

else off for when I'm really bored.

The more I'm sitting here, the more I'm realizing how important it is to NOT multitask. I just ate an apple, but instead of eating it while writing this update, I ate it slowly, methodically, until it was done, at which point I stopped eating, waited a bit, then threw it away.

That whole act took me a lot longer than it would have if I had just sat there and eaten the apple quickly, and so I covered more time with it.

Something with how I organized my items. I'm actually organizing them to be as inefficient as possible to access them, that way it takes me more time.

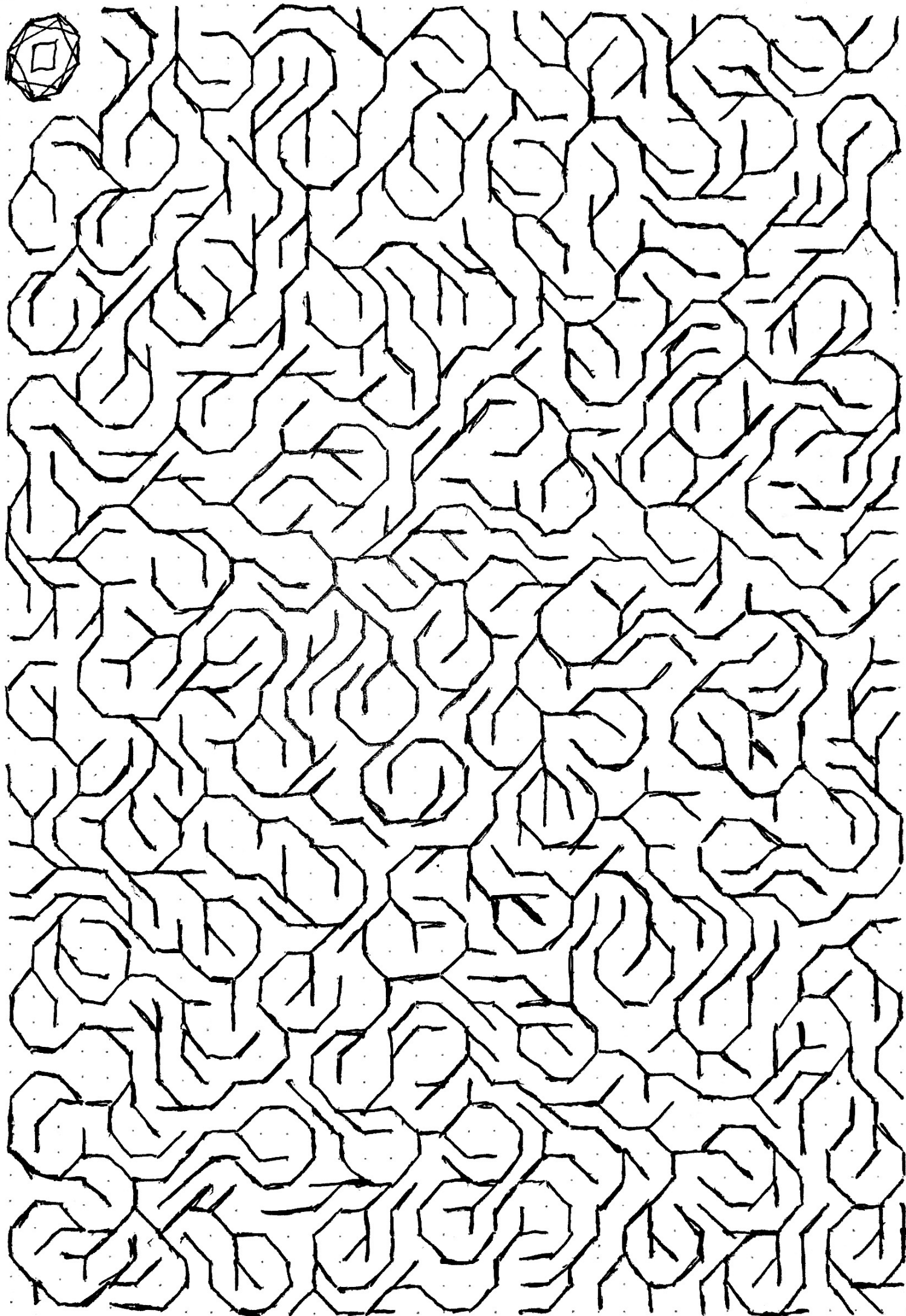
Just took a nice long nap, not really sure how long, and started drawing this pattern

I need to drink more water.

Woo-hoo! I just watched a drip accumulate on the bath faucet and finally drop. I'd noticed the drop earlier, and decided to watch it more closely when it seemed like it was close to dropping, and after the nap + killing time by drawing, I watched it and it dropped. Wow, I'm really starting to get amused by mental little things.

There's some pretty impressive (calcium/mineral?) deposits on the showerhead.

I wonder if there will be a certain point where I stop thinking of the outside world as a place, thinking only of it as a producer of noise and little bits of light from the borders of the cardboard.



Just about to take a bath when I realized it was
~~really~~ raining. Raining really quite hard, and so I hope
my cover of the skylight will hold.
I'm finding I go to the bathroom much more frequently
when I have nothing better to do.

Merci Maman de me donner les gummy bears!
C'était une grande et bonne surprise, et je
vais en manger quelques un avec chaque dîner.

It's freaky how fragile humans are. We're like bags
of water that somehow walk around and are able to
do things, but when you make a mistake you could easily
break that bag. ~~It's~~ Crazy to think that people do dangerous
things, like ski or motocross riding, and I really can't
believe how few people get hurt. There's definitely injuries
but considering how weak and small we are, I'd have
thought there would be more.

✦ I've just finished this doodle (on the other side)
and now am going to eat lunch.

Starting to think that I've actually rationed well, ~~the~~
~~the~~ and starting to lose my worry of having eaten too
early. It's raining as far as I can tell, and I
just heard a peal of thunder. Bummer I missed
a good storm (especially during the summer) but not
feeling terribly bored yet. Doodling seems to
pass the time well. Making myself some more
tea, and I'll drink it while not doing anything
else.

Forgotten Friends

In 10th grade, there was a Kazakhstani foreign exchange student who I became friends with. We would do stuff together during the classes we shared, and I would try to help him with his English (which got decidedly better by the end of the year). At the end of the year, I didn't realize he was leaving, returning to Kazakhstan, but we had exchanged e-mails, so I was still able to contact him. I'm not really sure where this is going, but what I've taken away from this story/things that happened to me is that value the friends you have because you never know if they'll still be there later.

