

3-27-2025

Source over all else! The pleasure of handwriting and creating upon the page and the play with words again here we come back to the practice after having gone somewhere on a physical journey and how do we integrate that and the daily action in our life. One word after another toppling and when my thoughts have run out of what to produce where does the inertia stem from - does it matter. The action itself of writing seems to reinforce and launch off the ability to write which if one is stuck in thought then has trouble becoming a reality. Back to some other basics breath, posture, light hand, loose grip and uniformity of height and spacing - balanced with the need to also allow flow and step aside and go into wherever the source of these thoughts rest and see what is inside that box and if there are stories to be discovered possibly shared. This expedition on page and into my writing is a gateway into the working mind. I often do not feel as if it is my thinking mind which is putting together these words or aware of where they come from, in which order and the process of choice for one over the other or which language to think in and what comes next that is the sensible part of it all. The runners and yes perhaps of you dirty lovely pool yes speed may play a role in all of this and how the process works. This is all information primarily in the hands of the steering machine which is responsible for steering and operating the machinery for capturing thoughts and making sure the basics like breath, penmanship and posture are top of mind for getting a quality product from the ink pit to Co-2 pen. Indeed there is a rhythm and a dance to writing and letting the word pull the ink

and consciousness drift as the human being is set to record and work to interpret the experience of original thought creation and this floating process happening on the page and the wonder of it. And yes the massive amount which must be picked up and recorded, to find the very few strong together gems that will be remembered oneself in search of those words which might shine bright for eternity. Breathe, posture and loose moving pen. If I lose my way that is an easy way back into the game. And who doesn't want to see a beautifully written line of text as art like graffiti on the written page. How easily the loose creature might wishes to write in its own hand and of its own volition moving in novel new way creating new lines and loops from once well worn paths. Every thing fly and all keeping close to see how it feels to be in the groove where a metaphor would be a blink of the eye and the training leading up to that sharp how to truly write and generate content. Completely my charge if I should take more hold of the reins - dictate some direction but, often it is better to keep going keep the flow and see what neighborhoods we come across on this ship and journey, and running mission cruising through a vessel that is able to tune into human consciousness and seek to find the connections, the forgotten memories and how much can be loaded into effect and color the content input like spices for flavoring or color for emotion. Breathe and come back to the page focus on relaxing let the pen make its own journey and discovery breath and record the experience. When I become distracted like in meditation there is the primary the

pump, starting over and looking for the space so that means
you have to be writing and have motion be braiding and
putting from life's ~~bother~~ consciousness and of scribe
be quick to stay on top of the wave but the entire
structure and meaning be lost in the undertow of
current ~~from~~ washes away all memory of where
they needly had begun on the journey of this recorded
life into the place from which they were made and eyes
with it don't force it to produce but from the body
the hand to have awareness for the practice of writing
in order to keep up with the rhythm of thoughts
and to stay at the crest of the hundred and one
that power and gathering of movement and the
pull of thoughts from the pitiless as the sink
searches for gold nuggets in a washbasin of
consciousness. But to return time and again
seeking to sidestep self and have brief glimpses
of deeper and something on the inside yet ~~emerge~~
this is the same reason fishing and exploration
are fun and you don't know what you're going to get but
even want to spot the action or position for thinking
of what you might stumble upon and dip or decide
it'll come out on whichever wave. Important
part is learning how to catch fishes enjoying that
ridgeline and what you want to make
with it. Just know you are caught as much as
you try to be free there are so many hooks and
mirrors and false paths leading to alternate
truths and the questions themselves often
require the same - breathe, posture loose hand

keep it looking good let the flow move things forward
there is no need to rush and get action is always behind
and finding the next greatest discovery & beautiful
word-story, idea, or creation can drive and motivate
and have to also be seen and not let sleep too much
into the process or any part thereof from the reflective nature
of the action. Just keep on going and the rest will come.
This is what have faith means. And it is testable and
a provable phenomena - have faith in yourself and do the
work and just hope when of course you've got enough practice
racked up and the light smile hangs on your face for another
day to pass. Impermanence is everywhere. Change
and Chaos the rulers of universe and all
things we are of. The way of the warrior the path
runs along many lanes and can take passengers from
many vectors all aboard and you are off. What works for
one likely is not meant to apply for another and you don't
to learn from the experiment of life what it is for you where
you feel it is the right thing and feels the right way and you
know what you are meant for and tapping into something
much older much greater in search of that thing that
stately reward and yet along the way finding the way
safe and victorious that along I shall the struggle
of what is on this page which through practice like
layers and the ability to go deeper and to new depths
I wish to find new ways with language words the symbols
of our present day meaning. I shall succumb to the let
moving and trying to disturb and dissuade from the
pining myself on you and what of time goes to inspire
the movement across the page. How important it is to finish
and to break things up.

It is an incredible amount of work and takes effort and dedication
and muscles and stamina. You work with what you've got and
sometimes you've got to make do, but always keep moving and
stay active and involved. Travel out of your comfort
and you will know more than ever just how much we have.
There are places we can think of from our past strong emotional
connections to lower centers close to where we want to
be living. They mind like the Universe is more vast than
can be understood and has many levels and layers and even
refers to things can save all from a lifetime to first
to perhaps finding one piece of happiness in the
gray matter which is not so much all of the constructed
of any I'm as the most intelligent know and ever have
done pre-constructedly recognized washed up flimsy
receptacles of or around can in so many ways not better
to even see what newness can be created or so
difficult to ask is it even possible to stop
any enough to allow mind machine to produce
without the life judgement of the recorder to
stepping in to color every frame of the roll.
Roll, roll, roll, life rolls on. Ever expanding and all
are forever meaningless on the cosmic scale and a
small part of something much greater. We are part of
a time and a season that label to come
has just yet been seen where we are going next
and for what reasons but know there are
my attempts a plenty and it is the explorers the
sages who are truly living their greatest
lines by going in to that truth being good
of a depth and length which itself is the goal to see
the possibilities of what might be all

to press on and let nothing dictate the pace shape
meaning or message. Time and what is produced
is all my hope and if you can bottle energy or
a moment in time, I wish it a memory. An intense
feeling. Sun on a new carpet. Breath, loosen grip

and keep the flow going. Life is beautiful and so is
living. It's all heaven and hell. When I started
today I had no idea where we might go or for how
long how much time I really had or where I would end
up but I think to get started to get there and
after my last page reached the end of the end
of another notebook another month another quarter
to another season and I hope I'm a little more
patient, wiser, smarter, kinder and brighter
from my efforts and I've helped one or
someone along the way with my journey.
It's along in with more than many things I might
otherwise find as clearly as a Rose Mineral
or the occasional thing that might give up some
organic jewels but even then it is easy
to find the fake stuff and the common stuff
not forgetting most of the time you are in
for the long haul and just need to get comfortable
and enjoy the ride. The bumps you are down
the tightest and furthest and the complete
breakdown and restarts and stay
the course and what it is for you
and go deep into all the way there
with it. Today is the day and action
is never late but it is in the present.