6/27/2022

Feeling low and mean and calm and hungry. Wanting to study. To work. To get the fuck out there and get a job. It is okay to run into our limitations. It is okay to be a personality. It is okay to settle into yourself. It is okay to play host. It is okay to write slowly and move slowly.

I feel officially over drinking. Hanging out with Anders make me feel officially over weed smoking too. He loves getting stoned and gaming. I have tried to use weed to go deeper with my physical practices, my writing, my music, my meditation.

I have chased the alcohol and weed dragon as far as I would like to. Two nights ago drinking abouts a twelve pack of Daisy cutter. Then drinking a four pack of tall boys over the afternoon. And then some wine and a little more beer with Anders, ended the evening just having to pee. Resisted the weed smoking in Ander’s garage.

He is appetites and consumption. I am appetites and consumption. What can we learn from all of this. I drank my fill and now I am full. I smoked my fill and now I am full.

The definition of insanity is doing the same thing over and over again and expecting different results.

We are wounded. It feels like we are more wounded than we have been in the past, but again I didn’t live through the sixties. Plus, we weren’t quite as wealthy then as we are now.

Mainly I just need to get a job and start forging my new identity as a programmer. A mensch. A more extraverted and external version of myself. Expanding into the future where I will eventually dissolve.

6/25/2022

Having people make jokes about the insanity of my process. Easy joke about artifacts with red strings running between them. Jokes about piles of yellow notebooks filled with hand written ravings.

Leaving one context to enter another. Creating you own context.

Hitting a bug and having it feel like an existential crisis-- what am I doing-- too old for thism not enough time, not enough resources, wherewithal, concentration, inteeligence, organization, memory, mathematical intelligence, discipline, patience, passion, vision, consistency.06/21/22

^ Sorry for being so techy... was still growing my shell back.03/11/22 | 0 | 03/11/22

^ My procedural pain is a shadow of what my wife and women kin have been through.03/01/22 | 0 | 03/01/22

^ Thick Nhat Hanh-- tik nyaht nahn-- mindful waling meditation"02/23/22 | 0 | 02/23/22

^ Wonderfully grounding morning. Closeness with wife. Good grounded chat with my mom. Solid stepping into my chosen work. Leaning into the experiment. Letting it wash right over me.01/29/22 | 0 | 01/29/22

^ I feel super low and have all week. Feeling beaten down and overwhelmed. Plodding forward where I feel like I should be confident and excited. I am slowly, slowly ascending this pitched cliff. Grieving everything that I have left behind.12/31/21 | 0 | 12/31/21

^ We depend on one another to stay in our lanes, or at the very least attempt to change langes gracefully.12/30/21 | 1 | 12/30/21

^ We need the capacity to feel dumb (catch a punch right in our nose) and not fall completely the fuck apart.12/30/21 | 0 | 12/30/21

^ We must relinquish our fire for water.12/30/21 | 0 | 12/30/21

^ Too much fire energy--- early in December- hitting table with Helena climbing on me, throwing bowl to silence bickering daughters, throwing book when Helena poked me in the eye while we were reading, having to walk out of the toy store because I felt like betsy was not communicating in a productive, collaborative manner (is this a THC withdrawl rage, a stretched thin and depressed rage, or just the way my old dumb head works)-- COMPASSSION12/30/21 | 0 | 12/30/21

^ Feeling really low... strong and low... but low. Getting low. Lowering. Tried and high road. Now we go low.12/29/21 | 0 | 12/29/21

^ I have AGENCY.12/22/21 | 0 | 12/22/21

^ Escaping a character means, to take away its special meaning.12/22/21 | 0 | 12/22/21

^ DECIDE-- you have to decide: couldn't decide if I should be stretching or reading or doing housework or coding-- caught in self-conscious loop- blocked out of flow state.12/13/21 | 0 | 12/13/21

^ from 11/16-- overcoming personal neurosis in order to enter flow state.12/13/21 | 0 | 12/13/21

