

The image is a circular collage. The outer edge is filled with a continuous, flowing text in a cursive, black font. The text discusses personal growth, spirituality, and the search for meaning. In the center of the circle is a vibrant, abstract illustration of a human skull or face. The skull has a luminous, multi-colored aura around it, with shades of blue, green, yellow, and red. Seven black five-pointed stars of varying sizes are scattered across the image, some with radiating lines that suggest light or energy. The overall effect is one of a dreamlike, spiritual, or metaphysical vision.

more and more i have been feeling a good sense of distraction. this distraction is not the tempting flight of escapism or keeping myself suspended in stasis. what i have felt is a sharpened understanding of now. now is not a single point, but rather a generous opportunity for many things to occur simultaneously. \*

understanding that now is capacious, greater than a fleeting flash of light and perception, has allowed me to be increasingly present. i can reflect upon my life not as a line but rather as a loop of reinforcing activity. the anxiety of reaching milestones melts away. put simply, i am trusting the process. i have always felt as though i have not advanced as far as i could or should have, whether that anxiety is directed towards my career, my social life, or my creative identity. i have come to realize that having fixed notions of self, achievement, or lack thereof only apprehends. i am stretched across time – indebted to my past and blessed by my future. being everywhen means that i am always where i am meant to be – and with that comes peace. \*

where does distraction come into play in all of this? it is not so much a state of mind but rather a state of being, moment to moment. allowing oneself to distract is to fully internalize the fact that nothing is sequential – accordingly, the sequence and timing of anything is more arbitrary than i once believed. note that this is not a doctrine of procrastination. stagnation begets no movement, whether you are traveling on a line or in a loop. continuously aligning with myself, my now, i am free to chart the path toward my own future, since flexibility and mobility come hand in hand. i vow to live a life of change. \*