

Anonymous Aurelius  
August-October 2016  
Meditations  
Fuck the System

## **the Meditations**

### **Preface:**

Here are our meditations from the last 3 months. These months have been a whirlwind of words. To better encapsulate them and present them in some way, shape, or form here are the thoughts we put to paper. Beware it is rough. This is brain to document. It is raw and controversial. Read at your own risk. The names used are all pseudonyms. Be anonymous. Be good. Be nice. B Kind.

God Bless...

Jah Bless

### **AUGUST**

#### **7 August 2016**

Goals:

1. Graduate by summer 2018. Yup that is it.... So let's break this down a little. So I have 4 semesters+summer (maybe) to do this. I have roughly 60 units to do. Let's say I have 68 to do (to be liberal) Okay so lets divide that by 4 semesters. Boom 17/semester. Bro you need to get on your shit. That is going to be roughly 6 classes... Focus and grind. Think about graduating 'on time.' God yes. God yes. That will feel so fucking good. So fucking freeing. All that I can do with a Mass Communications major from University of Hawaii. Think of it. You will be reborn. Resurrected.

#### **8 August 2016**

This is the preparation phase. I have been putting in extra work. I need to do more. Continue to work everyday. What does that look like? Having a good attitude. Being appreciative and genuinely grateful. That is what I am going for. To radiate a happiness. An untapped joy.

I am going to look back on these journals in a couple months. How am I going to predict the future here? I am going to get Straight A's my first semester. There is no other option. No other option. I need to get perfect grades to build my confidence. Along with my sponsors. This is my time to prove I can do this. I am ready for it. Make sure to do laundry regular this time. Actually do it. Don't be grimy.

But to enjoy my school work. Appreciate the struggle. I realize there are going to be nights where I am regretting saying what I am saying now. Don't remember back to last year. With no school. How did it feel? Do this for yourself. Kick ass academically in Hawaii. There is absolutely no reason why I should do anything less than.

I am a Junior. Aka I have proven myself capable of college level material.

I am an artist. I am creative and passionate. My perspective is unique to me alone and it is my duty to share it.

I am mentally capable. Think of all the papers I did for other people. You got a lot of great practice. Keep up the good work bud. Just do it for yourself now. I want to put my stamp of approval on it. It isn't being a perfectionist but rather doing the work in a pleasant good state. Pleasure in the job puts perfection in the work, is what I am trying to stab at. I appreciate what I do. I found a love in writing. I do not know why. It is easy it is fun, it just flows and is an outlet for my thoughts.

Just get it down man... blah blah blah

What can I do to be in a good mental state? Practice gratitude continually. Be humorous. Be driven. Realize that the ideas and vibes or energy that I am propagating is bigger than myself, it is whole with the universe.

Need to go to UCDAVIS and CVS hoom that is on the to do list.

YOGA (Do not neglect this today)

RUN

Goals for Hawaii:

Where do I see myself in 2 years. I will be graduated... 2 years man. Think about that. Feel that diploma. See your name. Common. That will be great. Alright yeah yeah yeah how about the foundation? Who are you? What do you represent? What do you do?

I do Marathons

I know Muay Thai

Yogi

Pescatarian

Philosophical:

Centered. A deep sense of inner peace. This is not going for a faux image. I really want to adjust my outlook on life. How so? What will this change look like? I want to be self disciplined in a lackadaisical environment. Even though people are chilling around I want to be out enjoying every minute of it. I want to be at continual peace. No stress can touch me. I guess that is what I am going for. Nothing can alarm me. Nothing can stress me. I can rephrase anything. I am the king of semantics. I am grateful for everything. I am grateful for the little things. A roof. A shower. A toilet. A bed. A desk and chair. And a closet. Those are valuable objects man... I am happy to have access to them. A computer, my portal. Thanks.

@ peace:

I want to come back and be different. Feel different. How will I feel different? I feel like I proved I can be massively successful in my time. Massively. How can I shake things up? Get a job?

Hmmm maybe. Priority 1.... Get Straight A's. That is it. What comes next bud? Working out is up there too. It is my motivator. I really need to step up my game. I want to get in some phenomenal shape. I want to come back looking hella good. Dark and lean. Having a great tan.

Washboard abs. Thick legs. I really want to work on my lower body. Run a lot. Stretch every day. Think of Christmas. Do it for Christmas. I want to have a really merry Christmas this year. I really want to put in work so to speak.

I want to give a lot. I want to constantly giving people money. Just passing it. Boom got a check for \$500. Boom \$100 goes to \_\_\_\_\_ or break it up however so. Think about it. Just shooting off gifts left and right. I want to always be giving gifts. Never taking. Always give. Make sure to give

Practice giving. This is a big one. Give to the ones I care about... duh. Morgan, Mason, Kaela, Nate, Myles, Cheryl, Natalie, Rich,

So yeah don't get caught up there. I want to do this for myself. Just really get into my schooling, my career/ areas of interest. Just get done with the major. That is all I fucking care about. Just get it done man. Don't die by sharkattack or stupid shit. Play your cards right. Be aware of your surrounding daily. Pray and keep you fingers crossed. Don't forget to give thanks. I remember when there was no food.

Healthy body. Healthy mind. Good sustainable habits. Passionately positive outlook on life. Inspires those around me and bring out the best in them. Bring them to be all that they can be. I want to bring out the best in people. Make them feel in the moment and alive. Feel something real. A smile maybe. A moment.

Just to be in the presence of a pretty girl is enough. I do not even need to kiss her. I just want to talk with her. Casually be around her. Not be awkward like boy girl stereotypical awkward setting. No. Just two individuals who are comfortable with each... .What do you talk to them about?

That is the thing... I do not know what to say to women?

I can't think of anything to say...

STFU you are a basic minded stoned thinker. Elaborate, don't give into your preconceived notions so easily. Don't be blinded by life connotations.

Feel the best I have ever felt. That is what I am going for. I want to know that I am doing everything that I could be doing to take care of myself and help me operate efficiently.

I really would like to meet someone. I would. But fuck....

I do not want to fuck unless I feel incredibly comfortable with the person. I do not want to have anything feel forced. I am over that. No more. I want us both to be energetic and in state and want to. Not something we would regret. To be comfortable naked with this woman. Completely. Like on insane weird levels. Like what up best friend. Locker room. I love your outfits. I want to buy you some.... Keep my Queen looking supreme.

Think of this. Meeting my girl in college. When I am nothing. And building a career and giving her everything she dreams of and more.

I want to have a good Christmas.... That is what I am going for. A good Christmas. Yes that is it.

I want to do a theoretical. What would I do if I had an unlimited debit card? There is no maxing it out. No limit. What would I do? I would bounce around from AirBNB to AirBNB living in a new house every night. I would uber everywhere. Everywhere. I would use UBER and AIRBNB. That is all I need. Shelter and Transportation are my big ones. I would eat out every meal. Yeah. I would eat out every meal. I like that.

So right now. I would take an uber to the cannabis club first. I would cop an OZ of some gas. Top shelf. An O of it. From there I would take the uber into downtown. I would go to Firestone Public House. Get dropped off. Find a place to roll some blunts and chief in DT. From there I go into FPH and eat some salad and maybe drink a beer. Once I am full, I will head out and spark another blunt on the walk back to the AirBNB. At the house I would get ready for the night.

In the morning I would wake up and spark a blunt and drink coffee in beautiful midtown probably at SB. Go for a run. Stretch out and do some yoga. It is Thursday so I want to head into Pleasanton, it is cougar night at Barone's and you know how I love my MILFS. After SB I take the airbnb to Pleasanton. It drops me off at my AirBNB in downtown. At this time I hit up Nate and he comes over. We chief pregame for the night. I head out to Barone's. It is a quiet night. I am dressed nicely and feel comfortable. Conversations flow well and I am able to connect well with 2 older women. I mention that I am staying in town for the night... matter fact my house is about a 8 minute walk away. Boom. A little tipsy and smoking weed with middle aged women I head back to my home. That is where the night begins. We continue drinking and smoking at the house. They are big on their red wine and you know how I chief. We laugh and I energize the girls. Naughty play has been a give in the whole night. We all know why we were out tonight. We all want to get sexy. The girls begin on each other and before I know it I am clapping cheeks while having another sit on my face. I love moms.... Late night I call them an uber and we promise to stay in touch. I know where to find them;).

I retire to a night of smoking weed and reminiscing.

In the morning, I go for a long run to get inspired. I walk downtown Pleasanton and head to SB for the Milfs.

So how do I sustain this lifestyle?

1. Housing: \$100/ night for Airbnb **\$3000/month**
2. Transportation: \$50/ day **\$1500/month**
3. Food: (\$15 breakfast + \$15 lunch + \$20 dinner= \$50/ day) **\$1500/month**
4. Phone/music: **\$100/month**
5. Slush fund: \$20/day or **\$600/month**

*Grand Total: \$6700/month.... Lets say \$7000/ month to do it.*

*Death is only a thing of terror for those unable to live in the present.*

**11 August 2016**

What to do?

1. Call at 2 pm with kelly
2. Airbnb
3. Hpu airlines flight'

I want to make some music I enjoy listening to when on drugs. But upbeat with positivity. Channel what I learned.

I am a DJ/Singer/Songwriter/ Producer/ Videographer. All my music videos are pornographic or as near pornographic as possible. It is just sex. sex. sex. Definite Freudian. Sell some form of sex man.

ToDo

1. Make a dope beat that people can dance to

What do I need to be doing right now? I leave in exactly one week. I will be on a plane. Thank you. I need to express gratitude. Be thankful. I am grateful.

I am happy that my body work s and is healhty. I have no complaints. I am doing alright. Just got to focus on getting better each day. Cold showers. Diet. Running. Stretching is a big one too. Practice gratitude. I need to be thankful. What does that look like. I have all my limbs. My mind works fine. I could be a lot worse. I could be addicted to heroin. I could be morbidly obese. I could be diabetic. I could have cancer. None of my family is dying. Or suffer from a lifethreatening condition. I am grateful for that. I realize that some people have to watch their family members die. I should have some more empathy. There is infinitely more than what we see. So much is beyond the surface. Just take a minute. Think about it for yourself.

I refuse to feel stress. For I know that stress comes from fear. I have nothing to fear. Even if my greatest fear occurs It will be the most developmental phase of my life. It is a defining moment. How do you respond to it? That is the question? Is it an anchor? Or... You fuselage? Depends on labeling. How do you want to label it? Thank you for perception. In all things there is beauty. It comes down to our ability to see it.

Although the world is changing and progressing faster than ever. Unprecedentedly. I have absolute faith that I have what it takes to step up in the time and be what is needed. I have faith

Email the academics: ksmith@hpu@edu..

2903 Tuesday and Thursday 9:10am -

monday	tuesday	wednesday	thrusday	friday	saturday	sunday

I need to gameplan this trip to Hawaii. This MOVE to Hawaii

### **13 August 2016**

What am I doing? I move in 5 days. 5 more days. 5 days. 5 days. Come on. What do you need to do?

1. Talk to someone about getting the right classes.
2. Get an AirBNB
3. Find app

When I hit the ground on Thursday I need to have a gameplan. I want to check out apartments beginning at 1 pm. Right after lunch. So I will land roughly around 10am Hawaiian time. I expect to be in my room by noon. That is the goal. Land @10am. In AirBNB by noon. 2 hour transition from. Getting bags, uber, etc.

Okay so get this down.

- Fly in at 10 am
- Get bags by 11 am
- Be in room by noon
- Looking for houses by 1 pm

I do

All people care about is money... money money money money. That is all that we care about. It is all about the money. That is really what it comes down to.

I do not want to be a sport fan. It just doesn't intrigue me to sit around and watch someone else move. I feel guilty for not moving myself. That is really what it comes down to.

### **14 August 2016**

I do not want to watch the news or check newsfeeds. They are too out there. I need to keep a focus. For now at least. I like Colbie Caillat she will give me comfort when I am on the island. How can you get bored of it.

So what do you have left to do bud? What is left on the list? What needs to be done? So what is it good for so far? I have got to be ultra lowkey for the next couple days. Ultra lowkey.

So this is what I

I need to find the fucking debt card bud. Do some fucking laundry get off your ass... Is what I am saying..

Alright so I found the debt card. I am good and ready to go. So I need to start generating a list of potential houses and rentals.

So my parents drive me to the airport. I check my bags say bye. I have my ticket/ confirmation number. I need to bring ID, Blue card, Red card. Boom I am on the plane. So I check the bags. I go through security. No problem. I go in. I check the bags in. It is okay to check 2... I am moving here bitch. Alright so my bags are off of me. I have maybe a backpack. With me. What am I wearing. Shorts and a collared shirt, casual and a hat. Ultra lowkey. I want to wear my black vibrams with no socks. Sounds goodie to me. So I touch down in Hawaii and I am going to be bogged down with 2 big luggage containers and a backpack. Realize this. This is where I will be most bogged down. Get an uber set up right away. I will need to pay \$7 for the internet to get an uber. From there I will hop in and go to the room. I need to get freshed up and get out.

GOAL: Get some rentals to view. I need to hop on this quickly. Get some appointments set up for Thursday afternoon. I will not rest until I have my stuff settled into my room.

Drug dependence makes you love spending money. I do not want to bring anything sketch onto the plane. None. I am clean. Make it minimalist for sure. I am going to have to be organized with my arrival. I want to view at least 3 in the first day. That is the goal.

GOAL: To view at least 3 potential apartments in first day, hopefully more. This is the bare minimum. Unless. I find the one right away.

Basically I want to be ready to move in. ASAP.

Weather forecast. Sacramento 98-58. Honolulu 83-77. A 40 degree versus a 5 degree.

Figure out exactly what I am packing in the bags by tomorrow at noon

You will not be home until December ... understand this right now. You have 3 months.  
Fight/Flight/Fuck/Feast

15 August 2016

Alright. What is on the list of things to do? I do not necessarily need to see anyone else. I am ready to go. Said bye to everyone I need to. Fuck the rest. I am ready to go. I need to pack my bags today. I want to be 100% ready to hop on the plane. That is what I am going for today. Get the suitcase packed. That is what the whole day is for. Figure out what I am bringing. Na man I would stop working for him. He is a dick.

Time to get my shit together.

So lets take

I could use:

1. Pair of shorts
2. Pair of shoes

Goal: I want to have a good christmas.. I want to have long hair. A beard. Shaved body. Bring good things to the table this year.

What am I packing right now: no toiletries yet. Pack clothing.

- 4 pairs of shorts: 2 black/ 1 blue+white/ 1 red
- 8 long sleeve collared shirts
- 6 T shirts short sleeve
- 2 Thermals
- 4 Polos

Get prescription

### **19 August 2016**

So what is on the list today?

Basically it is my ultimate mission to find a place to stay today. That is the goal. I need to find a place to stay. That is my mission for today. I want to have 2 more apartments viewed and hopeful

What is on the agenda? I am feeling good awake and energetic. I need to head back to the room and change? No I need to run to the ocean that is what I need. I need to get in the water first. Then, head home.

Okay so get in the ocean, go home, then come back with some leads. Boom. Yeah that is what it is.

Time to exude love. If I wanted to be hierarchical I would've gone to fucking Santa Clara. I am here because I realize that you and I are much alike. I do not blame you and you don't blame me.

I refuse to condemn people who look at me wrongly. I can sense it. The quick glance, the eye flare.

How much security deposit?

How much is the cleaning fee?

### **20 August 2016**

Day 1 down. I am grateful to be here. This is a different place to be. The weather is around 65-85 with intermittent showers. The social atmosphere is typically chill. I have had some great convos. Really being honest with strangers. It is enjoyable being able to have good dialogue.



To Do:

1. Find out where i am going tomorrow at 11.

Ha I have gone nowhere since 11... just kidding. I figured it out

Alright lets dream a little bit here. I have a room. I have a suitcase.

What is the mission here in Hawaii? I am here to thrive. Be the best shape of my life... (aka **run marathon.**) *How will you prepare for this? I need to run everyday. Get back into running for set periods of time. GOAL: Be able to run 3 hours nonstop (once a week) (20 miles....) ←YES*

Come on bud. This is the time. If I do not do it now I doubt I will ever do it.

**Stretch multiple times a day. Aka yoga.** *(I need a reminder to do this... I may forget. I guess if I am stiff as fuck from all the booty work i will need to stretch.*

**Deep breathing. (Always practicing this.... There is no reason not to)**

**Get thick legs... ( I want to commit these next 2 years to compensating for all my lack of leg days)**

I just figured it out!! I forgot to dance this morning. I forgot to do my praise dance. Oh no. I will definitely make up for it tonight in the city. Ha it will be great. Everyone is so cracked out on meth in DT Honolulu anything goes man. We see it all here. So it is chill to do what ever you want to do

- School
- Body/ wellbeing
- Make \$\$ (sling pounds)

Alright enough putting this off. I want to sling tree here. I need to figure out the penalty for getting caught. Well when you say you want to sling tree what do you mean? I want to have weed on me 24/7. I hate not being able to roll a blunt whenever. Well what is the goal here? Be specific. Because I have 'sold' before like \$10 sacks in the locker room in HS. But was that even 'selling.' Na this is straight import export. I want to give a \$50 gift to all my closest family members. What am I saying gift? I want to see a need and fill it for a price of around \$50. The value will be immeasurable in comparison. And when I say 'gift' these are for winter time. Christmas. I want to have a good Christmas. Be tan. Be fit. Be doing well in school. Have \$. Smoke weed everyday. Have a girlfriend.

So paint the picture?

I see this. I go to class. I workout. I stretch. I run while tanning. I come home to babe. We smoke a bong together in the evening after our days are over.

The embodiment of my dream on December 20, 2016.

- Finished first semester with **All A's**
- I have **run 20 miles**

But quit putting it off. The weed deals. What do you want to do here? What is the goal with the importing? Why do you want to import? So I can smoke for free everyday. Just a gram? So I need to make a profit of roughly \$15/day.

### **21 August 2016**

I need to:

- Laundry.

Get MMR shot

I want to do acro yoga everyday with a girl that I care about.

The more options you consider, the more buyer's regret you'll have.

-The more options you encounter, the less fulfilling your ultimate outcome will be.

Too many choices = less or no productivity

Too many choices = less or no appreciation

Too many choices = sense of overwhelm

I refuse to have sex with a woman before having several sessions of acroyoga prior. I feel it makes the touch so much more comfortable. I do not want to rush in and make things awkward and shitty. I want to take it slow. Let us warm up to the touch of each other. See if we have chemistry. See if sparks fly. That would be really great. To do acroyoga with my dream girl every morning.

**Idea:** mount a TV on ceiling above bed. Watch TV laying on back in bed

### **26 August 2016**

I need

Groceries

Laundry \$

I spent my 20th birthday in the Santa Clara County Psych Ward. I want to normalize. I don't want to go down that road/cycle of addiction, narcissism, self loathing, etc. I was fucked in the head. Smoking a pack a day. Going on binges. Doing MDMA 5 days straight over Halloween in SB. Going on 'runs' of a couple days.. the crashes. Living on a wax pen. Just be cool.?

Blowing lines @ Stanford at 2am

Driving thru SF in the early morning. When it is cold and foggy. When the street lamps radiate a

I want to have a girl friend. I envision myself in love with a beautiful tall tan woman. We go everywhere together and live a care free life

I want to lather her whole body in Cocoa butter. Lotion each others bodies. Massage. Feel the tingle

### **27 August 2016**

To Do:

1. Appointment for Behavioral Psychologist. (Get recommendation for

I need to get

1. Change for washer machine
2. Shampoo

Oh you've never done shrooms or acid? Wow. I feel for sorry for you guys. You are living in the dark. Ha your eyes are closed..hahahaha your eye is closed!

You doesn't realize it yet

I'm getting into hypnosis obviously... I have been studying Milton Erikson

Vision: have a penthouse in Honolulu. Have Auntie Cheryl and Rich over for dinner. And the night. Wake up to tea on the balcony overlooking the ocean.

I am grateful for Art. My first manager at In n out. He taught me how to work. Not him particular. Nate Hulihan. Augustine, Sally, Paco, Alice, Ben, I am grateful I got to work there. I am glad to be done though. Not saying I am done. I am doing it for myself not a uniforms.

### **28 August 2016**

Milton Erickson: "There are a number of things that you don't want me to know about, that you don't want to tell me. There are a lot of things about yourself that you don't want to discuss, therefore let's discuss those that you **are** willing to discuss."

### **29 August 2016**

Tomorrow is the beginning of school. Time to read some quotes to get in a good zone. I want to make sure that I am centered. There will be a lot of distractions. Please help me stay focused on my mission of getting perfect grades. There is absolutely no reason not to. Get after it. Get after it like never seen before. Think of Auntie Cheryl. All she has done for me over the years. Give back fool. But do it back 10x 1000x fold... Show gratitude. My mom. Show her gratitude. Send them both to Tuscany for a month. That is a goal.

I am appreciative of the women in my life. Mom, Cheryl, Diane, Natalie.  
I am happy to have known my Grandfather James. He taught me so much. I am blessed to have known him. Words are valueless and useless in trying to explain. I am blessed.

Happy to have some little brothers. They were my anchor at the lowest times. I mean the lowest fool. Smoking meth and Black tar. No more. I only smoked black 2 times. It wasn't that much. I smoked meth multiple times. That shit is scary man. Takes over real quick. I ain't joking with you.

The cocaine binge after rehab. Tearing through roughly \$500 on cocaine in a matter of 2 weeks. Fuck... That molly binge over Halloween 2016. 5 days straight of railing pressed pills and crystal mdma. Ahhh the lock jaw. Ha now this is a dear memory. At Santa Clara... wow, so many. Having 24/7 access to production video equipment and professional edit bays. Chopping up video on Avid while chopping up lines of blow. Fuck the two went hand in hand. So much fun. All night fool. Killed that one documentary we did... best one in the class no doubt. No doubt. We were some creative fucks.. me and Jimmy. They loved it. @ Santa Clara not spending a sober minute.... For 6 weeks. Doing shrooms 6 times in that 6 weeks. Living on a wax pen. Coming into the semester with 10grams of amphetamine salts. (adderall, vyvanse, ritalin). Slinging shit. Copping coke in Hayward and Oakland. Shrooms in Fremont. All over the bay nigga. Buying a Shelby GT 500 all cash at the dealership, driving it off the lot to a Rave in San Francisco in the same night. Popping molly on the way there and fucking my bitch. There are so many better nights to be had. I cannot wait. Thank you God.

I want to do acroyoga with a fine tan, blue eyed long thick haired, tall female. Preferably with a thick ass. That is my one desire. Someone to breath at the the same pace with for hours on end. Not even have sex. Because if she does want it. Man, I will give it. The way she wants and deserves. I provide good cock. I pleasure my women. I do not get fulfillment from orgasm... I get fulfillment in watching her orgasm... over and over and over. To me it is a performance and I refuse to give her anything but the very best. I'm not in it for myself but for her. I want to light her body up. See her in euphoria.

What do I have on tap for the morning? I want to get some yoga in forsure before class. That is essential. Focus on breathing. Breathing. Deep breathing. So easy to do. So easy not to do. Deeply in. Deeply out.

I must work hard. I protect the oasis. The beaches. The gathering of the harem. I keep it safe. I must work diligently to maintain top physical shape to ensure their proper valuation. I want to alway be competing for them with my physical body. What I am saying is? They are my motivation. The female form is the ultimate beauty. That is what I strive for in my male form. I want to be refined but not female. It is my inspiration. It inspires the artwork. It makes me want to be a better man. What I mean by this is... I think about you and our family as I run. As I work. When I am happy and when I am sad. You are the constant in chaos. I am motivated by you. You push me. I want to deserve you. I know that I must work hard to be worthy of your selection. Each day give me strength to get up and persevere through discrimination

I am making sure to dance. "Its in the way you love" .

My birthday is on a Sunday this year. The first Sunday of November. I want nothing more than to kick back at a quiet beach with a girl. Just me and her a 6 pack of corona and a blunt. That would be the ultimate. I would thoroughly enjoy that. :) She'll ask. "Why don't you want to get slammed for your 21st?" and I'll take a moment to reflect and share with her. Give her a little insight to my past. Why I don't really need to do the shit. I've been going to AA since I was 18.

I know who I do it for. I realized it tonight watching the sunset. This was a momentous moment for me here at HPU. I went up and watched the sunset with a harem of roughly 7 beautiful blondes. All perched up on the Lanai overlooking Pearl Harbor. I sat there quietly with my glasses and hat on. Earplugs in. Listening to Mama Tay Swift. Taking a moment. I teared up under my glasses. They just couldn't see;)... I saw a couple of potentials there tonight. I think I laid some good ground work. I am happy. We will see how this plays out.

I work hard to protect the harem of blonde women. They need an equally impressive counterpart I won't tell them. I will show them.

This sex will be the best and most climatic for my life so far. It could be your last. Live in it. Breath deeply into it. Give her everything. Everything that I can. I want to pleasure her. That is my ultimate goal. She gives my life purpose.

### **31 August 2016**

It is Myles birthday.

Alright so I am starting to get somewhat of a rhythm here. I still want to wake up early on this time schedule.

It must get exhausting being perfect all the time

### **SEPTEMBER**

#### **1 September 2016**

Beginning of a new month. What are my monthly goals?

1. Eat veggies and fruit (continue to improve overall diet. Refrain from excessive carbs and simple sugars.
2. Leg work! I have been neglecting the booty work. Yes the cardio has been decent but work on building muscle in the legs. How will you do this? Frog jumps are a biggie. Lunges. Single leg squats.
3. Ab work: what exercises can I be doing? Side planks. Leg lifts. Crunches. There is so much I can be doing. Build a strong core. Think of being at the beach. That is what you do it for.

4. Breathe. Consciously breath. Yeah work on holding breath but more importantly that he amount of time. Go for quality breaths. Hyperventilate. "Breathe of life" work on it every day.
5. Mentally: I have neglected the amount of audiobooks and uplifting messages i listen to daily. Need more tony and Tim.
6. Sexuality: no edging this month... Channel your super powers. Think of how much libido you would have if you let it charge.
7. Academically: nose to grind stone... You asked for this work. Don't be a bitch and flip the switch. It will be tedious but you can do it.

I want to have a girl to explore the island with. My best friend for the next 2 years. That is what I am looking for. Don't rush it. Let it happen. What will be will be. I have a couple of contenders. The tan runner girl with long sandy blonde hair who I sat next to on the bus. The blonde I keep seeing around campus. And the brunette in my Social Work class. Fuck... If I had to list them in order it would go... Fuck I can't they are all so beautiful in their own way. How do I compare them. They are all perfect in their own ways. I would have to put blondie up at the top. Simply because she is ideal. Tall blonde hair blue eyes. Seems friendly enough... yet I know how these chicks put on shows.

In my perspective, I am in no rush. I am a good mate to whoever I am with. Whoever I am with I will dance with. I will twerk. I will live in laughter with. Acroyoga. Watch the sunset together. Go to Sandy's. I'll have abs. She'll have that ass. Fuck. The things that we could be.

I am literally waiting for blondie's class to get out. I will never admit to that but I am. I want this girl. So I can tell. What I really want is to talk to her. Get a good look at what she looks like. She is a potential Queen. That is the thing. I just need 1 good one. Look for the potential in her. See if you could shape her.

When I speak with her go slow. No rush. Take deep breaths in and out. What is the rush? Breath in the moment we are together. Look into her eyes. Really look deep into her eyes.

Don't put too much stress on yourself keep it light. If anything you will give a worthy girl a compliment. As shallow as it is.

Laugh. Love. Enjoy the moment. I was in rehab 6 months ago. No pussy in rehab. I was expecting to go to prison. I was doing crystal meth, heroin, cocaine.

Here at the Hawaii Loa Campus. Took a minute to sit on the hillside and take in the scenery. Truly give thanks.

I am grateful for going thru what I went through. But why elaborate.

It was awesome taking in the view of the mountains. They were covered in greenery even on the steep cliffs. It is crazy.

I just want one friend. One friend that is a girl who can understand me. A girl who I can read like a book. I know all her little nuances and signs and gestures. No fooling me. I want to understand her. Empathize with her. Help her. Learn from her. I want her to teach me. I want to teach her things.

I really am going for blondie... The thing is I feel I will see her with someone else tomorrow. Fuck. I don't want that to happen. I want to breathe at the same rhythm with her. Touch her skin. Squeeze her hips. Smell her hair. Take her in. Infatuated with her. I want to worship her. She gives my life purpose. Without her I am nothing. I want to crown a queen. The Queen. Who will she be? Fuck...well. I know one thing for sure. I refuse to stress out. If it is meant to be it will be. If not no worries. I am happy as I am. I will have a good time no matter what...  
But I do want her.

That girl who just walked by in the yoga pants... Wow. M

I want a girl I am proud of. That is what it comes down to.

I want to be a guy a girl is proud to call her boyfriend. That is what I am going for.

I need to be that guy.

Practice everyday. Don't stress out. In a lot of ways I am already that guy. It is just the perfectionist who wants to be everything and more. Don't worry about it. Smile. Enjoy life. Don't take yourself so serious.

Ha yoga pants is in this class! Who would have guessed!!

Biology: Ethnobotany; people and plants: day 2: get after it boy.. Focus up by taking a nap.

Hmmm I think runner/yoga girl is looking promising. Fuck there is a definite attraction. She is an Orange County girl. I would really like to talk to her. She may be the frontrunner. Yeah she is so far. Don't

I want to have someone to explore the island with. Someone to go on hikes with. To body surf with. To tan with. To go on runs with. Do yoga in the morning. To cook dinner with. Eat healthy. Make love with. Play with. Fuck. Hard. To caress every inch of her body. To physically touch every bit of her. To stare into her eyes. To lay with you. To spoon. To have you lay under my arm. To spend hours lying chest to chest breathing at the same rate. Breathe together. Smoke weed together at night. Fuck! The things we could be. I want to burn low key with this girl.

So what am I doing when I get out of this class? I'll be out by 8pm. What to do? I really want to get some weed! Fuck! I want to smoke weed. That is what I really want to do. Fuck. That is what I really want. I just want to burn.

To have someone here to watch the sun go down with me... That is what I want. I want to have someone to take in this moment with. To sit here with a woman that I love and care about. A girl that I fight for. A girl who wants the best for me. Who pushes me to be the best man I can be. She sees my potential and doesn't let me squander it. She keeps me focused on what matters. She gives my life purpose. Without her I am in chaos. She is my constant.

I need to take a moment and express gratitude. I am thankful to be here in Hawaii. In downtown Honolulu. Think about it... I could be posted in Sacramento sleeping on my parents couch. Is that what you really wanted? Be grateful for being here.

I am happy I am surrounded by beautiful women here at the school. There is definite potential. I want someone to do this phase of life with. That is what it comes down to. Someone to kiss and walk home with. Someone to laugh and dance with everyday. I want to dance with my girl everyday! That is one thing that I cannot neglect. I want to dance with my girl everyday. Dance with each other. Be in constant prayer. Living a life of gratitude and thankfulness. For life, health, and each other. This can be the most fruitful stage of my life. Capture it. Do it for yourself. Be a good person. What do I mean by this? I won't have to check out every girl on the street. I want to have one i know I'll come home to. I don't want to have to hunt for pussy every day. Like that has ever worked. I am going for a stable relationship. I want to be with her because I want to be with her. Not because we feel obligated in any way. I want a best friend.

I have realized that 'friends' and people always have their vested interests. I do not care if she has vested interests in me. I want to be with her. I want someone to spend my time with here. A meaningful relationship. Yes I mean sexually as well. I see a lot of sex in the picture with this particular woman. Do I see myself rushing into it? No. But do you see me giving it all I have? Yes. I don't want to force it but I also really really really want it to happen. Is this bad?

I left class early to come up here and vent to this document about a girl. Damn. Next time I see her. I have got to say something. I have got to. But which one? The one I saw today? What about the next one tomorrow? I think I have been weening down my options. But what about the brunette from last night? Ahhhh choices choices choices... Make a decision on what girls life you will make.

I want to sit up here on the Lanai with someone...

## **2 September 2016**

I love this bus system to fucking smooth. Just hop on anyone hop off.

I am at alamoan mall. Super rich kids with nothing but fake friends. I am glad I can read the psychology behind it all. I understand why people act the way they do. They are always looking for the next best thing. Minds dressed up with nowhere to go.

Nothing but a bunch of bored rich people looking around disgustedly. I sit here and watch people's eyes dart around. Like it at all matters. The fact you are looking shows there is



something you are lacking. So many darting eyes. I don't want to be looking to the next best thing. Where I am is where the party is at! It's because we compare ourselves relatively.

It is interesting thinking that everyone has a sexuality. Everyone has one manifestation or another. Fucking Freud.

Ha

Why does everyone seem so pissed? Do they not realize they are the best off hominids to ever live. They want for no food, water, or shelter and yet they want more and are not happy.

Why are rich people so bitter? That is a bad phrasing. At this lovely mall in arguably the most affluent areas of Oahu everyone walks around with a scowl. Couples argue when they aren't preoccupied with their electronic devices.

I am grateful I figured this out! So I do not grow old and bitter due to an insatiable hunger. I realize I am fed sufficiently and am grateful. I am happy to be here. Thank you for allowing me to take this in.

Does anyone really know what is going on???

Fucking Freud

### **3 September 2016**

What to do today?

Last night was kind of fun actually

1. Get change for laundry
2. Food
3. Earphones
4. Baby powder for screen

To do

1. Clean room
2. Do laundry
3. Buy books

### **4 September 2016**

To do for the rest of the weekend:

1. BOOKS FOOL!!! They are open until 2 today... see if you can charge the books to my school account
2. Ethnobotany: READ chapters 1,2,4
3. IP: Respond to article about IP... 200-500 words.

- a. And... READ pg 1-66
4. Point Shoot Edit: BUY thumbdrives (2)

Although I am able to empathize. I refuse to sympathize....

You think because I know empathy you deserve some sympathy. Forget it. You get what you tolerate not what you deserve.

I smile at these bums. Fuck them. They are not getting any of my money. Come rob my house. And give me an excuse to shoot you... Let's do society a favor.

You can't buy masculinity. I see people trying

I have been practicing the Wim Hoff method. It is really meditative. I find myself very calm and controlled.

I am looking for my Psyche. (I am Cupid) Psyche.. My "breath of life."

That is why I am working on all of these breathing exercises. They keep me centered and peaceful.

I recognize that I am on my path. I have goals and aspirations and I will work hard to achieve those. However, I refuse to not enjoy every moment of the process. It is a grind. One that I thoroughly enjoy. Recognize that this is what will set me apart. It is a couple of millimeters.

Focus on your breath. The most simple things to do. Yet no one masters it. Why is that? Tragic.

But how I would like to get some weed.... That is weighing on me heavy..

What do you want to focus on for this week?

Tomorrow? What are you going to do?

What does the day look like for tomorrow?

1. Wake up
2. Wim Hoff method (5 times in bed) just to get prepared and centered for the day
3. Take a moment to count 20 things that I am grateful for... Do not rush and be specific
4. Get out of bed
5. Shower off (scrub down every inch of your body) appreciate the running water
6. Stretch out (take a lot of time on this... do the stretches you normally do not do) Make sure to focus on breath during this.
7. Read quotes
  - a. I have often wondered how it is that every man loves himself more than all the rest of men, but yet sets less value on his own opinions of himself than on the opinions of others.
  - b. The best revenge is to be unlike him who performed the injury.

- c. Nothing has such power to broaden the mind as the ability to investigate systematically and truly all that comes under thy observation in life.
- d. Accept the things to which fate binds you, and love the people with whom fate brings you together, but do so with all your heart.
- e. A man's worth is no greater than his ambitions.
- f. The secret of getting ahead is getting started.
- g. All you need in this life is ignorance and confidence, and then success is sure.
- h. It is better to keep your mouth closed and let people think you are a fool than to open it and remove all doubt.
- i. You can't depend on your eyes when your imagination is out of focus.
- j. The lack of money is the root of all evil.
- k. Try not to become a man of success, but rather try to become a man of value.
- l. The true sign of intelligence is not knowledge but imagination.
- m. When you are courting a nice girl an hour seems like a second. When you sit on a red-hot cinder a second seems like an hour. That's relativity.
- n. Logic will get you from A to B. Imagination will take you everywhere.
- o. Any man who can drive safely while kissing a pretty girl is simply not giving the kiss the attention it deserves.
- p. The monotony and solitude of a quiet life stimulates the creative mind.
- q. My religion consists of a humble admiration of the illimitable superior spirit who reveals himself in the slight details we are able to perceive with our frail and feeble mind.

Alright there are some good quotes to focus on... How about reading a chapter of the purpose driven life? Maybe... That sounds pretty good to me

What are you doing when you leave this computer? Where are you going and what will you be doing tonight?

I want to grab a bite to eat at the store... then head home and go to sleep. Maybe watch a show to unwind in the evening.

Stetch some more probably

## **6 September 2016**

Back from Labor Day. I am back in the computer lab. Happy to be back in front of another beautiful mac computer. Ahhh yes. Thank you. I am so blessed. I have food, water, shelter, entertainment, perfect weather, a family that loves me and wants me to succeed. I have an older brother setting a perfect example. Although I fail to live up to it, I have so much respect for it. Nothing but respect for Myles. He is a good guy. Then we have Morgan, he is getting bigger physically. But in addition, he has a solid head on his shoulders. Better head than mine. I was a fiend at his age. I am grateful that none of my brothers have hit rock bottom. Like I did. Morgan is a smart kid. I feel he is solid. He may be a bit hedonistic here or there but I think he has been able to see through a lot of these worldly facades. I owe a lot of that to my dad. All of that. He was a gentle man but mainly a scholar. He taught us to think and analyze. Thank you for giving

me a father like mine. He is a reader and a listener. He can play devil's advocate. Although he has never experimented personally. Thank you for my mother and little brother. I am grateful for them. My mom really cares about me. She calls and asks about what I am doing.

I am looking for a woman like my mother. That is what I am going for. I am a total momma's boy. I admit it. I am a total momma's boy. She calls me all the time. We laugh at each other. It is like laughing in a distorted mirror. The mirror of reality.

I am grateful for my youngest brother mason. He is a cute little guy. Watch out ladies. He is a womanizer for sure. I respect him a lot. I pray that he stays humble.

Honestly I think this kids kept me from killing myself. They saved my life. I am forever grateful. Thank you god

So happy to be here in Hawaii. I understand that I am paying to be here. I want to make sure that I capture it to my full abilities. I want to make sure that I get all I can out of this. While at the same time, please help me enjoy the process and journey. I want to enjoy my life. I am not putting off for tomorrow. I am happy today. I live each day like I die each night. Recognize this. Tomorrow isn't promised. Think of how great a life I have right now. Realize that this is a phase that will not last forever yet I am totally happy being here in it. No one is dead. We aren't currently grieving a lost of a loved one. Thank you. We must appreciate the little things. Breathing, eating, eye contact, conversation, relationships.

I cannot wait to have a girl where I can do deep breathing with. Focus on our breath together. Her laying on me breathing at the same rate. Fuck... that would be ideal. This is where the universe stops.

There are infinite other things I could list that I am grateful for. So many things that I do not even realize because they haven't happened. I am grateful I didn't get hit by a car on my way to school. I am grateful that I have had no conflicts with others this morning. My grandparents are doing well. They haven't had any major health conflicts in the recent weeks. That is something to be happy for. Imagine if my parents were stressed out trying to take care of their parents all day. That would distract from my brothers everything.

Yes I recognize I have begun to ramble but I want to make it clear that I am happy and grateful to be here. To have professors that want to enlighten their pupils. I have so much at my disposal. I am typing this on new Mac Computers. Damn, these computers are so glossy. The keypad feels so fluid under my fingers.

I see myself with a 5'9" dirty blonde with unique blue eyes. Slender but fit. She isn't skinny. She definitely isn't 'skinny' because man she has an ass on her. I honestly do not give a fuck about breast size. I would never have my girl get a boob job.

My acroyoga partner. Running mate. Gym buddy. That sounds pretty awesome to me.

It is my duty to keep her looking pretty. To make her stand out among all the other bitches out there. She is my life partner.

My girl will know that she is special and as 'loved' as she can possibly hope to be. I will love her relentlessly. My one attachment. My ultimate attachment.

Is there such thing as being friends? I think all that platonic shit is for the TV shows.

I am happy to be here today.

I have fresh juice and hummus to eat. My food doesn't appear to be contaminated. I am happy there are checks and balances in place to make sure that the food that I consume is free of objects and bacteria that could get me sick.

I am grateful for Pandora music. It is a nice change up from Soundcloud. Soundcloud has gotten repetitive for me. I have trouble finding fresh songs to look up... or worse they don't have it.

Please help me stay humble today. Do not let me have a bloated ego. When I went to the Mall in Ala Moana I really noticed how much people try to dress themselves up and appear a certain way. I understand that we all do this, however, please keep my intentions pure. What do I mean by pure? I recognize that I have often looked outward for happiness. I look to other people to see what they are doing to 'find' happiness. I need to realize that this is internal.

This music in my ears is pretty awesome. I am very happy that I have this ringing in my ears.

I am in absolutely no rush whatsoever to find my woman. I would rather be alone than be in bad company

"It is better to be alone than in bad company" -George Washington. I need to recognize this.

Well I need to find a way to make myself into being 'good' company for other people. How do I internalize this? How do I make myself good company?

I have forgotten to give thanks for the internet. How it has enlightened life. The information revolution. I consume media so much from my phone. It is wild. I am happy that I am able to access this anywhere in the world. Oh yeah. I am grateful that I have a working cellphone that works!! Ha. That is what I learned from my technology detox.

So what am I doing when I get out of here at 12:15? I am going to the apartment to drop of the hummus and the flashdrive. Minimalize back at the house.

How do I be the maximizing minimalist. "Resourcefulness is the greatest resource."

I want to always be speaking bits and pieces of useful knowledge. I want to get people to think. I do not want to teach. But rather inspire thought.

I am grateful to be in an environment when I am surrounded by a bunch of beautiful women. Think back to rehab. Anne, Kathy, Stephanie, Sharon, Waileen... Remember these days. Remember New Dawn. Remember that shit. It wasn't even that bad. But yeah it wasn't damn near as good as being here in Hawaii. Man I am so blessed to be here.

I am a journalist. It is okay I am a journalist. I am shooting a documentary. I want to interview Johnny Sins.

Remember to smile a lot. Show the happiness. The grat

So I am in Ethnobotany at the moment... She is sitting 2 chairs away from me. I look down and see these cuts on my fists. The cuts from when I punched walls/ doors when I saw her flirting with another guy. I don't know why that hit me so hard. Fuck I really don't know or understand why it hit me so hard. I walked into the Kehlani concert at the campus on Friday night, hoping to finally get to know her better. I had set my sights on this girl from OC. But guess what my realty was. I walk through the door to see her flirting with a faggoty Santa Clara looking fucker. Boat shoes and all... Damn. I was crushed. I made sure to enjoy the concert but damn. Right in front of my face. It was like something out of movie. That hurt me. And yet I do not even know her name. How did I get so attached so quick? Maybe I just wanted an excuse to get drunk and smash things in rage. She hurt my feeling really bad. And yet we never spoke a word. I was dreaming of showing up and finally getting to meet her. Maybe I shouldn't have spent so much time pregaming getting drunk before showing up. Stealing that bottle from Longs drug store and shit.

But the beautiful thing is we are replaceable. And she was not the archetypal lover. She has her flaws as well. What are flaws tho?

Do we even have any idea as to what is really going on here? What is going on at the deeper level? Who is 'depressed' or grieving or going through a rough time? Who is having an awesome time.

I need to love more. I want to have a relationship. I want to have a girl to walk home with. Someone to talk to, dance with, meditate, get stoned, etc.

It isn't that I feel I have lost my ability to connect. But rather I think I lost my desire to connect.

Headphones in, I am checking out. I can hear everything going on but I want to listen to some music.

Alright enough ranting on this chick right now. I am over it. There a better chicks out there. I am in no rush. At all. It is better to be alone than in bad company.

So what do you have for the rest of the day?

1. Get MEDICATION
2. Set up appointment for psychologist

- a. 808 687-7076
3. Get banking information set up!!!
  - a. Get account #... American savings bank app
4. Buy books!!
  - a. 0930897625 **\$90**  
<https://www.amazon.com/Laau-Hawaii-Traditional-Hawaiian-Plants/dp/0930897625>
  - b. <https://www.amazon.com/Social-Work-Sustainable-World-Nancy/dp/1933478195>  
**\$20**
  - c. <https://www.amazon.com/Communication-Law-America-Paul-Siegel/dp/1442226226>  
**\$35**

### **What else to do bud?**

1. Get hydrated
2. Stretch
3. Meal prep (

Dates for yoga:

I feel so blessed I am crying. Got to text my buddy Mondo.. He is doing well. Got to catch up with him more later.

Goal: to have a really good holidays with my family... That is what i am going for. What does that look like tho? Happy, healthy, contributing.

I may even want to become a pastor...

### **7 September 2016**

Happy to be here another day. So grateful to be here. I am in Hawaii!! I am away from all the draining depressing relationships I was in previously. They were 100% my fault but I am grateful to be free and to have a second chance.

I consider Tony Robbins and Tim Ferriss to be my best friends these days. They are who I hear speak most throughout my day. If I cannot find good friends to associate with. I will associate with people through the internet content. Better no company over bad company.

Please keep me humble. Please help me to be near egoless. I do not want to be blinded by deluded self worth. I must realize that I am just a man, a homo sapien. I am basically a primate. Recognize this. Ha what the fuck. These fingers are so awesome I cannot believe that I am able to take all of this in. To be able to have perception is awesome.

I am happy to be sober for a couple of days. Yes I got drunk 5 days ago. But I haven't smoked weed in a good couple days. This is something to be proud of... How long ago did you go that long without smoking? Honestly? Ha It is good to be free from that for a bit. I know that I will smoke given the next opportunity but I am happy to be free of it for know. Reexamine myself.

Help give me a clear and inspiring vision. I want to have ambition but not be blinded by it.

Life is too short to suffer. I live in a constant state of Euphoria... I am a stoic. Nothing can get me down.

Stoicism: Founded by Zeno of Citium

Happiness is a **good** flow of life.

Love is a **God**, who cooperates in securing the safety of the city.

All the **good** are **friends** of one another.

**We have two ears and one mouth, so we should listen more than we say.**

**No evil is honorable; but death is honorable; therefore death is not evil.**

Life is a series of natural and spontaneous changes. Don't resist them - that only creates sorrow. Let reality be reality. Let things flow naturally forward in whatever way they like.

**He who knows, does not speak. He who speaks, does not know.**

I love quotes from people who have come before me. They inspire me and give me insight into life.

Beware the barrenness of a busy life.

Our prayers should be for blessings in general, for God knows best what is good for us.

“Women who wish to be equal to men lack ambition”

From the deepest desires often come the deadliest hate.

He is richest who is content with the least, for content is the wealth of nature.

It is the mark of an educated mind to be able to entertain a thought without accepting it.

Pleasure in the job puts perfection in the work.

There are no facts... only interpretations.

Would you give up all the pleasure in life if you also gave up all the pain? You feel nothing?

*Do not spoil what you have by desiring what you have not; remember that what you now have was once among the things you only hoped for.*

*Death does not concern us, because as long as we exist, death is not here. And when it does come, we no longer exist.*

*If God listened to the prayers of men, all men would quickly have perished: for they are forever praying for evil against one another.*

*It is folly for a man to pray to the gods for that which he has the power to obtain by himself.*

Life is too short to live in suffering.

What do I have to do today? It is Wednesday...

Thursday is a big day 3 classes

Got all my hw done

Alright this class is boring as fuck... What can I do



I want to have a website with my name as the address. Google me and find my website... Fuck a Facebook page or account. I want to have my own fucking domain and shit.

I feel myself crashing... It is 3pm and I am feeling really tired. I am about to head back to the room from the computer lab and take a little nap.

I went to the Christian group today for the first time with Rev. It was a good time. I am blessed to live in an area where people still meet up and discuss the good news. I am blessed to be alive. I am happy to be here. I am ecstatic. Thank you god.

I am sitting in class right now. Social work. Ah yes. The white man is the devil. I should just shut the fuck up and stop talking... This is not a good idea for me to sit here and talk. My opinion is offensive. Better to say nothing and have people think you are a fool.

There are so many opinions and people will get worked up for the sake of getting worked up. I do not want to keep talking. There is a lot of argument. We want to change the way we look at things.

I am not a capitalist, I am not a socialist, I am not a communist, not a buddhist,

### **8 September 2016**

Thank you for today. I am grateful to have woken up this morning. I am happy to have my own apartment. My own home to lay my head. I am no longer laying on my parents couch... Damn I have come so far. Happy to be here another day.

Please keep me humble. I understand that I have ego.. Help me limit its power over my life. Help me love others. Help me see beauty in all the things I see today. There is so much going on today. So many stories being written today. So much going on beyond the surface I wonder what is going on.

I do not want to put my value in possessions. Help me be happy with what I have and with what is.

I do not want to gain the world and lose myself.

Think back to the things I learned while I was a kid working at In-N-Out. I pray for all my old co workers. I pray for all the other people out there that feel they are stuck. Trapped in life. Stuck with what life has given them. Please give them insight. Help them see the beauty.

I pray that we are able to enjoy the smile and understand the reason for pain. Without the pain there is no pleasure. It is dualistic.

I think I forgot to wear deodorant today. Gonna have to go into the store and use some... Lol

Thank you for these companies that are able to provide numerous goods to the people.

I do not know exactly who I am thanking right now but I find that when I thank someone or something my day is much more fulfilled.

Give me courage to be egoless. I understand that I will not always appear to be “the man.” This is good because it keeps me humble and shows me that “i really know nothing”

I am grateful for the relationships in my life today.

I woke up and had a nice texting conversation with my buddy Mondo.

“Good day,” nappy roots  
“The best day” atmosphere

Thank you for a cell phone that allows me to channel this music every morning. It really puts me in a good mood. It isn't the reason for the smile but it sure helps me do it alot more. I sit here typing this on a brand new Mac Computer. I am blessed to have these tools at my disposal.

How do I utilize these tools to the best of my ability? Well what am I trying to do.  
Just met the old man who reminds me of myself in a couple years. His name is John. I want to propagate love. I want to be a friendly person and make people feel like they belong here.

No one has ever felt like they totally belong. I am grateful that I am able to see this.

Help me be more insightful and more loving. I want to be able to help people who are struggling like I was struggling myself. If you would have seen me a couple months ago... I was a trainwreck... I do not need to go into details but I was a mess. I am grateful to be here today. I am lucky. Thank you God.

I pray for those in Rehab today. I pray for those that are in the middle of it. I do not know who they are. They do not know me. I just pray that your will will be done. Give me insight to do what I need to do.

Help me see the beauty. We are not that different.

Please keep my ego in check.

Time to read some good verses.

What am I working on?

**I didn't turn in my 1st assignment!!! I need to make sure that I get that turned in ASAP...**

Alright I emailed him the pictures. Still drop off the usb drive... Don't stress out about that.

