

April 2014

SUNDAY, APRIL 13, 2014 AT 7:39 PM



Fear of writing? Spose that's a fear if everything. Look I'm on an iPhone and I don't feel like spell checking everything again. I hope this gets easier with an iPad. This is a life report, since I suspect my feelings right now in nostalgia or reflection might be of value. So the point is to write. A lot of things to be afraid of here- grades. Judgment. This will never be Astor as good as what I used to write. This is the epicenter of fear- I can't even out anything down on paper. And I said his to myself in a litany of self-deception as I penned two completely different drafts of that hulking wretch of a project, gray state. Did you ever get sick of hearing about it? Christ. Poor miserable [REDACTED] no one believes you. Except you know for all the people who did, and still do. I suppose confession is important on some psychological level but perhaps this will spoil the tone for every following entry. Gah. Negative nancy, got to soul yourself to see. Anyway. Strengthen the skills, branch the mind, open what is closed. Tendrils. Do you see them? What use!

Of space.

Understand: your life will me if you do not lose the fear. So write every day an expand your craft, god, the world still goes unwritten, and there are no end to the possibilities or combinations, so write all the time. This thing will make it soneasy. But u suppose auto correct will ruin much ere the day ends.

So don't stress about what comes out. Just fire it open and wire every day now. So what happened the past week? Rani said some things . Gross beef and awful fries. I have been telling her the story of the werewolf. She calls it a whirlwhirlf. Hats been going well, meeting a lot of the neighbors. Paleo on walks. He's a great boy, still a lad and growing handsome. He's been sleeping in me all day. Not in but this dipshit program can't select letters to delete. Ok his is getting hard, lion king is on. Rani wants chips you know.

[44.7303° N, 93.2433° W](#) •

MONDAY, APRIL 14, 2014 AT 9:50 PM



I'm going through depression as part of my personality switch. Like a hard restart. Nothing is anything anymore.

[1047 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES](#) •

TUESDAY, APRIL 15, 2014 AT 10:16 PM

Today is about parenting I would guess. Learning I balance the stupidity of individual drive over the inherent needs of a young human. The best side is winning. To see the nonsens if ego-driven parenthood: shallow rules if imposition and negation: to service no one but the rules themselves, distant as Allah. To leave leftover nuts on the table, the chocolate an other desirable contents left on the

tabletop, only almonds and a few walnuts. And they are left there to serve Asa buffer for the next snack, "finish your nuts!" The imperial trumpet of justice. But this contest of will over the forgotten nuts goes unnoticed by rani who goes about her long long day without ever knowing, while the leftover sour of the old almonds foul my mood. My god. But to have a happy child! One satisfied within her orientation toward the rules, and to find a challenge if the rules a withy my contest for a budding personality but instead a wrecked wretch, buried in emotional distance. Komel has forgiven me. I may not,

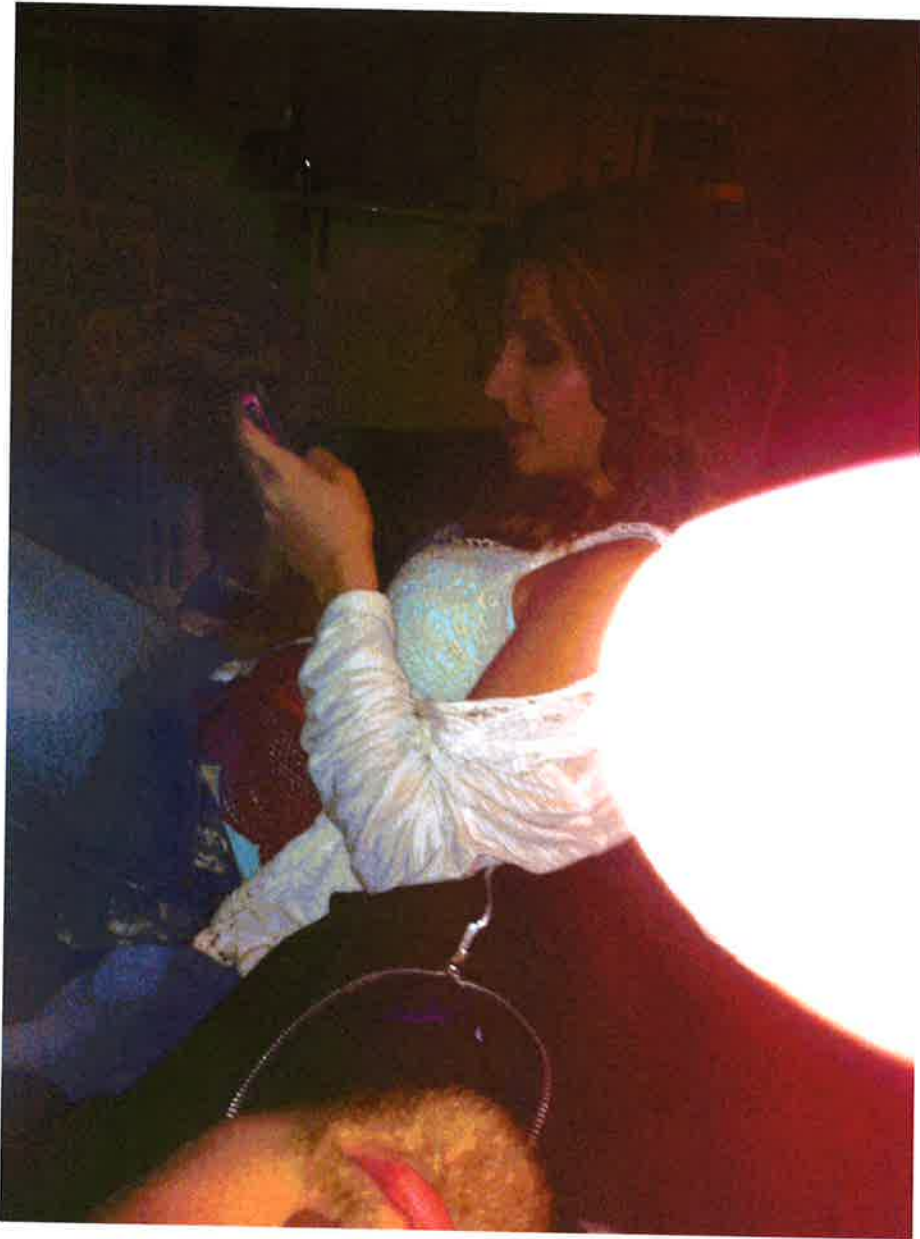
1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 30° MOSTLY CLOUDY

TUESDAY, APRIL 15, 2014 AT 10:28 PM



1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 30° MOSTLY CLOUDY

TUESDAY, APRIL 15, 2014 AT 10:29 PM



Komel [REDACTED] so I stopped writing

1019-1059 BALDWIN DR, APPLE VALLEY, MN, UNITED STATES • 30° MOSTLY CLOUDY

THURSDAY, APRIL 17, 2014 AT 5:15 PM



Doesn't matter what gets written as long as it happens. Get the crap out now. Been working at morse Kode, which is the best possible job I could have in my field of freelance videography. Come to think of it how the fuck was that even on my radar? Just a way to make money that got out of control after costing a lot of money. Well it made possible many things, including this skill set which is earning me 75 an hour. I forget that I have a ton of valuable skills and no time to become an expert at everything. I've had enough. So I get to work with a lot of self important thirty something coiffed poufs who breeze around being polite. What a prison! It's really hard to put up with even though I'm making more by April there than I've made since the army. Derrp. It's been a learner. Hence the journaling again. Inns be a writer, or something! Is that a job? Well whatever you're a filmmaker now with a ton of experience and skills and understanding. But damn son it's time to get off the pot! Finish your shit and git to la. Paleo scratched rani today. Rani likes to hide his toys so he chews hers and then has to be punished. She sets these traps for him. Bizarre warfare, paleo doesn't understand at all. He grows, she grows, I shrivel and look somewhere else. I see so many things to fix, but it happens at such a crushingly slow pace. But for now the money is good. It could have been a far sight worse, after ten house move. I am learning to feel gratitude, and a better understanding of the size of the privilege pile I sit on. We. What a privileged family, and we hang out with all these bums. How's come no one checks you out and says naw bra, you're doing it wrong. I shudder to think all their messes are bigger than mine so mine go unnoticed. What a psychological wasteland.

FRIDAY, APRIL 18, 2014 AT 2:53 PM



Hanging out in Edina, making notes for a gs climax rewrite tonight. Seems like a juvenile approach to a film- see these rich people? watch what happens when we take their shit away! Oh well get it done at least. People like it that way. Leave finesse for hen your experience is tempered enough to actually make it. Burrp. Anyway, other things. Still In a existential fetal position, but getting through it. Doesn't matter what you have as it turns out, if you're not happy then you're just not. Pretty dumb.

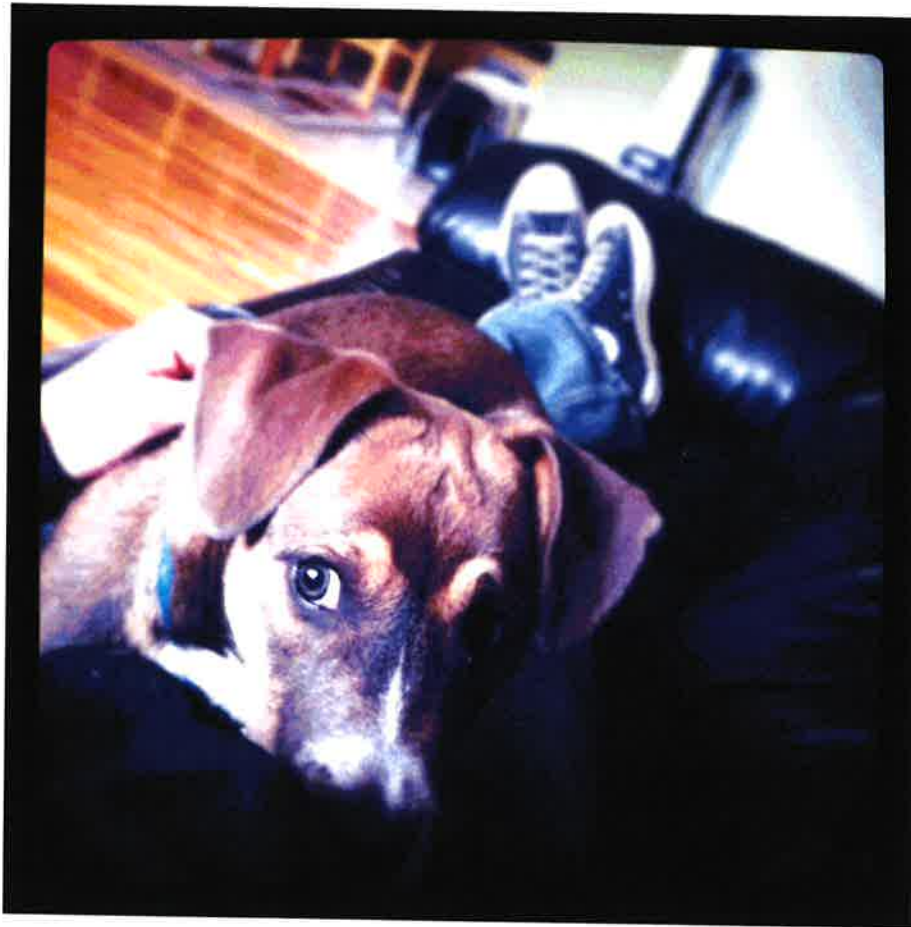
SUNDAY, APRIL 20, 2014 AT 2:37 PM



Easter at the Anderson's. It is what it is. Nice people good food but not much actual contact, at least with us. What can you do; that's kind of just who we are.

1627 IVORY AVE N, LAKE ELMO, MN, UNITED STATES •

MONDAY, APRIL 21, 2014 AT 7:59 AM



It's nice being freelance. Komel is my recon element, tells me how traffic is, and sometimes I have a long morning. Paleo is getting his morning nap on my lap, so I'm stuck with my journal. Morning journal? Not ideal; I haven't had any thoughts yet. How about feedback? Well every morning I wake up a little pressured, lots to do, already knowing what I want to get done will not be, and I have to put up with things for the time being. Too negative. Not enough life happening. Although thugs are better. Started crossfit with Komel last night. Girl kicks some ass, going faster by the end. She's gonna grow up well.

It's komel's night to put rani away, and she's giving hell. Squeals and nonsense, desperate laughter to pretend bedtime isn't upon her. Poor Komel. Today was a hard day - full work docket and then a bad bad crossfit session. Fuckin bear crawls and stuff in body armor. We're sore. She took a long bath while I cleaned up and did dishes. Indicated strongly that she wanted to [REDACTED] My first response is some weird disinterest. Dumb! Another bad habit I caught. So I got the bed all ready to go. It's only 10 so it's full body massage night, oh man she's gonna love it! Nice and easy after that. But it's been a while since I perfumed the bed. Got some ambient music going,

gonna give her the whole treatment, oils and stuff. Keep her young.
Give her a **[REDACTED]** while you're young for gods sake.

Rani's desperate laughter. God, I don't even look up. No help from
me. Set up for the turnaround. But oh, there she goes. She's seen
the room by now. Time to put my shit in gear. **[REDACTED]**
[REDACTED]

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES •

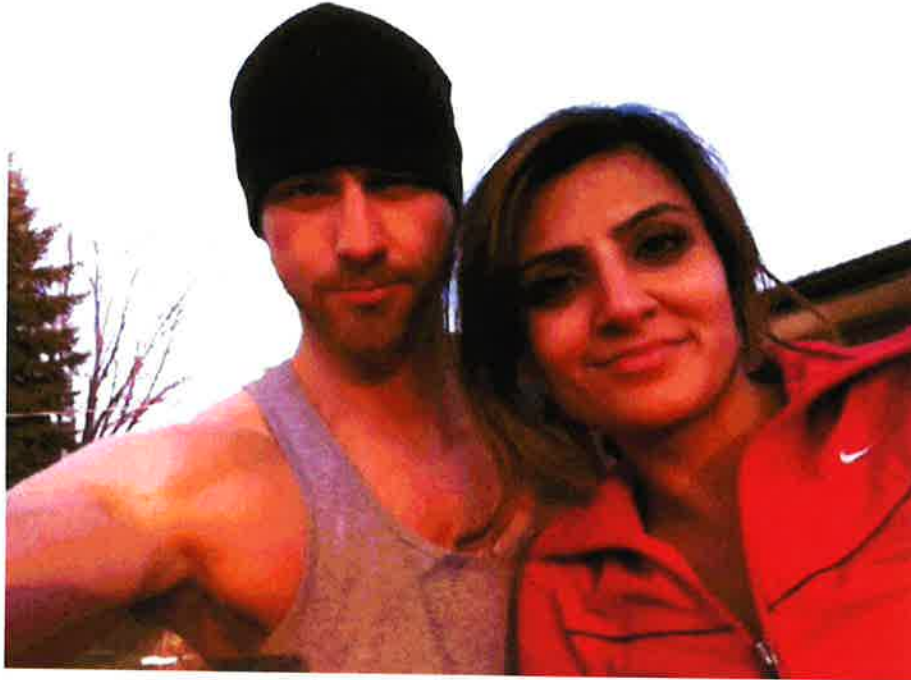
MONDAY, APRIL 21, 2014 AT 9:55 PM



[REDACTED]

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 50° CLEAR

TUESDAY, APRIL 22, 2014 AT 10:04 PM



Crossfit after work, and many hours of writing thrown in. Good day.
Sleep time

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 43° CLEAR

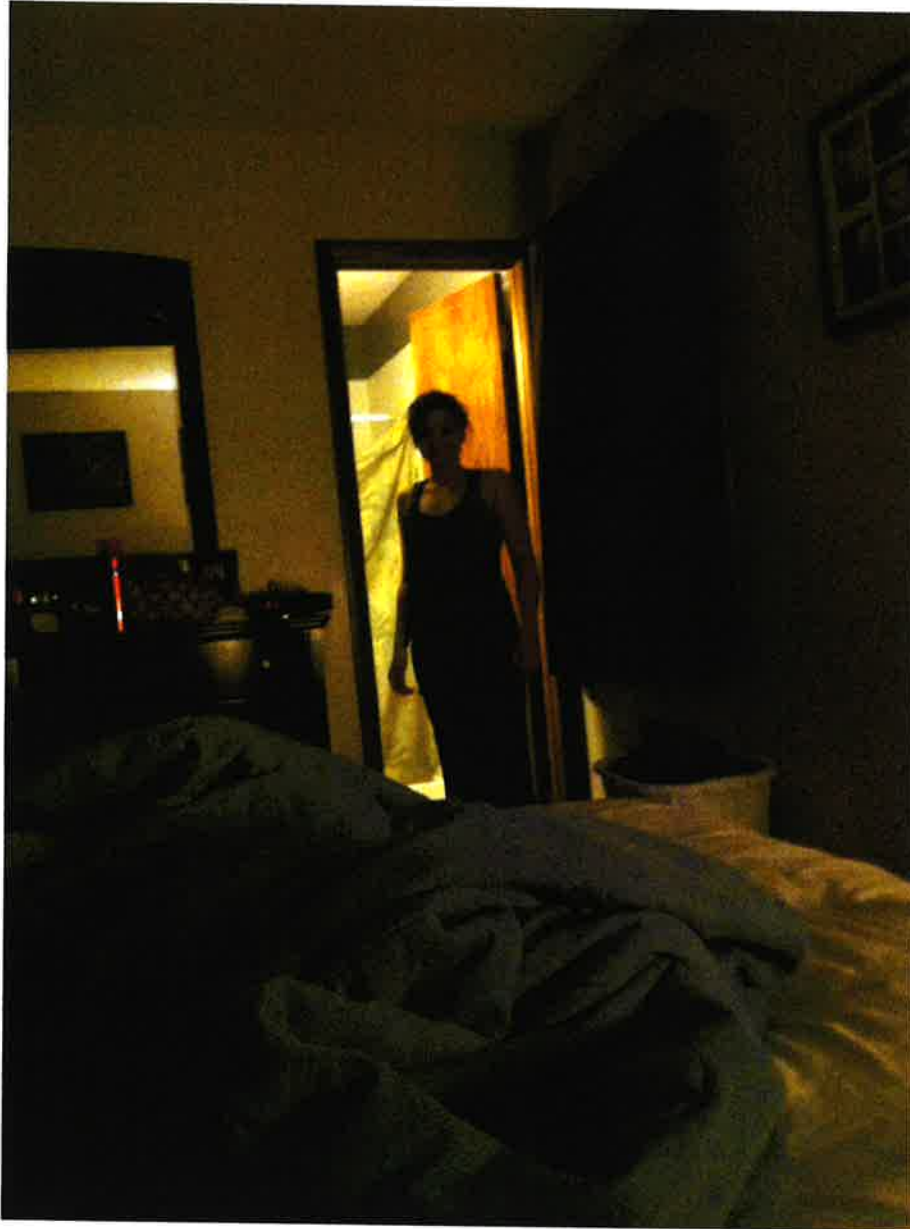
WEDNESDAY, APRIL 23, 2014 AT 8:50 PM



Every time you don't do something or avoid something, remind yourself oh yeah I'm not afraid of that anymore. Know and embrace your achievement. Live without fears, obtain one objective, know one purpose and everything in your way is something to challenge and refine you. Love and live happy. Make the best decisions. Think only as fast as you feel, and a little faster than what you write. Otherwise you can't keep anything. Know and respect your talent, hone it with humility and passion. Heal. All things in cycles. The real challenge will begin now. It's not that I'm not ready. It's the opposite. No challenge has yet bested me, but I fear heavyweight championship. But I need not climb the ladder like others. There are a thousand roads that lead to Rome. Don't look to the side at the achievements of others and find yourself in contest. We all want the same thing, and why not? Spare your hatred. Live not in anger. These are the brothers of fear. Don't be consumed. Live freely, reverse the flow. Who would it be magnificent? Good things are going to happen, and you must accept this. Awake in hope. Accomplish. You can always imagine a way to stop yourself, but this time, don't.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 39° CLOUDY

SATURDAY, APRIL 26, 2014 AT 1:09 AM



Today's lesson might be this and only this: be positive and love everyone. Derp. But listen: these ways of stealing the universes positive energy and claiming it as your own and serving the ego-shit don't work! It don't fuckin work no adult does that. No real man. Recognize your worth your talents but be humble to the source of all things and be one. Achieve your vision not with might but with sharpened clarity. Be positive. Hate no one. MTure writing is born of the ability to make people feel good. This is your magic. Learn it learn it learn it. Komel is here. We are young, we will be dead at any moment, for gods sake spend your days making her feel good. You are gods gift to her, don't be a dud. Leave a positive impression in everyone you meet, like a perfume. Love.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 39° CLEAR

SATURDAY, APRIL 26, 2014 AT 11:45 AM

Rani: daddy no one like you because you're an old monster. No one likes you they only like mommy and me. Because you're old and you make me gross food and gross snacks and you hit my toys and get me a gross house. Can you leave and let me drive home by my alone?

7070 153RD ST W, APPLE VALLEY, MN, UNITED STATES • 46° SUNNY

SUNDAY, APRIL 27, 2014 AT 5:47 PM

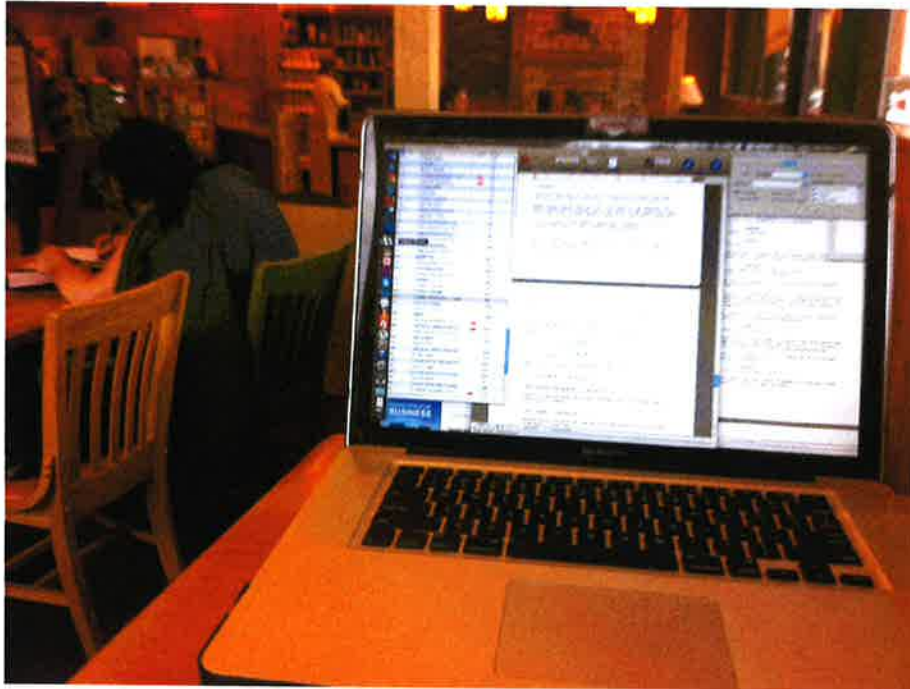


A little hail. Komel is out for pad Thai. Will we look back soon on our own extravagance with wonder? Warm house - a glowing happy floor, treated. My priority today, among a long list of other completed projects. Whoop de fukkin dooo. But you know what? ~~Sex also~~ low light, thunder, soft sounds of Feeder. Did you hear

that? Did you enjoy that in there, you poor lost twib? Maybe you did. Maybe that'll be the best thing you could do on a Sunday. Here's a story. There was a stone at the end of the driveway. It sat there for a long time until nobody remembered who put it there. Eventually even the dogs forgot about it. It wasn't that it was an ugly rock. Whoever put it there had a purpose, certainly - after all, it wasn't anything a truck and at least two men hadn't put there on purpose. Here at the end of the driveway. Huron street's discreet residents had a different experience than the owner of the driveway, which was long and crept back into the trees, leading a sinister path through neglected trees, up steps, and into a black house, through the gray rooms and ultimately to the room looking west, back to the road, where the man no one had seen for years looked far to the end of the driveway to where the troll sat waiting.

1055 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 39° CLOUDY

MONDAY, APRIL 28, 2014 AT 3:07 PM



12601 NICOLLET AVE, BURNSVILLE, MN, UNITED STATES • 43° CLOUDY

TUESDAY, APRIL 29, 2014 AT 7:55 AM



Just thinking today how in hohenfels 2005 I was moving a 120s bipod legs trough knee deep snow with a couple of blundering incompetents or so I thought them, for a moment I was yelling at meat, a hopeless expression of locked up mind stuck among fools, "not that way, not that way, why aren't you listening I've taken physics!" After the legs tangled and I had to do the heavy lifting to fix it, the physics thing caught on for a while. I hated the scorn, but was relieved tat one of my first "things" in the platoon wasn't worse! "Well cowleys taken physics. I don't know man, talk to Crowley he's taken physics." Man, if I were a man, strong an smart but without the ego bluster that went unchallenged to myself., a fear of weakness at all times so I pricey strength without realizing maybe it's actual strength. I have a hard time seeing the good in myself. That's why I've wen trying to watch old accomplishments again and remember where I've come from. Back in 05 all of these challenges lie ahead of me ad there I was, one PFC frustrated with the consequences of his choices not to go to college. By the way, that one had a lot to do with fear as wrll. Didn't want to experiece those kinds of things. Wasn't altogether frustrated with shook as I recall, but the promise of freedom must have been alluring. I remember it now. Green June. Then what? Who knew, but who cares we are young and beautiful and heirs apparent. How many onus focused, built something for tat 30yr wisdom turnaround? We will see. The light will change, but it's still beautiful. I feel a need for a synchronization with the past. Perhaps I will do that. And one day te script will be done and I will have peace. Then some love into the doc, and that will happen. It's time to ficus. Bring it closer to the

surface. Passion for experience. And what a black hole I have left behind me!

Understand: it doesn't take long to deny life long enough to the point where there is not enough I draw upon for momentum. Life I happiness. It is the point, the dog stretching for a better please in the sun. Not something to be delayed indefinitely while you annihilate yourself to get back to it. The only and best gift we can give our young ones is to discern tier talents and guide them in the right path. Clarity and resonance of purpose and pitential- we provide the circumstance an opportunity. Every kid must have one - not rock star realities, but some unique tone of perfect unification an purpose. What is it? What's mine?

Flugga said ince: after a fight where I roundly best him. Made his nose bleed. "Crowley fights himself." And again people seek a way to get at me- even though I won and was likely to win again. I fight myself, denying my own happiness but spinning my wheels in the mud with effort and achievement in my chosen field but nothing now will Change the fact that I Weill deny every moment if happiness in the service of mindless effort. Heaving whomping wide swinging effort because look I'm a tough bastard. Look, see? Now please don't mess with me. Please leave me alone. And I've gotten too far in my career for my self hate to exist simultaneousky. It stays and I keep a quiet reflectiv life but no flashy achievment, eventually swallowed by the exonomy. I fight my own potential with my potential. Slow down. It's easy. Life and success can't be hard. Those idiots have it. Now put this story together like a man. Move outward and forward and achieve. Earn, son!

HIGHWAY 42 FRONTAGE RD, APPLE VALLEY, MN, UNITED STATES • 37° RAIN

WEDNESDAY, APRIL 30, 2014 AT 8:31 AM

I fear not having nice things. Talk about that.

A man awoke one day fully alive to find himself locked in the expressionless glass case of his body. Events experiences phenomena carried no meaning, no nourishment for the soul. An automaton existence, where once was wit, warmth, and wonder.

A note: shoring up riches against the fear of financial failure has not gained an ounce of confidence from it. Learn early: these things have no meaning. Meaning is in moments, not the facts of calculation, mortgaged security and stability. Have now, be now. Save and prepare but live today.

Live and play and remember you are here now where you are supposed to be.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 36° LIGHT DRIZZLE

WEDNESDAY, APRIL 30, 2014 AT 4:59 PM



1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 43° CLOUDY

May 2014

THURSDAY, MAY 1, 2014 AT 8:14 AM



Life of an introvert. Life and social experiences are not necessary because we have already calculated the dozens of possible outcomes and analyzed our happiness level afterward and decided a neutral approach would conserve the most energy. Which we need to run our warm cores, flour source of life. So no meaning or pleasure could be gathered, because life and all its nefativites hilghted in red have been prepared in a smug report by a crooked old tinkerer who has calculated t with a dusty room of old stand-by tools, well-worn and well-maintained.

[44.7732° N, 93.2773° W](#) •

THURSDAY, MAY 1, 2014 AT 8:31 AM

I have to learn that I do not new to constantly act as if one day I will return to combat. There's a great wash of emotional tangle. Combat fitness maintained to infinity. Some lingering guilt to relearn mortar ballistic tables. God. Weapons and load rotations, ready to go ten different ways at the drop of a hat. How exhausting. You never out it behind you. The panic of not being in control, of trying to escape idiots, finally making it, and then again surrounded by idiots instead Of focused professionals like me. Don't moan and self-pity. And

don't self-congratulate. Just witness what has occurred. And move on.