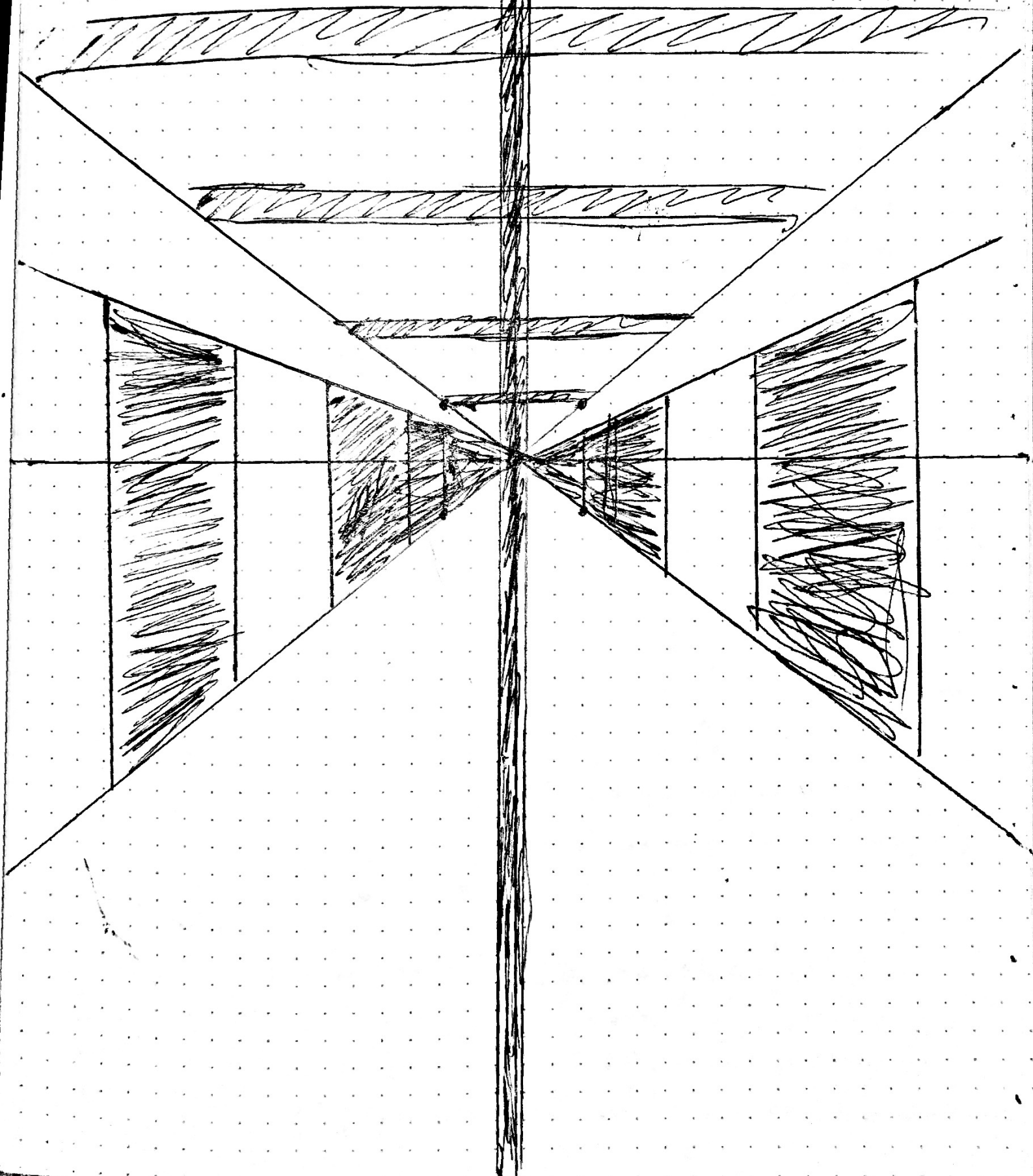
Brands

~~What, aside from quality, makes a brand pop~~
Why do things other than quality make a brand popular? I recently bought noise-cancelling headphones from an off-brand company for 60 bucks, and they're really phenomenal. Comparing them to a 300\$ Sony pair, there really isn't that much of a difference in sound or quality of cancellation, so what makes Sony or Beats such a well-known brand, and not COWIN, the company selling my headphones?

Rolling Thunder

What on earth makes thunder roll? If it's produced by lightning, which is rather fast and short-lived, why can thunder hang around for multiple seconds? My only answer is that maybe the clap echoes around and what you're hearing is actually the echoes bouncing around. I have absolutely no idea, and I'll look it up as soon as I can.

			45			51			57		61				69	71
38 39	41	43		47	49		53	55		59		63	65	67		
73	75	77	79	81	83	85	87	89	91	93	95	97	99	- Should have used pencil		



Buoyancy

I was watching a vid of soap today and flipping it up side down, and I'm noticing that the larger the bubble, the faster it floats to the surface. It's just a nice visual of how the greater volume displaced, the greater the buoyant force, and since air has such little density, the greater the volume doesn't affect its mass significantly, so the only thing determining the upwards movement is the volume displaced.

Key

I have been humming songs and tapping them out with my fingers lately, and I'm noticing that unless I do it out loud, I "hear" minor songs in a major key, and if I want to "hear" it in minor, it takes a lot of effort. Not sure why that is, but it's sorta weird.

Flight

I just went indoor skydiving and wow, was it an incredible experience. It's perhaps one of the few times in my entire life that I will be able to go for 1 minute without touching the ground. ~~Not~~ Not only that, but the freedom you feel when gliding around on the fans ~~are~~ is really incredible. It's a must-do for anyone who's interested in skydiving, or just for anyone for that matter.

Solitude

You can't just be with yourself. I'm coming to realize that as I'm doing my solitary confinement experiment, As much as you might be able to do, however smart or creative you may be, you NEED people, others with which you can have conversations with.

