

1-13-2025

Hello World. two simple words that directed so much in the world. Breathe always good advice and keep body loose and moving. Take a good look at how you are feeling in each part of your body. Release any unrest. Get enough exercise. Get out when you can. The more you feel free - the better you feel. Let yourself be free.

Now quickly as minutes are fleeting let's return to our subject. What would be some ways to make things more useful. The same thoughts for my daily notes (like summaries and what would make them better overall) They are the place to check in and mind and they are getting broken up they are merely the input vector and it is up to me to ponder, collect, gather or leave as pure abstraction that can reflect be left to its own! Oh, great use of a few minutes. Once you start writing into time and focusing on every posture, smooth and long breath the vector of time as something more malleable like putting over those hands which constrain the clock to its single purposed pace and when time matches flow and even work at the changing characteristics, are to be noted. But importantly the basic notion of writing organization versus motivation and give a damn will also influence my system of analysis that I might impose are my prewriting efforts. What is more I rather enjoy her for myself much that is the lean of my pen and swift application of ink to page from idea bubble to roller ball jubilation - deep breathe what was a climb to the end of this page.

Can I do a page of freewriting. In 5 minutes?! 1 whole page!
This is no easy task. First I will ensure my writing is
appropriately sized. Then I have to write comfortably
but also loosely conserving ink and armor and introduce
the cursive lean which somehow makes things even that
much more beautiful. And margins have been on
my mind we are more than one margin in and I both
have to relax my hand and while reaching margins
I definitely don't have to overreach them
and while fast-thrusters and equally fast
capture are nice I do wonder about the
speed one operates at and general comfort
and also how close or closer are those thoughts
to pure thought and if more time is taken what is
the right balance. And does it matter based
on the writing type and quality of desired results.
Speed writing hand & time & is just not
where but ten minutes should they be
no problem with time to spare. So for 5 page
you might be able to do that in 30 or 6 min a
page although that is tough, but still a
good challenge and wow that would be
some amazing freewriting especially if you could
read the entire five pages! Even research suggest
writing by long hand to be more cathartic and
effective at managing one's mental processes. But
at cost of efficiency so we have to come back to between
what time can one being me write a page of
entry without difficulty margin to margin and
with effortlessness and an overflowing with. Again thinking

of intent. Intent and the notion of time and of hunger. Sometimes you just have to ride it out wherever you end up, and that is how it goes when you're moving fast. And I should have started the timer. Let's say we started 2:34 and as time marches on we

try to make it go like the. Now catching up with the thoughts should be no problem and you might be slowing up a bit too much. Why don't I just ask all my problems to AT. If you're willing to keep giving up for Jesus with might as well give it up for AT. As a planning tool it is quite

capable. It's odd my taxes are looking so positive and must be due to my gains and then the charge to my tax contributors? Copyrights as self person but then tax is calculated per person. That is all about capturing documents and entering them into a system. I'm wondering how do I want to structure and organize my life's finances and things around it. I'm going to have to figure that out but I almost have enough to cover it entirely. With it covered I can pull from that ensuring my movements are maximizing. And what do I do to ensure I remain keeping fulfilled and valuable. Well first you gotta make it and then you gotta work a little everyday to keep things from slipping. Practical and pragmatic! Pragmatism in one's efforts to go forth and prosper. Before doing any other huge project see what can continue to be done to psycho-organize and improve existing processes. What is life design that is the way of the scribe!

2:45

2:50

Once a race is started what matters is you finish →
Try not to let the intruding thoughts of other annoy
What is 5 pages in 40 minutes? 5 min per page.
I think I can do 8 jumps let's see I don't want to try too hard.
interrupt the flow. And beyond that it is a good
showing up. And you show up when you do the work.
When you are doing the work. When living becomes
fun what they has become is that the purpose
also the beauty of the sunshin in the day
the planets at night it is exquisite and
every moment in between all those beautiful
glimpses of pure goodness are worth enduring
even if it is merely to make it to the next
hour or survive and disaster to only be beset
by another. Imagine not on disaster but multiple
affecting not just you but your entire family
and what would it take to build individual
resilience and bottomless love to encounter
these opportunities life presence and to
never forget the beauty in the ugly and it
is much about how to play the game of life
as if also plays as a game it's best to detail
focus and command attention in many ways
where we have to think about things like
unlearning our ways, breath control and meditation.
It's really and what the fuck for why
arent like other animals, complicated like
us and instead seemed hard we've try
nature I suppose into that magical state of
heightened awareness where we may have as well
cut off of our senses as putting ourselves or at least
open our to them and feed things steadily
diet of burger King and Stephen King. — 2:59

3:08p

Wow the tracking of time and setting goals can change output but it might not change the actual activity. I said of just typical things of better and then get out of the way so things can flow again and at a certain speed there is incredible synergy between a creature the memory of how things are and also perhaps utilizing the mind in a slightly different way. Wonder about handwriting they would say writing is different from what it might look like 100's of years ago. And what of before it had been learned and yet a child now can learn cursive and become proficient at writing however even those feats are becoming less as the human brain for typical among the species has begun shrinking in what we call the fight between creators and consumer. And yet as with the balance of all things matter included and the laws of all physical things you cannot have one without the other and they must not find yourself trapped into one or the other. Without any consumption how would you even know what things are among the same class but without creation can you have from said to have perhaps at all with life? There is a balance and perhaps one should be adept on flowing in and out of the world which is, pure and mystery which the creator brings but like all things of beauty the work itself often shines as well in beautiful resulting in something so simple and elegant its complexity is often belied by its beauty. 3:09

310

we have but another segment with merely a moment to have a breath or reflection. Yet typically those are taken for granted and only when we are uncomfortably squeezed or placed in situations of stress, does our true greatness have presence to take shape in manners we might not have expected and with contained beauty in the expression of the creator who shows a command for the medium but a looseness in technique allowing for originality and flow and simply mining that material. If you keep turning over rocks you will eventually find some jewels and they make you rich, but it might have been flipping those rocks that kept you happy. That sunshine on your face kind of feeling. The ultimate high of a perfect run on a perfect day when things feel fine. But then we have nuclear fallout. Then what. Or we get into with our spouses. Or are annoyed with the kids. What then and how does the work get done in the face of challenges, all of which also seem so much doable. Frequently have to do the work and show up and stay alive and the rest takes care of itself. And sometimes when you get in that comfortable gap have to push yourself to be better or accept challenge to overcome defeat. And in most cases it is a not being the cause of your greatest pain and getting out of the way for the learning process when you misstype and getting back to gratitude and