[**Current log**](#current)

[**recipes**](#RECIPES)

[**stretches**](#STRETCHES)

[**barefoot running**](#BAREFOOT)

**pain**

**WELLNESS**

The real progress really only began when I turned to the weakness and accepted it as a guide. – Rumi

Your body is the sacrifice. Your mind is your sacrifice. You offer up your body and you offer up your mind. All for a little bit soul. All for a little bit of soul.

“There are no limits. There are plateaus, and you must not stay there; you must go beyond them. If it kills you, it kills you.”  Bruce Lee

Wellness is coping with life effectively and maintaining satisfying relationships.

You are but what you are in the all.

Our health always hangs in the balance

* Breathing well and aware
* Well-hydrated, well-nourished, well-rested
* Stretched out, settled
* Hopeful, engaged, active

**attention | interface**

*engage being*: root into the moment

*confront pain*: draw it out

*welcome joy*: draw it near

The grace of being who you are—

A Divine Light,

Is the manifestation of health

The cure for the pain is the pain

The reconciliation of mind to the conditions of life is fundamental to all creation stories… and all acts of creation.

1. Become grounded and centered by the Tide in the stillness of Primary Respiration.
2. Allow transmutation of unresolved patterns freeing our awareness of Eternity with the movement of creation.
3. Spiritual tools for maintaining neutralization
4. Spiritual anatomy and chakra system: functional centers: the interface between the Tidal body and Physical body through the endocrine system
5. Present to health in self and patient

Quotes:

* Sit ups/push ups/running: move because it makes you feel better and your corpse coat isnt’ getting any shinier.
* “We can incrementally shift the direction of our impulses toward the next best thing, rather than the worst, and not become consumed by regrets, but informed by them as they guide us forward toward the more necessary part of our nature.”

**CURRENT**

**03/20/2022:**

**Solid stretching day-- stances, hanging, settling, floor, porch rail, loft. Flexibility is strength.**

**Gentle. Stationary, but using sustained, subtle strength to built connections. Grow like a tree. Counter contraction, gravity, hunching.**

**03/19/2022**

**Begin and end you day on the floor stretching.**

**Begin and end your day by achieving extension.**

**02/15/2022**

**Finding spots on my feet with the lacrosse ball that activates up through my lower back and into my upper back between my shoulder blades and even into my neck. Also activating ankles and Achilles as I anchor with one foot, finding different positions at various levels of extension on the ball.**

**The “scarecrow” / “Little Christ” back pose has been feeling really nourishing. I feel like I am building up my shoulders.**

**02/14/2022**

**Increase energy, focus, make my work sustainable. Help conform my body and my mind to this kind of intellectual work. Become less injury prone. A better breather. Better problem solver. More proactive about health and time and organization, but also more patient and flexible, better sleeping habits, a more “put together” body, better awareness of injure and disfunction.**

Diet

Exercise -- light consistent-- flexibility and strength through connection, extension and contraction.

Body maintenance

* Emphasis on balance and myofascial release
* Self massage
* Acupressure (lacrosse balls)
* Stretching out stiff ankles and tight feet-- intentionally rolling ankle.

Know you body. Maintain your body. Potentially add years of [orductive years to your life. Not to mention life to your years.

Myofacial release-- why does it work. It is breaking down tissue. Why does breaking down tissue promote healing? I realize I don’t really understand the healing process.

02/13/2022

Why do you need the chemical crutches of caffeine, THC, and alcohol?

Stretching and grounding.

Rooting sanely loosely coupled.

Less chemically contingent

02/12/2022

Named the stretch of Damen between Irving Park and Lawerance -- that mile we travel back and forth on all the time to get esme to school, its one of my consistent jogging routes. Northin along Ravenswood and then over to Damen at Lawerance for a two mile loop or up another half mile to foster for a three mile out and back loop.

Qi gong running.

Barefoot running

Sandal running

Pulling

Pushing

Running over self

Running within self

Way less pounding on knees.

End up stretching sometimes while I am running.

Core more settled-- running feels like more or a core workout.

Upper body is more relaxed.

More stable on ice and snow because my stride is much more compact and my center of gravity is tighter, less forward searching.

Feet stayed warm, despite just wearing cotton socks and sandals. Being able to flex toes up felt key to keeping them warm and then the initial snap of cold was a great motivator to get coming and keep up a nice clipping stride. Generally, but the end of every run I am radiating heat and shedding my gloves and hat, even when the temps are in the 20s-30s.

Running stoned.

Stretching has been a huge difference. I stretch all the time now. I used to just maybe stretch a little bit right before I ran, but now I generally don’t even stretch out before I run and I feel good because I have this constant stretch going on. Its taken some doing and probably a pandemic and almost two years of being unemployed, but of all the Covid fallout, habits, and errata I truly hope the stretching sticks around. I think it will. It truly feels like a practice now.

**02/12/2022**

Connected to our organic machine.

**01/22/2022**

Fire energy, water energy (kan and li)

Ball and rope

* Extension
* Pressure
* Engagement/stimulous

**Humble… no jokes, get low, consolidate.**

**12/14/2021**

The crab, the valley, the mountain, Qi Gong, too much fire, the water art, the laughing buddha, the desert, the knowing, the unknowing, the becoming, the destruction, the darkest most isolated and stressed and separated and addicted and ad and self-recriminating, ball of nerves, feeling naked without a wall of protection, shell and so on, the Mary Oliver-- wise Mary Oliver quote about not having to go to the desert to reconnect with people. Emily posted this poem I think. rooted, *I am a strength built in stillness and silence*.

**12/06/2021**

Pop, click, deeper sinew stretch, tissue stretch, tissue squash, tissue shift.

I need a little Christmas describe our Christmas details, Thanksgiving, stretching in the living room. Some context for stretching-- aging, retail body brutality, injuries knee (child), Achillies, Tarot readings, Chinese, ruby, javascript, HTML, CSS, bash, rope, floor, doorway, ball… list and list and depict and if anything starts to seem a little to manic, then abstract it. Theme of PRESSURE -- stretching attempting to defuse this tension.

