

Lightning Round

Murakami's
memoir

March 23 '16

① Music (Allusion)

p. 6.

So I'm on a boat in Poland. Don't speak the language, barely know where I am going. On the radio is Celine Dion! and then the Sloop John B - my grandfather and me hoist up the Sloop John B. Something about it is so soothing + comforting - I forget I'm somewhere I know nothing about, I set sail in my mind - and all is right with the world.

characterize self

#15

② I'm the kind of person who needs to understand

something I'm going through - I process experiences intellectually, in my brain. Sometimes it feels like I'm detached from my sensory experiences, from my heart - to my awareness I've always been this way. Grief changes that. Injury changes that. You have to be in your body. Emotion will always find a way out - through your pores - but then eventually - the wave subsides + you resume your nature - ~~reason~~. like... #149

it's the natural order, imperative even, and my nature is reason ~~like the~~ ^{just} as ~~then~~ as the.

③ personification

#77

→ personify me.

Optimism. You either have it or you don't - the world is full of people who're naturally skew to the worst case scenario. I do this to mind you, but I find it comforting to face the worst + then work up from there. Optimism is like a muscle though, just because it may be in you naturally, doesn't mean you don't have to work at it - every encounter is a challenge, a duel, a ^{quest} to see the best in yourself + the best in the other person, to rise up, to be positive, to leave the person, place, day, world better than the moment before.

#110

④ mantra

I am not my body. The body will let me down. I am not my body. My body will fail will injure will frail. I am more than my body. My essence is strength, joy, love. These are bigger than my body. My body is just a house - temporary - for me -

So too do I return to reason faith, and circle closes back in on itself