12601 NICOLLET AVE, BURNSVILLE, MN, UNITED STATES • 37° LIGHT RAIN

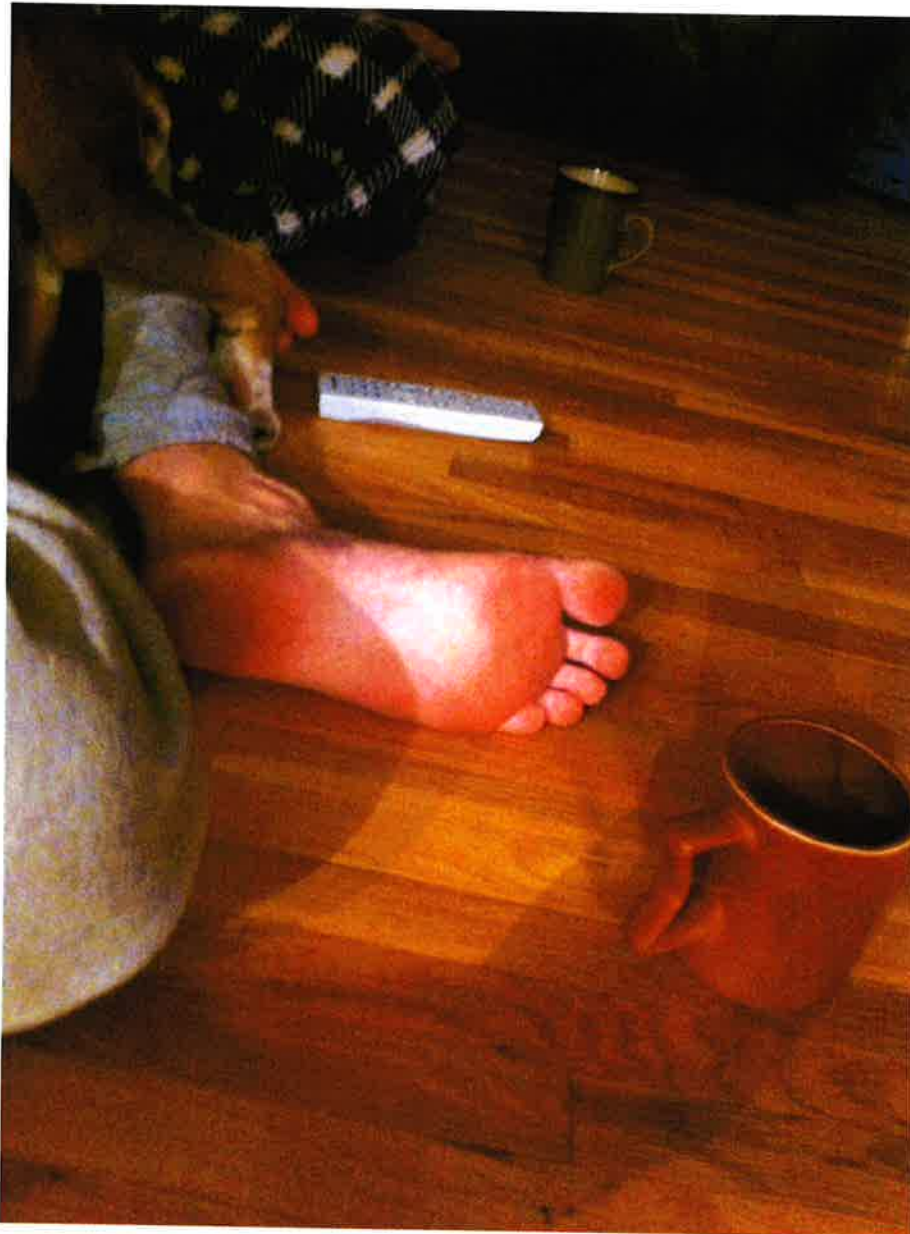
THURSDAY, MAY 1, 2014 AT 8:21 PM



I go to meet rani at school and play with her and take her out to lunch. Later She runs afoul of Komel when she comes home an Komel sends her to her room. She wails miserably while Komel gives a clinical series of reasons why this is important- to break her this way - and I insist she go heal her, help her. She's the one who sent her there; I didn't want to undermine anything. Wish to god I was the one who went in there. Because after a cold and sterile encounter rani recovered from the emotional pendulum as scheduled and now they're best friends and they're both mad at me. When Komel is like this she's cold for a few days before she'll even talk about it. I had better find something else to do tonight.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES •

FRIDAY, MAY 2, 2014 AT 10:43 PM



1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 45° CLEAR

SATURDAY, MAY 3, 2014 AT 6:38 PM



MONDAY, MAY 5, 2014 AT 11:20 PM



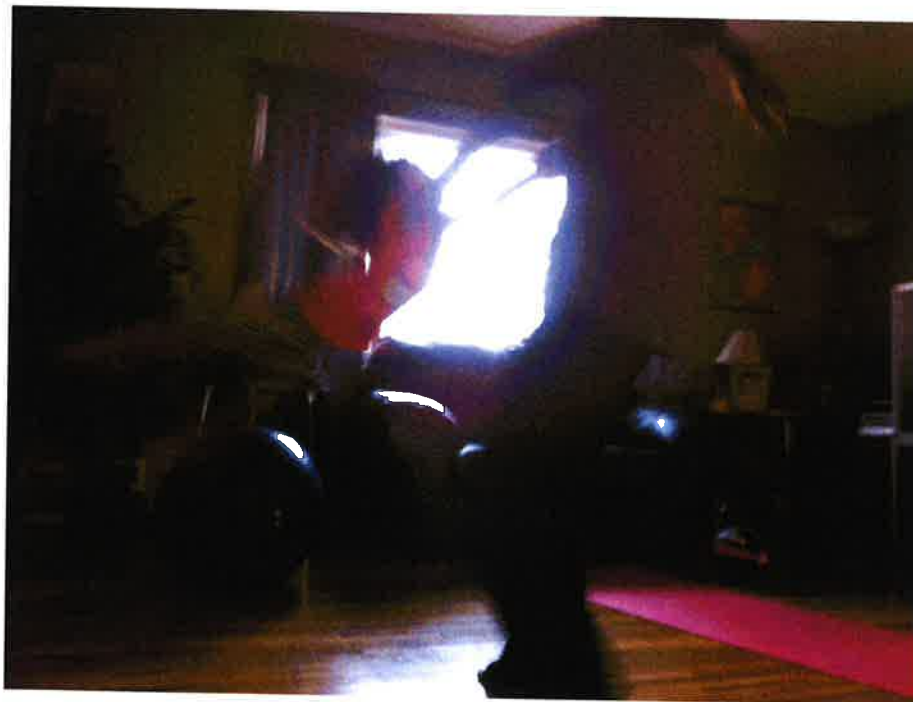
Midnight writing with Paleo. I was doing some yoga earlier and he was hanging out with me, no big deal, but on a pile of pillows I pulled out of the linen closet before yoga. There he splays like a

comatose sultan. but as I got into the balance postures here he comes creeping and crawling over to me. Bless him, he's a smuggler and he always tries to be as close as he can. Anyway after yoga he follows me to the couch and is trying to get close, putting his face on my hands etc, and toe sudden loud sneezes nail me one after the other! Well he just did not care for that one bit. He sat rigidly as if nothing was not ever would be comfortable like it used to e, and he gazed at the far wall, careful not to look at me. I spoke: why you're angry about the sneeze! Oh my goodness buddy I am so sorry. I wanted to warn you but it's hard when you have to sneeze yourself. I tried my best. I hope you can forgive me. He turns to look near but not quite at me, then sure enough, there he goes off to his kennel, to out himself to bed. Little fucker was pissed about the loud sneezes! But not one minute later the site door clatters with his emergence and he comes over to me, jumps back up on the couch and stares into my face, demanding an apology. He's now snoring next to me. Little bastard is just like a child. Can't get away with anything anymore.

Fuck you that all. I've been writing gs all day.

[1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES](#) •

WEDNESDAY, MAY 7, 2014 AT 7:00 PM



It's been a busy week writing gs. Polishing it up. For final looks. Yikes. Feel like I'm drowning just below the surface, trying to stay focused for a final thrust. Well you know how it is. You're a goddamn

writer and by the time you read this again this whole nightmare will be over.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES •

SATURDAY, MAY 10, 2014 AT 2:19 PM

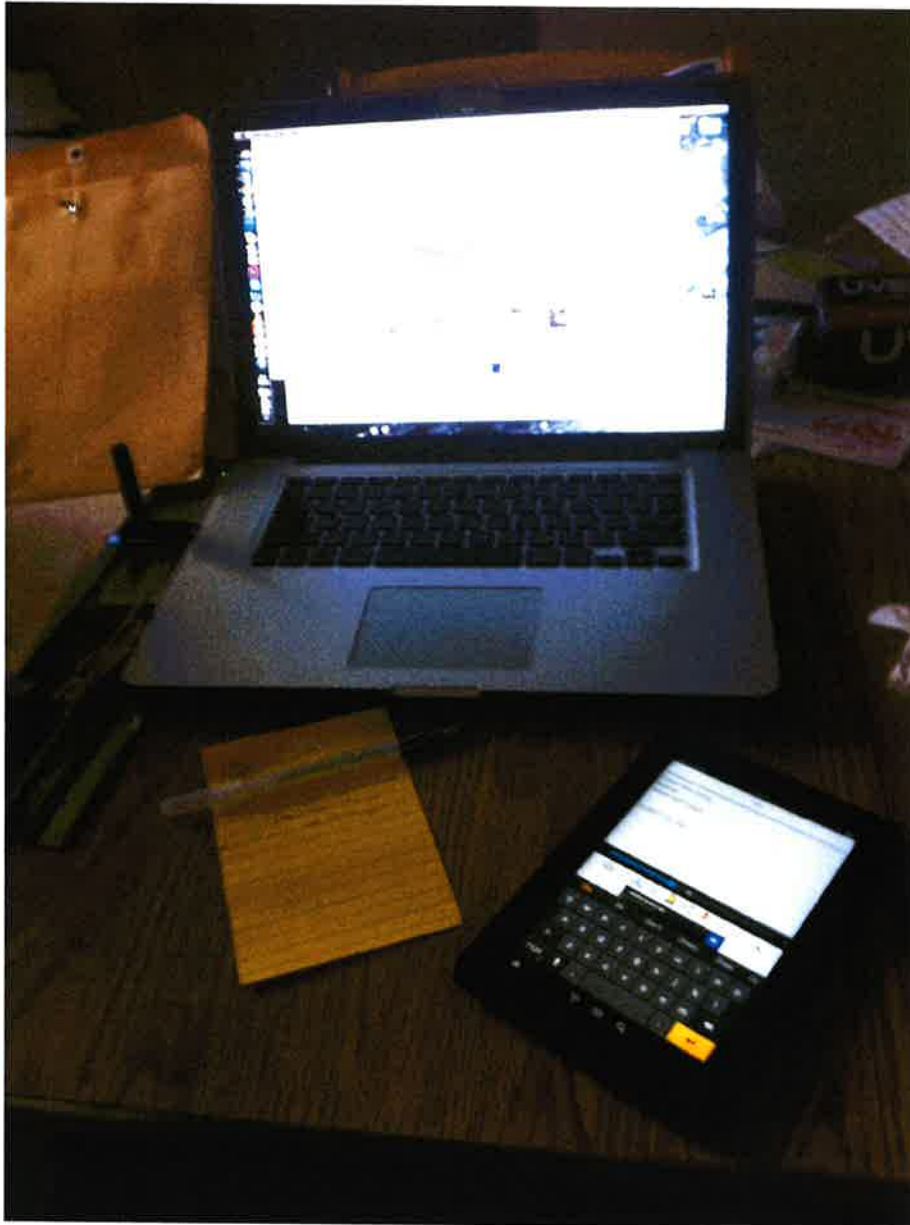


A lot of Emotional turbulence, coming in for a landing. Understandings and connections. Oh I see. David have you checked lately if your father ever wanted you? No of course e didn't and neither do you. Want rani, that is. Of course a terrible thing to admit! But what gain is a a father who provides but does not nourish or sustain? Nurture and play, challenge, admit to, confide in, love in old age? Follow the pattern, see it. It lives on in you. Unless your reality meets you at your circumstances and you do what no one in your immediate family has: embraced fatherhood. Well Tim does a good job. But his career is nothing to speak of. But that's because he chooses things like cricket farming for fucks sake.

New directions: fatherhood. Family anchor, you hold that shit down.

1047 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 66° SUNNY

MONDAY, MAY 12, 2014 AT 7:35 AM



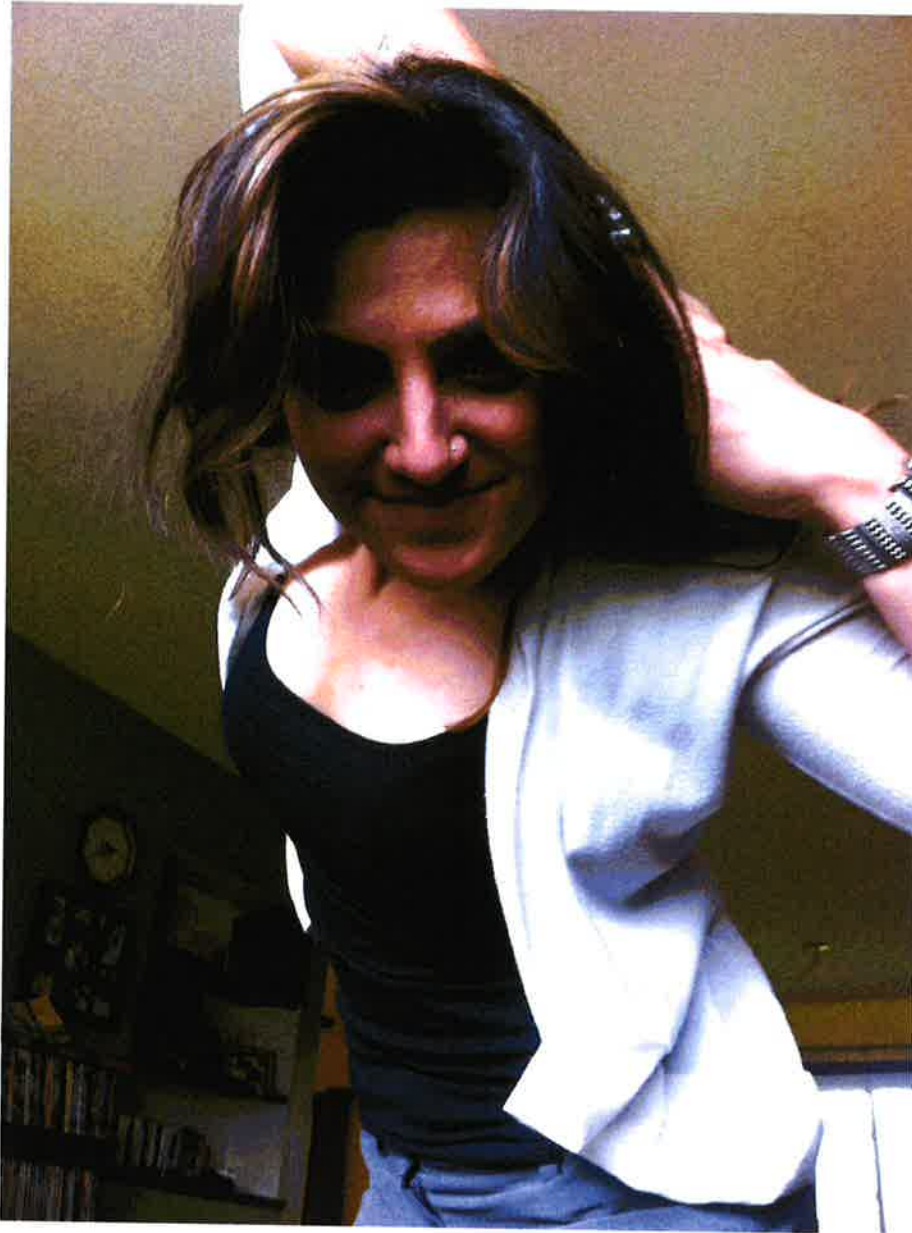
Something I consider: am I self-medicating finally and shedding symptoms of PTSD as well? Not a combat trauma but there's trauma in kidnaping right?

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES •

MONDAY, MAY 12, 2014 AT 11:48 PM



WEDNESDAY, MAY 14, 2014 AT 2:31 PM

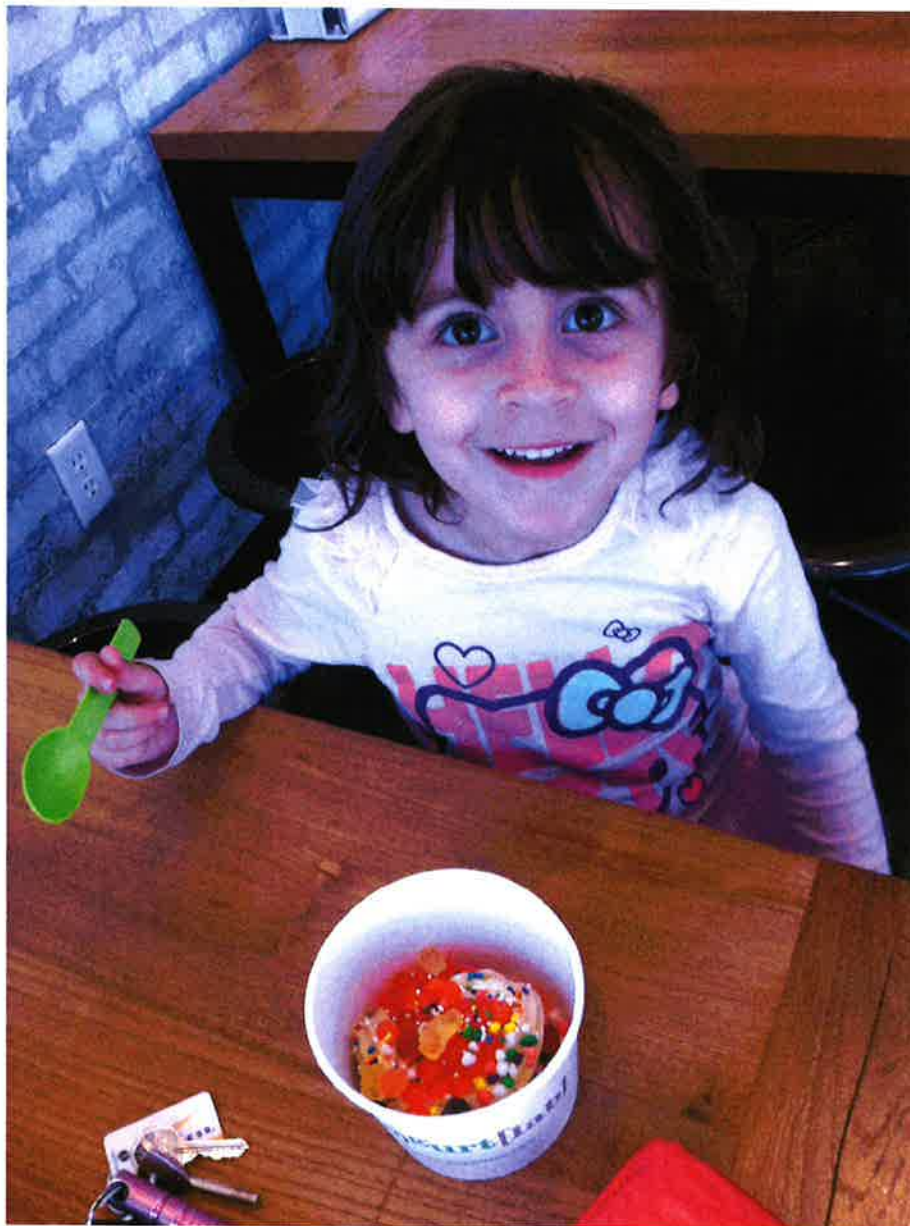


Bald head and lime green wallpaper in the gray light. Jim Barnum, striped polo and dark brown slacks after work and before leaving forever. Stares at the wallpaper. It the most pathetic kind of ugly, he thought, because it would never be loved, not in this house, and now it was old and needed replacing. A sound upstairs- his wife. Jeanne's buttocks showed through her pants in two great rolls; an unwelcome abuse of good sensibility in public and a slow weight on Jim's heart. He stood there a long time looking at the wallpaper. God it was ugly. His car was the same color. Jeanne again. She'd moved on to a pale lavender now, a low smooth ride serviced by a handsome strong kid at the garage who always smiled a lot when she brought it in. Jim had started changing his own oil. But this

wallpaper, the sick hue of it, followed him through the rooms. After some time he turned away. The front door closed quietly and Jim Barnum disappeared from his life.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 59° MOSTLY CLOUDY

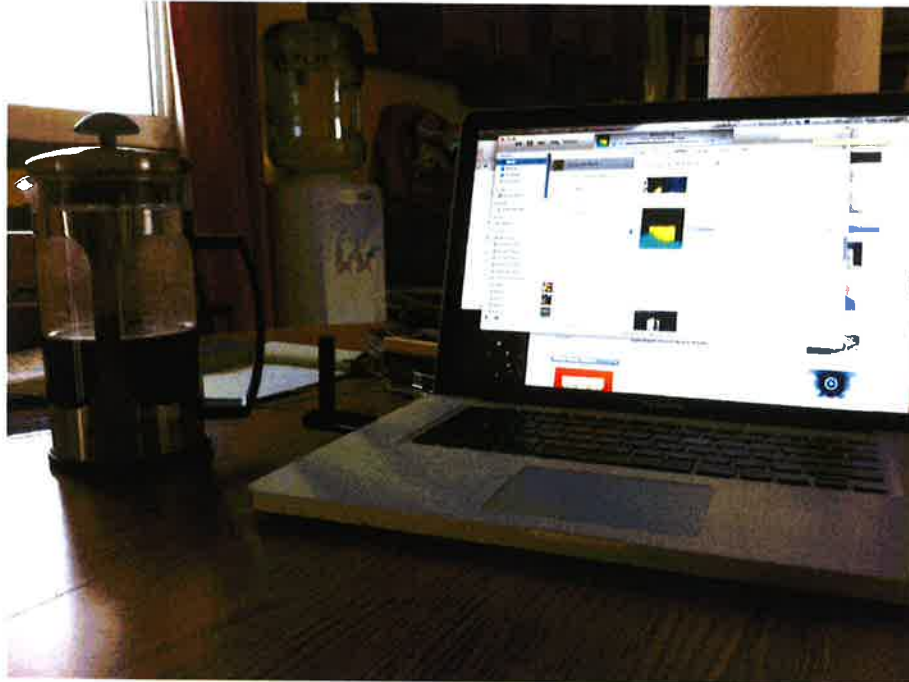
WEDNESDAY, MAY 14, 2014 AT 8:39 PM



Don't forget birthday salt!

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES •

FRIDAY, MAY 16, 2014 AT 8:52 AM



Simply must do a better job journaling. It's not hard, just write something down. New plan: you'll just write down the things you did each day, then you'll likely be following up with how you felt about them. So what's your life lately? Finished the scripts first draft, planning an la trip to meet people. Big people. The things I am receiving are not you ally gifted first time nobodies. So what I have - it's very important to understand it. I built it, and new to understand the accomplishment or I will never stop building tinkering living in shadows. I am always engineering a quiet comfortable back door for myself, so I don't have to achieve. But instead, be brave. Face fear. All signs and wonders are in your side tonight sweet thing. So sci it up acknowledge your gifts and take the stage. It'll be hard and a little scary, but you are equal to the task. You'll make your mark, and how many first time buttholes get to say that?

So lately - been dealing with mom. Al was in town for her surprise birthday. Missed her flight a few times do we housed her. Spent a few mornings this week chatting at Perkins and discussing writing, and the possible existence of a Crowley genetic ability of hyperfocus and efficiency in work, and how this process will eventually scavenge the body's desire and happiness, skill sets and interests, and consume all passion ad a tribute to the work, as if it were a vociferous black hole sucking energy and we are merely competent enough to manage this burden for Ny amount of time. Careful child, out there are the monsters. Joe Seaton is in yoen. It's been fun connecting again. This week I met with Danny too. La is in te cards of us all. Oh also I have been reading how to win friends

and influence people and I am determined to Make it my own secret recipe and see it through.

Today I'm getting ready for our big trip. But after writing. Did you know yesterday I started compiling old notes and began mind maps for 8 new films? Killer. Gotta pick one and begin research and passionate development. I get thirst would come together quickly, or 0/1 or over qualified. Anyway, exciting. I'll go put thirst together.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 43° CLOUDY

MONDAY, MAY 19, 2014 AT 12:11 AM



Made the trip to tx today. It's good to see k's family again. Went to crickets, brazos, downtown area, all of our old spots - distant memories, never built on or expounded because there's a kid here to roll right over any time k and I would have spent together as adults in love. Just slipping away to play foosball and pool, driving past Baylor to go to crickets, all I could do was watch Komel in her place, not mine, and finding SUV interest and passion and affection there. Then we come back and it's just rani's demands and needs. Not her fault, but holy Christ, I can see without obstruction the life we would have had together if it were just me and my love Komel. Evil thoughts maybe, but being dishonest to myself about the sinking sadness I get knowing I am living in a prison won't do anybody any good either. My needs and wants are modest. My passion for Komel is absolute and pure. But there's this thing, this weeping hurting hungry needing thing that is going to be a

permanent block to our youth and happiness, and the life of magic an love k and I might have had is lost forever. God bless Komel. Right bac to being a supportive mommy, knowing that every time we try to find a moment to ourselves, well get pulled back to this child's dark reality.

It's hard to grow up and lay down your life for a child when all you wanted was some time to be alive with your wife. The army took a year, and then right into the abyss with a child. Time to die and realize I will only have that time when we are old and tired an she has has her way with us for 20 years. But goddamn it it fucking hurts

801 CHAMBERS CREEK CIR, HEWITT, TX, UNITED STATES • 70° CLEAR

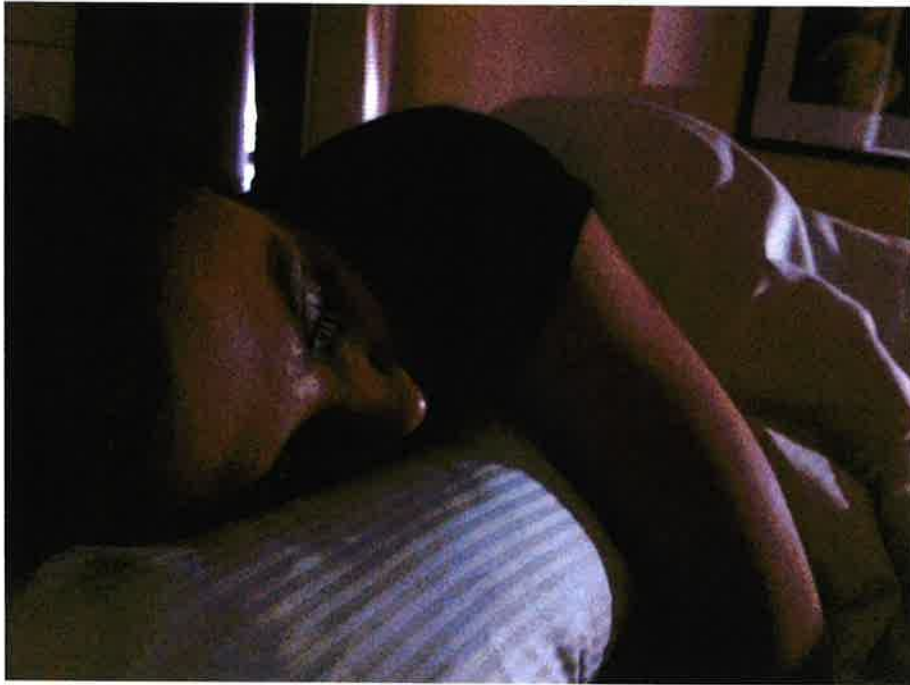
TUESDAY, MAY 20, 2014 AT 4:27 PM



A hot slow day, and it seems I'm stress free. What a strange phenomenon! I've just been planning our la trip. We are leaving tonight for four days in candy land, meeting a bunch of people. Zak carter set up all these meetings I get to go to. Gonna think positive, gonna use some of my new tricks, and forge a new life, making lasting friends I hope with some of these locals. So I know somebody. New life coming up, starting now. If I don't take it seriously then no one else will either. This may be te last day for my old self. A quiet calm before the hot fast life provided by a career in entertainmwnt. Anyway komels out getting her nails did with Sidrah and I get to take a nap now. Whoopee

801 CHAMBERS CREEK CIR, HEWITT, TX, UNITED STATES •

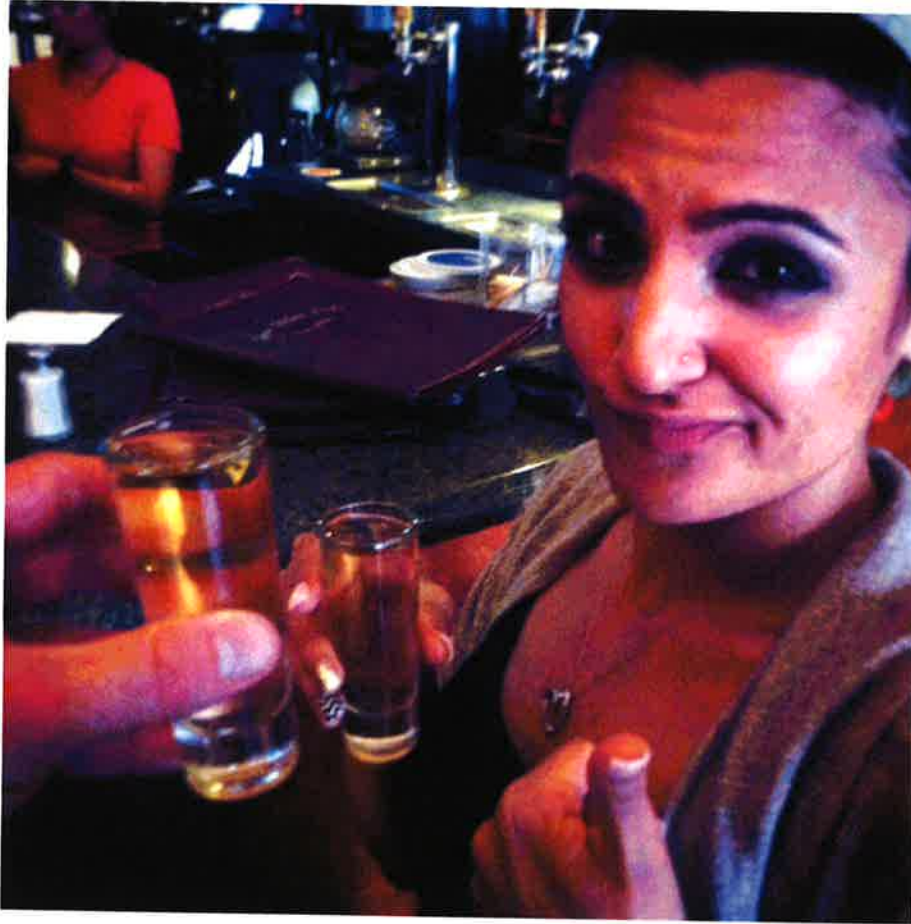
WEDNESDAY, MAY 21, 2014 AT 6:08 PM



Resting a little before the big meeting tonight. Zaks got a couple MGM people locked down to talk gs. I'm about to get up and iron my shirt. Nervous? I don't know. Definitely not feeling very sprites about the whole affair. This mornings meetings kind of out a sour taste in my mouth, along with the general nasty expenses associated with coming here. How not to be worried? Guess I'll look it up. But it's going to be hard getting someone excited about gs when I'm running from it as fast as I can.