Time

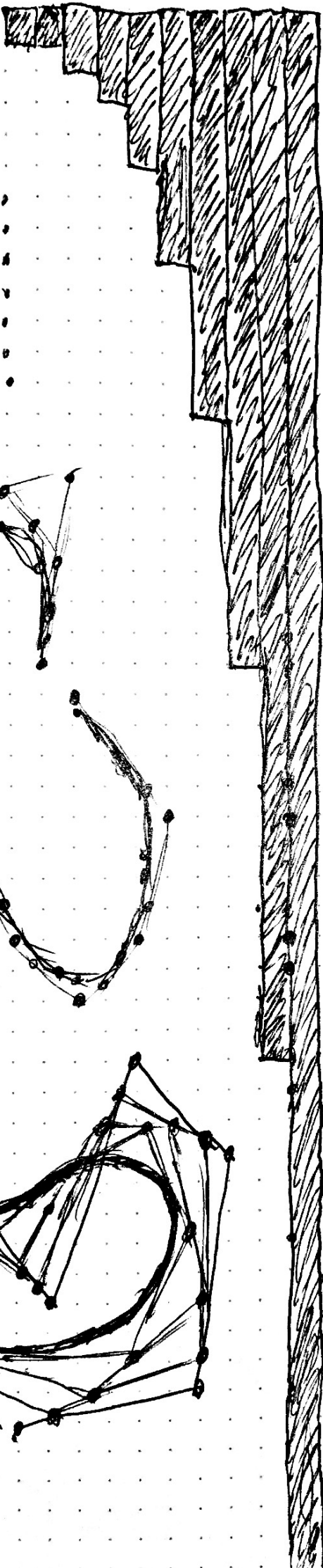
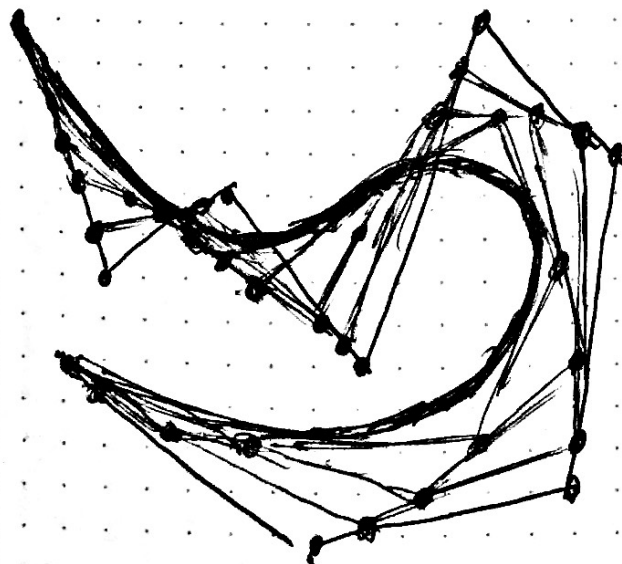
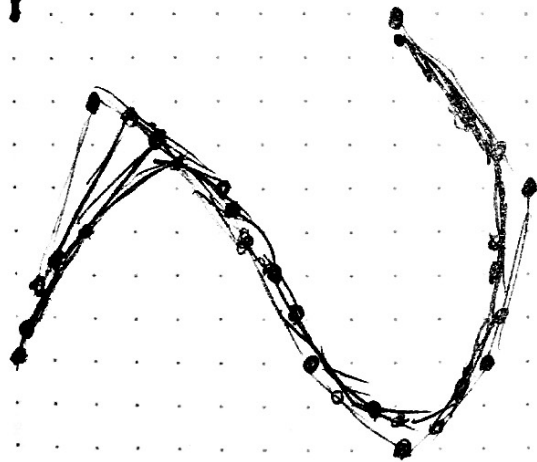
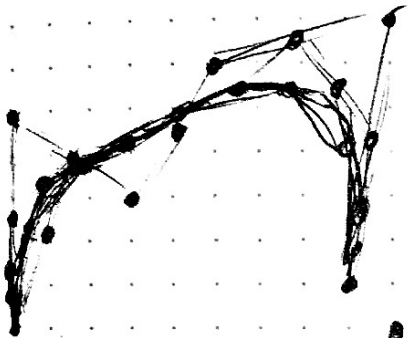
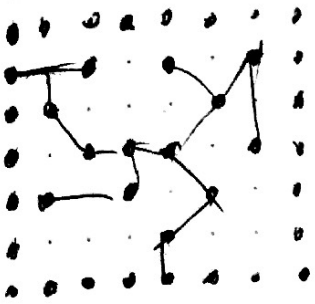
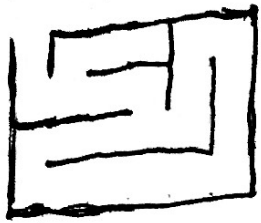
You don't realize how LONG a day is. It's an incredible amount of time, and yet as you do things it seems to go by so quickly. The only way you can get a true feeling of ~~how long a day is~~ is by the length of a day is by doing absolutely nothing for a whole one of them, sitting there, twiddling your thumbs, waiting for it to be over.

I notice my loggings are decreasing in frequency, because there really isn't that much to log. In the last ≈ 2 hours according to what I think is 2 hours, I have eaten 2 chips, messed with soap bubbles, and doodled. I think the boredom ~~is~~ is going to really hit me hard tomorrow, but I'm probably okay for today. Going to make dinner in a little bit, but I think I forgot to pack salad dressing.

The main things I'm missing right now in terms of things I could have brought with me is a table, like the little white round circle one that we have in the game room, a fan, and salad dressing.

In terms of emotional things, I definitely am missing the everyday conversation I normally have. It will be interesting to see how my wants change over time. If only I had a good book...

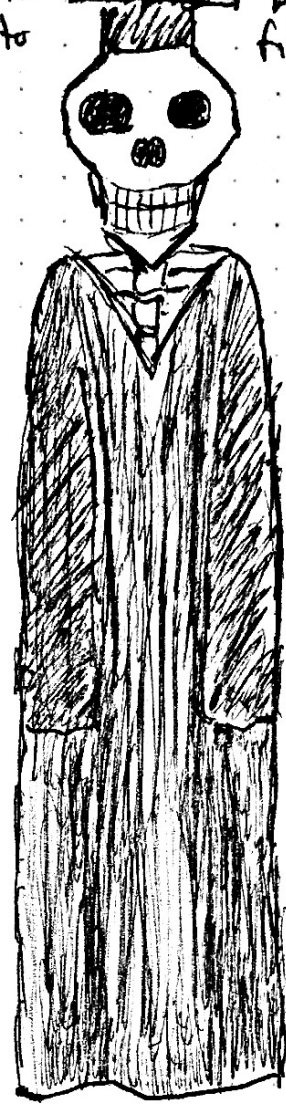
Wrote my parents a note and slid it out and under the door so we'll see what happens. Nothing should, ~~but I for~~ so I probably didn't need to say that.