What is the mission for being here?

The mission is to get perfect grades but not only that. Absorb a lot of good knowledge. I want to improve these skills. What skills in particular? I want to become better at producing content. I want to produce intriguing and interesting material. In other words, I want to be able to shoot and edit a professional level quality quick video on my phone in like an hour. Think of that. Being able to produce something that people will want to spend their time watching in such a short amount of time.

What is the purpose of this? I am a journalist. I need to be able to produce more than just typed written word. I need visual content. To sell it. So in other words I want to become a better salesperson. I want to deliver a desirable vision to the masses.

Think of being able to do a documentary/ short story via video. Deliver a message over a video platform.

I am a minimalist artist. My brush and canvas is my cellphone camera and screen.

What do I want to write about? Homelessness in Hawaii would be a big one. I could do addiction and drug use on the streets.

So yeah. My main goal academically is to improve my ability to produce content. Kind of like Tim Ferriss. He does a magnificent job at producing information that is inspiring and intriguing. He has so many videos, pictures, etc. What happens if I could artistically channel my creative ability to show a unseen before perspective. Adjust the lens.

In addition I want to make sure to focus on my foundation. I want to be a good person. What does this look like? I want to be able to see through all the vices people regularly fall victim to. I understand that there are so many hurting people out on the street. Yes they may scowl at me as I walk by them. But I do not condemn them. I understand why they do that. I can see through the outward display and realize there is more going on under the surface. Maybe depression, anxiety, self-loathing, fear, desire for immortality, fear of death etc. I understand because I have faced all of these myself. Maybe not the the extreme of those I see on the street but I at least have a general idea into the inner psychology of why they are doing what they do.

When I say foundation I mean that I am centered on sustainable principles. I am not trying to fuck everyone over and give them the middle finger. Quite the opposite we all want the same things at the end of the day. To have food, a place to sleep, a place to raise our children in safety, someone to love and be loved by, community and a sense of belonging.

In addition, I want to focus on what matters. I love my family, they have given me so much I am so blessed to have them in my life. I would not be where I am if it were not for them. So grateful.

I want to nurture healthy relationships. Not just those with my drug dealers. I want something more meaningful.

I once believed that (drugs=friends) That is not the case anymore. I have some meaningful relationships.

Nurture my relationship with Cheryl and Grandma and Grandpa.

I need to get Grammy's project done. That is one thing that I need to get on  
**Finish Grammy's life story. Why not sit down for a couple hours and get it done? Just do it you fucking fool lol.**

It is a goal of mine to have a good Christmas. That is honestly what I am going for. I want to be able to enjoy the time together with the family. I am going to be 21 years old. I want to make sure that I am contributing more than is expected of me. The time has come to grow a sac and be a man. What does this look like? Well I want to be emotionally present. I want to help out and show that I care. Although I know that materials are not the key to happiness, I want to give some sort of gift for those I love.

Who will I give gifts to? Everyone I can. Specifically, mom, dad, myles, morgan, mason. If I could get those I would be happy. \$20 for each person... That is only \$100... Common if you cannot get \$100 for your family your are simply not trying... I would waste all my money on drugs. Not anymore. I want to give gifts that are notable.

It doesn't matter about the materials. I would rather be a solid, helpful contributing, present brother, son, nephew etc. I want to help out. Create value wherever I go. That is what it comes down to.

Maybe produce something creative or artistic.

Hmm there is an idea. So I have no money but I have my phone and my creative ability... The greatest resource is resourcefulness. I will make a way. There is no excuse. I want to make sure that I am resourceful.

I am blessed to have a bad ass girlfriend.

I know that she is out there I am working hard to get there. I have nothing to say. I just want to be quiet and stay humble.

Thankful to be here in class. I have absolutely no reason to be bored here in class I have my phone and I the Internet at my disposal.

Please keep my opinions to a minimum. I want to be humble. But fuck it is so damn hard.

Stretching... I am sleeping on my stretch game. I need to get flexible. I need to stretch at least once a day. Make it something you enjoy... Fuck I would enjoy it so much better when I burn. I just hope the trees get here tomorrow.

How do I make sure that I stretch out? I need to make sure that I do this daily. Don't get hung up on Yoga... Think more about flexibility and gaining full mobility.

Go to the park up the street bud! Utilize that park! There is a nice little grassy area where you can post up

Fuck I just wish it was tomorrow so I could burnnnnnnn  
I hope to God that shit shows up tomorrow. I do not want to have to wait the whole weekend. Alright don't get hung up on that! Move on breath...

I will crash early after this night class. Then hit that shit in the morning

Why do I feel like I am missing it? Why do I feel like I am having trouble connecting?  
I am not. I have been trying to keep a safe distance, remember. Don't rush in. Happiness is internal. Recognize this.

Be thankful for what is.  
Don't worry. We ain't going no where. We ain't going now where. We can't be stopped now.

Shane smith. How to be a journalist? I want to work for Vice News.

Think of my sister. My nonexistent sister. She would have been hot as hell. She would be tall and tan. Blonde and blue. I love her. She is hotter than any of these girls around here.

Crunch the numbers on the weed game.  
So here it is. I can get it for 5/gram and sell it for \$10/gram? Na not that. Think of eights. So it will cost me 17.50 for an eighth

\$30-\$35 for 3.5g  
\$10/gram

That sounds pretty solid.  
I need to get an Oz down here and flip it.

“Trees on deck”

So let's say I get an Oz shipped to me. What now? I would need to sell  $\frac{3}{4}$  of it. So I pay \$140 for 28g  
I sell 21g for anywhere from (\$180-\$210 *depending on if I sell gram for gram of by eights*)...  
*That is the real goal*

I want to flip Oz here in Hawaii. There is no reason it can't work.

That shit would work. Just flip the shit for double the price.

So I get an Oz. I use  $\frac{1}{4}$  for personal supply (7grams)..

The other 21 grams ( $\frac{3}{4}$ ) I sell. I plan on selling those for \$10/gram or \$30/eighth. (This will yield \$180-\$210 depending on the size of orders)

So boom I make between \$40-\$70 profit along with 7 grams of tree

Let's say that I smoke none of my supply. Sell it all. No fun but let's do it for theory. I get 28 grams for \$140. I sell them by gram and by eighths. So I would yield \$240-\$280... A profit of \$100-\$140/Oz..

I really want to be a weed man here in Hawaii. I feel that I could flip it pretty easily. Especially for those prices.

I feel that I could sell an Oz a week.

I need to be able to sell an Oz a week! That is my goal. Not even an Oz... Just 21 grams a week. I need to sell 3 grams a day...

My goal is to sell 3 grams of weed a day (smoke 1 g a day for personal consumption)

I will split the profits with you in half.

The goal is to flip 21 grams a week (smoke 7grams, one a day)

Kalamalama

I just had a conversation with Erin the Chemist... I felt we really connected. On a deeper level. She understood "I" concept... "Sometimes I feel I know nothing"

Starting a club is a great way to get your foot in the door for a lot of great projects. I want to get involved in a couple of clubs.

But damn; I would love to talk to her again. Just to look into her eyes is enough. Eye contact is my biggest turn on.

So I liked the Advertising club. I got the head members card. **Get published in the paper!** That is what I need to do. Make a connection with the head of the paper and begin doing articles for them.

## **9 September 2016**

What to do this weekend?

1. Ethnobotany:
  - a. Read: chapters 1-6 (exclude 3)

2. Intellectual Property:
  - a. Read: 1-66, 209-249
  - b. Homework Assignment/Extra Credit (3 Points) **DUE 9/21/2016** Go to this Constitution Center commentary (<http://constitutioncenter.org/interactiveconstitution/amendments/amendment-i>), pick a clause of the First Amendment (Establishment, Free Exercise, Free Speech/Press, or Free Assembly/Petition), read the interpretation and the two differing perspectives provided. Write an essay summarizing what you read. Your summation will be at least 250 words and not more than 500 words.
3. Point, Shoot, Edit:
  - a. WEEK 3 Assignment 2. Contrast – texture Assignment due Tuesday <https://photographylife.com/how-to-photograph-textures> <http://www.digital-photo-secrets.com/tip/2803/visual-design-using-texture-in-photography/>
  - b. *Assignment 2, Contrast – texture Shoot 15 still photos showing texture contrasts. Present them either in the same still frame or in two side-by-side frames. You might find shooting in black and white works better for you. Due week 3.*
4. Social Work:
  - a. *Read: (chapter 2-3)*

### **Figure out what is the last book to buy....**

Try to talk to the Professors as much as possible for projects. Absorb their knowledge. They are useful tools. Utilize your mentors...

It is club day. I want to make sure that I go check out the advertising club in particular. That is really what I am trying to appeal to and get better at. Selling/advertising. That is what I want to get better at.

Drug dealers are the best salespeople. I find that those that have sold in the past know to a degree what it takes to present you product and create a sense of desirability. You must realize there is no one size fits all. There is a variety of ways to sell to all types of people. What will work with one person will not work with another type of person.

I need to go for a long and slow run this weekend. I need to really channel my inner strength. I refuse to quit. I want to run at least 10 miles. That is the goal. To go for a 10 mile run.

***I am officially crushing hard... ERIN LYNN ROBBINS... you are a vision... I have no words. You are perfection...***

I will wife this girl... She is everything I want. I see us doing acroyoga together at the beach. I see us out in the midwest wearing camo. I see us at the beach kicking back taking it easy.

She is flawless physically, but the things she does is equally impressive. Oh my god. What a woman. I am in love. She has set the bar....

“Never grow up” Taylor swift.... Just brought me to tears here in my apartment...

Dabs came in from Jeff... The the one modFinil too. Fuck yeah. I am on whole other level... Ha stoned on fort mall... Higher embrace the paranoia

Time to get into it Jon Johns imitate it EXACT! Fighting and shit... Fuck up bro. Nate Diaz “ don't be a bitch motherfucker”

Go into a trance...

I refuse to masturbate again. Can't spend so much time sitting

### **September 10, 2016**

I want to do an article on cryotherapy... Go to Honolulu cryotherapy and talk about the benefits of it...

I want to grow opium poppy in the community garden!

I am eating triscuits and hummus, drinking orange juice in downtown Honolulu... Feels good

I need to start up a dispensary out in Hawaii. Provide the dankest Cali buds to the island... Import export bud. Smuggler, capitalist, businessman.

Think of that. What is the vision?

I want to be in a nice wealthy Hawaiian area. And have money to blow. I mean like provide cocaine to my harem of women. I have a penthouse office in Downtown Honolulu and a house in the Berkeley Hills of California. I like to sit out on my back porch and roll a blunt... as the fog rolls in. First appearing on the horizon. Quickly engulfing the Golden Gate, The bay bridge, treasure island, Oakland. All from my berkeley perch. Yeah we are about that in cryptic norcal vibe.

I want to have a Motoped here. It would absolutely ideal... Riding around on my motoped. Taking the streets. Ah yes!!!

A penthouse office in the heart of Honolulu... “

Alright so what are you working toward man... You had an easy day here on Oahu. You seem to be settling into a bit of a routine. Time to get my shit handled. What do I want? I want money. What do I want money for? I want to live in a state of abundance. Where I can do whatever I



want whenever I want. I want to make money remotely. I do not want to be tied to an office or city. Totally free to travel and live. That is the goal. I want to come and go to where ever I want in the world and stay for however long I want. Living as extravagant of a life I want. I do not want clothes. What is it that I want out of this life?

Health happy humorous. I want to spend my days dancing with hot beautiful women. To employ

I envision a Christian Grey type vibe. I want to fly into a city and have a penthouse room waiting for me with the most beautiful women the city has to offer. That is what I want.

So I want a CEO, COO, CFO... These are what it comes down to. Operations and Finances.

I'm trying to bootleg medical marijuana from California to Hawaii via USPS

To have a great con! That is what I am going for. I am looking to have a major life experience through a confidence move. That is it. All confidence. I want to get to the top of the financial center or some shit.

I'm trying to channel my Harvey specter type shit. Just come in dressed to a t and be able to call shots

When I get home to see my parents I want to refined like a celeb on the red carpet archetype God. Clean, flexible, low body fat, nice hair cut, clean skin... This is the beginning of the new chapter of doing shit right

### **11 September 2016**

Damn I didn't even realize today was 9/11 until I just started this journal. Wow. Goodmorning. That explains the half mast when I walked by all the flags on the way here.

Take a time to reflect and try to comprehend... Give thanks for what was and for what is. There was a reason for it. All things work together for good. I choose to believe that. I'm not saying it had to happen but it did and now we must acknowledge it.

I feel like Midas... everything I touch turns to gold. Anything I buy people look at... They want to see what products/ brands I use. What I endorse and why. Simply because I live a life that displays something well thought out and different. It is hard to comprehend in a way.

Like what is up with this white boy on the keyboard doing hella typing like a fucker. Yes motherfucker I am a rap god. This is how I got here. This is how I stay here.

This is my vendetta. Fuck a manifesto.

Here in Hawaii is where I developed and really sharpened my 'midas touch.' Nothing can go wrong. I am spiralling upwards. Anything that happens is the greatest thing to me.

There is absolutely no reason that I NEED a macbook this semester I have access to these mac computers for more than 10 hours a day. Get the work in during those times. Focus up. Get the vision here. Simulate the vision.

This is it. I am doing it.

I have ties to Mexican Cartels. Russian Mafia. I work with them intermittently. These are my primary allies. I fuck with latin American and Russians.

I have worked for the Russian Mafia, they inducted me with the ceremonial drinking of sambuca. The fiery glass trick and everything. I have negotiated deals for their assets in the US. I have worked as a first hand to a Russian millionaire... the son of a corrupt billionaire asylum seeker. A man who fears for his life to go back to Russia. Literally that there will be people to kill him when he returns. Saratov, Russia is the hometown. Where this has culminated. I have ability to travel to and from Russia on 'business.' Which often consists of riding jet skis, fast cars, fucking hookers, conducting 'operations' and just popping off shooting guns having a good time and such. I was an essayist working to supply them with their graduate college work....

Then I have the Mexican cartel connects. During my youth I ran a tight shift. So eager to get ahead and being the next biggest fish. I gave way to much of a fuck. I was an egomaniac. Working hard. Getting shit done. My associates degree in 2 years while working 25 hours a week. Naturally being marijuana dependent I needed something to keep me going. Caffeine tablets are ass. Ass. Jittery as fuck. Heart palpitations. Nausea? Oh yeah.

So I turned to Adderall, or more generally, any type of amphetamine. I loved the shit. Made me feel like I was on my king kong shit. Damn I felt unstoppable. I could work long hours and still be on my shit... or so I thought. Yeah as anyone could guess, amphetamines are incredibly addictive. But yeah because I was a regular user I began slinging the stuff. Pushing these orange, blue, white pills. Yeah I had it all at one point or another. Adderall, Ritalin, Vyvanse.. And man could I sell these limitless pills. They kept me up on my shit and on top of things. And of course began making me \$ when my mexican buddy began plugging me with 1-200 pills at a time. He would sell them to me as cheap as 1.5\$ a pop and I would flip them for 5-15... Guap. Guap. Guap. Junior College. Guap. Santa Clara. Guap. But then yeah BUSTED... Dodged some major legal ramifications and straightened out. Tightened my shit up.

I am getting a vision. I become the major news editor of the Kalamalama. Think about it. They only have like 2 contributing members. Fuck it why not. Just get some sort of content up there. Who gives 2 shits if it is good. Just keep working on your craft that is honestly all you can do. Like I learned in AA; just a day at a time. Do not rush it. Live each day like I die each night. Thank you God I am here. Give me the courage to change what I can and the ability to cope with what I cannot change. Keep me humble. Thank you.

But yeah. Think about it. I am a Mass Comm major. Think about it. If you want to get a feel for Marx Aurelius' work go look at the Kalamalama... become the media. The watchdog of the powerful. Think about it...

Lestor Holt's parents lived in my neighborhood. He is a hometown kid. He went to Rancho Cordova High School in Sacramento and never even graduated from Sacramento State.

Bro get into this newspaper! Dive into it. Make the very most of it. Think of the future people who will be interested in it in 100 years. Do it for fucks sake. Just take control of the student newspaper. It isn't like anyone even reads the shit!! Lestor Holt never even graduated.. He just began covering stories bud. Get after your shit.

Go for a walk right now and envision the very best that this newspaper can be. It really does not have much activity. Imagine if it could be my platform. Fuck my own website. I want to put articles up on the school newspaper. Fuck yeah why not. That sounds perfect! Ha. I love how easy it is to network while in college. You have great mylen connectivity.

But do not forget about these classes. They are still priority number 1. Get after it in this IP class. Make sure to get ahead with those.

Goal today: Get 2 of those IP done. Just for fucks sake show the professor that I am the shit and will be a force to be reckoned with. Alright that is what I need to do. Get those both done.

Alright the pages are already set up. Now is the easy part of reading and responding. Just do your shit. Don't get too cocky just get the points and get out. That is all I want. Time to get something to eat. I am hella hungry.

## **12 September 2016**

It is 2:32 am and I could not sleep. Woke up tossing and turning. Freshened up to a dab. Feeling invigorated. Mildly euphoric..

I would love to do a piece on marijuana. Do a fake interview with yourself... Like interview with a student from a legal state. Import/ exports. Through a business/ criminal aspect. Meet with John. A current student with a business background. Entrepreneurial. Bootleggers.

Bootleggers here at HPU? Not to mention a bootlegging aspect. With students importing marijuana through the Mail. Smuggling the drug onto the island and selling it for huge mark ups. Here in Hawaii there is the perfect market to cater too. The prices are jacked up because of the islands limited supply and the quality is shit. For all my weed fanatics, it is primarily outdoor which they are pushing. As most aficionados will tell you that is lower shelf product. But what about those dank buds. Those nugs pushing upwards of 20% THC (tested by SC labs... in Santa Cruz Ca.) what happens when you bring the Cali top shelf with you around the world? You start an instant craze. A subculture forsure. Yup turn up the Wiz. Ah yes. To my stoners in the back. I see you. We out here.

Cutbacks on budget at the USPS now is the easiest to mail any drug through the mail. (Article on Darkweb soon to come)

## **The Darkweb. How millennial HPU students are getting drugs sent to their doorsteps...**

(DISCLAIMER: I neither endorse or recommend the contents of this piece. I in no way, shape, or form recommend anyone purchase any illegal merchandise from the Internet. Note: There are heavy legal consequences for purchasing, possessing, using scheduled substances and mail fraud. The purpose of this investigative piece is to inform the public of this paradigm shift in the game; NOT endorse online black market activity.)

I sat down with a HPU student living off campus here on Oahu. The student, who obviously will remain anonymous, reveals how local students are getting their drugs today in 2016. Note that this individual has no surmountable computer science background. In laymen's terms; they are just your average millennial college student; this isn't limited to tech gurus and the like. Here is a look inside the conversation...

“All you need is a standard internet accessing device. Phones work but laptops are preferable. In addition, you need a VPN service based outside of the US in a country where the the US government doesn't have much subpoena power. Think tax havens. Think more specifically something like the Caymans. Think something even more specifically, like ExpressVPN. You want a company that doesn't log your activity and is legally impenetrable by the US government. Don't be fooled by lesser VPNs... If you do happen to catch some shit on the DW; it would be easier to trace an action back to you. Do you want that? Depends on what you are using it for...

Only once you have your VPN set up first you can move on to step #2; downloading TOR, or the The Onion Router. This is a government search engine that allows you to access the dark web addresses. (NOTICE: you do this after installing a VPN. Why? It is rumored the government logs the IP addresses of all computers that download the program. Do you want to be on that list? Depends on what you are using it for... What the VPN does is it “cocoon” your IP address by mixing it together with all the other thousands of other IPs registered with the corporation.)

So now you are ready to plunge to the dark depths of the Internet. You are adequately protected at this point...

There are troves of content to be discovered from obtaining counterfeit currencies, passports, licenses, to firearms, incendiary grenades, to stolen/hacked bank accounts... There is honestly so much shit, it is pretty much the dark side of the human psyche for sale. But yeah to buy that shit you would need to take more precautions. For the sake of this article we are keeping it limited to “how HPU millennial students are getting drugs sent to their doorsteps...”

So the next step is find a reputable “pharmacy.” Think Amazon for drugs. Reviews for the vendors and everything. The most infamous was the Silk Road, founded by legend, Ross Ulbricht. However that has long since be shut down. Currently AlphaBay is probably the most trusted.

So you check it out and search for your drug of choice. Marijuana? They got it all. Do you want indoor? Outdoor? Concentrates? Edibles? It's there.

Oh so you like to party? MDMA is a okay in moderation and only on occasion, right? Try to find CheckPoint; a group based out of the Netherlands. They are the world standard for Molly; yeah that champagne color shit that will have you rolling tits. Know in advance you won't have that speedy feeling; this is pure shit. It isn't cut with meth like most kids are used to getting from sketchy street dealers in the states.

Oh this island has got you seeking a sense of spirituality? All strains of magic mushrooms on deck. Definitely not limited to psilocybe cubensis like most find on the street. Studying the writing of good old Timothy Leary? Acid? Berkeley labs can likely get it to you within the week.

Cocaine. Adderall. Modafinil. Anything a student could want in 2016! But don't take my word for it. Check out the deep end for yourself sometime!

You will find that these products are offered for much cheaper than found on the street. Why? One, the laissez faire nature of the market. It is global and highly competitive. There are way more suppliers and most are direct wholesalers. There isn't 15 middle men each cutting the product; jacking up the price along the way. In addition, on reputable markets there are reviews for vendors. Buyers literally have an open forum to praise or slander the vendor on their listing. Yes kids are rating their drug dealers with stars these days! So there is a sense of transparency. If you take the time you can get a sense for what listings are run by legit drug trafficking organizations and which are simply scammers selling boof shit. Naturally only the real ones survive in such an environment.

So what is the process of purchasing these goods? Bitcoin is the cyber currency that the DW runs on. You will need to find a coin shop that sells it. Lucky for HPU students, you can buy them downtown at the Coinstar on Pali highway! Be warned in advance that in all ways of buying bitcoin right now there's a decent exchange fee. Just heads up it can be upwards of 10%.

Once you have you have your Bitcoin you will want to promptly make your order. Holding Bitcoin is not a smart idea as it is a still developing, hasn't reached mass adoption, and has been volatile in the past. Like any other currency it's to dollar ratio is always in limbo.

So yeah it's just like Amazon from there out. Obviously use aliases if anything happens to ask you for your name and place your order.

Is it really safe to put your address? For personal amounts yeah it actually is. If you are slinging fat there are more precautions you can take; like setting up a PO box. But odds are you are so small scale it isn't worth customs or law enforcement's time to try to go after you. If they happen to intercept the package to your address; which would be extremely odd for a reputable vendor. The worst is you receive a letter from customs basically saying we confiscated a package addressed to you and don't do it again if you had anything to do with it. A little slap on the hand.

You have to realize it is extremely difficult for law enforcement to pin anything to the purchaser. With all the envelopes that go through the mail it's inherent that sometimes letters get sent to 'the wrong person.' That is basically going to be your legal defense if anything were to go horribly wrong. Just deny deny deny knowing anything about the purchase. It must have been a mailing error by someone. At this point you would of wanted to stash the Tor on a usb and deleted it from your phone or laptop. But honestly people have been doing this on a much larger scale, for much longer, and haven't had much problem.

Obviously don't just take my word for it; for any hang ups, and to check these facts, refer to Reddit for a credible network; it is essentially the forum for DW activity. It is a place where users can communicate experiences directly; what to do and what not to do. Feel free to ask away for any specific questions. I doubt they haven't been asked already!"

Alright end the article. There see if it appropriate for the newspaper.

Got to class a little late today. "Let me take attendance" She only said 'gotcha' to me she said 'hi' or nothing to everyone else.

She understands that I do not need to speak any words. I am.

Thank you for today. For my breath. For my health. That I am not living in pain. I am grateful. I am happy. Mildly euphoric. It could be infinitely worse. Imagine if I never figured it out. Imagine that. Remember the double think we have referred to.

What are some other articles I can do for the newspaper? I am not that worried about passing my classes so much as producing inspiring content... No matter the platform. I want to get reps in doing this. I can be an independent news station one day. I can empower everyone to be their own news station. If they aren't already through their personal facebook accounts.

I do not know if it appropriate. Do you think that they will be able to trace it back to me? I do not know. I should submit it to Nate to check it out and proof it for me. It would be best to run it by someone I trust.

I want to make a habit of interviewing everyone I converse with. I want to ask better questions. That is something I desire. Help me ask more enlightening questions. Words are our greatest tool.

More specifically, I want to interview my professors. I want to get some background on them. Find out where they have worked and what they have spent their lives doing. They are professionals who I want to utilize fully. Well what would I ask them?

I just want to get to know you better can I ask you a few questions.

How long have you been a professor?

Why did you get into teaching?

What are you reading?

What do you spend your time doing?

Give my insight into your upbringing. Do you have siblings? Parents divorced? Still married?

What are you looking forward to in life? What are you currently working toward?

Ultimate reality: If you could be doing anything anywhere with anybody what would you be doing? Money and time are no object. Honestly.

So I am back in the Learning Commons. Time to channel some information. What is on your brain. I want to start creating value everywhere I go. I want to inspire. I want to be a better version of myself. I want to push myself harder. I want to do more. Yet I am happy where I am. I understand what I am capable of. I should be totally whole foods. I need to perfect my diet. Salad and fish. That is what I am going for. I want to always have fresh fruit and vegetables that we eat. I want to have penthouse room filled with beautiful women in yoga gear doing yoga. I want them to live healthy well rounded lives. I want to improve the quality of everyone's life there. Fuck I want a harem of white women... That is really what I want. I want to have a tall blonde blue eyed girl. A tall brunette with piercing eyes. A blonde and brunette. Both with popping eyes. Doing yoga with each of them at my sides. Acroyoga with all them. Doing it up in the crib.

I just have something about being in a triad marriage between two lesbians. That is really what I am going for. I want 2 lesbians for wives. That is all I want. Two women to live with. I do not know San Francisco keeps appealing to me more and more. But fuck no. I am a Berkeley hills mother fucker. I see myself doing yoga there with two women besides me. Us waking up facing the Golden Bridge. Posted on the Ridge. Getting high outside on the deck. The fog burning off. The trees. The air. Downward dog. Drinking tea. Fresh fish in the fridge.

Wake up to yoga facing the Golden Gate Bridge.  
Posted on my back deck on the Berkeley Ridge.  
After we grab salad and fresh fish from the fridge.  
(That is kind of a vision right there) Drinking tea.  
Dancing to music.

I want to dance everyday with two women.

There is something about me. I honestly want to marry 2 women. I am so turned on by lesbian women. They seem so independent, strong, and loyal. And they turn me on so much when I see them together. Ah I cannot explain it. Their love is something I love seeing. Their bodies are perfect.

Alright alright alright. Tame the monkey mind. Common Mr. Simpleton. How can I improve myself tho? Produce something.

What is keeping me from obtaining these two women? Is it I am not ready? What is stopping you? I really do not know. I am working on myself? I want to be legit and hardcore. I need to be the real deal. I do not want to be some pseudo bullshit con man. I want to actually run ultra

marathons and do Muay Thai. Be a devout yogi. Stretch multiple times a day and be extremely flexible.

Life a life of simplicity and comfort? It depends on how you define those terms. I do not see myself being stagnant. I want to be moving to another city every season or so. I want to live all over the world. Actually live there. Not just vacation there for a week to see all the "tourist" spots. Fuck that. I want to get into the vibe of the area. The people. Etc. I want to pick up on the vibes.

So what will stop me from doing this? I have student loans that I want to pay off first. Okay I need to find a way to make

What is the goal with the student loans. When do you want to have paid that fucker off? What is the hold up? Why are you putting it off. Look at it for what it is gonna be. Know that you will be left with a bill of \$70,000. That is what my number is. Alright ha that is really not that bad. So when do I want to have this paid off by? Honestly. Know yourself. Have confidence in yourself. Know that you are Midas. Everything I touch turns to gold. Everything that I touch turns to gold. Nothing is wrong. There is no right or wrong. Only the song. Why not dance to it? Kick back and enjoy life. Be a real one.

Blondie just sat down approximately 10 yards in front of me at the computer facing this way. A mirror? Maybe. God I would like to look into her eyes. That is making love for me. I just want to look into her eyes. That is more than enough for me. Eye contact is one of the biggest turn ons for me.

Eye contact. True, deep eye contact is the greatest turn on for me personally. I would love to talk to her just for an excuse to look into her eyes. They are blue. I know they are. They have to be.

It could begin at any moment. Do you realize that. At any moment the island love romance can begin. Why don't you start it? I really do not know. I am such a bitch. I have no words to say to her. Everything that comes out of my mouth would be imaginary. Sex sex sex. That is all that is there.

Do you believe that she could be the blonde in the vision? Do she have the potential? Yeah she kind of does. She is tall blue eyed and blonde. Hello love. I could begin this today right now. Why not bro fuck it. I want to do yoga with her everyday.

Ha I am in love with the thought of you. Am I in love with you that may be a different story.

She probably has a boyfriend. But I know that these women are not loyal. What am I waiting for. I do not want to prove it to myself? Shut up. Why don't I go talk to her? What am I supposed to talk to her about? I really do not know. That is how sad this has gotten.

I am a writer but I have no words when it comes to speaking with women. Well to people in general. I do not talk a lot to others. I talk primarily to myself. That is the thing.



I am probably just in love with the thought of you. That is what it is. You are probably thinking of that penis you pleased last night. Fuck... yeah I know about it. You don't have to lie to me. I know where you were. You are the one I want.

I cannot even say that she is the one. I met Erin and she seemed to be perfect to. There are infinite embodiments of perfect. But it is subjective.

Smile lighten up a bit. Foresee the future. What do I see. I see her biting her lip. Eyes closed. Back arching. Deep breaths. Slowly. No rush. Take your time... no rush. Enjoy her. Drink her in.

Locking eyes.

Dancing to hip hop beats. Twerking her lil white booty. Think of that.

That was definite eye contact. Yup shorty is peeking. But how do I reel her in. This is horrible.

Ha. What am I saying? I am damn near euphoric. On the verge of laughing and yet I haven't even said a word. I just think I saw her look over here. Is that bad that got me excited a little.

Don't worry about the NorCal vision yet.

Think about the Hawaii experience.

Think of her at the beach for my birthday.

Think of her back home in NorCal for Christmas... fuck. That would be awesome.

I want to talk to her. Just to look into her eyes. That is enough for me. If something else comes of that. That is extra. Just to connect with them.

If I am really that great of a guy why can't I land this girl?

I am talking about myself too much! Look at the last couple lines.

How to approach a girl in the computer lab? Is there any non creepy ways? Fuck... How do you approach is my question. I do not want to approach. I want to have a kairos moment.

Think about going for a walk with her... That would be pretty amazing. Getting to associate with her on the street. Be out in public with her. See how it feels. She feels familiar.

Fuck she is a great magician. Fuck she is distorting my logic to no other degree. It is so interesting how we are always hung up on sex.

Ah brunette is here too. The one with the brown eyes from Social Work. Think about both of them.

Waking up and doing yoga with the both of them. Going for a run. Teaching them Muay Thai. How to shoot. I want to sculpt some badass strong women. That is what I want to do. I want to empower women. I am a meninist.

Somewhere between psychotic and iconic.

If I ever talk to a woman slow down. Cherish the moment. Do not rush. Don't think of rushing. Think of molasses. Going so as fuck. Take it in. It is only for a short amount of time. A

No time to work on school work right now when I am inspired.

Her blue eyes are in the skies,

Her blonde hair in the sun I swear.

Touche my nigga. People are funny as fuck because they have egos. We all have egos. In some way or another. Do not look up right now. She is begging you to look up. She is standing but I need to make sure that I am not thinking of her. She ain't shit. That is what I have to portray. Think about desire. She just wants to be objectified. Look at her shorts. She wants me to look. But I refuse to sponsor her with my gaze.

I really do not know what to do. There she go. Fuck. Nothing. She is gone. Goodbye babe. That was fucking pathetic. I am a loser. What could I have done though. There is nothing I could have done. She was working in a partner project. Boom. That was nice while it lasted.

Back to school work?

No I need a moment to process that. Wow. I totally froze. I couldn't even look at her. I can't even look at her.

Damn I never end up with the women I want to be with. That is the sad thing about it. What about Katie? Grace? Did you want to be with them? Initially? Maybe I did. Yeah. I want to be with that blonde girl. Bad. I do not even know her name. I have no clue as to when I will see her again. Damn i really want to

Oh so the partner is back. Oh that is good news. I hope she shows up again. Hopefully. Goddamn. I want her. Bad. Come back please. I want to talk to you but have nothing to say. All of it is just fluff. Is it? I do not think so. She gives life purpose. Damn I miss seeing her. Fuck me. She is gone. It is just her black girl partner. Not her. Damn. Let down for sure. Please come back.

I want to master my sexuality. Master it. There is master but artistically shape it into a life altering experience. That is what I am going for. I want to give her everything that she desires. Everything. She is the queen. I want her to be superior. I want her to be better. Superior.

So what is the dream. I would want to talk to her. Hit it off. Go for a walk. Talk get to know one another. Go to a nice dinner Gorden Biercsch her on the pier. Uber to the mall. Hop out and smoke a blunt of top shelf with her. Head down to the mall. Buy her a new outfit for tomorrow. Make her feel sexy. On the way back grab groceries for tomorrow. We get fruit for the morning, juice, fish, salad. Grocery shopping together with a cart and everything. We go back to the

AirBNB. Go up to the penthouse and fuck on the balcony like gods overlooking the ocean. Wake up. Have her on my arm. Smoke a blunt in bed together. That is a goal. Smoke a blunt in the morning in a bedroom. Pass it, ash it on the night stand in a cup. That is it. Ha Her messy blonde hair. Seeing her cute ass in that thong when she hops out of bed. Ah that never gets old. That little giggle to the hips. Fuck. I eat that and I like it. Make her squirm. Drink some juice and eat some fresh fruit overlooking the view. Look into her eyes with the blue sky backdrop. Breeze in her hair. Welcome the rising sun doing yoga or running together. That would be A1. A1. Shower together. Wash each other. Lotion each other's skin. Fuck in the morning. Make her bite her lip and arch. Walk to campus together. Send her to class high;). Take a day and go up to North Shore together. Get lost on a secluded beach together. Sit back and drink a corona on a quiet beach with her in her thong. Maybe smoke a blunt. Kiss her. Dance to music. Walk up and down the beach. Kiss in the tide. Lay out and get tan. Take a nap together. Enjoy life together. Come back to a nice wholesome dinner. Simple yet fulfilling.

I want to work on ourselves. We are working on our foundation. We want to make sure that we have this solid before we begin our world travels for the next couple years. We will be on the road. Home is where the heart is. And so long as we are together we are home. Have sex. Make love. Fuck. Hard. Red sweaty skin. Shortness of breath. Tingling in pleasure.

Listen to her tell me about her past. Where she was hurt. What made her feel alive. What makes her tick. What she likes. What she wants. Give it to her. Help her get back on the rails. Figure it out a little. Make some sense of it.

Honestly I have no idea what is going on... I do not understand much of what is going on around me but I feel a gravitation towards you. I want to be around you. See you. Talk to you. Breath at the same rate as you. Live there in that state.

I do not know what else to do. Run marathons. Do crazy things. Go to the swiss alps. Spend a snowy christmas together.

To Blondie,

Every time I see you I want to come up and talk to you, however, I always find myself at a loss for words. I just had to come up and introduce myself. I want to know you. You seem like someone I would like to get to know.

You seem like someone I want to get to know better.

Excuse me... Hi. I keep seeing you around campus. Each time I see you, I find myself really wanting to come up and talk to you, however, every time I find myself at a loss for words.

Hi. I want you to be in my life. Can we go for a walk sometime. I would really like to get to know you.

Hi. I keep seeing you around campus. Every time I see you I want to come up and talk to you. But I can never think of anything to say. My name is Marx. I had to come introduce myself. You seem like someone I would like to know. If you ever want to get to know each other I will always be down to go for a walk with you. Or whatever. What I am saying is I want to get to know you.

I want to make her feel wanted. Desired.

There is an hour until sunset. I pray that she is up on the Lanai like she was after the first day. I want to talk to her so bad. I am ready now. I am going to go up to her and pitch myself to her.

All my classes are kind of BS jokes. There isn't much homework. They all seem easy to get A's in. There is no reason to get anything but an A in all of my classes. Absolutely no reason whatsoever. Kill shit academically. That is what I am here to do.

The next time I see her I am walking straight up to her and pitching her. What am I going to say?

“Excuse me. Hi. How are you doing today? I keep seeing you around campus. Every time I have wanted to come up and talk to you, however, I always find myself at a loss for words. Today I had to come up and introduce myself. My name is Marcus. If you ever need a breather and want to take a walk or sit down to talk know that I am always down, whenever. You seem like someone I want to get to know.”

Boom and that is all I know but if I can channel that in some way with enough emotion and conviction I am sure that I can start a connection with this woman. I need to believe what I say. I am trying to be as honest as I can. This isn't fluff. It is just what is on my mind.

Get some pep in your step with this. Enjoy it. Think of it as the first time you speak with your wife of 100 years... Literally 100 year anniversary. Think of that. God willing. I need to get started.

This is babe. She is my girl already. Good soldiers win first and then go to war.

What happens if she has a boyfriend or doesn't vibe? No worries, if it doesn't work out know my offer still stands for the future.

I have already won. There is no losing. Even in defeat there is something to be said for it.

**Watch a movie tonight. Notebook or 50 Shades of Grey.** Model the male roles. Try to tap into some good paralanguage. I want to practice this.

What is the goal? I want to walk home with this girl every night, smoke, shower, lotion, fuck, cuddle, sleep. That is the goal. Eye contact the whole time. Honestly I would be a happy man with that. All the rest is.

When you approach her what should I focus on. Breathing. Make sure you slow down your breath. Really slow it down. Think chill. Cool calm and collected. Then hold deep comforting eye contact. See my mother as a young girl. Think of my daughter. What she will look like. How can I sell to this woman. I want to be everything she ever envisioned and more. I want to exceed her expectations. More than a good guy. A genuine and honest guy. Not just a friendly smile. But a smile that reminds her of a dream she had when she was little. I want to invoke a memorable response. This is my wife. I am going to go up to her and talk to her. I want the setting to be right tho. What would be a decent setting. Somewhere in downtown. I want her to be alone. I want it to be intimate. No one else matters. Just her. She is all I see now. She is my motivation. She makes me want to be a more refined version of myself. I want to analyze and improve the little things that I do to please her. I want to pleasure her. In all things. I want to be an artist and take her on a journey. A creative journey. Filled with singing, dancing, and laughter. Smiles and tears. I want it all. The good and the bad.

Recognize there is no wrong way of doing this. Once you make up your mind pull the trigger. But I haven't even talked with her before. It doesn't matter... you have been vibing in each other's subconscious for several weeks now. No longer the face of a stranger.

I see her walking home with me. My arm around her. Holding hands. Dancing to music. Laughing. Enjoying the moment. 100% present enjoying life. This is it. If I could be anywhere with anybody doing anything I would be here with you. You are what I want.

Please keep me humble and humorous. Take everything with a grain of salt. Think of Matthew McConaughey, the greatest salesman. Nothing can keep you down. Even the 'non perfect' moments are perfect. You sell it better than anyone else. Recognize this. Laugh about it. Walking home with dinner. Sitting out eating sushi. Looking at all the lights of the city from our perch. Smoke a blunt together. Run my fingers down her back. Feel her shoulders. Touch her cheeks. Bite her ear. Hold the back of her neck. Rub her chin with my thumb. Caress her face. Slowly bring my hands down her back to settle on her hips. Squeeze. I am on the brink of euphoria. I feel your fingers on my back, icicles... the touch gives me a chillish rush. I do not know what this is but it feels right. Our breathing settles into a rhythm.

I lift my eyes to meet your gaze. I am there. Slow down. This is it. Take a deep breath and stare into each other's soul. I want to feel a connection with you. As our pupils flutter focus from eye to eye I melt. This is all I need. We haven't even kissed. That eye contact. That moment, that attention, that devotion of time. Look into me. The drawn out kiss builds anticipation. Every nerve in my body is invigorated. It is futile to describe the sensation in words.

As our lips touch, I feel I have just gotten home from a long journey; relief at last. Exhale. We open our eyes and smile. Happy. At this point in time we are happy. Happy with life. Happy to be together.

From there it is up to her. I refuse to do anything that will make her feel uncomfortable. I am there to sooth and calm her. Make her feel at peace. There is no need to rush a good thing. So long as she feels safe, I am happy. There is nothing worse than rushing a romance with a stranger

only to be left broken hearted and unfulfilled. That is what I will not let happen. If we were to go there. All the way there. There would be need to be trust. A lot of trust. No way to develop this in a day. It takes time and I am in this for the long haul. So long as I can look into those blue eyes everyday I am fine.

When she is ready. It will be all about her. We will need liberal amounts of time for this... we will take it nice and slow but meticulously thorough. Give me feedback. Let me know what you like and what you don't... let me know when I hit it. I am here to pleasure you. I do not care if I orgasm. I refuse to until she has had multiple... but yeah I will save the details.

Currently infatuated with the thought of you...

Don't stress the little things. In the grand scheme of time does it really matter? Not really. Smile and enjoy.

### **13 September 2016**

Alright I am here in class. Point shoot edit. I am here in class. Blondie is approximately 30 yards away in a classroom down the hall.. But damn. This tan blondie here in class has a rocking tan. Man her eyes are popping! So exotic. We are the exotic ones. That is what you do not realize. You have the most dimorphism.

Please help me stay humble. That is what I want. Help me realize that I am really King Midas. Nothing I do is wrong. Whatever I do is right. Everything I touch turns to gold. Where ever I shift my focus I create exuberant value. I can create an inspiring, life altering story in a matter of minutes. Thank you for the perception and the ability to see it. Thank you God. Please keep me humble. I want to build this.. Whatever it is on a solid foundation. I want it to be meticulous and precise. I want to go for what I want. I am specific. Nothing can go wrong. I won't remember. Be grateful. There is no right or wrong. Only a song. I like to write along be in my zone.

I am so blessed to be surrounded by these beautiful women at school. It isn't all day. Matter fact it is only for a couple hours a week. But just getting to look at them is awesome. I sound like such a pervert but it isn't even in a sexual way. It can be as simple as the way she moves, the way she fixes or plays with her hair. The way she leans into the computer. Her tan skin. I can't even see more than the back of her head. She is sitting in a chair so I obviously am not looking at her ass. I just want to spend as much time as I can and just look at her. I want to drink her in with my eyes. To look into her eyes. That would be pretty phenomenal.

If I could talk to a beautiful woman for five minutes every day. Just look into her eyes and talk that is all I need. I am such a loser. But that is more than enough. Eye contact is better than sex with me.

I prefer eye contact to sex. Good thing for me is I prefer eye contact to sex.

You do not realize that we are the exotic ones. Are looks are phenotype is rare.

The thing is there is no right or wrong. Just smile and be an opportunist. Find the good in everything find value in everything. Have a lot of things which you draw information from. Be a poet. You are writing your story right now as we speak. What will you say? Common. Do you want to take yourself seriously. Does it really even matter? Ha probably not.

I want to bring a girl back to my brothers that I am extremely proud of. Not for them but for me. It feels fulfilling in a way. You want to get someone good and worthwhile. Not a fucking dud that you will be left dealing with for the next couple decades...

This class is so subjective. It is all subjective. Does it even matter. Na it doesn't really matter. That is the thing about it. Is there such thing as a good and bad photo? Or is there only a good and bad artist... That is really what it comes down to. It is framing. Intimate? What the fuck? Ha I love it. But intimate is a very seductive adjective to say. We like intimate photos. What the fuck what the fuck what the fuck. Ha that is the thing though. How do you judge the quality of a photo. The contents and the form. Is there such thing as good or bad.

Poster for a nightclub? That shows where their minds are. That is the thing about it. Better to keep you mouth shut and have people think you are a fool rather than to open it and remove all doubt.

Ah blondie. Please no more boy toy pictures please. That would really let me down. It wouldn't let me down but inspire me to get better... Just keep working on myself. She deserves a good guy and if she has found it. I am happy for her. I just think that she would rather be with me. That is honestly the way that I feel.

Shut the fuck up. Quit trying to be calm and sell shit.

Alright enough enough. What do you have to do for the rest of the day?

I need to return the lifeproof and get a new one. This shit is fucking ridiculous. Get that exchanged before going to Loa. Alright that is a good move. Oh! I am going to go get some triscuits after class. Head back. Eat hummus and triscuits. Drink some water. Take a dab. Package up the Lifeproof. Get the receipt take it back to walmart. Get it exchanged with a new one. Boom. Then I will either head to the shuttle. Likely or head down to the learning commons.

Okay so that seems like a good plan.

1. Get the USB turned in with your name on it.
2. Walk to WalMart.
3. Buy triscuits. Try for original. Fuck that cracked pepper shit. I do not fuck with it.
4. Go back to the room.
5. Eat my hummus and triscuits. Be thankful for them. Fill up on that. Maybe eat some oatmeal if I am really hungry. Definitely eat carrots.

6. Then get all the things to return the lifeproof. That shit needs to be done. It has been giving me too much shit for too long. I am officially done. Make sure that you have the receipt. But yeah that bullshit. Yeah.
7. Take a dab.
8. Head out for Walmart. Be ready to head to the shuttle after making the return. Recognize this. You will be going to Loa.
9. Walk to Walmart on Fort Street.
10. Go to the return place. Exchange the Lifeproof. Get it reinstalled onto the phone. Make sure that it is working correctly.
11. Once you get it all working. Try to walk back to the house and drop of the receipt and new case. You do not want to have to lug it with you to Loa do you? Na not really. Good call. And I will get some time to walk with the new case.
12. Drop off case/ receipt.
13. Head out to the shuttle.
14. Boom Class.
15. Check back once complete.

Alright that doesn't seem so bad. Make sure that you turn in the USB this week. You do not want to have to buy the USB again! Do you? Not really! Get focused up brother man. Do not slack with your shit.

Am I missing anything? I want to make sure that this is thorough. Well I think first and foremost make sure to go slow. No rush. You have an hour and a half to complete all this. Make sure to be thorough. You want to be able to listen to music on the ride right. Yeah I want to make sure that

Please keep me egoless. I am really happy with who I am. I have nothing to prove to anyone. Please let this resonate. I do not want to feel like I have to prove anything. Just go up and do your thing. Remember to focus on breathing before speaking. That is a big thing. Focus on breathing over talking. That is what I want to go for. Breath over voice. Listen before speaking.

It is better to say nothing and have people think that I am a fool rather than to open it and remove all doubt. Just be comfortable with yourself. Think of this as nothing. Think of how you will get up in front of a ton of executives that are reading you every move. How will you act? I will take it humbly and with humor. Can't take yourself too serious. The moment you get cocky is the moment you slip. Stay humble

Enjoy the little things. Think of when you are doing this in front of the camera. Live. For the universe. How are you going to do it? You have to realize that every way is up. There is no down. Spiral up baby. Keep it positive. Breath over speaking.

These women are all trying to display the fact that they have boyfriends. Ha Ha Ha. It is so funny. Why don't you just call it your friend. Why is it so gender exclusive. That is the question I have. Why do we have to be so gender exclusive in our relationships. Hella discriminatory. All I wanted was to be your friend. I am going to take it slow. Not a lot of speaking.



Make sure to leave the usb with the professor. No need to rush. Slow down. Drink in the attention. You know you love it. Be a hypnotist.

Oh those long tan legs. Oh my god. Thank you god. They are so phenomenal

Become a certified yoga instructor

In ethnobiology class. About ready to dive into people and plants. Yay! What can I gain from this class? That doesn't involve growing mushrooms, weed, opium, or cocoa? What is up with that?

Back when we used to sling.

Fuck... Not more sharing. This shit is soooo fucking boring I should just fucking dip. You really do not learn anything here

The Darkweb is such a minefield. So much scamming going on...

This fucking Lifeproof is so fucking gay. It keeps working when I walk back in to return it. It is a game...

Penthouse yoga studio. That sounds prime time. Yup

Learn how to live with good taste. It has been done before. This fool fucking raped his wife with money. Dirty Hawaiians in this gay ass hella old fucking video. Like I shouldfucking walk out.

I am really paying \$70000 to sit here and watch these bull videos. The most expensive video I have ever watched. Fuck. Goddamn. This fool is shallow as fuck.

Singing about where his wife made love by the sea. this fool was a fucker. Oh my god stfu with this boring shit. Get a fucking life purpose beyond your fucking last but you fucker.

I have no respect for this culture. Soft dick as fuck. So fucking puss.

If you are going to talk about a woman's body, at least do it artfully. It is the essence of art. Do defecate on it with corny shit she don't want to hear.

I bet the sex he had with that woman by the beach is nothing compared to Johnny and Kissa! Wayyyy more archetypal. I don't want to brag but I would devote myself to leave a world altering piece.

I will make my woman feel comfortable. That is what I am going for. To be inviting to women I like... I am selective. I don't lie. Honesty is the best policy for sure.

That is what I want to propagate good energy. We are blessed; make sure to give thanks everyday.

I do like how these people are giving thanks. It is really sweet, I do respect that. Give thanks and be happy for what is. Remember. Pleasure in the job puts perfection in the work. There is no one more pleasurable than you.

Yeah that was one hell of a micro gesture wasn't it. Never crumble something that someone gives you. Fold it to be more respectable? Ha I am so full of fucking shit.

There is no right or wrong. Only a song. I like to write along. I Cole.

Recognize that the little things go a long way. All the way. Do not neglect the power of eye contact. Remember what mom said.

That is true. I guess it is debatable as with all things.

Make sure in all things you do; do it with calmness and grace. Be gentle. The smallest facial gesture can be all the difference. Remember this

Man I went to that yoga class last night and man... That was the best decision of my life. A ton of pretty girls. A lot of blondes there doing yoga. Fuck. Hot. Fuck. Ass. Fuck. I was in paradise. Perfect view and shit. Oh my god. It was a harem. I am so blessed to be alive. Thank you god. It was too much tho. I had to leave right when it was over. Too much going on. Had to dip.

Plus I was high off of a dab. Fuck. The sunset and then like 40 baddddd women. So beautiful. Oh my god I am soooo blessed. I am astounded by the amount of ass I saw today. That was nuts. So much good. Thick. But fit and firm. Flexible. I want to get an acroyoga partner. I really do. Honestly. I want to get really flexible. That is something that I am working toward. I want to have full range of motion and more. I want to be strong but first I want to be flexible and have full range of motion. That is something that really isn't stressed to kids. We want to make sure that the kids are stretch. We aren't giving enough time to stretching. You should be doing more than a session of yoga a day. Honestly.

