

2:18p Getting the angle of the sun just so is a thing. So body is the right temperature so the shadows behave and keep the writing in the light. It infuses everything with Vitamin D. And in this session of capture and as I get started I will first reflect on the beauty of the mountains just north of here and the pyramid lake area. It's like a dream writing in the sun and for me that south facing window in a sunny spot with a good, kitchen height table is the perfect writing setup or addition to a desk in a room. The sun beam is often too cold in winter and too hot in summer and in direct light and great for occasional session and also to get that vitamin D for myself and in my writing. Yes, the land here is beautiful and still foreign and unexplored by me. I really knew Colorado and the mountains and I also knew quite a lot about my surroundings in Washington. But it never came right away for me in each place and I'm still new here but yes I wonder about trailheads out here and parks and what it all is we are surrounded by. The drive over to California is also particularly beautiful and full of great spots I'm sure to explore and check out. Bounce, bounce, bounce my mind runs around if I let it and that is where I really see the power of being able to keep going with the pen on the page doing the best with what you have whatever those thoughts are and there are thoughts and in some ways, the action of writing itself can pull the thought out and with a gentle push one can focus the stream in one direction or another. But the practice is sucking on the stream not getting too caught up in contents or the

current but focusing on breathing and ease
and good posture and gentle muscles and loose
hands and moving with larger muscles the things
which can sustain the pulling the slinging of the
mind and seeing what matters of gravity might find
their way off the bottom in the collection box to
be refined and categorized. Yes this naturally explains
my fascination with moving and the process - there
was a break for doing dishes here and for some reason our
Golden is whining and acting strangely so that all
had me quite distracted for a moment and as I got back
into the rhythm I look to have good posture, hold pen,
loosely, breath deeply and softly and gently as I
am falling under the spell of the ink and it begins
writing for itself. It is a blissful thing indeed to be
in flow of any kind. My writing flow is most like
when I run or meditate or perhaps yes, well yes you
knew what I was thinking so I want love to write
that and this will ~~might~~ get redacted but probably and
funny I should think that and how egotistical but there
is a place for ego in creating or is that just my miswired
standing of art for art sake? Walks are a nice thing
as is taking care of those you love and even the animals.
Charging litter scooping poop those are noble things, cleaning
toilets. On my run today I pushed it but not beyond
my current limit too much for too long but mostly just
pushing myself to the edge where due to my breathing
and deterioration there really is other thoughts and
the openness to let the body-mind connection
take over. And incorporating the rhythm of the music

with the steps was just so dang satisfying. Running and dancing, being outside, sunshine and blue skies. All this sun late in my life is balancing out what I've always felt my Puerto-Rican side required in terms of warmth and vitamin D and to help with my feelings. Growing up in Stuttgart and Tacoma/Seattle was not ideal for my needs, but yes they were beautiful although Stuttgart on the whole seems like an industrial city and somewhat gloomy. Perhaps the Tacoma of Badens Württemberg. I would say I also spent time in Seattle and München which were better. But still from a weather perspective somewhat similar although I felt the weather was generally better in Munich and just north of Seattle there is a place where the lavender grows and it is sunnier but Seattle is not Ignier and it rained a lot. Colorado was beautiful. And I was introduced to New Mexico, which I also loved. Arizona seemed so white and cacti - and hot. But yes Nevada fits in quite well and I would say is perhaps an upgrade over New Mexico - hard to say. I just don't know. It is interesting the similarities and I wonder if they ever had that distinction. There is such comfort in a sunny spot - like a sunbed can be said for cozy. But the warmth and energy and brightness. And like a battery I'll store the energy for later and sleep the better for it and wrapping up for now this was a nice time and flow session.