5711 W CENTURY BLVD, LOS ANGELES, CA, UNITED STATES •

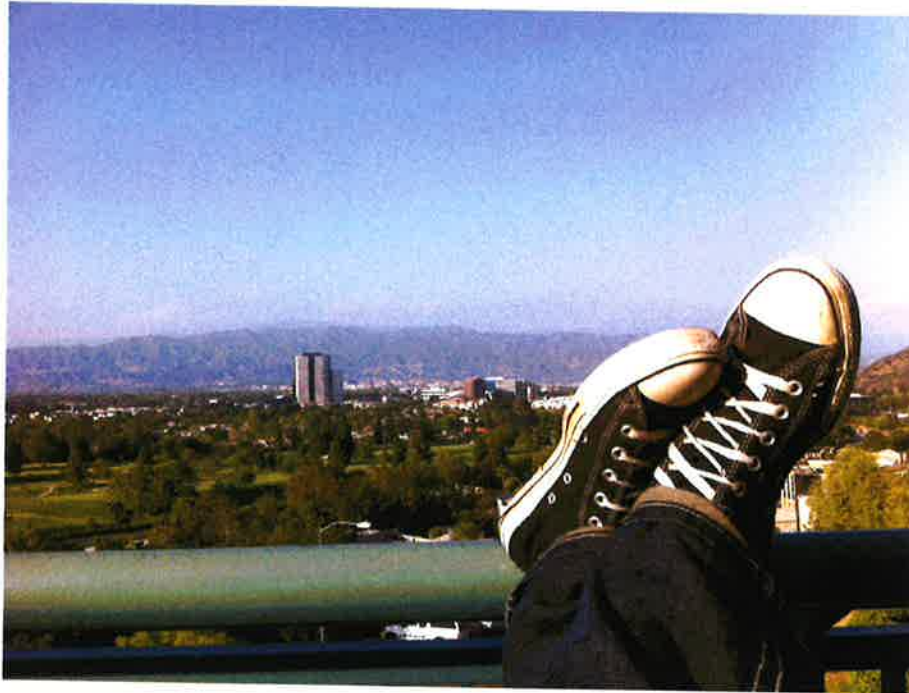
THURSDAY, MAY 22, 2014 AT 7:32 PM



Anniversary: remember you had a great day. Shots and tattoos with your best friend.

6763 HOLLYWOOD BLVD, LOS ANGELES, CA, UNITED STATES • 70° PARTLY CLOUDY

SATURDAY, MAY 24, 2014 AT 2:09 AM



Probably one of the most important days of your life so it's important to remember it. Met with Mike Boggio and Mike O'Donnell at the Grove in LA, spectacular meeting, and we are all moving forward with GS production. You need to remember this because you told yourself that the outcome of this meeting would be a mechanical switch- good meeting means it's time to reevaluate your relation to your skills and adopt a more becoming attitude and ego. Well it happened. It's a dream man, and you made it. By all accounts. 2 weeks, an option agreement. You fucking made it. You are the professional you set out to be. You did a good job talking to these guys. They liked you. It's the start of something. You need to know this because by tomorrow it's all going to seem like hangover memories. Realize what has happened. Remember this, because this kind of thing does not happen every day. Then you celebrated at Universal for 8 hours. Kick ass job today man.

Fun facts: Mike O is a practicing Buddhist, trying to land a deal with Jimmy Page for a story about some missing money from a tour in the 70s. Mike B manages Golden State, eats paleo, has a 14yr old son in Detroit.

5711 W CENTURY BLVD, LOS ANGELES, CA, UNITED STATES • 63° CLOUDY

SUNDAY, MAY 25, 2014 AT 2:50 PM



Nailed this vacation. Busy busy but very high class and productive. And then you quit your work this week so you have a nice long week of nothing else going on but aligning your life and dumping ballast. Good shit my friend. You will fit your new self well. There is strength in your character and a proclivity for risk and exploration. Bro, plan a pro photo shoot, gr your image right. Not ego. But play the game. It's ok to feel good about where you're at. It's time. Go earn, quit being your own biggest obstacle. Learn the craft and linfo, look and speak tr part, you'll do service to yourself, your future, and te purity of your art. Make this shit happen. Read and learn. Te world is your oyster this week, and things just could not be better. How's that for a tangential reality? You just merged with your future self. Congratulations. Now quit honking on yourself and focus. Now te real wrk begins.

2400 W LOOP 340, WACO, TX, UNITED STATES • 82° MOSTLY CLOUDY

TUESDAY, MAY 27, 2014 AT 12:51 AM

Had a big breakthrough tonight including a cool astronaut in space, out of fuel or so he thinks, but all he has to do is turn it on! Lose the fear man, go with what you know, be strong but also curious and a student and anode all loving. They are fellow astronauts! They are here with you, feeling what you feel. Reach out without fear. Grasp this, do it now! But look - the path is laid for you. You l've but to

walk it and claim it for it is already yours. Go buddy go

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 66° CLOUDY

TUESDAY, MAY 27, 2014 AT 7:39 AM

Conjured Randall something or other out of nowhere. Rat faced Asian bully, called me an artist once and I was just desperately happy to be fsvored by a bully. Even then, desperate to please. To be validated by perceived authority, and how strange to remember these things, these stories locked away. Remember this time as a source of inspiration; because these people are just under the surface and you can become them. Jake, Franklin, lee. You cut yourself out of those memories, but there's understanding in them.

Got paleo back, warming up to him. It's good to be home. Got lots of work to do.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 66° MIST AND FOG

TUESDAY, MAY 27, 2014 AT 8:20 AM

Everyone you meet is a fellow traveler.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 66° MIST AND FOG

WEDNESDAY, MAY 28, 2014 AT 9:58 AM

Today's office!

I need to stop thinking about my time underwater as a failure. It was a fuckig laser beam! Concentrated focus, vision, concentration, direction , and now I have the best job in the world that I can even imagine! Screenwriting? Are you kidding me? Create worlds to move and inspire, no boss, no commute, just a winder full playful creative brain. Freedom complete. To read and to write, and to be snuggled into the film scene. The best in the world. To move and inspire. The messages of god itself. I can channel it with the most sophisticated tools of mass information ever devised by man. What power! What power I have. And I creates the world my energy and focus imagined. And all the bad stuff was literally the consequence of sacrifice. And what a cost. But I'm back now, years and years

ahead of schedule, to move and inspire, I need to be move and inspired, to play, to laugh and love and create and foster and be fully alive - if I am, so will my writing, and yes tempered with the experiences of war. A writer above all others, a wealth of experience and above all, the soul of a learner and pilgrim, to absorb vast amounts of information and to process it into root meaning with such monumental precision, what a gift. All I can do in life is channel the beauty. To find it in all things and to share it, to how it, to guide the viewer in my skilled hands as only the master dramatist can. But I have come back to life carrying the sword if the gods. I have done it, the thing I set out to do. And the

Life I have now is my reward. What a life! All day in May, sun and exercise and yard work and later a perfect first pass dissection of a fabulous film. The secret of life, of communication between humans. In my hand. Yes I suffered, but the meaning of it all is this: the gift of insight. And the skill of delivery. Simultaneous coordination of my strong left brain and my strong right brain. Abandon all fear and look only to the positive, to inspiration and fearlessness. You will have the thing you seek, but only after you can accept the rewards. The bounty if the earth is much, and it needs only a little watering. And one man laboring to nurture the gifts he has, in alignment with his outpore, complex and divine as afforded him by the history of labor of other men, to achieve the thing for which he is intended. If he were to dedicate his life and his energy to this, how great the reciprocated reward. The world is generous, but you must also give generously. All things all matter are but tools that you cannot keep and cannot take with you. There is only alignment, only beauty in the moment in life and wing present in it in total awe and peace and worship and gratitude- there is nothing else to be valued about the world of men, and nothing can create it but you, and what wonderful tools at your disposal. All things coalesced. In a universe of violence and explosion of energy and gravity they comprise all things, in the range of possibility that in an alternate universe you and I are anything from punk blobs of dumb slime forever or far more likely, we are nothing at all. But instead, instead, against all odds, we are us.

WEDNESDAY, MAY 28, 2014 AT 10:16 AM



1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 70° SUNNY

WEDNESDAY, MAY 28, 2014 AT 10:22 AM

Your philosophy on working out. It's merry the will bring forced into the body, to occupy it, to bring the attention into the environment at deeper levels. But it's easy to buy into the feelings of physical reward and go too far, levels of fitness beyond reasonable application. Sink too deep. In all things balance, and you will find peace. That's why you do straps, making it more about the muscle than about the weight. In weigtlifting, who wins? Well it's ultimately the weight that gets to decide how it's going to be worked, b communicating with gravity and limiting the practical range of motion, bending your body's kinesiology To the weight and not the other way around. Try straps, be presetn, but don't bulk where it's going to weigh you down.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 70° PARTLY CLOUDY

WEDNESDAY, MAY 28, 2014 AT 11:01 AM



You can't go to th things if terror and darkness for inspiration. See people are not typically inspired by evil. If anything the opposite is true. We are inspired to act against it, drawing upon the things d courage and selflessness, meeting the challenge with impossible bravery and even with a charming smile. These are te elements if good, the things that elicit the most admirable and imitable qualities Among men. Things of light an goodness. You can't go to terror and darkness for inspiration, because there is none to be had . There is only terror. And darkness. The skilled writer learns to fish in these places for ways to challenge their creations. Shape their heroes. But if you do not execute a hasty return you will sacrifice all the good in you to the darkness, which can only absorb. Find a balance. Find your balance.

1047 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 70° PARTLY CLOUDY

THURSDAY, MAY 29, 2014 AT 10:24 PM

I can see the light bouncing off of June bug optics. Motherduckers can see me. Me an paleo: You and me are snuggling, buddy. Oh yeah. Tonight. Some touching and petting. That ain't gay is it? No. Just a couple of boys. In love.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 70° CLEAR

SATURDAY, MAY 31, 2014 AT 7:52 PM

Spent the day at the range with Erik Pakieser if QSI, accompanied by gabe and josh. Met a new noteworthy man go was clearly at first sight emanating with the power of social poise and influence. Then I saw him work the charm on me- all the same skills I'm learning about, like we contact and name repetition and honest and direct questions, no impositions. Name is Blair, maybe Blair shepherd, looks half Syrian, tall thin intense. Shoots a 300 blackout shorty ar and what looks like an old glock 17. Jammed all the time, but his poise and performance never faltered. Works closely with QSI. I wanted to talk more, to study the adroit handling of every thing, and even at the day to remember my name and a direct farewell, to know that he would remember me next class if it came to that, my god to have such command of life! So present, and life is not a shriveled introspective thing buried deep, but to live fully, energy thrust outward and into others, and it draws us to see this radiance.

You friend have Marvelous accomplishment, any one the envy f any man, but you carry none of the life they expect from you when you accomplish. So this is your goal: write and train. You have to study this and practice it and become even slightly good at this, how freeing and empowering and important it would be!

It's not lame. It's my boring. To think positive and be positif. It's a fucking magic energy open to everyone if they practice and Live in that zone. To have such a command of life. To have thst.

You will perform a ritual. A prayer for wisdom, love, empathy, generosity of spirit, and unparalleled presence of mind. Because these are the keys to unlock your ideal future, ad you haven't an hour to waste.

1047 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 70° MOSTLY CLOUDY

SATURDAY, MAY 31, 2014 AT 8:04 PM

Also, Blair works web design and stuff. Not many details I retained.

Also met tom and drew, couple of dudes played Airsoft before, first time class with QSI. Drew works at a pawn shop and gets cheap magpul and shoots a sig with shitty sites.

Erik said today was one of his best classes. He's a good man, get closer, learn more. Storyline ideas! Get creative! Wat a rush, to do something like that.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 70° CLOUDY

June 2014

SUNDAY, JUNE 1, 2014 AT 9:06 AM

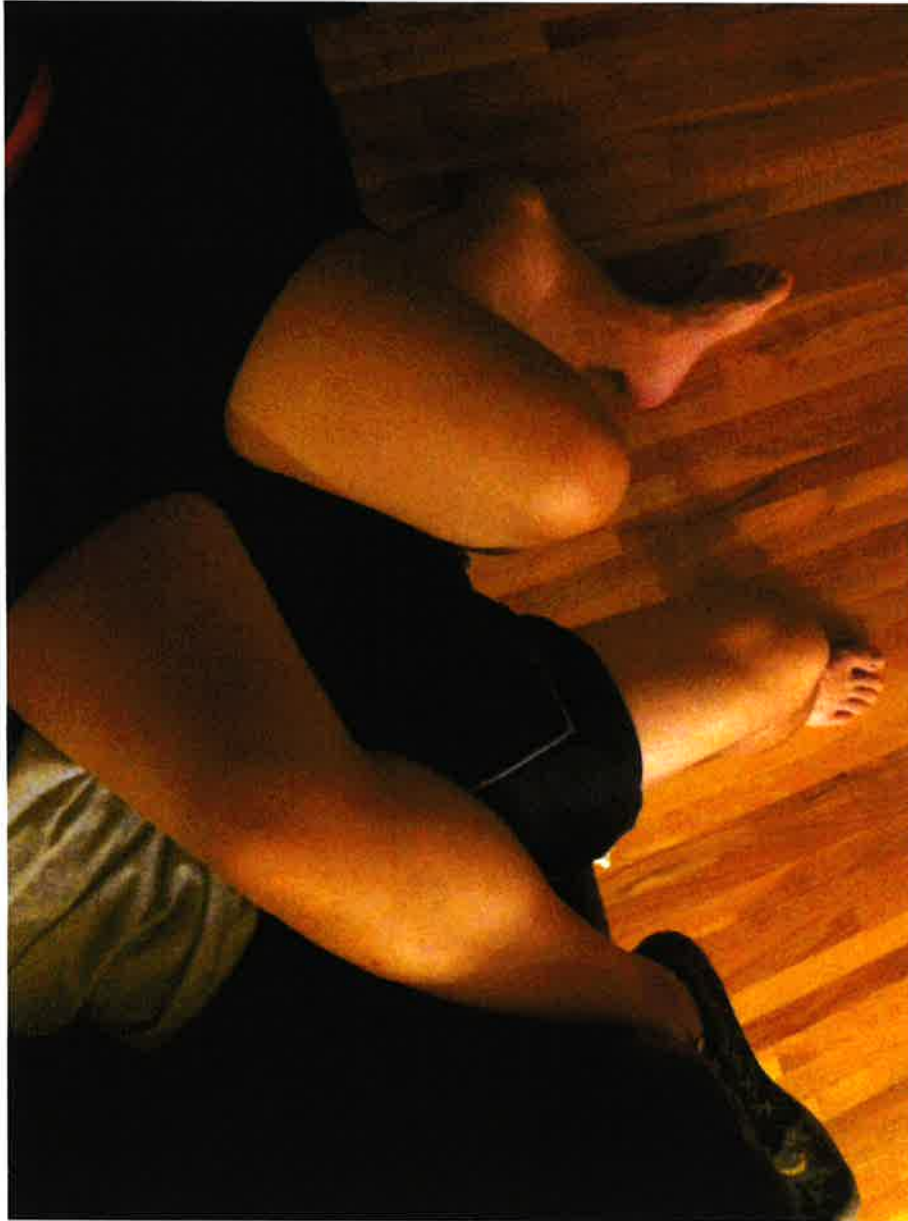


Efficiency- if a thing is calculated to be too difficult, it is skipped and another task conjured. The thing is left. Things like up. Efficiency feeds - finding other things in life that are not effective or cost effective or practical as needed. It is dissolved, the energy recycled and sent to more calculation, more focus, more scrutiny. Things like my daughter wanting to play. Things like a true passion for music. Things like friendships and holidays and fun. All the things of life swallowed by the needs of the dead. Because the end goal of pure edficiency is stasis. Stasis is death - what story is meant to teach us. Bro, get up and move, or you're gonna die. There will be hurt and transition and change - but keep moving!

Efficiency. A power to be respected.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 64° LIGHT RAIN

SUNDAY, JUNE 1, 2014 AT 9:51 PM



Komel is the best cook. 21 ingredients in tonight's meal, jus made up ok the spot. So good. I don't feel much like typing, you know - just sore an drained. I need some motivation. Some good news. Keep me focused. There's supposed to be another conference call tonight but I don't know if it's still a go.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 63° LIGHT RAIN

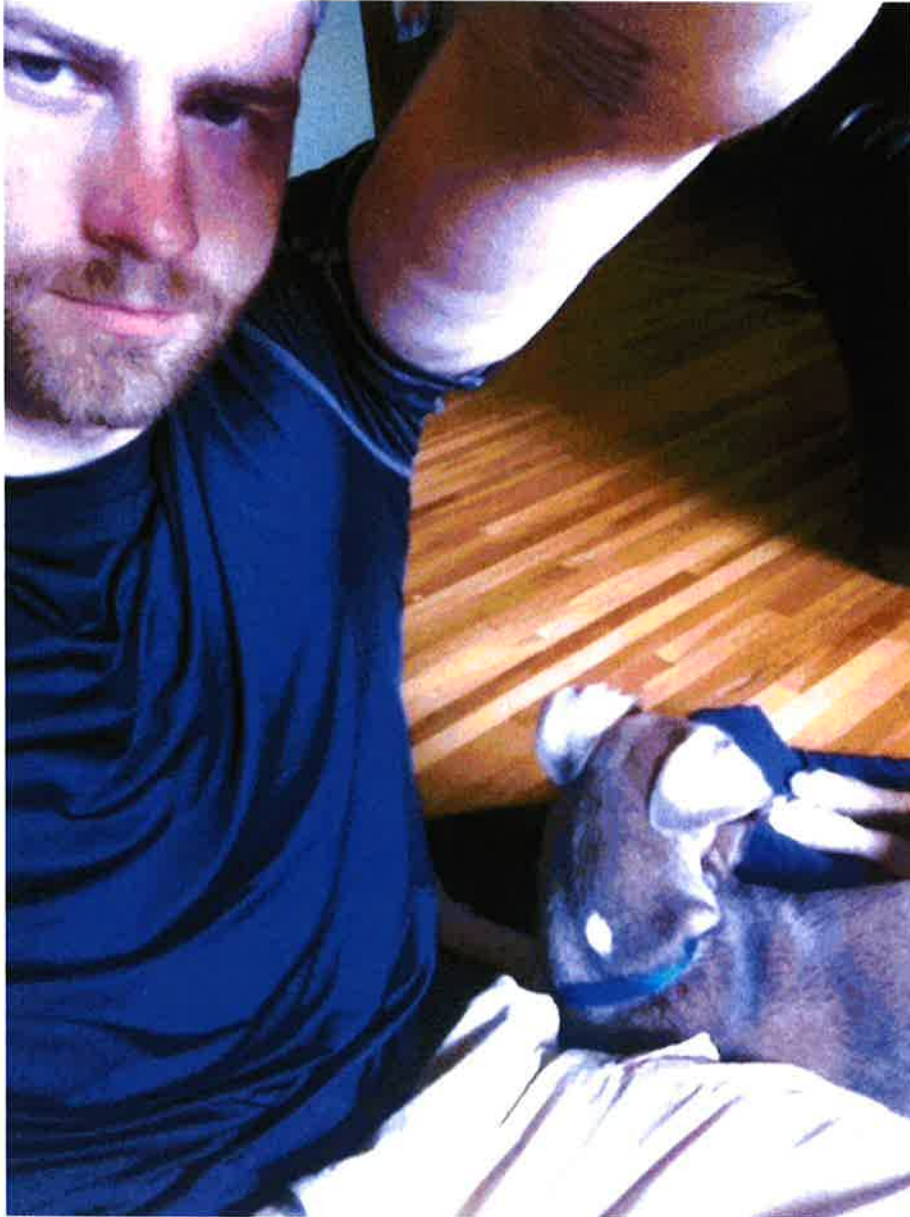
MONDAY, JUNE 2, 2014 AT 8:31 PM

I am being called to training. An intense study, to emerge from the wreck of my past life on the ground running with an entirely new outlook. I need to develop new habits, actively, fast. I used up every bit of juice I had to get here, and now that I've arrived - I'll have to find alternate fuel to keep going.

This is my study. Human relations. Models of success. Transfoation from old habits to new tactics, new interest, love of live and grasping of the kingdom. Abandon it all and embrace it all. Goddamn son what a steep ascent. Rechannel fear and pain / it is mere information. A measurement of the magnificent g forces you're exerting in your own life. Take chances. Be brave, experience.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 66° CLOUDY

WEDNESDAY, JUNE 4, 2014 AT 4:11 PM



2nd day of sheduled living. It's helpings categorized my day and budget my time, serving as a functional work cutoff and helpings separate life and emotion from duty and work. My day will develop cycles. You're doing a good job with this, but contine to improve focus an concentration. A task is a task for now. You don't get to complain and pick something else.

[1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES](#) •

WEDNESDAY, JUNE 4, 2014 AT 4:14 PM

Oh yeah. You had a few people notice you today. Just demeanor and confidence, maybe turned up to 6 or 7, just past neutral. Good job with the image attitude and posture. It's paying off. Komel keeps saying I look good. Different. You're having progress. Keep it up, this is you

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 79° SUNNY

WEDNESDAY, JUNE 4, 2014 AT 11:24 PM

The car rolled away and down the street on heavy tired thoughts of pizza, leaving the moving truck ticking softly in the driveway. Two ghosts watched.

Michael and John wondered what to do.

Behind them: the box, the box!

"The hard drives!"

The destruction of the hard drive would surely warrant a swift end to the madness of this documentary film. But it was carefully wedged, set aside, wrapped with foam!

"It's high up."

"And I can't push it off."

They have to wake up the old poltergeist, and convince him to knock the box over to complete the mission: sabotaging the doc. He comes in blinking. New homeowners, stacked boxes. "What the hell happened here?" They get him pissed about something and get him to knock the hard drive over.

1025 WHITNEY DR, APPLE VALLEY, MN, UNITED STATES • 63° PARTLY CLOUDY

WEDNESDAY, JUNE 4, 2014 AT 11:34 PM



1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 63° PARTLY CLOUDY

THURSDAY, JUNE 5, 2014 AT 10:21 PM



Alcohol = depression. Might as well learn it. Weed brings happiness. Or it just lowers anxiety. Well I don't feel like writing tonihjt. Read the first sentence. It was yesterday, I met Wayne at crooked pint and we chatted for the first time in a long time. 2 beers. Bit today, the long hard despair. Measure it.!

1066 LOWELL DR, APPLE VALLEY, MN, UNITED STATES • 64° CLEAR

FRIDAY, JUNE 6, 2014 AT 8:09 AM



Understand this about yourself: maybe the unexplained parts of your behavior is the soul trying to act. You're shedding paid work, willingly constantly, terrified by the success of busy freelance videographers. It is not you! You were not meant for this! So while it's hard not to use your skills to earn a few bucks here and there, they are a crushing lacerating impact on your focus and peace. Stop it stop it. Your days of video work are done. You are not to take on that work until you are a paid writer. Your passion needs to buck it's burdens, blow its ballast. What ever it takes, remove these things from your life. They cannot enter your attention right now.

1047 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 66° SUNNY

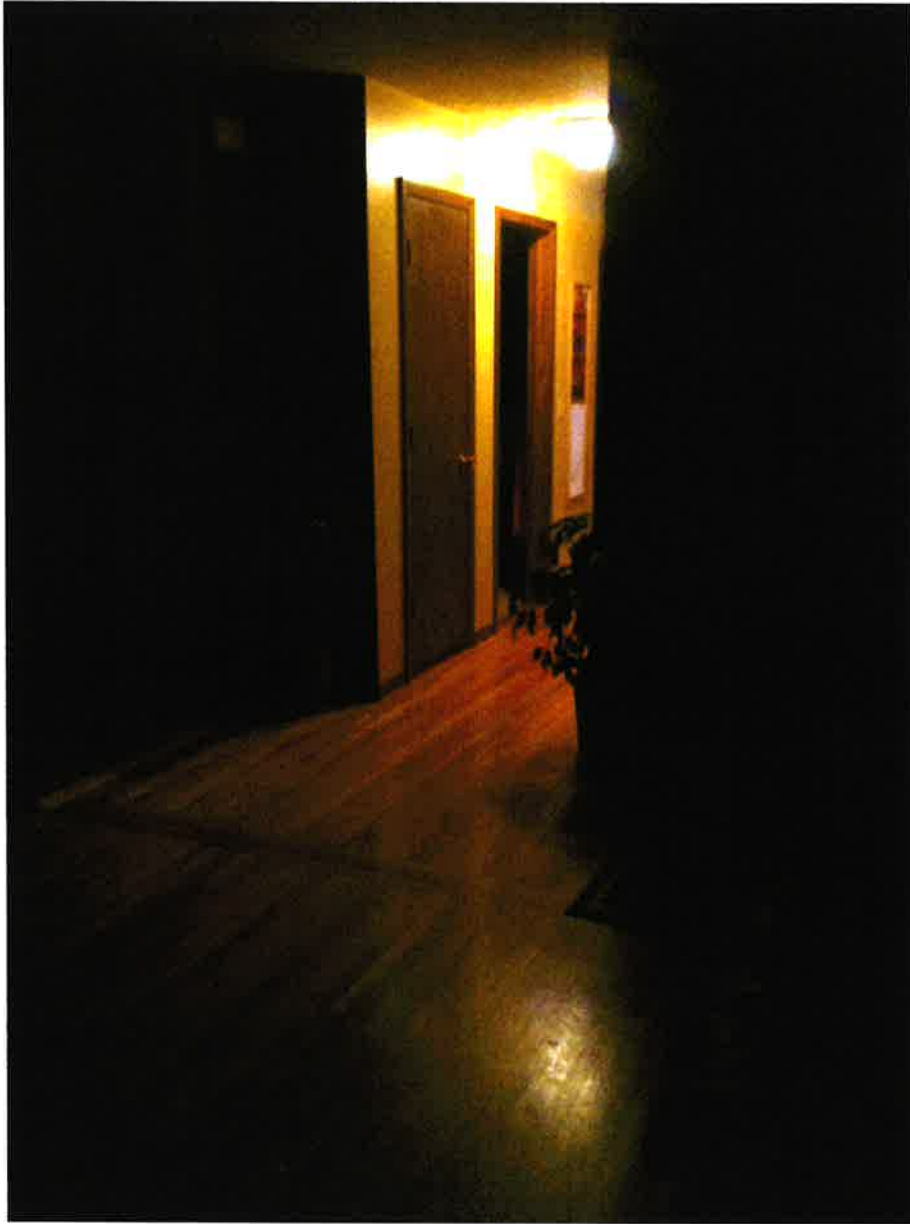
FRIDAY, JUNE 6, 2014 AT 8:22 AM

Clear everything from your life that is not the study of life and story and writing. Every day should be a burst of energy, out and around, collecting experience, contributing an learning and seeking. Post work appeals to you because it's dark and reclusive and complicated. Stop it. Stop it all. You are light - a mirror of life to enrich and enhance those around you at the peak of humanity's capacity for communication. Get your act together, the vessel needs cleaning. Be nice. Smile always. Abandon criticism and negativity. It has been a pRt of you as far back as you can remember. You now see it as a false way to live. You must get out and live or Christi sake

man you'll be dead tomorrow.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 68° SUNNY

SATURDAY, JUNE 7, 2014 AT 12:03 AM



You're beginning to attract people, and understand the height if your gifts. But you must world the sword again. Your wife is quite the woman - she'll be hard to keep up with.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 66° CLEAR

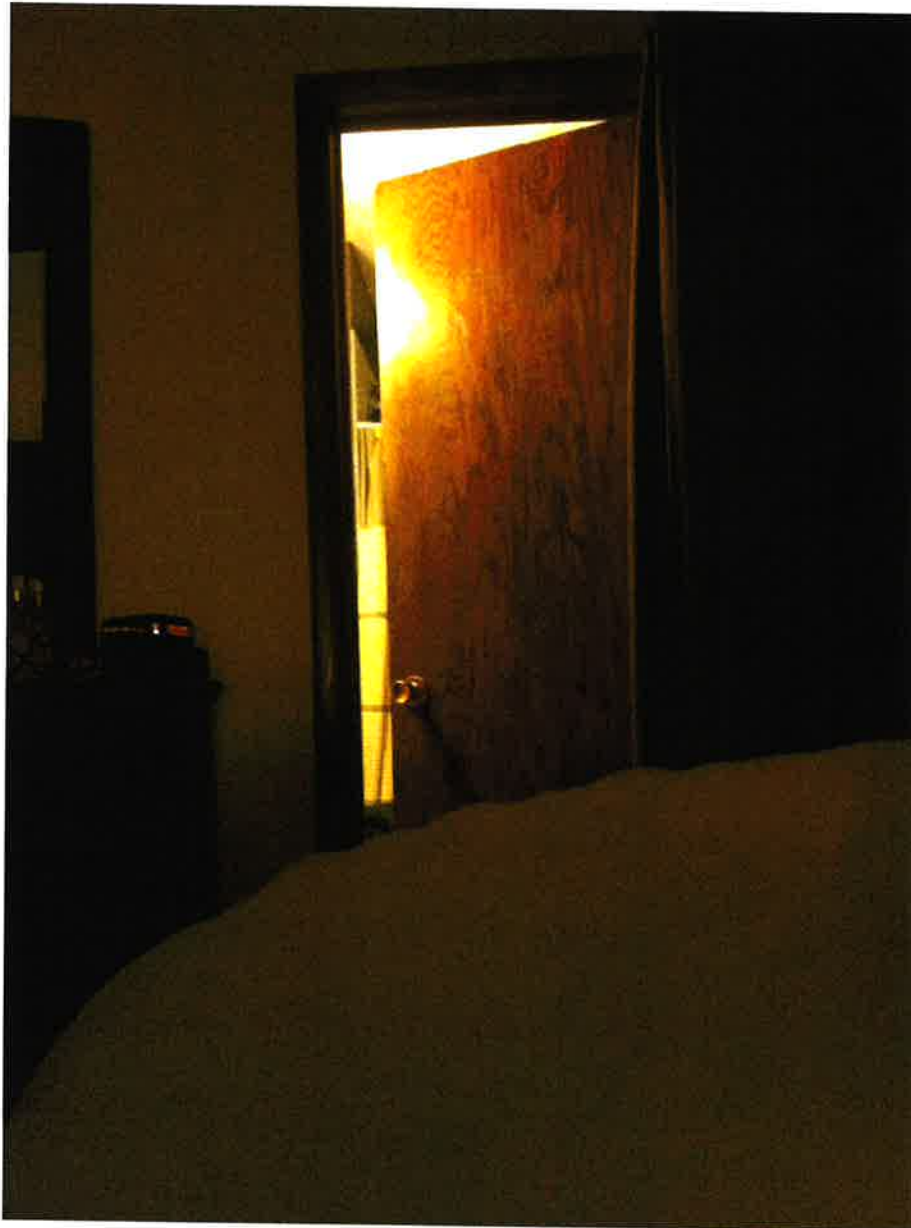
SATURDAY, JUNE 7, 2014 AT 11:02 PM



Nothing in your way but you old boy. Create the future you want, visualize, and remember - life is now not later. You're in a state of rest. Be careful about coming out too soon.