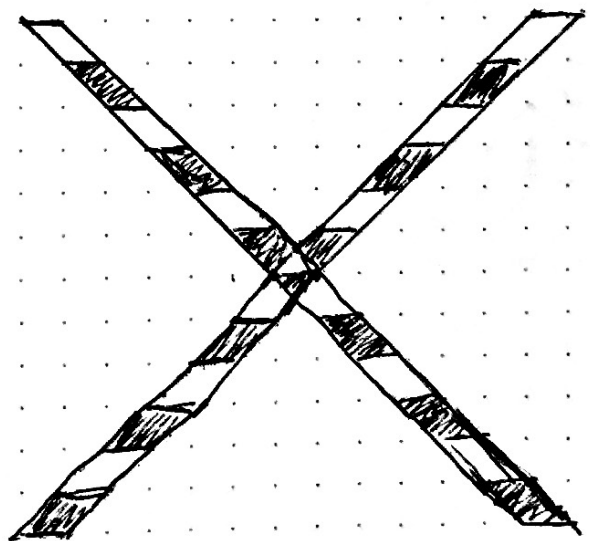
I've got to
something to

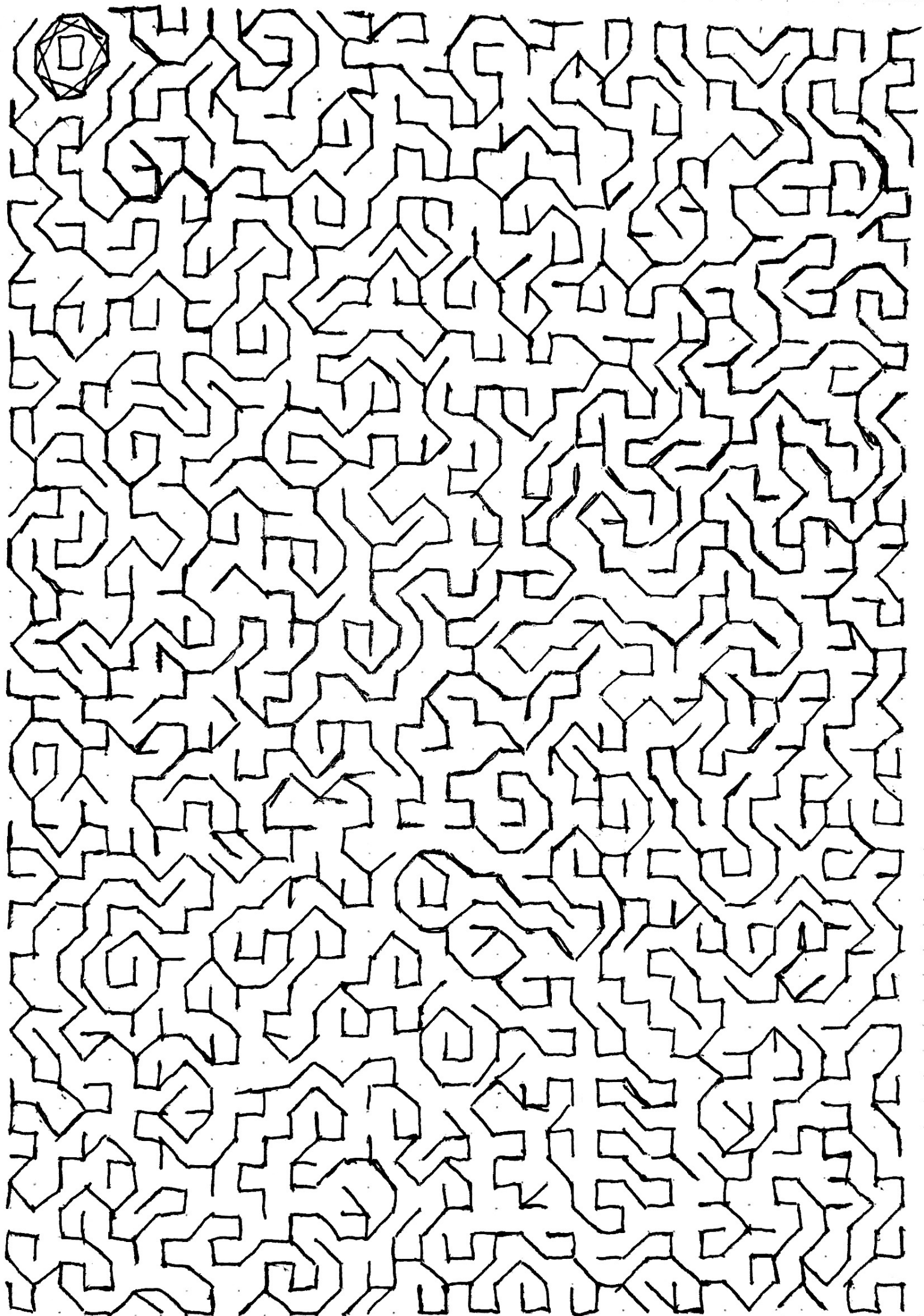
~~to do~~

Doodle
fill up this day



Old Nick's
Jig





Okay, made it through Day 2 almost, just need to set up my sleeping arrangements and get some shut-eye

Day 3

Woke up feeling ready for more doozy nothing. Last night I was definitely feeling more pessimistic, but this morning I'm feeling good. I've got this constant nagging fear of the ice-chests and perishable foods, so I'm going to try and identify why that is, and hopefully ameliorate it. I had a dream last night that I left my isolation room and went to the indoor skydiving place. After that, I took the white table and brought it back with me into the isolation place. Some other snippets that I can't remember how they tied together are going to Ace Hardware, and going to a North Korean hotel. Can't remember why though.

Took a bath and washed my hair, then made myself some tea and breakfast which consisted of cereal, milk, yogurt, and a banana. The small cooler is starting to warm up, so I might want to transfer everything from it to the large cooler. I'm doubting that all the perishables will make it through the week, so I'm going to be eating more and more of them now. I really want to minimize the number of days I have to go no-freezer, so I'm going to try and draw them out for as long as possible. Not letting myself dwell for too long on the question of "why the heck did I do this" because I'm finding it makes me want to leave solitary. I'll have to come to terms with it eventually, but for now I'm okay.

Thoughts

Where do our thoughts take place? I mean, yeah, it's all part of your brain, but when I think of a place, it doesn't feel like it's in my brain, nor does it feel like it's at the location I'm thinking of. It's like this intermediate location, a separate dimension, that doesn't have positions like we think of them. And for things we make up, the location doesn't change, it's just **THERE**. Perhaps this isn't how everyone has thoughts, but for me it's definitely like this.

I've just realized I've been more-or-less wasting my time right now, so I'm going to give myself directed focus: philosophy. ~~My first topic of contemplation shall be the act of existence.~~ I'm first going to think about what everything boils down to, then continue building up from there.

We are all contained in the universe, which sets all the "laws" and rules everything must abide by. Not just contained, we are also a part of the universe itself. There is nothing that is not within the universe (that we know of), and as hard as we may try, we can't ~~know~~ ^{know} of something outside of ~~it~~. I'm using the collective "we" right now, ~~it~~ and I haven't established what this "we" is yet...

~~That's~~ Weird...

Defining myself: I am a human as are the rest of us reading this. This means, according to my own ~~experiences~~ ^{inputs} ~~that~~ that I am able to move and interact with things outside of my own mind. However, the only real thing I can be certain of doing is thinking, and having ideas. This is the only fundamental truth that I know of, and anything else could be elements of my own mind or something else. "Brain-in-a-Vat" theory, if you will.

★ Your mind is the only thing you can truly control, with ^{complete} certainty, which makes it incredibly important. Everything else can be a figment of your imagination, or ~~a sensory input~~ ^{a sensory input} a sensory input, real or fake, ~~suggesting~~ ^{suggesting} both of which suggesting an external world. I suppose this skepticism or questioning of the outer world is somewhat narcissistic, but I don't think that there is

any undeniable proof of existence or truth outside of your mind.
- The brain-in-a-vat theory, ~~which is a theory~~ although most likely not the case, does pose the question of what is there outside of your brain in that case? How can you know that that new external world, the one mimicking another world by sending your "brain" (consciousness, really) signals isn't just another mimicked world?

Log time! I'm actually feeling really good about today! I'm passing the time without feeling too bored, getting some nice contemplation done, which was ~~the~~ one of the main reasons I wanted to do this, and I'm catching up on sleep. Definitely starting to feel sorry for prisoners who have to spend large parts of their sentences in solitary - I can barely imagine doing this for two weeks. Haven't eaten lunch yet, but I finished off a good portion of the guacamole, I need to stop munching on non-perishables thought salads and hummus for me now, not pistachios.

~~Figure out a way~~ I've been figuring out a couple ways to measure the passage of time in here, and thought I'd write them down.

1. The seals on the windows are far from perfect, and since I know I'm on the north-east side of the house, when the edges are really bright, it's nearer the morning, then as it dims slightly it approaches the afternoon.
2. My father takes a nap slightly after lunch, so I can hear him snore. I'm not actually sure if it's after lunch, because I haven't yet eaten lunch, but I can't believe anyone being tired before like 2:00 in the afternoon.
3. There's a TIMED bathroom fan, so I can click it and when it stops running, I'll know that a certain amount of time has passed. I haven't been using it however, because it makes an obnoxious noise.
4. I brought with me a bottle of soap that serves as a high-viscous hour-glass. When I flip it over, I'm guessing it takes about an hour for all the bubbles to get cleared.

In addition, there's little bits of gunk floating in it, and they take even longer to sink to the bottom, so I'm calling those my hour-and-a-half marker.

