality.

Something else that I’ve learned a lot about during this break is my fear of the dark. I was a little bit worried about tripping or being high outside while camping at night, because the Gulch is so empty at night and there are barely any other backpackers in there - with no cell service or any way out that was easy. What surprised me though, was how at ease I actually felt at night. There was one point when I was in the tent, trying to blow up the air mattresses and Eric was going to get water at the stream so I was alone. I felt myself getting paranoid and feeling weird about being alone and scared of any noises I heard. I felt trapped in this tent and I felt claustrophobic. Then, I remembered that it was a mesh tent, and I could see out of it really well. There was a voice in my head (maybe Lucy and Molly speaking to one another, or just me manifesting the thought myself) but they were saying over and over again, “Turn it off, you just need to turn it off, turn the light off, just turn it off.” So for once, I listened. And I turned the light off.

The world was suddenly pitch black and I was very worried for a second or two. Then, my eyes adjusted and the moon shone through the tent. I could now see the bags next to where we were. I could see the hammock we set up. I could see the wall of rock we were next to. I could see almost the full canyon. I could see the stars. The sky was lit up by the moon and the ground was reflecting its brilliance. I felt so relaxed. I wanted to keep my light off. I had never felt so comfortable to be alone in the dark at night outside by myself ever. It was amazing.

The first night that I got back from the trip I slept with my light off in my room. It was the only night I was able to do this, but nevertheless a huge step. I know that it will be a long process to get myself over my fears of the dark, but I definitely made huge strides this break.

I have so many things that I want and need to implement in the coming months.

It’s going to take a TON of organization and planning and following through and (hopefully barely any) will power and connection and support and leaning in and mindfulness and thoughtfully living - but no matter what, I know I am going to get through this.

I’m not only going to get through this, but I’m also going to THRIVE.

Spring Quarter 2018 - bring it the fuck on.

Let’s do this.

Jessie J. Smith

Age 21