

Sun Sneezing

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Abstract—Spending too much time thinking about identity !!!! Forfeit this thought for tonight. Leave some trouble for the philosophers. Just ask: Do I know myself? And to what extent? Sleep is what I want, really. But when 11pm comes around it seems critically important that I figure out everything, immediately. What about our rule? No big thoughts this late. Rest is good, too. I want to address this tension. What tension? The tension from: the careful, intentional dismantling of identity. What else? Perhaps the problem is that I've gone from holding hundreds of things lightly to a few things with a treacherous heaviness.

Index Terms—inward, inward, inward

I.

cross the stream before it be becomes a river

II. SAID THIS IN A DREAM

This is truly a place to build our flesh.

III.

When I look at a blank blue sky: black stringy wisps and mini white comets.

IV.

Been a lil' confused recently. Admitting that feels good. It feels like I've been messing around with some of my firmware, some of that deep sticky stuff that makes me who I am or who I think I am or who I thought I was or who I might someday be. And I've been poking around at it. But god, I love poking around at things. This last month has been pivotal in some kind of way. There's some tidal system in me, and all at once I felt the shore rush back into the sea. I call this 'introversion' but what it really means is that my boat is out at sea instead of in the harbor. This is exciting. What's more exciting that feeling the winds of identity and solitude blow through my own sails? But the wind, the ocean: they are fickle, aren't they? I will sail these waters. Importantly: I will love these waters.

V.

Because as you know, I shave my face in the shower now. I don't use a mirror. I've had six sessions of laser hair removal on my face and neck. But my hair is stubborn, like me. Islands of semi-smooth skin emerge from patches of hair. In the shower, I navigate with careful fingers. I love the patches. At first I hoped for *smooth, smooth, smooth*. Baby skin, hairless. But that isn't what I got, is it? Months of waiting and five painful sessions later I still have plenty of hair. I fold here. Caught now at another in-between. Not completely hairy nor completely hairless. It's a bit wonky, isn't it? Sure, sure enough. But I love that.

MOUTH LOG 12/2/24 - 12/8/24

Monday here we go

Banana for breakfast hey it's better than nothing !

30floz water by 1pm

Lunch - panda Express (kung Pao and white rice and fortune cookie "accept kindness from others")

Cosmic brownie, 28floz blue Powerade

Dinnerre - tofu veggie stir fry (tofu, celery, peppers, garlic, tamari, salt, pickled red onions, one egg, Sriracha)

Decaf latte

Tuesday oh my GOD it feels like ajabeidjene

Cup of hot chocolate

Okay not off to a stellar start but we can bring this baby around

Feeling pretty anxious today, tension in body.

Late lunch is leftovers from last night's dinner with extra white rice

Another hot choccy cause I'm on that grind today

Dinnn - chicken sandwich at time

One brewski and chocolate for bike ride

Nature valley bar in bed reading A Wizard of Earthsea

Okay getting recalibrated this week, more fluids tomorrow please babe love you

WEDNESDAYYYYYYYYYY

Spotify wrapped dropped today so feeling really good. Lots of good science ahead today too. And, concert later. Grateful for lots today. Now go drink some water bish.

Okay well it's 4pm and I've eaten nothing and drank nothing ! BUT did a lot of really great science today so that's fantastic. Now let's look after our body plz.

Banh mi tofu sandwich and fruity drink and chocolate

Reflecting recently on how to harness and guard and cultivate and protect my energy like, in the metaphysical

sense but also food too I guess

10pm need to actually drink some water now please do this now, I know you aren't thirsty but god please drink some water

Some water, string cheese, chocolate
Ain't much but it's honest work

Thursyday

Rice crispy treat

??? Ahhh

The rest of the week idk bro

Okay so ,, not a super great week for food and liquids .
Upcoming week is : focusing on introvert energy, nourishment,
lovin on myself . Need some alone time . Love you always.

MOUTH LOG 12/9/24 - 12/15/24

Sunday eve food prep: F1 - rice, garbanzo beans, peppers,
celery, green onions, tofu, bean sprouts, tamari, salt, furikake
F2 - sandwich - pepper jack cheese, black forest ham,
pastrami, onion with poppy seed buns
F3 - everything bagel with butter and garlic and herb cream
cheese, two eggs, smoked salmon

Monday !