Try and capture a shadow of that breakdown-- mental collapse while at the same time pressing ahead-- completely lost my mind because of the political and cultural and economic realities of the times, and my time in specifically.

My most pressing issues-- career transition and getting my mind and body right to pull the transition off successfully, repairing damaged relationship with family and wife. The stress of close-quartered child-raising in a time of uncertainty. Attack the drawn out discomfort of having to fight my way away from my kids in order to do something that was really truly challenging and demanded my full attention and therefore ignoring of them in order that I could become a more stable person and a better breadwinner.

Shattered attention span-- quasi-compulsive/compulsive writing that dominated and disrupted my time without producing anything tangibly finished or polished or edifying. Anything to draw me into sustained and nourishing relationships with other people.

I’m just a dad who codes-- this is my wish. Keep saying it, keep saying. Keep repeating it until you believe it. Until it is true.

The Christmas Song I need a little Christmas to structure looking back over the last 18 months

* Good running shape,
* Gearing up to code-- tarot poetry-- readings
* Ruby
* Knee injury
* George Floyd
* Oak street looting
* Getting let go by the Razny’s
* HTML, CSS, JS
* Burnt out September-- feeling alcoholic, pot hazed, not good shape physically, not running much, not writing, suddenly come September 2020 I am writing like crazy-- a flooding burst-- the Obsidian stone has rolled over and we make some advancements and listen to “Carrie & Lowell” and start to gain distance from my mother and then blow up with my brother and my mother feeling attacked by them in the boiling run up to the 2020 election. All the stupid rhetoric and I am trying to track it, stoned, alone, in my room trying to purge myself of passion so I can dispassionately study computer programming. Amerikana, Mother, and A failed attempt and all these scattered thoughts (PIECES) that I have attempted to sweep along with me

Tight hip abductors

* Latissimus dorsi
* Hip abductors (above and below pelvis)
* Gluteous maximus

**11/18/2021**

Physical crisis-- the sores on my legs from sitting tensely too long, my back and neck tension, my knee injury, my Achilles, my costochondritis, my crash diets, my weight lose (30 lbs. down at one point), weird tongue growth thing.

How do you put a sure but human firewall between you and the rest of the world?

Mental crisis-- have at times felt very rundown, loss of interest in things, loss of wherewithal to do extra things-- go out, buy gifts, follow all the way through on a writing project, or get a letter in the mail. A defeatist, incomplete drag has been keeping me from fully clicking and connecting with the world at large. I believe that I will emerge from this as I am able to reenter the workforce. And I believe I am emerging from this my confronting my writing production and taking the next necessary step with it. The pathology is the process.

Focus == low periods of concentration == cold-blooded, distant, unavailable, impatient, selfish, insulated, composed, lack of emotional wherewithal for social interaction, the collapse of my social life, not in the same rhythm as the people around me, my extended family.

Like many people I feel buried in my personal stress. I feel isolated. I feel buried in my partners stress.

**11/17/2021**

**I am open to love.**

**I forgive myself and others.**

**I love myself and all human beings.**

**I have an open heart.**

**11/07/2021**

Tissue feeling more moist. Less creaky. A little crunchy, but also a little “squirty”, like there is more room, things are on the move and attempting to spread out a little bit.

**09/28/2021**

Ways to feel good

* Exercise in the morning.
* Don’t drink too much.
* Don’t smoke too much.
* Be interested in other people
* Accept that it is okay to practice needlepoint.

**09/17/2021**

Body has been in rough shape. Felt like just as I began deep diving with coding, my body would also start falling apart. How do I maintain this balance of code focus and body maintenance. I would identify my posture as being a huge part of the problem. I was not supporting my lower back and really not working it out that much. I have to building up abdominal strength and back and arm and leg strength. We follow our pain and weakness into our future strengths.

Left hip-- very tight, very tight left buttocks.

Left under forearm-- very tight.

Lower back protests on bending and supporting weight

Tight Achillies

Up left shoulder tightness-- probably a knock on effect from my lower back weakness.

This is a low point-- would love to get back to “normal”.

Need to, going forward, avoid long periods of poor posture. Get up and down. Much more floor time. Much more stretching while I could and consciously supporting myself and my core while I work. ***Stretch writing*,** *Stretch Coding*. Making the act of working at a keyboard just a bit more athletic. Holding the block between your legs at different widths with your feet firmly planted below and yor core engaged. Let’s see how long I can do this.

And he asked the old man how to write and the old man rambled on about a typewriter boxes having to be just the right height and your legs needing to be walked out this much and this and that bill had to be paid, preferably a couple months ahead in the bank. It helped to have the door closed. TO have a window open. The hush of traffic, a city, the sea maybe. Wind in trees was the best. He could always see the articulation of leaves in wind the best. Light helped, soft light, not too glaring on his eyes. Aging eyes. The right stances being crucial for making things out clearly now. Too close to some things, too far from others and forget. It might as well be invisible, he couldn’t make it out. The fine print was all beyond him. It took too much concentration.

**09/02/2021**

Left calf still feeling prohibitively tight. I really haven’t tried to “work” on it too much, rolling it and what not. I should and see how it responds.

Did feel some kind of a shift yesterday when I was jogging. Like a slightly new level of recovery.

**INCLINE MOD** and a solid session of **VERTICAL MOD** had me feeling well put together and comfortable in my skin.

**08/12/2021**

Ran again in Xero’s – about 3 miles. Good zip. Nice to be up on toes. Felt like a hustle in the heat today, but that was good. Significant seat out.

**08/11/2021**

Have done several 5ks in Xero sandals. Really enjoying them a lot. They are more comfortable than I expected and it feels like a major paradigm shift from my footwear preferences.

**07/28/2021**

Ran 3.1 around Graceland in flip-flops with rope securing them- 9:00, 8:40, 8:20—felt very good and exhilarated despite it being quite hot. Looking forward to receiving Xeros!

Body in general is feeling very good.

Feeling social and up for reaching out and connecting with people. Weight under 185 lbs.