But back to what I said. It was heavenly. I am thankful to not be in prison. Honestly. I am a lucky man. Think of that. You were a mule. A little low time drug peddler. You stupid fuck. Fuck that weak shit. Now you are a journalist studying at HPU doing yoga in front of the sunset with countless beautiful woman. That is the ultimate goal. Honestly. Fuck. To be a YOGA INSTRUCTOR!! I could totally do what that lady did tonight. I could have done it better. I want to teach or instruct yoga. I want people to focus on their breath. It is something that is really neglected.

This is the time when I am refining myself. I want to work on the foundational parts of life. I do not want to blindly pursue the things that won't matter at the end of my life. I value my health. I do not give thanks enough for it. I am so blessed to be able to breath, move, run, walk, have all my fingers and toes. That is something to be thankful for. Do not neglect that. Do not sell yourself short.

But that being said that is why when I was 20 years old I had to make my trip out there. To the most desolate population on the planet. The closest metropolis is 2500 miles away.

Why? I needed to get my priorities straight. No I needed to reevaluate life. That is a good way of putting it. Reevaluation of life. I want to make sure that the foundational aspects are there. Then we can move forward.

I want to make sure that my body is in check everyday. I only get one of these. I want to preserve it as best I can. I am grateful for what I have been blessed with. I must be a good steward and do what I can to be proactive. There are so many injuries that could be totally prevented given little changes. Little changes mean big differences over time. You better believe that. Focus on your breath. Breath. Enjoy that. You are in control of it. Remember that. Don't forget it. It changes the way you feel. Channel that to your advantage. You are in control of your breath.

What more can I be doing? How can I better shape myself? My behavior? What am I doing that is really that bad? Anything... Alright there may be a few things. Like what? Cold showers?

I had to go to college to remember to use emojis... Ha that shit is so funny. But honestly I want a happy healthy wholesome life. The milfs love me in Folsom but particularly in Granite Bay. Yeah Granite Bay primarily. Yoga. Yes ma'am. Come stretch with me sometime. The milfs at Barones in Downtown Pleasanton. Yup. Thank you God. I am so grateful.

Was that bad that I had to dip. Yup I had to leave that shit. There were just too many. I didn't want to hurt any of them. They were all so beautiful

Alright so what is the game plan for tomorrow/ tonight? How are you going to close out the next 12 hours? Realistically. Are you stretched out enough to go for a run? Honestly? Focus up. What are you going to get into. What are your desires. What do need to do to feel balanced. In check with yourself. Are you hungry? Kind of. But I think the carrots and almonds at home seem pretty good to me. Ha I am eating like a bird because I have too. I love it. It is teaching me to eat healthy. AND it is teaching me to appreciate cooked/ prepared food. I need a kitchen. Not a woman to cook for me. I want to cook my own shit. Ha yeah. In my penthouse I will have a sweat ass kitchen. I actually love to cook! In all honesty. I will go down to the market. I cook, stretch, run, smoke weed, cryotherapy, massages, acroyoga with a beautiful partner! Ah yes! I want to have an intimate balancing touch with a woman. Is that too much to ask for? I want to be someone's acroyoga partner.

Fuck but why do I want 2 women. Up in my penthouse. Waiting for me. Smoking my topshelf weed out of my bong. In a meticulously clean penthouse. With an open view of the ocean. Naked, or in lingerie, doing yoga, dancing to music, playing games, studying, cooking, whatever they need to do. But I want it to be healthy wholesome. I do not want to degrade these women like so many other men do. I want to empower women. Not denigrate them. In our post modern world a lot of them can be argued are superior or more valuable than men... They definitely are.

But yeah two blue eyed gems. They both need to have blue eyes, blonde hair, and be tan. Tall. At least 5'8" So I am talking superior women. I want to teach them muay thai and how to protect themselves. This is 2016. I have been in the prison system damn near. I know that you want to protect yourself in the cage. In the pen. When you have nothing but your hands. A sterile environment. I want to teach them how to fend for themselves. Real shit. Throwing elbows. Crotch shots. That is what I am saying. Like bodyguard women trainer. Is what you could call me. I am not a big fan of gyms so I have all my own stuff. I have a few free weights but mainly bars and stretching materials. Think gymnastics. I want it to be acro. That way it have a sort of way to safely practice backflips and shit. That would be sooo fucking cool. Oh my god I am getting a vision... I am very selective. Yes I discriminate. But I have to in order to show the value of what I have. If I give out my attention to everyone it is no longer special. You do not realize that. I want to have special eye contact. Not with a thousand strangers. Something meaningful.

Think of that when you walk home. Think of your penthouse with the balcony overlooking the ocean. Two beautiful women waiting for you at the top. They are probably just finishing up their yoga too and starting to cook dinner without you. Na they wouldn't do that to me. They know how I like to cook for them. Whip up something nice for my girl. Ha. Yes I know how to create value. Ha. The perfect socialite. But in all reality. Think of them waiting for you. Think of their bodies silhouetting into the ocean view backdrop. See that fucking shit. Envision it. Make it real.

They are probably packing the bowl for you right now. Common man. Get up there. No fucking molly, no coke... only on occasion but definitely not on a night like tonight. I have a military grade F-250, Tesla Model X, motoped, and Zero? I don't know I may just have an E Dirtbike by then. Who knows.... But definitely some sort of bike. That has to go with the penthouse. Where I post it at. With the view. To get inspired for the articles I type for major publications. The masses read my pieces and their behaviors change. I am a leader of people. They look to me for answers for direction. I do my best and ask God for guidance.

Woah that is quite the vision. To be able to bounce around, city to city, country to country. Always at the top of the pyramid. Eating out at the nicest restaurants, bars, what have you. I want to sit down in a nice high end coffee shop, or breakfast place and drink my tea or what have you. I want to be surrounded by influential people. Other Midases. People that are capable of creating value everywhere they go. Think of that. Creating exponential value.

Tony Robbins, Thank you. I NEED to get into Cryotherapy. I cannot afford to not do this any more. Not only do I need to do this. I need to do this for my whole family.

Wow. What if I get a cryotherapy machine for my parents... That would be pretty cool huh. Yup.

Have a cryotherapy at my Penthouse. Or just go to cryotherapy to every city I am in. Just go in there to recover and shit. That is just what I do. Treat myself right.

Think of putting a cryotherapy in your high school. Woah that would be pretty phenomenal for student athletes. Make these more expensive luxuries for everyone. How do we push this to the people. How do we make this more affordable? That is the question

I want to see the masses eat better. I want to see the masses stretch more. Smile more. Laugh more. Have a better time. People look really beat up and sad and sometimes mean on the street. I do not take it personal because I can empathize with their psychology and thought processes. Underneath they just want to feel better. Make the suffering stop. Or at least subside a little. How do I help these people out? That is a good picture. I am Jesus. I need to influence them to make good decisions. Not the bad ones that are keeping them suffering in the gutter. You do not want to live a life like that. No one does. Think of doing cold exposure yoga with my 2 wives in the Sierras. Swiss Alps. Himalayas. Think about it. Time to explode. I want my 20s to be exploding with growth. There is no reason. I started at the very bottom. Think of how beautiful it will be to turn 30. You will look back to the time you were in the psych ward. A fucking drug addicted nut. Ha that shit was awesome. I have no where but up to go. That is the nice thing about it. All ways are up from here. I learned how to control my mind in there. There is only a few things you really have control over. If anything. I really found that out in that facility with about 50 other crazys around me. I cannot call them crazy. They are just jaded and caught up on their own shit. But I really saw where certain behaviors lead to. Meth addiction. Alcoholism. Anger. Promiscuity. I saw a lot. Really eye opening. Speaking to those women in their. Damn that older Blonde woman affiliated with the Hells Angels. That other suicidal alcoholic woman. That suicidal drug addicted girl. Remember how pretty she was. Yeah I do. Do you remember her tears. Do you remember being unable to say or do anything simply because I was a man. That is the truth. Sorry. I do not want you to think this is for another reason. Because that is impossible I won't say anything. I just vibe with you on a deeper darker level.

Really think back to Santa Clara. Think back to being in that Psych Ward. Think of that psychologist appointment. Remember that shit vividly. Thank you God. Remember that balcony you would stand on smoking stoges. Remember that shit. Ha what a time. That was wild. Absolutely wild. Remember rolling on molly at Santa Clara. Damn I did some shit. Snorting coke before that concert in front of the cop car. Fuck. I was spiraling. Yeah remember halloween doing hella drugs in SB. Fuck.

Think back to that old man in the psych ward. Yeah the guy that tried to slit his throat. Yeah the one with the gruesome looking stitches around his neck. He looked borderline frankensteinish. Freaky. Him saying "now that I have come back to my senses... did the A's win today?" Wow. That old guy really tried to put himself away. He didn't want to be here. Fuck. Now he has to live with that scar. Damn. What drives someone to do such a thing. That is a fucking attempt on your life if I have ever seen one.

Remember that white fool in there. Looked kind of like a crazy Mac Miller. Yeah think back to the bandages on his tattooed arms. Do you remember what you saw when he ripped through the goze? How could you forget his lacerated forearms. Those cuts were deep man. That was not fucking pussy shit. It was in all directions too. Torn the fuck up. Dam. He really tried to whack

himself. Do you remember that girl that tried to over dose on pills. She tried again when in the psych ward!

Oh yeah. What about the men they brought in the middle of the night. Ha the drunk ass marine. Fucker as shit faced and said some shit that got him 5150ed. Ha what a drunk ass kid. Played COD and masterbated nightly. Trust me. It was made known.

But think back to the others they brought in. The delusional fucks. Those speaking crazy words. "I work for the government." "I am I am I am." Fuck. Remember them taking them to that additional room with the table? All the attendants around. The officers. Yeah there were hella people around doing this. Apparently they would inject these guys in the butt with some shit that would knock them the fuck out. Because man. They shut the fuck up quick. Quick man.

Ha oh yeah. That nasty ass love seat that I curled up on and tried on sleep. My eyes bulging. There was no sleeping in that bitch. No fucking sleeping. The grimy sweaty leather. When my blanket would get tugged and I would touch it. Ah it was so chilling. Oh yeah. It was cold as fuck in there.

I got like 4 other people in there to write formal complaints. When I got permission to email my professors. I made sure to take full advantage of my internet ability. They gave an inch... I made sure they saw my google search of "medical malpractice attorneys." Ha those fucks. Yeah I am an aspiring law student at SC the school that 5150ed me. Damn remember that priss little blonde bitch. Yeah the one with the ugly glasses. Yeah babe you are second rate. There is a reason you are working at a county hospital. You are not good at your job hun. Get it through your head. You are inadequate. You are puggy. Gross. How could you expect to keep me pent up in this cage. You are a whore.

That one Filipino fool who yelled "I am going to kill myself" to his girlfriend tested positive for yayo! I was hella weak. "Fuck. Man, they told my dad in the report..." Ha that shit was great. Oh yeah getting out.

Dad coming there to get me out of that hell hole. Going through all the security. Getting my shit back. Fuck. By then my clothes were nasty. I wore a lumberjack collared shirt and a florida gators sweatshirt and jeans. Damn. Yeah got the bag with my clothes. Damn that was some shit. Haha. Getting outside and bumming a cigarette from that tweaker. Dad saying "Marcus you have got problems."

Remember this shit. Visualize it. It will help you be infinitely more grateful .. It is relative. You have a lot of upward potential.

So it is time to start winding down. How are you going to transition into the night time. What are you going to focus on?

I want to make sure that I shower. That is one thing. Make sure to not rush. Breath. Oh yeah breathing exercises on the way home.

Okay so walk home.

1. Get something to eat when I get there. Probably like carrots and something.
2. Hop in the shower.
3. Make sure to scrub your face. You know what. Shave you chest too. You could be doing more. Honestly. Do not sleep on yourself. You know that it is not attractive. Take care of it. Okay I like that.
4. Dry off completely.
5. Apply lotion
6. Mouthwash
7. Brush teeth
8. Floss
9. Mouthwash again
10. Drink water.
11. Tidy up the room.
12. Maybe stretch out.

Then what? What to focus on with the extra time. When I take a dab and what not. What will I do. Hmm I feel like I will spend this time on my device. What do I want to channel. Well what do I have tomorrow. What do I need to prepare for? Gabbys class. A fucking joke. Common you know that that class is a joke. Just look into her eyes for a minute each class and I have got an A. That is all she wants from me. That is all I want from her. Someone to share the moment. To empathize with. She likes me I know

Ah yes. Chance the Rapper “Summer Friends”

Ah yes that head bob...

That is the thing I see myself like that sound guy for Kygo. I think of myself as the sound guy for that Halloween Rave. Yeah I went to a rave with Nate and Noah last Halloween. Fuck I forgot about that shit. Damn that was hella fun. But hella fake friends. Common you know that is superficial. Make it memorable with the people who you chose to share it with. Ha yes. My two sister wives. Aka my mother. Ha.

I see myself like those refined sound guys. Do you remember how cool they looked. They just stood out. They were refined. You can tell that there was something different about them. You can just get that energy. There is no mistaking it is the thing.

Fuck I need to read for Hummel. Fuck that is the thing. My books have not come in yet. That is kind of shitty. I really need to check on those books. Good remembering. Why have they not arrived yet? I am kind of getting nervous. No give it time. It hasn't even been a week. Give it a little time.

But in all reality. I am not prepared for the class. I need to make sure that I am attentive so I do not miss any cues. I want to make sure that I am doing well in all of my courses. I cannot neglect that. Keep pushing.

Think of Auntie Cheryl. Think of her posted in a penthouse cheering you on. From her heavenly perch. She is there with my mom. Ha and Grandma in the back. I love you guys. The women that have loved me from the beginning. I need to get realigned. That is the thing that I forgot. I was trying to obtain when I didn't realize that I already had it.

I had the unconditional love already. I did not need to keep trying to get it from strangers. Now I know that and can grow. Simultaneously I am able to love myself and them. They are the reason I am who I am. I must give thanks to them.

I would like to do something infinitely awesome for them. Like give them like a million dollars or something. Think of that. Paying out everyone in my family that I care about with a mill. Damn. Just because I am King Midas and everything that I touch turns to gold.

Ha I love that archetype. King Midas. I can turn anything into gold. I am infinitely blessed. Thank you God.

But what will you do when you are feeling already to go and ready for bed. Probably sleep honestly. Ha I have class @ 9:40. I probably will want to run before it. You know. To look good for Gabby and all.

I want these women to go crazy for me. I need to go crazy for myself first.

I want to provide a dick that they want to suck. Honestly. I see myself as a lesbian with a dick. I respect and hold women on the highest pedestal. The ones that I value.

With that I am heading out. More great things to come.

I am grateful to be living in a state of absolute abundance. All my needs and wants are met instantaneously because I am one with god and god is everything. That is a great message to leave you with

Thank you universe.

I'm out.

I am going to dance on the way home. I am blessed to have headphones that work. Yeah me!

More to come!

### **14 September 2016**

Fuck this Beyonce "rocket" has got me reminiscing of the beautiful brown women I have been blessed to be with. Oh my god. They have a way to them. A style. A flow. Totally comfortable. An eternal mother. Damn they know how to fuck. That is for sure. I do not know how to explain



it. Bri Barnes. Corinna Johnson. Bri... eh on bri. But... yeah Bri too. I'd have to include her too. "Rock right up to the side of my mountain." I want to play in the deep. "HOLD me till I scream to breath."

Damn these lyrics are something else. This girl has got me on another level right now. She is dripping in the ultimate sex appeal. She is sex. She is art. She cannot be wrong in any way.

Oh my God. It takes you back to something. Primal. Hard. Relentless. Passion filled. Damn. "Rock me until the waterfall." Damn. She got it. I respect it.

But in a total real sense. That is such a creative and inspiring, dripping, way to describe and paint the picture. The lyrics and melodies are phenomenal. He voice is that of a priestess. Intoxicating. But a constant, mild euphoria. Pulsating. Words are near valueless in trying to explain.

"I tell myself not to look. But I look." I am getting chills at this trailer. That is awesome. The piano. Just the piano. Fuck."

Listening to that song again. 6/8 Time signature. Nice little shuffle. Bluesies. Fat and deep bass drop sitting in pocket. Shuffle laid back. Crisp rimshot. Holding it down.

"Until you can feel my river flow and flow."

All white women need to listen to Beyonce's "Rocket" and learn how to imitate the priestess.

That deep in the throat vocals. Seriously. She is coming straight from the diaphragm. Here breathing is meditative. So controlled. Focused. "Rock hard. Rock steady."

She is telling what she wants. I need to do her right. Give her everything that I have. I will do my ultimate best. No one will cling to you harder. Push through. Give all. Leave it all there. It is my goal to light up your body.

Beyonce is a trap queen. So majestic. Fuck "no I am not an angel either. At least I am trying." Fuck this girl is wild. I got so much respect. In all ways. I bow down to this. Trap Queen.... Fuck a trap lord. Trap queen or God. She is the priestess.

To where she goes. She is violent. A truly independent entity fucking up shit.

But yeah what was I saying...

"All women should listen to Beyonce's "Rocket" and take notes." -Marx Goins

I want to have the opinion of the ultimate artist. I want to have the perfect eye. What I see becomes valuable. They all want it. The mass appeal and imitation. They see you they want to too. God. I need to have an independent black women with a penthouse too. Maybe my neighbor

in my Dacha in Berkeley. Fuck. Bringing Corinna over to my house in the Berkeley Hills. Damn. Yeah that is a vision as well.

Boom. There is another vision. Bro. Get a house in the Berkeley Hills. Fuck until the sunrise. Wake up to the foggy bay. We are in the clouds. They are a bit chilly but damn. It is cozy. Coffee? Tea? Blunts for sure. Smoking no doubt. Booty meat shaking. Slow. Getting a full range of motion. Let it roll out there. Yeah take your time. There is no such thing when we are together. It doesn't exist when we are together. We could be posted up there in Oakland for weeks at a time. Writing. Getting inspired at UC Berkeley. She is teaching a couple guest lectures. A woman on her shit.

I want the people around me to get inspired and want to be better versions of themselves because they were able to grace my presence. That is really what I am going for. Push the envelope in a good inspiring way. I want them to feel pulled in a good way to refine and reexamine the way of doing something. I can teach nobody nothing. I can only make them think. That is really what it comes down to. "I am the wisest man for I know one thing. And that is that I know nothing." Socrates. I have to say I believe it indefinitely. It is just recognizing the philosopher's words. These guys were the ones in the sweat lodges seeking the spirituality. The way humans behave. How they react. What they respond to. What they like. What they don't.

That thing that girl said on that forum. OH my god. About Johnny Sins that shit was vicious but so fucking true it was ball ripping. She fucked him in the ass verbally. Exposed. Yeah that is pretty true. They are just jealous. They don't really not like you. They wish they were you. Can't you see. The eyes are glancing.

Do you not see the flashing eyes? When you are out? They are all looking. Scoping. Judging. Vibing in one way or another. Even doing nothing is saying something. Just because they can physically see you. That is the way that it is.

Do you see the flashing eyes? When you are at the mall? The beach? Yeah I do. I have people watched it for years. We are all looking outward. We need to look inward for a while. We need to realize if we are all looking outward there really isn't much going on. I am where it happening. I have no fear of missing out. I am where the party is. I bring the party. I am branded 'party.' People want to be with me. But naturally I need to be ultra selective with who gets to vibe out with me. Do you not realize. Do not give out your glances so freely. They prepare so long just to get you to flash their eyes at you. Because you know they know too. We all judge. We all do. Shallow as fuck world. Thank you. But if you give out your glances too in a shallow as fuck world. Your glances are valueless. These eyes are valuable. When I lock eyes with someone we connect on a deeper level. A more archetypal level. We are channeling. We realize that we are futile in time. Just another generation of the evolution of life. We have no idea of where we are going or what is going to come. However. We know that we can adapt. We know that we can change. But right know. For the last couple hundred generations. We have generated a idea of beauty. In a woman. In a man. Yes there is a stereotypical look. There are rations. The womans hip to waist ratio 7:10. Hourglass. Fertile. Gravity? No clue. We respond to it. They have broken

down attraction to proportions. What about becoming a plastic surgeon. Think about that? Being able to make women beautiful.

That would be awesome. Do you know how much ass you would get. You would get A1 ass that you sculpt. You are the ultimate artist. Fuck that would be majestic. But I do not know. How could I play God? I know nothing.

Thank you for today. I appreciate being able to use my DOC... sort of (wish it were weed instead of nasty BHO) But yeah it really keeps me happy and focused on what I care about. I feel I have generated some good content here.

Off to class.

In class. Sitting here doing nothing. Once again. What am I paying for with this education. To sit here at a decent computer and type shit? I guess. Ha. Might as well get after it.

But yeah I cannot get enough of this song. It goes in. But damn. I hope these headphones don't cut out. I do not want to have to swipe another pair. I really don't fuck no. I need to get more wax thought.

That is one thing that I make sure to focus on today. I want to get some money sent to someone in Cali today. I need to make sure that I can get another gram of some loud pack sent to me via USPS. I really need to have some start up capital and get a dispensary started. That is really what I need to do. I could sling fat. But that is the thing. I do not trust these people here. They are fuckers. I need to strong arm them legally. That is really what it comes down too.

But I want to do it like my idols Bill Clinton and Joe Biden. They are some people that I really look up to. They are legends. The ultimate GOATs. If I could live a life like that. Damn

That is the thing tho. Gabby. I have worked at a Financial advisory firm. I know how to work with fucking spreadsheets that is the thing. It isn't that I am trying to be disrespectful. It is just the thing about it. Fuck that is the thing. I say all these words and they do not make sense. It is just weird because I keep typing this shit.

Yeah my mind moves like a fucking rapgod. That is the thing. Rap god was just a dream I was thinking about in my moms embryo. Yeah that is the thing. I wasn't even born yet. But yet this shady guy was the king of controversy. It is the cycle. It is just the way this matrix happens to work. Do you want to be the president of the US? What is the point of that? Why limit yourself to a fucking country? Blind nationalism is ignorant. Channel it to help you obtain your goals but do not join them. Fuck the blue. They are what we are inherently trying to influence and change to work to our favor. That is really what it is.

People all act in their self interest. What happens if we started caring more. Each doing a little bit more. To keep our areas a place you want to be. Smiling? Maybe. There are simple acts of

kindness we can all do. We are coming to an era of plenty were we can be cordial with each other. We are all doing alright in imminent survival. The island is big.

No more islands...

I do not know “The social, political, and economic equality of the sexes.” I do not know I am about it actually. Let's do it. I think that it is always a good thing to empower women. Fuck they tend to not be alcoholic drug addicts like so many men fall victim too. What am I saying women are bigger fiends than men. I have nothing to say. They can be just as big a junkie or more. Honestly! Think of those trap queens in the Bay! Trap Mama. The ones that are on their shit making money. They are out there. Paid out hunnies. A dime a dozen though. They can't all be trill. It is what trill is. It is an outlier. Not everyone can do it like that is the thing.

Think back to the black women you have been with that was a good time for sure. I remember beginning there. Ah yeah the body rolls. “Bow down bitches.” Ha Beyonce embodies it perfectly. She is fucking roaring. Goddamn. Her voice is piercing.

Corinna Johnson

That is the thing with white girls. They do not regularly know how to get down like my dravidians living in the Valley. Down in the city. The women that really know how to work everything they got. They leave it out there every night. Live everyday like you die each night. That was kind of their mentality. The girls from the Bay. SacTown. The City of Trees. What a great place to grow up. A central hub on the West Coast. A transistor city in the 6 biggest economy in the world. You think fools were trapping? They were hustling everything. Every socioeconomic level. Honestly from the crack head on the street.. To the pill/ coke addicted junkies up in the skyscrapers. The ‘pyramids of the day.’ Ha that is too good. They are all trying to climb Mt. Olympus. They all want to be Gods of their own. Do they realize? Do they? Have they figured it out?

Eyes open.

“Middle fingers up”... I ain't sorry by Beyonce.

I've worked at a financial advisory firm for about 9 months. In all reality. That is the way it went. Ha. I can say that. I am putting that shit on a Resume.. Amateur photographer and pornographer. Think about it. Documentarian.

You can be all these things too. Anyone can be Da Vinci these days. Channel your inner deepest artist. Let it ooze from you each and every day. I respect it. I understand the narcissism. A little narcissus. That is what it is. No big deal. It is understandable. We only have one life. One body. Might as well wear it as best you can right. I do know we get caught up on self and become unhappy. Become we cannot all live in the state of being archetypal. Look at Lisa Ann it must be rough seeing yourself being pushed off the stage. Don't get me wrong she got her shit out to the world no doubt.

Damn remember turning 20 in the Santa Clara County Psychiatric Ward. Ha that was great! Nov 6, 2015! A day to remember. What a week. What a season. Fuck. I went from really high to really low really quick. I do not know it was really shortlived but honestly it taught me so much. It will allow me to bounce back so much harder. Ha that is the think about momentum. It is reflective.

What I am trying to do is get in the habit of getting a ton of content down on the page in as quick a time as I can. Try to work on your typing. Work on precision. I am going to be typing alot of words here. Might as well learn how to type it without making all these errors. You know. You think that an artist would let their thing flow. I do not make mistakes. I really don't like going backwards. As much as I will though. I want to get this right. But not rush.

That has really got to be your thoughts on life. Rush slowly. Make sure that you go slow enough that your mind can keep up. Your fingers can move faster than your mind can see the letters. So fucking limiting.

I need to be able to record the things that I am thinking. That would be crazy.

What happens if you could track your thought process and relive it? Like photographic memory of it.

Hmm just a thought.

I really would like to develop a program that got people to dance and sing more. Enjoy life on a regular everyday level. Think on that for a minute. If you saw people living in a musical everyday. That would be magical. Heavenly. In all honestly.

“I start riding, that's that horse play.” Fuck

Help me refine my art. Let everything I do be a reflection of myself. My brand. Ooze with the sensuality. I have had beautiful successful. Independent black women come up too me. Do not forget that. Be grateful for those experiences. Remember how you didn't give her enough time. Fuck. I should have pushed for it. She was low key thick but in the perfect way. Man her curves. Fertile is the only way that I can describe it. She is just oozing with sexuality.

The independent strong black woman. Ah yes. I have nothing but respect. Oprah. Whoopi Goldberg. I would love to hold eye contact with those lenses for sure. Oh my god you do not realize. I could learn so much on how to live. Honestly. How to live. I want to be enlightened. I want to watch. Listen. Learn. Touch. Feel. Taste. Smell. I want it all. Everyway that I can get it.

Give it to me.

This beyonce on 6/8 time is so damn phenomenal I cannot explain. She just speaks to my inner soul. I just want to reach out in front of me. My eyes closed. Damn I need to walk back there and

see that girl again. Man she was looking good in that dress. Man she was working that dress. She was stunting everything that she had with that. What a beautiful girl. I have to admit. I am lucky to have been in her class. She has a perfect ass. I love it. Something to really push up on.. That is something that I need to have. I do not want to feel like I am going to break the girl. Well I will admit that too is sometimes nice in its own way. I cannot condemn one or the other. They are just different and all are good. I like it all. But she got me dreaming of pushing up behind a woman who has it in all the right places. I literally want to sink in my teeth. Carnal. I really understand the vampire neck biting but man to bite her hamstring meat.. Her booty.. Her booty. Thunder thighs no doubt. I LOVE them. In all honesty. Push back on me hard. Hard. Really push. Breath. I want to breath at the same rate as you. Look into your eyes. Locked in eye contact. Pulsating. That is what I want.

Fuck... shallow as fuck on the surface... but below it... it goes so much deeper. I need to be wanted. Desired. We all want it. I desire you. As archaic as this sounds. You are an object that I do not tire of looking at. The female form. I worship you.

I am separate from you though entirely. I respect my form and style. I am the artist. I have to try to frame, paint, sculpt, find, earn your majesty. That is really how I feel. They are the reason I am here. They give purpose to so many souls I cannot lie.

As they lie on their backs at home... Probably just masturbated or about to... Usually within 48 hours right.

Every 48 hours a man needs to bust a nut right? Well what about women? What are they doing to get off? What do they do to deal with the horniness? They have to have their ways. You know they masturbate too.. Like I am positive a girl like Taylor has some sort of dildo or something. She is incredibly progressive.

I am not the biggest guy in the world. I am not the strongest. I am not the buffest or most cut. But I can tell you one thing. When we are together I am going to devote every ounce of my being to making you feel loved, wanted, and desired. That is what I am here to do. It isn't about me. I keep my Queen looking for. She gives me purpose.

Too corny? Ha I really want to learn to sell to the female mind though. What do they want? In all regards. How can I work to be that? Display that? Act like that? Do the things they expect or want? What more can I do... Why do I want to sell women. Because I think they give our lives purpose in all regards. They are the mothers. There is no life without them. They carry us. They physically devote their all to something other than themselves. An extension of themselves. Of us. Our species. Life in general. Inhabitants on earth that can observe conscious thought.

Please give me vision. That is what I ask for.

What am I doing for the rest of the day?

1. I want to make sure that I swing by Walmart on the way home and get something to eat. That is a given.
2. Call Nate I need to give him a call. But damn. I love living in my own little world so much. Ha it has gotten so damn exciting. Am I going crazy? What is crazy? How do you define it? What does it look like? Who branded it? Etc.
3. Get something to eat and juice. That is what I am going for at the store.
4. Then... I do not know what. Go back to the room probably. Yeah!
5. Laundry
6. Clean room. Really clean it. I feel I need to now.
7. Go to Anchored.
8. Go to hummel.

I do not really want to go home right now is the thing. I want to stay out here and eat. Too much walking back and forth. Kind of over it tbh. Na I like to dance. What am I saying.

But I am getting hungry. Off to Walmart.

\*\*\* Note to self... Make sure to clean shoes off before walking in the house. Try to keep the floor in the room clean as possible. But do not go overboard or be crazy with it.

I keep saying that I want to go back to Ross and get a rug. Is that too much to ask? I do not think so... It is only like \$20 ... Might as well do it you know.

But please help these words I type be like a piano that I play. Writing my story each and every day.

Help me rethink the way I do things. Who knows. I am probably totally wrong. I am just the most confident one.

Thank you God for helping me realize that I won't find happiness through a brand. Or through items. Attachments in general. Do not let me hold my value in these.

"It is the items we bind ourselves to under which we sink" And do not forget it son. That is very true.

Remember back to all those events you went to. Kygo. Jack yo Lantern. Remember how cool the sound guys looked. Yeah they were really A1 guys. Imagine refining that. Making it better. More thoughtout. More for utility and extension of self than custom... culture. Previous thoughts. Why a collared shirt? What is the reason for the collar? Honestly? Why do we have them? Keep our neck dry? I have no clue

Why do we have collars on our shirts? I really do not know...

Wow. It is simply because of an old 1800's custom. There is no reason to have collared shirts today. They will fall off.

I never want to wear another collared shirt.

I want to wear clothes that are comfortable but high quality.

Like loose joggers and a tunic. What about that? That would be pretty awesome. Sandals? Just go for all comfort. That is really what it comes down to. Of course hoodie in cold climates. Fosh a hoodie to keep that head warm. But in all honesty. I want to refine my fashion. I want to go for comfort everyday use. Hop out of bed and be ready to go flawless. On the go. Can workout in it. But is clean and refined.

No more collared shirts. Remember that. There is no reason for it. I do not want to give into custom. I do not wear collars. That is a thing. It is an outdated and now useless item. It has no current value anymore besides being a tradition. I am not much of traditionalist. We are living in a new era. A new time. Things are not the same. We cannot keep acting like they are the same.

Women are empowered. Do not fight it anymore. There is nothing that you can do about it. With the internet age... with any age for that matter women are the neck. They control what the head thinks about and looks at and therefore thinks about.

Remember that.

But yeah no collars. Loose pants. Or at least something I can get a full range of motion in. Yeah fuck those in n out collars. Ass. Traditions die.

Alright so throw out my collared shirts. I do not need it. It is removed from my brand. I need to refine it down. Cut out the unnecessary. Better things are to come. You better believe it. Time goes round and round. New things will fill the void in one way or another.

Shorts? Maybe! I guess I really want to wear a tailored shirt uptop that is longer. Maybe a slit. Something comfy. I want to go for comfort.

“Girl take those heels off” Your feet are pretty enough. I rather you be able to shake it more full without them. Honestly. You are better than the items on you.

These guys have got to figure out that Women run the world these days. Why don't you realize that. Give them what they want. In all reality.

I want to dance for these milfs. I want to hold her “ until she screams for air to breath.”

Don't be narcissistic. That is such a turn off. Do not praise yourself. Keep humble. Refine yourself. Try to be egoless. That is the goal. Do not be blinded by your emotions. Think in a refined sense.



I know that I am a better actor than all of these fat egomaniacs on tv. That is the thing. I could act better than them. When I get into state. I am a wayyy better con man then them. I can sell anything better than them. Come on. Don't start make me start incorporating these thoughts.

I want to channel these thoughts into outward expression in the cleanest most pure way. I want to be clean. I want to do it right. As my mama taught.

Please help

A love without betrayal.

Alright so I am in class and I am starting to wonder why I pay so much to sit here and watch outdated black and white movies. Wtf. This is a robbery. I am soo for education reform. It's 2016 for Christ sake. We need everyone to have unlimited access to the Internet. Whenever. Wherever. They should have that right! What about that? That would be liberating. Let the global market move. That is what is happening here? I am paying to interact with this professor and all my classmates. I am paying for the experience. I am paying to sit here with theses people. Hmmm. Interesting. There must be ripples or something in the future for this to be worth it. I bet there are though. I know they are.

Bill Clinton. I am a big fan. I respect his ability to shmooze any crowd or person. He is an archetypal communicator. No doubt. Ha I love it. If I could tap into that ore uh that is it.

This class is this fools soap box. He does it to feel smart and feel like his has an influential opinion. If he was badass I wouldn't have to listen to him in a fucking class. He'd be big time. What is your definition of crazy. This guy is nuts. I really do not give a fuck what he thinks of me. He is an eor from whinny the pooh. Honestly. He is depressing as fuck in a not depressing place. He needs to have some energy and inspire not lull to sleep with your opinion. Engage us. Not make us feel dumb. I can teach you nothing I can only

This professor Hummel. Does this to feel smart but many for the attention but really the eye contact. He visually wants to see people looking at him. He wants to feel powerful. He wants to be respected. He want his stuff done. But you know what fuck him. Does not have my respect in any way This fools a bitch. That is just the thing about it.

Please no. Not the leg up on the table. No no no. Please. Fuck no. You are not attractive at all. Not smooth either... Where are the engaging transitions.

Oh my god. Look at this fools fucking gut.

Please I never want to get fat! Never ever ever. But I need to keep muscle no doubt.

Oh my god this dude has a beer gut or something. But can he see his dick? That is the question... Also stupid haircut. Common you have a full head of hair... Stunt that shit bro. As best you can at least.

Think outside of the box, professor? I fucking nuked the box in 2 AD.. Time

What is this web is.... Oh Kay sounds good. He seems very agreeable... But I really have no clue what he is saying... He must have done mushrooms back in the 60s/70s he knows. Hey well. He is doing his best. Keep on keepin on ole bud.

I work for my mother. I am King Midas. All that come around me get rich in some way or another. I speak truth. I speak knowledge. I swear by the grace of god I am blessed to be here. I am I am I am.

I have no idea what this guy is saying but oh well.

Meditate and take in the vibes of the classroom.

Is a social worker a mandated reporter? That is my questi

Fuck you are a fucker. They don't speak linearly because what they are doing they don't want you to know. They do shit on the low they do not tell everyone. We all have dark side. Not everyone can call the cops. Like they can't be dropping info to a mandated reporter. Especially when they are real one. A real gutter rat. Like how can you be real when you are slinging crack on the low. Honestly! That is why they do not think linearly.

So many judgements..

I am going for Supreme Court. Tosh. Get me in dude. Ha anyone I want to be ultimate superior thinker above. Is it the narcissism. Yes totally. But I feel I have been blessed to have an extremely diverse upbringing. I grew up in NorCal fucker. That is damn near the most diverse place in the world.

Fuck the cops.

But really. Black, yellow, and of course Mexican...

You realize that this is chaos. I live in chaos. I gave up all. For the government. The state. But what state. I don't even know. America is so blinded. No there is just too much shit going on. Too many schemers. But it is inherent of the game. I love it. Help me understand it in infinitely. From so many important things. I want to understand. But on a deeper level.

Oh they are suing who? Oh you are on Facebook? Ha eat that fucking propaganda. I know nothing.

Fuck this dude. He really needs to take acid. No you do not need to go on a fucking shark hunt. You need to pop acid and run up a mountain. That shit will have you feeling alive as fuck. Kind of nuts. True. I am so pro environment.

I understand. We need to have a green thumb. I am totally green healthy and pro world. I want to have clean waters.

We have no idea what is really going on behind the scenes anywhere. You would be surprised to how some people do life. Bizarre but not bad

I am sure that you have been reading about Costa Rica. Yea you are oh Facebook and read a fucking article one time. Shut the fuck up. I do not care. Like I mean it it cool . But I have heard it before.

Why am I so mean and judgemental.

I have no reason to get into the conversation. There is no reason. It is ultimately so subjective. There is no right or wrong. Only the song.

Ha I am not even German you fucking bitch. Get the fuck out of here. Do not hop on my cock. I am one bad bitch. There is no way to really get into it.

Europe is the real mother fucker? No they are just bitchass. Do they know how to fight.

Fuck Hitler. His ideology is off. I have no comment on it. Are you going to spin this one way or another. Shut the fuck up bin laden. Fucking Mao Zedong. There are good and bad people of all races. If you try to demonize a race you are foolish and blind. You cannot get into it.

Do not talk. There is no reason to speak. Shut the fuck up. These guys are hella fucking gay. Go suck each other off later. You need this class to feel smart? Look at you. Oh so you have a penis now? Oh you think you are worthy of Ass.

The mujahideen are real mother fuckers in their home territory.

I have met a fighter in the mujahideen fighter against the Russians. Shut the fuck up. Well there is market for war.

These fool is a fucker. There is no real reason for war. We do not want to fight each other. We do not want killing and shit. We just want a safe place to raise our kids. That is really what it comes down to. Live happy and healthy lives

I have got the chance to meet a mujahideen fighter against the Russians. He was a real mother fucker. I have nothing but respect for those guys. They are kind of like the backwoods boys of Asia. Ha but they are stupid as fuck with all the suicide bombs... They do not value their members. Lives have so much value.

Oh nuclear waste.

He is a narcissist I am tired of hearing this fucker soap box. Shut the fuck up about your kid. Honestly. I do not care about you and your sob story.

This dude is jaded as fuck.

Oh yeahb

I got brothers I don't need no friends- Mac Miller.

"You ain't nothing but a brand name." Ha I love that. I do not want to rep the standard brands. I want to use the good wholesome good nutritious, wholesome companies I want to rep the right groups of people so to speak. People that have a similar world view to life, happiness and health and good living. That is really what I am trying to capture.

Love is the goal. I want to make people feel wanted. But how can I do that when I naturally am exclusionary that is the thing.

Do not get on yourself for trying to improve and refine yourself. An examined life is not worth living. I wish that these people would learn how to learn better.

Rather than sit for hours on a Facebook absorbing. Why not spend hours on a document creating creating... Even if it is nothing. You are at least tracking your thought process and getting out whatever you need.

I want to eat tonight but do not want to get fat. Okay. Well I am really hungry but do not have anything but the soup and jam and veggies. I have no complaints. Bro I need to grill up that fish soon. I really want to...

The next time I get a moment I am going to fry up that fish. That is what I am going for. A little fish fry. Simple as it is...

What am I going to eat tonight? I am going home and going to cook up the soup. Next I will go shower after I eat. I want to make sure that I can thoroughly clean off the food before bed. I do not know. I like laying down clean. It is just me. I want to spend those couple hours in a good state.

Oh my god. I need to refine my sleeping patterns.

I need to refine that. My sleep is too chaotic. Lay on your back gently. Do not toss and turn. Get comfortable. Sink into it. Adjust!

Do not forget to stretch out tonight. Ha after I dab.

Alright so what I am getting at is dab, stretch, eat? Or eat than

I am just really hungry forget the dab for tonight. I have done enough. More than enough. Quit being so greedy with your thing. No need to do too much of a good thing. Remember moderation.

Thank you mama. You taught me so much. Please keep teaching me. I want to learn more. Be better. The better I am the better my daughter will be. The better you will be. Your reincarnated form. I want to have a daughter carolyn. Ha what about that.

I have got better things to do than sit here and whine about a girl. Or lust after a female form. I am over that for now.... How do I get better sleep tonight.... Breathing exercises before bed..

Focus on breathing in bed.. Not sexually. For relaxation. Control it consciously. Take your time. Take full inhales.

How do I look like a thoroughbred. What does that mean? I know that I am not doing that much lifting. However I am working more on lifestyle. I am doing cardio and stretching. I want to make sure that I am not over exerting myself in places where I don't need it.

Why get big legs if I still can touch my toes. That is nothing compared to my tight hips. So much time in the car. In the class room. At the desk. In front of the computer. Always fucking sitting. It is getting exhausting. I have legs. I want to use them. I am blessed to have them. I am so thankful to have legs.

The funny thing is while they all sit here and read (my classmates) I sit here flying on the keyboard getting all this down. They will be reading my thoughts one day. I believe. I have a theory. That is what I think.

Ha I do not blame this girl. Just walked in with an inferior man and she knows it. She is getting what she wants. But now she is trying to sell it too hard. That is really what it comes down to. Am I psychotic or do I think she would rather fuck me. If she had a super shallow choice. That is the thing. In the moment. Primal. But is that what she always does. No... Not a chance. You have to realize there is no one size fit all. There is no one way of doing everything. Change it up.

Find ways to get what you want.

I want to wear like joggers or comfortable shorts. Minimalistic. I want to have a full range of motion. I don't necessarily think it should be tight or baggy. Whatever works. Maybe both.

Common it should form to your body. That is the truth of the matter. I do not know. There should be tight suits and baggy suits? It depends on the weather. No too much thought. Minimalize. Simplify. What do you need. Do you need the extra? No But is there ramifications of having tightness? Restricted range of motion? No...

I want to wear like Speedo Jammers and a thin T shirt. Simple. I do not want to get dressed up in a suit. I do not want to wear a fucking pointless collar to succumb to culture. Fuck culture. I am

culture. I am I am I am. Go to any city and have my minimal necessities to live in society. Everything bare minimum.

So get naked. Underwear is kind of unnecessary? You may look like a crazy person in 70 years... You never know what the future holds. What trends in society will take. Look at the last 50 years. Women are now equal with men? I do not know. But I think there has been a fundamental shift with the internet. What did I just say? What is that even supposed to mean? Hahah I must of spent to much time in Hummels class. Oh well I can't blame myself for it to be honest.

I am writing that book you will be reading by the beach one day. Yeah that one to tune out. Yeah girl. You will be reading these thoughts. If only you knew that it was really happening right now. The moment is now. Are you going to live in the moment or not. Are you going to go get her or no. What would I do with her. I would tell her how I feel. She knows how I feel. She knows. She wins. She knows my every intention. Therefore I can say nothing. I can only work. Work hard in the fields. Work hard and learn to be humble. Humble me everyday. Do not let my ego grow fat and inflated. There is no reason for it. It is self destructive. Please keep it small and humble. I do not want to be blinded by ignorant self conceptions. Help me be honest with myself. Help me have the strength to change the things I can. Give me the humility to accept those that I cannot. I am not perfect. I have pride. I recognize this. I want to keep my women sacred. That is really all I wish to do... I want to make sure that they stay at the top of the pyramid... for simply being who they are. For being. That is all they need to do to be the best. The most desired. Taylor Swift is my daughter. Mother. Sister. She is embodied completely. I can do nothing but love her as best that I can.

What can I do tonight. A little change that will make great impact on my life? I think this journal is a big part of that. Just taking the conscious time to get my thoughts to paper. It is meditative for me... I can literally study where my thoughts go. I am trying to track my thoughts with this.

There is something about Chance the Rapper. He channels such happiness. I want to tap into that. Donnie. Her voice intoxicating. She stretches me out and takes me there. So melodic. Angelic. I am grateful to be able to experience these great performances everyday.

What can I do? What should I do? Maybe I am doing it....

I feel that I need to do some strenuous activity tomorrow morning. I have to be honest. I want to run on loose flexible legs. Those that have full range of motion and move fluidly each step. I glide as I stride. A primal creature. What is primal. A creature. I am I am I am.

Parkour style seems awesome. Especially lit. I do not know. I love working out when I am totaly stoned. It is something that I love and have loved for years. I will continue to do that for a while.

I even like to run on shrooms and molly. Doing strenuous exercise on strong substances. That is what I do everyday. We are chemical beings. Ha Kyle you taught me so much.

Thank you to all those who have help steer me along on my journey. That is for sure. I have had the chance to meet a diverse group of people. I feel that I can speak to just about anyone comfortably. I am blessed to have grown up in a multiethnic community. I am blessed to see the majestic beauty in all things. IN all people. IN all circumstances. In all there is beauty. It comes down to our ability to see it.

Damn I could be a better Reverend than these guys today.

I will be a reverand, life coach. What have you. I will teach people how to live healthy happy lives. I will get them to think and refine the way they do things.

Enough of this. I am starving. I need to go home and warm up that soup. Sounds good. Make sure to breath and dance on the way home.

And make sure to log out... always... I am on a public network. Be wary

All the places me and her will live. Spend the winter in a cottage in Sweden. Swiss alps. Milan? Just post up for a couple of months. Eat out every meal at the nicest restaurants. My wife can buy whatever she wants. But she isn't a blind materialist. She is my Queen. But keep her on top of the pyramid. To spend the summer in Ibiza. Too crazy. To silicon. We live in Sicily, Crete, Spain. All the places we will go. No rush. Whenever you feel ready or get inspired to go somewhere else. But in good taste.making to dance everyday. Every place we go. We sell it. They will remember the moment we walked through.

Milan to get inspired. Learn to cook in italia. Kiss on back ally with cobble stone street. I do not want to do this when I am an old man and cannot appreciate it. I want to do it now. I want to travel freely. Living wherever I want but always in high end. Clean areas. Refine. Eat good wholesome foods. Laugh all the time for no reason. Just because life is perfect. Be thankful. Learn how to cage fight. Become badass. Like know how to adequately protect yourself. I want her trained. Know how to shoot.

I want to cook her breakfast every morning at our cozy little place. Wake her up with coffee. Whatever she likes in the morning. See her in her glasses. See her booty when she hops out of bed. Her smile. The way she locks eyes.

Take her to Switzerland for the Holidays. Get in with the local culture. Meet people. Good people. Laugh a lot. Be happy. Give my woman everything that she wants everyday. Everything and more.

Fuck you Brian! Ha this dude had some faith in me. Thank you brother thank you

I can provide that for her. I have absolute faith that I can do that times a million. I really do. I have infinite creative potential in a world of today's exponentiality.

15 September 2016

Ha thinking about You me and Dupree. That shit is too good. The end scene that shit is awesome. I love the energy. How he gets everyone in state. That is something that I look up. How do you get people on edge like that. How do you stimulate such a response? That is something that I am trying to learn to do. I am trying to emulate the best salesman in Babylon. No one can make something look as good as I can. I have the best taste. I am the master artist. I am the true master opinion. Supreme expert. I am honest. I am the most object view and perception of reality. That is what I really believe. I honestly I can find what people want or would respond to or like. I honestly think I have inherent gifts.

I want to make sure that I utilize these blessings the best I can. I want to make sure that I am giving it back. I want to penthouse with a beautiful queen sitting on the throne while I campaign on the outskirts. Waging brutal wars and conquest. I want to bring it back to the Queen. I work for the Queen. I work to keep her beautiful. I work to keep Taylor Swift in high regard. We are associated by our looks. As shallow as that sounds. I look more like her brother than her actual brother! IN all honesty I think that is the shallow objective truth. I am about her male counterpart size I am about 4 or 5 inches taller than her. I am thin but fit. I am not overweight in an obese society. We are perfectionists. We realize that everything we do is under the microscope and scrutinized simply because of what we look like. You can say it is a blessing. To some it has been known to cause pressure. I feel no pressure. For I see the perspective. Nothing really matters. The fact that you are looking outward shows your internal void. Happiness is internal. Why are you trying to get it from me? What can I do for you? Oh maybe if you get close to me you can bang my sister. Fuck off. Fuck off. Fuck off. No. My sister is the Queen. She is the ultimate priestess and goddess. I hold her in the highest regard. She is the most beautiful in all the land. Her eyes match the skies. Her hair looks like the rays of sunshine. She is exotic. She matches in anywhere there is daylight. She is light. A radiation of it. I see her in the skies every day. When she leaves me. I must be on guard. It isn't safe. I need to be ultimately prepared. The dark manifestations of the mind can come out at night. Jealousy, pride, ego, we cycle on thoughts and they eat at us during this time. We are isolated a lot of the times during these hours... Alone to our thoughts. Isolation is one of the fastest roads to outlier thoughts. There are no other perspectives to bounce ideas around to. There is no fact checking. The mind wonders.

But yeah I definitely see the eyes flash. I see your darting eyes. All of you. I see them in the street. Or not so much anymore. I have chosen a life of praise and dancing. I live giving thanks. I am eternally laughing. I pulsate in and out of mild euphoria throughout the day. My life is great.

I choose not to focus on your glances anymore to me. They are not even the wind. The wind is more powerful than your words. I hear nothing. I see nothing. You are dust to me. You never existed in time. You do not matter. Go die the isolated death you know is awaiting you in peace. Fuck off and do not bother me. It may end quicker than you like. But seriously. Why does everyone look at me like I am Jesus. Every fucking time I walk into a room everyone just looks at me.

I do not want to freely give out my eye contact and attention. My time is precious. I do not give it out to just anyone. Yeah go ahead. Spend all that time in the mirror trying to get me to look... I do not even see you. I see dust. That is honestly what the mentality has got to be. You are not



anything. You never existed to these eyes. I have no memory of you. I have never seen you before. I have never spoken you you. You are meaningless to me. You could die tonight and I couldn't hear about it or care. As cold as it is. That is the shallow truth of the matter. You need to get people to care about you. You have to create a dependence. I want you to rely on me. You need me. So you have a reason to do what I say. That is a basic thing. Buying off. That is what the Asian society has come down to. All society for that matter.

I am just jaded on fucking Asians because they are all acting and looking at me the same.

That fucking ugly ass bitch honking at me this morning. I wanted to flip her off in the middle of the street. I would have had Colleen not been there. I really would have. But I could not propagate that image to her. That is the sad thing about it. But then should I ever do it. Yeah I should. IN that moment. I had the right away. I will say fuck off if you call me out for no reason. Ha. No that is not the way to do it. Nate Diaz has got it wrong in that regard. He isn't as humble as Fedor. I really look up to Fedor. He represents the Russian ideology well. He shuts up and takes up his cross. He knows the truth but he knows about the reality of the situation.

