

1-16-2025

Now really excited about a lot things are looking pretty good right about now. This time like these to be present and enjoy but also prepare for the worst so when change comes, and it will you can weather the storm and you prepared vessel for the passage, nature will ultimately prevail. I do want to reach out more to people and get the garage in better shape. But it's a little cold at the moment still. Maybe it would warm up with the heater, not sure. I'm falling a little behind with work and not making enough sustained progress although I have more advantage of headwinds and notably and double tapping was a great time saver. Every meeting where I'm just sitting around should be like I hate I hate when I go to lunch and it is my time. And I decide how I'm going to use it in between my workday. Planning my day and personal BAU seems like generally straightforward but I need to prioritize getting back to people more efficiently. Also need to give myself and probably others targets and deadlines. It's very dry in Sparks in the winter in particular. I love Amanda and miss her right now but am so happy as well. I wish for more time away from work where we have both energy for projects and get to have new experiences including vacation and down time. If I wrote for 2 hours every day at 10 minutes a page in a year it is estimated that would be over 1,000,000 words. Is that for real?

I like doing math so I just asked AI to figure
that out for me, based on a pic of my journal
to get a sense of general wordsize for a page of
writing and I timed it, and surprisingly just like
when I'm running which is at a comfortable
12 minute per mile pace I'm a 10 minute
per page, longhand pace. Although I'm now
starting to notice how quick I run through ink
at about 2 pens a week. If you took away the
act of my handwriting say with just my thoughts at
any time by artificially creating a result the raw
nature of the person is removed and replaced
with an algorithm. By writing a journal it is both
an outlet and a self-reflective tool on the discovery
of who one is and what one is doing. And
hard as I try creating the gentle uniform handwriting
is not easy task although there are some ways in
which this is made easier, I seem almost afflicted by
wanting and continue to write. Anything that is difficult
and creative, like what should absolutely be
pursued. Both on the intake you want for read a
lot and get a lot of input, away in. You need good
countries to create structure and balance, for an
environment you create that is appropriately
structured. Part of the writing process is in the ink
on paper artistic aspect along with the inclusion
of emotion which really can be the point or charge
it but perhaps like not be thought of. I find
it still hard just of journaling uniformly although
adding that skill to my talent of being able

would be wonderful. Even playing with the slant of the writing adjust the feel for the wrist & thus allowing a more steady flow of lettering to issue out from one's inking device. The forward slant causes the wrist to shift into non neutral position also requires a straighter pen. While relieving a faster model is to loosen wrist entirely and probably not write too small. So bigger letters make it easier to write? Not always considering the once rhythm one can come into when letters run together smoothly in long alliterated aphorisms of English garble. As a writer you need something as your source of fuel for the fire it is difficult journey enough as it is journey through the landscape of the mind picking awareness for some potential treasure. New discovery being that which is the most amazing of all. The discoveries. In many cases these discoveries were writing and discovering and not than anything that is what is ultimately so joyfully about writing. And just a better writer for that practice and exercise, not particularly for finding the familiarity with words and also wanting to learn more and unique forms of expression. Even on a lunch break you never know what gems lie there beneath the surface. What are all the components to a happy and successful life? Keeping the home we have dear and nice is one importance I feel my role plays and how I feel I can contribute and help others in more grateful and compassionate ways.



There are different areas in life and how time is perceived that are themes which strike some chords with my current thinking and bring up the balance wheel. But the question will it take to pull my back to it and continue to use it. What is it good for? What are the limitations and what can I get from something if it were not MVP $\rightarrow$ rather maximal. What is the ultimate? The mind is an amazing tool. We live in an amazing world and have to keep it amazing and bring it and slow up and prepare for the worst, train to always be ready. You will get caught when you are just beginning remember Tai Chi and will of energy to loosen the physical grip and meditation to constraint whatever other philosophical planning that is being conducted for spiritual growth. With growth you also need sustenance. Think about what it is you need to be maximally productive. Even on a bad day it is hard not to write or create but so easy to have zero days. Today I got to plug an artist, a writer - two of my favorites and a mentor and helper. And Worker. Some random oracle of advice. There is beauty in what is new and novel. Much of that is about sit and sitting and boundaries, real and virtual. One can never say what might have been simply it has and so it always was. Are all ideas reachable. No impossible. There are as many ideas to mine in the mind as there

one atom and molecules in the elements which
comprise our entire universe, existing and yet
to be created. Sometimes I'm very thankful in
a change of scenery and I have to wonder what
my direction is. Where are my seeping shortcomings
how do I want to spend my time. What do my
values mean for me and do they hold weight and
ring true for me. How much do I believe in
my values and keep them in mind for the work I naturally
think is rightfully matters. And doing the work.
There is always space for every tortured soul, standing
at rest and up and coming whatever there is someone
out there working harder, doing more, stepping at
nothing - can you develop the plan. The resilience
to keep it all going, set back, after set back. In
the end the setbacks are like the waves in
the ocean of time and all hurts eventually wash
away as we become infinite. I do wish for
a more resilient body and work that perhaps is more
active but much of that is in my control
and purview. The waves will always come, but
you can step up and be captain of any ship the
ship is the choice which your life capacity
should not contain and can only be measured
in the presence of doing with the focus on the
active, the weight, truly, seeing magic. To handle
new ideas and thoughts not of the world it
may take a million words to find that geo-
sided and it excites me looking for it. Missing
until my hands can write no more. Missing the vast
ocean - the depths in which most never go.