**07/27/2021**

Ran in sandals for several miles (3?) and then barefoot around Welles Park and then back home, stopping off at the square to jog around the grassy knoll and do some stretching. Aside from a somewhat tender left big toe my feet are feeling really good. My ankles and knees too. They feel worked out. Ordered a pair of Xero sandals on-line yesterday. Excited to receive them—it would be nice to have to protection against the sticks and stones and glass shards that might be out there in the wild world.

**07/26/2021**

Ran barefoot for the first time. Did 3 miles, mostly jogging, but also walking. Ended with stretching at the square on the Astro turf.

**07/14/2021**

I had a good stretch session this morning and was feeling like I am on a new plateau of stretching and not having to think about it—just having it happen. Intuitive ideal. How do you consciously chase an intuitive ideal.

* Flexibility is strength.
* Agility is control. (strength is control… flexibility is control)
* Extension counteracts (acts against) contraction.
* I am a strength gathered in stillness and silence.
* A strength composed in stillness and silence.
* There is only one stretch.
* Diet
  + Fewer calories
    - Especially from sugar, carbs and beverages.
    - “a vegetable eater and water drinker”
    - More greens and vegetable.
    - Be general to allow it to be relaxed, yet productive.

**07/06/2021**

Wonderful stretching session this morning. Long through hips, long through torso. Long hamstrings, strong legs pushing into the stretch. Arms upraised or pushing against a railing or a post or clinging to a rope. Holding. Writing. Thinking in my mind. Coding break. Mind wandering. Following the silence. Feeling the sun. Thirsting for water. Fasting in the hot morning.

Shoulders and middle back have been feeling so much better… open, loosing. My neck cracks are looser too. Productive soreness, asking for extension in hip—connecting leg to torso—through hamstring, hip flexor, side muscle, spine.

**06/26/2021**

Goal: more **humming** and **breathing**!!!

**06/08/2021**

The 3-3-3 rule to slow thoughts, mitigate brown out and racing thoughts

* Name three things you **see**
* Name three things you **hear**
* **Name** and **move** three **body parts** (touch three things)
* What do you **smell**?
* How does your mouth **feel**?

05/24/2021

Left shoulder and shoulder blade feeling so much better today. Outside of a few aches every now and then, the left shoulder blade area which had just been a driving source of tightness and tension, while it still feels a little tense and sore, no longer has that deep internal driving pain and stiffness to it, which made writing and concentrating really hard. I feel like it is right there and I should probably stretch it out now that I am thinking about it.

Did a really good floor stretch last night. Got my forehead down to my knees. Found a really good feet together, lean to left or right from the hip stretch, very effective using the rope as leverage to increase the tension of the stretch and also engage my upper body as well.

05/23/2021

Still wearing my same old birthday suit—though I’m starting to bulge through my skin cape

And I’m certainly thinning in my hair cap. Enamel wearing down and browning

5/22/2021

When it is hard—

* Not having wherewithal to play with daughters or do classes with her.
* Betsy depressed, moody, short, physically suffering
* My left shoulder—tight, pulling, intense, acute pain.
* Addiction confliction—still the same old turmolt with alcohol and pot.
* Money—osciallating between feeling like I have some things figured out and the feeling like I have nothing figured out at all.

Cross Arm stretch.

04/16/2021

What does good health look like to me? Can you get healthy on your own path? I have arrived at a place and it feels very dark right now. Light and dark. But dark because it is beginning to feel like a cycle that is offering very little forward momentum though I know the momentum is there and I can feel it, I am not convinced that it is fast enough to fit within a comfortable timeline of getting myself gainfully employed in the tech sector. My urge to write has become a bit of a drag because there is this sense that I absolutely do not have enough time to do it no matter how much time I give to it. And Coding is feeling that same way recently. As is Chinese. These infinite demands grind against my withering flint of my limited resources. Good health right now looks like not feeling like this. Feeling up to the task and clear on the task and balanced in my pursuits and settled in my search. Good health looks like a calm, sobriety. Stretching. Jogging. Writing letters. Laughing with my dad.

04/12/2021

维达默： maintain achieved silence

04/09/2021

And so I am scheming how to get my good body to soberly receive the inheritance of my good work.

In the future I will have a new attitude towards substances. More relaxed and non-chalant, ultimately more sophisticated. Less dependent.

Will I have enough energy, focus, organization, creativity

**I promise you-- cutting back on weed and alcohol and caffeine will bring an increase in all of these things.**

Meditation, right silence, left up(extend)

Flexibility is strength.

04/06/2021

***Breath***—well—air – mind

***Drink***—well water

***Eat***—earth, body

***Fire***—movement, sex, activity

Breathing well and aware, well-hydrated and rested/refreshed, stretched and grounded, active and engaged

Air- breathing, sitting, stretching, studying, thinking, household maintenance

Water- good hydration: not too much alcohol, not too much caffeine.

Earth- stretching, diet, balance

Fire- active, connectedness, laughing, crying, emotion, writing, sex…

Breath, drink, ground, act

And all this process was ever meant to do was to catch those revolving thoughts. Having fun, reaching out, collecting, organizing, crafting, expressing, breathing, drinking, grounding, settling, staying active.

Air- breathing, sitting, stretching, studying, thinking, household maintenance

Water- good hydration: not too much alcohol, not too much caffeine.

Earth- stretching, diet, balance

Fire- active, connectedness, laughing, crying, emotion, writing, sex…

Breath, drink, ground, act

Sending my mind to faery, entering in the dark chambered room-- entering in the skeleton cupboard, digging a new well from the sediment of our undone existence. Ebb and flow-- water-- home-- being-- needs-- breath-- breath-- ground-- move…

Inward with

“common wit” (common sense)

“imagination”

“fantasy”

“estimation” (instinct)

“memory”

Sensible -- reasonable-- imaginative (memory / intelligence)

Phatasia: imagine Alexandria (fictitious), imagine Carthage (real)

De Anima faculties of the soul

5 Aristotean senses

Sight => fire

Hearing => upper air (ether)

Smell => lower air

Taste => water

Touch => earth

Sense without names-- hearing, sight, smell, senses of heat and cold, pleasure, pain, desire, and fear.