I feel it. Seriously. I have to have confidence and utilize this to my advantage. How can I leverage this to my advantage. I am talking leverage. Do little shifts to make big differences. Just have an attitude of more inclusion and love and sex appeal. That is really what I need to transition into. Think of little playful cupid. With his bow and arrows. That is what I think of play fighting. At the end of the day it is not that big a deal and if you think it is that big of a deal and radicalize. I will protect myself. But not go out of my way to hurt you. I will respond accordingly. But often times. Supreme victory is to defeat your enemy without fighting. That is a big one.

Defeat your enemy without fighting is really the desired end goal. Sun Tzu.

The supreme art of war is to subdue the enemy without fighting.

How do you subdue an enemy in a cage without fighting. That is my question. Do not call it fighting. Call it protecting yourself? Call it work? Call it exercise? Yeah I think that is a good think. Call it exercise.

I love fighting. I think that it is a great form of exercise with great real life application. I really recommend it to a lot of people. It is high energy and has the potential to give you a boost that you won't find in your standard gym. There is something about knowing you will be in a battle of wills with someone. It is you or them. One of you is going to get a beating. You have to know that and recognize the fact that that can likely be you getting you face beat in... Recognize that.

But do you think you will die? Will it cause death? Permanent injury? Maybe. Though not really likely. I just want to get into it. Fuck but I want to feel confident going into it with my skills. I need to practice. And pleasure in the job puts perfection in the work. I want to enjoy the whole process of this. I pray that I learn to embrace and love the suffering that is sure to come. Help me stay cool calm and collected when I get pummeled and beat up. Help me breath in those

instances and keep my heartrate as low as I can. Do not panic. Fear is natural. Like paranoia. Embrace it. However now I would say is to not let it govern you life. Live without giving a fuck in the world but take care of yourself. That is what I am basically saying. A hippy with good health habits and good hygiene. That is what I am ultimately saying.

I want to train women fighters. I want to make women confident in their abilities. I want them to be superior to men. That should be my goal. That is my goal. I worship the female form. But that's another story.

Study performers. They know how to move and ooze with confidence and charisma. But keep it limited to how you act. Not so much what you buy or eat or dress. I want to act like a celebrity. I do not want to be cocky but I want to be interesting and do things worth writing about. That is really what it comes down to. I need to push the limit. I am the light. I need to recognize this everyday. I am the salt of the earth. Bring flavor to the masses. I do not want to be cocky. I want to be humble and live within my means. I want to live a comfortable happy healthy life with my women. That is the goal. That is the ultimate goal. Keep them looking pretty.

I love watching the dancers in Beyonce's videos. Damn. I wish I had listened to Bonice. Maybe not. I was too young. I needed to gain my masculinity. But I want to learn to move and ooze like the professional LA dancers. Just the little ways how they move their faces. Their micro expressions... they are brandable. Oh my god. Archetypal. I want to be a nice Simon Cowell? No But I want to be honest in my judgements. I do not want to suck your dick to make you feel good. You could lose a could pounds honestly. Just look at your weight. Lose some fucking weight. Get the fuck off of me you lazy bitch.

I hate lazy bitches. That is one thing about it. I do not like lazy bitches. I am going for a superior woman. I want an independent woman to need me. I want a girl that knows how to get shit done and isn't limited to what I can do for her. I want a woman that can bring more bread to the table than me. A true trap queen. That is what I am going for. A trap queen. A girl that knows how to hustle her shit. Knows how to work her shit is nice. I want someone who is on it. She knows how to pimp and sell. She is the Queen ultimate opinion. But since I can guess the Queen's thoughts. Or know the Queen's thoughts because she is my daughter I can anticipate those needs and take care of her preemptively. Often times I learn how to automate this process. For better or worse. But I do not want her dependent. She should be free to make her own decision and be free.

I can anticipate the ultimate opinion because I have lived amongst it. I know what she wants. I know what she looks at. I know what

How do i subdue my enemies without fighting? That is my question? Fuck that is what I learn how to do. How do I subdue someone. Well one define the scope. How are they coming at you. They are coming for my daughter. How do I keep her protected? What am I scared of. She gets gang raped by the masses. Is that really what I am afraid of. I do not want to see her cry. That is what I do not want to see. She can make her own sexual decisions. I just want to make sure that she doesn't get hurt or do something that she will regret later in life. If her worldview and perception on the reality change.. She will be stuck with her decisions.

I personally do not want to marry and value a woman that has been gang raped. I do not value that because she gives it out freely. It isn't valuable. I know that I am better than 99.9% of men. I believe that deep down in my soul. I refuse to give her anything less than what she deserves and what I can give. I want to give her the very best I have to give. I know the type of potential that is. Think Bill Clinton. Pete Carroll. Think of who I can inspire myself. Think of that. Who will I touch in the process. Who will get inspired by me. Who am I inspiring right now. How could I be know. I have a hint I give some people inspiration. Just look at how much they look to me... They look at what I wear how I look what brands I wear. They are trying to buy it. You can't. You can buy this. I am a brand of my own. You can't imitate this as bad as you want to. If there was a way I would have done it times a million. Ha oh wait... Why am I god? God has blue eyes. Jesus had blue eyes. Jesus was the first human with blue eyes. The temple boy. The one prized by the women but loathed and hated by the men who were eaten with jealousy. They couldn't live with the fact that they had been at a total disadvantage. These are my honest thoughts. I need to get this out. They know that they have 0 chance of ever honorably winning the heart of a beautiful blonde blue eyed woman. You know how narcissistic she is. She is infatuated with self. Look at her selfies. Look at her get ready in the mirror. She is in love with her self. It is natural. There is nothing wrong with that. Everyone should want that. You should stunt your brand as best as you can. You should think you are the best person in the room. I totally get that. But she knows it. But she also knows that she can only pass that on to her offspring with a boy who looks similar to her. Or at least has the trait. The genetic mutation that gave her supreme rule over the illusionary world. It isn't real to her. She knows how futile it is. Look at Ms. Fitzgerald. "You do shit then die." She knows that she is just another blip in time. Just another generation in the vast evolution of life. It doesn't really matter. Time moves at different speeds around bigger objects with more weight/mass. She knows that time doesn't exist. She knows she will die alone. She fears this ultimately. Ultimately without birthing her clone. The one to replace her and take her position on the throne. She wants to live forever. She wants to leave a legacy. What better than herself. Sort of. Mixed with the other male embodiment of herself... Is that weird. Is that too narcissistic and self absorbed. Is that so bad to ask? Is that horrific or dangerous. Oh you are going to blame the 'byproducts' no you are just left with a jealous void. You wish you could be that cute. You wish you love was rare. You wish your relations had a little bit more meaning. You wish you depended on each other a little more. You want to be in the rare, superior minority. But you know that you are inherently different. You are darker. You will taint us. You will get a clone yourself. But we will be left with a brown eyed child. I am talking to you asians. That is primarily..

I think I like Asians the very least. They are so simple minded. Boring fucks that only care about non relevant dollar signs. They spend too much money trying to imitate white people in ways that do not matter. They do have the nicest clothes white brands can offer. They do. They have more coach, LV, Gucci, you have more Oakleys, Ray Bans, I do not care. Eyes win babe. Sorry. Fuck off with your over inflated egos. Recognize the reality of the situation. I hate asians in white society. Because they do a very well job of biting off of our visions. They are obvious counterfeits. They are clearly copy me. They clearly are. They are a delayed mirror. Of me. Yes I am always changing. No I am not always changing. I am refining so that you may life good lives too. I give you something to work for.

So you do not sit back and smoke and drink yourselves into a hellish cesspool. That is what we are going for. You blame white people for solving the worlds problems. Step up to the plate. You are not doing anything about a problem. Oh you want to keep shitting in the forest whipping with a leaf shitting on the beach. That adds up. There are big over inflated urban populations. We need a diaspora. We need to separate from each other. I do not want to be hella close to other populations. That is natural I feel. It is a safety precaution. Have distance. Or is it. Not in a world like today. They will hack into my camera and webcams. But then I will have something for them to work to counterfeit for a bit. Then when I see the flaws in the way they copy me. Or learn how to criticize my own work in them. I learn what I need to clean it up and refine it more. Make it better and more thoroughly thought out. Is that bad? What is your definition of bad? Is honesty the best policy? Or do you want the facade that you are exhausted from putting up yourself? That is my question to you. I am a leader. A natural born leader. Copy me all you want. But I am going to criticize my own work and make it better. I want to improve it for everyone. When I say criticise I mean look at as objectively as I can and make better. Art is never finished it is just due. Or sold or whatever. Yeah. The artist's work is never done.

Am I cocky. Narcissistic. Not in the slightest. I try my best to do the best job I can. Even though that I know that there is no right way. I just know that people look to me more than others. Just because of the way I look. How shallow is that. I do not even like going out in public anymore. That is the thing. They are so obviously looking at me. Fuck off. I do not want to be around you counterfeiting imitations. I can't say quit biting off my style though. I know that it is the best. I wouldn't do what you do tho. I would not live in an emotional state of angry and jealousy. As easy as it is too. I think that it is a simple and narrow minded reaction. To predictatory. There are better more useful productive ways to respond to this reality. How about work with that chip on your shoulder? What do you really want? Unconditional love? Then get it! Why do you want my or my daughters unconditional love? Why? Fuck off. If we are so desired sexually. Admit to it. Admit that you are fucking less than. Worship us. Let us walk all over you. You are telling us too. That is the honest reality.

I believe in Aryans and Dravidians. But not in the racial sense. There are those that live as archetypes. There are example that we all look to. Corporations try to emulate and sell this. But you cannot buy athleticism. And yet everyone who owns everything Nike feels like Lebron or whoever. They are essentially trying to sell the image of lebron being the supreme best athlete. That is what it comes down to. They are shallow. Look at what I am wearing. Because I am the best or can do this unlike anyone else buy this shirt and you will feel like it too.

I am not a big fan of brands. I do not like to give out my platform to free advertising. That is what it comes down to. I want companies to pay me to wear their clothes. Not the other way around. I want you to want to be me. That is really what it comes down to.

How would I feel if this journal got leaked to the world. I do not care. It is my honest beliefs. Crucify me for them. I would rather be honest than sell you a lie. That is what I believe.

I want to talk directly to those imminently facing drug addiction. I am talking to all my addicts in the house. Or those who know addicts. Those that live with those secrets that no one can know about. Or you just don't want out there. Trust me. I realize there is more than what we hear. Forsure. Undoubtedly. But there is more than what we see and perceive as well. But there are trends and stimuli and motivations and clues... We can think and process and analyze it.

My mind is working like a fucking RapGod... That is what I am trying to get across with this Google. Thing. I want to be able to hyperspeed my thoughts and thinking. Thinking about being about to augmenting thought. How to augment and stimulate thoughts. How do you literally speed up the brain. Learn to be a master MMA fighter after watching a 2 hour documentary. How can you do that? Is it possible? Just give you the basics. Teach you what you need to know to win in a street fight. How to beat someone like they do on the streets of Moscow. They enforce their shit in different ways.

So I want to get to 8 pages before 10:30 am. I have been going strong for about an hr and a half. I want to keep getting better at getting these thoughts down. Thought Tracker. That is essentially what I am trying to get at.

So what do I need to do. I have class in 30 minutes. I need to go to Walmart. I need to get juice and a bite to eat. What can I eat though. Fuck I want to eat something... Just get juice for now...

Okay go get some juice and then take it back to the downstairs and dab. Yup That sounds a1 for class. I need to be high around her. I love spending time with her when I am high. I appreciate it so much more.

Alright I need to get this show on the road. I am checking out for now. Be back with more later.

I wonder how much these thoughts are worth. I mean to the public. What happens if I could let the world see how I think. Inside of my head. How I process. Like publish this. What if. Do you think I could sell it. I mean I have swayed shit in the past. I could go into politics. But it is too simple of a game. I am kicking back taking it easy. Moved away and got a tiki shack in Hawaii.

Ha I would love to help make Walker Durant President of the United States. That would be pretty fucking wild. I am definitely going to back that fucker. Oh my god. He was my quarterback. I caught his balls. Ha What do you know! Good shit. I caught walker Durants calls. Ha what a thing to say. I could write a book. Eh maybe an article on that. Maybe it would get some views. Who knows. Maybe.

Goddamn. This blog is the only joy I get from life anymore. Just sitting here trying to get as many thoughts out as I can. But it is just gibberish. Oh well. At least it is moving. There is something

Fuck these fucking commercials. You fucks. Ha! Fuck McDonalds \$1 soda. I do not drink that fucking shit. It makes me feel like ass... I do different shit to make me feel good. I am a stoner. From Oakland motherfucker. Oaktown. The bay bitch. Fuck with the bay fucker. There are some

real fucks out there that you do not want to fuck with. Certified Bad Ass by the State of California. Real fuckers. San Juan. We got some prisons out there in NorCal no Doubt. Ever heard of Alcatraz? Yeah? Ha... That is my home turf. You won't even be able to do anything. You can't you love your life too much.. Ha I won. I wins. That is really what it comes down to.

But I want that overlooking view of the Golden Gate Bridge that is the ultimate perch that I am going for. That would be pretty bad ass. Right there. Full on. Front and Center. You can only see it on a clear afternoon though. We live in the clouds for the rest of the time. I love the fog. I love to shit back and smoke a blunt and drink tea with my darling. That is really what I am going for. Is that too much too ask. But then of course everything I have been fucking describing. Or trying to articulate for the past couple years, excuse me.

Oh fuck I forgot that this is my busy day. Fuck... I need to get something to eat before I head over to the Loa. Make sure to do that bud. Do not give in and eat shit. It is not fucking worth it to eat like shit anymore. No longer. I need to be in peak state. I really do. I cannot be slacking on my shit. There are people all waiting to take my head off at any chance possible. But you know what. I have learned to embrace the paranoia. Fuck. Ha that shit is too much. I am sooo sorry Nate. I love you bud. You are a great guy. Nate Hulihan. He taught me so much about work ethic. Great role model for me no doubt. I appreciate brother. Good shit. Great legacy. There are so many great people. Everyone is great or can be in their moments. In all things there is beauty... It comes down to our ability to see it.

I want to marry you. I want to take you to my perch. I want to take you to my Dacha in the sierras. North Shore Tahoe. Driving you around in a new Tesla Model X. Glossy. Going snowboarding everyday. Or skii. Whatever we want to! Go sledding. Dance in the snow. Well making sure to dance everyday is a necessity. It is a given. To grind up on it. Make it my peak .

To make it to the level of the ultimate student. Where I can type super fast... No not type super fast. I want to be able to talk and have it turn it into words. That is really what I want. But I want it to be in a soundproof room where i have the space to let my mind wander. My own private prison in my head. Embrace it. That would be pretty fucking insane would it not.

Like maybe have a topic to go off of... Or better yet. Just go free verse. What you are thinking off the dome. Just the good news. Try to articulate beneficial things to society. Try to get people to think. To examine. To improve? To adapt? There are so many words for it. I want to bring out the best in everyone I am around. I want to be King Midas. I want everything that I touch to turn to gold. As crazy as that sounds. I have adopted archetype. There is no failure in this. I hedge my bets. Nothing can go wrong. Ha! It is based off of having a great network of 'friends' or people I inspire and improve. People recognize effort. The notice when people go a little out of there way. The micro expressions. Get it down to the subatomic particle level. To the quarks. Then blow it up to the galactic. Universal. Multiversal level. Common. Be grateful for the present. Each person you come in contact with is a blessing. Do you not realize. Give thanks to be here. To breath. To think. To eat. To drink. These are good things. Be grateful for them. Do not lose your foundation. This is what I am trying to get across to the masses. Do not loose yourself in trying to become something. Because if you get there. You aren't the same person who made the goal.

You have become perverted and corrupt along the way to get there. You became the demon you tried to oust. Do you not see it? And then the cycle continues. If you are able to walk a mile in someone else's shoes... Use empathy. Think about that. Think about empathy. I am not saying sympathy. I am saying empathy. Imagine yourself seeing the world through their eyes. How would you respond? Use your imagination. That is if you have any left...

So I am the mediator between the gods and goddess and people. That is what I see myself as. I show what the elite are doing to the masses. I try to reveal to them through my self. In all things I do. How to become one. I am the intermediary. I mean it is wild.

Just keep spiralling upward. This is the bounce back. You are about to be launched mother fucker... Do you not realize. The opportunities that you are lining up. Please just stay humble. Please god humble me everyday. Help me be able to laugh at my own mistakes and not take myself too seriously. I want to preserve myself in dignity. I do not want to succumb to what all the other fools do. I do not see myself as foolish. I value the little things in life. Eye contact. Hearing someone breathe. Feeling their pulsation. That is what we live for. ON such a deeper more intimate level than we ever see in public.

This could be my thesis. I have been typing it nonstop for the last 20 years. I have pieced it together. How do we communicate and get what we want. Can we all find happiness here? Can we raise the level in a dualistic world? I do not know how to put it into words. I am having trouble articulating. Please it would be so much easier if we could talk face to face. In each other's presence. There is so much power in presence. The thing is you never know who you are talking to. So just speak truth and it will resonate somewhere. Plant seeds of fruit bearing plants... not needless thorns and weeds.

I do not want to take anything from anyone... I do want to be happy myself. I see myself with an awesome woman. Is that too much to ask. Because of that I cannot give my all to all the women out there. I am sorry.

Fuck was that Alexa. Fuck I think I went to elementary school with her. Fuck. Ha ha such a small world. See you will never know who you will run into in this big world. Be grateful for the little things. You shared some great memories with her. We come from a similar hood. We have natural similar connotations. But how is she doing. That is the question. I question a lot of people. Like deep down. On a deeper level... what are their hopes and dreams?

Tony Robbins has been a huge motivating force in my life. He was really there for me when no one else was. I always knew I could watch a little video of him on Youtube and get inspired and get into state no matter how low it had felt I had sunk. So I am grateful I really am. I learned a lot.

I think I became a survivalist if anything. I respect Bear Grillis a lot. A ton. Spent so much time watching his show. Becoming inventive. Learning to blow up the box in which we normally think. I loved that cognitive stimulation. I give much thanks to him. A great role model.

Simon Cowell. You were a dick but you spoke truth. We all know that. And honestly I love you for it. I still love you for it. But you play the part so well. I has to be done by someone and no better than yours truly. Thank you. Archtypal. But deep down there is a sense you know the fragility of people and you know where you can and can't push. IN other words you don't take it over the top too far. You are objective. But I know you are an asshole too. Fuck these words! Ha but yeah love you;)

Then Oprah Winfry. Damn that woman is amazing.

That is what I want to do. Rather than slander my enemies. I want to compliment them in the highest regard. I want to respect them fully. Why did I say enemies... I have no 'enemies.'

I want to have something good to say about everyone.

I want to vibe out and understand the deep down psychological patterns that people are going through. Like I mean I came from Hawaii. So much Ice on the streets. Are you kidding me. Those bus stops are the biggest transit zones for lower income. The eye is watching for sure. You better believe it no doubt.

Think back to that UC Berkeley library. Remember seeing those students totally plugged in and engaged. Yeah I do. I think that that was awesome. Imagine if I could inspire that intuition and desire to learn more everywhere I went. Think about that. Think about it as a positive. When I think positive I think... Adena Ramos. She sold me on Positivity. Yeah she did. That woman could stunt her shit.

Damn what a gal. I would have loved too. But yeah that was just high school but she did know her shit. She saw something no doubt. She wanted to fuck?? I do not know.. Maybe she was just planting a mustard seed for later. Yeah she did. Nice job bae. Love you too.

Okay so I know that this is virtual reality for sure now.

I would love to see my cousin at UC Berkeley that would honestly be a dream of mine. In the highest regards. That would be pretty stinking cool.

But how do I help inspire these people? I need to keep learning myself. I want to learn to channel the energy of those I see. I do not just want to stare I want to analyze on a microscopic level. Break it down not to a science but an art. Understand the core emotions involved with it and how to overcome them.

Yeah I would love to be a Psychology major. But you know maybe one day. In the perfect world I could travel the world. Doing this. Reading what I am interested in and inspires me. And putting my thoughts out to the public domain. That would inspiring. I hope. Maybe it is nuts.. But think of San Francisco. I Think I have started a revolution. The NorCal Bay Area is a hype GOod place to be. Thank you technology industry. Thank you trade. What made the Silicon Valley the spot? The port of SF and the Gold Rush. Obviously. There were a lot of people out here looking for shit to do probably? I do not know... Yeah probably was. Study the landscape



study the people that were there. Are there. Think not only of the people but the species. The wildlife. The environment. The climate. The weather. Break it down and adapt. Thank god for you body. Get in touch with it.

Alright I am King Midas. Nothing is wrong. Believe that.

That is the one thing I want to be a great friend. I want to make sure that I am loyal to my closest childhood friends. You have to realize this. I value the memories I made with Sean. I cannot forget to acknowledge that. It is the little things that matter. I am grateful for Ms. BJ. She has been an inspiration to me for years.... Oh god... I am about to go on a monologue now... (like I am not already!)

Oh my God. What a woman. She is honestly a vision. She is something that I believe all women can learn from. And do not get me wrong there are women that do similar things... some may even do more. But for me growing up. I really looked up to her. She was one gorgeous. She was the one mom that I ever got "the feelings" for in like 7th grade. That is when I noticed her ass and the way she kept things so adequately and clean. I respected her refined style of doing things. Whether it was what was in her pantry... heheh... to what she wore... fuck. To fucking what

Fuck I am a horrible friend. Sean I am forever sorry. You got the teenage years hormones. I am sorry my brother. I am so sorry. You mother fucker. That is no li... There is sooo much shit. It is so embarrassing to think back to. Really I do not like to think back to it. I was a fucker and Sean just put up with me. I am such a fucking dick... Honestly. I do not know. I think he gained a lot from being a close friend to me. No doubt. That is the thing. He knew that I pimped him well. I want to help my good friends get laid by the girls that they desire. That is a goal of mine. I wish Sean would have fucked all those Asian thoties. I really do. Honestly I do. I wish he ran a train through there. Fuckin them on the reg... not to mention the undercover sex tapes he made Sophomore year. The HS orgy... but of course that shit is ultra lowkey... Can't fuck around and catch a child pornography case. Ultra lowkey. Encrypted and shit. The whole shabang.

I wish that I could have fucked Brianna Barnes. If I could have done it again I would have caked her thick muscular ass. Fuck she had cakes no doubt. That is just what it is. Honestly. She had such a face for a dark girl. That was the ultimate combo was the thing. Oh my god. I do it for the lightskins. Hahah.

But yeah like I always make sure to do is give thanks to the people I have been blessed to come into contact with and those that I continue to come into contact with.

I think we are mirrors and all reflect others in some way or another. I need to recognize this for multiple reasons but. I think that we should recognize that we work with vibrations. Vibrations.

Ha Think of Tyler Durman. What a story teller. What a legend. Didn't he give me such a vision. He was a great motivational speaker. Do you remember going home and writing the speech down. I do. Why because I saw truth in it. I am grateful for that.

Do you realize that you are capable of producing content by this experiment of getting words to a page. Think about that. You need some way of capturing these ideas. These are \$\$\$ floating around right here on the page. Do you not realize that it is who it is said by which matters. Do you not realize the pyramid structure.

But I want to make sure that I realize that if I am ever in a jam and need to make a deadline. I am capable of throwing stuff together quickly and of great... Damn near flawless pose. That is what I am going for. Effortless pose. I want it to flow like a paintbrush. Summoning the spirits from my Berkeley Ridge perch. Imagine that. Overlooking my Golden Bridge. That is what it is. Honestly..

Orange and Blue... That is a popping color combination. The bridge on the water. The bridge on the backdrop. Blue skies. Think about that. What an artistic take. Beautiful Creative. I love it. Gold but really it is orange. You see what they did there. ;p... Stoners.

What do I need to do? I need to make sure that I go get a snack and make it to my class on time that is what I am going for but first. I need to hear a little Beyonce and get my mind right first. That is what I am going for. I have 25 minutes... Put those shits in now.

Alright checking in in a bit. I am heading to Walmart from the Learning Commons.

I think that I am getting damn near close to never giving a fuck anymore. I do not know. Why am I so blessed. Is there any way that I can go wrong.

That is my question I am King Midas. I can do no wrong. All that I touch or associate with is golden.

Do not forget to remember that there is no right or wrong... Only the song. I like to write along... Be in my zone.

### **16 September 2016**

Okay so I am damn near psychotic at this point. But in a totally good. Way. I am happy to say that I feel mildly euphoric non stop. I feel so in touch with the environment and the energies. I feel that I am radiating. Come on. Push your shit.

Think of your role models

1. Owen Wilson
2. Harvey Spector
3. James Bond (as I peak over my shoulders)
4. Kevin Spacey

5. Liam Neeson
6. Adam Levine
7. Tony Robbins
8. Ray Johnston
9. Johnny Sins
10. Erik Prince
11. All military (people that really play to the hardest extreme) I respect it. If you are Mujahadeen, KGB, French Legion, a Ninja, tribesman what have you. They are labels hoping to emphasize those that live life to the fullest. Dare I say it.
12. I got respect for all the addicts on the street just trying to stay on a constant level. Meditative. Hypnotic. I come from the city of tree. I come from Sacramento the City of Trees.... Better believe it. We got the dank. I am trying to push it to the people here in the island for the low.... But that is another story. Get it to the people.
13. All my philosophical people I read to gain wider, more diverse perspective on the reality.
14. Justin Bieber
15. Nick Jonas
16. Tyga
17. Jay Z
18. Macklemore
19. Eminem
20. Eric Church
21. Atkins
22. Toby Keith
23. Beyonce of course
24. Jessica Pearson
25. Mike from Suits

Beyonce is a visionary. She is it. I have no words for it. She really.

“Feminist: believes, in the social, economic and political equality of the sexes. That is true. Have to propagate the message. That is the way that the world works. You better just accept it.”

A person once told me, “Pussy is power, you are kidding yourself if you deny it.”

Appeal to the women. I need to appeal to all women. Not just a select group. You better sell them all or offend the harem. That shit won't file. We got trap Queens. Do not fuck with these girls man. Honestly. They are nuts. Sociopaths. Psychotic. Manipulative. They know. ON a deeper psychological level. You are kidding yourself if you don't believe it.

“Bow down, Bitches.” Damn... She is a Queen. Goddamn. I have nothing to say. She is phenomenal.

I would love to be Taylor Swift's Jay Z. I want to empower her and be her base. That is honestly what I represent. But I keep my shit quiet. There is no reason to brag or speak of what I do.

There is honestly better things to do. Than to speak. Do. Don't speak. Go. Work. Humbly. Understand the power of the reality.

You are not the ultimate top of the pyramid. Realize this. There are no kings. There is no legitimate way to have a king or alpha. No way. You must realize this. And just accept and dance along with it. Praising along the way. Thank you God.

It is natural you better expect it. You are no different. Realize it. Show it. And maybe they may begin imitate.

But will that psychology work... uh... do you see many bitches in the fucking ISIS videos. No fucking way. Actually... yeah they probably do. They definitely do. They want equal respect...

Respect these muslim women. They have such a different society here. It is damn near the opposite of their extremely modest societies. Where they typical wear a Burka... etc. Think they may have familiarly situations between generations. Yeah.. I think they. Might. They probably do not want to see their daughters running around in thongs out here in Hawaii. Do you not realize... This is where the girls come to get down and feel sexy. That is really what it comes down to... One of many. There are baddies around the world. You are a fool if you do not believe it. There are beautiful everywhere. How do you define beauty? How? What does it come down to? Is it based off a purely male perception of the reality... No it is not.

We need to recognize the power of maternal societies. That is what it comes down to for whatever reason. Women should be able to pick who they want to have sex with or not. It should not be up to the men in their families to pimp their pussy. As hard as it is. You want to see yourself.. But you have to realize that you still do. And you are denying yourself if you don't believe that. Mixed babies are hot as hell. Common you know how those skin tones look. Those eyes.

“Mama taught me good home training. Daddy taught me how to love my haters.”

I love Beyonce. She hits it. She is an artist. Thank you. You have inspired thought in me. You have definitely got me to expand my horizons. I listen to you and really try my best to empathize with you. Do you your thing, mom...

God is a black woman. That is what you have to realize. Ha you are blinded if you do not see it. They bring flavor to the world. They do not give any fucks. They really are so down to earth. Thank you God. They deserve so much better. Do you not realize this. Thank you God for the perception.

I am Jacob Riis. I want to capture “How the other half lives.” HA! Call me Jacob Riis. Call me Jacob. What is up with that. But is it even really that bad? It is Hawaii you know. There are more treacherous places to be endless... Maybe it the natural equilibrium of the system of life. The ecology of the matter. Do you realize.

Much is given much is expected. So do not take... Ha! Or take and just be a fucker. That is what it comes down to...

I haven't been spending enough time here focusing on my breathing. Get back into state. Take back the control of your system. Feel charged. Feel happy. Like a fighter in a cage. Like fucking cupid with his bow and arrow. Eros and Psyche. The breath of life.

Please help inspire the words.

You inspire the words.

These black women rule the world. You are denying yourself if you do not believe it. I love Oprah. Whoopi Goldberg.

She doesn't like to see anything that is purely financial... That is what mama likes to see. She like to see me do it for nothing. There is no reward. Only to let me live peacefully. I cannot do it solely for capital interests... That is where I start getting into trouble. That is what it really comes down to.. I do it for us. Not I... I give it back. I have been blessed with some great skills. I need to humble myself and bring it back to mama.

Think about Harvey Specter. How do you think that little Street boy made it to Harvard... She recognized a fighter. A kid that not only could take a punch but learned to laugh through it. Smile...

To write I need to make sure that my body feels right.. So I can channel all the sources that life have to offer. There is something about having someone in your orbit. Like when two stars start spiraling.

“Smiling through Suffocation” -What about that... I like that line.

But I can't drop a line like that. But is it too short. I am smiling through my suffocation..

I feel like Mozart typing on this keyboard. This is my piano. I am writing the story right now.

I am the scribe. The writer. The journalist. I am Homer. Pliny, Marcus Aurelius, Seneca, Laozi, Confucius, Siddhartha, and soo many more. Mark Twain, George Washington, Bill Clinton, Joe Biden, Thomas Jefferson, Ben Franklin, Leonardo, Michelangelo,

I really believe in my gut that there are great things alligning here. Be safe. Be thankful for every breath. It is gone so fast. Just honestly you got to be ready to deliver on the spot. You got to be able to touch be your presence. You need to float in like a breath of fresh air.

A new train of thought. A different flavor. Beauty. Peace. Revelation. Ease. Compassion. Love. Understanding. Deeper.

We need to get back to the deeper understanding. The collective unconscious. We never say what we think... That is what I want to say.

I just remember seeing so many sound guys in my life... They always looked so cool. They radiate an energy. They know how to radiate the good news. Thank you Lincoln Brewster. You are pretty cool. Could be bigger time though. You really could be...

You think that there are ways to bigger than a backup guitarist? You think? Hell fucking yeah. What the fuck. Are you kidding me. I know so people man. I got faith in the mustard seeds that I am planting every day. It is just good clean wholesome humble. Kyle Justice got it.

Tupac's mother on that street knew. Know about it. Get with it. Do not have selective vision on the things that matter. People. What do you value. Yourself. What would you like other people to value. You. People. You know what I am saying. We need to get sustainable. We are becoming more and more like the elves. Think of Legolas. I am legolas.

Bro think of that.. I could of been an even better Legolas.

I think that it is great that people try to emulate celebrities on certain things. There are things to be learned from anyone. You cannot ever completely disregard someone. That is really what I am saying. I have never met the flat out devil... There have been some ghouls but no devils... No but there is good in all people. Even the very worst people are similar on the basic needs. What is causing the screaming... Look where it hurts the most. That is where the doctor looks.

What do doctors do? They try to make you feel better. You don't mindlessly push them the next unregulated chemical that no one knows will happen over the long term... Sold to them by a slimy, but incredibly smooth and 'respectable' pharmaceutical sales representative. No the doctor should take more time. They should really look at what has got you paranoid. Living in stress and fear. Let's get your fears out in the open and analyze them. Let's go into it. And recognize and accept the grander reality of the situation. Blow it up... I know Tony Robbins has done mushrooms... He probably eats them for dinner. I have no words.

You are right. Yeah that is right Beyonce. We both got super powers. That never stopped us once. Beyonce knows that it is good to fuck anyone. She says that white man would come and fuck her... so they are both devils... in the holy books. The opposite ends of the spectrum. But in reality.. No one is perfect. We naturally have our mishaps. We are fallen angels. We all do bad shit. We all think that we are the one that can get by. No one can. All fall short the kingdom of God. What are you going to do. Burn us at the cross... Can we at least acknowledge this on a deeper more universal level. Life is too short to live in suffering. Be who you want to be today. Tomorrow is not guaranteed. Dance, praise God. The deeper sense in the world.

"You're no angel either baby..." Fuck this girl gets me at a deeper more honest understanding.

I would love to do a ton of pro bono work. That would really be good. Like get people plugged.

We need prison reform. Education reform. We need to reevaluate the war on drugs. We need to listen to the voices of the masses. Now more than ever. How can we get a way to hear the voices. There will be different opinions. This is natural. Look around. We are different people. We have different life circumstances. Do you realize this. What we do affects each other. We need to realize this. Once we start to get more of this on a deeper understanding there will be more peace.

No need to keep people pinned up in cages until they kill themselves. Let try to help these lost souls. Let's get the demons out in the open. What are we afraid of to talk about today. This is 2016. We all have voices but they are anonymous and we hide behind a screen. It is anonymous now. Can we rationalize this.

As humans we all have the same basic universal needs.

I feel myself becoming a God. The people want to hear what I say... They want to see how I say it. They are wondering.

I see myself as a Mac Miller, Macklemore, Eminem, Justin Timberlake. I am a white boy with the soul of the society. The heartbeat out there with the people. The leader. The voice that is heard. They hear the message. I need to make sure that I am ready to deliver it. That is really what it comes down to.. Do not speak any praise. Do not praise yourself at all. Never believe in self praise.

The retention. Be humble. In time you will be humbled. In time. Rue the day. Fight on. There will be no more kings.

“Rock up to the side of my mountain... the peak!” “Reach right down in the bottom of my fountain.”

I feel like I have inspired Beyonce's music... I really feel like she is talking to me. I think that she is. She is talking to the universe. She is getting it out there. You have to have respect for it. She isn't just talking to me, you, or herself, or Jay. She is speaking to the universe. She is the portrayal. She recognize that she is part of something bigger than herself. She just happens to be blessed enough to have her time on the pedestal. Recognize and rejoice in this. She is so beautiful.

That is the thing. Black women are awesome.

I love them. They salt the earth. Salty... Like the salt of the earth. Ha. That is pretty good.

Help me not pray anymore curses. Help us to all be safe. God bless the players help them be safe. Help them be careful in this necessary release. Killing and vicious. Brutality are a part of life. But they are being honed in. It is being put into relative size. And proportion of necessity.

Life is good. We do not want to kill each other. Live and let live.

So yeah that is my prayer for today. That is honestly what I wish for for everyone. There is nothing wrong with being friendly with everyone.

Common we all love everyone. We all are nasty perverts. We all are. You are fooling yourself... If you are here you came from sexuality... You will naturally return to your sexuality... That will mutate and grow and your imagination will wander naturally.

Fuck "Hold up, they don't love you love I do, Slow down, they don't love you like I love you."

?Fuck... It is 10:10 am... I need to get to class. I am 30 minutes late!! What is worse looking Jealous or Crazy. Do I like to be walked all over lately?

I feel that I cannot sit here and type these words in class. There are too many eyes and ears. I am distracted I pick up on the energy. The vibrations. It is not soundproof. I am not anonymous right here. Do you not realize that? You are not anon. Not in the present form...

Beyonce has literally got me fucking crying in the fucking Learning Commons. Damn. "If I were a boy." Fuck that music video. Damn. She fucked my head. What a babe. I have no words. I smiles.

iSmile..

Beyonce "countdown" "killing me softly"

I really look up to Frances Welsing

I am delta

I never existed. I am the holder of civilization. Realize this daily. Do not forget it. Be thankful. Watch the glancing eyes. The way they dart. They are on you. Yeah they are...

Thank you God for this revelation. She is so beautiful. Help me be humble.

But how I would like to look into her eyes again...

I can die in peace.

I want to go write down my vision of NorCal in years to come... I want a house with a Square view of the Golden Gate Bridge. I want a gorgeous thick dark booty to wake up to. I want to roll over and spark the blunt in bed.

The one that she rolled for me.. She has better bars than I do... An you know how she likes her nails long. She is a Queen. I say nothing. I do everything. I service her. I worship her. I do not



tell her. I show her. With my deeds not with words. I will die for this woman. I will see her face in my last breath before I become one again with the light. I must be loyal until the death. I expect a humiliating public death. Murdered on the streets. Disembodied, decapitated, mutilated, burned, left to Ravens and rot. No burial. No existence. Never was there... But I am blessed I do not have to be gang rapped in the street before my murder. She had grace on me. With eyes open I can do nothing more than give all. She is my trap queen. She is my mother, grandmother, and daughter. My aunt and niece. Be thankful for these are all my family now. I am blessed. Back to the earth from where we came.

My pale skin radiating in the sun. I was the rare outlier. The females took a liking to it. The guys got jealous wanted to kill me. They had every right to... Accept someone abstained from sex until the death Temple Boy.

I wanted to be a hoodrat gangster. She wanted to be loved.

And the time continuum runs on...

No more words. Let's go back to a time before words? Is that possible? No... But we must learn to program our words better and more definitely. The adapt with time.

Help me earn the masculinity I have never had. Show me how to love. How to commit. How to show her unwavering loyalty. Cut off my dick? That ain't happening. I choose a life of work. Work me until the death. That is my prayer mom. Or whoever or what you are...

Think about that though. The vision of a hot. Hot. Bad. Gorgeous. Independent. Strong. Merciless. Brutal. Honest. Fair. Empathetic. Caring. Giving. Loving. She is not cruel. She is not kind.

Neither cruel nor kind; she is.

I see that sunset over the water. Hoodie weather. Cozy. Comfortable. Genuine. Happy.. Her white smile. Perfect teeth. Bright whites in her eyes and my reflection in her pupils.

There is no explaining this revelation. Damn I feel my whole world view changing.

I have to give it back to her. It was never mine to begin with. That is the sad thing about it. I made attachments. That is what it comes down to. There were and are things we care about here and do not want to loose. For whatever reason.

I was afraid of loosing my daughter to a black man. It tore me up inside. Until I realized. That that is something out of my control and power. And deep down to me. It didn't even matter in the spectrum of time. I care about seeing a smile on my daughter's face more than anything.

I was insecure. Black men has bigger penises. I didn't want her "degraded" in that way. But it isn't black people I worry about. It is the poor people. I do not want my daughter living in anything but a life of abundance where all her needs are met instantaneously.

That is the thing. I do not think I could ever love a white woman..

But I do not want just a black girl. Oh no. I want my girl to be smart, cunning, manipulative, a sociopath, psychopath, what have you. I want her to be absolutely nuts. But I want her to be beautiful. I want her to have all the tools necessary to ruling the world. She has got the best of everything. She can't be stupid. That is one thing that I think I am finding here in Hawaii. They all came to kick back chill and get fucked. I came here and had a revelation.

I am not selling to white women... I am selling to the black woman. That is what matters if you want to control the masses as a white man. You are incapacitated. You cannot stike or defend. You cannot move. You need things around you protecting you. From the smaller commits that may come shooting in this way or that. I want to make sure that I have the meanest, most vicious, borderline heartless broken soul I can find watching my unguarded throat. I am laying belly up to society every time I walk into public. I am under constant scrutiny. They always want to have a glimpse inside. But can they reAlly. Of course! It is just love. Be kind. Do what is right. Follow your conscious. Someone who has been fit into the box their whole life.. But made it work!

I always wanted to dominate the world but knew that there was no way that I could be a person to hold power. Look at me. White guy in 2016 America. What am I supposed to do? I am demonized by the fucking whole world. The women love me but will get jealous and dissipate as soon as I touch one of their sisters. I have unclean hands at that point. Then who can I choose. How do I know which one I like or not. In all reality.

I want to pimp a black goddess as best that I can. I want to give her absolute style and profession. I want her to be the top of the pyramid. In the corner office with the view of the Bay or Harbor. That is what I want. Cleopatra. I am looking for my cleopatra! That is it.

Who was this Msrcus guy.

He got his African American wife to be POTUS... Just because I never existed

These eyes pretended to be dumb to survive. Not because they were smart. They adapted. I am no more intelligent. I Just evolved differently to a degree and it just caught. It was a big paradigm shift in thought. In thinking. Words. What is a word? But with it. We have yeah. I know nothing. So yeah...

People love looking into them. I am blessed. Thank you pan. All. Who even knows... But please try to at least empathize..

Damn. I found my trap queen. Fuck. Damn that shit really gets you in touch with God a bit.

When I think of God as a Black woman. That really makes sense. It is totally humbling. There is no room to have an inflated ego. Limit your ego. Bring it down to size. As a man we should have no ego. That is the ultimate goal. We do not want to have an I. It is a we. We serve the Queen. The black woman is god. We fight loyalty to the death for our Grandmother, mother, and daughter. We see ourselves in her. We want to help her in her struggle for equality. In that we want to launch her to another level... Look at Beyonce.

That would be pretty phenomenal. It would definitely limit the stress of thinking about it. I do not have trust in a woman. I want a loyal killer. A bitch that I have no words to talk to. A black woman. I need to know how to sell her and give her exactly what she wants... in front of everyone. Total humility. Naked. No defense. Throat exposed and belly up. Take a stab. Take a stab.. The neck? Around the head? Maybe. I mean that is close to those eyes. Wouldn't you say. Isn't the source of all your problems. Do you not realize that.... It comes down to your eye color? I do not know but it tells alot. Gate way to the soul.

Utilize this to your advantage. It will give you vision and keep you humble. Know who you are fighting. I fight for america. I need to fight for the black woman. I want to see her piloting these jets. Programming the computers that fucking the world runs on. They can not only do it but they will do it better. They are the killers. They do the killing for me. They say what will need to be say. She is my mouthpiece. I have no words, Take it Cleopatra. Take it mama. Ah yes... You better believe that shit.

Ha that is what I love about Africa. They embrace their female and mother promiscuity. It is communal. We all fuck each other. We love each other. There is no limit to what pussy you can and cannot touch. However, with the albinos they wanted to only fuck the albinos. That caused problems. Do you not see this. They would get jealous both genders but they held each other in balance. There is no one without the other.

Ha that is the thing Beyonce could be a black female Bill Gates. Yeah because any man would love to have the seductress like her. God she is a Goddess. I am second.

She>He

SHE>HE

she>he

This girl is a killer.

Yes I am American. I put the black woman on the top shelf. She is a goddess and needs to be respected and her voice heard not only equally but more so. She speaks truth. She is eternally loving. Understanding. Empathetic.

These things all make sense. Autism. I understand it better now. Interesting.

I don't know maybe... it is just a theory.

Man, I should be a professional. Critic. I think that I can be damn near more objective than majority of the public. I see beauty. I feel that I have an expert opinion that needs to be heard and listened to by the masses

I am addicted to Beyonce today. I do not know what happened. I just felt a shift back to the Rastafarian mindset. Yeah I am a stoner low key. I like to chief on the low. Yeah I can get it delivered here in... I need to not say a word. Do you not realize that the shit that I am doing is bigger than you or I realize. I need to walk a fine line.

Middle finger up. Middle fingers up Middle fingers up. Boy bye. Damn thanks mom!!

So basically this is just a thought catalogue. A little place to let my imagination run wild on the internet. I get to get into what I really like. I am blessed for that. And guess what I like the Black Mother the best. I think she is a killer. I got nothing but respect and she needs to be crowned.

Have we Crowned The Queen Bee Yet? Honestly. Do we make sure to worship that woman each and everyday. Be grateful for her. She is just as equally out of place. Be nice and respectable. Show her how you value her. I am second. I am second.

This is just a little thing to humble myself before God almighty. I do not know what has happened. Maybe it is the wax. Maybe it is sus abstaining from sex. I do not know what it is but I love this feeling. I cannot get enough of it. I feel literally untouchable. I feel I can do whatever I want.

I am pulsating. I feel that I understand it all. I can pick apart any type of psychology. I really do. I think I have a pretty diverse and good understanding on it all.

Ha that is the thing. Maybe weed does the same thing to black women what it does to white men. Make them relentlessly pursue who they wouldn't normally in the day time. OH the light and dark. Night and Day. Have you ever lived around the world. Fuck time. That shit is done.

I got my trap queen. I serve her relentlessly. Thank you Bill Clinton. You showed me first hand that these hoes ain't loyal... alright that makes no sense. But how does everyone like Bill Clinton? Because he came up in Arkansas. He saw the shit on his doorstep. He was in the mass. He stood out. He embraced the paranoia and found the love in it. Thankfully God is merciful.

Fuck that is the thing. I think fucking Johnny Sins impregnated my wife!! Ha just kidding. But honestly I think that he looks more perfect than me. I am able to say that humbly.

Thank you Johnny. You humbled me. You are a different level. I got nothing but respect. You say too much as it is. I would say that I am jealous but I see a man burning inside of his mind. You are a legend. You have inspired the world with your art. Goodnight. That is the thing. That is

what I am working toward. I want to look like Johnny Sins. I want to have fucking abs. I want to be thick. I want to be able to hold on tight and give it to her relentlessly.

I am a killer. A psychopath. I am emotionless in my devotion to serve her. Ha That is pretty incredible. I feel no hatred anymore. I feel no tightness. I am not afraid to die. Matter fact I worship everyday knowing that I do not live forever. It has given purpose to my breath.

Thank you to whatever inspired the change. I have no words.

So I got about 10 pages typed down in a fucking day. Friday? Hmmm not too bad. It could be better and the content? I do not know if I could improve the content. It is pretty legit. Thank the lord everyday.

My dad saw this coming he saw me mass communicating the gospel. Fucker. What a fucker. That is the thing I am an artist. I live the gospel. I am the good news. Thanks mom. I owe it all to you. Thank you for your mercy. I believe in you. I believe in the bigger plan. That is what it comes down to.

But... fuck... I forgot to go to the bank... Goddamn. Looks like I am eating oatmeal tonight.

Ha that's right "fuck my pride" I am taking it back. I am trying to keep you up all night girl. I really am.

But I type all these words and you cannot even hear me.

This is the embodiment of sexuality and tension. Inability to give up. ON what? I do not know. But I am waiting for the best bitch. I want woman who is on her shit. Why do you think the towers are so high in NY... To keep those muses up on Mt. Olympus. Common Herc.

I thank all the women in my life everyday. I am grateful. They are beautiful people. I now must walk into eternity. I breath it in and have made peace with the day..

What did Tupac's mother, Rhea, say in the street? "Why does it have to be so final?" She got me hooked up that night on tree. She did come through for this white boy. She could have dipped out and disappeared. But she is an angel. I see the angel in those eyes.

I envision my daughter. A beautiful light skinned queen in her own right.

"You can be rough boy but you won't."

Fuck... Rihanna is dripping with the sex appeal. Fuck... I thought that this was Beyonce.

I do not think that anyone should ever read someone else's journal without their permission. However we all know we write this in front of God. All. There is bound to be some vibration from that. What vibrations do you want to send off. I got my own things going on. I ain't worried

about you skanks. I seen you whores my whole life. Being thotties at every event. Every fucking kids camp. I saw you. I saw it all. You broke my heart. Crushed it. Relentlessly. I was devastated.

The thing with addicts... They all are trying to see who can survive going to the deepest darkest shadows and then come back unscathed. That is the thing that you do not realize. The game collects souls. They know this and do it despite that. What is the reason for that. The chance effect? Maybe... Or maybe it is just an unfaithful wife... Maybe you are not the alpha. Maybe there is no such thing as an alpha. That is what it comes down to.

Blue planet.

Desperado.

“We share common interests. You need me there.” Fuck she knows. I need to really improve the streets. I do not want these black women being treated like filth. They are the mothers to the species. They really are. We all came from Africa. Back to Africa movement. I am not going to lie. I am about it but of course we can never admit that. When her sons get too big and try to kill her... That ends the cycle. You cannot kill your mother. That is a big one. Killing the mother. Let's think about this on a deeper level. Archetypal level. Who kills their mother. Someone who wanted to be god. Someone who wanted to be immortalized forever in the universe. Someone who sells their soul to attain the world. They get to the spot of prestige to realize there is no such thing as prestige. We are perverted grimy fucks. You do not realize this. We all have sexuality and it is embodied in all combinations the mind will go. The mind will go all the places. That is the weird thing about it.

Everything that is heard by Beyonce is Sex. Everything radiated by I is money, power, influence, status quo.

If men talk... so do women. How do you not realize this. Egos. You better believe that the community. The harem of women talk to each other and want to know what each other are saying. We all make the world go round. Get a fucking Taoist symbol in here. I do not give a fuck. Yes we will blend the white and the black. The brown. Fuck why does it even matter. We are living in paradise. A place with unlimited abundance. What more do we want? We want immortality? We want these biased desires. We need to keep ourselves limited to the big picture....

I am tangenting sorry. I am sooo fucking high off that wax. I am on one.

Ha but I want to get that vision of the Black woman in the Berkeley hills in my head. That will be the new capital. Of my world. I will wake up each morning to a thick dark booty. Subtle skin. Thick lips. Reflective eyes. I drink in. Intoxicating.

I am the master artist. I must be able to paint everything beautifully. That is what the artists do. There is no right or wrong. There is only a song.

We need to dance, fuck, and do more drugs... Is that what I am saying.. Yes it is what I am saying. I think that people should be free to express themselves however they wish. I want them to be safe and no over do anything. That is the grey. All addicts understand the justification process. Where does the grey turn to black arguement... Dark matter. What is the definition of these.

With these stars aligned I think that I can be the supreme law of the land. I would love to get put into the Supreme Court one day. That would be my ultimate goal. If anything. I would not want to make it to the President. I want to sit there peacefully and modestly do my drugs on the low. Responsibly of course but in tap with the minds and perception of the masses. I want to view and respond but never speak. Isn't that the president? fuck . Na probably not.

Maybe Bill Clinton or Biden may have something to say on the matter. I do not want to see these men keep killing each other. This is not what we want. But do we want sex or death. What is more important? The harem or breath? What do you prefer. I am happy with my breath. I go more than I need. I found my Psyche.

I am thankful for where I came from and what I have been able to see and tap into.

Remember Walker's dad.. It doesn't have that 'ghetto' vibe like PG does. Is that because there are black people? Or minorities? Common now. We are all people. Deal with the big picture. Do not run away. Walker I feel you have lost you soul. You over compensate so much. I am so sorry for you. Your brother died. I have no idea what that feels like. I am so sorry for you. Your brother must have ment the world to you. I hope that you can make a difference one day.

It is my heart that your heart stays humble with the good intentions.

I want to make sure that I only enjoy the look of her black eyes.

“We should get married”

I just had a sinking feeling that all the other races men looked at me. They watched me more. I saw darting eyes. They didn't want me to see they were looking at me. But somehow I got the sense. A vibe an energy. Their eyes glowed red and their jaws would tighten. I would literally think they were trying to kill me on spot. On spot for jealousy. As I grew older I noticed it more and more.

