JUST HAD A CRAZY REVALATION!!!

I was high and looking at myself in the mirror attempting to admire myself after masterbating and I was looking intensely at certain parts of my abdomen that have some extra fat rolls or just more mass in general since the summer. I noticed myself beginning to critique them and imagining myself a few pounds lighter (or many pounds lighter), when I paused.

While visualizing myself as skinner and without those small fat rolls on my stomach and rib cage, I asked myself -- okay, you did it, you took the pounds off and got skinner… now what? What did that do for you?

I began to interrogate what losing a few pounds would *actually* do for me. Would it make me more popular or liked by men? Probably not **nearly** to the degree that I am assuming it would. Would it make me happier? Not if I’m starving myself to maintain that lifestyle. Would it make me healthier? It could be a byproduct of being healthy, but it could also be a byproduct of not being healthy. Also I am healthy now and I currently have those pounds, so healthiness does not correlate with less small fat mounds.

I thought about if I were to make $300,000 in a year for every year. If I got a salary that large. At first I’d be stoked. Then after a while, I’d ask -- for what? What does that do for you? Once my parents retirement is saved for, and once I pay off my student loans, and after I subtract living and saving expenses… what does that extra money *do* for me? Why do I want it?

The answer to this question is the same answer to the question about getting rid of my fat rolls.

I want it because society tells me I want it.

I want to be skinny because **I am told to want to want to be skinny.**

I want to make a lot of money because **I am told to want to want to make a lot of money.**

The power of the mind is INSANE.

I need to think about this more.

But realistically, I don’t think all of my life problems would be solved if I shed a few pounds. Not even slightly. So why am I idealizing this life where I shed a few pounds and suddenly all of my worries in the world go away and I never have to worry about food again.

No. Instead my time is better spent cultivating UNCONDITIONAL LOVE for my body in all of its forms.

A much healthier and more productive habit.

Thats all.