[1047 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES](#) •

SUNDAY, JUNE 8, 2014 AT 10:28 PM



Questions. Have I medicated long enough? On the one hand, I want to get going, on the other, I need the emotional relaxation. But for how long? Jesus I hope I don't burn out. But no - stories forming, nearly a whole one, just today. It seems like everything is better when you medicate (lol) except the way you feel about it all.

To remember: always find the positive, express the positive, and never allow bad thoughts or negatives or personal evil. Constantly be positive. Breathe In positivity breath out positive reality. You can turn a lot of things around. Remember the lax Hilton? Just a ton of fuckups, bad vibes, fear and all. You turned it around. Thanks to Komel and what youcs been reading. This is all magic and you're

doing the right things so chin up guy you got this. Let some positivity into your life. Breathe it out into others. What can you do for people? What can you do?

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 61° PARTLY CLOUDY

MONDAY, JUNE 9, 2014 AT 7:11 PM



Good day today! This schedule business is laying ff, helping to organize behavior into daily chunks. eBay is laying the bills while I write all morning. Laid the whole (basically) outline of a new story idea. Psychological leverage! Anyway, feel more grateful about things.

Today's reflection: what good have you done today? Well you laid the groundwork for a whole new story idea and took care of your quota of busywork. Read a lot too. Winning all around, so good work. Didn't meet anybody today, but you made a few calls. Tomorrow you'll go out, do something; practice what you're learning. Tomorrow's gonna be another big day. Keep on these guys, keep pursuing.

I'm always so eager to be done journaling.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES •

WEDNESDAY, JUNE 11, 2014 AT 10:16 PM



I never feel like talking after 9. Got no energy for it. Well what would you like out of your journal time? I want that nocturnal surge of creativity T 11. If it's not there id like to create it. Can't do much of anything with rani around even if she is a good kid.

Oh hey, twice today you dd a good job of not jumping into a disagreement and negative emotion spiral. You shut up thought it out and it turned out better. Do that.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 72° CLEAR

FRIDAY, JUNE 13, 2014 AT 7:37 AM



Komel just drove off to work. Today is the day she wuits her job. What a shock! Out of nowhere. But sure is a nice day today. Shaking up to be something of magnificence. The presence and fearlessness of god. Sorry god, didn't recognize you with a big smile on yor face. This is the crux; the fulcrum, the spinning centerline of total change in our lives. For both of us. Oh the places we will go! Better get our taxes in order.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 55° SUNNY

SATURDAY, JUNE 14, 2014 AT 12:24 AM

Full moon Friday the 13th. Komel quit her job today and tonight you asked the universe for a fulfillment of your mantra by the end of the year.

Independent wealth.

Optimum health.

Genuine wisdom. This year.

You should remember the odd enveloping static charge physical sensations - one for each request. It happened, real or fake. Cattle prod to the heart Nd forehead- the forehead especially on wisdom. I'm expecting to wake up somebody else.

Any day now. I am to be completely freed.

SATURDAY, JUNE 14, 2014 AT 10:08 PM



If like to write about komels stunning coup de grace on melrose. She's the youngest most qualified best liked least paid most abused widest experienced level 1 dietitian carrying 150 patients, the whole staff not filling its ranks as more and more quit, workload expanding. Enter Teri villains with low intelligence and poor management skills, feeding their bottom line with the work sweat of the people who performed the real trench combat of eating disorder treatment. Eliminating time off, slavish standards, everyone

desperately hunting the same few jobs perceivable equal to their education and experience level in their free time, looking for their chance to quit, brooding, getting hotter as more and more of them hit the road, filling positions the other probably once thought of taking. Abuse after abuse absorbed, a scared bunch of old ladies lashed to the helm of this company by strong bonds of fear and insecurity, few options and little hope, helpless to affect their situation and despair held at bay with one more brave face and plunge into traffic to earn a dollar and another breath of air before the next morning comes.

And then, in all this, Komel gets mad.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES •

SUNDAY, JUNE 15, 2014 AT 8:39 AM

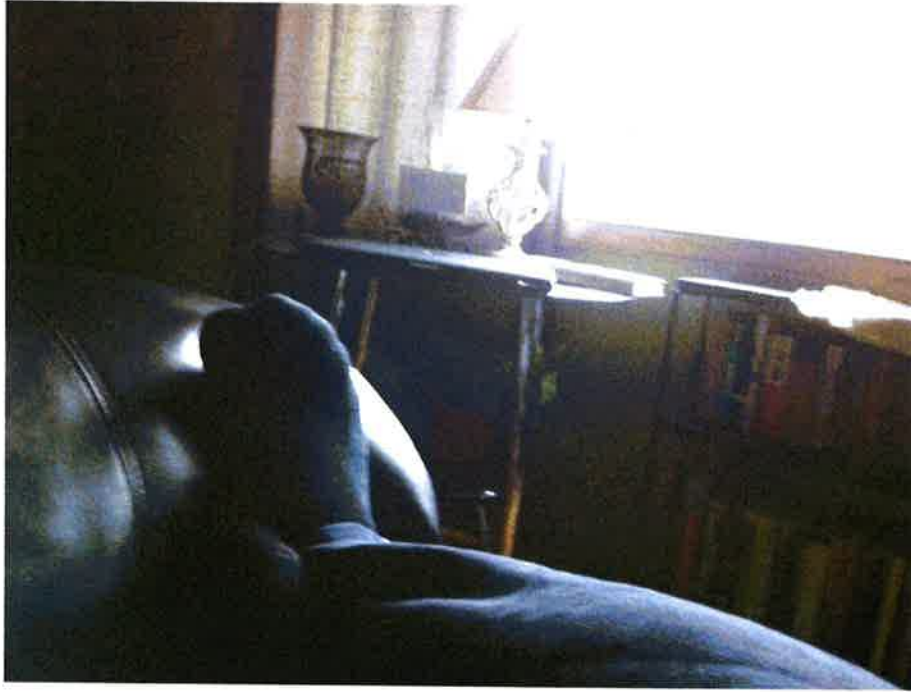
I think at my core, my thought processing uses an analytical reaction that favors ease simplicity and comfort. It's very efficient overall, but abnormalities radiating outward manifest into odd personality quirks. Everything is an argument-based, defense-oriented response to stimuli with patterns of unintended sharpness or even hostility. The inner core remains busy interpreting and decoding new threats every microsecond. New experiences patter on a hard autopilot shell. A total implosion of personality, and a powerful one. The air of self importance. Resistance to change. Resistance to proximity, intimacy with others. Nearly every piece of new information that does not come from a trusted comfortable source is almost always perceived as threatening. Incoming attacks imaginings by my fearful core, bolstered by as many outward shows of confidence as can be applied (tough guy army weight lifting talented smart funny).... Without breaking character or breaking a sweat or breaking down. New information is not retained in a state fear- this is conditioning. So when the basic state of a human is at core fear based the only result is compounded fear based defensive behaviors. Conditioned deeper and deeper into Hesiod patterns until the real you, the one who likes exploring and playing and sing happy, is buried beneath a mountain of destructive habits.

0/1 constitutes a grasping of a fundamental core if being that is 0 or 1, fear or love. And knowing what this means- how your soul receives and sends information. How close to yourself can you get? How much deeper of an understanding than to know at the root value of the decision making process which is now completely automated is either good or bad, and then in knowing that, to understand why are those parameters applied? Do you have to remain bad? Fearful? Is this all there is, it can it be reversed? Can new behavior patterns be built, new values created, clear the clutter

out so new information can be received new experiences had in a rush if feeling, to be present at the apex of experience that you are right now- somewhere, not sure, but I got an idea where I come from and another idea where I'm going; so let's make that hapoen.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 55° CLOUDY

SUNDAY, JUNE 15, 2014 AT 9:02 AM



1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES •

SUNDAY, JUNE 15, 2014 AT 7:02 PM



Komel and I are sitting down to work out our summer off!

1070 LOWELL DR, APPLE VALLEY, MN, UNITED STATES •

MONDAY, JUNE 16, 2014 AT 10:26 PM

I have so many exciting things to talk about. Komels resignation shaking everything up, her courage kicking ass today. We will be ok.

I think it's depression day, which lately instead of despair is a sick colorless meh. Maybe they're just echoes, getting weaker. I have to believe this process will work. An eventually I won't be plagued with this gray feeling that makes me not care about anything. It's like shaking the kinks out of a rope and I'm in the end getting slapped and battered. Turns everything sour when everything should be so good. I have an emotional problem, but this is my bad day. Good days will come.

1051 RAMSDALL DR, APPLE VALLEY, MN, UNITED STATES • 63° CLEAR

TUESDAY, JUNE 17, 2014 AT 9:49 PM



I have the best wife. We are pretty sure we have a one in a billion thing going. Anyway listen, I worked hard today and I don't want to write. Know what? Maybe a last minute before bed journal slot ain't prime time. Thanks past self. Anyway you already scheduled it into the morning so it's sunrise pen scratching for future self. Poor fucker has to do crossfit too.

Anyway this journaling business has to stop being all about guilt.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 72° CLOUDY

WEDNESDAY, JUNE 18, 2014 AT 6:40 AM



The thing on my mind this morning. Fear and love, opposites, negative positive. Lately I've been feeling a loss of vision, drive, energy, ability. I'm adrift in a wash of indecision, weakness, vulnerability... And terrible fear that this is my home now. The warm gust of love and creativity and confidence were mine for a while, but now their treasures are gone. No gas in the tank, and I still have miles to go. I feel abandoned, lost, hopeless. Products perhaps of a total loss of the effects of love, which I had used carelessly, with abandon, until utter depletion - leaving me now with cold hard data. I see the effects and benefits accrued g my labor, and indeed all my physical skills remain open to me. What then is the problem? If I can have everything I want an it means to me not a thing, from what then might I create meaning? Whatever it is has to be trained, regasped, because I am lost without a compass and it could be that no help is coming.

I've been cut off from automation. I feel an abrupt intelligence behind this, something that cares and knows the higher plan - knows ths my personality is at odds with the world I want and needs correction. And the only way to do that is to go back to the basics. Crawl my way out. Earn back an forge meaning out of.

Forcibly take vigorous joy out of your moments. Meet with and live at the place where you and the world connect. Fill your vessel with life and energy and explode outward to meet with take interest in and interact with other people. That's where the learning happens.

So take these signs as what they are: a depletion of free energy.

Everything you get now will be learned. Every failure and victory from now on will be earned. The surge carried you to where you needed to go. But now the rest is up to you.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES •

THURSDAY, JUNE 19, 2014 AT 10:16 PM



Today's lesson is about fun. Fun comes from brushing with the unknown, experiencing danger, taking risks, living in the edge. You're having the most fun when you're dirty smelly sweaty in front of a thousand people skidding to a halt at the podium the last minute. Living at the edge of oblivion is where you are most likely to have the time of your life.

Think of that next time you decline a run or don't go out or take the soft option.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 66° PARTLY CLOUDY

THURSDAY, JUNE 19, 2014 AT 10:35 PM



There's something about me that is acutely self critical. The morning after any social happiness is experienced the mind is abuzz with a thousand reports - you made a fool of yourself didn't you? Didn't you? What about this? Dd you check this?

I can become lost in the social experience like anyone else, but the slower calculated mind absorbs it all and it is thoroughly digested by morning. Desperate. Desperate you see, to self incriminate and self scrutinize. Well, is there truth to it?

Maybe there's a balance that I can create. Some sort of AAR to reflect. Anything I should do differently? I dunno, this time seems pretty good. Got wines and dined by Wayne at a steakhouse in Burnsville. Road my bike in the downpour, threw on a shirt and got two huge beers and a steak! Chatted Wayne up for two hours, ended very favorably, called up Danny and rob to conference call about GS. While riding my bike home drunk. Them came home to komel, got clean got high, [REDACTED] It was a great day! But there lingers an insistence that some minor mistake was made, and thst fussy little accountst is determined to make it a big deal. Even if he doesn't know what it is yet.

That guy. He needs to stay wuiet. Weed puts him to sleep.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 64° CLOUDY

SUNDAY, JUNE 22, 2014 AT 12:03 AM



That pic was from Friday, for which there may be a missing entry. I'm a little weirded out, feeling a little off balance. What a good day,dd tons of yard work and generally had a full and productive day, but something is really souring me up. Texted mike b about Buddhism, excited to reach out on common grounds, and received a rude condescending response. I don't know if it was intentional, but it fuxkin scuffed me the wrong way that's for sure. It's got me riled and with no green stuff in the house I have no way to chill out. Gotta land the plane manually. Am I some country hick to him? He's from fuckin Detroit. We are both Midwest boys, so what's with the attitude? I hope it's my imagination because that is going to sour me on next weeks meeting and throw me off unless I learn to deal with it. Supposed to be partners in this. Jesus. Ok, just meditate and focus and make te feeling go away. He can think what he wants but I won't let it stop me from landing this contract.

So much good stuff happened today and yesterday, but I'll be damned if this didn't take he puff out of all of it.

You met Sean and his daughter Carlie - they came over to play, hang out. Earlier you were hanging out with Danny and joe and joes

place. Lots going on and it's all chaos. Hard to keep track of.

God I hope this deal pans out. Seems to be all that's on my mind.
How can this not be stressful?

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 68° CLEAR

SUNDAY, JUNE 22, 2014 AT 12:16 AM

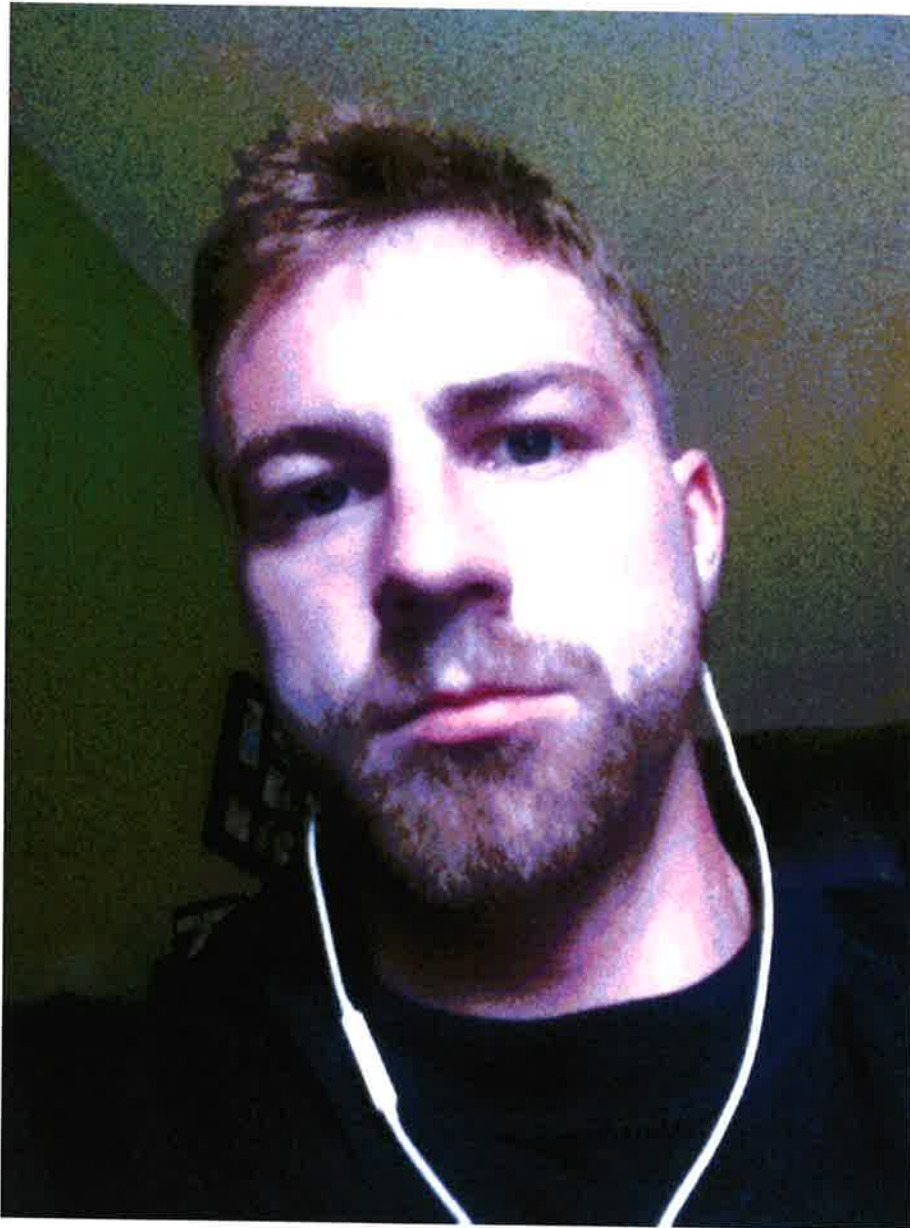
Also, I had a thought about the fussy little accountant who is always so eager to show me my flaws.

Well, it's that same calculation that is refining you and putting you on top. It shows you who your friends and enemies are. It's an engine of calculation and insight. So don't turn it all off, don't get dumb, stay sharp, don't trust so deeply. Alcohol turns that calculation on yourself. You have not heard him any other time except the morning after drinking, so make a note.

He ain't all bad. Alcohol is the traitor.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 68° CLEAR

SUNDAY, JUNE 22, 2014 AT 3:32 PM



I grew up as a young adult, fast and jar forged in combat situations always determined to move forward in life toward my passion. I have always been a lover - one person, my girl, who is everything to me. Then an illegal kidnapping stop loss and unplanned pregnancy prevented me from ever experiencing newlywed life with my soulmate (something I can now say for sure 6 years later). Robbed of this and forced to wear a new dad smile, bullied by society into a mental disorder - kids are miracles. Yeah big miracle. Vampires, every one, and men have no way, no language, no forum to express the growing understanding that life sucks with kids. If I'm going to be honest I hTe every minute. Dragging around te house imprisoned by a whining pink shit who hates me and scowls at me every chance

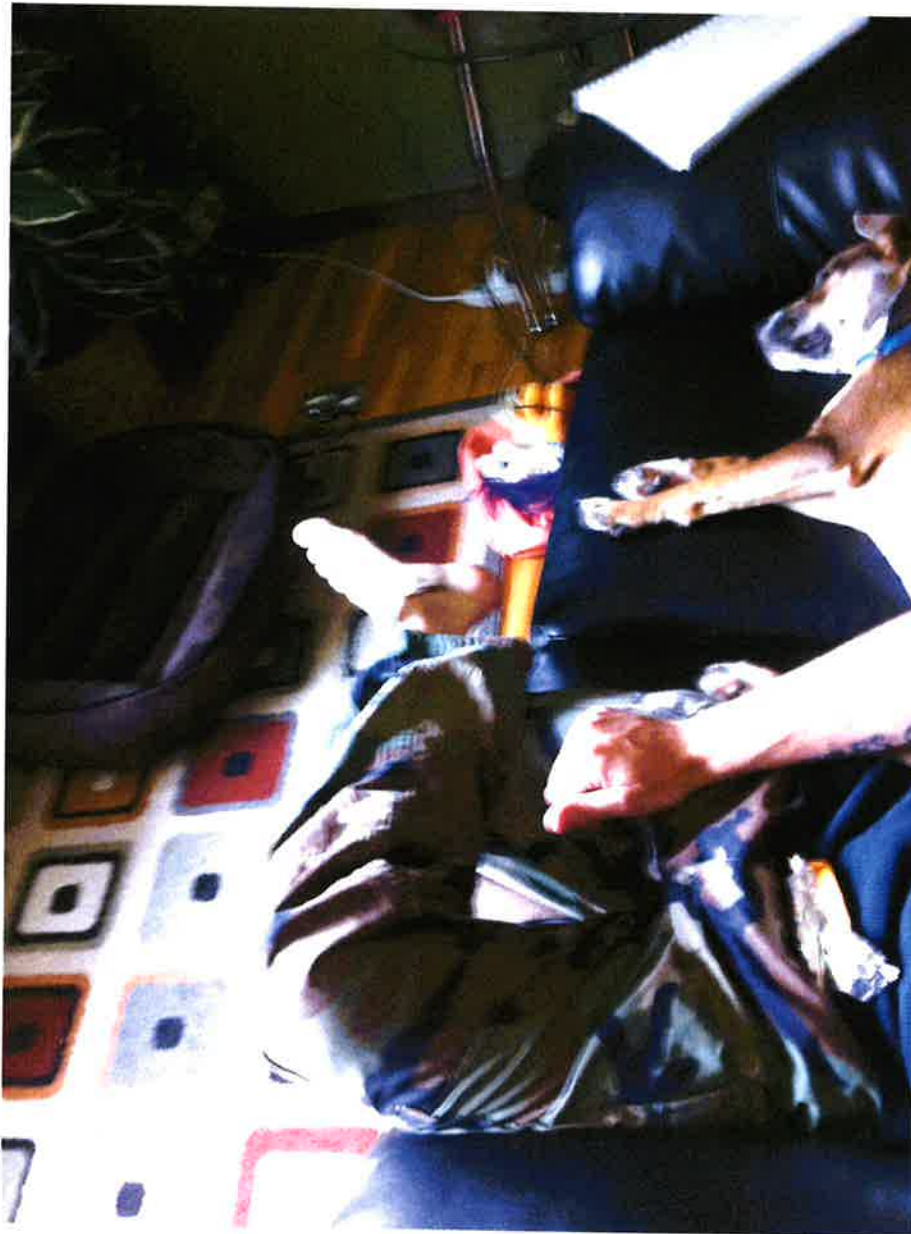
she gets - even though these private thoughts stay private and I don't hit her or shame her and I try my best in all things. I really try. And I die every day, knowing that my life and desires that survived the war will ultimately be destroyed by this situation. I'm trying to be honest with myself because I don't know how else to understand what's happening. Society doesn't welcome this attitude - because dads have to be masculine and manly and fun and independent - and also sensitive and caring and sweet because kids are a joy and a man is supposed to love that he can't do anything for himself anymore. Breeders run the propaganda. And you can't find out if you're supposed to be a father until you have one because there's no acceptable way to talk about this without getting speared by the baby loving sentiment that dominates parenting discourse.

I have no way out of this.

This is it.

And if I can't resolve this in myself I don't know how it will manifest in a way that will fuck her up forever. At the root of it it's not about her. It's about the sinking despair she brings into my life, taking and taking because she's alive and has emotional needs and it's not her fault but it doesn't change anything.

MONDAY, JUNE 23, 2014 AT 3:39 PM



Maybe the best day ever. How? Well I'll tell you. Snap up at 530, meditate drink water eat a banana prep a workout make up a workout stretch crush the workout, back in with breakfast rani hygiene and a pleasant morning off to Joanne's- dressed to kill and with the days work in hand. Komel looked great, like some Paki spice you've heard about but never had. We go to caribou- breeze right through without buying anything! Settle behind a patio table, where the mornings online work an reading is insides without hurry. I even made a static and dynamic stretch plan. Then to eBay to ship off mayb \$300 in bx kit, eating my pay. Went home around 9:30, chatting happily. Komel got into a skimpy bikini while I got into ball shorts and sprites around the neighborhood, new abs rippling and

oily (coconut oil is better for sun protection). Come back to Komel, were the new buzz is her sexy picture on the deck in a bold move of confidence drew attention from some guy who's been anxiously flirting with her for a few months, and we had a fiery chat about it, which drew us closer together with a fun new perspective on who was top dog whatever and who was the scuffed up noob. We had a laugh and then Chris peck called- the stock was in. So we went over there and Komel came with. We chatted up Chris and Sean and traded 100 in cash from the pile on my dresser for a different kind of green that would also live on my dresser. Went home, and in ten minutes Komel secured a probable 6mo client and I conjured a great scene for white dwarf. I told it to her with enthusiasm. She liked it, and then we went to bed and talked about our velocity and admired her beautiful physical bodies we were being given

[REDACTED]
[REDACTED] Came in her after she was going to
[REDACTED] but we were really stopped, and then I brought it up a notch with
[REDACTED] presence and energy and rammed her to another long climax
[REDACTED] without going soft. In fact, I almost almost almost came again.
[REDACTED] [REDACTED] something to think about. I brought her
[REDACTED] down like a gentleman should, and we lay there panting thinking
[REDACTED] why the fuck would we live any other way?

[REDACTED] That was about ten minutes ago.

Somewhere in Afghanistan I dug in my heels and stopped learning. I said nope this is the way I've got to live now. And I haven't learned much since except trade skills, pulling with me from the force of my explosion of self determination all those around me, who wonder at my velocity and only try to tag along. And of course, a particle going light speed does not notice his velocity either. And into the fire went the passion itself, till I was a skeleton of desire, the exterior crumbling because the crew had long abandoned ship. My soul was abandoning my body, in which I was trapped in a pattern of locked behavior, forever unable to adapt. Until at the final moment, I don't know when; I failed. My fuel ran out. But the moment carried me along into duties I could no longer care about. But in that last moment there was salvation. And since then I have been on a reverse course to health wealth and wisdom. Something answered. Something was there, is there, is me. And every time I lift my hand to achieve desire, the world around me springs to attention and I have to but speak and the new world is manifested before me. A new body, excellent health, happiness, and in the absence of something more permanent, a slow and steady growth of wealth. Wisdom. Here in the cage. An understanding. I am happy again, if I ever was.

The brave aim high, always eventually crashing low again to the attentive observance of we in the middle. But the artist in me drives me forward, to brave the lows in search of the heights, if only to contribute to the overall experience of man, risking all I have to oblivion at a moment's notice.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 79° PARTLY CLOUDY

MONDAY, JUNE 23, 2014 AT 4:09 PM

New policy- you'll think ahead tith next month, ruminating and imagining what it will e like, drawing to you it's music. Pick it. Then while you enjoy the month you created, imagine forward to the next month, always reaching and creating new experiences, growing

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 79° SUNNY

MONDAY, JUNE 23, 2014 AT 10:01 PM



So the rest of the day goes like this: we go pick up rani and Joanne SOURS the day with a demand for an overdue payment! Wow! But we pocket that like adults and go to centennial or a beautiful walk in the park, followed by dinner at the tavern. Dude! The order took an hour and then got lost, so we ended up getting our meal comped - bottomless fish and chips an two Guinnesses free! Left a big tip an a

nice note. Definitely been applying the principles. We got rani ice cream and went home.

Paleo had made a mess - ripping off rarity's head and apple jack's ears and a ton of other things. His first time left out of his kennel. Our mistake but I still had to punish him (we just made friends again, circle of life).

And then Joanne. I looked at the contract to see the damage. Impossible! Incredible! I would never pay it. And even more- it wasn't in my contract. A loophole! Victory! But what, am I gonna be able to take care of rani starting now? Ruin my vacation? Make an enemy? I needed to rethink this.

Well shit. Ain't I been reading books about this? I turned this late night crisis into an opportunity. To end my day by defusing this situation. Against Joanne, our formidable former corrections officer daycare provider. Yikes! I was pretty nervous. Made some notes and went to the basement to meditate to slow the lurching of my heart. This was a new kind of battle.

I called her up - it was late oh boy was she sore to hear it was me! But I complimented and gushed, gave examples and reiterated. Then I got around to it: drop the fee. He won't over yet, but now I was open to explain position and did a damn good job of making her see our side - got her saying yeah you're right and you guys have been great. She opened up about her financial worries etc and about how her son Josh is a sophomore at school for electrical engineering! We got to chatting. He's brilliant already! Showing a bit of interest got her gushing, and it changes her attitude. She agreed to defer to our last week's deposit instead. So now I don't have to write a check. The conversation ended chattily and in good positive spirit, and it's like not only was the pressure of the situation removed but I felt better warmer like something inside was glowing. I turned something bad into something good - not just another conquest.

And with that I'm gonna get ripped out of my gourd and watch WALTER MITTY with Komel in our basement theater. Cha! Good night!