I can have no real male friends. They all are working their vested interests of keeping me around. Keeping me feeling inferior to them. That is not the case. It never was. I am civilization. I never existed.

Come take a jab at my throat in the street. I sense 3 woman to my rescue in the pervious seconds to your thought. I am wired to feel energy.

These black women. Though they are mean and the most masculine seeming race; black women are still the most respected voice in society. At least among women. Who can bitch and complain to a black female 50 year old crack cocaine addict and say you had a rough life.

God bless her soul. God bless their souls. God bless our souls. God bless America.

Can we drop the name, America? Where does it come from anyway? Some old ass white guy who drifted across the sea then wrote it down for us to read one day?

But back to the behaviors. Women want respect and loyalty. That is what they are wired to pick out. To sniff out. To get a vibe for. She knows. She knows. She knows. You think your mind is the only that wanders? Has wandered? Will wonder?

As much as I get a sense these men want to kill me in the street. I feel the black woman knows she will not be killed. Only raped. Because she can still bear illegitimate children for the assailant. In a pre civilized society. You could kill all the men a

I do not know what I am getting at. Smart and sex go together. "Smart is sexy."? I don't know. I guess I need to delve deeper into the psychology.

I am a mutant. An albino mutant. That is the honest truth. We wear clothes in our society to cover up my pale skin. It is white and reflects in the sun. Plus it burns it. Normally this wasn't a problem

We need to get blue eyes to the whole population? No but then what will it swap too? Where are we going? How do we know for sure?

I want to be the brain and her be the sex. That is what I am going at. I want to have the balls of a black woman. She does not give a fuck. She still dances. That woman still dances yo! She still knows how to shake it better than any of us; you know how she rolls it

I can see Sean now at my wedding when I marry the baddest colored woman of my dreams. "Yeah that was a good political decision."

Do not act tough, be tough.

Do not act manly. Be manly.

**17 September 2016**

"Did you say something?" ...

I see you in ICU.



I want a black woman to sing these words beautifully.

I want there to be a black choir of women singing at my funeral. And I want those women to be weeping. That is the ultimate goal. The darkest thickest there all around. They still trump.  
SHE>HE

He>1 She>He

I can sit back and now write the most inspiring story. Ha like it hasn't already be told. I have no words

SHE>HE>I

I think I am living in Nirvana. I think I have tapped into the brainstem or something. Maybe it is primal. No solely artistic. That is the goal. Art. She wants me to walk the wire... But she does not hope I fall.

I have no ego. My ego is now gone. Think of that! Great how awful.

A egoless man. What a relief. It brings light to the world. Fuck the fucking ego. Step in the cage and prepare to black the fuck out. Give thanks for it. Embrace it. Do not show it but inside be smiling. With veiled eyes look deep into hers. The last thing that you will see. Giving thanks for the suffering. For without that pain and agony to that extreme they would have never enjoyed life. Breathe out all the air and hold it. Hold it until the light gives way to the black.

Understand the way that things are going. Embrace it. Give thanks for it. Do the best that you can do. But at the end of the day shut the fuck up and be grateful for the ability to breathe. You have happiness within you. You have the power to make yourself happy. Through gratitude. That is what it comes down to.

The national geographic photo. I see my daughter. I really do. She is a goddess. Caramel skin, light eyes, strong, smart, capable. Beautiful. She gives the world meaning

I see myself as the Dan Bilzerian of NorCal the Bay but more importantly those that fill the cognitive niche.

Alright kill me mom. That is what you have to accept.

Just come to terms with it. Come to terms with your biggest fears. Accept them and thank God for them.

Let's make people live longer. Let's go to Mars. I want to see black women colonize the moon.

That is the goal. To see the moon colonized by colored women. That should be the ultimate goal. That is really what it comes down to.

Face your fears. Get outside your comfort zone. Everything is in one way or another. We live in the multiverse. No two things are the same.

Marcus Aurelius was emperor and did nothing... Thank God. But in that he did all.

I understand the need to remain celibate. I understand it.

Sex religion, afterlife, death, birth, happy, sad, euphoria, grief, anger, resentment, jealousy, hatred, fire, mercy, grace, smile.

I have no words. I do not want to say anything.

Sit me in the back of the class. I will actually do better back there. I thrive back there in the shadow. You do not realize. They cannot get inside of my head.

This is simply my coding. I am programming everyday. I am writing code with the way I breathe. The way I walk.

Yeah. They will write about me one day. I do not doubt it.

II

Do you not realize everyone just wants me to look at them. That is all they want. They want your eye contact. That intimate connection. That is all they are really going for. Do the best you can but recognize reality at the end of the day.

Ha you never know. He may just be a Jedi. Or a with lords

Am I Legolas?

Am I the big white goblin?

Do I go home across the sea or do I get slain in battle.

I go home across the sea.

I do not go away. I am killed. I die. We die. I cry as I say this. Good thing my sunglasses are on.

This is me going away across the sea. No you won't ever see me again. Or will you. Look for me in the sun. My blonde hair. Then look for me in the blue skies. Thank you mama. You keep me strong. You are my breath of life. That is what I will leave you with.

We all just want to be looked at. That is really what it comes down to. We want people to look. But as soon as they do we are filled with regret and second guess our decision. Now we know that others feel the same way and are likely looking back.

Look into the mirror of reality. Or illusion. Feeling the confusion?

I want to teach black women to be great public speakers. I want their voice to be more values than Bill Clintons. That is honest to god the truth. I know nothing. What is right? What is wrong? What does it look like? Tell me what right feels like? Tell me what it smells and tastes like? That is the truth to God.

I fell in love with a black stripper. Ha that is the honest to god truth. Because the black woman has the most powerful sexuality. Hardcore loving. You will feel the energy. You will feel the passion. That is forsure.

But I am still selfish I still find myself saying I do not want a dark skin girl. I want her to be Carmel. But honestly it doesn't matter. I have no preference.

That is what I am going for. The National Geographic girl. I want her to have some color to her eyes. Is that too much to desire? I would die for an octoroon. Die for. You have to realize that is why women love Drake. That is why I love Lola Jones. Light skins are hot as hell.

Think of that new hurdler. Do you not remember? Yeah she was perfect. I want a nice lightskin girl. A beautiful Carmel girl.

I want to give it back to them. They are beautifulZ

They are golden.

We are all needed in the scheme in one way or another.

The ugly make us grateful for having looks. As shallow as that is. But you in turn humble me and help me recognize the fragility of attachments.

Ha that is what we do. We assimilate back into the world. We are a virus. There is explaining it because who does we include. Ha that is really what it comes down to.

I walk through fire. I am on fire. She seeing me burning. She understands. She knows what it is like to be walked all over. But allows you to value the time. Thank God for that. Honest to God.

I wrote the Bible.

Simplify eliminate the excess.

But they normally don't hear these words until I dies.

I lost my house key today. What should I do? I wish I had left a window unlocked. Fuck. I should always allow one way to get in.

How do I solve this problem though? IN all seriousness.

I lost my room key and the only window that is unlocked is the one that is high up.

What are my options here?

1. Spend some time and look for the key? Yeah that could work. What could I do to look for the key? I could retrace my steps. I have no idea of when I lost it at. Fuck. I am sorry. I am so sleepy. I haven't slept much.
2. Call Shirley
3. Call Colleen
4. Call Mom
5. Call Dad
6. Climb through the window?

Why do you even lock your door? You have nothing to hide. Besides your computer. ;)

Bro is there even any way that that would be possible. What happens when you break the whole window? That would be horrible. But would it really? I do not know. Fuck. What to do. I have theses 'problems' but can't speak a word. What should I do?

How did you loose the keys?

My mind had drifted. I had spent the morning listening to Beyonce. Is that so wrong. It was so beautiful. But I lost my car keys along the way. Oh shoot. Where did I leave them?

I feel tired. I didn't eat dinner last night and I only ate oatmeal for breakfast. I feel low on energy. I want to sleep. Blood sugar running low. I have been up since 2 am. What am I to do. I am tired. I am sleep deprived. I am hungry. I lost my keys.

What should I do now? Go get something to eat?

Haha ha I hear the men chuckle as I take my hat off to show my hair. What fucks. What complete fucks. They are just arrogant and egotistical too. We must remove the ego. That is what I am going for.

So what are my options.

Here is what it comes down too.

1. Get something to eat... so go to the bank
2. Walk to the house and check out the open windows. Would it even be possible. Highly unlikely

Fuck asking for help. I am done with it. I will swallow my pride and pay for my mistakes. That is the mindset that I need to have. Fuck. That is tough but that is the way it needs to be.

I need to get this done before my phones. Realize this. Respond to this. How can you avoid this in the future? Put the fucking key in the computer. Put the room key in the cellphone. It is so dumb that you have to worry about carrying around a fucking key all day. Fuck that. I think it is outdated and needs to be replaced. When will a black woman invent some way to never lose your room key again. Help me teach this woman how to solve problems.

I can only do that by doing myself.

So what are my plans of action how will I go about executing this task?

1. Plug in my headphones
2. Breath
3. Put on some music to put me into a trance
4. Walk to the bathroom.
5. Get somewater.
6. Walk to the Bank. Which one?
  - a. The one on Pikoli street. Piikoi Street. That is the one that I need to get to.
7. Then go to Safeway. Get out \$100 and make it last as best you can.

If I need to call the smith. I need to call the smith. I need to recognize this is the reality. That is the reality to take when you are the only one on the island.

Stop talking. Start doing. No need to talk about writing a paper. Write the paper babe. That is what I am saying. Keep writing. It is good for your soul. Do not stop until you are overtaken in light. Thank you for opening my eyes.

I am a slave. I have no voice. I am exposed. I worship women. I would not exist without them. Men would do the darkest things to me. Totally mutilation. Not bad. I think that it is okay. Put it all out there on the line. Fuck it.

So now I hope that I can get a better feel for this.

I am attracted to beauty. I am not attracted to an ugly bitch. An ugly bitch doesn't get listened to. That is something that you need to realize.

I do not give a fuck what I hear. I know. I believe in the strong independent black woman. I can say nothing. Let the women speak... But make sure that they know the hierarchy. And make it bitter for her. Make it bitter. Make it hell. I want her to gnash her teeth and scream out for mercy. I want her to realize.

Propagate it back to the women.

All these women are talking about the same goddamn shit. Shut the fuck up and live in nirvana. Ha you can too! That is the thing that you have to realize.

The deepest joy is available to all people. You need to realize this.

If you want to get a grasp on your psychology I think that you need to do a lot

I cannot think with all these stupid fucks talking. Get these voices out of my head. I want to see you mama. I hate hearing these women's voices. They are dumb as fuck..

“Kick butt?” No bitch I want a KICK ASS!! I want my woman to kill me I want her to be merciless. Be brutal. Whip me. Hurt me. I love it. I have embraced the pain. I have my trap queen on top of the mountain.

That is the sad thing that it is about.

We need to realize the power of kids and sexualy.

Psychology of child development. Education. Sex. There are a lot of questions that you will need to ask.

SHE>HE>I

That is what they need. There is your code. I serve the queen. The queen. There is no such thing as a friendship. I am pre currency and post language. Bow down bitches. But I do not need to say anything.

I act. I do not talk. I act. I do not talk. My woman talks for me. Hahah there is a marker. Obviously. Yeah there are people that want to kill you.. Ha they still have not realized it yet. Yes they have but they are trying to accept it and process it. You need to realize what it comes down to. These women are not my Queen. These hoes are bitches.

I need to place Beyonce on the highest pedestal. She is a representation of so much more. Oh my god. My eyes have been closed. Thank you God. I am eternally blessed. Bow down bitches. Bow down bitches.

Fuck all these lesser women. They are not as worthy as Queen B. She is worthy of all the cum. She is the one. But there is no one and only.

I want to see these women fight. I want to see the most twisted sick and manipulative one out of that. I want one that had no soul to begin with. I want to give life to a dead soul.

“My diamond is rock. My rock.” She woke up like this... No she didn't but we all speak lies. Ha don't we but what is a lie?

It is an illusion a simulation. How will you respond? That is the damn problem. It is interesting to see how the mirror image is mutated in the matrix. Ha we are so blessed. I want to give back

to the world. But I do not want to speak. I want my voice to be with my actions. I need to give the mic up to her. I am voiceless.

She is so fragile. She looks like you can break her. She is so small. I want a strong woman. I want a fighter. I want someone who will fight for me to the light out in the rink. I want her loyalty. That is what it comes down to.

We will be okay without men. We only need one man. But as we know for the sake of genetic diversity it is not good to have only one men. There should be multiple. Let there be choice.

Beyonce will be my trap Queen. She is the baddest bitch there is. She is a killer. You have to believe that. Honest to god. You need to know. Honestly.

Ha I was in the PsychWard in the Bay Area when I was 20 years old. I am a nut. What the fuck was I thinking;)... I ain't ever letting go. They do not give a fuck. That is the beautiful thing. We do not give a fuck one way or the other. We are expecting the very worse every second.... Back to Africa man. And I can ride with my baby. I be cooking pies with my baby. I keep getting fly with my baby. I be in the kitchen cooking pies with my baby.

I am nothing. Do not even look at me. I am not focused on you. I am focused on the word. That is what it comes down to. Do not look into these eyes. Or do, but only at your own risk. Be grateful. There is a science to this.

She has facial hair but she is fat as fuck and lazy as shit. Go eat a bag of chips fat ass. My bitch is forever God.

No that is the thing you cannot ever get me to even look into another pair of eyes. That is the bad thing about it. I am so loyal I won't look into any eyes but hers.

The law is blind. I want to sit on my throne eyes covered. My mediator is the black woman. She speaks to me. I must love her and place her on a pedestal.

I will never cross her... in anything that I do. I need to keep her happy. I do not want to see her wrath.... I want black women to invent the technology that allows us to colonize Mars. That is what it comes down to.... In all honesty. That would be pretty fucking phenomenal wouldn't you say. Quit doing it for the glory. For the money. That is not what it is about. It is futile. What is the rush? What are you rushing toward? Your death. That will come swiftly enough. Be grateful for each breath. Thank you Marcus Aurelius.

That is the thing about mama. She doesn't want to see me as feminine. I could never be feminine to her. She is trying to fuck me for my brain. I do not blame her. I want to have light skin babies. That is the goal. I want to have babies of all colors. I do not want to exclusively see 'my daughter' a blue eyed woman and torture and kill to keep her there. It is not worth it in the big picture. Be grateful for the present.

At this point in time I would be blessed to sit down with a respectable black woman at a restaurant. I am hungry. To be able to order anything on the menu. Oh my god. That would be a dream. But I do not eat carbs really that much anymore more. Sorry. Got to stay fit. I want to keep painting you in song.

“I would rather be crazy.”

If you are pretty enough you can be crazy. If you are crazy enough you can be pretty.

Damn I honestly thinking that Berkeley perch is looking so much more and more heavenly each day. I am blessed. Help give me vision. Help give me the right mindset. Help me stay humble and worship my woman everyday for she gives my life purpose.

Beyonce trumps the Illuminati's mother.

Just think about the simple things in life. A little house. Not big. No nothing too big. I do not want to have to clean that huge fucking empty house. Minimalize. But do not forget to maximize. The greatest resource is resourcefulness.

Maybe have a machine recording the things we say so that we won't forget a single word?  
Hmmm just a thought.

I cannot kill a woman but I can sit in front of her enough to become a believer in God. Ha the cycle continues.

Marry a black queen and live comfortably in the hills of Oakland. Travel the world freely whenever I want whenever wherever it doesn't matter. She got the bill. She is my trap queen. I know that I can have no money. I live without money but live in a state of total abundance. But I cannot even touch the cash. Or I live controlling the cash but having nothing to spend it on.

Alright let's go get something to eat.

I find myself wanting to do more work at night these days. Why? There are less eyes to get distracted by. Don't get me wrong. There are eyes out at night too, but they often are more empathetic. Anomaly. See what is to come. See what we are inventing. We are trying to fucking die on Mars. The moon? Common. can we start a black university for women on the moon one day.

... Live in the moment.

I want my daughter to look like Lola Jones or ... Or ... God that is the future. Golden Age. I love light skins. They are beautiful. I love mixed Asian babies. I like it all. It all is good. I cannot really say yes or no. That is the honest truth about the mind. But then we come right into privacy concerns. How far and how vivid can you stretch the imagination? That is the ultimate question.



How vivid can you make the moment. Not a psychotic or demon possessed way. Just embodied, in state and loving the present moment. Euphoria? Nirvana? Any words? Lights up.

Hi

It is all good. Love

They always thought I was gay or feminine. Yet they didn't realize I was the non existent symbol for masculinity. I am Taylor Swifts brother.

Focus on it

Listen to drake Pandora on the walk... Ha let him speak in my place

I want to see that national geographic woman or something like her on the \$100 bill. It won. The golden apple.

I do not know. What do you want me to say?

We are a community here in the sense that we share the bathroom, sink/microwaves, and bathrooms. Communal. Is that bad? For they know they are close to death.

I mean I know it she knows it. It's just not a good idea.

Alright. Transition to Drakes position. Think of the world through the his eyes. Live that for a while. Love it. Live it. Love it.

Look at you. Why do you always want want to copy me?

You sell your eye contact. Realize this. You sell that shit with all you got. That is really what it comes down to. Selling your time for eye contact/current present awareness. I don't doubt it.

Read about me and write me in mom... Ha oh yeah;)

You are getting drunk and doing working with men at night. How feminine and gay and non masculine.

Value that eye contact. Sell it to the highest bidder. Those with the most desire. Are you laughing or is she crying? Or he? Wait.. who?

Don't ask for my name. I don't have one. You'll forget it anyway. No you can't touch my sister.

That is the shit you have got to realize. My sister mother and grandmother is the black lightskin mother. I need to realize this and praise this. I am an intermediary that existed but was so small it really didn't matter to mention. Write on...

Hopefully this is what they sing at my death... The choirs of all. If I live a good life. Be thankful and give back to God.

In time I see some big things for you.

Fuck all these weird ass Trekkies... That shit is weird as fuck;)... Laughing or crying? No one knows... That is the great thing about it. You can facade your emotions.

Just think of professor Johnston. Damn that fool hit me with some real shit. In all honesty. I think that that shit is awesome that he got to live as long as he did. Even as a gay man that is something to be commended. In all honesty. I am no homosexual. I worship God.

Kim Kardashian has a dick and I would rather fuck Oprah...

Never let people see you running at night. But

Go have you dick swabbed by a state run program; and start to recognize communal love

Of course I hear the voices...

Lester Holt is a huge influence in my life personally. He comes from a great family. His father actually built our tv cabinets. He dad had rickets and went from living his life as a youth as a black man butt is skin genetically in time. The process must have been atrocious. Watching the eyes darting around his father.

I want to break the story about Lester holt? Why not bring attention to this. Give my paper to the black girl in class.

As a youth I never would talk to or dream about a black woman. A dark skinned tinker bell

I want someone else to write that story on Lester holt

Maybe you should bite off my idea sometime

What happens if on the internet you had to make eye contact with whoever you were communicating with. Hmm maybe. Probably been done before somewhere but let's try it mom

Why don't we sit down and have a talk. Match the amount of food your woman eats. Never eat more than her. Is that sustainable? Maybe?

You have to realize that you are at different phases in your life. Acknowledge love and embrace that as much as you can. Whenever you can record it. Feel blessed

You can tell someone's perversion and sexuality by skin color.

Rich white girl, Rupunzel locked away in the tower of her mind. I do not blame her. She fears a meaningless existence and she doesn't have to live one.

I want to be the master psychology. I am the mastermind. Travel the world smoking weed. That would be nice. No stress. Honestly. Home is where the heart is.

I do not know about legalizing all drugs. But marijuana is one that's completely fine. We need the mobile world to be able to do their drug of choice where they work. That shouldn't be too bad should it? Ha but you do not think that that has already happened? Goddamn. Go and walk in their shoes. Go. Walk. Learn. Listen. Look. If you dare.

Tony Robbins travels the world talking about good news. That is something that is pretty phenomenal.

He is not your guru.. But maybe the genie... Did he plant the thought? Or did I? Or you? Does it matter anymore ;)

Blue eyes radiate sex, the greatest joy in life. But they also radiate death. There is not one without the other

What was the last bible verse you read mama?

What books are you reading mama?

Read what they read...

I read what they read

Smoke.  
Hungry.  
Happy.  
Sleepy.

Where is sexy?;)

I want to delve back into books. Attaining knowledge. I am blessed. Goodnight. Midas or whoever you are

I steal enough each day. I do not need to rob at night

Older or worn white women have slower emotional recall and less sympathy than the black woman who has felt the pain. The wrath of God.

We trust in God

If I ever found God I do not think I would ever find the need to say it

They want you to look into their eyes like they are deserving

In all honesty I fear the black woman infinitely more than the white woman. In all honesty. My mom couldn't contain me. She wasn't mean and masculine enough. Black woman beat there children. Or so I have seen

Creativity/ imagination are corresponding with sexual perversion

What difference does it make how reality seems to appear? happiness and imagination are internal.

White men are inherently the wealthiest men. They have to be to survive. The fact they are alive is testament to money.

Black women are inherently the most sexually appealing to men. But they require love and loyalty and unyielding ferocity in their protection of her. Unyielding to the death. That is what it comes down to. Would you jump on the grenade for your mother, sister, grandmother? That is the question...

Do you not feel their eyes?

Be careful there may be more layers than you realize...

I think I honestly prefer to watch a Beyoncé music video over porn nowadays.

I run the risk of leaving well enough alone and not doing something and getting roasted. You can sell it any way possible. I'm out fool! Elon where you at?

Remember to sell your eye contact today. It can be extremely valuable to the right pair...

If you're a public figure... Your private life is valuable... Learn about this. Understand this. Accept this. It is not your own. It is something greater. For now we call it God.

### **18 September 2016**

Ha. Never look at someone again unless they are paying you. Do not give out your eye contact so freely. That is what it comes down too.

Sell your eyes. The eyes are all. They are everything. There is nothing prettier than your eyes. Nothing more desirable than eye contact. That is what it comes down to.

That is what it comes down too. Do not look at someone unless they are paying you. That is really what it comes down to. You need to realize the value of eye contact. It is literally everything.

No baby would survive without eye contact. That is what you need to realize.

I look into the eyes of God. All. Pan. I fear no death. I welcome death. Thank God for death. For it has given me this. I am grateful. Thank you. I would not have appreciated it this much...

Sell your I's...

Sell your eyes...

Only look at someone if they are paying you. Or else you have no reason to look at them. Otherwise they get the idea that you should be paying them. I am not going to pay to look at you.

There is no one I would rather look at than myself. And I cannot walk in front of a mirror all day and night? Or can I?

Now we need to know how to get this information about slinging weed/ 'safe drugs' to the people. But who are our saleswomen going to be? Black women. There is nothing more intimidating or scary than an angry black mama. There is nothing more scary. Word to God. Do not cross a black woman. Do not cross her. But do you look at her??? That is the question... What is a question?

I am Internet.

All these kids are fiddling around with their equations. Mathematics! Ha what you need to be studying is the imagination... That is where you find discovery. Look inward... not outward and you will find all the answers that you need. Honestly.

Sell your I's... Sell your eyes. That is what the message is to the people.

If you want to get rich in this world. Sell your I's and eyes. That is how you do it. Get on the internet.

Why did my parents ask me about the pot smoking in Hawaii?

As pretty as I can make my momma seem. There is no beauty like the black woman. She trumps. She is more fertile a mate for me. Genetically she is more different from me. Therefore I should bang her and make babies with her. Fuck... Ha why not just embrace the compliment smile and live and let live. That is really.

I love mama.

Fuck... I am mind fucked. I love it all. Why not fuck it. I am out here in San Francisco. The shit is not bad. Shut the hell up. Does it really matter anyways. We are all going to die anyway and be replaced by each other. Live and let live. We are all going to live forever. But life keeps evolving and will take different frames.

I want to be the first man buried on Mars.... That is the goal of mine. And I want to have my baptist choir of black women there with me. That is what I want.

America has the backing of the black woman. Russia does not. No but i think they have a different lens on the perception of life.

It is so funny. I am writing the thoughts of these people right now. Ha! I love it. They will be thinking what I am coding right now. That is the greatest. Thank you MAMa

That is the thing though. I just feel a distance from my family these past couple years. I have also found deeper meaning in the power of our relationships to each other and how they impact the things that we do. We need to recognize this and rehabilitate and see this issues when they start before they become a problem. A big problem.

Which one is the alpha? That is the question? Who is the white guy? There is no one white guy that controls all the money! That is what you have to realize. Men do not have any money. They cannot possess wealth for a long time legitimately. Women can though. You hold your wealth in your women. That is what it comes down to.

So when do I want to get onto social media. I do not want to get on there for free.

That is the thing. I got off facebook once everyone adopted it. YOu have to give it up once everyone is doing it.

Google you are a fucker. Worship these corporations. These corporations are God.

There is no such thing as a white trap queen. That is what you have to realize. There is no such thing. She is biting off someone's swag... Where did that shit come from? And that? Yeah that's right.

It is too simple being a politician. It is too easy for me to control the masses. I am going to focus on more important issues in the meantime.

Do you believe in love?

Do you believe in god?

What do you think of money?

Time?

Death?

I see myself banging the baddest lightskin girl on the couch of Sean's house. That is really what it comes down too. In front of everyone. That is really what it has got to be.

I want her to have golden curls and lightened eyes. That is what I want. That is my desire. I have a feeling I

I do not want to go into public service. It is too simple. Give all to the black woman. Let her make decisions.

Ha I have nothing left to say.

Can I go on imagining ways that we can colonize the galaxies... We can start with the oceans and moon... ?? the new frontiers?

Fuck that is the thing. You do not want to worry about all the big black boys running around.. You do need to worry about their mama back home though. Make sure that woman is well taken care of.

I feel like everyone wants me to fuck a hot ass black girl. I think that that is really what it comes down to. Who are you going to make infinitely rich? That is the question. Who will you bless. That is the ultimate question. Give love. Sex is an act of love. They want to mend together and become with you in some form... That is really a compliment. You should be thankful for that. Give thanks for it.

It is play fighting;) “banging” and pleasure each other to the fullest extent. Do not worry about this. It is natural.

Black

Money doesn't matter to me. I am already born rich. You do not realize that. I am already infinitely rich. It doesn't even matter anymore.

I love the fog that comes with the San Francisco Bay Area. I would love to be the king of it. Although I understand that that is horribly outdated on so many levels. It is about creating value for all people... especially those that seem to be the lowest. These are the stories where we generate the greatest value. You have to rephrase it to a positive.

Do not go out in public anymore. It is dangerous and of low status. If you really have status. You will never be seen. No one will ever hear about you or see you. You will live a fulfilling happily euphoric life... but it will be a bit more isolated than you realize.

When you do go out in public it should be for a big deal. You want to profit off it in as many ways as you can. Make people pay you to see them. That is what it comes down to... Who is the highest bidder.

So how do I respond to this.

I shouldn't really be seen a lot out in public. Unless it is at a nice place that is of high value. A brand that I am okay associating with. That is what it comes down to. You do not want to publicly endorse you eat at McDonalds.. They are all around the world. You are eating the same shit everyone else can eat. Anywhere at anytime. You want to go for rarity. Novelty? I do not know the words for it. You need to be able to sell it in a good way though.

Singer  
Producer  
Editor  
Actor  
Athlete  
Entrepreneur  
CEO  
Trap Queen

That is what you want to do.

I do not think putting your fist in the air should be racist. It should be individualist.

In the future we will only be able to look into people's eyes. We will not get to look at or enjoy anyone's body fully anymore.

We have a self automating governmental system. I do not think that I would really want to be a supreme court justice one day. But maybe I could be married one to one. Ha that would be pretty cool.

Think about that. I want to get Corinna Johnson to the Supreme Court. I think that we need to have a woman in there. I really do.

I'll leave you to get high with your gay best friends. Fuck of baby;) Lola Jones. Marry me. That would be a vision. I want to marry a lightskinned girl.

Goddamn... I want to make the clich at Sean's house famous. That is something that would be pretty crazy. If I could get them all in a music video going dumb at Seans house. Ha that shit would be too wet.

Think about that. Record a 'party' at seans house. That would be pretty cool? Maybe? Maybe... Ha

Drake is a fucker. But he is the epitome of my son. Or less so. I could brighten you even better than drake. That is the thing. I would really brighten your day.

You are looking like a legend.



I am living in an age of neo paganism. It is nice. Everyone is living in each other's imagination. Because I cannot remember anything.

I am the real joker. Ha that is what it really comes down too.

But yeah. I see myself banging a hot ass lightskin up in my private home with a view of the golden bridge. We will fuck on that hill top. That is our home I value mama. That is the pyramid. She resides at the top. She lets me stick around to look good. I am her ornament. I need to realize that. Humbly.

The degradation. The process. There is no fear Tim. You have left your impact enough. Thank you. You have done a great service to the rest of us.

Suck up that fucking shit. You do not have to go. Quit letting you tummy rumble uncontrollable. You need to rip ass but do not want to do it here. That is one of the problems with public areas.

Your problems are your gold mines. Look at this and learn. She is a good girl.

Sell your I's

Make sure you are pimping your eyes.

I need to paint NorCal in a beautiful way. That is really what I need to do.

Sell your eyes. But mine are not for sale.

Mama is trying to Pimp me... do you not see. Ha that is really what it comes down to. Now how do you want to be pimped brainiac

Where are my smart kids at?

Can you make love through eye contact? Good question...

Fuck I cannot be seen looking around. That is really what it comes down to. But not really. Everyone I talk to someone lesser than me it is like ProBono work or something. Right.

I am pro-Beyonce. Is that saying enough?

That is cracking me up. Beyonce's 7/11 music video. That is so awesome. I love to see the beautiful black women tearing up that penthouse. Looks turnt as fuck. I wish I could get that wild with my friends. You look like you having a euphoric time babe. I am happy. That is what I wanted.

That is what we need more of. Equality of politics, economics, and social

I feel that Beyonce is God. Is that saying enough. There are no goddesses. Otherwise there is no difference. There is no duality.

What the fuck am I saying anymore.

I was brought to tears just by getting to look at that light skinned girl in Walmart. I literally got teary eyed. Can you believe that. She was my daughter. She was beautiful. Like we all are. But for me personally. There was something that resonated with me personally. Maybe it was a previous memory. Or something.

Yeah you cannot look into these eyes but you will hear about the stories one day. That is really what it comes down too.

We need to improve the quality of life for all people. Not just I. We. We need to help everyone. That is what it comes down to. In all ways that we can. We need to help out and do our very best to love and help and guide as best as we can. No one is perfect.

Damn it feels like I am writing so fast now. What happens when me and my girl are in her soundproof cottage on the Berkeley Ridge.

I think that it will all be alright. For whatever reason deep down. Ha that is really what it comes down too.

Virtual reality is here..

I just feel that you need to sell your eye contact. That is what it keeps coming back too. Fuck you Steve Jobs you were a great salesman. You really fucked the game. How do these guys do it?

It seems like they sit back there and just do hella drugs all the time. Fuck.

I feel like the Joker everyday. That is really what it comes down to it.

Who run's the world, girls.

I love the black woman...

Girls run the world. Men just get to live within it.

Stop watching TV. I do not want to keep having to live on a screen 24/7. I want to be in the present moment with my woman.

I just can't stop thinking about marrying a light skinned girl. I really would like to have mixed babies. That is something that I am for the first time considering in my life. Is that bad? Too much?

I want to have a best friend. I want someone who I do not have to give a fuck with. I want someone to put their middle fingers up and come live with me in this nirvana.

Just think of that. What would I do if I really didn't give a fuck? I would get a silver lower grill. Actually, sorry. White Gold.

Yeah if I didn't give a fuck I would have Diamond and white gold earrings, a white gold chain, white gold grill. Would that be too much rolling around with my trap queen in downtown Oakland? Would that be too much?

The West Kept Secret

I am not trying to live in the trap my whole life is the thing. That is what it comes down too. Think of showing my bad colored woman off. It doesn't even come down to that. But I do not give a fuck at that point. We won. There is no losing.

I have missed you Aretha... Ha. What you need.. Do you know I got it. All I am asking for is a little respect when you come home.

I came back to the country.

I want to be a delta force operator. But Delta force does not exist. Do you not realize. I am a delta. I am an operator. It just depends on what missions I want to go on.

Hercules "The Gospel Truth." Fucking Walt Disney

Hercules "Zero to Hero" Fucking the Muses are Gods

The Nine Muses. The Nine Muses were Greek goddesses who ruled over the arts and sciences and offered inspiration in those subjects. They were the daughters of **Zeus**, lord of all gods, and **Mnemosyne**, who represented memory.

Do you understand now? Ha life is pretty good. I am really not tripping to hard.

I am a rastafarian... What can I say... I am a rasta. Been a rasta fool. Been a rasta. Been a fucking rasta. Ha. You better believe that shit.

These Disney songs really take me back to a good time.... I would really like to have someone to watch them with. In all honesty. Fucking Walt Disney. He is a fucker.

Hercules "I won't say that I am in love."

- [Calliope](#) (epic poetry)
- [Clio](#) (history)
- [Euterpe](#) (music)
- [Erato](#) (lyric poetry)
- [Melpomene](#) (tragedy)

- Polyhymnia (hymns)
- Terpsichore (dance)
- Thalia (comedy)
- Urania (astronomy)

<https://www.youtube.com/watch?v=9b8erWuBA44>

Touch my body by Mariah Carey “CompuNerd” What the fuck. Fucking white Bill Gates in the Making. What a fucker.

What the fuck. Why do they all what lighter eyes... That is the ultimate question. Why do people want to have colored eyes. The mystery goes on and on

SHE>HE>I

That I think will be a motto of this blog.

What happens if I just woke up in the morning. Did drugs with my girl. Had sex. Ate and did our work.

We have officially fucked the life. That is the thing that they do not realize. We are those super rich internet kids. That is us. If you have the right eyes for the job... That is pimp them as best you can. I have a feeling you will. In time.

But no one cares to hear me anymore. ... For now I am going to do more listening than talking. That is what it comes down to. Touch them with your eyes on with your body.

It scares us knowing that we are replaceable. That is confusing us. That is the evolution of the species. It is seen in the mutation in the men... I do not know what I am saying. I am not a scientist or geneticist or whatever.

White Supremacy is a natural defense mechanism. I would be vulnerable without it.

Goddesses of the arts and proclaimers of heroes.

I do not know what else to write. Well what do I need to do?

What is the essentials for the night? It is 6. I want to make sure that I catch the sunset. It will be setting in 30 minutes. Okay so I am here for 30 more minutes. Get that.

Alright what next. What am I working toward. Why do I get the sinking feeling like everyone is looking at me. Wondering what I am looking at... What I am thinking.

She knows. She knows. I am the master artist. You have to realize that. Da Vinci

What can I do. What do I need to do. I want a woman. I want someone to talk to. That is all that I want. That is damn near euphoric for me. If I feel this way. I am certainly not the only one.

I think that education reform is here. We need to have girls around older boys. I think they should be with the speed they develop not the age in years. They should be able to demonstrate.... I know nothing... Let the women speak.

I spent my life reading and writing code. Do not look at anything but your screen. That is the future. We will likely not see anything but a screen in our lifetimes. I want to have a beautiful black woman. That is what I want. I want that badly. There is no bad boy. That is the thing about it. It is inherent. Thank you mama. There is no right or wrong there is only a song.

These are my pretty thoughts.

What am I doing tonight though? I am getting hungry.. What will I eat... I will go home and eat what I have there....

Damn... I still haven't cooked up that fish yet. Damn. I am really slacking on that big time. I need to do that tomorrow. Yeah! Do it tomorrow when I do not have much going on in the afternoon. That shouldn't be too bad. I want to kick back and grill up some fish. That sounds delectable. Yes it does in deed. I want to put it on for my girl. That is really what it comes down to.

I have the master psyche. I am psyche. I am the mind. I understand you more than you understand yourself. I do not want to fuck you. I want to fuck death. That is my goal. That darkness that overcomes you in your last moments. That is what I love. That peace that sweeps over your body before you are taken home. It is really phenomenal stuff. DMT

What should I be doing.

Do not look at people unless they are paying you. That was a fuck up. I shouldn't have looked at that person. I should not have given away one of my glances so freely. They should not have access to my subconscious mind. How dare they. We all just want to have a celebrity look at us and get inspired. That is what it comes down too. That is why everyone wants to go to NY... But when they get there they hate it. The grass is always greener somewhere else. Make sure to water by your house.

So yeah I am going to grill up some fish tomorrow afternoon. But for tonight... It is all good.

This is pretty good right here. This is nice. This is loving. They were martyrs... They did it for us. There needed to be more protection. We need to think through these problems. They are not going to stop. They are your gold mines. You want to make money... Solve each other's problems for them. Better yet anticipate them having a problem and take care of it before they even think of it.... ;)

We just need to shut up and let the women talk.

But what am I going to do back at the house? That is what I am saying... I am only going to do drugs and shit. So what. That is pretty good is it not. Guess not bad. I want to make sure that I talk to that God before I leave.

Next time I go to SC I got to make sure to shoot a fucking documentary. In all honesty.

Pimp Romans shit hella hard by not for IG for like a project or some shit. Personal branding

Don't worry man we are all just here to make it look legit

I want to see Beyoncé on top of the White House working the roof flag pole

If I were Robert California I would drive down to LA in a nice car. Some how bump into or get in front of Lindsey Snyder (In N Out Owner) and touch her on a deeper level. I will ask her about the isolation. I will touch on the sadness living in her eyes. Etc. I will talk to her like I were talking to myself.

Who knows I get her to give her job away to me. Marcus Goins In N Out CEO... That shit would be pretty crazy..

I cannot wait for virtual raves... Where will you take off too? We are preparing to leave the planet. Be ready for the next step. Be thankful for everyday

Sell the idea of dying on Mars to men. That is a good goal to give for this generation

### **20 September 2016**

I woke up feeling charged and ready to go. I am ready to go back to Africa. Let's keep pushing on toward the future. That is really what it has got to come down to. Making the future now. We need more lightskins. We want to be continually mixing our genetics. In time we do. But with that we develop a lot more advances in medical technology.

I wonder what would happen if I gave Dianne and edible? Would that kill her? Fuck I do not want to try but honestly it has got to be one of the safest things she could do in her life. Think of all the other drugs they have had her on before. Why not try to get her to cook up some?

Do you remember how when Grandma made a cake with olive oil instead of vegetable oil when her mind was going. Do you remember how Grandpa made sure to eat every bite? Do you? That is love. That is an act of love. You got to see that. That was beautiful. It really was.

Be grateful for that.

How could I pass that on to someone else? That is my question. That is the ultimate question. You do that in infinite ways. But don't ever get too off base. Mama will call you home.

No matter how far you go. Mama will always call you home. That is really what it comes down to.

Do you remember that picture of me and Justin in Sean's backyard? Ha do you bro?

The only people I have ever been jealous of is everyone. Asians always have more \$\$ than me. Blacks have bigger dicks and can fuck better. Europeans have more culture. What do I have? Oh yeah;) Push forward to Mars. That should be the ultimate mission. That fool has probably already done that shit and come back.

How do you get a breakthrough vision... Bigger (massively bigger) goal but set it with dramatically less time. Impossible. Amount of time. Then make it happen. That is what it comes down to. There are all people on board with it already. You have to realize that.

SMILE  
Space Migration  
Intelligence<sup>^2</sup>  
Life Extension

That is what we are going for. It is not healthy or efficient to eat a lot of meat. You need to realize this. You should not have to eat meat to survive. That should be a survival method. Not an everyday method. That is what I believe. Maybe fish. We all come from the Sea... the genetics could be more different. But you do not want to eat meat. The genes are too similar. You.

Yeah you could call me a Buddhist.

I want to make my wife the Governor of California. That should be my goal. My golden wife. Lightskinned. I want to be able to work hard enough to get her pushed to the masses. I want her to rule over my country. I want a Light Skinned woman or caramel skinned women leading California. The 7th biggest economy in the world. And let's grow pot. Let's grow a lot of weed. No water? Let's bring in Desalination? What can we be doing? Do not look to me. Look to each other.

In my life I will make sure a mixed. Lightskinned woman is the governor of California. In two years we need to get a colored girl into the Governor's office. That is what I have got to say. If it comes down to me honestly. There is nothing that I would like to see more. I need to get out there and find her. She needs to be pro pot. That is for sure.

Think

<https://www.youtube.com/watch?v=g3VwtDfGajQ>

If I can at least get in front of Shane Smith I know that I can get a job

I have like 40 minutes to get my pictures. What am I going to do?

Alright get cracking find the pictures.

Ha that was fucking awesome. Thank God I found good in goodbye. Honestly you turned out to be the best thing I never had.

I am so blessed. Thank you God. I am eternally blessed. Thank you. I am happy. Is a laughing or crying. That is my question.

Damn I do not know if I should laugh or cry. That is honestly what it comes down to. I am so blessed for all the people I have met in my life. That is really what it comes down to. Thank you God. We are blessed.

We are lucky to be here. We cannot forget to show our appreciation.

Keep talking that mess that is fine. It is my name that is on that jag. I am so blessed. Thank you God. We are all lucky to be here. Give thanks everyday.

That is how you resonate a world of difference. That is what it comes down to. Who were the people you were surrounding yourself with. That is my question to you.

We are all artsy. That is what it comes down to. Having fun when you need to be crying. That is what it is. The cycle of life.

You must not know about me. You must not know about me. You must not know about me. I can have another you by tomorrow. Don't you for a second get to thinking.

Let Marcus meditate. That is what it comes down to. Let me live in this meditation.

Is that wrong. I gave it back to the people. That is what it comes down to. Take it back and give it back to people. Empower people. Make them feel free to make decisions and that is where you will gain your power. That is where you gain your power.

That is honestly what I feel needed to be said. That is what I have to say. I hope that is what it comes down to.

I cannot wait to go home this winter. I am so grateful for my family.

Beyonce is God. Acting up. Drink in my cup. I care less what you think. What it really feels like to miss me. If you liked it you should've put a ring on it.

That is how you mind fuck someone. You give them exactly what they want. Do what they want for once. It is resistance theory. If you want something... I do not know. I have no words.

So basically what happened in class was there was the sweetest little colored girl. I heard my professor mention. "That is a bad logo" to the colored girl up on the podium. What the fuck.



How are you going to say that art is good or bad?" I had to ask a follow up question with her still up there. "How do you define a bad logo?" Man did that fucker blunder. What creates a good and bad logo? Honestly. Because you are white man getting paid to look into someone's eyes. That is something you should do anyway. You should have to make a black woman pay to look you in the eyes. You should seek hers out yourself. That is what it comes down to.

Make people pay you to look into your eyes. There is something eternally personal about letting people look into your eyes. There is simply something about it. You are nuts at that point. But what is nuts? You are just not nuts? What does that mean? What is a question?

These are all just words. What you need to focus on is reality. The collective unconscious. How do you help out the world. What needs to happen? What needs to change? What do you want to see more of? What do you want to less of? That is a good question. Then start taking reasonable well thought out action steps. That is what it has got to come down to. Your problems are you goldmines. Don't look at them and complain. Rather look at them excitedly knowing that you can make a lot of money AND MORE IMPORTANTLY create a lot of value. I am just thankful for everyday which I am here. That is all I have got to say.

I just would like a pair of eyes to look into for the rest of my life. That is what I want. Is that too much to ask for? I am happy to be alive. I am grateful. I need to make sure that I choose the right woman? I do not know. I have no idea of who to pick. It is so difficult for me. Maybe she could pimp me out to other lightskin chicks for extra \$\$... I don't know we will see. I want to kiss

I want to kiss her. I want to glide my fingers down her back. I want to... I have no desire. My only desire is to pleasure her. I do not even know but I want her to feel wanted. Loved. Respected. All of the above. Whatever you need. I have no more words. I am tired. But I am hungry but I have no money.

I really need to go for a run. That is what I have got to do. Honestly. I need to get out a bit more. Think of being able to wake up every morning and live like a kid for the rest of your life with this woman. That wouldn't be so bad. What did you eat as a kid? You ate McDonalds of course. Boom. Bridge gap. There you go. We can all come together over McDonald's.

What is the word for it? Ha I am so fucked up right now I have no clue in all honesty. But I think that it is pretty good.

I am about ready to pimp my home city as hard as I fucking can. I am going to rep the A's and Raiders as hard as I can from here on out. That has really what it comes down too. That is what I have got to believe. I fucking with the grey in Oakland. Mama knows. Mama knows.

We got the mobsters out there. Al Davis was the original mobster. Push it to the people. You have got to realize that. That is what it really comes down to. I am more afraid of mama than anything.

I am hungry but I have no food. Fuck. do I make friends or no. Do you want me smoking weed? If I do not smoke weed I won't have friends. Tired as fuck.

My throat feels tore up as fuck. I need to take it easy on the dabbers. I need to ameks ruer.

Why is everyone trying to steal my fucking story. That is the fucking question about it. You fuckers!;) I love NorCal babe. Get ready to see hella movies about it. It is about to be nuts. It is the new Gold Era. Middle Fingers up. Middle Fingers up. Black woman governor of California. Middle fingers up. Middle fingers up. Middle fingers up.

But yeah we need a girl into office. A colored girl. Fuck a white bitch. Fuck fucking Hillary Clinton. She is a cunt. We all fucking know it. She just sucked the right fucking cock. What a fucking slore. Get the fuck off whore. You know how it is.

They are all just trying to steal my fucking code. Oh well keep guessing;) That is all I have to say. That is all I have to say. You better call Becky with the good hair.

I want Oakland to be the new Gotham. If it isn't it enough already. I grew up in the gotham city of NorCal. I lived there fool. Fuck off me. I been to the other side of the tracks. It is almost as if we can flip off the world and still not give a fuck. That is the thing about it. I am Illuminati. You do not realize. I am Illuminati. Make a Texas Bama. Fuck... She gets it. Go get it mama. They never take the country off me. That is what you have got to realize.

Never look at people anymore unless they are paying you.

Zombie Gang.

Know that I do not be fucking with San Francisco like I be fucking with Oakland. Get down in the city. Shit is turnt. I am not afraid of you. I am afraid of your mama. That is what it comes down to. Flexing while my hands up. I stand up with my hands up. I put up. I put my hands. Spinning while my hands up. Spinning while my hands up. Don't drop that alcohol.

That is the thing. I am trying to get me a bad ass lightskinned girl. That is what I am going for. That is the ultimate goal. She has to be supreme. I want nothing less than a strong able bodied woman. I want to be able to make her think. That is my ultimate goal. How about that? Sellable. We will see one day. Smack it in the air. Smack it in the air. Wave your hands side to side up it up into the air.

Thank you God for today. I am grateful to be in this meditation. I am blessed to be here. Help humble me daily. Help keep me humble.

How may I be humble? What can I do? What more do I need to do? I need to give up what? Fuck that is why I am starving tonight... Ha thank you God. Forever grateful. Eternal rewards above. We should do more than just

You need to make sure that you write more than just one song. In case it falls off>? What did I just say. I should hvae said nothing. I fuck with ;k;lkj;lkj;lkj;lj;lkj;lkj;lkj;lj;lj;kl;l;l;lknlkjna'dlskfsasdfasdfsadasdfasfl;kvnadlknfkewrq,mfna dskn:KLCJOIkI/ ,fwefilk3ew'LKC/LMLK2E4POKKOP :L. IKEFNW? CM Ewcflm;weFCLM'F:EP' lefw{"FL,E,FM3;p'EWMF/L:MEFLM?:fe3\$"DF

What do I have to do tomorrow. Tomorrow is Wednesday. So yeah. Hummels at night. And gabby. Fuck this school is too fucking easy.

Bow down bitches. Bow down bitches. Bow down bitches. Bow down bitches. We are the Villuminati. You better believe it. We are out here. Get some shirts made or something and I will definitely rock it. I am looking for sponsors to be honest with you

If I marry a lightskin I have fucked the world... Do you realize that. No one can talk to me. No one can talk to me. That is what it comes down to me. I will be damn near untouchable. That is what it comes down too. I want to make sure that I stay focused on what matters. Please keep me humble. Please give me an opportunity.

Opportunities multiply as they are seized.

Fuuck.. That should be part of the code too. All

This my shit

Oh yeah! I need to make sure that I go to church. That is what I really need to make sure that I do. That would be really essential. Thank you reverend. You definitely know how to keep us around. I am starving. But not that bad. I am not that hungry. Eat less. I want to make sure that I make those girls feel loved like they should be. But how do I show that? I have no idea. Just make sure that you go. Make sure that you go. I woke up like this. I woke up like this. I look so good. Tonight. Goddamn Goddamn. Mama taught me....

I am hungry. I want to eat beef. That is what I am craving. But I am not back in California where I used to work. That is where I am from. I worked at In-N-Out. That was awesome. When I was in Jr college was when I began.

These girls at this school are fucking amateurs. What do they fucking know. Look at fucking So fucking dumb. Quit looking over here. You are giving your net worth hun. Woman of the night. Woman of the night. All women are of the night for me. But honestly. That is what it was. We travelled through the cold not the distance. It wasn't distance but adaptability? Maybe. Make sure to fact check this. Fuck these people are on to something. These people are fucking Illuminati. They are fucking Illuminati. That is the funniest thing I could think of. Cross my heart and hope to die. Back up. They do not love you like I love you. What a wicked way to treat the girl who loves you. Slow down. They don't love you like I do.

I wasn't even a cook. Just a dishwasher. That was it. Creator vs Counterfeiter argument. Jealous and crazy. ;ldsjf;lkj;lkadsj;flkajds;fklajdsf`jlk`jk`poko

Illuminati. They are all fucking Illuminati. Hat that is the funny thing about it.

What to do for the rest of the night. I have no cash and it is night time. Looks like I am not eating. Ha.

But I do not want to go home. I do not know where I would rather be. Here or there. I guess that I am lost somewhere in transit. But hey what the hell. It will be alright. I have rugged eyes. Or so I am told. Fuck it whatever. You are a faggot.

Alright I am kind of over it I am tired about to check out. Time to post up for a bit. I am about to head to bed. Fuck these fucking amateurs. She is telling her fucking networth right now. Does she not realize;) That is the difference about Russia and America. You cannot directly buy chicks. But trust me we can bribe for the best price in America. We are all about theoretical bribes. They happen everyday. They are subtle. I doubt you would pick up on it all the time.

Stop fucking looking over here at me. Stop fucking looking over here at me you stupid slore.

Yes I have taken one too many blunts to the dome by now. You have better believed it.

I hope I have got my lightskins there. That is really what I am going for. I wish there would be light skinned girls there. That is the ultimate goal for church tomorrow. Hazel eyes. Yes I hope you are there. Sweet smiling brown eyes. I hope you are there. You are beautiful. You rule time. God bless. Thank you for everything. I am grateful for everything. I am happy to be here. Thank you mom. You really taught me so much.