~~Those~~ Those four methods have been how I'm measuring the time, and I'm sure I'll come up with more in the next few days.

Just ~~didn't~~ ^{checked the} status ~~update~~ on the small cooler, and things aren't quite as bleak as I thought. The water at the bottom is still really cold, so I repositioned the things I'll be relying on for a while down there, then put early perishables on top that I'll eat either today or tomorrow morning. In general though, good!

Still not really feeling hungry for lunch even though I'm estimating external time to be around 3:00, so I'll hold off from eating until I do feel hungry.

Really surprised my pen hasn't run out of ink yet.

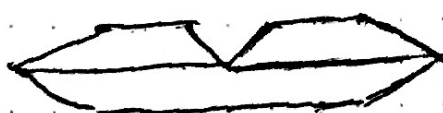
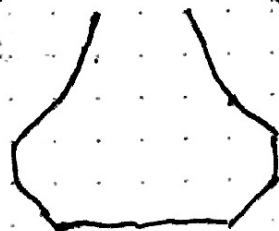
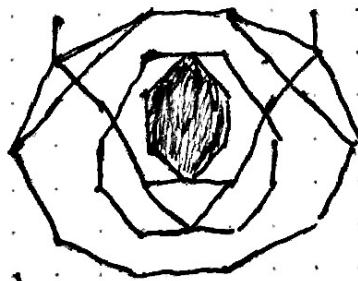
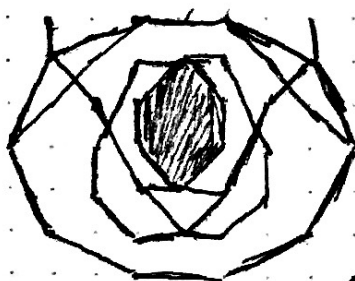
Ate my lunch - 4x slices + hummus + chopped pepper trying to maximize my consumption of perishables, then exercised for a while, push ups and curl ups. I think I need to exercise more, because although I'm keeping my mind fairly occupied, I'm not doing enough for my body. It's been twitching/I've been tapping my feet absently, and so with some exercise I will hopefully stop doing that. Gosh, that sentence made absolutely no sense.

Could definitely see how this could make people go crazy. Hopefully I won't be one of them!

Seems like the afternoons are the hardest for me, I really start questioning why I did this. Right now I'm not bored, just worried that the reason I'm not bored is that I'm going a little crazy. ~~That~~ That worry is making

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 \end{aligned}$$

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 &= 45 \quad 22.5 \\
 &= 55 \quad 27.5 \\
 &= 66 \quad 33 \\
 &= 78 \quad 39 \\
 &= 91 \quad 45.5 \\
 &= 105 \quad 52.5 \\
 &= 120 \quad 60
 \end{aligned}$$



For some reason,
← reminds me of
Motherboard, from
Cyberchasers.
Remember that
show?

we want to come out, but I think I'll definitely hold on until at least tomorrow morning, because I don't want to make a decision I'll regret when I'm not in my best mood. I suppose the fact that I'm recognizing that I'm not quite behaving normally means that I'm not over the edge, but still, I'm concerned.

~~As I ponder~~ I'm questioning my own will right now. Perhaps I'm not strong-willed enough to do this. I know that I'll eventually get hit with the realization of what I'm doing, and I think drownd now is it. It would be so easy to just walk out right now, see the outside world, ~~the~~ see my family. Was there really that good of a reason to do this? I'm going to make myself some tea, then try and meditate till dinner. It's not that far away, so hopefully I'll make it. The silence is just maddening, I wish my parents would do stuff in their room more often.

The more I'm thinking, the more I think the solution to my dilemma is books. For the past two days, I've been stuck with myself, and myself only, and since I don't want to start making up personas to talk to (I think that's a little bit past the line between where I am now and crazy) books will allow me to stop being just with myself. One person is definitely not enough.

I'm actually starting to think that it's not really books that I need, but something to look forwards to in the mid-term. Short-term activities have been letting me pass the time, and I've got the long-term goal of getting out of here, but I don't have anything to make me excited for the next day. I think I'm hitting on something fundamental here:

* Humans are NOT aimless, ~~you need more than long-term goals~~ nor are they able to adhere to one and only one goal. We're multifaceted entities, and as much as you might be able to suppress your distractions, we all need to indulge in them.

What is a want? Why, you could go the easy answer and say that it's a goal that we have that isn't strictly necessary, but I want to go further than that. We have wants as driving mechanisms, as things that make us tick. Eliminate what you want and you no longer have you, you have an aimless being who may indeed have goals and needs, but doesn't have a drive to fulfill them. A want is very much different from a goal - a goal is objective; I will have \$300 by the end of this month, but without the "I want to have \$300 by the end of this month", the I will work to get \$300 by the end of this month, you only have an ~~idea~~ idea.

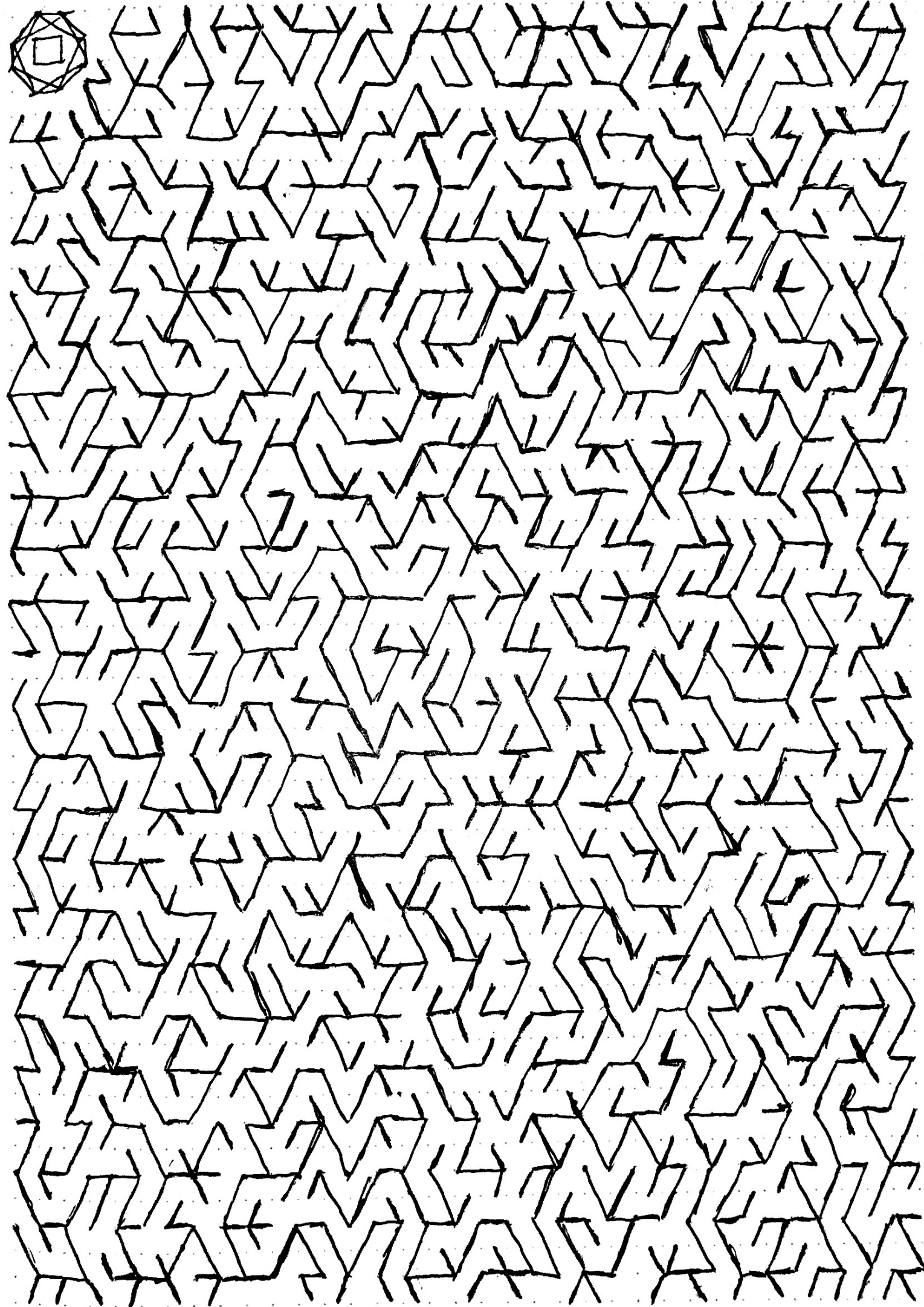
★ I think, that wants are possibly what make us ~~fundamentally~~ alive, that the purpose of life is to indulge in these wants. ~~And~~
(this could also just be me justifying getting books right now, I'm not 100% sure)