Cold water with lemon. Warm sun on my skin. Stretched sinews over my bones. Doing the skeleton waltz once again.

04/04/2021

Shin and foot sores—pathology, cause

Lies— pathology, cause

04/04/2021

Listen to my tongue:

* No smoking, no beer, no sugar carbs
* Better dental hygiene
* Lower stress (breathing)
* Better hydration

This year overcame

* Knee, hip, ankle
* Back, neck, shoulder
* Leg sores (circulation)
* Achilles heel
* Costochondritis— chest tightness, parallels with heart-attack

04/02/2021

Am consuming very differently these days. No meat. No take out. Noticeably slimming down.

Stretching has changed my life. It has connected my body to my intellect—my body to my mind.

**03/31/2021**

What can you say to one’s shortcomings? Stop? Improve? Find a better fit? Reboot the way you work. The way you are. The way you play.

Air—Breathing => exercise

Water – drinking => hydrated? How?

Eating— eating well => what are you cooking?

Playing— what are you playing at?

Resting— how are you sleeping?

Air—

Water— nourishing, hydration

Fire— food and activity

Earth— rest, yoga

States: gases—liquids—solids—stretching- waking—resting—meditation—strenuous activity and concentration

Breath: in through the nose, hold, out through pursed lips, grounded to the floor, spine, flat in resting extension…

**03/30/2021**

Have been eating a fairly Spartan diet of late— trying to eat a lot of greens and eggs and other proteins, avoiding carbs and processed sugar

Stress—necessarily cloistering myself soff from the ones I love in order to get into a mindset to complete the work necessary to support their lives and provide for their future. Loving their present selves and loving their future selves as well.

The tension between work and family. Getting myself to the table has really been dragging on me. I am so tired of it. I am so tired of it. But I am not giving up. My mind is transformation. I have to believe that my mind is transforming. Look at my brother. My mind is transforming. I am changing. The change is coming. The change is unfolding. I simply must continue to believe. And Strive and so forth.

I have a hunch that my caffeine consumption amplifies my anxiety.

Year on year—from my 3rd story apartment to my 3story place of employment. All that walking justifying my walking commuter beer. Or drinking a tallboy in the park in front of the New Berry library.. The pool all empty.

Have you been paying attention to

* Chakras?
* Energy release?
* Stretching to build strength
* Breathing

Align-guide – guide-align

I am open to love. I forgive myself and others.

I love myself and all human beings.

I have an open heart.

The 5 good addictions:

* Rest
* Play
* Food
* Water
* Air

NO MORE BULLETS!!!

**Diet:**

Cranberries

Raw almonds

Coconut oil

Turmeric

Ginger

Greens

Eggs

Dairy

Berries

Cruciferous vegetable

Broth

Thoughtful about carbs

Thoughtful about processed sugar

I have been in a chrysalis and now it is incumbent on me to emerge.

Tides move in and tides move out— your baseline needs and rhythms are accessible and maintainable— listening is important and breathing and resting and nourishing.

Stout-hearted dedication

Rooted in discipline and love

**03/27/2021**

Tongue gets tingly when over-caffienated… whiteness still hanging on mid-tongue.

Out of a super good stretching routine. Feeling tired and fatigued. Haven’t even been out for a walk this week… since Monday maybe… is this part of the process or have I given up. Trying to get over that conflicted feeling of this.. no this… no this… and simply allowing all needs and wants and desires to settle and for me to take them in stride and engage with them in furn, fully and with connection.

Between the 1st and the Ides more or less did a THC, Caffiene, and Alcohol fast. I really liked the results. And found it interesting how caving on one brought on openness to the other two. I would like to get back to a stimulant/depressant free path. I do believe that going for stretches without the influence of these substances is very healthful and is becoming more of a conviction that working in their absence is an important aspect of my maturity, development, and the process of becoming and being that I have been engaged in my entire life… that was accelerated a year ago when the shop closed, and then at the end of May when the shop was attacked, and then in July when I was given a hard layoff, and then in August when I decided not to pursue the Harry Winston opportunity, and then in September when after an intense July and August my need for writing and bringing my writing along with me exploded and the infinite notebook which had withered and all but disappeared redefined itself (it had been redefining itself all spring as it became the backbone of my web development curriculum). The single flow. The I/O stream. The single I/O stream where I can learn and learn and compare and articulate and engage and find that sweet spot upon the spectrum of hope and ambition and complacency and uncertainty and second guesses and despair.

The emptiness fills.

The fullness empties.

And how to deliver the mind and the body to a good place, a hungry place, a necessary place, a humble place, an accepting place, a place of perspective, a Plymouth rock, a north shore, a granite slab to perch my being upon, a collection of recollections to sustain my point-of-view but keep it keen, circumspect, agile, open to the new.

02/26/2021

Chakras Vedas: 1500 b.c. – 1000 b.c

Unblock via yoga, posture, breathing practices, meditation

Crown: awareness (violet/white)

3rd eye: intuition (indigo)

Throat: communication (blue)

Heart: love (green)

Solar plexus: power, self-esteem, self-confidence (yellow)

Sacral: Sexuality (orange)

Root: grounding, identity, stability (red) (tree pose, mountain)

A strong mind supports one’s values

I have repressed, repressed, repressed and now I am seeking a more mature Emotional Bowel Movement routine.

My neck bruise, directly over my voice box. Was that from Esme hanging around my neck? Parallels with my knee injury last spring which catalyzed my workman like dedication to stretching. The pain directed my effort to get my body back. It worked and I got better, but then I ditched the stretching and doubled down on my zombie trotting and pushups.

02/24/2021

Have NOT been humming or breathing… need to get on this!!!

02/22/2021

Do you believe that leisure sitting will really kill you?

02/14/2021

Belly has slimmed considerably from a year ago.

02/10/2021

Common terms describing holding stress in the body.

He makes me sick to my stomach.

My boss is a pain in the neck.

My co-worker gives me a headache.