I can see us doing literally everything together. I never want to have to go to work. I literally want to be free to roam the earth. Wherever we want to go. Whenever we want. We go there. That is what I want. I want to protect her. I want to make sure that she has someone there ready to die for her. Die for her. That is what I am going for. That is the goal. I am going for a bad light skinned girl. That is the ultimate goal.

Waking up in Berkeley. Eating breakfast. Heading down. Teaching a lecture. Head into SF for meeting... aka lunch or dinner. Sit down eat and talk. That is what it comes down to. I am at the communal table. That is what I am blessed to do. I want to come in with my beautiful colored queen. I want all women to feel inferior to her. That is what I really want. I Want them all to bow down to her like a Bitch. I want her to be superior. She is more beautiful and more strong. I am not the biggest dick of the bunch but I am the only mutant who is ready to die any moment... with a smile;) Throw me in the cage I will prove myself over and over again. Punish me. Punch me in the face. I love it. Beat me in. What more can you do? Can you take my life? Can you? Do it here in the street. That is what I am really going for. I want to pop off on dirtbikes in Oakland

with my girl. That would be dope as fuck. If she is really about that shit. That is really what I have got to say.

Tired as fuck. That is what it really has always come down

I forgot about all the single ladies. All the single ladies. Put your hands up. Ha that would be too good. I would love to give a nice lightskinned girl plenty of love for the rest of her life. That is the ultimate goal. Can I provide that. I need to find a way to create value everyday. That is what it really comes down to. You need to be able to teach her something.

I got gloss on my lips a man on hip. I can care less what you think. Don't pay him any attention.

If you like it then you should have put a ring on it. This is my debooting phase of life. That is really what it has got to come down to. Go in peace. Enjoy the rest of your life in euphoria with a hot colored girl. The community will flourish around me. That is what I want. I want to make my community wealthy. It is We no I. I need to remember that. Ha!

If you like it then you should have put a ring on it.

I can see Sean on a beach one day sitting back drinking a Corona saying "Yeah that was a good political decision to marry a lightskinned girl." Ha that will be the ultimate. I am happy for that. I am blessed. Maybe one day if I am lucky. I would love to sit back and drink a corona with Sean anywhere. That is honestly what it comes down to. That is it. We are lucky.

Beyonce has been the most humbling nut shot of my life. Thank you girl. You have been phenomenal.

Lets just dance. Lets dance all day. And not have to worry anymore. Lets kick back. Make love when and wherever. Do crazy things. Smoke weed all over the world. That is what I want to do with my girl.

Please help me give love to the girls that I see tomorrow. I know that I probably won't marry one of these girls. I have a pretty specific idea of what I want. But I want to make sure she feels wanted loved and appreciated. She is beautiful and totally deserving of love. Give it to her. Thank her. She is beautiful. She has given me life. I am so grateful. Thank you. Peace. But how do i show that?

21 September 2016

My throat is horrifically dry. I cannot even swallow. Fuck. That is kind of ass. I want to drink something but I do not want to go.

I know that they talk. They are fuckers. I am just silently writing the book. Do you not realize. We are writing it with everything that we do. God Bless the world. God bless the black woman.

I want to make sure that I go to anchored today. That is something that I would really enjoy. I would like to be able to sit down and talk to her even when my eyes and mouth go away. I want to make sure that I give you all that I have. I want to make sure that you feel loved as much as you are worth when I am here. You are worthy of sooo much more. I worship you forever and as long as I may live. I do not need a prenuptial agreement. I am not going to let you go.

At the very worst maybe I would be able to work for you someday. That would have been a better thing to say. I should have treated you better. You know that is true. But you know how I had to hide being that little stoner boy. You know that. You remember how I dropped out of your ASB because I just didn't really agree with it. It was hella faggoty. That is the thing. I was the only cool person in ASB. But the rest were faggots. What the hell does that mean. They hated me. But they loved me as well. They wanted to be me. Oh yeah duh. No wonder man. I was stoned the whole time. I didn't take time to humble myself. I just wish I had started going to class stoned earlier. That is what I have got to say. That is the honest to god truth. What happens if all the kids were given edibles instead of fucking adderall? What the fuck? Are you fucking kidding me? Why the fuck would you give a student adderall? To tweak them out and jump start their heart rate. That is horrific. If anything we should get the fucking kids stoned and have them all chill the fuck out. That is really what it has got to come down too. Push it to the people. I would be chill if my kids went to school lit. I really would. I do not think that it really hurts that bad. That is the thing.

I am a total fucker. I am a fucker. I am a fucker. That is honest to God what it comes down to. What did that girl do. I know that she has hella money and does hella drugs. What does that bitch do? That is the ultimate question. Who is this Kissa Sins bitch? If you want to understand someone. Understand the people they hang around on the internet. Who is? Go away. Desert with a lightskinned girl. Someplace where we can live in comfortable isolation. That is what I am going for. Comfortable isolation.

Comfortable Isolation. That is what I want.

A place we can go away together and just get lost. You and me and Jah. That is honestly what I want. Fuck. Is that too bad or too much to ask. I stimulated desire there. Do you see what I did? I sold them on the idea. I made them look like it was cool. Lets just hope I don't die because it was the bad shit. But who normally smokes the bad shit? Mamas boy.

It isn't that drugs are bad. It is the people doing them are labeled as 'bad' that is the thing that is wrong about it. We need to lift the war on drugs. I do not know the full extent but we need to do some serious reconsidering. That is one thing that I have to say.

Ha I got a homie over at Netflix that is pretty cool. Gotta love it.

I have to start off the first thing that I say to the girl. "HI"

That is how I will introduce myself. Hi. Hi. Hi. Hi. Hi.

Always say Hi. Do not say hello. Too drawn out and formal. Just say Hi. You know you that either one have you have thought about drugs in time.

Hi Anin. Hi. Naomi.

Imma be rocking Oakland until I die bitch. That is honest to God what it comes down to

Alright. I am an A's, Raiders, and Kings fan. That is honest to God what it comes down to. I have been a kings fan before it was cool to be a kings fan fucker. That is honest to God what you have got to realize. The more the better.

I want to go on living in Nirvana with a beautiful colored girl. That is the honest to God truth. That is my prayer from this moment onward.

To freely come and go wherever we want in the world. Living it up in our youth. That is the ultimate goal. You have to realize. I want to marry this woman. I want to wife her up and make her a Queen. That is honestly to God what I want to do. I want to take her back to where I was born and give her a house with a view on the Berkeley Ridge overlooking the Golden Gate Bridge. That is the goal for know. It is just a matter of putting it together.

What am I doing in the meantime? I am working too hard on writing. I want to spend my days. Exercising intensely. Eating optimally. Writing relentlessly. But with my words and with my movements with everything that I am doing. I want to love that woman. I want to kiss her and make her feel looked. I want to pound her. I want to pound her. I want to give her the best she has ever had in her life. I want to look into her eyes and melt. To fade away. To die. At that moment. I am at peace. I want to look her in her eyes. That is really what I want to do. That is honest to God what I want to do. I want to go up to her and look her in her eyes. That is what I want to do.

Ah yes.

Russian brides... are just slutty white women on the other side of the world. Oxana is a fucker. She fucking is a slut. You have to realize that. You have to realize that Losha's mother is a whore. You have to realize that. She has been passed around to hella cocks. More than you would like to know. In all honesty.

I need to please everyone with this decision. Do you not realize this? I have to make sure that I please everyone. But I can. If I marry a girl of color. I can make everyone happy. That is what I am going to do. I can be her friend in public. I can be her associate at night. Whatever you want. Whatever you need. That is honest to God truth what it comes down to.

That would be a good happy life for me. I have to be honest. That would be awesome. I want to give it back. I want to give it back to everyone. I don't want to have to hide the girl that I am having sex with. That is honest to God what it comes down. I want to kiss you face. I want to

caress your body. Whatever those words mean? I will show. That is what I am saying. I want to look into your eyes.

I want to be able to take you over to Sean's house. I want to be able to kick it with you with anyone and have everyone respect the decision. That is what I am saying.

Damn I am starting to get hungry now. Fuck. I am really starting to get hungry.

Do you remember Gandhi. Do you remember his hunger fast? Yeah I actually do. I need to make myself more humble and realize that there are people that have gone without for longer. That is what I need to get set in my head. But man this sensation is driving me fucking crazy. So fucking crazy. I want to make sure that I still bang I woman everyday. I want to look in to her eyes everyday and give her good love.

Make her feel loved wanted, respected, heard, strong, empowered, energized, happy. I want to bring her happiness. I want to see her smile and cry. I want to see her laugh. She is what my daughter will look like. That is what I want. I want her to look like my daughter. That is honest to God what it comes down to. I want her to look like my daughter.

Think about that. I am approaching my daughter. Do you realize that? I am walking up and I will go and touch my

Hi. This is something new for me but

What do I say. I have no idea. I just need to talk to her. That is honest to God truth. But fuck I can't find her anywhere. Fuck. I am tied to my desked. I want to go out there and find her. I am such a bitch now;).

I need to have a balls out moment and go up

Yeah I need to take a walk home. I am hungry as fuck. I need to get some fucking oatmeal. I do not give a fuck anymore.

I want to kiss my woman and make her feel like she is the most loved chick in the world. How do you not realize that. Kings wear blue? Why do you say? What a fucker. You want to be a king? Or do you want to be a god? Ha that is my question to you. Alright I better get walking. Ha!

Fuck I didn't bring a pencil to class. I couldn't do the quiz. Dammit. Oh well at least I have my phone and a computer. I guess that is all I need.

Did I know there was a quiz? Yeah but I thought that it would be on the computer. I mean this is a fucking technology class. Why do I need to lug around a pencil all day. That is what it comes down too.



I just need to make sure to keep writing the book. Meditate Marcus. Do not let them look over. They want to know but they cannot really know.

I couldn't focus. I couldn't get me to ask the person next to me for a pencil. I really just didn't know what to do. She was getting on people about talking during the test. She did an excellent job of proctoring the test. However, i never carry a pencil with me. That is all that I have got to say.

All I have in my pocket is a fucking iphone. That is all that I fucking need. That is more than I want as it is. Honestly. That is what it comes down to. I first looked into the eye in the Bay Area. Ha that shit was mind boggling. Thank God for technology man. Thank you god.

But in all reality. I just couldn't get myself to ask the people around me for a pencil.

I do not write with pencils anymore. Having us bring a backpack in fucking archaic. We shouldn't have to bring anything. That is honestly what it has got to come down to.

Nature never rushes and yet everything is accomplished. I have found my happiness. That is all I have got to say. Thank you God. I am blessed. SHE>HE>I

I do not want to make eye contact with her. She scares me. I see God in her eyes. It is damn near frightening. I started getting high in high school. That is honestly what happened. That is when my parents started getting onto me too. My parents were full of such bullshit crap. They are eating self replicating propaganda. I do not blame them. There are only so many voices that they can hear. But can they hear all the voices? That is the question? What is a question?

I never was any good at math. That is what I have got to say. But I think that it is all going to be alright. Ha. Am I even real? No we are all living together comfortably under the illusion of reality. We can all find happiness in life. Thank you Chuck. You are a legend. You were a fucking Buddhist claiming to be a Catholic so you could have a wife and a legit job. You are welcome Chuck. Temple boy.

Fuck she will have to fail me now. Oh well. I do not give a fuck. My mama taught me to never give a fuck. And that is what I am staying true too. Yeah I was doodling while you fuckers where intently waiting for bullshit notes. Do not give a fuck about the notes. I am going back to Africa. That is my decision. I do not really care that much anymore. I am accepting reality. I am blessed to be alive. I must give thanks rejoicing every day.

We need to teach women how to code computers. That is honestly what it has got to come down to. Self automation. That is the ultimate goal. You want it to be self sustaining. Which it inherently is. But it depends on the speed in which it travels.

My perception is the school should be paying me to spend time here on their property. That is the honest to God truth. My eyes have infinite value, they should have to pay me too look into my eyes. Not the other way around. You better get through you fucking head. That is the honest to

God truth. I need to charge people to look into my eyes. As much as you fucking can get. Ha fuck you Ferris. Fuck you Zuckerberg. Basically is who can fail out of the best school. That is how you do well.

You just unplug and try to fail. Because you learn alot through failure.

I have no words. I have no words. I have no words. She speaks for me. She is my mouthpiece. That is honestly what it comes down to. I will marry a lightskinned girl.

Fucking Cheryl knew. She fucking knew. What a bitch. But hey I love that woman infinitely. That woman gives me life. I have to give thanks for her everyday. You better thank your mama natalie. Ha that is honestly what it has got to come down too. I am happy with where I am. I am content to go on living the rest of my life like this. I am happy in my own skin. I just want to make other people comfortable in their own as well. That is what I want. I want to place her on the highest pedestal. I want to find her. I need to find her. I want my grandparents to meet her. I want to introduce her to my grandparents when they come to visit. That would be a totally memorable experience. That would be divine. I would very much appreciate such a thing. I am blessed.

That is the goal. Think of that being 21 have a girl whose eyes I can look into. That is all that I really want to do. I just want to look into a pair of eyes again.

That Aunia. Or however you spell her name. She is so pretty. She seems so sweet. I would love to get to hold her. And touch her. And see into those beautiful eyes. I want her eye contact. That is what I really want. That is all I want to be honest. I want to look into them each day. That is the ultimate goal. That is what I want to do. I want to make her feel loved. And guess where she is from?! Oakland baby! Ha that sounds pretty good to me. I love those eyes. They are gorgeous.

She asked for her parents to be prayed for. That is saying something. I want to make sure that things are okay with her parents. I hope that they are able to work it out. She is a beautiful girl. I would hate to see her in pain. In hurt. She is gorgeous. I am blessed to be able to be around her. To be in her presence. She looks like my daughter. That is what I believe. She looks like my daughter. I would love to roll around Oakland with her. That would be the ultimate dream. To kick back in the Hood with my lightskinned Queen. No the goal is to have our ideal bay area perch. Do I know where that is exactly yet? Not quite... but you better believe that it is a work in progress.

She is so hot. Look into her eyes. You cannot tell me that you do not see Jesus in her eyes. She is a God. I love her. I want to give her all that I have. I am vigilant with my women.

The harem is kept in California. However you have to realize that the network of agents for the Harem are around the world. Around the Galaxy. You better believe it.

Ha to be able to take my lightskinned girl out in Romans car. That would be a fucking dream. Had that would be the ultimate dream. She is a Goddess. I would love to see her smile. She is

bad as hell. Time to go back. I am ready to go back to Africa. I am done running. I am ready to go. I am lucky to be here. I want to have beautiful mixed babies. I want to kiss her and make her feel wanted. I am not rich or smart. I just have blue eyes. I want to be untouchable anywhere in the world. I can only do that if I worship the lightskinned woman. That is what it has got to be. I do not have to marry her but when I am with her I need to make sure that I give her nothing but love. Nothing but love. She is my daughter. I see myself in her. She is so pretty. I want to give her love. I want to make her feel wanted. I want to kiss her. But not even that. I want to look into her eyes. That is honestly what it comes down to. I am thankful to be here. When I am with her I am home. That is what it comes down to. So long as I can look into her eyes I am good. To be able to melt into her. To be able to sit there and melt into her everytime. That is the goal. To be able to sit back on top of the Berkeley Ridge and smoke weed together. Look into her eyes. I want to give her that vision. I want to share the vision with her. She is worthy.

Blessed to be here. Blessed to be alive. Life will surprise you. Do not listen to men. Listen to the black woman. That is what I have got to say. That is really where your focus should be. You got to keep her approving.

You caught me in the middle of a thought. That is the thing. Do not catch me in the middle of a thought. That is not Aphrodite. Don't miss it. Afrodite. You got to get it through your head. You got to continue to produce lightskinned mixed babies. That is the beautiful thing about it. I only want to touch the baddest pair of eyes. Think of going to concerts in the Bay with my girl. Anin. That would be earth shattering. I could go anywhere with her. The world would be our home. I want to kiss her. I want to make her feel wanted. I want to love her. Show her how to love. Show her how to receive love. That is what. I can do nothing. I can only get her to think. That is what it has got to come down too.

Everyone has different perceptions of the greater reality of what is really going on. But do they realize that no one knows what is really going on. They have no idea yet. That is the funny thing.

I am going to talk to that Anin next time I see her. That is honestly what it has got to be next time. I am going to go right up to her and look into her eyes. That is the ultimate goal. I got to keep her inspired.

This girl is a total thought. She is not bad. She is a slut. You better believe that she is a thoughty. She is a thought. Our daughter is not really a thought. But she is at the same time. At the same time she is still a thought.

Ha there you go. Alright I am not perfect. I made a noise. You do not have to roast me for that. That is all that I am saying. We are all listening to our own music here. We are all listening to music. Keep listening you better start dancing bud. Live by example. That is what I have got to do. I am going for the light skinned girl. That is really what I am doing. I am going to go to their church with them on Sunday. I want to make sure that I go with my Brothas and Sistas. That is really what it comes down to. I am lucky to have them in my life still. They are ready to give up their lives at any moment. How loving. How self less. The best way to propagate self is to not try. Do not try and you will find everything. She is so pretty. Her teeth are so white. She is

gorgeous. I would love to see a girl like her in office one day. I would like to see a lot of lightskinned girls in there one day. That is what it comes down to.

Man she had a beautiful set of eyes.

22 September 2016

Fuck these words. I am ready to worship. What needs to be said. I need to talk to God. I want to worship her. I want to give her all that I have. She is beautiful and phenomenal. I would love to sit back and worship her. To go out and make sure to give her all that I have. I give her all that I can.

I am coming against the grain. You shouldn't have to pay to look into my eyes. I pay to look into your eyes. That is the goal. We are in a golden age. Golden age. Sage. I wrote the Bible. Let that sink in. Let that simmer a bit. We need to realize that we are not here. It is not up to us it is what we can do for each other. That is really what we are going for. We are all fucked. That is honestly what it comes down to. Or at least all are fucked who look. Look and you too will be fucked that is what I have to say. That is honestly what it comes down too..

Writing the paper. Let someone speak through me. That is what it comes down to. These are not my words. I am an imitation. You have to realize that I am simply an imitation that is necessary. That is what it comes down too. I do not want to make sure that

Blessed to be here. I am tahnkful to be breathing today. I am grateful to be here. I am thankful for Anya. She has opened my eye. She is so beautiful. I want to worship her. But she is just a woman. So I must worship all. I worship. All I am pan. If we think I will break it. Thank you God. I am grateful to be alive and her.

Working on the paper. That is the ultimate goal. That is what I am going for. Ha that is the ultimate goal. That is why I cannot go out in public. That is why I am always out in public. These people are all gay faggots. That is what they have got to realize. They are all gay faggots to one extreme or another.

Never listen to a man with blue eyes. That is basically what it means. Never.

Only listen to people with golden eyes.

Anya has golden eyes. She has the sweetest smile. But her eyes make me melt everytime. I am going solely on eye color. That is what I am going for. I am going for her eyes. Do not let him speak. He will put a spell on us.

Fuck off you do not realize. You haven't looked into the eye of God. You come after an albino in the night and he may just fucking kill you. You have better believe that shit. Ha you better believe that shit. They are mad. But you have to realize you can only have them kill you on a couple situation. I need to realize that I have work to do. I am working right now. Everything I

do is crafting my skill. Do you not realize. It isn't what you do. It is how you do it that matters. Focus on what matters. Don't look to the wrong things.

The only thing that I can do is hold a girl. That is the only thing that I will be able to do. Get a girl to love me. But she has to be the one. Anya. I am lusting after her eyes so much. It isn't so much as her body as her eyes. But fuck I am going to hurt Nathaniel if I try to talk to her. But she is the most beautiful to my eye.

Is it wrong for me to want to look into her eyes again? That is my question. Is that a sin? That is a desire. But I still have breath in my body. That is what I have to say. The next time I see her I am going to make sure to tell her that I appreciated seeing her singing on Wednesday afternoon and that she has the prettiest pair of eyes I have seen since I have been here on the island. I would love to talk to her. I would love to sit down and get to look to her and help her grow. I want to help. But I need to commit to a woman. I really want to commit to her eyes. I can sleep easy knowing I get to look into her eyes in the morning. That is all that I care about. That is what I am grateful for.

I want to make her smile. I want to see her bright white teeth. I want to see the muscles around her eyes move. Her face. Her lips. Her eyes. And brows. Golden eyes. She has the prettiest golden eyes. That is what it is. I have sinned and now I must know. I have looked into the eye of God.

Sell your eyes. That is what I have got to say. Tim Ferriss. If I know him well enough. He is touring in the middle east taking acid everyday with a beautiful light skinned harem. That is what I would guess that Tim Ferriss is doing. Yeah he has probably got his 72 virgins by now.

Oh you showed me things I never thought that I would see. It is in the way you love. Never pay to look into a man's eyes. Charge men to look into yours. That is what it comes down to. I never looked that racist bastard in the eyes again.

Do you not see how fucked up the system is. You have to keep praying and giving it back to God. That is what it is. I am here to live by example. I am here to explain and make sense of all this.

Am I ready to make this vision a reality? I dreamed of coming to Hawaii. Working on my foundation. Finding God. Man, I have found God on this island. I have to be honest. I have looked into her eyes. She is beautiful but I must now act.

O what did I say my vision was. I have a vision that one day. Preferably by my birthday I am able to go out to the beach with Anya. We have been in church together for a while. She is pretty. Smiling. I want to see her bubbling. That is what I want to see. I want to make sure that she feels loved and respected.

The cycles all continue to roll on. Do not look someone in their eyes unless they look at you. Especially at night. Never look someone in their eyes at night. Never. Ever. Look. You can get yourself killed that way. It is in the way you love. It is in the way you love.

I will run around in the night time. I fear neither death or pain. That is what your mindset has got to be.

I fear death or pain anymore. I have my foundation solid. I have found it. I have found god. I am blessed. I am grateful for that. I am grateful. I need to do my best to preserve what I have found. I want to marry Anya. I know that I can make her happy for the rest of her life. I know that I can. I have what it takes I am going to keep that woman looking pretty for the rest of my life. That is what I live for. Her eyes are all that I focus on.

I am a slave I am a born slave. I work for all. All is my boss. Everything is higher than me. But I am one with God and we are all one.

Back to Africa. I want to build this vision with Anya at the center. She is the center of my world now. She is the most pretty that I can think of. She is really pretty. But I feel that I see the future in her eyes. I see the future there. She is beautiful. She needs to know that everyday. I want to make sure she knows each day that I am thinking about her. She is in my heart and mind.

I see her eyes right before it goes to black. I don't want to have sex with you. No that is last thing that I want to do. I want to worship you. I want to show you that you are the center of my world. I want you to know that you are the one and only one that I am thinking of. You inspire this work for all of us. Although I cannot directly contribute. I am going to contribute through you. You are my mouthpiece now. I hope you spread joy and love. I am going to grow old with this girl? I really see myself doing that..

I go to church. I didn't expect myself to be getting in with the christians. But I did. Things seemed to work out. I got in there and guess what. One of the few musicians was a golden eyed lightskinned girl. She is from Oakland. I want to bring her home with me. But I am home when I am with her. She is my home. She is my church. I worship in her every night. Thank you God. Thank you for the revelation. I cannot see but I can write. I can write the code for which we will build the universe. If there is such a thing.

I want to talk to her. But I just want to look into her eyes. That is really all that I want to do. That is all that I want to do. I want to look deep into her eyes. That is what I want. To See how fast she breaths. I do not want to lose this girl. But I think that she is already wifed up. But I do not know that for sure.

I just want to be in her presence. That is what it comes down too. I just want to be around her. That is all that I want. That is the end goal. She is the reason I do what I do. I do it for God. And there is no better representation than her golden eyes. I love that woman.

So Northern California

Okay I need to get some reality to paper. What do I have to do? I have to make sure that I go to class? Yeah I want to swing by and make sure that I need to get anything.

I need to wife up Anya tho. That is what is burning on my psyche.

Never listen to a man. Never listen. But know. Know God.

What more do I have to say while I am here? I do not really know.

What do I need to do tonight?

I need to make sure that I call Nate I need to make sure that I get the 30 sent to him

Okay there is a start. What next?

I got make sure that I hold my wealth in my woman. That is what needs to be recognized. A man inherently holds no value to society. They need to find their place. Make a place where you can contribute in one way or another. Fuck off you fucking con man success journalists. Shut the fuck up.

They are voices. They are voices. Do not listen to the voices. Listen to the voice. The voice.

They ask me if I am high> I say really really. I look like I'm balling because I am really balling. I am really really.

What can I do to right this wrong? I found my pshce here on the island.

I came here cupid searching for my breadth of life and found her. Is that too much to say? Is that too bad to say? I said really really.

I came here looking for my mother. I came here looking for the blonde hair in

When I get married to this woman I am going to change my name to Aurelius I wan to worship that bI wan tto make sure that I treat her right. I want to make sure that I do not forsake her. I need to make sure that I am there for her and her family. I need to show her. I can't tell her. My voice is silenced. You have to realize my Struggle. My struggle. Realize it. I am burning up in the Delta of California. I am from the California Delta. I was born in the delta. That is where I am from. Does that say enough. I am from the land with fertile soil. Come and grow your plants here. Bring them lets do it. Self medicine that is the future. I need to realize that I am powerless at this point. I have no power but in that I have all the power. I need to realize this and seize that day. That is what it has got to come down to. I am Marcus these are my meditations.

Tim Ferriss knew where I was coming from. He knew in advance. That fucker. You imitating son of a bitch. Fuck off you corrupt sell out. Fuck off you cock sucking fuck. Fuck off. I got 2 phones.

I got to have one girl. I found my Psyche. I know that if I can at least get some FaceTime I will have her wrapped up. That is all that I havegot to say.

So I need to make sure to go down to the Baptist Church. I need to make sure that I go there and see her. I do not care if I have to look like a fool. I am going to wait there until I see her. I am going to sit there. I am in no rush.,

I got to find comfort with the Christians. I got to find solitude. I found God through the black woman.

24 September 2016

I feel I am burning up in my last life. This is my nirvana. I am happy. All that I could have wanted is coming true. I have no more complaints. I am happy. I am humbled. Please give me another breath. I do not want to miss this. But when I do die. Know that I do it happily. I am happy to have lived. Thank you all.

Let's be happy let's enjoy life. Even at the end of life you will be able to find good things to say about someone. That is what you have got to say. You can always. Always rephrase something to a positive. We need to make sure that we keep everyone safe at this point. That is honest to god what we are trying to do. We are trying to save lives now. Not take them. That is honestly what our mentality has got to be.

We need to make sure that we are not fucking around. We cannot fuck around.

I feel that I will be able to go anywhere in the world with a girl like mine. I feel that I can go to any country and feel safe with her claiming me. That is honest to god what I have to say. I am blessed to have her in my life. She is beautiful. I am so blessed to have known her. I just feel the stars are aligning just right on this one. I just have got a feeling. She is gorgeous. I want her back. I want to make her feel loved. She is gorgeous I want to burn out with her. She is the one.

I do not care to go out seeking relationships. It will only be due to fraudulent reasons at this point in my life. There is no use. I want happiness. I want to make memories that I am going to remember. I want to burn out with this girl. I found God in her eyes.

I found a meaning in life now. I have a purpose. There is still hope for me. There is still hope is what I am saying. I want to marry this girl and have a baby with her. Not right away but I definitely see it in the picture. Definitely do. No question about it. She is the love of my life. She showed me God.

I do not care how the rest turns out at this point. I know that I swung with all I had and struck out but I think I am going to go for it. I am going to commit. I am happy with whatever else after that point. She has completed the void I had in my life. I do not need anymore. I really do not. She is what I need. She is my purpose. My meaning.

Her eyes are gorgeous. I want to help her out too. I want to make each other better than what we are is what I am saying. I want to copy her and I want her to copy me. That is honestly what I am saying and I hope that we can spiral into something beautiful. Spiralling forever upward.



I just want to hold her, feel her breath, and look into her eyes each and every night. That is what I am going for. It isn't bad it is beautiful. I am going to make sure that I love this girl with all that I have. That is what I am saying. I want to give her all that I can give her. I want to be ready to die for her at any moment.

Does it make sense now why they would be killing poor chinese babies now? Does it make sense? They didn't have anyone that would really care for them. There wasn't much demand for them in China. But their is so much demand spread out amongst the galaxy.

I want the stars to align tonight. That is what I am going for. That is honestly what I am going for. I want to put a ring on this girls finger. And I haven't even talked to her yet. Well like more than that little bit about both of us being from Oakland. Shoutout Nathaniel Howard. You are the mediator. Thank you brother you bridged the gap right there in such a fucking clutch way. I am so grateful for you dude. Thank you honestly. In all honesty.

I do not live in fear. I know that I have what it takes to keep her babies safe. I know that I possess, or rather we possess, the power to keep her babies safe and strong within the community. I want to keep that girl safe. I want to make her feel wanted. I want to keep her smart. I want to teach her babies to learn. I want to watch them grow up. I want to see what changes. What stays the same;) I love you.

Tony Robbins shoutout and thank you. You have been a great influence in my life. I am appreciate to call you a mentor. You and Tim Ferriss are the most influential men in my life that I do not know. Other than that it is my Grandpa, Father, Myles, Morgan, Mason, Nathan, Josh, Cheryle.,asdf;lkajsdf;lkajsd;flkja;dslkfja;ldskjf;alkj you know who you are;)

Mother fuckers. Mother fuckers. ;) I love you guys. We are mother fuckers.

For the first time in forever I feel anxious. I feel anxious to see this girl tomorrow. I have to say that I feel anxious. I want time to move faster... i want it to move faster. I just want to look into her eyes again. And talk to her. Spend some time with her on Sunday. That is what I am going for.

I got to get my shit straight her in a minute. I need to get this all figured out. I want to live a happy life. I want happiness over all else right now. That is what it comes down to.

I am not happy here. Well I am. But not fulfilled. I have paradise but I do not go out. I have all this and no one to spend it with. Who am I going to share it with? I am going to share it with her. I am tired of sitting here doing this fucking bullshit.

I am ready to go home.

I want to have a real homecoming. My last homecoming. This is honestly what it has got to be at this point. That is what it has got to be. I am ready to set the standard. Set things straight. I am ready to do things right.

Thank you Beyonce. You are so fucking Enlightening. Frances Welsing. Thank you baby. Bow down bitch. Bow down bitches.

Think of ruling the fucking Bay Area. This is the time to reign supreme over the Bay Area. Do not you realize the time is now. We are not putting off for tomorrow we are here to live for today. We are here to be happy. We are here to be nice and be fuckers. We are here to be fuckers. Love you all. Happy to all and too all night.

Beyonce is a fucking God. These Diamonds, my diamonds, my rock. I woke up like this. I woke up like this. I woke up like this. Thank you for all of that. I am ready to go back. I am so ready to go back.

I am happy to go back. Thank you I am ready for whatever.

I want to be free in NorCal and then the world. This winter could be the season. Do you realize. This could be the time to burn out in the Bay. Do you realize. When you go back this winter. It is going to be a totally different story do you not realize. You have come here and made it. Thank god for that. Do it with a bad bitch. Do it with a girl that you can take anywhere with you and have a fun time. I want happiness over all. That is honestly what I am going for. That is what I am going for in all honesty.

Think of this for a moment. Think of getting Roman to let me take his car around the bay with my girl for a date. Think of that for a moment. Think of that. Do you not realize? Do you not realize? Ha this shit is too fucking awesome.

I want to make her feel like a fucking Queen. I want to make it dope. I want to pimp it to the ultimate degree. Do not fuck with me and my bad lightskinned Queen in the fucking bay in the Golden State with the Golden Bridge. Do you not realize. I am ready to get married. Sell your eyes. Make sure to do that everyday. Make sure to sell your eyes everyday. Make srue to do that everyday.

I am Marcus and these are my meditations.

I have reached whatever I call enlightenment. I am happy with where I am and I am not going anywhere. I am good. I am happy. I woke up like this. We flawless.

Just fuck the world at this point. That is honestly what I have to say. We are good. I do not give a fuck at this point. We are so goodie. I am ready to make sure that we take good care of shit. I want to make sure that the girl I marry has her babies taken care of for life. That is what I have to say. If I marry her. I can assure that her babies are forever taken care of. That is the fucking goal.

What am I fucking doing here? I know my purpose now. Fuck I know it. I am ready to take the plunge. I am happy to say that I am alive for the first time in my life.

Happy Nirvana.

I am going to be a gay fucker and thank my buddy Jeff for his work. He really contributed to the vision for the longest time. He was a faithful friend. As much as I deserved of course;) You fucker proved me wrong. I was the one lost in my head. YOU are brilliant. Namaste my friend. My brother. Thank you. You Have shown me so much you are a genius. You are a fucking genius.

Living the fucking life. Goddamn. Living it at the moment. That isn't so bad.

I want the move to be smooth and uncontested. I do not want anyone protesting it. But I feel they won't I really don't think they will. I want to have people happy that I am getting married. That is what I am going for. That is the ultimate goal. That is what I am going for. Thank you God. We are blessed. Forever and ever. Thank you God. We push on toward eternity. For now. This is the book. You will read it soon enough. Ha you fuckers. We would really need to fuck up hard at this point;)... Ha I am so lucky to have lived. Thank you God. I am so deep in meditation it is damn near scary. I am a blue hypergiant. Do you not realize. We are hypergiants. That is what it comes down to. And we call the shots now. That is what it has got to be. We call the shots now.

I am a motherfucker. Wink with a smile. That is what it has got to come down too. We are mother fuckers. We are all mother fucker. That is what it has got to be. We are playing the tunes. We are singing sweetly to music. Go and be at peace. Be thankful for what was. For what is. Thank you. Go and be one with the force. I cannot stop thinking about this girl

I really cannot stop thinking about this chick. Either he is nuts or jealous. That is honestly what it has got to be. But I am neither. I am indifferent at this point. I am really indifferent. The only thing that is missing is love. I want to find love. I want to find love in this girl. I want to really badly. She is so hot. She is aldskka;lkja;sdlkfja;lkdsfja;'ajdfa'jdf kj' klj'pjrfi

Yeah... speechless. ;)

Embrace the paranoia. Embrace the paranoia. That is what I have got to say. Watch out they are forever on to us. They are on to us. We are on to us;) I would rather be crazy;)

Yeah I am definitely going to make a move. There are no ifs and or butts about it. It is just a matter of time now. That is all that I have got to say. That is all that I have got to say. Fuck.

Beyonce helped me find God. Thank you. She led me to god.

So might as well start living today right? Why not? Ha why not. Hypergiants is what they call us. That is what we are. We are just motherfuckers. Honestly that is what it has got to come down to.

We must look like the biggest fuckers you can find. Ha we are such fuckers you better believe it. We are fuckers you have to believe it. Thank you God. We are blessed we are blessed we are so happy to be alive.

We are all naked fuckers you better believe that shit. You better believe it. I am a motherfucker. I am a motherfucker. I renounced my love for God at a young age. I banished him from my heart to make my mama mad. Then I found her in the eyes of my wife and mother of my children. That is honestly what it has got to be. I am going to get a hot ass fucking light skinned girl friend.

There is hope for all of us. Do not worry. I am just able to forsee the future for whatever reason that is. I have been able to see the future. For whatever reason that is what it has come down to. I need to help out the assimilation. That is what my life is here to do. That is what it comes down to. Let my life be the best example possible. Thankyou. We are all artists.

You cannot serve 2 masters. YOU need to come to that conclusion at one point in your life. That is what you have got to see. To get into technology at least. Ha this shit is too fucking funny.

For now. Back to reality. Time to go activate this card and get something to eat or drink or whatever. That is honestly what it has got to come down to.

25 September 2016

I think that I can be a christian white rapper coming up big out of Oakland... That is the ultimate goal. That is the ultimate goal. I am going for it. Thank you God. I am blessed. Thank you.

I am a white christian rapper. That is honestly what it comes down to. Ha I love it. You can't really name it. I know too much. I know too much

I am going to marry this girl. I understand the word of mouth and I understand people. That is honestly what it has got to come down to.

I am so happy right now. I am ready to be home. That is honestly what I am going for. That is honestly what I have got to say. I am ready to go in there and marry that woman. I am going back tonight for sure.

Sorry babe. I was trying to be polite with the guys this morning. I will be back for you tonight. They wanted to go get some breakfast. Nice guys. I can't wait to look into your eyes again. That is honestly what I am saying. I am waiting to come and talk to you. I want to be with you tonight. That is honestly what it comes down to. I want to go in there. Have a great service. Learn about the chapter of love. 1 corinthians and move forward. 1 Californians. Fuck you Ray Johnston. Fuck you Ray you ruined the ending. Oh well. Surprise. I am a christian. Thank you God. We are blessed.

I am ready to get married. I am totally ready to get married. I am confident in what I am able to do now. That is honestly what it comes down to.

I wonder if I can get a New York Times Bestseller... Hmmm just a thought. We will see;)

I cannot wait to see this woman again. That is honestly what it comes down to. Anticipation is real. Just for her eyes. I just want to talk to her. Get to know her. Sit down learn about her. I am in no rush girl. I am in absolutely no rush. Tell me about yourself.

I am all ears. I want to hear about you. That is what I have got to say. That is honestly it. You are an inspiring woman. The church places you on the highest pedestal for rightful reasons. You are gorgeous. Thank you for being you. You have given me vision.

Will you marry me? Is it soon too ask? That is my question for you... Is that too crazy? I am so ready. I am sooooo ready. I do not give a fuck anymore. I am fucking going nuts. I have such a history already I need to just take it easy. I need to calm down and not give so much of a fuck. That is honestly what it comes down to. And to have a friend. I just want a fucking friend. I want a fucking friend that is what I am going for. That is honestly what I am trying to do. I am so happy to be alive and be living here in Hawaii. I do not want to go or be anywhere else right now. I am happy. I want to make this woman happy. I am fucking nuts I know.

I turned 20 years old in the Santa Clara County Psychiatric Hospital.... I am ready to calm down. I do not want to be crazy anymore. I want to be steady. I want to be steady. I want to give you all that you want. I am flexible. I can adapt. I am a maximizing minimalist. That is the goal

The ultimate resource is resourcefulness. But never pay to listen to a man talk. You better than that. I am going to marry this woman.

I am a deranged motherfucker. Took too many uppers. Karma is a bitch and that bitch don't love ya.

I thank the lord I made it I'm no STD. How much more money can you make? That is the question. I am so blessed. I am happy. I want to go in there and propose.... Fuck. Oh well there goes my life. W

;) )

By all means, marry. If you get a good wife, you'll become happy; if you get a bad one, you'll become a philosopher.

Thank you God. Thank you God always. I am ready to capitalize. I am done being a daddy's boy I am ready to grow the fuck up. That is honestly what it has got to come down to. I am so lucky to be alive at this point and healthy with a sound mind. Oh my god. Thank you lord. I am so blessed. Time to leave as best a legacy as we can. ;)

Love you all. My shoutouts to everyone.

Fuck... it is only 1:45pm.... Got like 3 more hours... I cannot wait to go and see if she is there. I really hope she is. Where else is that girl going to be on a Sunday night? I am going to get married. That is honestly what it has got to come down to. I am ready. I have the foundation now. I am so ready. I am ready to be selfless. That is honestly what it comes down to. I want to marry this woman and make her happy for the rest of my life. That is what I am saying. I am going to give her all that I can.

I am going to do all that I can to make her happy for the rest of her life. I am going to make sure she stays looking pretty for the rest of my life. Thank you God.

What more is there to say? I am going to be a father. I am going to be a son. I have an eternal family now. I am not living in any more fear. Thank you God. I am so happy.

I just wish time would speed up... I want to meet this girl so bad.. She is going to fill the void that I have in my heart or whatever you call it;)

I swear to God, I've seen some motherfucking shit. I am ready to be immortalized. Fuck it. Time to man the fuck up and marry this woman. I do not care about words anymore. I do not care about opinions. I care about love. I care about happiness and I see happiness with this girl. Man this shit can go fast too... If I really plan for it. If I get a vision you have no idea what we will be able to do. We are so lucky. I am ready to get some color. That is what I am going for. I see a bunch of people still giving a fuck in this library. I am done giving a fuck. That is what I have got to say.

I am so done giving a fuck. That is what I want to say. I know that this girl wants to get married. Her parents are going through some shit. I need to be her rock. Common be there for this girl. That is what I am going for. I want to love on her and make her feel special and loved. That is what I am going for. She is supreme. Nothing short of it. She deserves respect and that is what she will get. Thank you God.

I mean you can never get too much of a good thing that is what I have to say about that. Yes you fuckers will hack me one day. Fuck it who cares.

I found out that Russians are all about making the community rich. Especially those in their close family. Good thing that I am sponsored by the russian government.

I am currently working for the Russian government/ mob. I feel a bit trapped. But I find peace in you. That is what I have to say. I am a journalist working for the government. I just don't know what country exactly yet. That is what I am still figuring out. It is all in the plan. I am here sitting at the keyboard typing.

Fuck all of these thoughts I am done with all of the fucking thotties. I am so fucking done with thots. That is what I have got to say. I swear to God. I am so done with all these fucking sluts.

That is what I have got to say. I am ready to propose to a girl. I am done hearing about all your fucking shit. I do not give a fuck. I am ready to get married. I do not give a fuck anymore. You have to realize. I do not give a fuck. We are going for this shit. We are living the fucking dream.

Fuck all these thotties. I am ready to serve the Queen of the people. That is what I am trying to do. That is the ultimate goal. That is what I am working toward. Thank you God. I am so happy to be alive. Being able to be here and live a life so fulfilling. I am grateful to you God. I am happy to say that I have found love here on this island. I am grateful.

So done. I want it to be 5 already. Just so I can go and be in her presence that is what I am doing. That is what I am going for

All my homies are the shit. That is on God. That is on God. Aye.

The community.

I open source this shit to the community. I am fed. I am happy. Now it is time to feed the others. Time to stop worrying about self and start to worry about the others. That is what it comes down to for. I am ready to be good for someone. I am going to work hard to protect good people. I believe that we are inherently good. We just get thrown off sometimes. But we will always find our way home. That is what it has got to come down to... We are blessed. Let us go on blessing others.

I was simply too much of a motherfucker in my youth is honestly what it comes down too. I was too much of a motherfucker. I did not give a fuck about anything. I am so blessed to have come to an awakening. I just want it to be 5. I want and go see her again. That is what I am going for. That is what I am going for. Ha ! I am a motherfucker. We got to keep Bakhtin safe though. He is a critical piece to the puzzle. He is my brother. He has showed me great loyalty. I do not give a fuck .

He saw me at my lowest. When I was blowing lines of cocaine. Just not giving a fuck. He realized it. He saw what I was doing. I was laying the foundation. Now there is nothing that can keep us down. Do you not realize. I got it all out in the open as young as I could. I am a motherfucker. You have to realize this shit. I am a motherfucker. But I want to go get married tonight. Take me to church. That is what I have got to say. Do not make eye contact unless they speak to you. That is what you have got to do. Do not speak unless spoken too.

I want to teach my kids to believe in themselves and to believe in love. I want to have kids with you one day. I really do. I do not give a fuck. No rush. I want to live this life while we are young. But yes I want to have kids with you. I do.

But yeah that is at another time. For now I want to learn everything about you. I want to learn what your hopes and dreams are. I want to learn about you. I want to push you I want you to get me to think... Thank you Girl. You have given me a purpose.

Got to give it all back to God. That is honestly what I have got to say. Fuck I am a motherfucker.

This is about to be a fire ass life now. I am sooo fucking happy. And the best thing is. We know;) We all know about it. It is all out there. There is no hiding it. That is the way that it has got to be. But we need to have the proper kairos. Timing. Kairos.

Lets get married babe. That is what I am trying to say. I am ready to move on. I am happy. Time to keep pushing on to something better.

So yeah I think we will hit it off hard tonight. I do not care how late I stay out. I really do not give a fuck. I do not give a fuck. I just want to look into her eyes. That is the ultimate goal. And then from there hold the eye contact for as long as I can. That is the ultimate goal.

I do not want to play games. I just want to wife you up and be done with it... Is that too much to ask. Fuck...

Time is moving so fucking slow. Relativity for sure. But I need to take a walk and chill the fuck out. That is really what it comes down to.

Fuck... got like 5 seconds of eye contact. I am grateful for it but fuck. I am such a fucking pussy. Why is it so hard for me to get a fucking girl. I have literally no fucking words. I have no fucking words. I have no fucking words. I do not know what to do. I have no approach. I do not know what to do. I am such a pussy. I just need to go and get her. That is what it comes down.

Damn, what am I supposed to do until Wednesday... fuck. I am sprung. This is horrible. I do not know what to fucking do. I just want to have a 5 minute conversation with her. That is all that I fucking ask. That is all that I fucking ask. That is all that I fucking want. Goddamn. Why does this have to be so fucking hard for me. I feel like a Jedi for my whole life but now I cannot even make a fucking sound. I have no sounds to make. I just want to look into her eyes more.

I want to get married to this girl and i dont even know her name.

She had to run off right off after... I wanted to spend the night staring into her eyes. That is honestly all that I fucking want to do. I cannot focus on anything. My life is meaningless right now.

I am in love with a girl and I do not even know her full name. I am ready to marry her. I do not give a fuck anymore. I am willing to do whatever for this woman. She is one that I really want. She is one to work for. I do not give a fuck. There hasn't been anyone close to her since I have been here. I am sprung.

I I I I I I I I... fuck all of these I's I am so fucking done. Fuck I need to make sure that I do not spiral here. I just want to marry this girl. That is honestly all that I fucking want to do.

I am so fucking lonely. Like I know that I asked for this but I am tired of it. I want someone to talk to. I haven't talked to anyone since I have been here. I spend so much time alone. I spend all



my time alone. You do not realize. I do not have a single friend here. That is the thing. I do not want to have a friend. I want to have a wife. A girl. That is all the fuck that I want at this point in my life. I am tired of all these fucking slutty boppers running around the island. I want something with substance. I want meaning. I want to

I am just so impatient. I I I I I am going fucking insane. There is no reason for me to be here. There is no purpose to it all. Fuck. I am not feeling suicidal but fuck I am down and out right now. I am not going to lie. I wanted to at least get to talk to her. I wanted to get to connect with her. I guess I did get to look into her eyes. That made it all worth it.

I just want to talk to her alone. I just want to find out who she is. I want to interview her. I want to learn and listen. What more can I be doing? What more can I do? I really do not know what else I can do at this point. I have no approach. How do I go up. I do not even have her phone number. In addition I won't get to see her until Wednesday.

I am so fucking hot. Fucking Wednesday. What am I supposed to do until then? What the fuck am I supposed to do until then? Honestly? I am out of weed now.... Fuck... Goddamn. I feel the urge to go home and just burn stoges. I am hurt. I am trying to fight back these tears in the learning commons.

Heaven couldn't wait for you. So go on, go home...

What am I doing wrong? What more could I do? I really do not know what else I can do.... What the fuck am I doing here? I am here to get an education. I am supposed to be here and pay to look into a man's eyes. What the fuck.

I just want to be on a beach with her kicking back living. I want to live now. I am ready to start living is what I am trying to say.

It is just my prayer that I will see her sometime this week before Wednesday. I am agonizing right now. I made the mistake of coming in with hopes.... Sat through that fucking bullshit for no fucking oiadjf,lkjadsf;aljdsf;oiajsfoij,jor

I AM ON THE VERGE OF LOSING MY SHIT NOW.... KEEP CALM MARCUS. BREATHE. MEDITATE.

What more do I need to do? What can I do differently? I just want to talk to her. I just want to look her in her eyes. They are all that I can fucking think about. They are the only eyes that I look into all fucking day. All fucking day. That is all that I care about.

Help give me vision and inspiration for this week. I am feeling really drained right now. I am sad. Wish that I could have made more of tonight. That is ultimately what it comes down to. I wish that I could have talked to her. I can never find a place to talk to her. She is so well protected. Gotta respect it though. She is a gem worth protecting. Fuck.

But in all seriousness I do not think I will be able to make it to Wednesday. Especially now that I am dry on tree. Fuck. I am dry on tree. Please help give me peace throughout these next couple days. I am feeling really on edge right now I am not going to lie.

She is so beautiful. She is so pretty. She is all that I want right now. She is all that I need or want. She is a goddess. She deserves the ultimate respect. How do I show her that? How the fuck can I show her that. I just want to be around her. That is what it comes down to but I have no voice. No voice whatsoever. Fuck that is

I am ready to get married but cannot say a single word. Fuck. I cannot even find a word to fucking to say. What am I going to do now?? I only have 1 class tomorrow. What am I supposed to do now. Fuck What am I supposed to do.

BRB gonna go cry overlooking Pearl Harbor. I need a moment. I will be back in a bit. I need a moment to clear my head....

26 September 2016

Alright so last night was rough but I woke up feeling refreshed and reenergized. No beyonce today. Fucking Eminem. Fuck these motherfuckers. I got my mind made up. Time to focus on myself now. I do not give a fuck what anyone else says but Anya. or however you spell it. Sorry babe if I keep spelling it wrong. It is just I haven't really talked to you that much yet. But we will in time. We will. These are just words. They are just letters. You know what my eyes say.

I am already in love with you. I knew the first time I looked into your eyes. Golden. I saw the future in your eyes. You are gorgeous. I do not want to ever lose you. I will fight for you. I will do whatever it takes to keep you on my team. I do not have a lot of friends. But the ones I do have are really close. Really close knit group. I want you to be the center of it. I am lonely and feel adequately prepared to take on this new endeavor.

Fuck all these brands. I rep no fucking mainstream brand that is all the fuck that I have got to say. I am not into free advertising in no way shape or form. They will need to pay me to wear those clothes. In all honesty. You would have to pay me to wear your brand... not the other way around. If not I am going to steal the cheapest fucking thing off the rack at WalMart and out shine you gay fucks. Fuk all you motherfuckers. I already fucked the game in my youth. Catch the fuck up. Oh yeah wait.... You are listening to men again... Big problem there. Never listen to a man unless he is paying you. That is honestly what it has got to be. That is honest to God what the truth has got to be. Hold your wealth in your women. That is what it has got to be. Read Joseph Smith. Oh wait. Yeah another man.... I have already replicated that gay ass fucker.

I do not give a fuck about what you wear. I care about who you are as a person. I do not care whatever background you come from or what you do. I do not give a fuck so long it does not conflict with what I am trying to do. You hear that. If it does. We may have problems. But problems are goldmines. Remember that. But wait yeah what is better the creator or counterfeiter. You can't counterfeit my brand. You can try. Slim tried to counterfeit me before I

was fucking born. But you can't label it or put a word to it. I won... it is a matter who is going to shake off the dust and get back up the quickest is what matters.

I want immunity. I want to be untouchable. I cannot think of a better way to be untouchable than to marry a light skinned girl with gorgeous colored eyes. That is all that I can think about now.