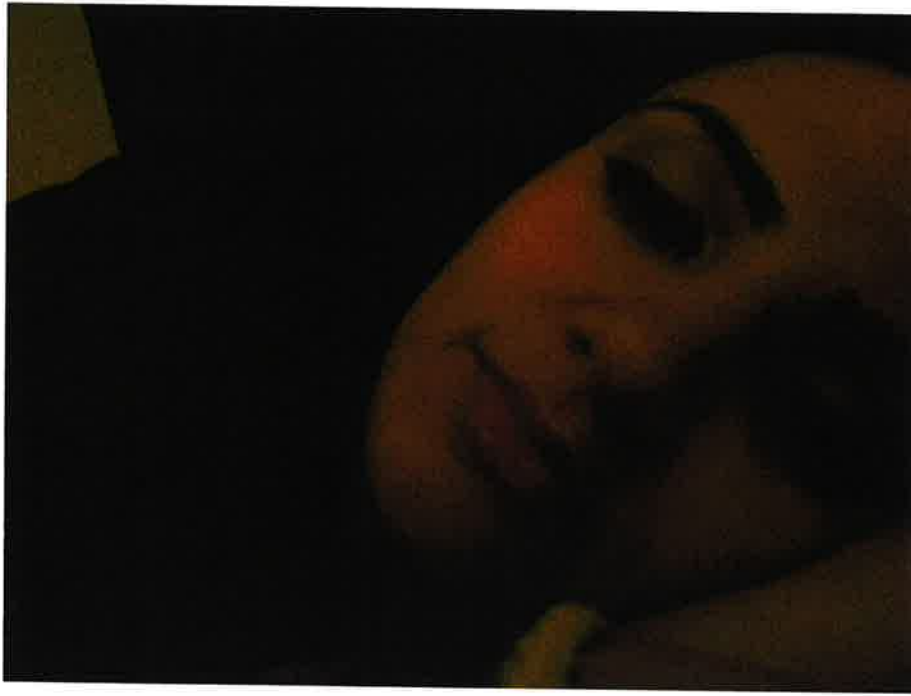
1051 RAMSDALL DR, APPLE VALLEY, MN, UNITED STATES • 68° CLEAR

TUESDAY, JUNE 24, 2014 AT 2:11 AM

Oh, yeah. Had another wild night with MITTY. On pause, several long ensuring orgasms for her, final success and exhaustion. Just dizzy with experience. One of the best days ever. Sleep now

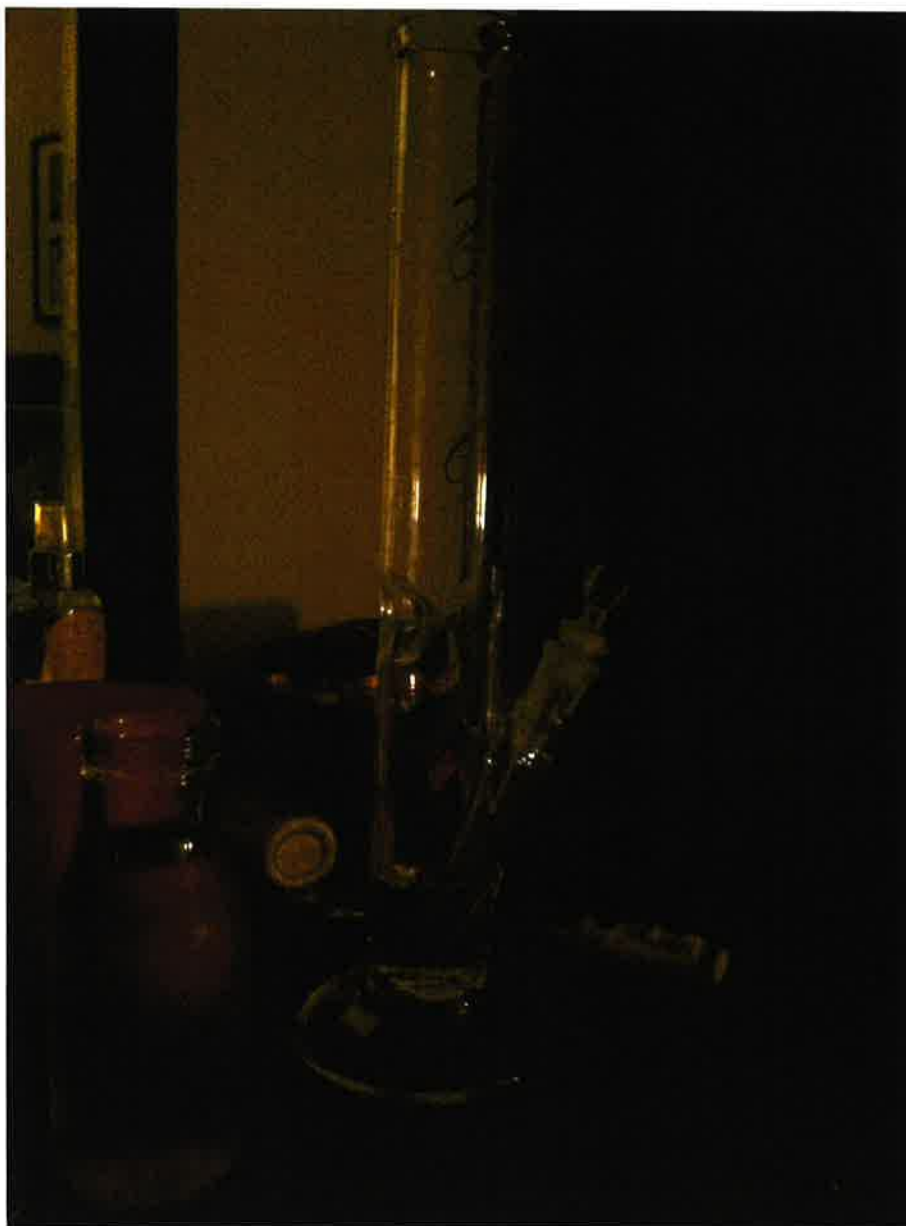
1047 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 63° CLEAR

TUESDAY, JUNE 24, 2014 AT 2:14 AM



1047 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 63° CLEAR

TUESDAY, JUNE 24, 2014 AT 10:30 PM



Gorgeous new toy right there. It it at hideaway on the way back from Sean's. Dropping off pickle - a surprise gift for Carlie. No more gecko in my house. I could do without all the mouths to feed, even though she was never really a problem even while we were in Mexico.

Okay so a lot happened today. Good day really. But the bong is taking effect. Eooooo

Today you're mostly working on te gs asset list, and it's looking good, Komel is really liking it. Also you got new bracelets. I know gay right?

WEDNESDAY, JUNE 25, 2014 AT 12:55 AM

Sometimes it's hard to understand the things I know.

I know what I said.

Danny and Joe are sucking me dry. There ain't never enough I can throw at these people that they won't demand more, like every one in the whole state is a fat charity case I have to sustain forever because they all see my promise energy direction and drive. And they need it. This is the essence of objectivism. Ayn Rand. I have economy of supply, they of demand. Analyze relationships. Most stay away. The few who make contact hover

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 34° PARTLY CLOUDY

WEDNESDAY, JUNE 25, 2014 AT 6:52 AM



A few notes from last night. Well, k and I have been humping like rabbits. Once, twice a day. Last night went on for 40 minutes. Memory-erasing sex.

And then I keep her up all night chatting about new revelations. Here are a few: Danny and joe are not meant to be your lifelong bosom buddies. I don't need their desperate clingy energies on me. I'm supposed to be going there this morning but it took a wrench of will to realize I don't want to and probably shouldn't be wasting my time with them. For so many reasons. All they do is wonder what I'm up to and pitch to me their rehashed version of a gs oriented workout boot camp that I had in mind all along. Fine, fine. I'll hire

you. But they're not talking about hiring. No it's some kin of implied inclusion into my energy they want. Adam jumping up and down waving his big monkey arms telling you're my meal ticket. Sean says for 50k a year I can HAVE him, to wrk and build sets.

Why is it my responsibility to carry all these people?? Jesus! I'm sick of the burden, being responsible for so many peoples futures.

The people in k's life are the same way. Coworkers Watching her energy, pathetically reaching and mewling and then stop trying, resigning themselves to their shitty work and shitty lives. Our parents both - don't even understand us. We are so far in la la land thst no one I know is recognizable.

Go to the west coast make new friends clear all these yucky marriages to everyone who ever gave you a hand on the film. They need to find their own lives. You need to clear out and make room for new relationships.

They're nice people. Really good people. But they aren't helping you.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 59° CLOUDY

THURSDAY, JUNE 26, 2014 AT 11:19 PM

Ok, just log a few things. I worked pretty hard the last two days writing speech points and finishing the press kit in time for Saturday. My big meeting with the mikes. It's my show. Jesus there's some fear riding this one. God I'm fucking terrified. As if all the negativity of this place and all the lobsters in the bucket is holding me back in the form of fear. And I'm so stfk in it I can't see out. It's a million to one shot. Can he do it?

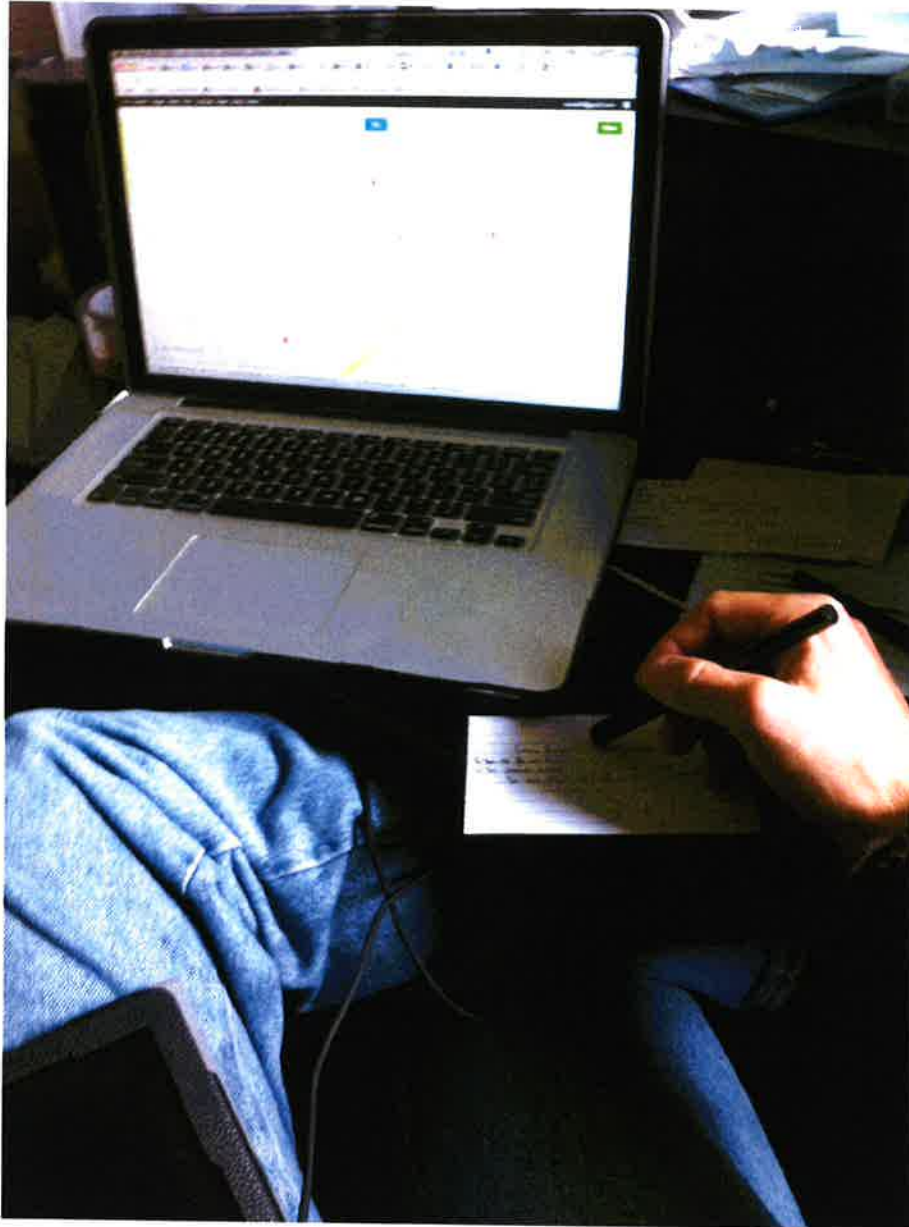
Tomorrow the master plan. God help me. God help me.

The power in this moment. It's all of it. Jesus god give me the courage to do this and teach me what to do. Take this fear out and fill it with love. No more calculation and desperation.

There's much more but Komel is biting my leg. She probably wants to hump again. That would be the fourth night in a row, sometimes twice a day. What is happening to me?

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 68° CLEAR

FRIDAY, JUNE 27, 2014 AT 12:12 PM



Every thing is in place and I am dizzy with fear. I am terrified

1051 RAMSDALL DR, APPLE VALLEY, MN, UNITED STATES • 73° PARTLY CLOUDY

FRIDAY, JUNE 27, 2014 AT 6:38 PM



I have a beautiful wife and perfect new life to look forward to. I have nothing to lose tomorrow. Nothing.

Just back from PF Changs.

1112-1198 LOWELL DR, APPLE VALLEY, MN, UNITED STATES •

FRIDAY, JUNE 27, 2014 AT 9:47 PM



Tomorrow I go to seize my empire. This will be my emerging from the chrysalis. Born in blindness, hardened in terror and suppression, and polished finally with unconditional love, I am ready to cast off the fear that buried me here and rise out, becoming who I was born to be.

This act of courage will define me. Komel comforted me expertly where she found me curled in the bathroom this afternoon, crying in fear. If anyone else had done what you have, it wouldn't have been such an amazing journey, she said. You're brave she said.

Courage is what happens after fear is acknowledged and then managed. Fear is a very base thing, a sniveling dark thing, itself afraid. It is the negative.

Whatever happens tomorrow you break out into the sun and soar.

1070 LOWELL DR, APPLE VALLEY, MN, UNITED STATES • 73° CLEAR

SATURDAY, JUNE 28, 2014 AT 6:52 AM



Here we go

[7000 24TH AVE S, MINNEAPOLIS, MN, UNITED STATES](#) •

SATURDAY, JUNE 28, 2014 AT 10:42 AM



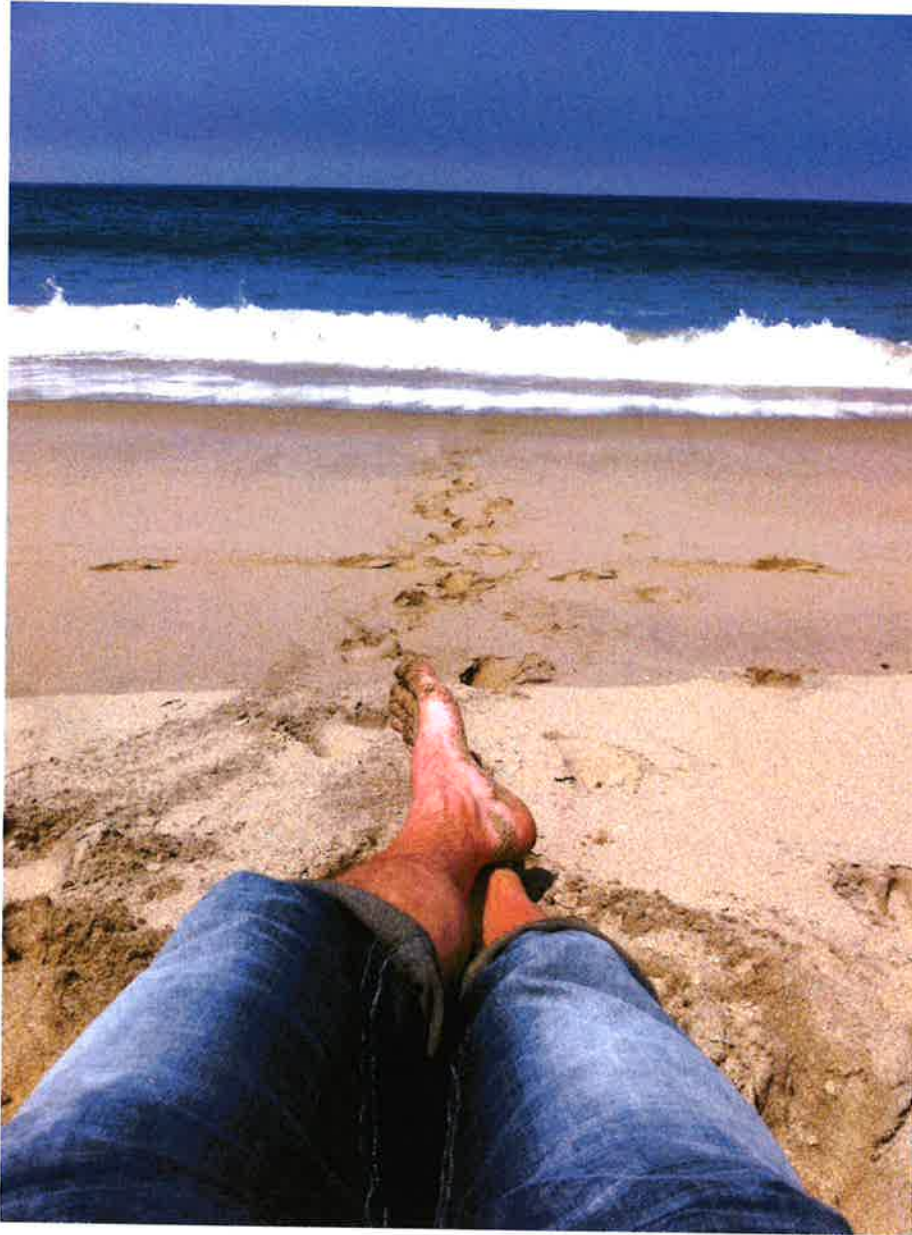
**About to land, slipping quietly
beneath the clouds. They'll be gone
by this afternoon.**

Part of me is a twinging banging panic, cold hands, busy heart, stuttering mind. The other side simply knows what the sun will feel like this time tomorrow and recognizes that there's just this thing to get through and it's yours. That side is relishing being the one to be set up, prepared from a lifetime of experience, for this moment, to claim it. That side is just excited to not just be there, but be the star, to act, to become another person entirely, one of laughter and

confidence and courage. That's me today.

Breathe in and breathe out slower. That is all it takes.

SUNDAY, JUNE 29, 2014 AT 1:18 PM



The meetings are done. All has been accomplished and more. Life is changing. Fear leaves the body sort of patheticLly- desperate to stay and seeking ways to make itself needed. I have nothing to do all day until my flight. So I'm at the beach. Shatever part of me that is dying fears this place. It refuses to allow acceptance - like this is the place I'm suppose to be. These are my new digs. The reward of my hard work. I can't accept these things! And so it took me 20

minutes to get out of my car and wander down to the water, shoes off and pants rolled up. No one here to fuck with me. No pressure. Only health wealth wisdom and happiness. And I can take a beach nap without worry.

I hope this new David stays.

LOS ANGELES, CA, UNITED STATES •

SUNDAY, JUNE 29, 2014 AT 9:50 PM



Some things to remember since I already appear to be desperate to return to comfort. I think I used up my fuel stores and now I'm despondent and embryonic. But I got what I came for, hell yes. I demanded a contract and got one that night. I got all my demands and I'm prepared to fight for what I deserve in the contract. Impressed the shit out of them, I think. The doubts will return when I go home, but leave this as a record: there's nothing to indicate that this isn't the real deal and we will move forward resolutely to victory. By victory I mean up and out of here and into a place where things happen and move.

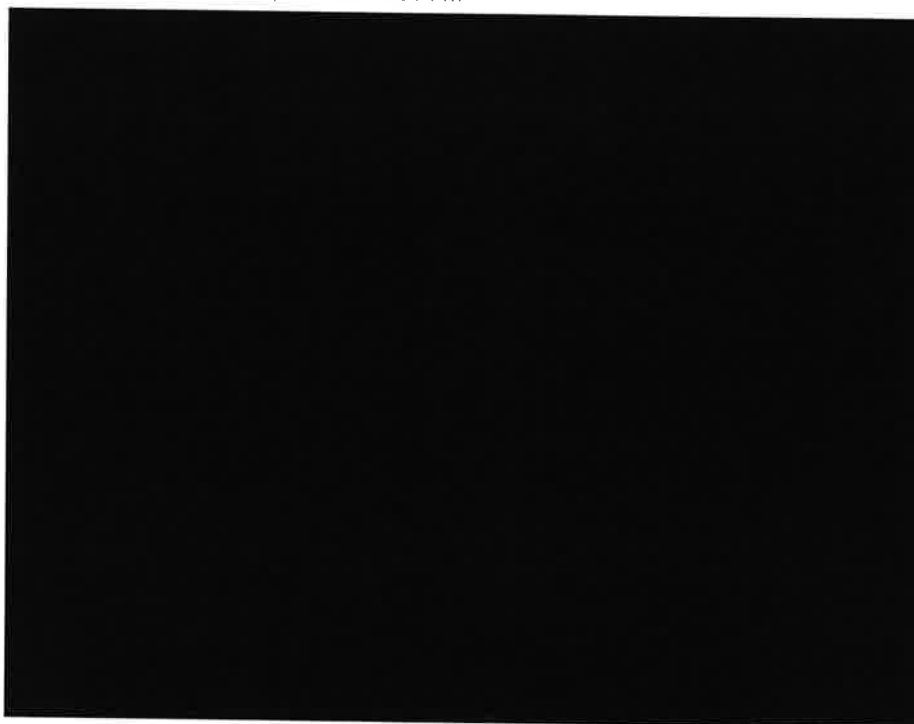
The doubts manifest from an internal desire for the peace and comfort, largely supplied by karma, to which I have become accustomed. You didn't do anything wrong, you kicked ass, and you even had a half dozen other successes with people you turned your charm onto. How broken I am to be reduced to such a state. To have to crawl back up the social skills ladder from the bottom rung.

Remember: frequently waking up in your body to find yourself owning the situation with the mikes or in a multi millionaire's home, for a moment quaking with panic and wondering when they'll discover your secret and call you out. You don't belong. But I belonged. I owned it. This is important information- a benchmark of success to base the rest of your endeavors from. Enough of the quiet doubts and push for the easiest way out. You went to Hollywood and grabbed the bully by the beard, and at one point you had mikeo's head spinning with possibility. I'm their most promising project.

Mike thinks I could direct. He told me at one point that i was better than he was- at producing. This from the ice man.

That was te moment you knew the meeting was yours. And you took it. Owned it. Played with them, played their game. You'll only get better from here.

MONDAY, JUNE 30, 2014 AT 3:01 PM



sex last night. Best ever. she says. Sex this afternoon. Even
better. she says. And once again, I flirt with the elusive 2nd
cumming. It's elusive - a concoction of inspiration, elicitation, and
living passion - and cum again only a minute later. Either this
phenomena is not as uncommon as I thought, or I am slowly
transforming into a sexual tyrannosaur. Wonderful. She wants more
again tonight, by the way, and has never looked better. She's
licking my back now, can't get enough of me.

This is not ego these are facts. If all "proper" shame does is serve to limit the appreciation of your experience, of what use is shame?

Listen: you know how I, or some evil accountant bastard fuck, routinely turns my power of calculation on myself, and I am forced to hear a long list of flaws and mistakes for which I am entirely culpable. Especially when I drink. But since yesterday, my long lonely day in Ia, with full knowledge, fresh experience of my victory with no signs of joy and no one to show it to anyway - I haven't found a flaw. A silent accountant, a clean audit. Well shoot, nothing to be a mope about, huh? But wait! Just today, this afternoon before a nap I realized in a flash the thing I regret. The picture! Saturday night, 3 shots of Jameson held high for toast on the progress of my movie - the picture now being passed around Facebook as a reflection of my success - who's that in the picture? Why, it's that slouching weasel fuck, brave smile and guarded posture. Why is he there, getting attention in the visible moment of my triumph? Shit! There's my regret. I was in there, in the body and te moment, damn near spent in exhaustion from my efforts to act who I was to become, but who got the victory?

He did.

Okay. I get it. Let him have the moment. But this new path is mine. And I will not let a moment - success or otherwise, happy or melancholy, pass without a present, intelligent, and positive response. Of grstitude, excitement. And positive.

That's my lesson. That brings me to the immediate understanding of myself: be who you are, and know that you are great.

My next picture will be hands wide, positive and exuberant, big smile, a projection of the meaning I wish from the moment.

~~Some is tired from a full body rub down she gave me as I work~~

Ha ha. Nap time, peace-

July 2014

TUESDAY, JULY 1, 2014 AT 8:50 AM

The Crowley gene - high capacity for accurate and abstract calculation unhappily married to a subconscious tendency for unforgiving inward scrutiny.

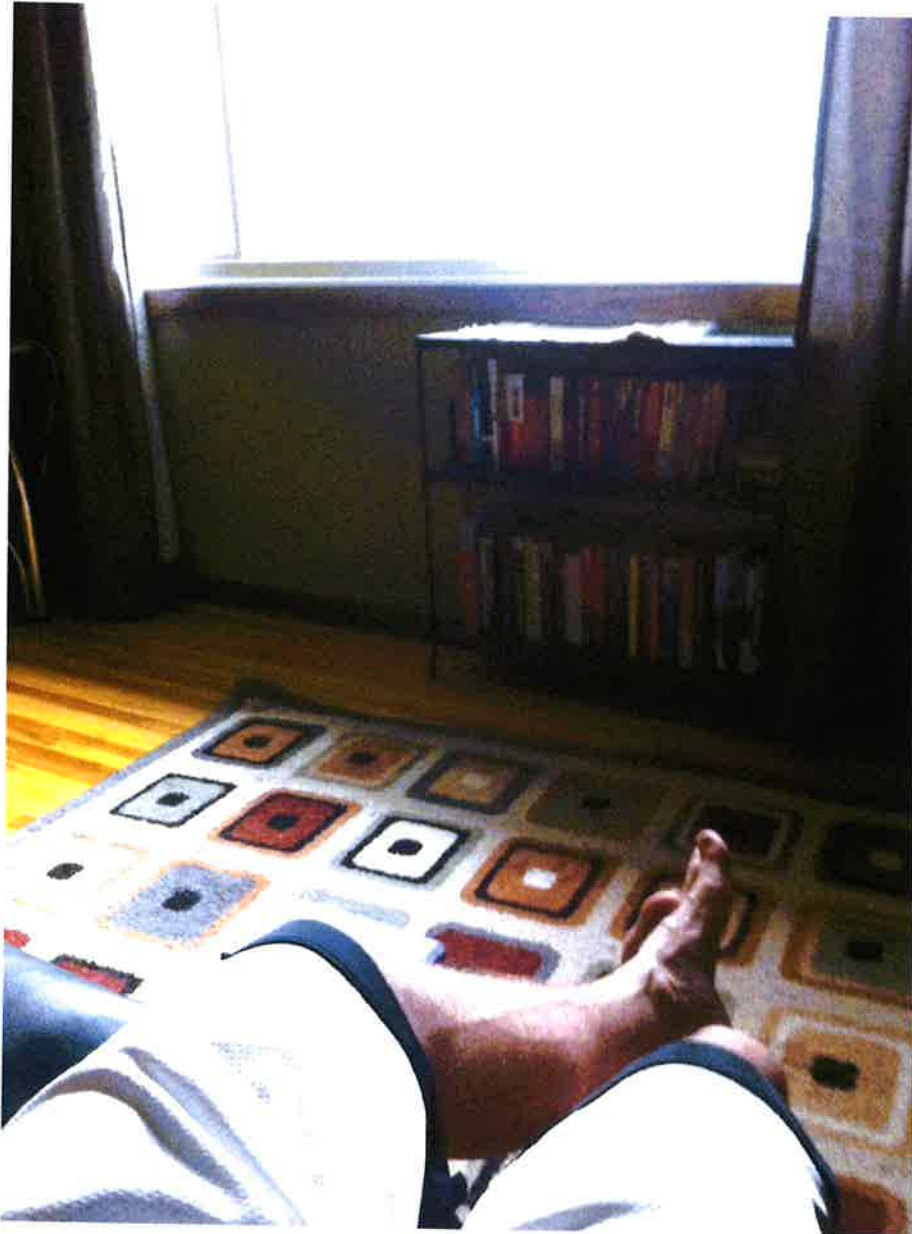
1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 64° CLOUDY

WEDNESDAY, JULY 2, 2014 AT 12:10 AM

Creep creep. Negative doubts. I'll master them yet.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 55° CLOUDY

WEDNESDAY, JULY 2, 2014 AT 7:52 AM



Good morning.

Focus concentration presence. Not always, but forming habits. Just finished my workout and was sure to focus on the stretching component. I'll nail this thing down yet.

In the wake of what's happened - I'm just dying to maintain momentum while getting a good relax from the stress while desperately wanting to start my next screenplay. And I'm still putting out fires from my past life. A lot on my plate - but few enough things that at least now I can see them all at once. Like I'm coming back under cloud cover through turbulence to finally re

enter the work capabilities of a normal man. How did I keep up the godfocus for so long?

Maybe I'll get the music room set up today.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 54° CLOUDY

FRIDAY, JULY 4, 2014 AT 12:14 AM



Watching Sean's dog tonight. What a little asshole! HAd to run around the neighborhood chasing him. Also he doesn't know how to hold his pee or ask to be let out. Just another example of us and our standards vs others.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES •

FRIDAY, JULY 4, 2014 AT 8:00 AM

Some thoughts from this morning. Sleep thoughts; mYbe they're worth writing. I've felt my dreams have been trapped in the same patterns and motifs for some time, and sleep is often a hot uncomfortable affair that suddenly relaxes in the early morning hours after the dozing state begins. It's as if my dreams have been primes with a purpose, an objective, and the. All night are set to work. But without a foreman to direct the labor it all becomes a chaotic bundle of reports with no purpose and no remembered goal. Lately I have felt happier in the morning

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 63° SUNNY

FRIDAY, JULY 4, 2014 AT 4:00 PM



Good day today talking with the fan! Lyd and Emily might be really fun contacts actually, friends as we grow up

1627 IVORY AVE N, LAKE ELMO, MN, UNITED STATES • 73° CLOUDY

SATURDAY, JULY 5, 2014 AT 8:07 AM



Back at it, working out hard. It's been a week since the big LA trip - but being apart from that energy for a day tends to put you back where you started. I'll have to face this fear again and again until it becomes habit, but I'll get there. I know I can do it because I already did once.

Had an idea for the gs rewrite. Oh lord wouldn't it b great to knock out a draft 2 in a week? Problems solved? That's basically it, then it's paycheck time. Forever. Don't get distracted. You've got Linda's notes and a fair few of your own - after this contrac is finished you can get to work. In te meantime don't be discouraged - cracks in te dam mean the pressure is building. You've got a reservoir back there. No worries.