My two front fingers are getting calluses from writing too much, so I'm going to take a break and drink some tea.

I definitely feel revitalized and ready to continue my resolution having determined that I need to continue working towards things and ~~and~~ obtaining things that bring me pleasure like books or drawing.

Just had a little contact with the outside world! Noshie (Kitty-cat) was scrambling around outside my door so I stuck a pencil under the door and played with her for a little bit. Was calming, and I'm definitely ready to ~~be~~ stay in this room.

Ate my dinner, and man, I think I'm over-eating. I still had tons of lettuce and hummus left over so I'll be eating that with my breakfast and lunch along with the asdan salad. I might not need to crack open the tona until Day 5 or 6! Going to get ready for bed now, after re-coating the gummy bears. ~~and that's all for~~ Day 3 almost done.



Day 4

I realize I neglected to mention this, but last night I decided to continue my pursuit of some external reading material, so I wrote in my nightly update to my parents that they pick out three books and slide them through a gap. However I'm not getting them until tomorrow (Day 5) so I still have a ways to go. Hopefully they pick out good ones!

Now, I've actually been delaying this journal entry for a while, I probably got up more than an hour and a half ago. Didn't really have any dreams that I can remember, but I took a bath, washed my hair, ate my breakfast and drank some tea. I'm finding it easier and easier to just zone out and think about random things, so I didn't really feel the need or interest to write in this journal. I'm also definitely doing things more slowly, waiting for a while before actually doing anything.

← These doodle patterns are quite nice to draw because they take a really long time, and it's okay to get distracted while drawing them. I've been working on the one that's on the page before this one for about an hour and a half, and I'm only halfway done.

Read through my previous logs, they definitely seem to be getting more and more saner and less superficial. That's good, I was hoping to ~~whittle~~ whittle down my personality a bit, ~~figure out~~ ~~what I really think~~ to see my self on a fundamental level. Less frivolous.

Nerves

We don't have NEARLY as many nerve endings inside of ourselves as we do on our skin. It's disturbing to think that even though something could hurt when it makes its way inside of you (like a splinter) it won't hurt once it's there. That's why things like internal bleeding are so dangerous - you don't feel them but they still cause just as many problems as if you felt it. Pain is not a bad thing, it lets us know dangers and the status of our bodies.

I find that it's always after lunch that my doubts set in, and having just eaten lunch, I feel my concerns on the horizon of my consciousness. I might actually save the books I will be receiving tomorrow for the afternoon, because otherwise I am concerned I will still feel the same way.

These patterns are really helping me cope though, makes me think there's something more to them.

Geometric Proofs

Geometric proofs are so nice, because they really help you get a fundamental understanding of numbers and how they interact.

I was absently thinking, squaring numbers in my head, when I realized that the square of any number is equal to four times the square of half that number. The reasoning is fairly simple, and I'm honestly surprised but only geometrically: Pick a number, like 4.

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Isn't that so nice?! ~~I'm not really sure~~

You know, if all else fails, I'll have definitely gained a lot of practice on how to kill time.

~~Hope is~~ I'm starting to revise what I said about wants. I'm actually thinking now that there are multiple things that go into a goal - wants and hope

Although I'm still going to get myself some books, I think that the worst of my time in isolation has passed, and I now think that it is not wants that drive a person, it is instead hope. If I didn't have the hope of getting the books...

Actually nevermind, not hope. I'll need to think a bit more before coming up with a better answer.

38.5 = 190 days,
~190 hours of ~~that~~ english
class worked

24.6 = 144 hours in this
room,

CAN'T BELIEVE I SPENT MORE TIME IN ENGLISH THAN THIS

Just finished doodle pattern #3, and I'm getting tired earlier and earlier, even though I'm doing a lot less than I normally do. I've been thinking and it's nice to write, because then you think more slowly.

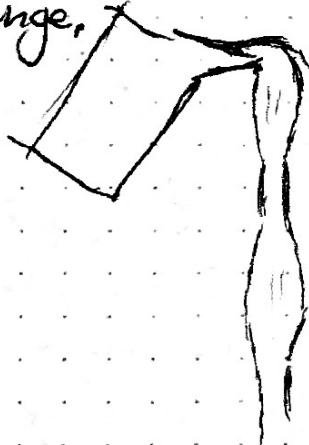
Argh, that last IP made no sense.

Writing your thoughts is a good thing, because most people can't write as fast as they think, therefore, when you're trying to pass time, writing what you are thinking will make you slow down your thoughts and you'll perceive time to pass faster.

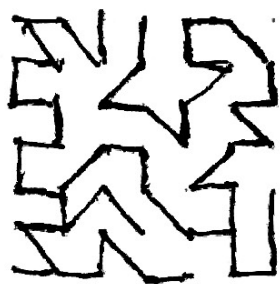
Pouring Water

It's interesting how water pours. When it comes out of a spout, it sort-of flip-flops, looking like a chain composed of water. I assume this is because of surface tension trying to turn it into a ball, but since it doesn't also push to make it a ball, it does this oscillatory motion.

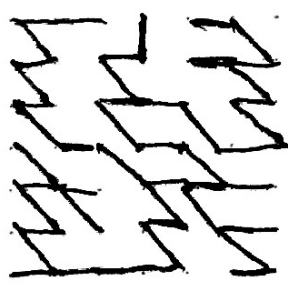
Very strange,



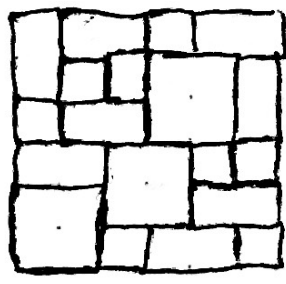
Man, I'm really feeling it right now. Why couldn't this day just be over? I need something to focus on for the next few hours, like a new doodle pattern.