Fuck all these blonde whore. I do not fuck with them. Fuck their thin ass hair, fuck their basic ass blue eyes, fuck their bony asses. Do some squats. Oh yeah you don't have the hormones of a mixed black girl. You can't do it as good... that is unless to introduce some testosterone... But yeah we all know what that will do to you cuntlickers. I do not fuck with them. Like I do because they are my family. But I do not sexually fuck with white women anymore. One I just do not find them as attractive anymore. I like gold. Not blue. That is what I gotta say. More specifically white gold.

[https://www.youtube.com/watch?v=VL\\_ibP\\_h1qQ](https://www.youtube.com/watch?v=VL_ibP_h1qQ)

I do not give a fuck about what anyone thinks but my girl. Yes in my mind I have already wifed this woman. I understand that there is a community of people that feel really protective of her. As they should. She is the obviously most desirable girl around. Gold eyes, inviting smile, pretty sure some freckles too.... I do not know though I haven't got much FaceTime yet. But yeah back to what I was saying. The whole church yesterday placed her on the highest pedestal. All the guys drool over her. I am not jealous. In fact I love it. It will make it that much more rewarding once we do get to make eye contact. Alone. (DISCLAIMER: Do not think of this in a purely sexual way. Yes, inherently there are desires... but at this point in time I just want to talk to her privately. That is all that I want. That is all that I fucking desire. But hey Rome wasn't built in a fucking day. Keep pushing. Keep working at it. She will do great with or without you. When I get hacked one day and all my files leaked. YOU will get to see how I felt. I am trying my very fucking best to be as honest as I can. This is as real as I can be.

Love you, Boo.

Ha I just realized I am writing love letters to the future. Wet;)

But I need to get focused for the fucking day.

I major blundered last week. I failed a PopQuiz and didn't show up on Friday.

I want to not have to give a fuck like Jeffman. He has got it soooo fucking made. No one can fucking say a thing to that fucker. He has got a half black half mexican girlfriend. Or so I think. Sorry Jordan if I am wrong. You are a dime. Jeff is lucky to have you. You guys have honestly inspired my relationship so much. Seeing you too last New Years. Fuck. That was a fucking blast. Don't get me wrong I was lonely and fucked up all alone but it was okay. It is all good. I really liked getting to hang with you and your girl. You guys have inspired my marriage. Thank

you. You are visionaries that I hope the masses will follow one day. That is all that I have got to say.

Fuck all these motherfuckers trying to find out what I am typing.. They are counterfeiting bitches. Fuck all you motherfuckers. This is A1 and can't be replicated .But they try. But they try. Fuck em.

I am ready to die for this girl. I didn't hold much value for my life anyway. Just look at my fucking track record. Yeah that shit is going to come out no doubt. You have got to realize one day or another they will know all the things that you thought. Is that kind of weird. They know what you are thinking right now. We know what you are going to be thinking in 20 years. Is that weird. Get outside the box. No don't get outside the box.... Nuke that motherfucker and pop an eighth of shrooms with it. Go for it you motherfucker. Quit being a little gay as bitch to realize it. Fuck the game. Fuck all these motherfuckers. Focus on the quality of your own life. That is what you have got to say. Be selfish in good ways;) Justification is a beautiful thing. I can go before my white mom and dad and take the very worst most brutal shit that they can take and not budge. I do not give a fuck at this point. I really do not give a fuck. I am untouchable. I am going to be fed no matter what. You aren't going to starve. Not in America. You will definitely not starve. Oh your blood sugar is low. Go jack a fucking candybar mother fucker. Don't even jack it. Just eat it in the fucking store. Just do it right there and walk out. Oh you don't have deodorant. Go to WalMart and fucking use there's if you are nice you will make it look like no one even used it. Do not give a fuck. Fuck the system. The system is inherently corrupt. Fuck it over at any chance that you have. Do not give a fuck. Stop giving a fuck. That is what I have got to say. But make sure to not get yourself killed in the process... There are other people who like living this way too;)

Once I was so fucking low that I fucking stole the Free meal coupons for Chick Fil A from Bayside... I took 10!! Ha free meal every time I go to church. Fuck the system. Do what you got to do. Do you realize how much waste these corporations produce. Do you not realize. They are destructively wasteful. Fuck them fuck them fuck them. Any which way that you can. Fuck the system. That is what I have got to say. Get away with as much as you can. But make sure you know that you are assuming the risk.... Know the game before you start playing hard. Fuck the game. Blow it out of proportion. That is what I got to say...

I went to school with the President of Russia. I went to college with the guy. Just two guys in the Bay not giving a fuck at all.

They have taken Cleopatra... They have taken Cleopatra. Bring her back to me. Run run run around...

Never speak to a man unless they are paying for it is an anonymous transaction. You have to realize that that is the nature of the game these days. You have got to realize.

I am delta. I am not fucking Delta Force. Fucking delta force fucking copied me. Fuck those gay ass fuckers. They deserved to die in Benghazi... They were US military. The biggest most sophisticated gang in the fucking world. They took the fucking risk... They assumed the risk. Do not be fucking butt hurt. Clinton lied and tried to cover. Why? What was really going on is our question... But does it matter now. The shit is done. It is fucking over stop giving a fuck and learn from it. How can you learn from it? What can you learn? What can you take from it? That is my question for you.

I know better than to realize than to fuck those mother fuckers. If they were really bad ass they wouldn't have had to go through the US government. You know this. All that kissing ass and sucking cock. Fuck that. They are already emasculated fucks. Come and get me now deltas. Fuck all you. Fuck all you I know who you are. You gay ass fucks.

I do not need the US government to stamp me for approval. I am it. I do not give a fuck. They want to be me. I do this shit and do not have to be told. I just do it. I fucked the life. I fucked the life. I fucked the life. That is all that I have to say for you right now. Close your eyes and get behind a keyboard and see what comes out. You would really be surprised. I only want to open my eyes when I am tripping shrooms with the love of my life. That is honestly what I want. To be able to be up in Tahoe with her for New Years. That is what I am going for. That is the honest to God Goal. That is what I am going for.

I just need to get on stage close my fucking eyes and say whatever the fuck that I want. That is honestly all that I have to fucking do. I need to make this a fucking blog. I want to start a fucking blog. That is what this should come down too.

I feel like that if I marry this girl that I will be untouchable. I feel that I can say or do whatever I need to or desire. That wouldn't be dangerous to other people. I want to keep her protected. I have the system in place to make sure that she is protected for life. Her and whatever babies she may have. That is what she realizes.

I need to start talking out more. But that is the thing no one will listen if I am not married. I want to get married and become a christian rapper preacher eye opener. Whatever you fucking want to call it. That is what I have got to fucking say. Fuck all their propaganda. I do not even listen to that bullshit anymore. It is simply words to me.

I think that we should all log the music that we are listening too. I think that it all is contributing to your psyche. What words are you putting in your heads. Oh what do you focus on and spiral on all day. What are the voices that you are listening too? That is my question to you.

“I am the alter you pray to. Brainwash and persuade you. I am your guardian angel. Against the wall and it is too tall. Baby doll you are perfect. All I know is you love me. That is all that matters. We attack like animals. When they come at what we have it is a natural reaction. Whatever you have to do it is blasphemy.” -eminem

Sue me Marshall. That is what I have got to say. Sue me Marshall. My dad's fucking name is Marshall and he grew up in Detroit too motherfucker. My grandma got fucking shot in Detroit bro. My Grandma got fucking shot in Detroit bro. Do you not realize that. By 2 black men. Dumb fucks were so dumb. One guy shot the other through my grandmother of course. Do you think that I do not have some grief. That definitely contributed to the environment that I lived in. Think of if your black grannie got fucking shot by 2 white boys. That bitch wouldn't be fucking here. Fuck her coat. We do not give a fuck about robbing that bitch. We are eternally rich. Fuck that. We do not need to jump and rob. We are fucking loaded bitch. Fuck off. Fuck you fuck you fuck you. We have no reason to do that too. What happens if we shot your Asian mama. Bro I could send my 8th grade brother to take care of that fucking bitch. That fool could probably do away with your whole family. Systematically.

Honesty is the best policy. Do you believe it? That is my question. That is my question. Do you believe that shit. Do you believe it? Think about it for a minute. Would you rather have them love you for what you are not or love you for what you are. Think on it. Do not answer it yet.

When I was in Santa Clara I was there for fucking 6 weeks. I know I did shrooms 4 times. I can't remember much from that month and a half that I was there though. I was fucked up the whole fucking time. Oh my God I was on another fucking planet. Bro I was way out past fucking pluto man. I wasn't even in fucking orbit man. Tweaked. Snorting amphetamines every fucking day. Right off of my fucking In N Out tray. That is all that I have got to say. Crushed up those fucking beads with the credit card. Then boom. That shit will have you sweating no doubt. You better believe. It

To the father son and holy spirit. I hold you nearest.

I am 100% community funded. That is all that I have got to say.

Yeah whenever I am in a WalMart alone know that I am likely stealing shit. But try to look at my cok when I walk through the fucking alarms. Try to touch me. Is it worth your life? That is my question. I can go from civil to psychotic in an instant. I am diagnosed psychotic, narcissistic, and bipolar. But then again I took the 6 hour psych evaluation on Crystal Meth... Do you think that would alter my ability to answer the questions Honestly. Shout out my boy at the Top. Thank you. You opened my eyes. You are a brother. Thank you and God bless. You know who you are. What a role model. Yes, I have 'found something to tweak on' brother!

Starting today I am breaking out of this cage. I am manning up I am going to hold my ground. Trying to put my life together back now. Fuck all these gay ass fuckers. Get them off the fucking stage get off get out. You are nothing get off you cannot imitate it you cannot copy it you cannot buy it you cannot touch it. You can't ;) or you can try;)... fuck you motherfuckers.

(a tour of Asians just swarmed my computer lab. They fucking were all around in the aisles. I didn't know if they were looking over my shoulder or not. So I just had to speak some honesty. Do not fucking look at me... Their may be some bad fortune in your future... That is if you think

hard enough on it. Don't worry. You will in time. But wait does time exist? Try taking some mescaline.. See if that doesn't open your eye;) Fuck all you fucker.

Have you ever loved someone so much that you would give an arm for. Not the expression. Literally give an arm for.

Yeah it is my life. My own words I guess.

I fuck with the Bay Area Rapid Transit. Been fucked on that shit since middle school. Fuck all you motherfuckers. Get off my fucking system. Actually bite off my swag. I am already in a fucking jet to Mars. Get off my fucking nuts you broke fucks. Get off my fucking dick. Matter fact suck one.

Why are you looking when I look up. I am not looking into your fucking eyes you Goddamn fool. I do not care if you are sitting at the computer across from me. It is not respectful to look a man in the eyes. Do not look anyone in their eyes unless they are fucking paying you. Do not look into ones eyes unless they fucking pay you. Know that and believe that. Never sell out. Never sell out. But you will in time. It is only natural. But my swag is untouchable. You cannot touch it or copy it. Try to though. Stimulate my economy.

I used to be a graffiti artist. I used to tag trains... Look for MARX out here. Fuck all you motherfuckers.

In the meantime... Just take another pill. Yeah bet you you will;)

I turn around find a gun on the ground put it to my head and pop it. The plane i was supposed to be on crashes and burns to ashes. I walk right up to kim and kiss her tell her I miss her. Rejoice everytime you hear my voice.

Fuck it I just need to go public with this shit right now.

I just want to live an honest life from now on. I do not want to have to fucking hide or cover up what I fucking do. That is what I have to say. I am done with that. I have been doing that shit my whole life. ;)

But yeah all these people are already looking. They are going to wonder one day anyway.

Time for the spotlight. Looks like it all is going to come out anyway. I am not hiding this shit anymore. This information goes back to the fucking community. That is what it has got to be. You need to realize that.

Yeah that is right bitch I fucking came in here 10 minutes late and did not give a fuck. Wolf T shirt from Wal Mart and fucking black hat 'my undies' and shades on. No fucks given. Do not listen to her. She is a woman. And I do not give a fuck what people say. I do not give a fuck what anyone says... except my wife. That is the only fucking opinion I care about. I am a journalist sponsored by the government as it is. I am fed. I am going to be fed for life. Do not worry about

grades at this point. I have come far enough. Realize what the fuck you are doing. You need to realize that this shit is not what you need. You need love. I need love. I need to make sure that

Fuck I am back in the library it is approximately 10:01am. Fuck class started at 9:40 and I got there 10 minutes late. I really did not give a fuck today. That is honestly what it has come down to. What happened?

Fucking back to what I was saying. Walked in late logged on and just starting typing... The paragraph 2 above. "Yeah that is right bitch..." She cuts me off. I had my headphones in and clearly not giving a fuck.

I walked in with sunglasses on and headphones in late and started typing at the computer. She didn't like teaching over the sound of typing. She goes 'marcus.' I didn't hear her the first couple of times. I didn't give a fuck. I took out one ear phone and she goes 'are you typing a paper for another class?' "No I am writing the paper.... Well it is actually more of a meditation." "Well if it is not for this class can you please do it in the learning commons?"

I straight up log off and walk out. Fuck me! I shouldn't have even logged off. That would have been more bad ass. Fuck me. I still think too much. Fuck I love this thought of letting bad things happen I really feel that I can be great at this;) Ha fuck you. You are going to go down as the fucking bitch that failed Marx Aurelius. Fuck you bitch. I do not blame you you were trying to get control over the class. But bitch you lost it now. No one gives a fuck what you say or think now.

I have already worked spreadsheets for a financial advisory firm with like 50 million with AUM... Assets under management. Fuck off bitch. I do not give a fuck. Fail me. I cannot fail. That is what you have to realize.

Any that one is thanks to you. Love you forever baby. I do not give a fuck about it anymore. I am done giving a fuck about anything but you. That is honestly what it has got to be. I do not give a fuck anymore. I am officially untouchable. That is what it comes down to. I do not care if I fail out. Matter fact. It is probably better that I fail out. That way I will have something to talk to her about. I just need to stop giving fucks. First I need to stop paying to look people in their eyes. That is honestly what it has got to be. I just don't like the idea of paying men to look into their eyes. There is something unnatural for me to pay to look at a man. Much less any woman not my wife. That is what it has got to be. I do not give a fuck what anyone says but her. That is what it has got to be. I do not give a fuck about anything that people say except her. That is what I have to say.

Sorry Gabby but you lost all sense of credibility yesterday.

Gabby I took all your credibility today but I fell in love with a girl here and I cannot think about anything but her. But I haven't even got the chance to talk to her yet. I feel myself going crazy unless I am looking her in her eyes. I am having a hard time at that because she is always flocked with people when I see her (which is always at church). For now I am practicing not giving a



fuck until I get the balls to go up and propose to her. I meditate through writing. Helps me channel my thoughts. Sorry I can't apologize.

As sincere as i can be,

Marcus aka "The Realest Slim Shady"

I love you Roman you taught me how to ultimately give no fucks. He doesn't give a fuck at all. That is what he is. He says and does whatever the fuck that he wants. That is what it comes down to. He has so much money he really just doesn't care about anything right now. I need to teach my brother something. I need to teach this fool how to commit. I need to teach him how to respect people. Respect US.

Damn I do not know what to do now. I am honestly a little shook up. But I shouldn't be. I need to be a unmovable force. I will not budge. I refuse to fucking budge that is what it comes down to. Fuck them. Fuck them all. I do not want to pay to look into a man's eyes. I just want to get fucking married already. I am failing out of all my classes. I cannot look my professors in the eyes. I do not want to disrespect them. I do not want to disrespect their credibility. That is what it comes down to. I do not want them to think that I am trying to purchase them. I am not trying to visually rape my professor. Looking at a woman is disrespectful.

In my culture it is disrespectful to look someone in their eyes unless they are paying you. That is what it comes down to. If you're not paying me. I won't fucking look at you. That is what it comes down to. If I look at you it could potentially be dangerous for me. That is honest to God what it comes down to. I do not want to endanger my fucking life. I do not want to fucking endanger my fucking life. That shit is not good. I am ready to shipwreck and get married to this girl.

I am the definition of sprung. Or at least getting there. It is a fucking work in progress.

Privacy is obsolete. You need to realize that. Privacy was never private. It was just an illusion you were fucking sold by unopened eyes;) Realize what sales it. See through that shit. See through the fucking illusion that they are trying to propagate. It is their job to physically look the way you 'want' them too. I do not want anyone to look like anyone but me or my wife. That is honest to God what it comes down to.

The fucking 5150 system is a fucking corrupt con. Just a way for the county of Santa Clara profit off fucking insurance companies. Whenever a bum says they are going to kill themselves or someone else where do they go? 5150 someone call the PoPo. They go to the fucking psyche ward. Do you realize how much it costs the community to keep those hurting souls locked up. A lot. I do not know the exact numbers but it is corrupt as fuck. Look into it. Research the shit. It is all propaganda which you are reading. Realize that you are only reading propaganda. There is no such thing as absolute truth. You need to realize that there is no absolute. There is only subjectivity and relativism. Find your place in the system. That is what it comes down to.

I am ready to get married. I have the network in place to keep this girl protected for life... and whatever babies she may have along the way. I am going to make her happy. Constantly mildly euphoric. That is the ultimate goal. That is what I am working for.

I am Marx and this is my Meditation. Come and join us.  
Could I have played that better? Maybe. Should I have been more respectful? No I shouldn't have. Never take an order from a woman, unless of course it is to go deeper;) Ha I love myself. I crack myself up. I discovered this when I started having inside jokes with myself. Ha I love it. I am not a king. I am God.

Fuck AA there is a God and I am him. Fuck that recovery bullshit. They are just fuckers trying to profit off of broken hellbent souls. It is a fucking con on so many levels. It is totally disgusting.

Detach and not give a fuck anymore. That is what it has got to come down to. Detach from the right things. I am only attached to this girl anya and my family right now. I do not give a fuck about anything else at this point. I have cut off all the relationships I do not give a fuck about. Fuck those fuckers. Fuck those motherfuckers. I am working on myself now. Stop trying to anchor me to bullshit. Let me fucking take off towards Mars bro. I am going to be Jupiter one day... That is if I am lucky;) But then again fuck the Greeks... They are just biting off African culture. There is no such thing as anything but the whitemans culture. They can take whatever they want. But once they find what they really care about. They do whatever they can to protect it.

I am going to be cussing from a pulpit one day.

I am never taking shortcuts;) Rolling up swishers no grapes -G Eazy.

I am about to get expelled or flunk out of my 2nd college. I do not give a fuck at this point though. It is all going to be alright. I do not give a fuck. I am fed.

But now I am here bitch;) -Marcus Goins

“Bitches ain't shit but hoes and tricks” -Gandhi

“Fuck Bitches make money.” -Martin Luther King Jr.

Turn my music up turn my music... my shit bang. My shit bang. My shit bang. My shit bang. Bang bang bang bang. That is what it comes down to. I want to have a fucking communal wedding. That shit is going to result in so many wedding/ hook ups and shit and of course. People are going to be drinking and burning kush. I am not hiding shit anymore. I am so fucking done hiding that shit. It is so fucking bullshit. I am not hiding who I am anymore. I am enlightened. I do not give a fuck anymore. I am going to do okay. No matter where I am. If I am in the West the government cannot kill me. They cannot do anything that would hurt me at this point. What more can they 'legally' take from me? I am imprisoned in my own mind as it is. You are living in the world built on my psych. You have got to realize that is the reality. This is real.

Pinch yourself motherfucker. This ain't no fucking illusion... unless you are deceiving God. Read a fucking bible mother fucker.

Marcus Goins doesn't even exist on the internet. You have got to realize that. I do not exist. Try to look me up. I am not on there. You cannot copy this. You cannot replicate this fucking brand.

As for what happened today in class. I have a good feeling that it all will work out for good in the end.

Migos -Versace Drake. "Medusa head on me like I am illuminati"

Fuck you Drake the only reason you are in the spotlight is because I invented light. I give you the platform to denigrate on. Fuck you you ungrateful fuck. Fuck you slut. Go suck a Jewish cock, Drake. Fuck off. You can't replicate this brand. Fuck OVO. It is outdated. It is lost in time. You realize that it doesn't even fucking matter at this point. Fuck you. You are lost in time;) Take some mushrooms you fucker. We are lost in time. You ain't no God. But you are likely going to look like my Grandson one day. I expect to have kids that look better than you one day.

I am going to have the baddest lightskinned children and you are not going to be able to fuck with them. You are a filthy used rug. Time to ease you off the stage. Sone you are going to playing at the California Casino Circuit fucking married whores. Fuck you motherfucker. They are married. Fuck off. You are a pig. You are no different than the pigs you diss in your fucking songs. Fuck you fucker. You are not even as close to as wealthy as I. Fuck off! Get the fuck out of here. This doesn't just go for Drake. This goes for all those other little fucks sucking his dick too. Fuck you all Fuck All. That is honestly what the mentality has got to be. But make sure to bow and humble yourself before God. She will always call you home.

I found God through a blackwoman. I can go more into details later.

All I ever wanted was to get rid of those ounces.

Now I got bitches trying to cuddle up. Fuck off I am married motherfucker. At least in my head. I do not give a fuck about any bitch but Anya at this point in time. She is all that I care about.

I am in love with that woman. Or whatever you want to label it. These are words to me. I just want to show her that no one will be more of a psychotic motherfucker to keep her on the highest pedestal and keep her babies safe. Yes I will die for this chick. Nothing would make me more happy. No greater honor for me at this point. I have faith in my brother. I have faith in my brothers. I have faith in my brothers.

Yes we are illuminati. Yes we are illuminati. You better believe that shit. The best lawyers are paid by the best criminals. How do you not realize this. Birds of a feather flock together. You need to realize this.

Never pay to look a man in their eyes. At least my parents paid them for me at the junior college. Now that I am paying for it it is kind of fucked. It is honestly so fucked. That is what it comes down to. I am paying to fuck men. Or rape men. Fuckers. What a fucked up fucking system.

NEVER PAY TO LISTEN TO A MAN!!! NEVER PAY TO LISTEN TO A MAN!!! NEVER PAY TO LISTEN TO A MAN!!

Only listen to a woman if she is your wife. That is what I have got to say. That is all that I have to say at this point. Listen to your wife. She holds all the power. Pussy is power. You are fooling yourself if you tell yourself anything otherwise.

I am way too fucking crazy. Little badass kids. Fucking unnecessary. Everytime I put my dick inside my bitch it is spiritual. It is what I call a good morning. Just so you can show up to your school and say you're lookin fresh. You got everything with these bitches on your.

Everyone walking tall until they slip.

There is something about the money that makes a motherfucker crazy. This is the music that made the white people mad. You can have the world it is up for grabs.

I need to walk into a Mormon church wearing a shirt saying "Church of White Supremacy"

Church of White Supremacy. That is what you have got to realize. Fuck all these motherfuckers.

I am Marcus and this is my Meditation. Fuck all you motherfuckers.

I am no king I am a fucking God. You need to realize that I am chained to nothing but my woman. I do not care what you have to say or do. Come and try to touch me. I fucking dare you. Matter fact I want you to give me a reason. But let me just tell you. It won't be me taking your life. You need to realize that. I got only the realest motherfuckers on my team. I only have the realest motherfuckers on my team. You better believe that. I want to have a huge fucking wedding with all my fucking friends there.

That is what it has got to be. It has got to be a huge networking event. That is what it has got to come down to. That is what I envision. I want to have all my friends from childhood there. I want it to be open to anyone. I want to make sure that there is plenty of Kush and Booze. That is honestly what I have got to say. Anything more than that let's keep that shit lowkey for now. That is what I have got to say. But honestly you know that there are going to be drugs at my wedding. Common face it. There are going to be so much drugs at my fucking wedding. You need to realize it. You have got to come to that conclusion. Fuck I am going to be going soooooooooooooooooo fucking ham on my honeymoon. I am going to give her all that she could dream to attain. That is what my motto has got to be.

The realest motherfuckers and the ones you got to be worried about aren't the government sponsored killers. You want to fear the instinctive killers. That is what I have got to say. Fear the street. Fear the street.

Sometimes I wonder who the fuck I am.... Sometimes I wonder who the fuck I am.

I want to rap Slim Shady in the fucking pulpit... Do you remember doing that shit at fucking PG? Before the fucking football games. Do you remember getting those motherfuckers jacked up as shit. Do you not realize. I got those motherfuckers jacked in the locker room. I was a motherfucker. Shout out Josh Huston! No we are not going to give each other handjobs in the locker room.... NOTICE: that was freshman year but still he was a fucker. ;)

I love you guys. You gay ass fuckers at bradshaw. You guys are gay ass fuckers. That is what you have got to realize. I saw so much gay shit at bradshaw when I first went there.

London... I remember you stroking Josh Katt's cock. Yes I remember that shit. You are fucking Gay ass fuckers. You are gay ass hell. But hey I mean homosexuality is a spectrum and people can swing on that barometer over the course of their lives. DISCLAIMER: It was just a fucking phase... brought on due to our separation from the opposite sex. When were we going to figure out what these bodily urges are. What are we going to do with kids who are ready to have sex but are cooped up in school. We need people to start having kids younger. That is what it has got to come down too. We do not want people waiting hella long and attaining baggage. Fuck that. We want them young dumb and impressionable. What is dumb though? I mean it is just a word.

Ever listen to Chance the Rapper. "Somewhere in Paradise" Check it out .... "I asked the acid if words were worth worrying over." Therapeutic? Maybe you never know. Depends on the fucking situation.

Remember getting naked in Kevin Williams bed. That shit was too fucking funny. Ah yes good times from my boyhood. I mean lifetime. I am ready to stop giving a fuck and learn how to be a fucking kid again. That is ultimately what I am going for. A

I am already more famous than I'd like to be.

All you gay asses with your darting eyes at the mall. Get the fuck off me. Do not try to fucking touch me. Get the fuck out of my way. No I do not want to be you. No I do not think your sleeve is dope. You cannot buy masculinity. It is earned. Earn it for yourself. Don't pay some man to write on your skin. Fuck you you gay fuckers. Paying men again.... Be careful when it comes down to that. You have got to realize... We are all biased. Trust no one but your spouse... That is what it comes down to. And then your family of course;)

Although I am grateful I went to SC... I do not want fuckers to go there. They are a racist rich white school. Illuminati confirmed. You have to realize. They are the fuckers. They are the devil if there has ever been one. Because they are still trying to cover up their shit. You have to realize. They are compensating for something what is it?

Oh wait you did some homosexual acts as a youth you now live traumatized by? Do you not realize psychology. Fuck all of you. You are compensating for actions you did in your past. Trust me all that shit will come out in time. You have to realize that privacy is obsolete. People are too smart these days. Or at least they seem to be. Maybe it is just a facade;) ... you never know. ‘

Common we need to open source this knowledge.

Damn near 14 pages by 11:15 am... I am hungry as fuck. Time to get some breakfast. Still haven't eaten yet today. Nothing but Orange Pineapple Juice.

This dude just doesn't give a fuck anymore. You have got to realize it. If I get kicked out of school This school is going to look like fucking idiots. You failed Marx Aurelius. What a fucking dumb cunt. ... What a dumb cunt. That was the last nail in the coffin. Try to fucking fail me. Try to. I am eternally rich. Fuck off.

Cops on patrol... They looking out for all the 'criminals' Get money fuck the system break the law. Break the law. So many people told me I wouldn't be shit. I walk around with money and my hand on my dick. Shit I am losing track now.

I love the word.

I am a natural born preacher. The fact that I speak is a miracle. Let that shit fuck with your head.

I need to do the opposite of everything that the pastor said on Sunday. Yes I am going to wear a fucking hat in at church. Where else am I fucking gonna go? That is what I have got to say.

Fuck you Chuck Van Patten @ CRC... You fucked the game. Yes I saw the pill bottles in your fucking office. You are a fuck! But thank you brother. Family. I know that you are tenured now and just don't give a fuck anymore. Congrats bud you did a good job of fucking the life.

But I will outdo you. Naturally it is the way of the world. The way of time. But man you left your legacy for sure. Thank you you motherfucker.

I can't wait to fucking cuss in the fucking church..

Thank you Tyler Weathersbee for cursing in the middle of a prayer during the football game. Thank you bro you opened my eyes. Everything we do is prayer. We are living in prayer. Do you not realize that everything we do is being watched. All of it. Privacy is gone. If you do something big enough... the more eyes you have got to realize it. I always wanted to be famous. Guess be careful what you wish for.

That is enough computer code for you right now. I am hungry and going to get a bite to eat..

Fuck off motherfuckers. I just find myself scratching my face with my middle finger if I feel the eyes on me. I do not make eye contact. I just scratch my fucking face. I do not give a fuck. I love Anya. I love you girl. I am ready to marry you. What else do I need to do to prove my love for you? I just want to be with you girl. That is honestly all that I want.

I feel 100% comfortable with that girl now. I do not feel that I have anything to hide. I do not care anymore. I do not look anyone in the eyes unless they are paying me. That is the rub honestly. They should have to pay to look me in my eyes. That is honest to God what it needs to be know.

I am going to be cursing in the pulpit for the rest of my life. Fuck those motherfuckers. Church of White Supremacy. Embrace it motherfucker. We are Gods. We are Gods. Realize this and know that you will die. You are merely a hero. I am a God. I live forever. I am going to be the first man to colonize space. You better realize that. I am going to be the first man to die on Mars. Fuck you. I am the God of War. I am the God of War. I am Marcus. I am God of Mars. Fuck all you motherfuckers. Your thoughts are derived from my eyes. Do you not realize? Open up your fucking eyes. But make sure to not look at me unless you pay me... otherwise you will have hell to pay;) Hell. If you believe in some sort of afterlife. I do not give a fuck.

Just take another pill. Yeah bet you will.

I am simply a dude who stopped giving a fuck at a young age. That is ultimately what it comes down to. You need to realize to fucking follow Timothy Leary. I am a stand up philosopher. You have to realize that. If I talk I am talking philosophy.

Why do you think that Eminem is at the top of the Rap Pyramid? Why do you think I could never become a rapper? I ain't no fucking sell out. I don't do it for the money. I do not do it for the drugs or women or Fucking respect. I do it because I fucking can and don't give 2 shits about it. Fuck off. The only voice that I will ever listen to is my wife's that is ultimately what it has to come down to

Anya. Your voice is the only voice that my ears give any heed to.

I want you to teach me how to pleasure you how you like it... I want to make you feel comfortable and safe and 100% relaxed. I do not want any outside stress or baggage. I just want you. That is all that I want at this point in time. I have found God in your eyes. Thank you girl. You are my Angel.

Fuck your religion your god and your Goddess.

Bitch you want fame? Bitch I was born famous. I was born into public life. Fuck all you. YOU are late to the game... Quit biting off my fucking swag you fucking little sluts. You all are fucking little grimy little sluts. Fuck you all;) Never listen to a fucking man you fucks.

This is my manifesto. You have to realize that shit. You have to realize that I do not give a fuck anymore. I have made up my mind that I am going to marry that woman. I have made up my

mind I do not want to look into any other eyes but hers. I want to listen to her sing all day. I want to worship at church with her wherever we go.

We live in prayer. Everything we do is praising God. We can do nothing wrong. We are damn immune. You have got to realize that shit. I am fucking immune at this fucking point in time. I do not care anymore. I am a motherfucker.

I was always in class with the biggest queers. I always felt like the people that were around me were straight childish. That is why I tried to skip the 5th grade. I just wanted to be in class with my crush Mikayla Walther. Butt fuck that slut. She is a whore. I will never touch that skank now. Fuck that bitch.

These kids are such fags. If you want something you go and take it. That is what I keep finding out in life. If you really want something bad enough you do not give a fuck. You go and fucking take that fucking shit. I do not care what the fuck that you do. You are goddam untouchable at that point.

I want to go and claim that girl.... As if it were possible for a man to possess a woman;)

MEN: Know that you cannot possess a woman. She can only possess you. You need to realize this.

Listen to your woman. If I am going to give you any advice at all. But make sure to study the bible and workings of Jesus. A lot of the world we live in today is based off those basic principles. Don't take my word for it. Try not giving a fuck sometime. You may be astounded with what you find...

Plug in  
Tune in  
Drop out.

I am dropping the fuck out. That is for sure. I am only here in Hawaii now for Anya. I do not give a fuck about school anymore... I have 100% faith that we are more than okay.

Right now I am on a fucking mission to go an wife this girl. Or at least talk to her first.... I just want to have a conversation and look into her eyes.... Is that too much to fucking ask...

Fuck you Dad I am going to be alright. I am initiated into the Russian Mob... I mean government. (I mean it is all semantics;)) Shoutout Vlad! The truest God of war.

I have nothing but respect for Russia. They play the Game very well. They sit back at number 3 behind the US and China but really China biffed off their communist style and the US uses them as a launch pad for nefarious black operations. You have to know that Trump has sponsored those Russian hacker to go after Hillary. You have to know. Learn something about fucking white supremacy you motherfuckers.



I do not see myself getting a haircut in a long fucking while. That is all that I have got to say. I am growing these motherfuckers out. I am growing these fuckers out until I look like a fuckin California Dream... That is all that I am anyway. You have to know.

If I marry a white girl you have to know that I probably won't be able to invite all my niggas from my youth. Fuck that. Fuck that mom and dad. I am not hiding my fucking friends from you anymore. You have to realize that I just do not give a fuck. I do not.

Yes I expect there to be bottles on deck at my wedding. Yes I expect there to be ounces of kush. And yes I expect my friends to slip me little baggies of goodies as I take off for my honeymoon. That is honestly what I have got to say. Honestly. In all reality. Fuck the presidency. I am going to make my lightskinned wife President of this bitch ass sorry ass fucking white supremacy fucking Amerikkka.

Shout out to my brotha from Sociology class at the Folsom Lake College Rancho Cordova Center. Thank you my Brotha. You have opened my eyes. Yes we will see the gradual 'browning' of Amerikkka in my lifetime. That is good. I do not hold anything against that. Let's do it. I fucking love mixed people. I fuckin love them.

That is fucking better I couldn't fucking think with the bright ass fucking screen. Fuck that mother fucking shit. I do not want to have to give a fuck anymore. That is ultimately what it comes down to. But not in a bad way. I want to get married and travel the world with my hot young wife. That is what I want to do. I want to see the world when we are young. I want to come home and rule over California. I am going to get you in the Governor's office babe. You have to realize it. Then we are going to push forward. If you want to of course. You are the one commanding the ship. This is merely a dream. I would love to be the next Bill Clinton. I want to be married to a lightskinned black girl. That is what I want. And to make her the POTUS... Fuck all these gay ass white boys at Ivy Leagues... fuck those motherfuckers. They are gay as hell. Let them rot away in fucking law firms growing into alcoholic divorcees. Fuck them.

Eminem is such a fucking coke head. Such a fucking coke head. You have to realize that.

I do not need no fucking tattoos too. I do not need them. I haven't fucking earned the right to have fucking tattoos. I haven't earned the fucking right you have to realize that fucking bullshit. Never fucking talk to the fucking police. You have to know that I am an anarchist coming out of Oakland. I am the ultimate motherfucker. I say let the hive riot in the streets. We need that fucking shit. You have to realize.

I can't tell you what it really is. I can only tell you what it feels like

High off of love. Drunk from my hate. She resuscitates me she fucking hates me.

What am I supposed to do for the rest of the fucking day? What am I supposed to do on this fucking island? It is my mission to go and talk to Anya. That is the ultimate goal. If I do not see her before Wednesday. I will be sure to talk to her then.

I feel myself growing more and more psychotic by the fucking day. And I fucking love it. Thank you God for these fucking emotions. I am ready to get fucking married. I am going home thank you God. That is all that I have got to say.

I want a cute little lightskinned girl from a baptist church. I love those baptists. Thank you Bill Clinton. You earned yourself a new convert. You are the goat. Thank you bud. You are a legend. You will live on in my legacy. Joe.. I won't forget you too either buddy. Love those GOAT.

I love the way you lie. I love the way that you lie.

Fuck Eminem. He counterfeited my idea before I was fucking born. Fuck that dick. Fuck that kid. That is all that I have got to say.

I am going to be preaching in the service in a fucking baseball hat. That is what you have got to realize. I am going to be on the stage in front of the church cussing and yelling and causing a ruckus. That is what it comes down to. I do it for us. I am here to open eyes. That is what it has got to be.

Eminem got beat up by black youths multiple times as a youth... how did he come to conquer their own craft? How did a little white boy dominate those fucking black giants. Those fools that could probably kill him if they truly wanted. Because they haven't nuked the fucking box and realized the truth of the matter. What is truth? Ha What is truth? That is my question for you. Or is it, What is a question? Ha fuck all you. Fuck All. Peter Pan. Pan. All. Everything. Yes just go to fucking Disneyworld you know how it is. Is it really the happiest place on earth? Really? Then make sure to bring the US dollars. "In GOD WE trust." You better believe that before mama comes and calls you home.

I love the muses from Hercules. Man those women have soul. There is nothing sexier to me then tall, strong, bold, independent black women not being afraid to let it belt.... And of course shake it a little;) Common get fucking loose. Get fucking loose in church. I am going to walk right into the Rock Church grab the mic and start cussing and yelling and causing a ruckus. That is ultimately what I have got to do. Call me Martin Luther. My life is my 95 Theses.... Read it bitch.

This knowledge is open sourced. We live in the era of wikipedia. Kids are going to find this shit out sooner or later. Do we want them to learn through the bitterness of figuring it out the hard way? Or do we recognize the reality the objective reality and make a well educated and thought out step forward. But yeah what is forward.

I once had a dream when I was a youth. I was naked surrounded in darkness. I kept struggling. Tossing and turning over. Trying to find out which way was up or down. Then I

realized that there is no up or down right wrong good or bad. It comes down to how you sell it. Rephrase it. Throw a new label on it and sell it to the people that is what you have got to realize.

There is no wrong way of doing it. If someone critiques you they are obviously just a selfconscious nosey faggot. They should have kept their eyes on themselves unless they were fantasizing about you or hoping to buy. Do not look at other people. It is rude to look another person in their eyes. YOU have got to realize that this is the truth.

Next time I see this girl I have got to go up and talk to her.

What happens if she has a boyfriend right now? No big deal. I want the very best for her. She deserves nothing short of the best. I make sure that she knows who the truest most loyal psychotic motherfucker is around. I hear no voices but her own. I do not care to listen to all these other opinion. They are nothing. I can hear nothing.

<https://www.youtube.com/watch?v=D4hAVemuQXY>

^^ Amen. Fuck them. His house is a broken home. He just lets his emotion go.

Fuck all of these little island boppers. Fuck all these little island boppers. I clearly do not fuck with these little sluts who are here to find a little fling and suck some cock for a couple months before going home to suck daddy's... fuck you little parasites. Women are the perfect parasites... Just playing I am the perfect parasite. You cannot get rid of me. Try to and you will find yourself dead.

I do not see anyone else anymore. I just see dust. These people are dust to me. They are fucking dust. They are all just dust. That is what you have got to realize.

I have been to the Psych Ward. Yes I have learned that I am not nuts. I am insane. But in a way that society is cool with and lets me live amongst them;)

I never had a fucking poster of a rapper. I do not idolize men. I only idolize women. That is all that I care about. My woman more specifically.

Alright but enough fucking around for now... What am I supposed to do today? I am in Hawaii but I cannot find anything to fucking to do here. That is the sad thing about it. No body does anything fun around here. Just playing I haven't been doing fun things with my girlfriend yet.

You can smell the lawsuit as soon as I walk in the room..

I WILL NOT SLEEP UNTIL THERE CAN BE COMMERCIALS ON YOUTUBE FOR WEED LIKE ALCOHOL.... FREE FUCKING SPEECH YOU MOTHERFUCKERS. (I hate fucking getting drunk... In my past it is for gay fuckers looking to get ass raped... Weed is chill. My favorite drug of choice)

Weed is going to be legalized but I want to see advertisements for it around the world. I will not sleep until you can advertise weed anywhere anyway. Fuck the rest of the world. Let them get high while living on the bottom.

I feel like I need to go somewhere but I have nothing to do. I need to find this woman so I can actually begin living. I am done doing time. I am doing time in purgatory right now. I just want to get fucking married already. That is all that I fucking want to do. Honestly. All these bopper here are driving me nuts. Fuck these people.

Yes I have sphenoid gas before. I used to run around with my gas can and sifon. Stealing gas. Fuck all you. You cannot stop I. I cannot be stopped. You better make sure that I stay well fed. That is what I have got to say. You want to make sure that my appetite is always full. You do not want this God getting hungry you really do not.

I still need to pop off riding a dirt bike in Oakland. I want to pop off in the street and ride the bike up the hill to Berkeley and fuck my girl overlooking the Bridge from our Ridge. That is what I am going for. I am going to be living in the Berkeley Hills one day. You better believe it. I am going to be up there smoking a blunt either way. I know she will be there with me.

Where am I supposed to go now though? I have all this energy now that I do not have weed to mellow me out. Now that my fucking Wax supply is depleted I have no other options now. I have no way to get high. How the fuck am I supposed to spend my time now. That is my question... I want to marry this girl.

Sometimes I feel all I do is. Find out new ways to rhyme the same old song.

This is simply for entertainment. I am an entertainer. I am performing. Fuck these motherfuckers. I am in the psych ward. Fuck you I know what words I cannot say outside of a fucking song.

If I am going to slander/threaten someone know that I will do that shit in a fucking song and trademark it. Try to copy it and I will sue your bitch ass for counterfeiting my ideas. Fuck you all.

Just ran like 4 miles. Flipped off everyone along the way. Fuck them all. Fuck the haters. Fuck them all. That is what the mentality has got to be.

I am just love sick right now. I have all this energy and don't know how to channel it. I want to marry Anya. I know I have to be spelling that wrong but you know who I am saying. I want to be with her. I want to look into her eyes fuck.

What more can I be doing?

Oh yeah. Project due tomorrow in class. ‘

Make sure to do hw in fucking class.

I had trouble being in school ever since I did shrooms. I am not going to lie. I cannot do the same shit anymore. I do not give a fuck about this shit anymore. I am not trying to find a job. I am my job. I live my fucking job. I am not trying to work for a fucking job. Are you kidding me? No way would I pay to get a fucking job. That is honestly what it has got to be.

The only reason I am here is to find love is what I am finding. Fuck. That is all that I am trying to do. I want to get married so bad. I really do. So fucking bad. I am so ready for it.

Money ain't shit. Loyalty is everything. That is what I care about. I am die hard loyal Anya. You have to realize that shit. I am going to fight and die for you. You are my woman. You are what I fight for.

I do not care if I sound corny or cliché. I see a future with this girl and really want to work for it. I want to fucking work for it. Just show me what you want to do. I want to do it for you. I just can never find you! I will see you Wednesday tho;) hopefully! Thank God for that group, Anchored @ HPU it has allowed me to meet this bad lightskin girl. That is what I am going for. I know that I came here trying to get a degree but I have found that I do not need no fucking degree. I need to get married. I am ready for my fucking life to start. I want to have a pair of eyes to look into each and every morning.

We don't fuck with PBS... Fuck the Government I am the government. Babe things that we could be. The things that we could be.

I dare these fuckers to fight me. I honestly dare them. I want to fight. I want to take a couple shots to the jaw! Fuck it. I punch myself in the face damn near everynight. I love the pain. I embrace the suffering and find joy in it. I laugh at pain. It allows the pleasure to be soo much more Euphoric. Maybe that is her. Maybe she is here.

I would love if she comes in. Oh fuck is that her. That may be her. She always has a gay best friend with her. She always has a fucking gay best friend with her. She is the one that I want. I will only look into her eyes. They are the only eyes that I will look into. That is honestly all that I have got to say. She is a busy girl no doubt though.

Damn she is so fucking perfect. I am totally stalking her now.

To give you all some context. I am sitting at the computer station and she just started working at the front desk.

What day is it? Okay so she started on Monday @ 6pm... Try to figure out her schedule. Watch. Use your eyes. Do not ask around. The word will get back to her. A king makes a single direct move in whatever way he wants. But then again. I am no king I am a God. So now is the time to settle into a deep meditation.

She is here. I know where she is. It could potentially start tonight. It can all start right now. Granted she is working but honestly she shouldn't have to give a fuck anymore. I am going to introduce her to a whole new world. A world of no fucks given. Marry me girl?

J Cole "Love yours" to get into the mood. I need to get into a good zone to start with. I want to come up fresh... even though I am dirty and covered in sweat. I am trying to go up and talk to her. Give no fucks. Do not walk past her on the way out. Do not walk past. I need to talk to this woman. I need to look into those eyes.

Think of her eyes. Think of them.. They are my constant in chaos. They are the last thing that I will see before I die. When I take my last breath.

Look at her long curly hair. GODDAMN... She is fine as hell.

So I do not want to rush this. I need to get a drink though. That is the one thing. I need to realize that she will be here for a minute. No fucking rush she is closing this shit out. You have to realize. She is probably going to be here until 10 but do not bank on it. Make sure that you talk to her. I just want to look her in her eyes. That is all that I am going for.

I saw her at church on Sunday. I went to her church, I am trying my very best to humble myself. In anyway that I know how to. I am wearing a fucking wolf T shirt for god sake. I want to marry this girl. I need to just go up and talk to her. But what do I fucking say?

What the fuck are you supposed to say? I can't just go up and propose to her. We haven't even had a full conversation yet. Fuck. Maybe I am out of my league? No fucking way. I want to see a realer nigga than me on this island. I really do. I really fucking do. That way I could write a goddamn interesting piece on them;) Hahah...

I have the perfect view. I am stalking hard right now. No butts. I am fucking done with butts. That is what I have got to say. I am so fucking done with butts. No more butts. I am going to move in for the kill. So how do I go about approaching this girl. I went to both services and didn't even talk to her. Is that horrible. Maybe. But I am trying to marry a lightskin girl. That is what it has got to come down to. That is what I want. And I am tired of living this meaningless existence right now.

I want to find purpose in life. I want to really start living. I want to have a constant in chaos. I want someone to talk to and be honest with and protect.

Who wouldn't want that? Am I too crazy? What is crazy anyway? How do you define it? What does it look like? Smell like? Feel like? I need to go up and talk to her.

She is just always talking to someone. But that is natural as fuck. She is hot and everyone knows that she is hella hot. She is going to be the governor of California one day or some shit. I can really see it. Let's get this woman into office. Okay maybe I am pushing a dream on her. I do not want to push anything on her. I want to do whatever she wants to do.... But I am committed to

doing better than anyone else she could do it with. I want to kiss her. I want to touch her long curly hair. But really,... I just want to look into those eyes for some time. I honestly found God in her eyes. I want to see that again. I really do. Honestly.

I started smoking cigarettes in the room today. Part of my routine of not giving a fuck anymore. That is really what it comes down to. I am done giving a fuck. I do not care if I get evicted or expelled at least I would have something to talk to her about before I leave. I don't doubt that we could rendezvous in the Bay. But I want to live here with her for the next couple years. That is really what I am trying to do. I want to live here and live the fucking dream with her for a couple years. Until we are done with school. I want to love this woman. I want to receive love from her. I want someone to love. In all honesty.

Damn this girl is just so fucking bubbly. She looks like she is smiling all the fucking time. I want to give her a life where she doesn't have to do time behind a fucking desk. I want to give her absolute freedom. I just want to provide the platform for her to stand. That is what it comes down to.

Drake could be our son. Our kids are going to be eternally more dope than Drake... I have a feeling.

Should I get up and get something at WalMart and come back? What should I do now? I am in the back corner of the learning commons facing the door. Should I walk by and talk to her now or later? Fuck I need to stop giving a fuck.

I need to go get hydrated and come back. That is what I am going for. I need to go get a little drink then come back here and finish up that paper. That is what I am going for.

She just has so many gay best friends around her protecting her. I am happy to see that. They obviously value her. As they should. That is what it comes down to. I need to find a way to get this girl to like me enough to marry me

FUCKKKK I just want to talk to this woman. That is really all that I fucking want to do. I want to talk to her... alone. I want to be free to be real with her. Fuck am I thinking? If I truly not give a fuck I will go up and talk to her right now. She is all that I want. She is the baddest chick at this school hands down.

The key is to not rush? I am

There are so many people that try to talk to her everyday. She is a celebrity as it is already.

I need to do my deep breathing exercises a bit. I need to get into a deep meditation before I go up. Humble myself to Beyonce before not giving a fuck with Eminem. That is what it comes down to. Fuck there is Nathaniel... Everyone flocks this fucking girl. Fuck. She is the ultimate.

Damn she is bad as hell. But fuck how do I go up and talk. Everyone is like her little body guard. I just need to come through and cut through all that. I need to make a move. I really do. Look I can get no fucking facetime. How do I work this shit out? There is simply too much going on up there now.

Do not get discouraged. These are clearly not her BF... She clearly doesn't have a boyfriend. I need to be her boyfriend. She is all that I fucking want.

How do I game this girl? What can I do? What is the key? What is the trick? It ultimately comes down to going up and being fearless. It comes down to being a guy and walking through the fucking fire. Not giving a fuck. Just do it bud. Get after it. Make sure that you are a good guy. Make sure that you are humble. Make sure that you do the right thing. Make sure to be a good boy.

What should I do in this situation? What should I do? I bet that I can just walk right up to her... I need to walk right up to this woman... Have a conversation with her at the door. Make sure that you are friendly. Make sure that you are a good guy. Make sure that you look into her eyes. Make sure to look into her eyes. Make sure to mirror. Breath.. She is my breath of life.

Middle fingers up middle fingers up... Wave it in his face. Tell him boy bye. Boy bye. I ain't thinking about you. I ain't sorry.

Just make sure that you stop and make eye contact. That is saying so much. There are going to be eyes on you. Embrace it. Welcome to the rest of your life buddy boy.

So what do I say as I walk out? "Hi Anya"? Then what else should I say? Hi Anya. Enjoyed getting to check out the church. Seems like you guys really have a close knit community there. Friendly.

Bro think about how you will feel in the morning when you wake up. Do you want to have some good eye time or nah? Do you want to have something to dream about? Yes I do. I really do. That is what I want. I am kairos. The time is now... Time to make a fucking move.

Time to head out to walmart.

Do not give a fuck anymore. Make a clean move. Look deep into her eyes. Make sure that you cherish those few seconds. Make sure that you cherish those few breaths. Make sure you drink it in... Get intoxicated off that shit.

I am going.

Fucking everyone is trying to talk to this fucking girl... Fuck this dude with long hair. Fuck you dude. Fuck you dude. Everyone tries to fucking talk to her. Damn. Literally everyone in this place is trying to talk to her. So many guys stop by her desk it is stupid. What can I do so I am not another face in the crowd? What can I do to stand out what can I do to do something better?



She is right behind me. What else should I fucking do? How do I get over this fucking hump? What do I need to fucking do? What needs to get done? In all honesty what more do I have to do? What can I do to get her attention. She is literally right to my fucking left. But she is in there talking to a fuckin dude. Be a dick? I do not know if it is the proper time. Wait for the opportune moment. Remember that I am in this for the long haul. I do not want a short ass little fling here on the island. I want to fucking marry this girl. I am not pulling no little kid bullshit. That is not the game that I am trying to fuck with.