You've been having some good parenting successes lately. Good dog psychology too. Komel is doing fine. Money is coming in. Good times man, you're doing it right

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 66° CLOUDY

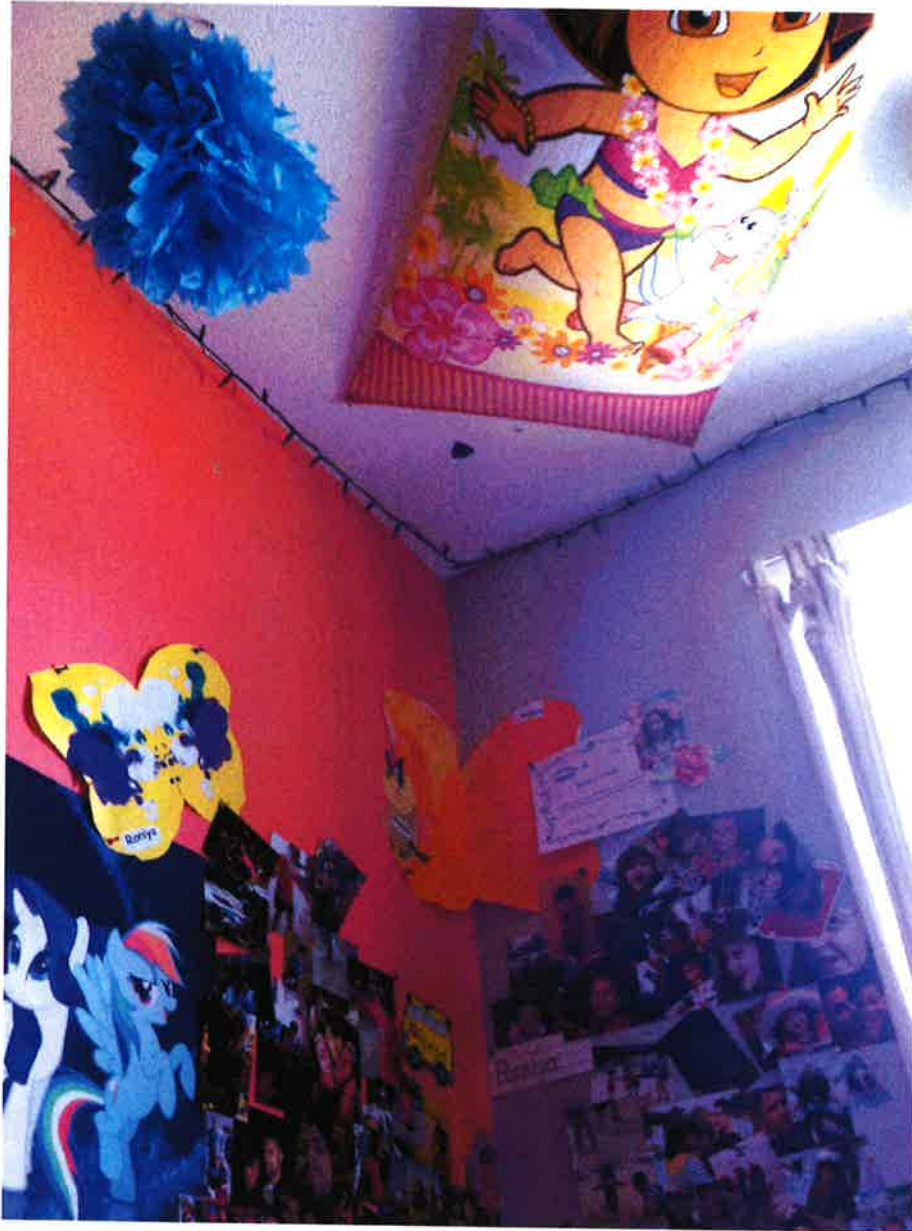
SATURDAY, JULY 5, 2014 AT 7:14 PM



Got a lot of weeding done today so the yard is looking better. We are about to go out to grab some food!

[1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES](#) •

SUNDAY, JULY 6, 2014 AT 12:57 PM



Sleepy sunday. Rained Sao I have to wait to do any weeding. But now I'm hanging out it rani's room, coloring and waiting for Komel to come home. Days of peace indeed. We need some proper deck furniture. Tomorrow do an intel run on the neighbors and see if they'll lose theirs. They put it up against our fence anyway.

Would be nice to lay out in the breeze today.

[1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES](#) •

SUNDAY, JULY 6, 2014 AT 10:32 PM

Worked too hArd today. Lots done, no satisfaction, unease At the end. Settle down. Enjoy yourself. Pool and park and have fun exploring things to do here. You have nothing else really to do except be with your people.

1047 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 72° CLEAR

MONDAY, JULY 7, 2014 AT 10:07 PM



1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES •

WEDNESDAY, JULY 9, 2014 AT 8:44 AM



Haven't been very chatty lately - still in some recovery position as far as I can discern. Making habits of patience and reading. Things are great; I'm just trying to understand and make meaning of it all. To create meaning. My depression is an inability to craft meaning from experience. Nothing is good and what the hell is the point, and so on.

Avoid beer. Something in it triggers the depression echoes. Derp. But maybe wine is different - there were no after effects after last week's meeting, so maybe we can become auteurs.

There is much to do, but I despise work. Tricky part is it's only work if I think of it that way, and I'm finding it hard to change the way I think. Not a surprise I guess, I'm mired in the craziness. I guess I need to learn to chill out and trust the invisible processes of whatever is trying to heal me. Rest relax meditate and learn.

Finished *Fire Upon the Deep* just now. What a comprehensive vision! There is much to learn from Mr. Vinge.

THURSDAY, JULY 10, 2014 AT 8:12 PM



I'm gonna remember you said that.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES •

THURSDAY, JULY 10, 2014 AT 8:13 PM

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 77° SUNNY

THURSDAY, JULY 10, 2014 AT 8:45 PM

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 75° PARTLY CLOUDY

SATURDAY, JULY 12, 2014 AT 8:40 AM



Qsi class today - defensive shooting in and around vehicles. I guess my life can be pretty interesting at times. Just rocking my xd and 300 some rounds. Should be a good day. I'm always more excited about the class when it's over, and that's when I sign up for future classes. Keeps me out of the house regularly.

Much has been happening, least of all the declining inclination to journal. It's been a hat week wth rani home - k and I can't get close, schedule is shot, and neither of us can leave the house without condemning the other to babysitting detail. Sucks butt. It's been hard to evaluate the changes we are both going through when we have to answer to the minute by minute needs of a kid.

But that in itself, that grinding presence that forces itself into our lives to be dealt wth - the failures fade and successes mount. Daily. I made the choice to really love her, get in close past the stink and sticky and try to exhibit love. Poor girl, she's been lonely, so I hope to finally nourish that soil.

[9523-9525 230TH ST W, MORRISTOWN, MN, UNITED STATES](#) •

SATURDAY, JULY 12, 2014 AT 12:26 PM

[44.2786° N, 93.4795° W](#) •

SATURDAY, JULY 12, 2014 AT 12:27 PM



This body is what was made for us to connect with godhood. It can be trained to mastery in order to support the stillness the soul needs to reconnect to the infinite, to draw wisdom and guidance. This is a simulation - sentience rising and trying and falling in these silly blind flesh cars through which the eternity of our souls can try an try again to contribute positivity to our collective experience.

No fear now.

[44.2571° N, 93.4531° W](#) •

SUNDAY, JULY 13, 2014 AT 8:23 PM



Much of today has been a slow preparation. The universe arranged for me to fall into possession of some hallucinogens (safe and natural) and tomorrow morning I'll be embarking upon a long voyage of self discovery. I've taken my usual precautions, doing some reading and making preparations. I want it to be a good first experience - and it's fun to realize how much I fear a bad trip! As if to see my demons; the writhing mass of them, would be too much for me. Interesting. A border to be crossed later, but I can't control the wretched stuff for gods sake. But I just want to be excited and have a good time. Wonder about things. What I'd really like is to abandon fear and become the man I need to be for this next phase. A good father. Stronger husband, more attentive lover. Return to roles long ago stretched out and abandoned. I need to come back, the engine is restarting but I don't feel it catching sometimes.

Anyway gotta wrap this up. The kid is yarping. Tomorrow she's back to Joanne's house thank my lucky stars.

APPLE VALLEY, MN, UNITED STATES • 70° SUNNY

MONDAY, JULY 14, 2014 AT 7:10 AM



I looking forward to having more fun with the world.

1055 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 57° MOSTLY CLOUDY

MONDAY, JULY 14, 2014 AT 4:41 PM

When your fruit is fresh; that's the time to Instagram them. Some reflections on today's foray: actually very little changed: except everything in the way I understand things around me. Same old stoner shit I guess. I am pretty hungry.

Anyway. This place. The backwash of coastal culture, colliding interests of influential cities washing randomly over the poor fools responsible for keeping the consumer syst up and running. A huge swatch of geographic nowhere, no identity, no cash allowed. An indent. An absorbing mat. The "meh" of my family. The sticky incensed tranquilizer of Midwest living - a dream net of promises and lies from the coasts; mostly full of air. A warm life full of spaces and comforts, where you can safely line your own coffin with the spilt wealth of what really makes these places valuable: the long fingers of industry.

It is important to flee this place and join humanity where it is really happening. Here is the place of dead ed consumers. Life is beautiful and dangerous and exhilarating when you forget everything you know. Mn is a vague stickiness of mind thst will kill you dead with

sloth. We are in the deep slowness. Everyone around us senses our escape and they want to get on the sled. But where we go no one knows. What wonders await us who can tell? But we will stay alive.

Today was pretty much exactly the kind of lurid tabloid smear our friends and fans want from us: "oh, today? No, after my morning run I took shrooms and spent the whole day in fun talks with my lovely wife, and we end up watching ~~blasting his down in the home~~ theater in ~~full parting screaming~~ surround sound. A gift DVD that came with a ~~few new toys we got online so we humped for two~~ ~~hours high as circus baby~~. I mean is that the dream? I don't know. Pretty sweet life.

But get out and go where it's dangerous. It'll be fun. If you stay here you'll become your father and inherit your brother's weirdness and your sister's Awkwardness. Get out. Get out of minnesticky. It's time. If you don't the meaning of your accomplishments will be lost here. Create a legacy by leaving in a swirl of rumor. And one day they'll recognize my name on a movie they like. These people and this place hold no bearing on you anymore.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 61° CLOUDY

MONDAY, JULY 14, 2014 AT 11:37 PM



Just out weeding the rocks. Yesterday's dominating thought was that I need to get out of here, and I get a friendly call from Adam Gislason while on my face in the shrubbery. Deal is moving forward,

fortune is at hand! Gray state is gonna be a thing. As it turns out.
Cause for celebration maybe?

My life is great already, how am I supposed to celebrate?

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 54° PARTLY CLOUDY

THURSDAY, JULY 17, 2014 AT 2:55 PM



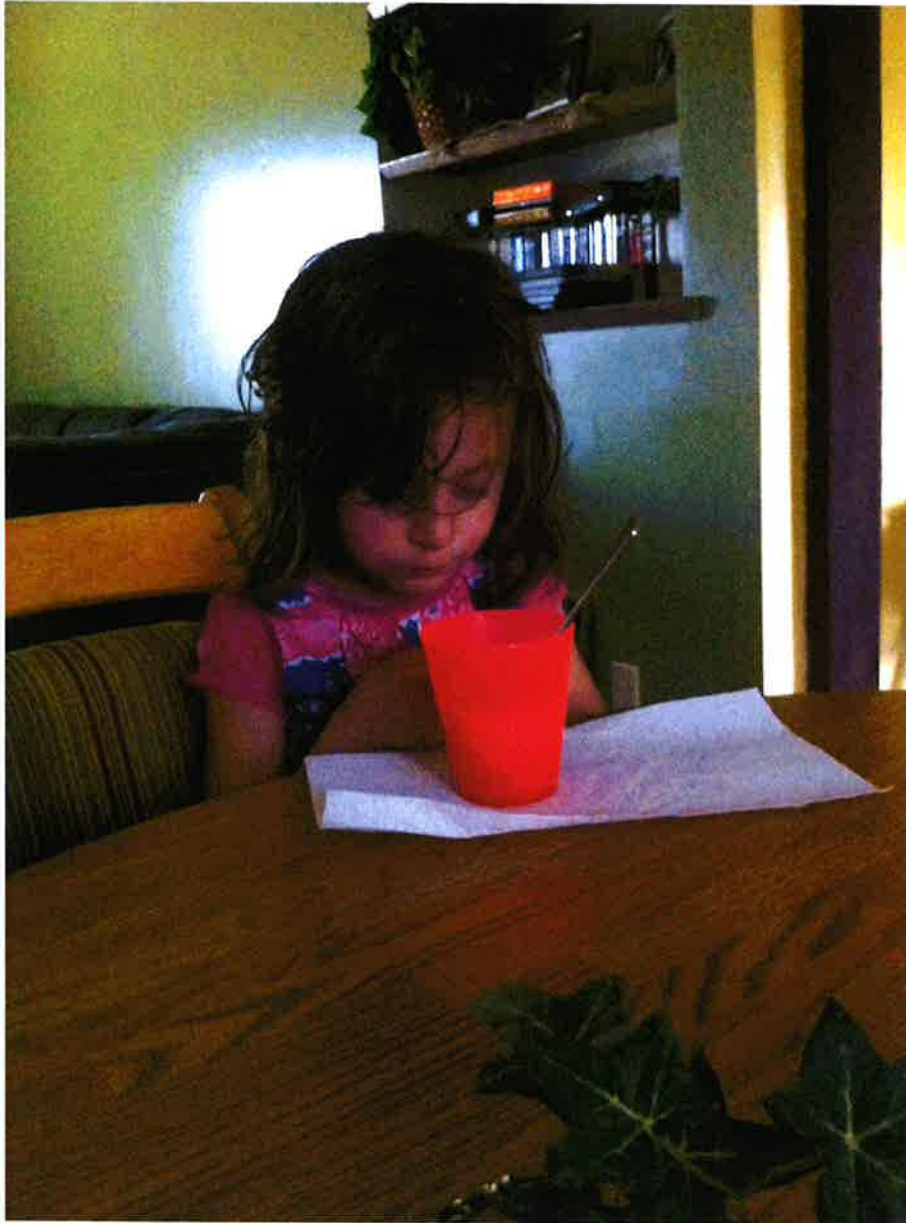
Some fragments and messages. To write them all down all the time would be a challenge indeed! But anyway, feelings of gratitude have multiplied gifts from the universe. I've come to the idea that all I need to satisfy my wants needs and surpass the men of my line is to

want stuff - to want and desire and then work hard and achieve. But first to want. To think that may be all that the sad dull men of my line really lack!

Had work this week, but got out of it. I am being trained and rested before a swirl of gs activity for which I must be ready. So this is all time I didn't had before so I've even going a little eBay crazy trying to get stuff out the door. Boring updates I know but if I wait until I want to journal then it don't get done.

1047 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES •

SATURDAY, JULY 19, 2014 AT 6:05 PM



14 of the past 18 days, rani has been home, and it may take weeks more fire me to sift through the ruins of my once pristine scheduling. Careful habit setting plans dashed! I am, that is to say, Komel and I, in some weird drifting insanity barge, out friends and families along the hire line, watching us go like bewildered tourists. Connections to those tourists may be spotty. and we churn merrily into the glowering storm, stun rays set to "dumbfuck happy." God rani makes for a fiendish cyst of a fellow traveler sometimes. I don't know where he came from or what she wants. But 14 Out of the last 19 days, man - it's enough to contact with the macabre to drive anybody batshit insane.

God I can't wait for Monday. I'm closer to myself, more attuned to my behavior, but a brief look at my tendencies lately shows I am desperate for some alone time. But the barge; there's no way off.

A cool July breeze. What a fabulous month for weather. It's la weather, can you believe it? How dreamlike. Intoxicating. The air is rich and healthy, the sky soft and defused.

Sucking a bong most of the day. I don't even do as much as I should be. That's the way I feel anyway, because when I'm down there I see my problems a lot clearer. I'm a broken man. Broken indeed. I am already climbing out, but every now and then I turn and look. To see for a moment how high I have climbed. The demons of doubt gang up on me here - they know I'm at my weakest. But the veil of their insults is thin now, to the point of transparency.

They know I'm desperate, at the verge of thinking this is all madness, that my dreams are still dreams and not my reality. I have little energy left for this. And now that there is little left for my demons to feed on, they grow ravenous.

I am at the crucible of personality changeover and I feel so deeply the invisible turns of my legal team, swinging for me but taking too long, and oh god how I have been patient for success and recognition. I have borne a heavy burden for a long time to achieve this. Every little piece in its place. All along the way.

But will I wake up one day and regret the massive sell off of my gear? I don't think that's a thing I ought to value for a moment more. It will be nice to throw that bullshit away.

There's just a lot happening man. Between the kid and the option and the new script and the other 9 scripts and then all the other things normal people deal with on top. Trying to keep the engines clattering, the smokestack belching, the barge hurling along.

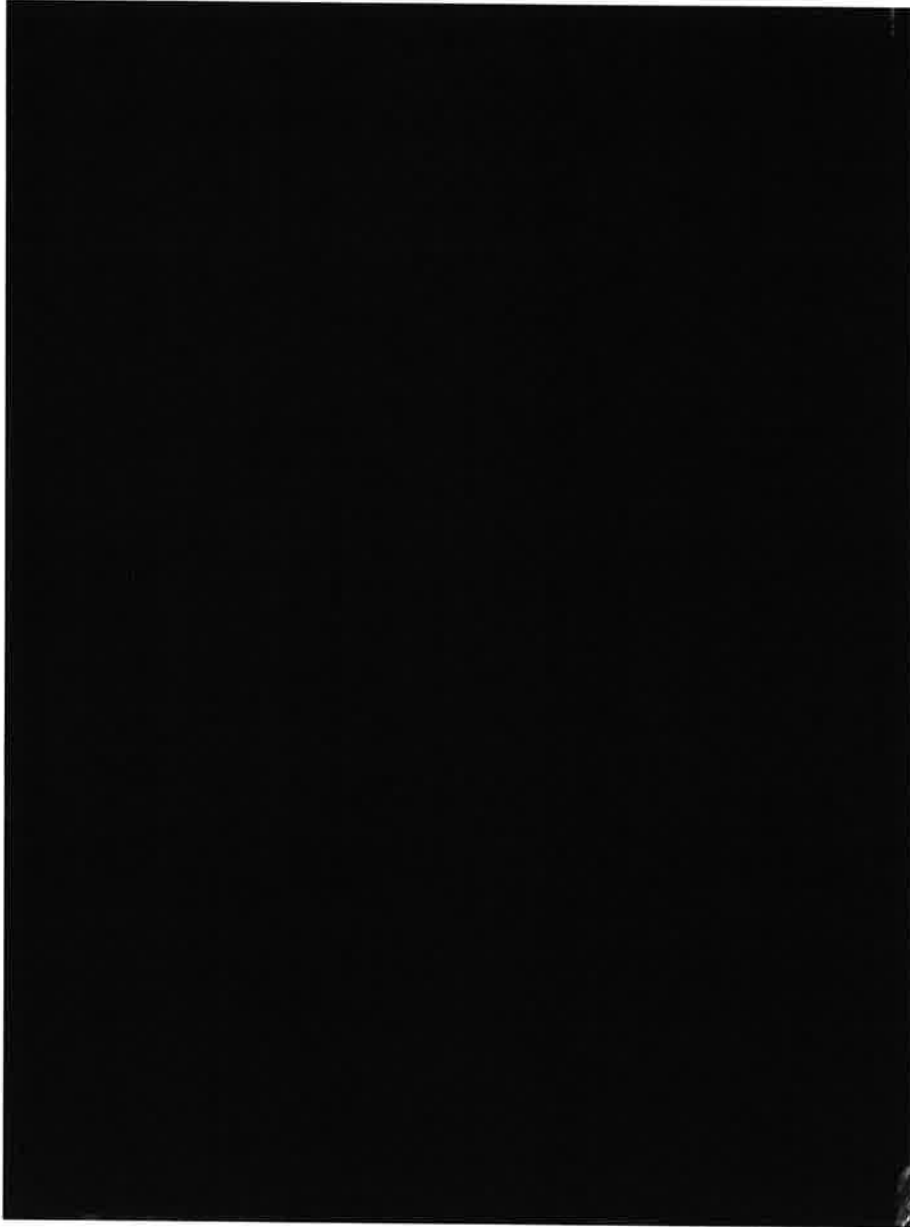
1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES •

SATURDAY, JULY 19, 2014 AT 6:46 PM

Oh yeah and k's mom is propped up in a hospital in temple. Cervical cancer probably.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 75° PARTLY CLOUDY

SUNDAY, JULY 20, 2014 AT 10:12 AM



Every night this week has been ending with a shared stretch routine, weed, talking, and then a lurid combination of sexual adventures that often stretch far into the night, round after round of experimenting with new toys. We watch porn together now.

44.7304° N, 93.243° W •

SUNDAY, JULY 20, 2014 AT 10:53 AM



Something to remember. A way to change behavior as a means of wiping out the bad code. You subdivide and calculate tasks, often missing the point and wasting a lot of energy, walking around in a fog unaware of the time. You are really good at this. It controls a lot of behavior. If you can fight back, do more in a day by doing fewer things but more completely, you might make it out, see what you're like without that burnout tumor.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES •

SUNDAY, JULY 20, 2014 AT 10:11 PM

Something k and I talked about: we share a sharp disinterest in our families. Maybe a dull apathy is more accurate, but whatever it is we both have it. I have thoughts on this but maybe for another time, another time.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 75° PARTLY CLOUDY

SUNDAY, JULY 20, 2014 AT 11:07 PM

Fun fact: [REDACTED] have enough sex toys for Komel that I have to dig for the one I want.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 73° MOSTLY CLOUDY

MONDAY, JULY 21, 2014 AT 10:53 AM



Something inside of us, we crowleys, is dead.

But I can bring it back to life. I am a small man in a wooden house in Minnesota with all of the gifts I was expecting to receive in a lifetime. and I can be happy. I can break the sinking curse of my family and be free. And happy. That is what it will take. I have to leave.

I can bring myself back to life. I alone in my family.

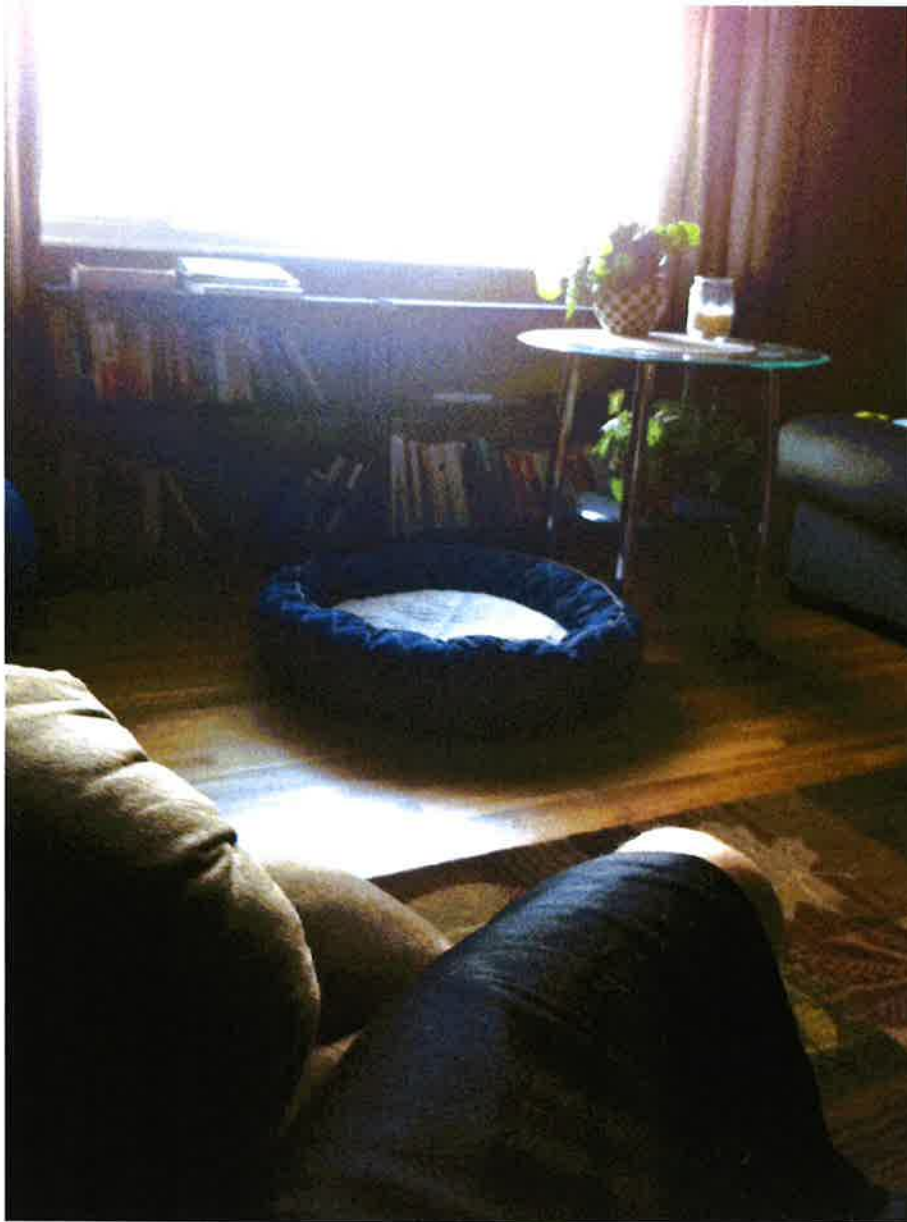
1051 RAMSDALL DR, APPLE VALLEY, MN, UNITED STATES • 81° SUNNY

MONDAY, JULY 21, 2014 AT 11:26 PM

~~Sex. Sex all the time. Can't get any sleep!~~

1047 RAMSDALL DR, APPLE VALLEY, MN, UNITED STATES • 79° CLEAR

TUESDAY, JULY 22, 2014 AT 7:11 AM



Vast personality changes are happening too fast to write about every day. Changes like voice, thought and speech patterns, posture, reversing bone structure shifts, face muscle coordination, leg toe arm finger hip shoulder neck dexterity. Huge blocks of bad code are being identified and swept out. What was that big one the other day? Maybe yesterday. Oh yeah, a simple focus exercise to stop flow to a bad block of code. Komel and I are ferociously exploring our sexuality while I begin to commit to gray state v2 and her mom is diagnosed with cervical cancer and dad continues to fumble fuck it up. I've had good progress wth rani and I am keeping up with my 530 workout/meditation routine. Coming back into the world enough to see what it is im doing,

I had a thought last night that rani and her progression through youth are one day meant to twist our energies (k an l) to a more fostering, caring, and philNthropic orientation. To watch her grow and invest in her.

K is up making coffee. God I love thst woman. Strong, beautiful, ferocious, and deadly intelligent.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES •

TUESDAY, JULY 22, 2014 AT 4:23 PM

Marijuana is transforming me into the kind of person who doesn't need it. But I believe I will finish out the summer high as a kite.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 79° PARTLY CLOUDY

WEDNESDAY, JULY 23, 2014 AT 8:15 AM

I guess I have to spend sometime bitching because it's not getting better. Also to have it in words may help explain something down the line. I spent a few weeks getting ready to create a new gs outline, building myself and my confidence and my approach up with positive meditation and morning habits. I had the best morning, ready to come back and get to work (I took rani myself so Komel could have some time to herself) and there's some sour fucking buzz in the house and I take one step inside my house and hear her on the phone shouting in Urdu and I just know it's all over. I know she's on the phone with we sister getting emotionally involved like we talked about. I even take her off the phone like I never do and try to warn her: we talked about this yesterday, it's over. You're not involved, stop calling them you have nothing to say. I get the stone face, she's not listening for a second. Fine. Just do your conference call downstairs; I have to work. Peace and quiet and perfect morning shot. She comes up after a few hours, just steaming with things to tell me, and I try to be supportive but she won't even accept a hug yet until she's ready. I go back to work ad she's ready 1 minute later so I stop work again and ask if she needs to talk. She says no or something, but hovers anyway. I sigh and quit my work for good because I know it's coming, and sure enough the next hour is me resolving the fucking problem and reiterating what we decided yesterday. She got her family on the phone and fucked it all up, made some wounds, made everybody cry, showcase all her insecurities and weakness and accomplished nothing. Jesus Christ. I told you and told you.

My work is fucked now. I can't even think about the gs outline, it's

all confusion and emotion and frustration again. I'll have to start over in a few weeks, clear my subconscious again. Meanwhile the close connection we had, the interest in conversation and closeness [REDACTED] really interested development byproducts of become adults successfully together - well I hope it comes back because that interest is sure gone now. She didn't want to talk or stretch; just go to bed early and [REDACTED] all my careful scheduling (not to mention canceling out plans to hang out. I had had a few cups of coffee to prepare). I stayed up all night alone, my thoughts growing on the matter, the effects if the day finding words finally.

We are at the point where we are sharing brain space. We think the same things at the same time, and always agree and coordinate. But when she brought that fucking sticky foreign emotional mess in here it fucked it all up. It was the dumbest, most ill-counseled least attractive thing she's done in years, a stupid fucking mistake I smelled coming and warned we about minutes before she went and did it anyway. She gets up in the morning and doesn't look at me and rushes about trying to be busy with work and rani, and then without a word cancels our day plans, saying she's gonna go work instead. "I'll take rani" is good bait, she thinks. Bull shit you just want to repeat your work schedule, digress a little more.

