

9/7 labor day

t chicken tots reading grocery shopping

y steak library carissa meeting

stream of consciousness- I'm feeling
good about the zine being in the state
of shipment-

I've been excited about my dream--
I was auditioning for sharp and fine
and I appreciated the idea of
wordless responses.

What are three takeaways?

Ellie notes- my vision is Latha's 9
practices

1) counting calories is about
structure. Like counting
rice at Marina Abramaciv's
institute, calorie counting
is a fluxus zen activity that has
3 benefits: producing a record with
metrics, managing a budget (of sorts),
and doing an extremely dry activity

Perhaps, we underestimate the power of
doing dry activities. Dry as so being
that it clears the sinuses. The greatest
offense, boredom.

In this day and age, the feeling of vacui,
of Sisyphian obstacle, the challenge
to do something with no built-in dopamine.

Yesterday, Dmitri and Carissa troubleshooted
why is it so difficult to go to the gym?

I appreciated the revelation that Dmitri is waiting for me but then gets pulled into attention sinks and it is like a car stuck in mud.

The solution was to go to the gym when his motivation is at its peak and deprioritize the simultaneity of this activity.

sat

r1 coffee 5

r2 ube latte mango lassi 400

b egg cookie 200

l pizza/shep pie 500

d Italian pasta/cannoli 1300

r3 6 drinks 600

3005

sun

r1 coffee 5

r2 na beer 80

b cookies 200

l veggie stir fry 400

d steak/mashed potatoes 1300

r3 (2) egg tarts 440

2425

Step 1 calorie counting without judgement. Carissa said that my 2043 number is good and we can reevaluate it as I go to the gym more.

I appreciate the idea of slowness- step 1- just look at what I'm eating and drinking.

Yesterday, I looked at a nutritionists cookbook and I appreciated the idea

of getting more variety in the weekend
breakfast/lunch routine

2) After reading this
cookbook, I appreciated
how important it is
to increase my
repertoire.

I can have 6 bingos r1, r2, r3,
m1, m2 m3-

r1 prebreakfast boost
r2 afternoon refresher
r3 happy hour
b eggs toast
l sandwiches, salads
d culinary technique

(how does a chef generate their repertoire format?)

I suppose realistically we can have
r1 and r2 as the same bingo.

4) First principles- maybe
this is the project charter-
why care about intentional eating at all?

For me, I was talking with Ellie about
some formative experiences with food--

Sometimes, I identify as an undiagnosed
autistic. The amount of resources involved
to get "certified" might one day feel worth it.

The feeling of being a picky eater and worse,
reflecting on what my mom thought was
good for me.

Talking with Ellie about calorie counting really brought up the fact that I have emotions about fitness's It comes back to family of origin.

I was bullied (the opposite of encouragement), mostly name calling.. I think that it's really important to be specific about what happened. My mother commented on my body more than I wanted and it wasn't particularly constructive.

I like the idea now of children going to the internet to find support materials to psycho-educate their parents about what's appropriate for a parent to say and do for their child.

Reflecting on it now, perhaps I would like some psycho-education on what's appropriate for a partner to say to their partner.

First principles are about priorities-- when all gets chaotic and complicated-- what's the simplest minimum viable product-- maybe another way to say this is -- the low-energy plan.

I went down a book-hole to find a resource that breaks down the process of creating and maintaining low -energy plans.

I came to a conclusion that is important. Dmitri is burnt out-- stuff he could do before that he can't now: go to the gym, meal plan, plan social activities, initiate bonding time with me, schedule massages, destress, self-soothe.

I suppose I'm questioning this conclusion.

A part of this topic is analyzing what my priorities are and I'm getting sucked into analyzing my dear partner.

Kat is confused. Maybe first principles is about integrity and driving your own car. Yesterday, I thought about the car metaphor and this idea of gas efficiency.

What's the equivalent for people?

I've wasted so much gas on his stress. Perhaps, it's a mirror because facing my own inefficiencies stirs up thoughts and maybe they need to be stirred up.

The innocence of confession. Confessional art. To list out your insecurities- to reflect in media.

How contemplation can declutter your mental space.

What contemplation practices are the most effective in resolving blindspots and biases, unseen griefs, stress balls?

Maybe first principles are basics-- did we hit our calorie-minimums? Did we drink enough water, sleep, and ground?

5) locality- what are the nearest "natural" environments?

We have Jack London square which has the waterfront and we have Lake Merritt, home to a lot of wildlife.

Perhaps, I would enjoy a meditation on
one type of tree found at Lake Merritt.

6) Seasonality--
the 18 seasons of fall
1-6 bright fall
7-12 true fall
13-18 deep fall

9/1/ the dawn of bright fall
poe speakeasy
9/8 Canada wedding
9/15 theatre going (neos)
9/22 fall fundraising
9/29 [blank]
10/6 Oregon festival

What is something we can only experience now?

7) Next time, we are going to start here... (metaphors)
(end)