The good humor of the Buena Vista Social Clubs pianist. Stairway to the stars. Openness to music, or without headspace for it. Alexander techniqure parallels with Qi Gong. Rooting. Relaxing. Constructive rest. Body Awareness. Kineasethetia, sixth sense, 3rd eye. A rolling stone. An intuitive education.

Need to start day with stretch or run. Chcange mindset. Change state. Oxygenate. Reorientate.

Sober achievement.

I tried to leave, but failed to realize that once one has left they still need to leave continuously when the other party won’t let you go.

Tech learnings, Chinese practice, guitar and song writing, writing, fitness and body work, socializing, family rearing, finding the happy things,