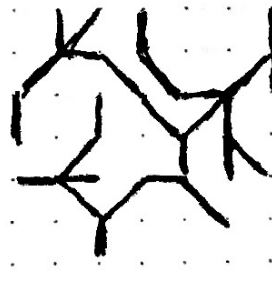
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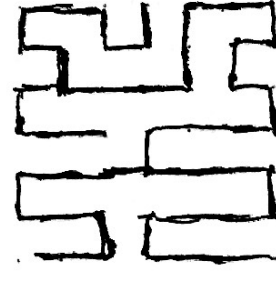
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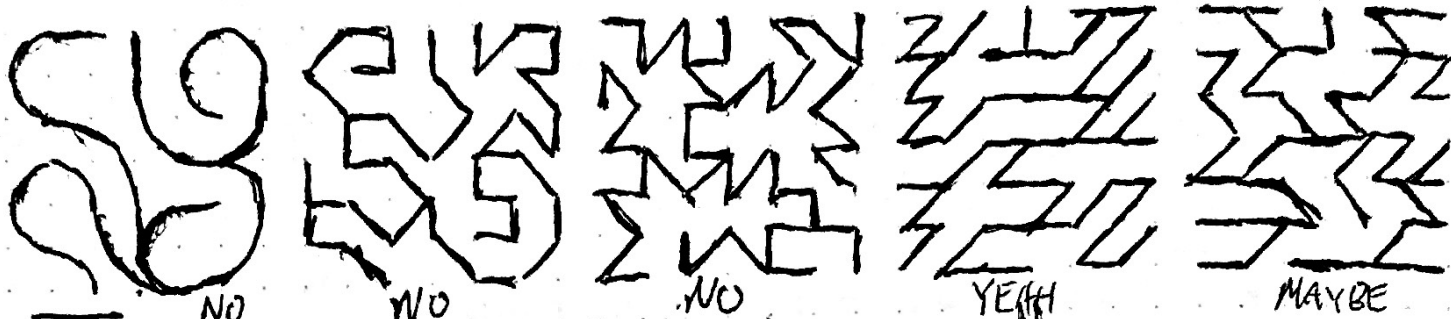
NO



EH H... NO



NO



NO

NO

NO

YEAH

MAYBE

Well, I made it through, but not by drawing patterns.
I drew some, and started trying to do pen flip tricks.
Also ate dinner, Asian salad + 2 slices peanut butter
bread. God, nothing but peanut butter on bread tastes
like cardboard. I was going to try and avoid Tuna for
as long as possible, but I think the tables have turned,
and I'll be avoiding peanut butter like the plague.

\\ ン \\

Japanese practice - can't be getting too rusty over the summer, can I?

ぼくはフィンです。アメリカ人です。

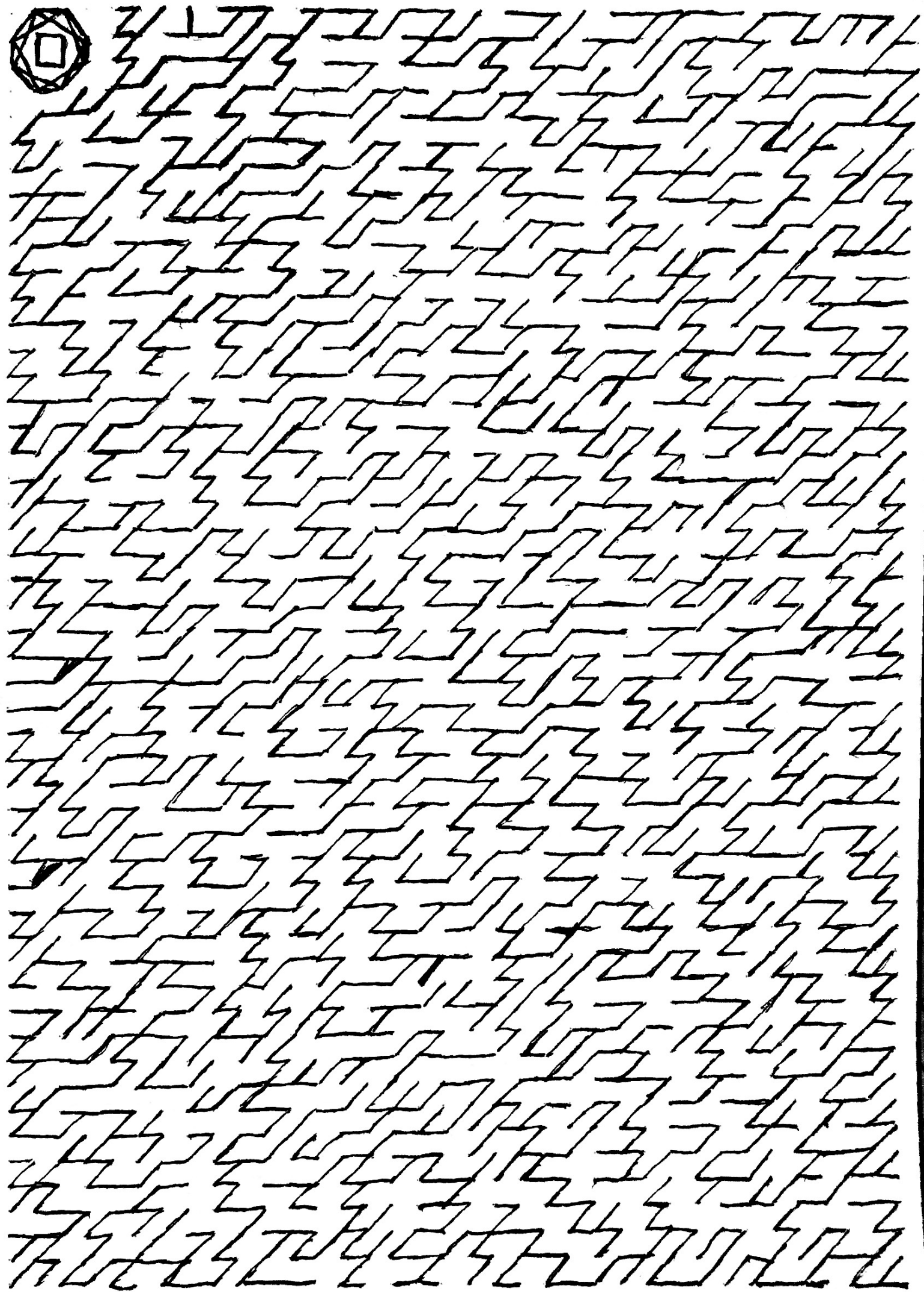
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きょうは六月十三日です。かよう日です。

ぼくはニ本語"カ"じょうで"ジャ"ありません。

Wow, I can't believe that I've only been
taking it for one year, and already I can say
things. That's incredible! Languages are hard,
so it should have taken me more time.



Day 5

Bookdays! I've woken up and am going to make myself some tea. I wonder when I'll be getting the books.

They're here! I won't read them yet, but I'm looking forwards to later.

The more I think, the more I disagree with what I said earlier about wanting, or at least feel that it is partially untrue.