[Nathaniel Branden](http://www.nathanielbranden.com/), the founder of The Psychology of [Self-Esteem](https://www.psychologytoday.com/us/basics/self-esteem), insists that we must accept all our feelings without censorship; we should never disown, deny or repress any part of our experience. He points out that to deny our feelings is to keep ourselves in a perpetual state of internal conflict. The more you distance yourself from your feelings, the more disempowered and out of touch with your true self.

Anger in Lower BACK

If you sit on frustration, the lower back is a common place for storing repressed anger. For relief, learn to constructively articulate frustration and address conflicts with others in the moment. Sounds simple? Believe me, it’s not. **Learning to harness the power of anger and turn it into a creative force is key to living a dynamic and rewarding life. Strive to convert anger into assertion, express it constructively, not destructively. You’ll be rewarded with a surge in**[**confidence**](https://www.psychologytoday.com/us/basics/confidence)**, energy and healthier relationships.**

**Stomach-intestines:** The more you can express the fear in words, the less of a hold it will have on your body.

Heart and Chest: hurt

Headaches: loss of control

Neck/shoulders tension: responsibilities and burdens

Fatigue: resentments: Resentment stresses your entire body and does more damage to you than the people you resent. Blaming others, playing the victim, reliving the events–these are the empty calories of self-expression. Resentments keep you from living in the moment and experiencing the benefits of being present. When you focus on those who wronged you, you are giving them free real estate in your head. Instead, try to focus on [forgiveness](https://www.psychologytoday.com/us/basics/forgiveness), or at the very least, moving on. Strive for more fulfilling relationships, add a healthy dose of self-care, and you’ll feel years younger in no time.

**8. Breathing Difficulties: Anxiety**

Breathing difficulties, a [panic attack](https://www.psychologytoday.com/us/conditions/panic-attack) that leaves you gasping for air, a suffocating feeling when [anxious](https://www.psychologytoday.com/us/basics/anxiety). These are the symptoms I’ve noticed in folks who are repressing great sadness. They don’t want to cry and avoid [mourning](https://www.psychologytoday.com/us/conditions/bereavement) heartbreaking events. Instead, they choose to repress sadness, move on and focus on something else. But restricting tears is a lot like holding your breath. When you finally cry, it comes gushing out; equal parts pain and relief. Freeing bottled-up sadness is like sucking in a dose of fresh oxygen. It’s refreshing and liberating!

Oppressed people are not allowed to have a voice. If you grew up in an oppressive atmosphere, speaking your mind or expressing your needs was dangerous. You also carry around a harsh [inner critic](https://www.psychologytoday.com/us/basics/self-talk). As a result, as an adult you tend to withhold feelings. When you have the impulse to speak up, you resort to your childhood tendency to silence yourself and repress your voice. This clash between the impulse to speak and the impulse to withhold causes much tension and often manifests in throat and voice problems. In therapy, I’ve found that journal writing is a great way to expose your inner critic and start talking back to it. Also reading poetry out loud (poetry has a profound connection to the [unconscious](https://www.psychologytoday.com/us/basics/unconscious)) is a way of gaining confidence in your voice. Hopefully, you will soon realize you have the right to be heard.

Time and patience are key to recovery. Surround yourself with friends who understand that.

Reach out to friends, find support groups or twelve-step programs, seek comfort in prayer, [meditation](https://www.psychologytoday.com/us/basics/meditation), or [philosophy](https://www.psychologytoday.com/us/basics/philosophy)—whatever brings you peace of mind. Instead of longing for a miracle, create one.

Take a break

Learn from it

Create

Move on

02/05/2021

**Strength in stillness.**

**Strength in silence.**

Groundedness on path.

01/30/2021

2020 recalibrated our trajectory. Reset our key relationships. Reaffirmed our sense of health and well-being. Found a more grounded place to move from. I’d been floating and fliting and searching for a new foundation and now I’d found one. More solid and optimistic than the last one. More life affirming. Better equipped to navigate the toxic messaging that floats on the wind all around.

Performance is ego.

Stretching—pain, dwelling in pain. Somehow it releases something. Tension. Soreness. Endorphines.

01/28/2021

**YOGA**: to join, to unite

01/19/2021

Guitar playing felt amazing today! Body opening up!

01/15/2021- THE IDES!!!

What is the connection between depression and the bodies inflammatory response?

01/13/2021- ordered OMT reference

Osteopathy:

“Wellness” – the body contains all elements to maintain health if properly stimulated.

Osteopathic Manipulative Medicine (OMM); Osteopathic Manipulative treatment(OMT)

* Relieve pain
* Restore range of motion
* Enhance body’s capacity to heal.
* What are the Osteopathic ideas on bodily energy, i.e. qi
* Long nerves connect spine to organs
* Detecting abnormal texture of skin and sort tissue a diagnosis can be made an manipulative treatment can be employed to return the nerces and noral structures to their natural, healthy state, allowing the blood to flow freely.

Still — Able

Balance breeds balance

Pain leads the way

Yoga seeks to build strength, awareness and harmony in the body and the mind

As the ancient writers have said, it is the vital force or [prana](https://en.wikipedia.org/wiki/Prana) which is spread over both the macrocosm, the entire Universe, and the microcosm, the human body... The atom is contained in both of these. Prana is life-energy responsible for the phenomena of terrestrial life and for life on other planets in the universe. Prana in its universal aspect is immaterial. But in the human body, Prana creates a fine biochemical substance which works in the whole organism and is the main agent of activity in the nervous system and in the brain. The brain is alive only because of Prana..