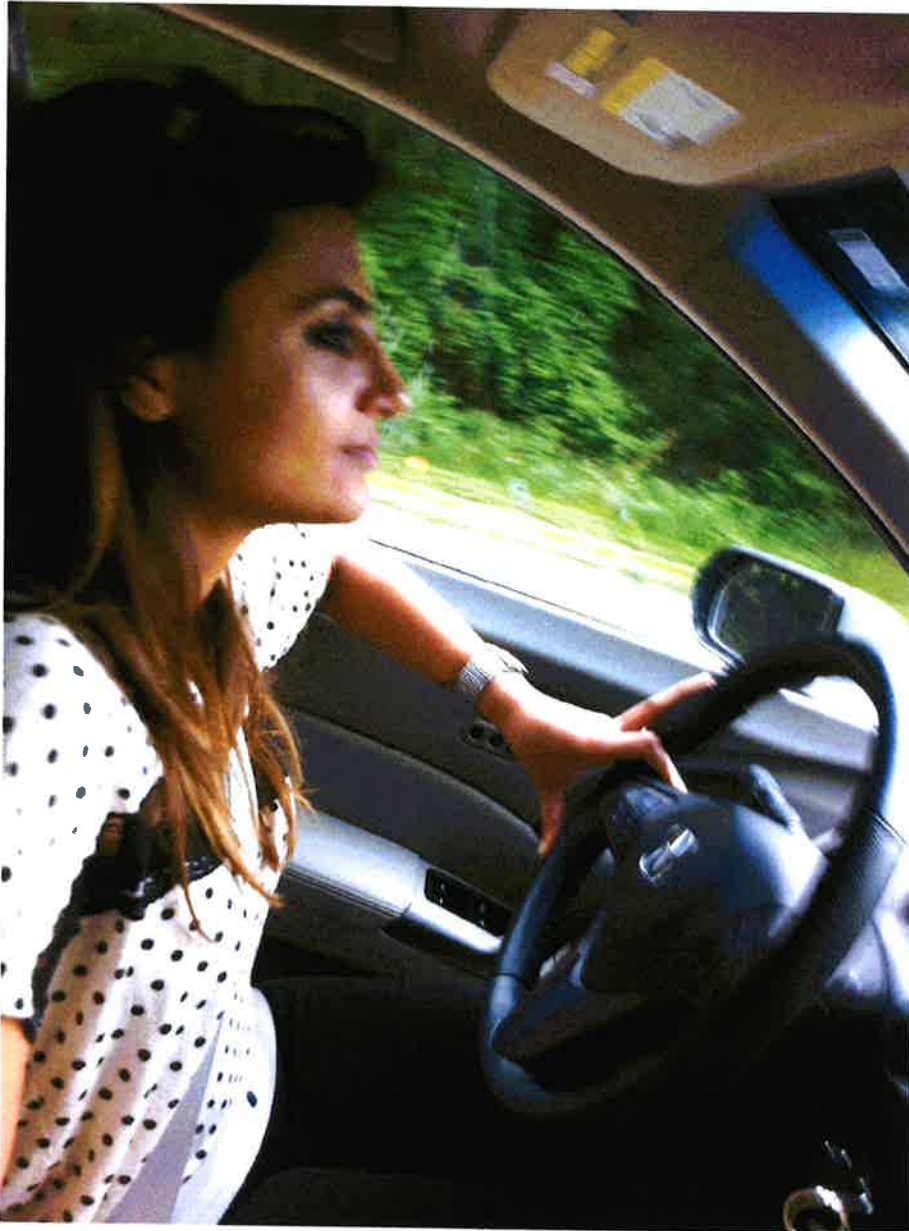
I didn't argue. What's the point? She lost months of important personal development and is going back to work, she thinks. Sense of security. You know what we had planned? A long day together looking at pictures old movies and remembering out pasts in terms of positivity and growth, and make a love-me list. "Not a good idea today," she says, closing the door on that day and instead escapes, leaving me with an empty house, wrecked schedule, jumbled negative emotions, fucking shipwrecked outline efforts, and now a new bottle of bull shit to deal with when she decides to come home. She didn't even tell me where she's going or for how long. I didn't ask. She's doing her best to avoid eye contact, tactics from before. Why even ask.

It is such bull shit. It took us months to build our relationship to where it was yesterday morning and now it's just back to the same old childish non communication, and I don't know yet if she's going to snap out of it. Jesus Christ. Well this could have been a good day. Now I have to go find something else to do.

Just listen to me in the first place. The emotional wad you dragged into our shared space fucked up my work, and fucked up the good thing we had going. And unless this is all over tomorrow, it fucked up the whole week and instead of having fun at my 10yr reunion on Friday with my best friend and partner, we can be sad and lonely like everybody else.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 64° SUNNY

THURSDAY, JULY 24, 2014 AT 5:00 PM



The people we are becoming astonished by the accomplishments of our past.

1788-1898 W 106TH ST, BLOOMINGTON, MN, UNITED STATES •

FRIDAY, JULY 25, 2014 AT 11:39 AM

The phone call of my life. An honest appreciative present confirmation from my lawyer that I am in perfect legal and material harmony with the new universe to which I am connecting, in perfect participation or non participation in further affairs as I may specifically defer. If this works I will be a rich man. If this works I will be a rich man. And the wide world awaits whatever I may do next. Jesus almighty it's all at my fingertips at the moment where the trap is set and bait is fat and the prey comes knowingly, entranced by the thing we created. My big pretend gray state empire is merely a thought in my head, and Adam stands guard with a battery of legal connections in the same firm that carries owl city, and we advance bravely to the west, to be met eagerly by new friends and allies. Completely free, to create what I want in that world or not, but rich enough to do whatever I want.

The appreciation of this moment is divine.

By the way k and I have long since made up in a flurry of emotional and sexual readjustment and advancement. We talk nonstop about for days now about who we are and where we are and where we might go. We feel roots being ripped up and out painlessly as we disconnect from everything that might hold us back. We have to focus. God I feel like vomiting, we have to focus like never before. But Komel teaches me: that focus is easy, serene, she helps and guides from the heart like the perfect melody of my own frequency, and we turn to await the coming new life, laughing.

An hour ago I was ripped from great conversation with k by Adam, who I was aghast to remember was coming over to pick something up! I couldn't b

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 70° CLOUDY

SATURDAY, JULY 26, 2014 AT 4:05 PM

I can't continue the use of weed because it limits the sphere of presence to the level of a child's enjoyment. That is where good parenting skills live - patience and understanding and intent. I have to abandon this level of presence where my child lives. She is lost to me until she matures to my intelligence every bit the imp and constant impediment to our goals - a kind of psychological backwash of bad karma. Our steady path has left combined consequences for which we will pay through the form of this imp, who will one day destroy us.

I suddenly feel as if now that I have achieved this fame and fortune, if I would leave it all for the fortune of my child.

Oh Komel we are so close to perfect

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 82° SUNNY

SATURDAY, JULY 26, 2014 AT 4:32 PM



She got me a puke bucket.

I am the man I'm going to be the rest of my life.

The impact of what I understood today should resonate with me forever. If it is not the cessation of all godly intervention in my life, it is at least the high summer, with only winter to look forward to. I'm

29, just barely: am I halfway done?

I can see that. That's when she'll destroy me. I have enough bad karma to pay for to see it manifest in my true eternal wound: the strangled relations with my child, whose childhood I figuratively sacrificed on the altar of my success. The damage may well already be done.

Already it fades. The sun shines. Will I remember? The power of the gods withdraws as the new universe waits breathless for the stroke of my pen.

Study myth. This is your task, what you do with it is your reward

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES •

SUNDAY, JULY 27, 2014 AT 10:23 AM

Komel will have to write about yesterday. I don't know tat she will. There were physical effects. Deep understanding stretching my mind past what my body can tolerate, and apparently I retched something that paleo watched float away. Such a weird thing to say happened, but, well.

I don't know how to write about what I know. It may take a few days.

I hope Komel writes about what she saw happen.

The kid? Get out of her way. You will live longer.

I don't know what to write about. Much is changing. Words themselves look different.

I eill conquer my Crowley in my lifetime. But too late for rani to make a clean break.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 66° MOSTLY CLOUDY

SUNDAY, JULY 27, 2014 AT 10:37 AM

I should journal about the 10yr reunion last night. So much happened! Drops in the bucket compared to the god shatter download I've been subject to. I should follow up with everyone.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 66° MOSTLY CLOUDY

SUNDAY, JULY 27, 2014 AT 4:44 PM

One of these does rani will be smart enough to wonder why, if we are taking a quick mommy daddy nap, would we play music and lock the door?

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 73° MOSTLY CLOUDY

MONDAY, JULY 28, 2014 AT 8:18 PM

Listen to hatefuck by the bravery. I really want to write about a fun imaginative trip I had around that song but i am becoming disenchanted with thumb journaling.

It was a good story. But easy enough to remember. Perhaps I'll tell you tomorrow.

So much has been happening, so many new wisdoms and understandings, so much improvement in pushing the house to mirror our new lives - it's hard to write about anything. It has been a wonderful summer, full of suspense and danger and new beginnings and fighting and healing.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 68° PARTLY CLOUDY

WEDNESDAY, JULY 30, 2014 AT 9:11 PM



I wrote 25 pages in my little blueprint journal about what's been happening. It ain't no recap! I have front row seats to what's happening to me, like going under the knife with eyes open, and have I been writing everything down? Not really.

I realized I'm engaged in some kind of purging material- cleansing the home. Big garage sale, come one come all. Live light and clean.

I'm tired. My mind and body are changing, no time to waste, and I'm damn tired. I didn't say I can't handle the pace. But lately the place I need to be sometimes is so deep within myself that not a muscle twitches. Ressssst. I should get to the beach.

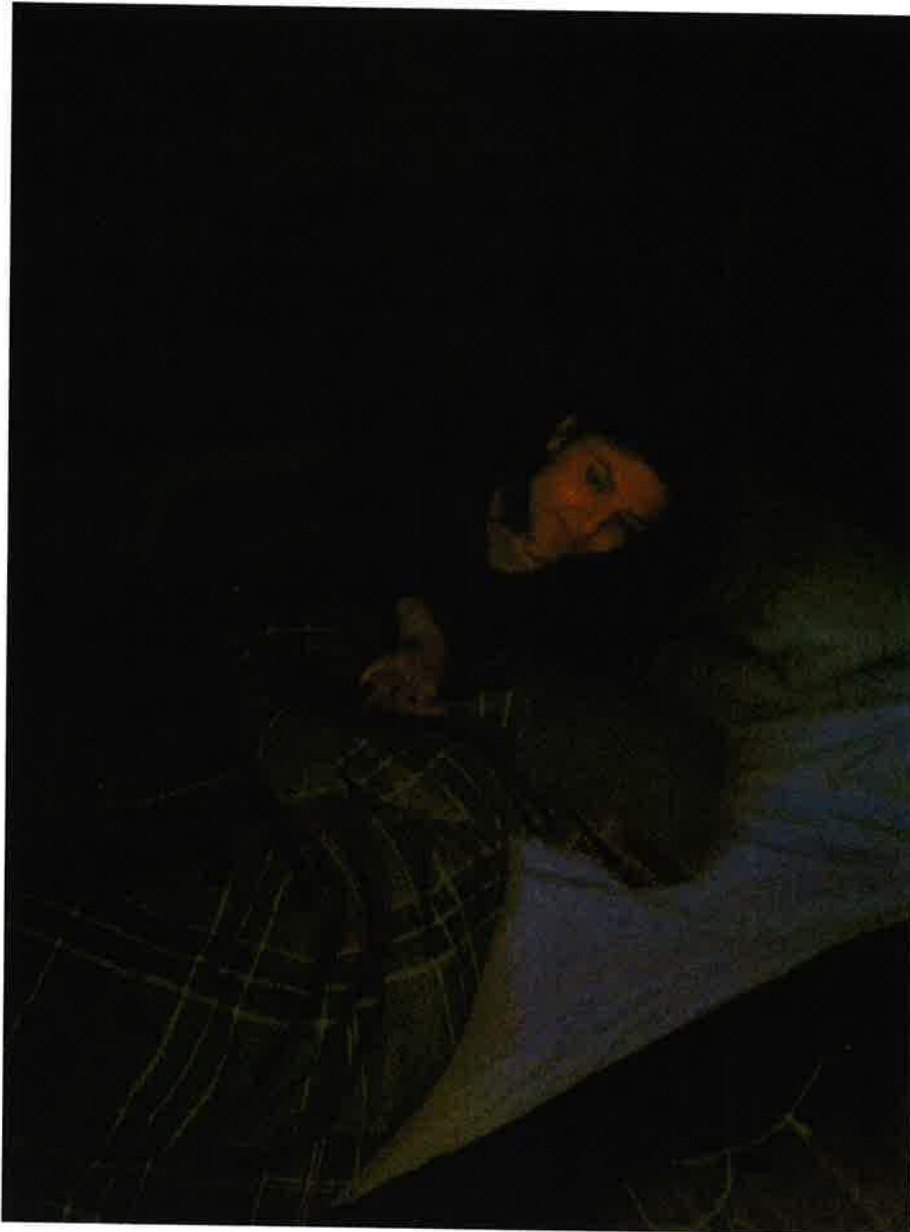
1070 LOWELL DR, APPLE VALLEY, MN, UNITED STATES •

WEDNESDAY, JULY 30, 2014 AT 9:23 PM

In case you don't forget before you have a moment: research dramatize and compose a complete history of both my and komels lineage, a total collection of stories and descriptors, to help rani understand herself. Deliverable 18th bday, graduation.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 68° CLEAR

THURSDAY, JULY 31, 2014 AT 7:12 AM



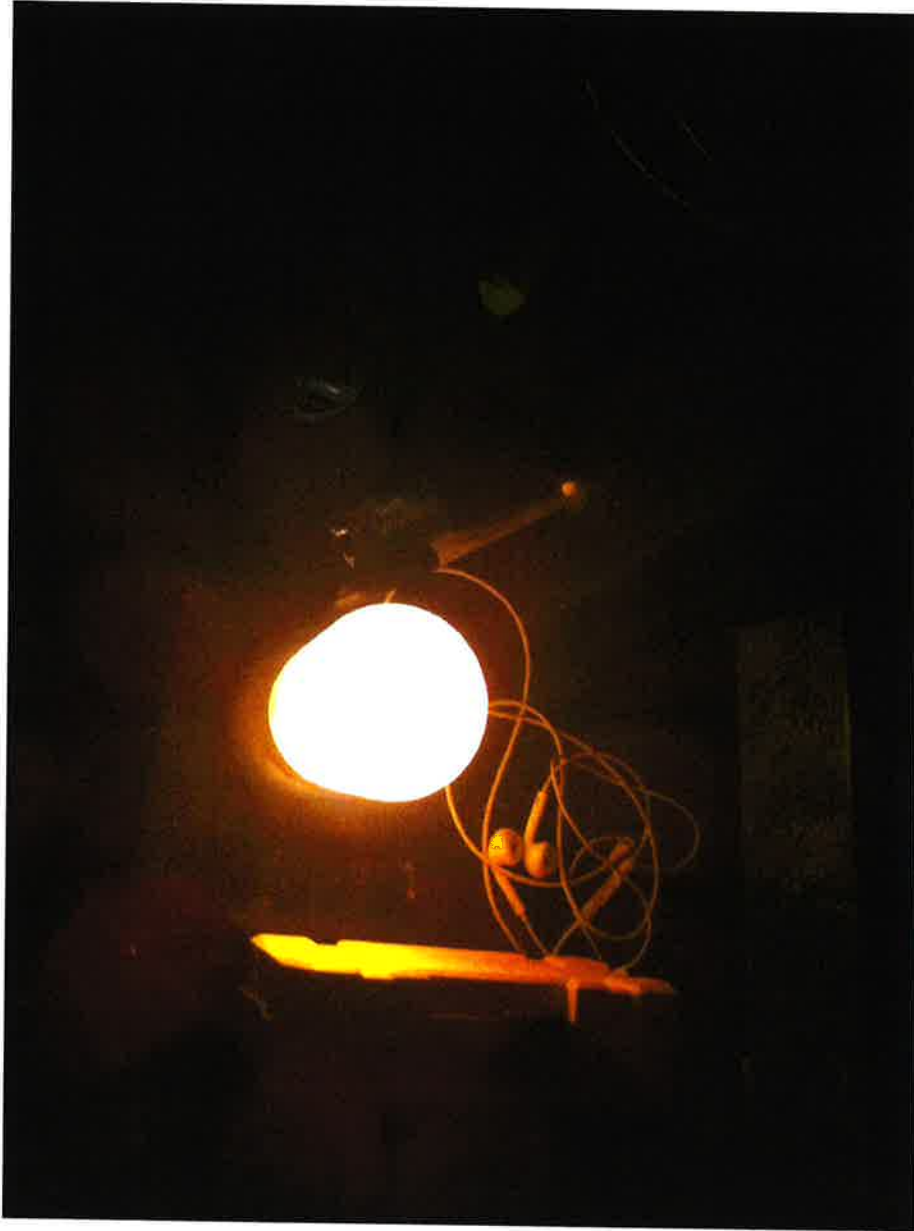
I have been thinking of it all backwards with my family, I think. To me the split never really happened - not as a matter of denial, but I myself was in a state of bravado masking a constant fear so I guess I felt relief in suddenly counting y family among the emotionally desperate. I returned to my own strength, while expecting an admittedly broken and dysfunctional family unit to function as a core of renewal, acceptance, and love. My receiver was broken; after all, I wasn't around when it all happened, and I wasn't around for good until three years afterward. We don't understand each other at all, making my relationships with them more fleeting, weird, and distant.

I have not reached out to them in their pain because I lived in a self-imposed world of pain. And my self image was so inverted that I assumed if we were both in pain you would always be the more experienced and capable. This makes me retreat to my inner reserves, hold my own counsel, and approach others with a strange frightened fawning. I can't talk real with anyone. I don't know what it is. The army, I guess, being in not only combat but constant forced social situations - warped me. Always preserving my own personality, for five years living in a rotating battery of strangers and arbitrary authorities, constantly cautious, always violated, and upon my return my family had shattered. Yet I, in the ways in which brothers and sisters and mothers and fathers are meant to understand one another, I expected the same from them when they were not the same.

I am happy though, because at my core understanding of them even though warped, they are the golden experiences of my childhood. Good and honest people, my shining heroes. Not the gray sad specters you see now. How could this have happened?

Well how about it ladies and gentlemen, I have a readjustment issue. It wasn't measured in visible success, because that I had. In fact my work ethic and energy on film sets started hushed rumors and tall tales.

THURSDAY, JULY 31, 2014 AT 10:28 PM



Lately I feel like I'm slipping into a slow insanity. Time spins pointlessly and every day is so nice. I struggle to catch hold and make sense of anything on its way by me, but there are big things coming to look forward to. Jesus.

My dreams are changing. I feel a nightmare coming on.

Sleepy now. Komel is warm beside me. What a treasure she is.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 64° CLEAR

August 2014

FRIDAY, AUGUST 1, 2014 AT 9:04 PM



Spent today going over old photos and stories. Army stuff, things Komel hadn't heard. She gave me hours of rapt attention. Made me blush, you know, I don't usually like such attention. I mean I love adoration like anyone else, but she's something else.

Story time is over and she [REDACTED]

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 72° CLEAR

SATURDAY, AUGUST 2, 2014 AT 2:20 PM



Pretty spiffy little pad eh?

Just gave **[REDACTED]** woke up with a scene idea for gs, so I took the laptop out but the music was on so I switched to one she likes from swell season, and let it fade out and end so she'll be out for a minute. Of course I tucked her in.

1051 RAMSDALL DR, APPLE VALLEY, MN, UNITED STATES • 82° SUNNY

SUNDAY, AUGUST 3, 2014 AT 9:38 PM

Just a good long relaxing kind of day.

Sleeping with a smaller blanket keeps us close, but also competitors. Keeps things fun and interesting, frequently waking up sexual. Komel is a constant joy. Also, it was taco night.

Lately I've been relearning myself, Komel listening to all my old stories. Old playlists and things like thAt. Photos. People. Ten years Ago now! I haven't the energy to tell it all out, but today I made my case to the universe for the satisfactory completion of my goal here. Felt good, thorough, well spoken. Anyway.

Taking rani to Cyprus tomorrow, get her evaluated.

TUESDAY, AUGUST 5, 2014 AT 7:58 PM

So much happening! I can find the energy to write about it this week. Final prep for the 10th, which is rani's big party and sort of our unveiling from the distance everyone has perceived in us. We have been met with Challenges of vampiric energy demand from dysfunctional relationships - friends family. Everybody wants something, everybody needling in. Trevor on text. !. Adam shows up here imagininf that only he can save me from the hole he imagines me in, using obvious emotional manipulation tactics. Telling me with a dopey smile painted beneath a hipster new haircut thst he can't wait to lay black stripes up and down his Audi with a rattle can, while his girl abandons him for la and he waits for me to go so he can latch on too. My god, but To disappear for a moment into a new crowd completely!

Sean plagues me with vague texts 'u there' and every time I know it to be a warning that he has been kicked out by his girlfriend and is expecting my door to be wide open. God. He showed up at my house with his kid and little dog too, no doubt. Uninvited, only one of those tactfully ignored warning texts. Shows up here to live. Jesus.

Anyway. Komel has been battered and bruised by a series if lessons the past few weeks and I'm so blinded by my own thst I can't manage to write anything down. Turned a dreadful job offer into a flowering opportunity, proper family stickiness cleansed off, and rani is starting out at Cyprus soon. Very appropriate place for rani. And to come home from school to dusty uncle Sean and his ceaselessly hooting urchin, at home ravaging our abode while we go out to work for it.

Well not me. I would see my work grind to a halt. I work at home.

Tonihjt Komel and I are going [REDACTED] and talk about the people we are going to be for Sunday. We invited a swarm! It's sure to be loads of fun, but I have to choose my armor, smell the earth, find my balance.

So I'll try to keep up on that at least. The rest has been moving things trough the house, like undigested bowels through the earth. Bx stuff to the garage, gray state swag tubes off to billionaire meetings in Austin, out in te mail with the eBay sales, and furniture and knock knacks and paddy wacks all on a steady march to order. More of that all week. Al wanted to bring suz and their little bitch (Lucy the dog doesn't like me and I know paleo will have my back). We deflected that too. But holy moly! The enemy is at the gates!

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 70° SUNNY

WEDNESDAY, AUGUST 6, 2014 AT 9:43 AM



My dreams are fun, whatever they are.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES •

WEDNESDAY, AUGUST 6, 2014 AT 6:15 PM



Rani's birthday. The Party is my real gift, so today I got a few rugs. K likes to go recline like a cat after a transitional gift like that, and wait for me to install it like a man. She'll come along presently creaking sweetly down the hallway to exclaim over the changes and admire my decorative instincts. It's a ritual we share. I don't mind.

Lately, maybe it's from cleaning the house for too long, my imagination has been alive with crawling black visions of household places transformed into the writhing poisonous death traps they are. Dusty floors alive with tiny armored predators and prey, the nocturnal hunt. The nest of big funnel web spiders creeping through the subterranean slime of oft-used drain pipe to emerge like the steaming demons of hell from a bathtub drain opening and climb the shower curtains on their scuttling journey to the ceiling. Terrifying visions of real life survival and combat between pioneering monsters creeping and trapping and scaling heights - from any common suburban home.

1051 RAMSDALL DR, APPLE VALLEY, MN, UNITED STATES • 79° SUNNY

FRIDAY, AUGUST 8, 2014 AT 12:35 PM

How much time am I expected to waste in the company of idiots to prove I'm a compassionate human?

SATURDAY, AUGUST 9, 2014 AT 6:58 AM

Staturday morning. The house is done inside except for a few things and I had a long day of yRdwork and prep. You're welcome rani. We serve her while we serve her while we serve her, getting poorer and crazier. She has been a mutant from hell this summer, a wailing despondent wretch intent on making every moment so miserable i can feel her hot wet energy reverberate through the halls like a buzz from the netherworld. I've felt comfortable just fucking off for now - just leave her alone. You're both better off without each other right now. Don't get close you'll only lash out and fuck something up. But then there's this party with 40 people tomorrow, 80 shoes to track dogshit through every corner of my clean house, the hiuse I've been cleaning all summer. Don't forget to feed and entertain them all for 4 hours. Oh, at least we have a good half ounce of green in hand, if it doesn't end up making things freaky.

Danny is coming. I have to convince him to sign away an empire. Sean is coming with his kid, and he gets to ask me why he's not allowed to live here. What a week. Joe is coming, and that moyherfucker is so frat-boy stupid, so monstrously lost and transparent and happily oblivious to his own spectacle, that last week I wept for him. Some of his words were so far from understanding that I folded my hands and wept tears for him in a moment of total clarity and commiseration for his tiny mind.

Mom and dad are coming. But that's old drama, slow and familiar in its workings. There are others coming, many others, but no one rani cares about except for some of her friends, who she only cares about on her good days and even then never for long.

After tomorrow we plan to retreat to summer bliss, 2-4 bowls each per day, slowly and lovingly tearing down the entrapments of our past lives and building fresh ones. By fall we will be new.

And over all of this hangs the world spinning thought that any moment this movie deal could get signed an we could become upper class. Well, i found out we bought the house the day of the martial law shoot. Maybe I'll get a nice call during the party.

Lots of yard work to do today,how readily I hurl my life's energy at the service of others - so I remember it's my yArd and nobody else is gonna pull the fuckin weeds.

SATURDAY, AUGUST 9, 2014 AT 7:15 AM

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 61° MIST AND FOG

SATURDAY, AUGUST 9, 2014 AT 9:55 AM

Intent is everything it's the meaning behind the mask. When you mask your intent with flowery or misdirecting phrases you rely on their probability to misconstrue your message to hide your true intent. So when you deal with people e honest with yourself. If you're a jerk be a jerk. Because wen your masks become you, the outward masks don't change but the inward intent is no longer recognized.

1055 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 72° SUNNY

SATURDAY, AUGUST 9, 2014 AT 10:15 AM

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 73° SUNNY

MONDAY, AUGUST 11, 2014 AT 9:15 AM



The morning after rani's pRty. It was good, she was good. Everything was kind of as we called it, but a few happy and a few

nasty surprises.

Joe is a douchebag, as I put it, an asshole that doesn't know it's An asshole. Mom and dad were great, Dan and al and suz. The only time the whole family has been together since our wedding reception in 08, and rani and suz weren't around then. Big pleasant affair. Well why not? We throw a fun nondramatic party.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 64° HEAVY DRIZZLE

TUESDAY, AUGUST 12, 2014 AT 10:02 PM

Too tired to write tonight. All if todYs joys are lost to the cosmos!

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 66° CLEAR

WEDNESDAY, AUGUST 13, 2014 AT 6:25 AM



I have been living behind masks for many years. Since 2004 it's been total immersion, and surely it began before that, 5th grade maybe. Masks of calculated behavior mirrors to enable me I become someone else depending on who I was around. In 2004 I joined the army, where I would have no self. So when I got out, I brought my masks. Because by then I was my masks.

K is the only one to be let in. She's the only one to know me. The others have been mistakes, let in because I didn't realize the person

was friending the mask and not me. My fault. and now they're back outside the circle.

My back and neck and shoulders have been so stiff for a week or two. A sign I need to focus on stretching or yoga or any other damn thing than high impact circuit training. An then yesterday morning I yakked after my 2nd set and had to dump my armor and call it wuits. That would be the first time I've ever thrown up during it after physical exercise, ever. It's too much for the willpower I have in my body right now, and the other tasks it's teserved for. So I'm stretching this morning instead.

My dreams have been weird the past few weeks. I've become alert and happy all night, stirring and waking and looking forward to the day: work, Komel, food, exercise. Sometimes I even have a burning secret knowledge to share with Komel at first light, something important I've been thinking on all night and finally solved. I haven't been able to remember it while awake yet. My waking hours seem tone experiencing a purge of subconscious thoughts and images I recognize. Old dreams, familiar fears, the stuff of nightmares from long ago passing like a wave of nostalgia. I never like those dreams; being in them I mean, but I look forward to sleep to revisit them. But they hold no power now, and lately I sense my dreams are actually places of light an wonder, but secrecy. I don't remember my dreams, only a weak cover story. I'll get to the bottom of this.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 61° CLEAR

FRIDAY, AUGUST 15, 2014 AT 11:27 PM

Just don't want to write this week. Been doing bx stuff, got it all in the garage for a big sale. Busy and dumb and slow. Still waiting to hear from the mikes.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 68° CLEAR

SATURDAY, AUGUST 16, 2014 AT 3:48 PM

In 2013 Rani was part of the chaos equation. Now that I want peace she has become a big problem full of child's smells and liquids

1000-1054 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 81° MOSTLY CLOUDY

SUNDAY, AUGUST 17, 2014 AT 7:04 PM



There has been so much scattered happenstance the past few days I couldn't begin to write it down. It's not all important but it's been fun. I'm finding out who I am from an experience standpoint; getting a feel for how other people experienced their five years after high shock while I was off on a breathless adventure.

I lost 14 fucking pounds without noticing. I'm down to 168, which was where I got to in Germany. Putting on my armor, my weight, the confidence suit, all pulsing muscle and vigorous hunger. Thought I'd step on a scale and found I'm lighter by far than I have been in 10 years. I don't eat much anymore. I'm calmer, my mind is quieter. And I'm fucking ripped. The working out has stopped but it's no longer the manic exertion among the dripping way stations, shuffling apparitions tired eyed and slick skinned inhabit the gym sprawl. I just have a quiet morning in my backyard and I have an 18 pack if you shine the light right. Again, I can't take credit, I've just been personality dumping, purging, shedding, moving on. The weight just got left behind.

This winter? Tattoos. Fuck yes.

Anyway. I like writing.

15350 CEDAR AVE, APPLE VALLEY, MN, UNITED STATES •

SUNDAY, AUGUST 17, 2014 AT 7:32 PM



I didn't smoke weed until I was 28 ½ years old.

It's just the greatest thing. And on this side of my life experience it's pretty great. Just a great thing.

I got my guy coming over with it in his car. Delivering. Hanging out, on call. And it was his idea, the moment we needed it, in quantities he's never dealt, cheerfully. Awesome!