From a Darwinian evolutionary perspective, our main purpose or drive is to reproduce, to propagate little copies of ourselves across our world. ~~Every organism must have acquired this drive, otherwise they wouldn't be there right now.~~ Having evolved from, at some point, small little microorganisms, much like all other ~~these~~ animals on the earth, we all have this ~~same~~ purpose, to continue or maintain our existence.

By that idea, everything we do has the ultimate goal or reason of being able to better your chances of reproduction. What, then, ~~is~~ is your goal once you have succeeded? Is it to care for what you have created, or does it move to something else? This is why this idea of the "ultimate goal of reproduction" doesn't sit well with me. I think that although much of our actions may ~~be~~ be in part indirectly due to an evolutionary need to continue making more of ~~ourselves~~ ~~you~~, there may not be any definite purpose in ~~the~~ your own life.

Your life is your life, make what you will with it.

Materialistically, we may all be primed to ~~try~~ try and better our chances of reproduction, but ~~the~~ with the "Pescending" viewpoint ~~that~~ (there is no greater being, that all that exists is right here in our universe, or in other universes, but there is no ultimate God) then ~~the~~ our own existence is simply a part of the universe, and the universe is a part of ourselves. We exist as a part of the universe, but we do not exist for anything.

As a random group of particles that somehow found order in this vast emptiness, we have no ultimate reason, no ultimate goal.

Our existences ~~are~~ are lucky, no doubt, but ~~they aren't~~ there's no fundamental reason that we exist, instead of something else, or nothing at all.

We are finite, and seeking answers to things that are infinite.

~~Why do we expect ~~st~~ having determined~~

Personally, I think emotions are a by-product of evolution, and each emotion has its own important place. One should not try to suppress any one emotion, instead they should seek what is making them feel that way, and try and ameliorate that.

Mind Control

It's weird how we don't have ^{complete} control of our thoughts, I mean, yeah, if you want to think about something, like say a math problem, then you can do that, but if I place an image or thought into your head like I am right now, you are powerless to stop it (unless you stop reading or are incredible [if it's #2, then I'd like to meet you]).

Scale

I think my time in isolation has actually helped me really understand the scale of the universe, because I've now got a much better understanding for the length of a day. When you think about how big the solar system is, it's sort of hard to wrap your head around it, but what I've just recently done ~~that~~ ^{consider} that has really helped is considering the length of a day. Now, the Earth is whirling non-stop at around the sun, 24/7. And, even at the exorbitant speed it's travelling at, it still takes three hundred and sixty five days to make a full circle. Now, this only works if you have a good sense of how ~~actually~~ ^{long} a day actually is, but if you do, holy aw does the ~~world~~ ^{universe} seem ~~big~~ ^{big}.

I suppose one thing I'm seeking in doing this isolation experiment is coming up with original ideas, original thought, but I'm realizing that unless you are on (or near) the forefront of a field, then pretty much anything you do will already have been done. ~~With that spirit~~, With that idea, I think I will need to ~~approach~~ spend more time getting more knowledge, instead of re-inventing the wheel.

It looks like my pen is running out, I'll have to get a new one. Happy that it lasted as long as it did.

To be able to form useful opinions, you must be knowledgeable on the subject.

Books

Books are incredible. You can pick up a small little object, and obtain all of these ideas and mental hallucinations. ~~Not only that~~, They've allowed us to spread ideas so much, and store countless generations of thought, all at easy access to those who are willing to read it.

Wow, today passed quickly. Books are really incredible. I just finished stranger in a strange land, and it's not only a fascinating book with some very interesting philosophical views, but the simple fact that I was able to pass what was almost a whole day ~~doing~~ ^{reading} it is phenomenal. Our brains are so willing to get other images and ideas impressed into them that this day, when compared to the unbearable length of the last three days, shows how subjective the passage of time is to a human brain.

Honestly, I think the psychological practices I've been following here in isolation are an incredibly good and healthy way to mull over things. Taking as much time as I do here to think truly about the meaning of books or ideas really is allowing me to deepen my understanding. I just need to regulate myself outside of isolation to continue the good habits even in the face of other vices and distractions. This is an infinitely better use of my time than wasting it on youtube or something, and I'm really ~~at~~ extracting more meaning from things.

Stranger in a Strange Land Thoughts:

Heinlein's a very good author, and not only does he tell a compelling story, but he speaks of ideas about society. Using Martians as an observer of the quirks of Human society (Namely Valentine Michael Smith) the idea of eliminating jealousy to remove a great many conflicts surfaces. God, I'm writing this like an essay. What the heck, stop that. So there's this recurring statement said by believers of the school of thought propagated by Smith, and it's "Thou art God" It's repeated through the book, adhering ~~to~~ ~~to the~~ ~~of~~ ~~"Desceading"~~ ~~religions~~ the "Desceading" theology, that God is permeating everything and is composed of everything, ~~but not limited to~~ ~~along~~ ~~with~~ details not explicitly explained in the book, allow people, followers of the Martian ideology to lose all jealousy and truly cooperate in a communal society. Now, it's less apt to say followers, and more correct to say students, because the ^{Martian "Mirvana"} ~~idea~~ ~~is~~ is only attained through rigorous study for Humans of the Martian language, but I think a fundamental

aspect of it was freedom, or more specifically, the feeling of freedom ~~both~~ in actions because those around you won't judge you. By removing judgement, and at the same time, giving equal opportunities to all and getting rid of jealousy, people are able to live much happier lives. Thus, as my takeaway from this book, I will try and refrain from judgement and feeling jealousy as much as possible, or at least attempting to recognize when I am doing/feeling them, and consciously ~~also~~ compensating for them. ~~now~~ I'm sure I don't grok the book completely, and hopefully I'll continue ~~growing~~ grokking it more fully as I learn more.

Day 6

Last full day!

Already ate breakfast, and I'll be reading A BRIEF HISTORY OF EVERYTHING today.

~~Time~~ Time Relativity

At certain points, when you're bored out of your mind, time can seem to pass incredibly slowly, but in other instances an hour can seem like the blink of an eye. It's incredible how our brains are so able to change their perception of time, and such a bummer that I don't have the mental control to change the passage of time according to my brain.

Synonyms

We have so many different words, and a lot of them can be used interchangeably. What's weird is how by changing the words you say, even though your direct meaning stays the same, the feeling of the sentence can change, the emotions provoked by the sentence change.

Today passed incredibly quickly, and I'm sort of sad that tomorrow's going to be the end.

Mind, Self, body - Tomorrow morning keep thinking
Self is your mind but more, it is the thing that you can push, etc
push it, find what Self is, not ~~push it~~ ~~push it~~

Day 7

! H

This is it!! I'm really glad I did this, even though it's been tough and not always fun. It's given me time to recuperate from the school year, for one, but also time to think about the world. I'm Ready to keep doing things, but sad that this time is drawing to a close. I'm staying away from books today, because I want to finish my week with thinking, not reading.

Interesting realization that I stopped thinking of the windows covered with cardboard as windows

6/17/17

I think this journaling is a good thing, so I'm going to continue it, writing notes about things in here, etc. It would be nice to also take notes for school and such in one of those, but I don't know if that's a good idea. I might try it out next year, because I kept losing papers and stuff last year. Who knows? Anyway, I wonder how much longer I'll be able to keep this journaling and early morning wakeups going.