* Breathing: PRANAYAMA
* Pursed lip
  + Relax neck and shoulders
  + In through nose
  + Out through pursed lips
* Diaphragmatic
  + Lie on back knees slightly bent
  + One hand- upper chest; one hand below rib cage
  + Inhale through nose feel stomach pressing into hand
  + Exhale pursed lips
* Breath Focus
  + Sit or lie
  + Awareness of breaths
  + Alternate normal and deep breath, notice how each breath enters, exits
  + One hand below belly
  + Let out loud sigh with each exhale
  + Combine with imagery, words for renewing in; inhale peach and calm; exhale tension and anxiety.
* Lion’s breath
* Alternate nostril breathing
* Equal breathing: in and out equal length
* Resonant or coherent breathing
  + 5 full breaths / minute
  + In: 5 count; out: 5 count
* Sitali
  + Breath in though rolled tongue; out though nose.
* Deep breathing
  + Elbows slightly back to open chest
  + In through nose
  + Out through nose
* Humming Bee Brearh
  + 1st fingers on tragus ear cartilage
  + Exhale w/ fingers gently press
  + Keep mouth closed make loud humming sound.

Wim Hof: breathing guru (Marcus Recommendation)

1. Get comfortable
2. 30-40 deep breaths (deep, but quickish, powerful)
3. Breath deeply, let air out hold until need to breath
4. Big breath in hold 15 seconds.
5. Cycle through 3-4 times

* Poses: ASANA
* What is Kyengar yoga?
* Meditation:

CONCEPTS:

* Muscle energy PNF in PT
* Biomechanics- exercise physiologists
* [Rib-raising, manipulation](https://hal.bim.msu.edu/CMEonLine/Autonomic/Sympathetic/Treatment/RibRaising/start.html)

*Magnified dreams*

Dreams of manifestation in image form of the energies of the organs of the body in conflict with each other. This organ wants this, this organ wants that. The brain is one of those organs.

The ground of being and the organs

Muscloskeletal

*The Pocket Manual of OMT*

Yoga writings

Pete Egoscue

Rong Mei Lu’s book about bone health

12/19/2020

Costocondritis/heart chakra very tight the last short week or so. Last two days pain/discomfort motivated me to get stretching again. Feeling rewarded. Need to keep it up!

Ultimately stretching and breathing will replace my dependency on THC to find a daily flow.

After smoking a joint I am compelled to hum from my low throat and chest, centering vibration of breath release around the tender/sore rib/sternum/back area.

Body feeling stretched and balanced; agile and connected.

In stretching and meditation we try and slow things down and lean towards that time that is no time, an enduring state of being. That high level of concentration that takes you “out” of yourself by grounding and settling yourself so deep “in” yourself. The Catharsis of sports. Physical activity. Movement. Strain. Stretching. Exertion. Effort.

01/14/2021

The subtle body. Yoga helps you access the subtle body and work on the stresses and tensions there in. Writing helps you access the subtle mind and work out the stresses and tensions there in. Yoga and writing have become symbiotic for me, each other informing the other, each on giving the other form and purpose.

01/06/2021

**Meditation**:

1. repeated word— sense or non-sense.
2. Repeated topical word to coalese imagination and intellect around a particular theme or set of interrelated themes.

Indolence creates certain kinds of weakness, but so does diligence.

Ground, connect, extend

* Activate (stretch, massages)
* Hold firm, against resistance

Write, sunbathe, luxuriate, dine, design, dream, imagine, play

01/04/2020

Practicing strength.

Practicing breath control.

Calming to breath.

Calming to work through what you need to get to the work that you need to do.

Making small changes where need be.

Chasing the dragon with improving practices.

My life, a sort of Nordic hope ode.

Big, bold, loving of the day.

Strong, expanding.

Letting the glow flow straight through you.

01/03/2020

Lower back feeling good. Working on hip to low back connection.

Making progress with sternum and directly behind back tightness.

**OPEN – SETTLE -- STAND**

12/10/2020

Stress:

* Disorganized body stress: YOGA
* Disorganized stuff/information stress: digital reordering, system establishing
* Eliminate unnecessary environmental stressors (we only have so much wherewithal)

11/24/2020

*Twisting Wind Angel*

Arms out straight, twisting, engaging Costochondritis. (05/12/2020- Costochondritis has been resolved for months now, but lets not forget what a big fucking, uncomfortable deal that was!!! So uncomfortable, a very concrete expression of your anxiety and dragged with weight.

11/09/2020

D.O. expert in bones, joints, soft tissues (ligaments, tendons)

Osteopathy: research and practice: Andrew Taylor Still

*Osteopathy:*

Ideas of spiritualism(1867)

“Burned over district” in upstate New York(1840s)

Millerism, Mormonism, Spiritualism, Swedenborg 1688-1772

Andrew Still MD, DO 1828-1917

* Attended baker university
* Company F of Cass County
* Home Guard of the Mission calvary (Union)- defacto surgeon
* After civil war, wife and 3 children and an a adopted child died of spinal meninghitis (1864)
* Concludes orthodox medical practices were frequently ineffectual and sometimes harmful. i.e. arsenic, castor oil, whisky, opium.
* Came to believe that disease caused by disordered musculoskeletal system.
  + The Philosophy and Mechanical Principles of Osteopathy
    - 1) a person is a unit of body, spirit, emotion
    - 2) the body is capable of self-regulatory, health maintenance
    - 3) structure and function are interrelated
    - 4) Rational treatment is built upon body unit, self-regulation and structure/function relationship.
  + Muscle Energy
  + Counterstrain
  + Myofascial or neuromuscular release
  + Ligamentories articular release
  + Osteoarticular adjustments
* Discoverable organic laws of the body
  + Mechanical principles
  + Molecular activities
  + Metabolic processes
* Body can recover from displacements, disorganizations, derangements and the consequent diseases.
* Equilibrium of flow.
* He desecrated graves of Native Americans by removing remains and dissecting them.
* Ideas of spiritualism(1867)
  + “Burned over district” in upstate New York(1840s)
  + Millerism, Mormonism, Spiritualism, Swedenborg 1688-1772
  + Spirit Rappings popular song from 1853
  + Timothy Pope Master Energy practitioner.

11/14/2020

Retching at the inflection point where we stretch beyond our moribund form.

11/13/2020

**Core Link**:

* connection between the base of the skull and the sacrum or coccyx via the dura mater.
* “Central Tendon”: A Fascial String that runs through the body from the base of the skull to the pelvic floor, but is located anterior to the spinal column in the superficial and deeper-lying fascial layers of the body and does not include the dura mater.