^ Finally clearned off desk and now have full access to the window-- never cover windows!!! Block door-- feels so much more open working at desk. Keep dest clear!!!12/13/21 | 0 | 12/13/21

^ yamana / yaghan : depression, crab sloughs off old skin/shell, still forming new one.12/10/21 | 0 | 12/10/21

^ Good mood most of the day. Pushed through a notebook of writing and felt uplifting by processing through it. Ended up adding in Song lyrics and some additions to a few older projects. I like that I have older projects. The dream is now-- full employment in tech with a bit of time around the edges to keep writing and developing all the different tendrils that I have layed down.12/06/21 | 0 | 12/06/21

^ Helena making a mess with cereal. Esme composing a story and keeping me updated. betsy possibly fighting strep throat is lethargic in the other room. I try and focus on a bitches brew of regex, ruby, sql, js, etc...12/04/21 | 0 | 12/04/21

^ Read like a codependent book... WHY???... why can't I let go... making other people co-dependent to your habits. Family. Friends. Distance. Give up. Churn of culture. Churn of ideas.12/04/21 | 0 | 12/04/21

^ Any limitations you feel in connecting with people-- Thanksgiving with Bec and Sam, and Miles and Pete and the Debs stopping by. I am under a lot of stress. I haven't dealt with it the best (too much chemical barrier), but I am making an effort to connect with people and settle myself and accept others and myself and get over this existential dread-- buried in so much inertia-- responsibiliies, ignorance, bad habits, etc.11/27/21 | 0 | 11/27/21

^ Mother wiht a low self-esteem,b ut a deep conviction of inate rightness, makes one a fighter with many perceived threats.11/15/21 | 0 | 11/15/21

^ Humility and confidence; arrogance and shreaded self-esteem;11/15/21 | 0 | 11/15/21

^ A breakdown is not merely a random piece of madness or malfunction; it is a very real — albeit very inarticulate — bid for health and self-knowledge. It is an attempt by one part of our mind to force the other into a process of growth, self-understanding and self-development that it has hitherto refused to undertake. If we can put it paradoxically, it is an attempt to jump-start a process of getting well — properly well — through a stage of falling very ill.11/15/21 | 0 | 11/15/21

^ In the midst of a breakdown, we often wonder whether we have gone mad. We have not. We’re behaving oddly, no doubt, but beneath the agitation we are on a hidden yet logical search for health. We haven’t become ill; we were ill already. Our crisis, if we can get through it, is an attempt to dislodge us from a toxic status quo and constitutes an insistent call to rebuild our lives on a more authentic and sincere basis. It belongs, in the most acute and panicked way, to the search for self-knowledge --Boton11/15/21 | 0 | 11/15/21

^ That cliff will always be there-- don't fear it, but also keep in mind where it lies.11/15/21 | 0 | 11/15/21

^ To be solid and have a settled mental state you need to have a sustainable system of production and support.11/15/21 | 0 | 11/15/21

^ Chase the positive-- resilently. Share the positive. Tragedy, injustice, things to fight and struggle against.11/04/21 | 0 | 11/04/21

^ I haven't held it completely together. I have gotten wobbly and lost. WHat to make of all of this-- Alain Boton on the importance of breakdown??11/03/21 | 0 | 11/03/21

^ SPoke with dad-- again zero questions about my life... lots about running and Gladstone happenings-- getting pumpkins, Dan Paul and Bourbon and garlic and Aunt Mary Perry's huisand dying and being buried in Erie.11/03/21 | 0 | 11/03/21

^ Keep heading ahead, Ron, keep on heading ahead.11/02/21 | 0 | 11/02/21

^ Loneliness-- heavy, unmotivating, fragmenting, without a center, without a settled place.11/02/21 | 0 | 11/02/21

^ Discomfort of passage-- not there yet, but certainly not where we once were.11/01/21 | 0 | 11/01/2