Okkayyyy here we go love. Feeling drawn towards self
this week. Solo time. On my own agenda. Some time to
recharge. To honor and release some of the tension in our
body. Engaging with the community inside of me.

Bfast - F1 + one egg + tomato basil tortilla (stir fry), jar
of waterrr

Lunchy - F2, Banana, nature valley cashew bar, two string
cheese sticks, small orange fruit friend, Oreo cakesters

+ 30froz water by 3pm

Dinny - F1 w Sriracha, garlic pepper crispy onions, pickled
red onions, peanuts , tomato basil tortilla
Oreos

+30froz water by 11pm

Tuesday

Yesterday was solid. Great strides made. Keep up the good
work hunny. :)

Brekky - F3

Lunch - scattered throughout day, but: F2, small orange
friend, nature valley cashew bar, banana, Oreo cakesters

Cup noodle snack

+30froz water by 7pm

Diinnn - F1 w garlic pepper crispy onions, pickled red
onions, peanuts , tomato basil tortilla

Some coconut waterrr

Wednesdayyyyy

Appetite is pretty low this morning ! Regular eating =
lower appetite on average? Perhaps ... But, the rumblies also
emerge as an artifact Will need to investigate this more.
Anyways, not to over intellectualize this. Ur doing great.
Keep it up lovely.

Brekky - chobani flip, banana

Getting hungry around lunch (different kind of hungry
— like, it feels like a different hunger if I've been eating
regularly compared to if I'm eating irregularly)

+30froz water by 1pm

Lunchhh - banana, two cashew nature valley bars, two
string cheese sticks, small orange fruit, Oreo cakesters

Decaf caramel latte

Dinnyy - F1 with buttered tomato basil tortilla, garlic
pepper crispy onions, pickled red onions, peanuts

+ 25.4oz topo Chico, 90 percent dark chocolate

Lola moonbow brownie

Thursdayy

Breeeeaky - toasted everything bagel with butter, two eggs,
smoked salmon

Lunch - buffet at holiday party

Small snack of muscles and saltine crackers after digging
hole

Dinner - takeout paneer tikka masala, Gatorade, cookie
dough ice cream

Frifrifry

Brekky is chobani flip and banana

Lunch - nature valley cashew bar, banana, Oreo cakesters

+30froz water by 2pm

Everything bagel with butter and smoked salmon and two
eggs

—

Rest is lost did pretty good though I think

Noticing that eating is best when I am on a schedule

And, less likely/inclined to log when I am out and about

Anyways ! Good stuff. Love love love you.

Breakfast sandwich and hot choccy

+30floz waterr

Rice, carrots, green onions, tofu, pickled red onions, tamari, furikake

Chocolate

Coconut water

MOUTH LOG 12/16/24 - 12/18/24

Monday !!!!

Anxiety is HELLA bad today eep. Feels like a wireframe is woven throughout my body and mind. Shallow breathing and skittish. Meet yourself where you're at today. We'll do our best to get some foods in.

+30floz water by 12:30pm

Two granola bars, veggie straws, Oreo cakesters

+30floz water by 5:20pm

Leftovers from last week in the form of two small burritos, Sriracha

Some cookies, hot chocolate, kettle corn, chocolate very lovely evening under the winterhaven lights with the homies, really helped with the anxiety

Some Gatorade

Tuessassy

Feeling better today. Got good sleep. Knowing myself more every day. Giving myself the permission to explore. Loving the facets.

Doing a social media detox cause I'm addicted tbh. Been hard. Realizing how much time I spent on screen and in virtual world. Rewiring is hard but necessary.

Chobani flip for brekky

Late late lunch - chick fil a, cup noodle

+30floz water

Returning to running - feels extremely good . need more of that .

Practicing being a guardian for myself and my energy today

Dinny - Magic soup from lola

Coconut water

Wednesday eeeeeeeeeeep

Chobani flip for brekky