11/11/2020

Chakras are an abstraction. They represent a connection to different processes of our body. We do not understand how these processes work, but we do have some idea of what they are. We have obfuscated the complexity allowing use our intention as our interface.

**Attention is the interface**

11/06/2020

1. Become grounded and centered by the Tide in the stillness of Primary Respiration.
2. Allow transmutation of unresolved patterns freeing our awareness of Eternity with the movement of creation.
3. Spiritual tools for maintaining neutralization
4. Spiritual anatomy and chakra system: functional centers: the interface between the Tidal body and Physical body through the endocrine system
5. Present to health in self and patient

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Gland** | **Secretion** | **Governing** |
| Base/Root (**Muladhara**) | Adrenal Cortex | Epinephrine, Actions | Survival (am) |
| Sacral(**Svadisthana**) | Ovaries/testicles | Ostrogen/testosterone | Development (feel) |
| Stomach, navel, solar plexus (**Manipura**) | Pancreas | Insulin | Metabolism (do) |
| Heart (**Anahata**) | Thymus, throat | Thyroxine | immunity (love) |
| Throat(**Vishuddha**) |  |  | (speak) |
| Brow(**Ajna**) | Pituitary | Somatotraphin | Growth (see) |
| Crown(**Sahsrara)** | Pineal | Melatonin | Body Rhythm (know) |

Purpose balancing meditative mantras,

Mudras, asanas, food, crystals, essential oils.

Waking up feeling good. Still have tightness in mid-back up into shoulders. Realized yesterday that I haven’t had the old “have to get out for a run” feeling lately. My yoga seems to be burning through my pent up energy. **What is “pent up” energy**? How do we understand potential energy in the human body? Belly to chest breathing and single nostril breathing have both been really good! What are these body shimmers of energy.

What are body “shimmers”, “tingles”?

10/30/2020

Chakra: if we block our feelings or do not speak our truth we may be unconsciously impeding our healthy energy flow.

**CHAKRAS**

===================================================================

Lam | Base or Root | base of spine | MULADHARA | “I exist” | pink/red

I am safe. I am safe on Earth. I am safe on my path.

=====================================================================================

Vam | Sacral | lower abdomen | SVADISTTHA | “I desire” | orange

I am connected to my community. I am connected to my family. My sensual sexuality serves as fuel to my creative endeavors.

==================================================================================

Ram | Solar Plexus | upper abdomen | MANIPURA | “I control” | yellow

I trust my intuition and guidance, and follow it wherever is leads me without question or hesitation. Wisdom

=====================================================================================

Yam | Heart | heart/center chest | Anahata | “I love” | green

I am a divine expression of unconditional love. I truly love myself. Love is all that I am and ever will be. Unconditional love of source is my birthright. I am compassion without feeling sorry, or bad myself. I forgive. I keep perspective. I keep grounded.

=====================================================================================

Ham | Throat | throat | Vishuddha | “I express” | blue

I speak my truth feely and openly, being honest with myself and others. I am safe. Safe to express myself truthfully. My honesty attracts what I need on my path. Power.

====================================================================================

Sham | Third eye | forehead | Ajna | “I am the witness” | indigo

Aum / om

I am connected with celestial love that runs through my vessel and life. I trust my inner wisdom and have total clarity on my path.

====================================================================================

Om | Crown | top o’ head | Sahasrara | “I am that I am” | purple/white

Ah / Sohan

Release, listen

**Meditation Hand Formations.**

* Index to thumb: GYAN MUDRA => root chakra, “seal of knowledge”
* Middle to thumb: SHUNI MUDRA => “seal of patience”
* Ring to thumb: PRITHVI MUNDRA => root- primal instincts, “seal of earth”
* Ring under thumb: SURYA MUDRA => “seal of fire”
* Ring, pinky to thumb: PRANA MUDRA => “seal of life”
* Right hand over left\*: DHYANA MUDRA => “seal of meditation”

\*(palms up, right in left, thumbs create triangle)

I am transmitting/ releasing anything that doesn’t serve my highest purpose and my path today.

10/28/2020

Costochondritis on my Mind

* Comfortable quiet position
* Sit and let tension release from hips
* Sit tall
* Asana practice
* Sucasina => neutral
* Give self permission to feel.

10/23/2020

Sobriety- my piety, my variety of virtuous pagan. You ever read Beowolf? Its Christian, but all biblical references are to theOld Testement.

Rest, stretching, meditating, writing, gifts of the IDES

Enhanced sobriety will improve my concentration, give me better stamina, better health in general, better temperament, more easily regulated emotional landscape, more wherewithal for everything.

When it is hard I will do something indulgent like watch a Chinese drama in the middle of the day of\r something or just read Hemingway or write poetry.

Morning mediation and stretching. Do it!!

Yes, sure, get cardio, but get your body stretching. Release the tension and strain. What are you releasing here. Why does stretching feel so good. Why does Massage and being touched feel so good. How do we keep these sensors open and receptive and lively and life embracing? How do we maintain a sustained sense of well-being and mental-emotional balance.

10/05/2020

CROWN - understanding, consciousness: “I know”

3rd EYE - intuition: “I see”

THROAT – communication, creativity, healing: “I speak”

HEART – love, home, balance, flexibility: “I love”

SOLAR – energy, higher self: “I do”

SACRAL – intimacy, emotions, boundaries, addiction, trust: “I feel”

ROOT – sex, grounding: “I am”

**Recipes:**

Uncle Ari’s Ginger-Turmeric Elixer “Ginger gets you out of your seat, Turmeric keeps you on your feet”

* 16 oz water
* 4 shakes ginger
* 4 shakes turmeric
* 1/8 tsp salt
* 2 tsp honey

1. Simmer ginger turnmeric and honey
2. Chill
3. Add lemon
4. Serve over ice

**Stretches:**

Stretching has changed my life.

It has connected my body to my intellect—my body to my mind.