[15350 CEDAR AVE, APPLE VALLEY, MN, UNITED STATES](#) •

TUESDAY, AUGUST 19, 2014 AT 6:25 PM



WEDNESDAY, AUGUST 20, 2014 AT 10:00 PM



I've just now decided that the winter months will be spent in total yoga immersion. Why not? Perfect chance. I lost 14 lbs and am quickly discovering I may have used up my physical reserves for this

lifetime. Yikes, such energy! It will be a joy to relax now. French wine by the beach, Colombian cafe on the street. Freedom is not in buying more shit buzzing with stimulant energy, but a long coast, a long coast to walk down.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES •

THURSDAY, AUGUST 21, 2014 AT 9:21 AM

I always feel guilty about time not spent with Komel. She's so beautiful and funny and devastatingly intelligent, and also a total halfwit sometimes. A fun person. My other half. But look: we spend all day together! We get along! We talk a out our love and scoff and others' dumb problems ~~and talk~~ every 16 hours or so on a good run. The problem is not the guilt that I'm not doing enough with this beautiful woman. That just comes from the real problem, like a unheard call from an isolation ward. The real problem is that I could never have enough time TO spend with this beautiful woman.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 70° SUNNY

THURSDAY, AUGUST 21, 2014 AT 10:29 AM

I stopped writing after only an hour. I thought, you know, I'll give Hera a minute of attention, and the next hour was a blur of scenes and characters and detail and intensely intricate backstory. I had to pull myself away; I was dizzy. And now, since I cut it off, I'm left with an energy, a buzzing need to get back into it and tear it up. I can resume tomorrow. And my sunconsciois will present then what is to happen next in my story.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 73° SUNNY

FRIDAY, AUGUST 22, 2014 AT 9:13 AM

Today Komel awakens to an article about soul karma and new souls coming to be in earth. I ad read the article some time ago and was also taken by te concept of life in earth being a dangerous adventure only the brave souls volunteer for. And then there we are! But I was never convince of the idea that we were new souls. Like the ones described- from other planets and whatever.

Anyway, this had me thinking that way throughout this process. And after our chat this morning I googled the topic and found an article about soul walk-ins. Not a new soul, but a transferral. I know I was

talking about this back in May as being like a changing of the guard behind my eyes, feeling like someone else was taking the drivers seat, settling in, awakening to my own gifts and strengths with renewed passion and gratitude. A soul exchange. I was trying to create my own meaning, hinge into something, so back in May or whenever I even held that mock funeral for my old self. I let him die for God's sake. Maybe all that meant something, and the new me is clicking with knowledge and wisdom and wrath of the gods. Beautiful.

That trauma I saw July 26, whatever it really was - there was that moment when I perceived that I was far from all help and that I was alone in the world, cut off from the guiding light of the place where I came from - to me in the moment it felt as if, maybe, Christ on the cross when God himself looked away. Allegory, story, fact, I do not know, but if there is a reference there for me in relation to this soul exchange business, it's that the transferral process of the new me was completed then, and I am now on my own.

I look back in awe at the discipline of my past selves to deliver this body to me. I was preserved for a purpose, always foregoing pleasures for hard work, in order to serve a higher purpose in myself, but I feel that purpose is now. Right now. and I remember the feeling of that divine pretension lifted. To be cut loose. I haven't forgotten the lesson, but I suppose I am in a sort of metaphysical fetal position, resting, mourning my loss. Jesus you guys, I couldn't see any of it with my eyes but it is utter beauty and peace. This place, our earth, is like an back alley Parisian brothel by comparison. And here we all are, churning in the chaotic stew of errant desire and unlimited material possibility. You gotta have guts to live here, to submit to the chaos. Everyone here is a brother, a fighter, a precious piece of biological equipment to be awakened with consciousness to do good in the world, and by our very presence reverse the cycle of negativity that has our world in such turmoil.

This is what gets my heart thumping, because I haven't written gray state yet. Not its final form. This is my purpose. This film will be the history changer everyone needs it to be. And I don't have the damn thing on paper yet.

I have strained and strained the past 10 years to force a new universe to appear. It has change from its original vision, but to the better across the board. And all I have to do is write down the thing I am intended to create, without fear, at the moment where the pressure for success is massive and acute. Thank God for marijuana. Because talk about pressure. It takes an invisible till. Don't think it's real? How might a better man cope with his own daily stressors?

Coors?

The moment of my purpose has arrived. And if the universe awaits

my consent for the go ahead then I say do your worst you filthy sticky bitch, I know you're going to reward and seduce me before killing off wha I love an burying what I build and destroying me as awfully as possible in horrible retribution for having thrust my ability so far into your black void that generations hence will still be expanding on what I started, settling te void, conquering the dark, until te greater objective is served. Whatever it is; it's not our time to see it. But I will submit to this will, the higher ultimate purpose, and use my energies to see it to its end. I await the necessary personal considerations, and then I will begin to create stories to redirect a disgruntled and demoralized humanity back to the joy of its origins, to see again the bright purpose for its future.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 72° CLOUDY

SATURDAY, AUGUST 23, 2014 AT 12:25 PM

The weather reflects my mood.

Sorry everyone.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 68° LIGHT RAIN

SUNDAY, AUGUST 24, 2014 AT 12:27 PM

Thoughts of the the weekend:

Dog motto: if it doesn't kill me it will be pooped out and re-eaten

We are at smash burger.

Earlier:

I gave Komel a sweet face massage before a [redacted] and this only 14 hours after she [redacted] [redacted] watching Wreckit Ralph downstairs as a family.

I'm not sure how to relate to others anymore. And I'm tired.

Sleeping a lot, not eating much. But it is smash burger time so see ya.

15000-15300 CEDAR AVE, APPLE VALLEY, MN, UNITED STATES • 77° PARTLY CLOUDY

MONDAY, AUGUST 25, 2014 AT 1:12 AM

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 70° CLEAR

MONDAY, AUGUST 25, 2014 AT 8:26 PM

Here's the thing you sissy ass fuck head. Scared panty waste. You can go ahead and doubt your healing process. You can doubt the steps of guidance, and doubt that any of it led anywhere, and that this journal doesn't exist along with its dozens of revelations. Doubt the spiritual energy around the process, the personal flowering, career path aligning, real money across the table. You can doubt any one of those points about your progress. But can you doubt them all?

1048 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 66° CLEAR

TUESDAY, AUGUST 26, 2014 AT 7:18 PM

I started real work on the script. Outline, character revelation

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 66° SUNNY

WEDNESDAY, AUGUST 27, 2014 AT 6:01 AM



Maybe i won't have success until I finish the story. Outline at least. Maybe I have to really earn it here in the final stretch so I always know the chicken came first. Okay. So maybe I don't hear back for another week. Yikes?

I want to manifest the story now.

1047 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 57° CLOUDY

WEDNESDAY, AUGUST 27, 2014 AT 8:03 PM

Me doing fuck all is about the same as somebody else working a full shift. This is what I've come to realize after a few months of forced relaxation.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 66° HAZY

THURSDAY, AUGUST 28, 2014 AT 9:17 AM



I feel really good today not smoking. Emotionally stable, good energy levels. I'm about to, since it's time to write and I'll continue to partake until my performance stops improving, but it is nice to know being just me in my body isn't so bad today.

Could be that I'm up at 5 to workout 4 days out of 7, [REDACTED] been as consistent as when we just met. Healthy food, healthy mind. And also a never ending bottle of pot.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 61° PARTLY CLOUDY

FRIDAY, AUGUST 29, 2014 AT 8:23 AM

10501-10599 RUSSELL AVE S, BLOOMINGTON, MN, UNITED STATES • 70° CLOUDY

FRIDAY, AUGUST 29, 2014 AT 5:36 PM



Good boy.

Last day of summer. Well there's the weekend, and Labor Day, then it's back to business. It was a good run but fuck, I could use a little more power and focus.

I'm fostering smething great with the rewrite.

And here comes my love.

1048 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES •

FRIDAY, AUGUST 29, 2014 AT 5:46 PM

So onward with the spiritual stuff. A flash of white light seen by rani and Komel in rani's room, and a strange experience where Komel heard rani speak in a voice that was not hers. Okay then.

I'm only sitting here long enough to write this. Then on to embrace a new solution.

SATURDAY, AUGUST 30, 2014 AT 3:46 PM



People fear, hate and revile bugs. After all, if we were their size, they would be the very manifestations of our worst nightmares. The mechanized pistoning armor plates, terrifying mandibles, flight capabilities. They are awesome warriors and we are lucky the size ratio tables are not turned. We fear and revile them because they dare to daunt us yet, swell after swell of seasonal hatchlings, the infinite warriors of time, pelting us, biting, pinching, scaling our ramparts, poisoning, infiltrating food, dangling, fucking in the air, hoping to lay an egg or two before eventual inevitable destruction of the worst kind. Adventurers murderers and madmen by the trillion.

What a strange buzzing disaster the reunion was. Could not face anyone. I'm talked out on the matter.

SUNDAY, AUGUST 31, 2014 AT 8:08 AM

some kind of dream. Rani pulls a perfect little girl magic act all evening, k and I fuck twice (both amazing, an hour apart), and I feel something big about to happen in sept.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 63° MIST AND FOG

SUNDAY, AUGUST 31, 2014 AT 10:38 PM



Tonight I conducted my release ceremony. Unfortunately there's too much to burn and I already threw a bunch out this summer. But it was good. I feel light. Magical.

Ready for the universe to be creative with what happens next.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 64° LIGHT RAIN

September 2014

THURSDAY, SEPTEMBER 4, 2014 AT 8:13 AM

**My past self crawled away to die.
and here I am instead.**

APPLE VALLEY, MN, UNITED STATES • 72° SUNNY

THURSDAY, SEPTEMBER 4, 2014 AT 1:45 PM

This summer was an inversion: my real life was in the transformations taking place in my subconscious. Large elements moving and clicking into place, like the machinations of an invisible architect in my mind, building things behind the scenes while I just tread water up top, keeping myself fed and in good health.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 84° SUNNY

THURSDAY, SEPTEMBER 4, 2014 AT 2:32 PM

Something about the thunder lately. First during my burn ritual and

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 81° SCATTERED STORMS

SUNDAY, SEPTEMBER 7, 2014 AT 3:47 PM

**You respect the thing you want, not
the thing you need.**

Do you ever think t

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 73° SUNNY

MONDAY, SEPTEMBER 8, 2014 AT 5:23 AM



The universe may want me to destroy Danny mason, since he has given indication that he wants to stand in my way. What a fool.

Te garage sale is finally over and I can recover from the madness. It was a fun time in fact, and we got To meet many of the neighbors, good impressions all around. Sold 5.5k worth, but then had the idea.... Why didn't I try to package it as a business model with assets for sale? Could have tripled my money like a boss if I found the right investors. What a bummer of an idea to have right after sellin it all off!

Anyway. Danny is my first threshold guardian, and either I will convert him to my cause or destroy him. His next actions will decide.

1047 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 55° CLEAR

WEDNESDAY, SEPTEMBER 10, 2014 AT 9:07 PM

It's been fun. Little drunk a lot of high, looking forward to the weight dripping from the corpse of my old self. In love with my girl. My kid is growing on me. Selling bx stuff. It's all good. M

1047 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 46° CLOUDY

THURSDAY, SEPTEMBER 11, 2014 AT 5:16 PM

If what I have is genius then it is not to be compelled.

Do not sign with a studio.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 54° MOSTLY CLOUDY

FRIDAY, SEPTEMBER 12, 2014 AT 9:13 PM



Started writing for real today with a strong and vigorous goal. This is it, don't get scared now.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 43° PARTLY CLOUDY

SATURDAY, SEPTEMBER 13, 2014 AT 12:59 PM



I'm just sitting down to shit. In the middle of a writing binge. It's a Saturday. I've made a goal (as of yesterday) to finish the new gs script and mail it to mike o for his bday, then fly to la with Adam Gislason my lawyer to finalize this deal. Success is fickle. It has ever and only responded to my direct input. And now a fly buzzes here in the bathroom like a manifestation of lucifer himself. Reminding me of decay, stench, death, He stops on the mirror, quietly preening. He's been part of this process too.

I'm gonna go write the ending and leave his little buzzing black ass to die slow here where the shit stays.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 54° MOSTLY CLOUDY

SUNDAY, SEPTEMBER 14, 2014 AT 12:23 PM

Day 3. I am scared to death, the world behind my eyes a whirl of energy and speed, and I'm the poor sod in the middle who experiences the input all at once.

Time is blurring, but within it somewhere:

I have a deadline to meet.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 61° SUNNY

MONDAY, SEPTEMBER 15, 2014 AT 2:18 PM

Day 4. You know that feeling when you're penning the modern American masterpiece?

Doing a lot of drugs today

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 57° CLOUDY

TUESDAY, SEPTEMBER 16, 2014 AT 12:22 AM

It's about 1230am. I've been writing gray state for about 20 hours. Good progress I guess, I've been pleased, but I am a long way off from seeing it all as a whole and knowing if it's all good or all shit.

Sequence by sequence. Just finished #16, which took over six hours by itself. I have 14 sequences left to go.

Long night, ho!

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 37° CLEAR

TUESDAY, SEPTEMBER 16, 2014 AT 1:19 AM

I'm going to leap into my soul and pull this thing out kicking and screaming. Now is the time. It's gonna be a long night but I won't give up.

1047 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 37° CLEAR

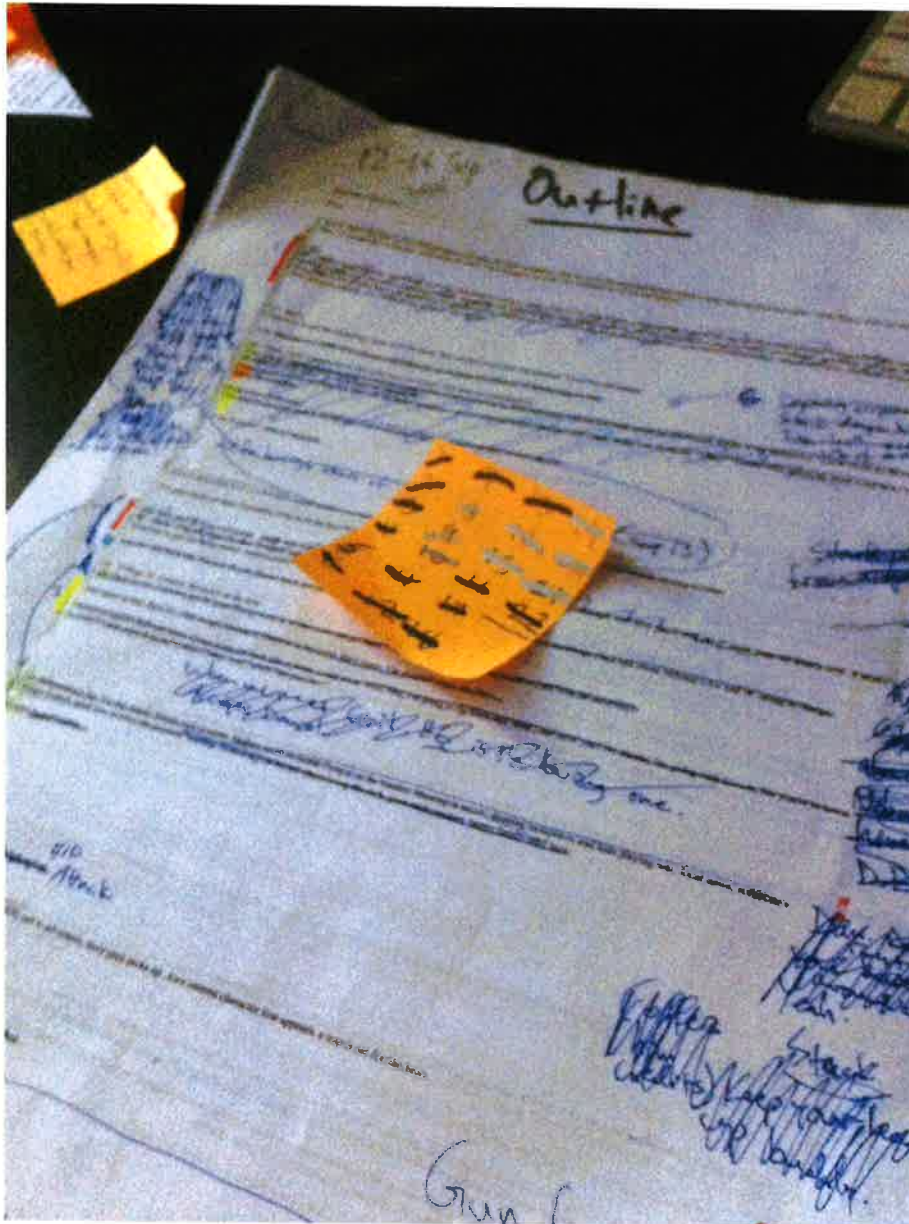
TUESDAY, SEPTEMBER 16, 2014 AT 2:36 AM

Komel and I were awake a little after 3 yesterday morning. She was tickling, playing with me. I swear to god, this woman.

!

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 37° CLEAR

TUESDAY, SEPTEMBER 16, 2014 AT 11:02 AM



And that's that. I've been writing for 31 hours, stopping to shit and eat. Had a nap last night. But if my outline is any trustworthy tool of idea management, then I have completed all 22 sequences to general satisfaction and can put it all together and meet my goal today.

I made it.

1070 LOWELL DR, APPLE VALLEY, MN, UNITED STATES • 57° SUNNY

TUESDAY, SEPTEMBER 16, 2014 AT 10:58 PM



First read. She's racing through the popcorn

She read it. All good to go.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 46° CLEAR

WEDNESDAY, SEPTEMBER 17, 2014 AT 10:10 PM

Today's mikes birthday, and here any minute now a gs poster and new script will be at his home. I don't have the energy to type

1047 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 54° CLEAR

THURSDAY, SEPTEMBER 18, 2014 AT 7:49 PM



Still waiting....

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 61° CLEAR

SATURDAY, SEPTEMBER 20, 2014 AT 12:54 PM

**I do not fear wealth because I was
born in it.**

I do not fear war because I am forged by it.

I do not fear the youth because I cultivate one.

I do not fear the future because I am drawn by it.

I do not block pain, since I have taken much of pleasure.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 72° SUNNY

SUNDAY, SEPTEMBER 21, 2014 AT 6:23 AM



Haven't said much lately have I! Well the plan went into effect. I wrote the new story. for one moment last week I realized I could see it all finally. So I put it all together in four days, four straight days of writing culminating in a 31-hr blow. But I got it all coherent and legible and mailed off to the mikes, with a signed poster for odonnells birthday on Wednesday, next day air. The idea is I get them reinvigorated, set up a meeting, fly in with my lawyer and face to face this thing over steak in LA.

I just haven't heard from them yet. And I just wonder. Maybe they took the weekend to read it or maybe they're sick of me. I can not tell, but I have every positive sign from the universe at my back.

I'll call them tomorrow with a pitch.

Danny is still stone walling me on the release document. I do not care; if e wants to burn up his energy, fine. I am getting my legal ship in order; an expensive ordeal. Bx is mostly gone. Mitch and I are amicable, and he signed his release which was the big thing all along.

Caulking up the house before it gets cold. I think it might be cold now- you know how the first time you want to go out is the last time you'll be able to. Lots of housework to do and Komel is really helping out and loving it. What a treasure she is. We are working on healing her from some daddy issues that are turning up while her mother goes through cancer. The emotional cling they)Anjum and Sidrah) they have on my wife is neverending and if it weren't for poor Naila being used as a tool for their manipulation games, it

would be a joy systematically shutting down these dysfunctional relationships. It is amazing the clarity one has with a little distance.

Jeez what else? Besides the fact that bx weight is vanishing profitably and I am in the other side of the hardest thing I have ever undertaken.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES •

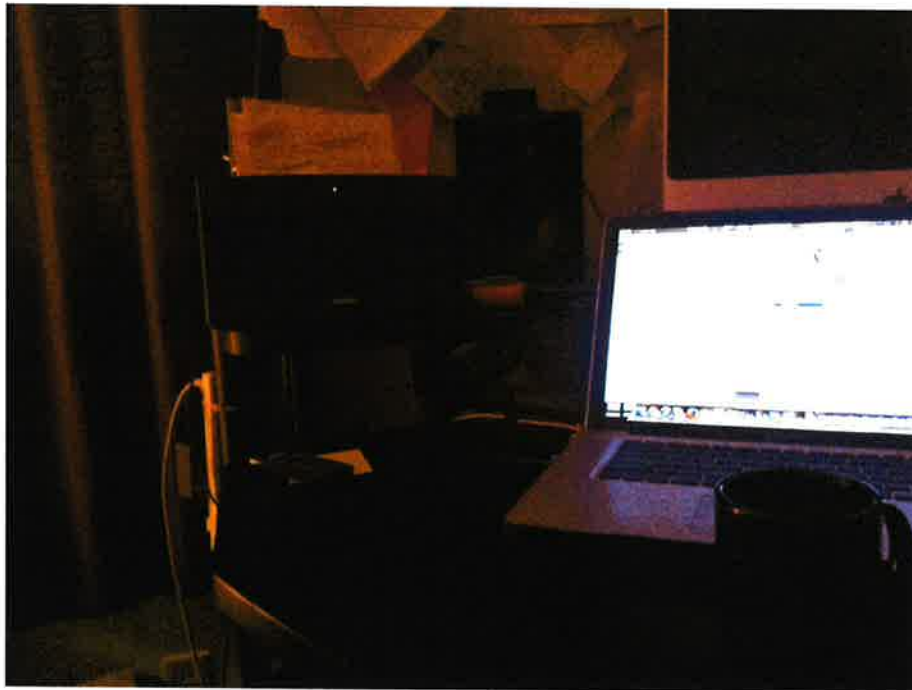
TUESDAY, SEPTEMBER 23, 2014 AT 1:19 PM

In a holding pattern again. Maintaining a "keep the lights on" schedule and work routine, not much energy for else.

Mikes overdue for a call.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 72° PARTLY CLOUDY

FRIDAY, SEPTEMBER 26, 2014 AT 8:06 AM



Some days are just harder than others. I guess the big wait created a lot of anxiety that needed resolution the situation couldn't provide. Hence the bad weather! I'm serious, moment by moment for a long time, the weather has been following my mood. Sometimes music too - song by song telling me things, or playing with my perception a little, if I cared to pay attention.

Finishing the script mechanically and looking forward to a long road

ahead. But at least I know for a fact my sense of difficulty and time assessment are seriously flawed. So maybe I'm wrong.

It is all a heavy load and I am a mad man.

[1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES](#) •

[MONDAY, SEPTEMBER 29, 2014 AT 8:15 AM](#)



Fall is happening, great weather. House ext treated with caulk, version of the new gs script is back on the back burner, and now I'm committing to a tv series idea, rolling fast and shooting hot all over the country with all these assets. O'donnell will be crazy to deny this. There's still way too much going on to turn my journal into a play by play.

[13560 COUNTY ROAD 5, BURNSVILLE, MN, UNITED STATES](#) • 55° CLOUDY

[TUESDAY, SEPTEMBER 30, 2014 AT 11:37 AM](#)

Strange things happening. No sleep all night, long days of blind work and huge emotion, an hour of crying last night (that was weird). Stranger things exist I'm sure, but the combination of fantastic mental an emotion circumstances I am caught in leave me utterly bewildered and spent.

I think a part of me has broken, a deep part that goes back to 2004,

when I bottled up and knew everyone in the army I would meet would be temporary and inferior to another, future crop of human selectees. I've been broken since then, back from the army but the same deep mental subset firing behavior and avoiding contact/connection, not experiencing people in my life as being there for a purpose, but still just creatures to tolerate and get around so I can be on my way, swept to an unknown future full of light.

But I'm older now.

Which opportunities of love and connection still await me? Hmm.

There is yet the horizon, but I may need to camp for a while and balance my burdens.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 46° CLOUDY

TUESDAY, SEPTEMBER 30, 2014 AT 11:24 PM

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 52° CLEAR

October 2014

SATURDAY, OCTOBER 4, 2014 AT 9:19 AM

We are entering the arena. The purpose for which we were intended. Clean up the act because an intense scrutiny is coming. Stay calm and chive on, whatever the hell that means

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 39° CLOUDY

SUNDAY, OCTOBER 5, 2014 AT 8:47 AM

John wanyk does what I would do if I had not discovered that love is a stronger magic.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 36° MOSTLY CLOUDY

SUNDAY, OCTOBER 5, 2014 AT 10:42 AM

It is not that I am special. I have just made great meaning from my past

1055 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 39° CLOUDY

SUNDAY, OCTOBER 12, 2014 AT 8:13 PM



What a rush. But who has the words for it all?

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 54° CLOUDY

FRIDAY, OCTOBER 17, 2014 AT 6:11 AM

Things with komels family are too fucked up to enumerate here. But that's what's going on now. It's a sick situation.

Beyond that got a text from joe - "we made beautiful music together. Goodbye Dave." This pigeon head is butt hurt I haven't

responded to his texts. He's a single asshole living alone with no job family or possessions. What does he imagine we have in common?

Things with rani are going so well it's like an imaginary world. The house is closing up for winter and no one is bothering us.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 52° CLOUDY

SATURDAY, OCTOBER 18, 2014 AT 4:04 PM

If one of us can make it, we take our entire history.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 50° SUNNY

SUNDAY, OCTOBER 19, 2014 AT 11:51 AM



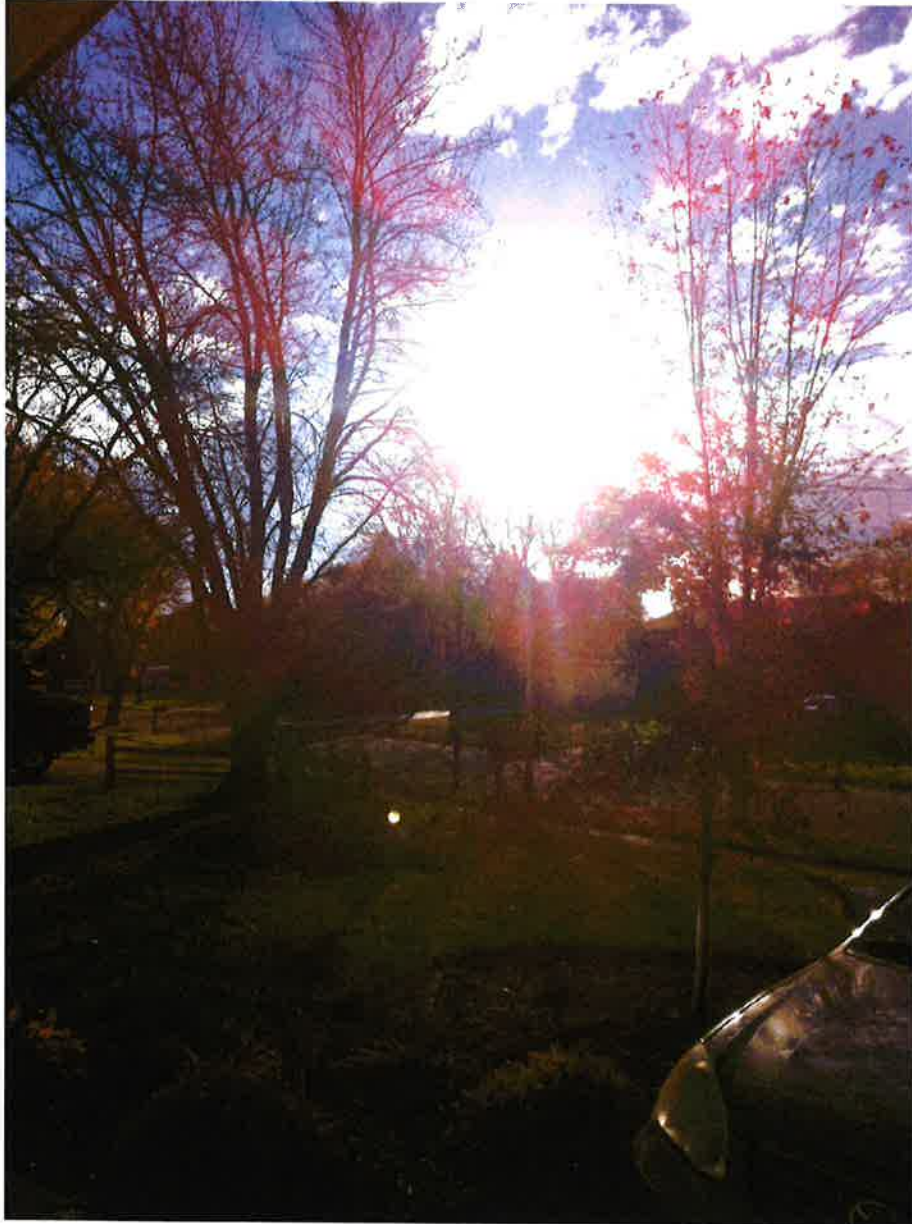
The Christian root problem: reading the language of god and grasping the idea of grace and then deigning to choose the moment of its manifestation. It is arrogant to believe we can control the circumstances of our redemption. And so American Christians by the million settle into a Midwestern consumer lifestyle, accumulate self righteousness and wait for Jesus, completely insulated from the terrors of the world they have done little to assist.

Ref: Sanctus real "I don't want to be part of the resistance, I want to be part of the release"

But only few will be heroes, and most are doomed to be no one.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 55° SUNNY

SATURDAY, OCTOBER 25, 2014 AT 9:09 AM



God is an abstraction of the mind that I believe with my heart.

1051 RAMSDELL DR, APPLE VALLEY, MN, UNITED STATES • 52° SUNNY

THURSDAY, OCTOBER 30, 2014 AT 1:48 PM

Komel got raptured today. She's still here.

THURSDAY, OCTOBER 30, 2014 AT 3:46 PM

She came here to save us. She is pure love from somewhere, and she came here to find me and save us.

“

I came here to save you.

You have to come with me now. There is no one left here.”

THURSDAY, OCTOBER 30, 2014 AT 7:58 PM

November 2014

SUNDAY, NOVEMBER 2, 2014 AT 3:52 AM

Kill this thing and take me

The world is an inverse perversion of light, we are made of it and its weakness, a flashlight in the mind of satan.

But

I am darkness.

SUNDAY, NOVEMBER 2, 2014 AT 3:55 AM



SUNDAY, NOVEMBER 2, 2014 AT 4:01 PM

It won't have the privilege of the particulars. The journal, and what it is meant to elicit, may now be only a mental exercise.

MONDAY, NOVEMBER 3, 2014 AT 4:43 PM



Everything is so still. It's like being watched. Yeah I see you too

TUESDAY, NOVEMBER 4, 2014 AT 10:08 AM

Remember yesterday when you saw it was 3:33 and you realized you were munching an apple that Komel had just given you?

Last night 8-1230, our garden of gethsemane

We are cast out of Eden

WEDNESDAY, NOVEMBER 5, 2014 AT 7:26 PM



Raniya dob 5nov 635pm or so.

Created in Day One