

1-14-2025 10:41 AM

3:20 - am falling asleep! Hand tired.

One minute behind but skipping the top line
need to Finestamp. Rock and Roll and like Luther
the ink is flowing nicely with this new pen.
In lighter areas and what's new I'm excited about
budgeting and if my parents want I can help them
with that and I also need to take care of the
grades I need to make. And the writing is going
well and I think work is going well also.

So becoming a better person is something I can
work more on and figuring out how to have
more fun in business and life. How to live
healthier and hopefully longer. Sometimes
the simplest things and concepts less is
more, don't work says Jeff, you can't
improve what you don't measure, or do
measure so you can improve. Think more. Relax
the body, do not carry stress and if you
do end up channeling some unexpectedly learn
how to clear it and then, may you become a
warrior. If something bothers you see if you
can sit with it for a moment and in a moment
longer and what it is about, the quality
that distracts and how quickly that can be
handled, and one can move on. Our time frame
is limited, this seemingly turning point we
are achieving, yet some seem to achieve what
others took decades even centuries to really
improve upon something who was forced
to figure out what they can do and then also
the purpose of work at master level. The
shakespeare, Mozart, da Vinci, Michelangelo

10:50

Genius before their time isn't quite the right fit
as concepts of timelessness and the immense
amount of actual contribution. Particularly
when we think of bringing or giving birth to
new contributions, new ideas and potentially
ways of thinking and communicating. It is
difficult for the thing to come out of its
abstract and form through assemblage of
letters into words into sentences and
paragraphs to form meaning, give insight
or entertainment and delight inquisitive minds.
The reality is it takes a very particular person
who can do this grueling work, day over day,
slowly up again and again, finding time
for ideas that seem like an obsession.
Injecting the craft into the life. As a
method for living. That is the ultimate work
discovery. To see what you love and what
others care about. And for that you have
to be caring, compassionate and gentle, well
I have to since I also choose to align
with my values in my writing, as if it is me and
my subconscious. I've never been great at writing
stories or descriptions or interesting characters
but enjoy reading some of my writing and
few of the more mundane things in life like
journal statistics and grammar choices
and pen functionality, no one will ever
see or care about. And how smooth the
ink flows on a new, nice pen and how
that gives me so much creative joy.

11:00

Handwriting in Art. Letters, how they are written and strung together. Words how they are chosen and laid out. Ultimately up to the author to decide how it all comes together. What happens when author, observer, critic, thinking entity is removed. Do we freeze up because the dialogue dries up, or as we sift through the acres of stuff looking for that new seed to sprout. Striving for the gold and how I love to give. The hard work the give it your best shot and in the end it's about the amount of gift you could muster up to put in the time doing the work and ultimately also plan and deliver. There has to be balance and some structure applying to anyone. Maybe with different parameters and constraints but there is your values, what you bring for you only you do what you like, what you have, how you think, your reception. What you put in, and what you put out. What you do first. What you do at all. And some the driving needs to be more powerful than your ego. Especially if your ego is involved, which it always is. It is a driver as well. Just be aware and don't let ego drive you. Let it rise, observe and then let it go. Ego gets in the way of getting things done. And how things are done. All things can be done with loving gentleness.

11:22

It's even more challenging after knowing how long it takes me to write an entire page to not finish that page. That must be what pomodoro thinking is. If something is small enough once you start it you might as well finish that rep or session and the barrier to entry is so low with writing and you are free to take it anywhere. Portable and without power just requires pen, paper, pen, light and place to do it. Different places color the light in different ways and might affect the writing. We are now outside and that cold fresh air feels good and it feels good to be outside and alive and there is a pull to nature, but also a familiarity with having written in this spot before, with these sounds and surroundings. Focus on those difficult areas where you lack familiarity, make it a daily goal to remove those barriers and take action when it comes to communicating which you don't much care for but can also be intertwined with one's social fabric and control one's environment. In these next 15 minutes before my next meeting let me talk about a focused topic, to finish off things. Technology is like magic. That is an interesting statement. As we have passed unbeknownst to us of where something would be like magic to us, that is, they were regarded as words over and classified as technology or knowledge. Where did Archimedes learn so much from. And Socrates? Direct practice must have been one of those methods. Interacting with the thought itself in creative ways another and putting in the time and

Hours! There was one other idea I was going to explore something but can't remember it anymore. Want to find that in Rig and my silver shoulder bag. Get the garage a little bit. 7:00pm And like that the day wraps itself like a present and I wrap myself up as well ready to embrace my sleep and slumber until morning. I wish for my stomach to settle on the hot peppers and beans are having their way with me. In the Captain America movie there really could have been better character development and those coming of age moments but instead seeing they wanted to get that slow out the door with story but to catch. Ah that brings me to the early thought I had about what wakes you think about and go back to the balance wheel app. It's to check-in progress where you last were and check your values.

1-15-2024

Yes definitely all great writers were greatly challenged, first by themselves then by external forces until it became a way of breathing existing in its own right. A day not complete without some words to spill out onto the page. The cool, refreshing breathe. When all else fails - write. How to record writing without writing or what role does handwriting have on cognition and writing. Or stress levels. Artistic ability? Hand strength? I do miss doodling and Zen Doodling and maybe even practicing slow writing or flow writing.