1. Child’s pose in sun
2. Helio’s embrace—expand, embrace, affirm, actively love, contract, consolidate,
3. Stand facing the sun
4. Warrior pose, arms extended rounded body posture—you are a vessel welcoming in the warmth and nourishment of the sun
5. Breath deeply and embrace the warmth offered by the sun and draw it close to you in an embrace. Embrace yourself.
6. Bend at the waist to extend embrace into a lower back, hip-stretching pose.
7. Repeat: this time when you are open wide, extend, stretch and think of a loved on living or deceased and think/pray affirming thoughts about them. Complete the embrace of that person and enjoy the warmth of their embrace in return.
8. There embraces combined with the stretching of my back and legs release some wonderful tears of love and anxiety release and guilt release.
9. Statue of Liberty
   1. Reaching up with arm.
   2. Extending stretch through back, along spine, through hip and into same side leg.
   3. “Hang” opposite leg
10. Forearm Floor Time
    1. Working from pushup position run through numerous stretches and extensions. Finding tension throughout body while gently building arm and upper body strength. Can optional incorporate full push ups at various arm widths as well as general planking.
    2. Hanging legs from hip
       1. With arms in pushup position extend leg outwards and hold
       2. “hang” leg from hip, bending spine and positioning leg to fine tightness, gently exploring with the guidance of gravity and body resistance the tightness and weakness in hip and leg connections.
11. Ankle roll-- planted leg, roll foot outward and find good pressure exertion up leg and into back.

**Vertical Mod** (hips, back, shoulders, arms: extension, balance, gravity)

**Vertical Mod with railing** (hip and pelvis and groin, with leg lift extension focus)

**Vertical Mod with extension up** (pulling leg up and behind you and then hanging it from hip)

**Horizontal Mod** (on floor-- arms , core, )

**Head Stand Mod** (neck, shoulders, legs, balance)

**Incline Mod** (arms, ankles, feet)

Focus on hips and opening shoulder/neck box, maintaining small muscles, core strength and balance without unnecessary strain or excessive mechanical repetition

Focus on *Flexibility is Strength*

Focus on *Slow Stretch, longer holds*

Focus on *Cord Pop* (building up of tension through focused stretching until I can crack my neck-- to release the tension? I feel like this is contributing to greater flexibility, but I am not totally sure. I do have some concerns that like cracking your knuckles it could have negative side-effects, but at least in the short term I have not noticed any negative side effects of doing the neck popping-- which I was doing so much just a few months ago, but have slowed down in recent weeks. It was weirding me out a little bit that I would do it-- subtly hopefully-- in public sometimes. It truly had become kind of a compulsion, but one that had improved my ability to casually and unconsciously find stretches even in a relatively relaxed standing position, building up enough tension for a neck-pop release (which again do we know that this is 100% productive or are we just developing some kind of weird nervous tick?)

Stressage: focus myofascial release

* Promote healing
* Release pain and stress
* Identify weakness and pain
* Connect body and mind

Seeking elements: sun, wind, rain, water (refreshment, positive, nourishing stimulation)

Meditating on elements

**barefoot running**

danger

concentration

pain

sensation

grounding

strength

agility

calm

rhythm

courage

anticipation

judgement

meditation

thought interruption

The catharsis of running

The catharsis of stretching

12/06/2021

Feeling the most stretched out I have ever felt with significant movement and settling and opening in my hips shoulders and neck. Fingers and hands and feet and toes feel good as well!

10/24/2021

Neck and hip very tight

09/15/2021

7:45 a.m.

Happy Ides Campers!

Just as my left Achilles tightness was resolving itself, this crazy back flair-up has me suddenly questioning my entire health. It was precipitated by a day of slouching on the couch through the morning, ensconced like a royal millennial on the sofa. And then in the afternoon I had wedged myself into the workroom, feet up for circulation, but back and hips contorted out of align. A jog and a stretch mid-jog and then no stretching after and my back began to crumble. My hidden pain of coding quizzes.

But then the pain that it has produced is leading me into new levels of concentration and creativity with stretching. Finding new spots. And now the most obvious one of all. Stretching while I write. For the first time I find myself stretching while I write. I find a grinding purchase with my left buttocks and feel the pull up into my left shoulder blade. Leaning forward into my left leg which is supported by the toes of my left foot, consolidating a connection of toe, ankle, knee and then knee to hip at the point of contact with the chair. Again my body weight gently regulating the intensity of the contact, the extension. Really trying to rest into the resistance of the stretch. Feeling that strong, focused, support moment. Breathing into it. Subtly twisting into the tension. The twisting is mostly happening in my upper back, but I bounce the tension in my legs between my left and right hip, shifting my weight and slowly pulling back on the sinews running through my back. My left foot is higher than my right foot and my right foot is further back and I am upright at the key board and I sort of bow forward.

Then I think up the word stretch writing and I begin writing up a model to for this kind of writing, of what I mean, entail, etcetera.

I am feeling hopeful and positive and I want to write Becca a letter and thank her for her visit.

Coming back to the stretching and working-- starting to write my firs made from scratch app. Testing it and everything. Testing as we go stretching as we go!

Stretch writing-- this is a gift of the IDES.

* Letting self-fulling concentrate.
* Setting reasonable minimal time-- uncompromisingly hit that mark (and then ride the consistent momentum that that small commitment generates, we are creatures of momentum and rhythm, no?)
* Could use EARTH, WIND, FIRE, WATER model
  + EARTH
    - Grounded-- sitting or standing, body engaged.
      * Engaging the body as well as the mind in my work.
      * Beseeching the wisdom of the organs.
      * Following the subtle body
      * Aware of pain
      * Balance
      * Understanding seasons
      * Draining, shifting
  + WIND
  + FIRE
  + WATER

PAIN

“There are no limits. There are plateaus, and you must not stay there; you must go beyond them. If it kills you, it kills you.”  Bruce Lee

04/02/2021

How serious is the pain—when you focus on the pain it becomes more intense, more serious. When the pain is peripheral it seems to be less serious.

Accumulative… accruing information.

Stretching has changed my life. It has connected my body to my intellect—my body to my mind.