I want to man the fuck up and give her exactly what she deserves.. More than she fucking deserves. I want to give her everything that she wants...

I want to go to concerts with her back home in the Bay. I want to go into SF with her. Fuck... that would too A1... That is what I am going for.

Beyonce "countdown"

"Dedicated to the one above. I still love the way he talks."

So Anya... I want to go up and talk to her but I do not want to be a dick. What should I do to make sure that I am there for her. What can I do that is different? ;) What can I do that will stand out that she is sure to not forget. I want to give her all that she deserves and more. She is just so cute!

I need to make sure that I focus on her. Not the people around her. She has so many guys in her orbit. It is fucking nuts. She has so many guys drooling over her.

What can I do to be there for her? What can I do to show her that I need to be with her. As soon as I pull the trigger there is no putting the bullet back in the gun. Make sure to take your time. There is no rush in this game. There is absolutely no fucking rush. There is no rush at all. Where else am I going to go. Spinning. I am spinning while my hands are up. Hold that cup like alcohol. Never drop that alcohol.

Does she get tired of all these guys trying to talk to her? She has to get tired of all the fake ass words. I want to show you. Not tell you. I want to show you that I love you. I want to show you not tell you. I want to look you in your eyes.

Alright I need to get my mind off this shit.

Need to get comfortable. I ain't leavin until they shut this shit down. You better believe that. I am going to be the last one to leave today. I do not give a fuck. It is 7:30pm I am going to be here for another 2.5 hours. You better believe it.

You better believe that I am going in with that shit.

Why am I in no rush? Because I know as soon as I get a chance to talk to her in a safezone it will be totally G. I just don't like to talk in group settings. I do not fuck with groups... That is what I don't fuck with and everywhere she is she is fucking flocked.

What am I supposed to do? Nathaniel clearly is in love with this chick too. What do I do? Be a dick? Do I compromise my own happiness? Fuck that. I do not give a fuck. I have to be honest. I cannot afford to give a fuck. You hesitate you die. Do closed mouths get fed? But yeah they are all around. You have to realize that this is the ultimate truth of the reality.

I need to post this shit to a website and just say fuck it. Just get my thoughts out there to the internet.

Creedthoughts from the Office.

I am in no rush. If anything. I will wait until they shut it down and go in and talk to her. That sounds pretty good to me. What do you have to say about that?

Everyone is clearly in love with this girl. I want to be the one for her. I want to be the one so no one has to fuck with her anymore. I want to take her off the market. I want to keep her safe and be her excuse to say 'fuck off, fuckboy.' That is what I am trying to go for. I am trying to get with the lightskin. I am trying to get with the lightskin.

What can I do to get to her? What should I do? If anything at all.

I guess I just need to keep being consistent. Just get those reps in. I want her. I am ready to wait.

Just type the things on my brain.

Beyonce is so fucking cakey "7/11" damn that booty flex. Damn girl. What are you eating. She just doesn't give a fuck. I love it. She is in a fat ass penthouse not giving afuck. I think that that is fucking ideal shit.

I just need to keep going back to her church. That is honestly what it has got to be. I am going to be consistent. Value her and value what she cares about. I found God through her.

I want a girl that I can bring around my fucking friends. That is what it is. I want a girl that I can kick it with my niggas. That is what it comes down to. Honestly. I want to take Anya over to Sean's house and chief it down with my niggas. Honest to god. Show this girl how I live. I live a good life and I want to have someone to share it with. I am lonely in all honesty.

Do you think that she gets tired of talking to all these people all fuckin day?

Anya... I want to talk to you so bad I just can't find any words to say. I do not know how to explain myself.

I am tempted to just go walk home? Should I? I need to stay. What is the rush? What am I going to do at home?

Does she not realize that her eye contact is nearly invaluable? She is just giving it out to anyone. I do not want to be another of those fuckboys that walk up to her all the time.

What do you think these fuckers think about when they masturbate? I do not fucking masturbate anymore. I store up my fucking testosterone. I am a psychotic motherfucker as it is. Fuck with me when I got nuts full of cum. I am charged. I am not fucking drowsy and sleepy like I just busted a nut all over my fucking hand. There is nothing noble about busting all over your fucking hand all the fucking time. There is not pleasure in fucking masturbating for me anymore. I do not want to ever touch my junk again for self pleasuring purposes. I am ashamed to admit that I have been addicted to it for years. I was a fiend on the masturbation thing for years. But we need to realize that although doctors say it is natural you have to realize that you are giving yourself a sense of artificial sexual gratification.

If I cannot tell this girl that I want to be with her. I am going to have to show her in time.

I haven't busted a nut since I have been here... I haven't had an orgasm since I have been on this island. I haven't in all honesty. I will admit that I have edged but I haven't busted a nut since I have been here.

All of these gay boys are trying to talk to my woman. Do you not realize that they are broke niggas trying to get you through a fucking brand. You cannot be bought or swayed through a brand or logo. Look at the person in the clothes... Not the actual clothes. I am ready to get married.

What else can I do to get my priorities straight? What can I change in myself to make myself worthy of her love? What else can I adjust and optimize? That is my question... Am I doing anything wrong? Or am I just being too slow? Too quiet. This is driving me crazy though... Watching all these fuckers rape her eyes. What a bunch of gay boys. What a bunch of gay fucks.

There is no short supply of dick. You have got to realize there is no shortage of dick. But there is a shortage of tall white christian boys that know how to provide good cock... Only to my wife of course.

Yeah I am not afraid to kill someone. I do not fear to take a life. I am living in the fucking psychiatric ward. Do you not realize that you are surrounded with crazies? You have to realize that all these people are fucking the same shit. They all want the same thing.

Alright I am ready to go home. Fuck this I am done. Fuck that pringles boy. Fuck that fat ass. Fuck that fucker. I will come up and shank him in the fucking neck. Just come up while they aren't even thinking. Just come up and attack the fucking head. That is what you have got to do. Attack the fucking head. Attack the fucking head relentlessly until they go under.

Fight and fight and fight.

Yeah I would love to come up and talk to you but honestly I do not want to be another fuckboy. I want to be your husband.

Anya I want to be your husband someday. That is what I am going for. That is the fucking goal.

Anya I will be your husband someday. That is my promise to you. I found God in your eyes.

What I mean by that is.. I found that I was looking for the wrong thing. I came here looking to wife up a girl like my mama... Blonde with blue eyes. But something didn't feel right about it. It seemed to selfish of a decision. How dare I love myself so much. Then I read Frances Welsing... ISIS PAPERS... She is a motherfucker but I believe what she says to be true. She is so eye opening.

Beyonce's music videos are better than porn to me nowadays.

But I am checking out for now. I am heading back to the room to burn a stoge. I need to get in a zone. Later alligator.

### **27 September 2016**

In memory of when I gave a fuck...

I do not fuck with all these broke ass blonde sluts. I do not fuck with these whores. They are just trying to suck cock for \$\$... I ain't buying bitch. Don't try to look into my eyes.

I am always the realest motherfucker at every school that I go to... That is what it has got to come down to. Everyone else still is giving a fuck. Buy into the system. I am the system.

I need to get these last few pictures taken before I fucking head to class. That is all that I have left to do. And get it onto a flashdrive. I am going to start on the fucking editors critique. Outtie.

Get the fuck out of here you boppers.

Anya I want to dance with you everyday for the the rest of my life. I want to make sure to dance everyday... I love life and I am so happy I have gotten to look into your eyes. So beautiful.

<https://www.youtube.com/watch?v=bnVUHCynig>

^^One day;) )

I have officially stopped giving a fuck. I just need to make sure that I do not completely bomb all my classes. That is what it comes down to. Fuck these boppers. They are just trying to imitate my swag. You can't replicate this. Try though. Stimulate my fucking economy you cocksuckers.

We are the mob nigga.

But even if I fail out I can have an excuse to talk to her. There is a conversation starter for ya;)

I just want to be able to be with her when we go back for winter break. That is my goal. Tour the Bay Area with a girl. I have been all around it already but it will be completely different being with a girl that I love.

I want to go out to dinner with her and my grandparents when they fly in... in November. They have been married for 54 years! I want to have a worthy girl to take out to dinner when they are here. I do not have much time left with them and I am trying to make the most memories possible. No one I would rather do it with than Anya... There are no other girls that I would want to go with. Honestly. There are no other girls that I want to even fucking look at this point.

They are just trying to use me for their vested interests. Fuck the sluts. I want a good girl. I want to go to church with her. I want to be a baptist. I do not want to go to an all white church. I am over that. Fuck that. Fuck the Church of White Supremacy. Fuck them. They are built on ignorance and self contained hatred. They are simply falling victim to self love but do not realize that if they are going to be on a pedestal... They are putting everyone down at the same time. The more you try to stand out...The more people look and get jealous. Fuck them.

I am surrounded by gross ass boppers all fucking day. I hate these hoes. They are only trying to suck me so they can stay at home and be 'mama' aka be a lazy fuck and get fat. I want to be in an energized and passionate relationship...

Sorry I have been too fucking negative these past couple days. I will work on working on my attitude and humble myself. It isn't about me... It is about we. That is what it comes down to. It is about you.

I want to wake up each morning and look into your eyes. I want to pull you close into my man cove. Our legs all tangled up. Feel your body warmth. Feel your body breath. Your heartbeat. That is what I live for. That has given me a purpose. Nothing that I want more than that.

To be able to get up and stretch out and dance. Get energized and in state for the day. I want to be charged each morning. I see us dancing each morning. Put on that music as we get ready. Dance to some music while we shower together.

Listen to Beyonce "Rocket" and slow dance. To hold your face in my hands. Have our foreheads touch. Look up into your eyes. Melt. Time is nonexistent... I am in an intoxicating trance when I get your eye contact.

I want to cook dinner with you... or better yet, head out and grill something up.

Sit back on a beach and be lazy. As long as I am with you I have no complaints. I just want to be around you girl. I just want to be with you.

There is a big chance that I can fall in love with this girl. No doubt. Fuck. I have already fallen in love. I am sprung af. I just want to look into her eyes.

Be able to go for runs with you. Workout partner. Do acroyoga together. Yes! Acroyoga. That is a must. I want to get into it. Really bad. I want to have someone that I care about to do it with. There are no other women on this island that I really want to do it with. That is honestly what it comes down to.

I really do not give a fuck about these presentations in my Mult 1050 class. I really don't care what fucking pictures you took... I do not care that you took 15 pictures of flowers. I see enough fucking flowers. I just want to see her eyes.

The day that we get to dance together... I look forward to it. Am I impatient? No. I am in no rush. This will only make it that much more fulfilling when I do get a dance.

I want to live in a dance with you. We are artists painting our pictures each and everyday. Singing our songs with whatever noises we can make.

What are you looking for Anya? Just tell me what you are looking for. I will find a way to be it. I do not care if I have to change and adapt. I just want to be with you. I feel like I am home when I am with you. Ah that smile doe. So bubbly. You seem so nice and friendly. So nice.

I am waiting to make a move until church. I want to come clean and out in the open. I am not trying to hide anything from her. I want her to know it all. I want to be 100% honest with you. I do not want to have to hold anything back. I really don't.

When I was growing up I grew so sick of living a double life with my family. I do not want to do that anymore. Love me for what I am or hate me for what I am not. What do I mean by a double life? I couldn't be honest about what I was doing or who I was doing it with. I do not want to ever do that again. I do not want to ever lie to you. I will never lie to you. Honesty is the best policy. I promise to never hide anything from you. You are my constant in chaos. Nothing that I want or value more. You have given me a purpose and a vision for the future.

Even if things do not work out between us I am grateful that I got to at least meet you. You have opened my eyes to so much. How so? What do I mean by this? When I came here I was looking for a young version of my mama. I felt like I needed to bring home a blonde hair blue eyed girl. Her little clone. But when I got here I felt a shift. I didn't feel any attraction to all the blonde boppers running around. Stunting their revealing slutty clothes. I love free expression but you have to realize that people can read you. People look and people judge. Just walk up Fort Street Mall. See if you do not feel the glancing eyes. I hate the fucking eyes. I just scratch my face with my middle finger and make sure to keep looking straight. Fuck all you. If you are going to look at me you better be fucking paying me you fucking imitators. Why are you trying to bite off my swag? Why are you looking at a man? You gay? You like taking dick? I have no problem with what you do in your personal life. But I am not okay with you fantasizing about me. Get the fuck out of here. Yes I will flip you off in the middle of the street. No fucks given. Come and say

something to me. Please give me a reason. I pray to you to give me a fucking reason. I want a reason to channel my inner Nate Diaz, Fedor Emelianenko, and Jon Jones. Trust me I want to. Plus on the bright side. We are in a busy ass city. Plenty of places to run and hide. I will run from the fucking cops. I am from Oakland bitch. We do that fucking shit for fun. Fuck all you fuckers. We are living in Anarchy. You have to realize that we are living in anarchy. If you do not believe it you are living under the illusion propagated by the ruling regimes. It is okay... It is natural... Baaa baaa baaa... Sheepish. ;) But hey... Buy into the system. Keep buying into the system. Buy into my system. Yes go and buy that LV belt for \$200. Please stimulate my economy. You are paying in dollars... Remember "in GOD we trust" but do you even believe in God?

Do you believe in God?

This is survival of the fittest. This is do or die.

I want to go tagging with you Anya. I want to take off with some spray cans. I want to go down.

Fuck that is what I am going to do. I am going to go and buy some spray cans. Black and blue. That is what I am trying to do. I am trying to leave my mark on this city. There is an idea for you. I am going to go and buy some spray cans. I want to leave my trademark that is what I am going for.

I must be allergic to failure. Nothing can get me down. I will just rephrase it to something that is great and infinitely good.

I am a true Eminem. I am the realest slim shady. I do not need a fucking record deal to not give a fuck. I do not need to get signed by some gay boys to know that I am the shit. I do not need anything but my girl. I am happy so long as I am with her.

Time to head to Wal Mart and get some spray paint. Black and blue fosho. Black and Blue. That is what it comes down to.

I ain't looking at you bitch. Why are you looking at me? Do not look at me.

You are just an angry lesbian. Fuck off. I run this game. I am the psychotic motherfucker in the night time. I am I am I am.... It doesn't matter. I won.

You said you were king. You lied through your teeth. I promise to never go back on that promise. All I am trying to say is get back click clack blow. This fucking black cloud still follows me around.

I am not afraid to take a stand. Everybody come take my hand. You are not alone. Holler if you feel like you have been down the same road. I am breaking out of this. I am standing up I am going to face my demons. Now I am so done.

I want my babies to have your curly hair. I want to get old with you. I want to watch our babies grow old and have kids of their own. I want to see you grow into an immovable woman of God. You have all that it takes. Believe that girl. You are 100% worthy. You are the supreme.

Throw dirt on me and grow a wild flower. But it is fuck the world. Get a child out of her. Been to hell and back. I can show you vouchers. Married to the game but she broke her vows.

And my nightstands are full of open bibles. I think about more than I forget.

Bitches try to kick me while I am down I will break your leg. Be good or be good at. Fucking right I got my gun fucking automatic.

I have decided to grow my hair out. I want to flaunt these fucking golden locks. Try to come up on me. Do not fuck with an angry blonde. Try looking at me? Oh you thought I was a girl from behind. Get the fuck out of her with your gay ass shit. You cannot fuck my sister... I have no sisters.. But yeah good luck trying to get a psychotic blonde who is used to getting her ass wiped my mommy and daddy. I do not fuck with that. I want an independent and confident woman. Someone who isn't afraid to be who they want to be.

Go and return these headphones.

Time to start tagging shit again. I want to go and grab some spray paint after class. Get down there and put my tag on shit

This bitch Sierra fucking is trying to warm up to me. Fuck you skank. I saw you flirting with that fag boy @ the Kehlani concert. I was coming to talk to you... But what do I get? I walk through security to have the view of her smiling it up with don Fabio. Fuck you. You made your bed now lay in it whore. Don't try to talk to me hoe. You made your fucking decision. I do not give a fuck about you hoe.

Why did you move across the classroom. Why are you trying to sit by me bitch? What is the fucking deal. I don't fuck with you. That is as simple as it is. Go suck daddy's dick for some cash; you ain't even getting my eye contact. You are dead to me hoe. I got a squad tho if you are down. Fuckers are always hungry. Get that ass.

Fuck I have no idea how to do the HW for the assignment due tomorrow morning. What should I do? Do not stress. Figure it out. You got time. No worries. It will all work out in the end.

I do not want my kids to have to go through what I went through for being white in NorCal. I do not want to put them through that. I felt enough eyes on me as it was. Fucking stop looking at me motherfuckers.

Am I falling behind? I doubt it.



I need to make a list of all the shit that I need to do. But fuck I am not feeling motivated at all. I just want to be with you Anya! I do not give a fuck about anything else anymore. I just want to be with you.

I just feel myself wanting to go smoke a stoge in my house. I have food there too. I am hungry as fuck. That is it! My bloodsugar is low! Haha figured that out. Alright for now I am checking out. About to head back to the hut. Outtie.

## **28 September 2016**

I need to finish my homework. Alright now is the time to get it on the paper. Make a todo list

Todo

1. Make psychologist appointment
2. Mobile Technology:
  - a. Hw
  - b. Quiz tomorrow...
3. hummel : I should be good in this class.

Looks like I just need to get Gabby's homework done. That is what it comes down too. Fuck I have no fucking clue... Ha fuck.

(808) 687-7076 psychologist at School. Make sure to call tomorrow.

I want to wake up and have a powerful day. What are my priorities?

1. Academics
2. Exercise
3. Nutrition
4. Stretch/yoga
5. Breathing

So what is the game plan? What do I have to do? I have 2 classes. Gabby in the morning then I have fucking Hummel. So it will be a chill ass day of doing nothing. No worries I will find a way to spend the time. What should I do to make sure that I get the most out of the day? I need to get the hw done. Oh well. Go for a run? I want to work on my legs. I need to gain some leg strength.

Focus on building legs. What can I do? I want to go up to the park and work out there. That is what I need to do. Make sure to do lunges. Frog jumps. Single leg squats on a bench. Calf raises. Kill those legs tomorrow. Just go for like a 3 mile run in the morning and then go and do some leg work. Sweat hard. I want to get a real workout. Quit being a little bitch. That is what it comes down to. I need to fucking brutalize my body tomorrow. I need to break it down so it can rebuild stronger.

But to do this I need to make sure that I stretch out thoroughly. I do not want to compromise myself and get injured due to tight muscles. I am going to stretch out tonight after I get out of the shower.

Alright I need to regimen my next 12 hours. Until I have class in the morning. How am I going to spend this time most effectively. I need to get a bite to eat? Something for breakfast? Na I will be okay for now. I am not tripping. I can grab something in the morning.

So I am going to walk home and focus on my breathing. Get there and probably smoke my last bog of the day. That is what I will probably do. Then I will hop in the shower and brush my teeth. Put some cocoa butter on. Stretch out. I want to stretch out my whole body. Dance to some music. Get sexual of course. Practice what it will be like one day. Make sure to flex those fucking abs. ;) Alright so once I am stretched I will be ready for bed. That is all that I need for tonight.

What about the morning though? What am I supposed to do when I wake up? What time? What do I want to do is the real question? I want to go for a 3 mile run in the morning.... Nah I want to run for 30 minutes. That is what it needs to be. I am going to run 30 minutes straight. From there I will... MAKE SURE TO STRETCH IN THE MORNING... Do this before running. Get loose. Feel good. Get that bounce going. Get that fucking bounce going.

My fucking jaws are fucking swollen. I have been punching myself in the face. I don't know I just get caught up in the moment and want to embrace the suffering. I need to. It is better than living in agony. Learn to smile through it all.

So once I get done with the run make sure to do some single leg squats. Lunges. Frog jumps. Calf raises. I need to step up my game.

I really felt myself slipping today. I need to get control over my state. I am not going to slide back into that. I am not going to tank again. I am faithful that I will be strong enough to make it through.

I am going to listen to Tony Robbins before bed. I need to get some good information in my head. I need to channel myself and get into state. I do not expect to be in a good mood. I demand it. I expect nothing less. I will settle for nothing less. Make sure to get some good voices in your head before you rest. You need to have some positivity in there with all this aggression. Be smart. Use your head. Channel the cognitive niche.

[https://www.youtube.com/watch?v=0B\\_GAZMnOmY](https://www.youtube.com/watch?v=0B_GAZMnOmY)

Enough of that Oakland Bike life. One day nigga. I am gonna ride out. Finna be mobbing.

I need to make sure that I do the homework due tomorrow. I need to do the Intellectual property and plants and botany hw.

If I feel your eyes on me in the street you better believe that these middle fingers will be going up. Do not fucking look at me. You ain't getting shit from me bitch. Fuck off hoe. I got a woman. I have a Queen. I loyally serve my Queen. I do not even want to look at all these other boppers. Fuck these hoes. I want my girl. That is what I want. I want a girlfriend, a wife. I want some eyes to look into each morning. Wake up and dance. Dancing doing everything that we do. We always are dancing. We are always writing the story. It is being written as we speak. You have got to realize.

I am sooooo fucking done with all these broke ass blonde whores. Sorry I am not sorry. Why are you glancing over at me as you pass by me? Don't you have something better to be focused on. Aren't you already talking to 3 niggas. Fuck off hoe.

Alright enough of that hate speech. I am done being negative.

Time to get into a good productive positive emotional state. I am soooo excited to go to this Christian group; Anchored. I hope to God that She is there. I just want to look at her. That is really all that I want to do. I want to remember what she looks like. I do not want to forget. I do not use social media. I have no ability to stalk her online. I do not even know her last name yet... moving a little too fast? Ha what is fast? I just want to have someone to love for the rest of my life. I am ready for my life to start. I do not want to have to keep worrying about relationships. I want to have The Relationship and be done with it. From there I will go to church every Sunday with this girl. This is how I could make new relationships that are 'new.' At least there I will have some sort of constant. I will know that the people aren't totally out to screw me. Like everyone else on this fucking island. Fuck them. Woah woah woah woah... What did I say about negativity? Time to get into a good zone.

What am I grateful for? There is a good start

- My dad, Marshall. Why? He has been a great role model throughout my life. He taught me to question and think for myself. He inspired me to think. In addition, he also made sure that I was staying on track and not completely ruining my life. I am so grateful that he stood by my side at my very lowest. They were always there. My mom included... but I will get to her in a moment. My dad taught me how to play drums. He taught me rhythm and dexterity. He taught me how to commit to a craft and work on a skill. I am grateful for all the hours I spent behind a drum set. I really taught me alot that I continually apply to my own life.
- My mom, Carrie. Why? She is the one woman who has loved me unconditionally throughout my life. No matter how deep a pit I was in she was always there to pick me back up. She was my cofer when I was a kid, driving me around to school, practice, church, friends' houses, etc. She would make my lunch every morning. She would make sure that we made eye contact each day. She was very good about that. She taught me how to love. Granted was she perfect? What is perfect? She was the perfect mom for me. I have no complaints. I am so grateful that I am her son. I want to make sure that I am able to give back to her later in my life. I want to make sure that she is always taken care of. I really value this woman. Carolyn is my mama bear. You do not threaten a mama's cub. You better believe that.

- My brother, Myles. What do I appreciate about him? He was an archetypal example of a older brother. He did it all right. He did high school, college, then marriage without a single hiccup. Nothing but respect there. He doesn't drink or do drugs. A true straight shooter. I am happy for him. I am grateful that he has a girl as awesome as Kaela. I feel that they are an ideal couple. Why? They are just so perfect and innocent. They are the sweetest people. Very loving. Very kind. Very understanding. Even though they are very religious they still are able to play devil's advocate and are open minded. I respect that
- My sister, Kaela. I am so happy that I finally have a sister. And there is no other woman I would prefer than Kaela. First of all, she is a fighter. Look at her, I remember she was a straight baller in HS. I remember watching her play. She really was getting after it. A real nice girl. When we went to summer camp she was just solid. She didn't flirt with all the fuckboys but wasn't a bitch either. Just very solid and cordial all around. There is something to be said for that. Especially in a day like today with all these sluts worrying more about Kim K than fucking their own social lives. Thank you Kaela you are going to be an awesome sis. I look forward to getting to know you and your family better in years to come.
- My brother, Morgan. Morgan is the stud of the family. You have got to realize it. He is solid like Myles but is more social. What do I mean by this? I can tell that he has a loyal clich. I respect that. I can tell a lot about someone by the people they associate with. I think that he and his friends are winners. Furthermore, just look at him. The kid is bigger than me as a Freshman in high school. What the fuck bro. What the fuck. This dude is about to be thick as hell. Watchout WR's when you come over the middle in years to come. I have faith that this fucker will light a bitch up. Still to come still to come. Not only is he physically impressive he is mentally and psychologically strong. He realizes that he shouldn't give too many fucks but still gets good grades and all his shit done. There is something to be said for that. I look forward to see what the future holds for this guy. It is looking bright.
- My brother, Mason. Now where to start on this little guy? He is a fucking womanizer no doubt. He obviously is the best looking out of the family. Watch out boppers;) But seriously he has got some killer work ethic. I pray that he stays humble. I hope that he keeps centered in his faith in God. As the same with my whole family. We are blessed to be who we are. I hope that he remembers who he is as he grows and develops.
- My cousin, Nate. Man this guy has been with me through it all. He has seen it all. The one dude that knows damn near all the shit I have been through. He was with me at my absolute lowest. He pulled through and helped me out. I am forever grateful. From the time I was blowing lines daily to when we were just kids in Diapers. There is so much that I can list here. He has taught me so much. He has given me so much. I am so grateful to consider him my brother.
- My grandma, Diane. What a Godly woman. I have never met such a selfless woman. She is honestly the sweetest thing I have ever met. Never seen such a loving and happy woman. I look at the pictures with her. Oh my God, she is so bubbly and she always makes sure to pray for me everyday. Thank you Gramma. Love you always. You are my rock. You have taught me to be selfless, loving, and caring. Thank you
- My grandpa, James. This guy has given me a great example to follow. Was he perfect? No. But that is what makes it so much more valuable. I have been able to use him as a

reference for so much. These recent weeks I have been so happy to be able to get to know him on a more personal level. Much more like a peer and mentor rather than my grandfather. He gave me the platform to be confident. He has shown me what it looks like to love a woman. They have been married 54 years! Goddamn! That is a long fucking time. He knows that woman so well. He has kept her happy and pretty for her life. That is something that is invaluable. I have seen other people, their grandmas aren't in as good shape... to say the least. I am blessed to know that I have an example to model my marriage after. Thank you.

- My cousin, Josh. You are a motherfucker. You are a little fucker but I love you. It is my prayer to you that you stay humble and make sure that he keeps focused. I am a little worried for him right now to be honest. His ego is huge. I hope that he is able to realize the humbling reality. He has a lot of potential. I want to see him seize it... I want to make sure that I am a better role model. That is what it comes down to. I need to make sure that I keep him on track. I am grateful that he is there to talk whenever wherever. He is a true homie for that.

I am thankful. For now I am about to head home and take a little nap. I am tired.

Any, your eyes are gorgeous. I can't wait to have a conversation with you as an excuse to look into them... The anticipation makes it all more worthwhile when we finally do get to talk

What do I want? What is my compelling vision? What is my focus? What outcomes do I want out of my life? For now let's say the next 3 months.

We are coming into the holidays. I want to be fit. Well what do I mean by that? I want to take my shirt off and have abs. I want to have a body that inspires and stimulates desire. I want people to be able to tell that I am in phenomenal shape. I want to be in the ring with Eddy Schmidt and Kris Vogt. That is what I want. I need to run regularly and I feel I am doing well at that. How can I break it down and improve that though?

I want to have a girl to bring over for the holidays with my family. That is what I am going for. I want to have a cozy Christmas in NorCal with my girl. Go into the Bay Area. Go up to the hills... I am looking forward to having someone to talk to and make memories with. I have done some crazy things but I haven't shared it with anyone. I want a constant. I want someone who is always going to be there. That is what I want.

So where do I want to be on New Years Eve? That is a good question. I have 3 months until the end of the year. Who do I want to be on that night? I do not want to smoke cigarettes. I really do not want to smoke stoges ever again.

I want to be with a girl on NYE. I want someone to kiss when the ball drops. I really do. I want someone to kiss. Someone to hold in the cold weather. Ahhhh so cozy I can see it now. I do not want to spend another NYE alone. I really don't.

So basically it sounds like a couple things keep coming up

1. Want to be in excellent physical shape.
2. Want to have a meaningful relationship with a woman
3. Want to pass all my classes

Think of New Years Eve each day. I NEED TO PUT THAT UP ON MY WALL. we have got 3

I want to put that up on my wall.

Have abs  
Pass classes  
Have gf

Happiness? I would feel really fulfilled about that I really would.

I need to make sure I pass all classes but I feel it would be hard not to. I just cannot get cocky and fuck this up. Stay humble and up on your shit.

Those dreams do not seem too far out there. They really do not seem to outlandish. I could totally do that. Forsure. It wouldn't be a problem.

Think of Tony Robbins. Remember that you do not have to be way better than everyone. You just need to be barely better and you will reap the results. Sometimes it is just a little change that makes a huge difference

I want to make sure that do not neglect stretching. Not only is this an insurance policy to injuries but it also makes me feel so good when I do it. Take the time. Do not rush it.

Ahhhh to sit back and roll a duchess with Anya with some chronic up in the Berkeley Hills. Grizzly peaks! Somewhere dope! Actually. So long as I am with her I am happy but I do want to make it as memorable as possible. Live that NorCal Bay Area dream with her! Yassss that is the fucking goal!

Oh hopefully I will get the tree in the mail tomorrow! Yasss! That would be prime to come home to after Biology! Fuck YAS! Finna be stoned tomorrow! Please come in please! I am fiending.... Straight fiending!

But back to the topic. I want to get in shape so Anya looks like a fucking queen. I am only there to ornament her. She is the star of the show. I am just there because she lets me.

Alright bud you think that you are smart. Why are you sucking this gay ass professors cock? That is my question.

**29 September 2016**

Time to get these thoughts to paper. I find myself flipping people off all the time walking down the street. Is that bad? What is bad? Why are they looking at me? That is my question? Why are you giving such a fuck?

But damn this shit is starting to distract me.

I saw that grumpy old man who refused to let me buy a cigarette last week. I went "Excuse me, Sir. Can I buy a cigarette off you for 50 cents." "No, sorry." I knew I would see him again on Fort Street Mall. Sure enough he was there. I walked by him. He was talking to himself all angry and shit. I walked by real close so he made sure to look at me and I scratched my face with my middle finger. Fuck that dick. Fuck that motherfucker. Ha karma is a bitch fuck face.

But now enough of that. I just wanted to make sure I documented it.

You know what I am going to do? I am going to find out my outcome for today. What will leave me satisfied when I go to sleep tonight?

Results-oriented/Purpose-driven/Massive Action Plan.

What results to do I want to get out of today?

Why do I want to achieve those? What is the purpose behind it?

I want to make sure that..

Alright my main priority is Gabby's Quiz tomorrow. I need to make sure that I understand IF functions that is what I am going for. That is ultimately the only academic thing that I HAVE got to do before the weekend.

If I was really on top of shit what else could I do to prepare for next week?

- *POINT SHOOT assignment Due: Tuesday*
- *Intellectual property: Assignment Due: Thursday that will help me be more efficient and have a much stronger/easier week.*

Thing of all the time that you will free up to pursue passions once you are done. Think on that a bit.

But don't get too excited. Gabby's is the most difficult thing I have and I feel myself putting it off. I really find myself not wanting to learn about excel. I really do not give a fuck but I need to do it because I didn't take the last quiz and didn't do the HW.

Semi understand how to do the problems now. Still getting a feel

I would love to be a writer. I want to write a book. A couple books. I need to get a book out by the end of the semester. What will it be on? I do not know yet. I need to keep thinking on it.

What interests me? How long do I want it to be?

If I could put together a 100 page book I would be satisfied.

It would be a trip to be an actor. I am really inspired by James Franco and Leonardo DiCaprio. That is really what I am going for. I would love to live an artistic life. I do not want to work a job. I want to live passionately. Waking up everyday inspired to paint my life picture.

Both of those actors are about 40 years old. They have lived about 2x as long as me. I need to channel these artistic passions while I am young. I want to produce content that is inspiring that people want to read.

If I get a

Fiction? Maybe I will write a fictional novel. That would be pretty inspiring. Think on it. How about make a 'fictional' account of my life.

Think about this tonight. I want to write a book. I want to be able to give it to all my professors at the end of the semester. What happens if I write it and put it on a blog. That would be cool. I do not want to have too many paper copies. I want people to be able to read it on a website/ blog. That is what I am going for. I need to start a website or blog.

How do you become an actor? Well if I write a story I could make it into a movie. Just think about it. Shoot a whole movie on my fucking phone. Think about it. Napoleon Dynamite.

Make a couple short films for Youtube. Or at least just to do it. What will these films be about? Well I am here in Hawaii. I might as well start making more videos. I need to make documentaries of my day.

Be able to make movies that make people die with laughter. That is an ultimate goal. To be able to produce videos that not only capture your attention but is something that you will remember. I want it burned into my audience's psychies

So that should be my goal. When should I have this paper done? Who says I need a 100 page paper. What happens if I just start writing a couple papers each day. Just for fun. Just to get some ideas to paper. Who cares if I don't do anything with them. It would just be something to do for fun.

I want to be an actor, author, comedian, cage fighter, ultra marathoner, pot head, motherfucker.

That is the ultimate goal. Who knows if I ever get to that point. But hey at least I know what I am working toward.

Well I bet there, well I know there are, a lot of people who would like to do the same thing. How do I make this possible for other people? How do I create value and help...



I need to be ultra chill when out in public. Think of yourself as a celebrity. Act like you want to be. Be who you want to be today. That is the ultimate question.

What is it what I am actually desiring? I want a carefree life of producing valuable art. I never want to have a strict work regimen again. I want to be able to come and go and do whatever I want whenever I want. I want to fly around the world continually. I want to be able to move nomadically throughout the world. That is the goal that I am going for.

How can I get this lifestyle? A lifestyle of AirBNB's, Uber's, planes, and eating out.

I would like to wear nothing more than.... Shorts or joggers, a noncollared shirt, long or short sleeves, maybe a hoodie (weather permitting), and compression shorts. Think on that. Just carrying a phone. That is all that I want on me. I want to be the maximizing minimalist.

I never want to have to worry about money. I just want to be able to have an unlimited credit card. A card that will never get declined. Think about that.

That is a good question to ask people.

What would you do if you had a credit card with no limit? Aka you have a key to the world. Money's no object. You literally do not have to give a fuck at all. I leave the airbnb and uber to a breakfast restaurant. Sit there typing up a paper. Head from there and go ... I do not know quite yet what exactly. But I would always be on the go. I want to live with like 1 backpack. That is all that I want to have on me on my world travels. I do not want to be weighed down by unnecessary possessions. I want to be content oriented not object and material oriented. I do not need a lot of clothes.

In fact, I just want to have grey and black clothes. That is all that I want

### **30 September 2016**

I am dreaming of being a writer.

I want to have a website or some sort of online platform to get my articles and Ebola out there.

I could do an audible of me reading my stuff too.

So where to start?

What is the first project to work on?

How about a story about a 20 year old student studying journalism in Hawaii. He is a white boy who is trying to escape the problems in the world. There seems to be so much turmoil he just wants to disappear off the face of the earth. Not die just disappear. Live the life of a ghost.

I am a journalist working for the government.

How about a story about kids that got rich selling drugs off the Darkweb. Just your typical Junior College kids from Sacramento CA who learned how to fuck the game at a young age.

Now he travels the world nomadically getting drugs sent to him wherever he is in the world. He is the party. Although he rarely socializes outside of his close knit group. This story is about how he opens up and leaves his life of drug dependence and isolation. He finds meaningful relationships

A mini retirement in Hawaii

I have been on a mini retirement in Hawaii. I have deleted all my social media accounts in an attempt to unplug from the world I created. Why am I trying to get away? Over the years I have surrounded myself with drug addicts and users. I have been so caught up in the culture it was time to get right.

A bad ass drug addicted student. Being a student is merely a front for a college drug kingpin. He has been expelled from 2 schools in 4 years but has managed to keep his record clean.

He is smart. That is his superpower. He fills the cognitive niche. In other words he is always one step ahead of the authorities and more nefarious groups out to get him. He is always well read on the laws he violates. "If you are going to do something illegal, you should at least know what your legal defense options should be before you do it."

It is all meditative.

You would expect him to be some lazy fucker but no. He is a Muay Thai expert and ultra marathoner. He may wake up one day. Take a couple dabs and go for a 26 mile run. Just for the fuck of it. He is a stud. He can take down anyone while in trot. The ultimate fight or flight. Although he is tall and lanky he is a deadly force not to be reckoned with.

How did he grow into such a person?

Growing up in NorCal the street taught him everything he knew. He was the tall blonde boy in a diverse school of primarily Mexicans and blacks... Some Asians too. Physically looking so different forced him to learn the art of adaptation. He is a master socialite and practical psychologist. Mind games? Yeah you could say that.

Being so socially knowledgeable he grew into an individual loved by his local community. In fact he was considered "the nicest person" in his middle school yearbook. The school had 400 eighth graders. Just a friendly guy. A friendly guy with secrets that only a select few knew about.

What were these secrets? On the low he was an alcoholic pothead by 8th grade. Smoking weed and getting drunk regularly before school. In fact, right about that time was when he organized a

secret fraternity called the Secret Stoners, aka The SS. Each member brought something to the table. Everyone contributed in some way or another. Whether it was the math prodigy in calculus as a Freshman, to the football player getting a full ride to UC Berkeley, to the anchorman on the student TV. They were always low key on. Discretely meditatively high.

During this time our protagonist was thriving academically and athletically. He got As and Bs and did well in football and track despite being high 24/7... He had a point to prove. Stoners are not lazy fucks. Not only are they not lazy but they are more capable of achieving "success" than most non using individuals.

He never was caught by his high school for drugs... However, mama was on to him. As a sophomore at a large HS of 2800 kids he was 'thriving' on paper but deep down he was isolated and lonely. He would often say "fuck it, it doesn't even matter. I will be dead soon." Although this is how he felt deep down outwardly he was one of the nicest people at his school. You could consider him a popular loner. He wasn't afraid to walk to class alone. In fact he preferred it. Between passing periods no one wanted to look like a loner so they would stand in circles or walk to class with others... Simply for the image. He said fuck that. I am comfortable with who I am.

At this time he began falling off in math and thriving in English. He discovered he had a passion for writing. Being able to tap into and channel different perspectives and voices gave him a kick. It was like acting.

However despite his successes; mama was catching on. She would find things here and there. Somethings included smelling like weed, burn holes in hoodies, and roaches on the side of the house and in his car. Oh yeah and his car always danced of weed. Always.

Soon enough mama went through his backpack to find 2 ounces of weed. As a 15 year old kid this was a big deal to his religious parents who rarely even drank wine and NEVER got drunk.

His family life was stable but full of secrets. He lived a double life. He was a different person when he was with friends versus when with family.

At the end of sophomore year he got put into a small Christian school to shape him up. He was clean for that year. He made it a point to be a role model to kids around him. Encouraging them in their struggles with their addictions. During this time, school was stupid easy compare to the uber competitive public school where teachers really didnt give as much a fuck about their students.

With all the extra time he spent reading. Whether it was at lunch time or late night in his room. He read Carl Marx, Joseph Smith, Freud's "sexual mutations," Carl Jung's "archetypes," and many more. One specifically was Milton Erickson. This really opened his eyes to the world around him.

During this year he passed APUSH and AP language, however scored a 1 in Calc AP AB... This is when he made the official decision to say fuck math and pursue writing/ whatever could be done similarly. He didn't want to be a wage slave.

Idea: I want to have a talk show. It will be minimalistic. I want to be able to set up my phone camera and video tape just conversations/interviews I have with people at like lunch or coffee or something. Have a couple of questions to pick their minds and figure out about them. Hmmm not a bad idea. That would be pretty interesting.

Who could I do? My professors! That would be inspiring. Ask them out to coffee or something. The Reverend? That would make his day!

Oh that is it! I want to do an interview with the reverend for the newspaper! He has been here for years. We need to acknowledge him in the school newspaper! That would one be an honor for him and two be a great first article!

What should I ask him?

I want to make sure that I have intriguing questions.

Questions:

- What has been the highlight of your time here on campus?
- If you could offer some advice to current students here on the island what would you say?
- What is your ultimate reality? If you could be doing anything anywhere with anybody; time and money are no objects here; what would you do?
- What are some of the most noticeable changes have you noticed over the years here at HPU?
- What do you do on your free time?
- What does the first hour of your day normally look like?
- What does the last hour of your day look like?
- What books have you read lately?
- Who are your role models? Who do you look up to?
- What is the plan for after retiring?
- What have been your greatest achievements/ successes?
- What have been your biggest fails/ learning experiences?

I do not want it to be too long of a video. I am aiming for 10-12 minutes.

There is an idea. 5 questions in 10 minutes? That seems pretty reasonable! Ha I bet I would make his day with this too! I bet I really would.

Rapid fire interview with The 'Retiring' Rev aka Dale...

What do I need to prepare for this?

Ideally I would like to do it over coffee and tea. That is what i am going for. Something comfortable and casual. Set the phone up and get after it. I want the phone to have us both in the shot.

Goal: to have it done in 30 minutes. That should be the goal. A 30 minute sit down with 10 dedicated to the interview.

Why do I want to do this? It would be the perfect way to document the conversations that we value so much. Think about that. Think about sitting down with Anya and getting to videotape our first conversation/date... Be able to play it back for our kids one day. That would be pretty phenomenal. And it would be intriguing. Much more attention grabbing than a typical typed interview. Make it compelling.

I would like to sit down with Elmore and Artiguas as well.

This could be really fun for me. Anyone. I could sit down with anyone and ask these questions. Video tap it cleanly and upload it to YouTube.

I need a tripod or something to hold the phone steady. Just a single camera with both of us in the shot. That is really all that we need. Wait. I need to make sure that the sound quality is decent. Need to be in a relatively quiet place with no interruptions.

I will make sure to explain to my first professors hat this is a learning experience for me and I do not expect to be ideal at it. The interview should be 10 minutes but I want to make sure they set aside 30 minutes for all the prep/ post interview talk or whatever. That would be really cool.

Rapid fire interviews. The questions may be a little random. But I need to start somewhere.

So I am back in the learning commons... I like writing to Trance music. I find that it really allows me to focus on the words more than lyrical music. I find it really relaxing and allows my creative mind to work and wander.

Okay but yeah lets get back to the interview idea. That is good but I need a tripod. Where can I get a tripod for my computer? Where can I go? Walmart?

What else do I need to get from walart? I need to get some food. And Laundry sheets.. That seems about right. And anything else.

Make sure to get the fabric softener That is an essential to get the clothes smelling nice. I want to smell fresh. I am tired of wearing nasty ass clothing.

What I will need to do is go dwn to the bank and make a withdrawl. That is what I need to do... But how much do I want to withdraw? How about \$40... That sounds about right. And then I need to make sure that I exchange the dimes and nickel for the quarter so I can do laundry

Alright so I need to

- Go to the bank... Get \$40
- Go to Walmart: Get food for tonight and tomorrow and get 1 Quarter... Do not forget this. I need to do a load. Look for a tripod. That should be on the list too.

I need to get a tripod for my phone camera so I can conduct interviews. That is ultimately what I am trying to do. Do not worry about the questions or anything yet. Make sure that you have all the material that you need to get the stuff done. It would be nice to be able to do my first interview next week... If not by this weekend. That is what I am going for. Practice. Progress not perfection.

What else is there to do while I am here in town. I am trying to get stuff done now so by the time I get back the mailman has already come. You know what I am saying. I want to make sure that it comes today...

What am I waiting so patiently for? I am waiting for the 4 grams of herb Nate sent me through the mail. I cannot fucking wait to get that shit in... Oh my god. It will be so nice to toke up a little mole bowl. Fuck yes. Fuck yes. I will call Nate as soon as it comes in. I want to thank him for it.

But god I hope it shows today...

This weekend... After I finish up those 2 assignments due next week. Think POINT SHOOT and IP... Once those are done you can begin practicing your freelance writing. Think about what you would like to produce. What content. Do not limit yourself to a style or genre. Be creative and free. Think for yourself and question authority. Be an individual. Make sure to make your own decisions it will make you feel better at the end of the day and your life.

I could write a 'fictional' account of my life here in Hawaii... That is it!! I am going to write a story about the dream I envision for myself here in Hawaii. That sounds pretty good to me. Let's take the readers on the way to the top. From the streets to the penthouse. That is what I am going for. I want to write a story about a white boy who puts his lightskin girl up in the nicest penthouse in the city. There they socialize with associates and do yoga and toke herb overlooking the Pacific. They are Zen AF.

Although he walks through the valley of the shadow of death... AKA the streets of the city he knows that his Goddess waits for him up on Mount Olympus. There she waits with her girls. They are what he works for.

On another note though. I am waiting like a fucking kid on Christmas for this fucking package to arrive. I am such a fucking pothead stoner fucker. I cannot wait to toke a little bowl of some loud pack. I cannot wait to toke it up. I want to make sure that I make this last though. I am going to make sure to mix it with tobacco to make the herb last longer. Good thing that I have my little handy dandy pipe I made. No fucks given... Ha

But yeah. At this point in my life I really do not see myself with a white girl. I see myself more with a lightskin black girl with golden eyes. I want my kids to be mixed... They need some color. I am too white as it is. Time to brown a little bit.

Think of yourself like an Owen Wilson, James Franco, Leonardo DiCaprio. Grow into these guys. Be zen as fuck. Make sure to realize that everything we do... even down to our breathing, is an expression of self. How are you going to present yourself. Who do you want to be? Fuck that it doesn't really matter. I just want a Queen and then I will be Pan. I can be all. I will be anything. I will be the ultimate confidence man. I would not shy from anything if I knew that I had a lightskin majesty waiting on me at home.

God. I want a pair of golden eyes to look into each and every morning. That is my goal. Anya. You are my mission right now. I would love to date you. I would LOVE to date you. I want to make sure that you feel like the most special girl on this island. I want you to know that you are loved unconditionally by me. I want to give you all that I have. Tell me what you want and I will be it. Tell what you desire and I will go out and get it. What do you want? I can change and adapt to become that. You know? I want to be the Noah to your Notebook. Just let me know. I will change and adapt. You are more than worth it. You give my life purpose again. I feel that I have been living in Chaos for a large section of my life. Not knowing exactly what is going on and not really caring.... Yet my life continues to fly by. I want to make some meaningful memories with a girl that I genuinely care about. I would love to marry you someday... Heck I would marry you today if you were down. I can see our kids now. Their lightened eyes and carmel skin. Our house in the Bay Area. Your Tesla in the driveway. That is what I am working toward. I want to give your everything that you desire... you deserve the world and I will do whatever it takes to bring that to you. Please just tell me what you want.

*Anya,*

*I wanted to let you know that I cannot stop thinking about you. I think that you have the prettiest eyes I have seen since being here on the island. They have been burned into my psyche. They are all that I can think about. I find myself avoiding eye contact with others now. I do not want to look into any eyes but yours.*

*Inherently I am not the best with words, but when I see you I feel hope. I have hope for tomorrow. I have hope that one day I will be look into eyes as beautiful as yours each morning; the first thing that I see. They are my 'why;' the reason I do what I do. The reason I wake up each morning charged ready attack the tasks at hand for the day.*

*You deserve the world. You are beautiful inside and out. My first impression of you is of you singing at Anchored. You glow girl. Literally you radiate an energy that I have trouble articulating. You just seem happy... I want that.*

*Your smile makes me melt. Ah.. I have no words except I feel the chills on my legs, back, and arms as I think about it. (or maybe it is just cold here in the learning commons lol) But honestly seeing you makes me happy. I go through my week looking forward to the brief moments I get to see you. Even when we are at church I try to make sure that you do not see me looking at you. I guess you make me feel shy and bashful;).*

*It is refreshing to find a girl as gorgeous as you who is centered in her faith. I cannot begin to explain how attractive I find that. I can only hope to marry someone like you one day.*

*We barely know each other and I do not write this meaning to creep you out. Rather it is to thank you. Thank you for giving me hope and a vision for the future. Even if nothing ever happens between us, I am grateful I got to meet you. You have inspired me to be a better version of myself.*

*One day when I am married to a lightskin girl I want you to know that you are the main reason for it. Up until several weeks ago I always envisioned myself with a girl like my mom; blonde hair and blue eyes. But not anymore. You have opened my eyes to the future. I want mulatto babies!*

*It is my dream to marry a girl like you and spend the rest of my days singing, praising, and dancing with. That is my ultimate goal.*

*Thanks for being you.*

, Marcus

Enough with that fluffy stuff. What do I need to do for the rest of the day?

I am going to head to the bank and then into Walmart sounds pretty good to me for now. Make sure to

- Buy food
- Buy tripod
- Get quarter

Got a VISION: over winter break... Borrow the Shelby Super Snake from Roman. Roll up 3 blunts. Drive to pick up Anya in East Bay. Drive up over UC Berkeley, Grizzly Peaks Rd, and overlook the Bay while we chief.... Fuck

## **October 2016**

### **1 October 2016**

Plugging in. I am back in the computer lab. I Love these mac computers. I am so blessed to be able to use them everyday. I am really getting to find things that I love to explore. Thank god for the free time. I am thankful

I am grateful for all the people that I have been able to meet up until this point in my life. Thank you for steering me in the direction that I am now. Spiralling upwards. Keep grinding. I ran 10 miles today. Not bad. I want to run a half marathon next weekend. Just cause fuck it. You do not need a fucking event to get out there and run hella far. Common don't be a soft dick. Grow a sac. We are the last generation with legs to run the earth. The computer age is real. You got to prove your manhood while you still can.

Shout out to all my alcoholics out there. I know how you keep it lowkey. God Bless you guys.



I need to go get some fabric soften and some food. I am soooo fucking hungry... But I need to kill off the rest of this cranberry juice before I go anywhere. Fuck... I have like half way to go.

## **2 October 2016**

This one indian chick with blue eyes is creeping on me... I feel it sooo fucking hard. Common babe you are killing my vibe right now. I do not want to feel you looking at me while I am writing common.

I got a storyline. Protagonist accidentally fucks his bestfriends sister at a party. He takes her virginity. Pops the cherry and everything... then dips to school. 2 weeks later she calls him and says she has chlamydia... He goes in, turns out has it too, and gets the antibiotic drink...

^^^ I think that that is a viable storyline for a little short film. I could shoot it on my phone.

I am no way whatsoever attracted to this indian bitch.

To be real with you though. I am too fucking stoned right now. I am tired high. All I want to do is sit back and eat something. I really want to get some more food. Fuck that does sound nice. But I made a commitment.

I am from Sacramento, The City of Trees. You better believe I am stoned.

But yeah I am very groggy. I need to do gabby's homework. That is a priority over the photo project at this point.

I still need to do some fucking laundry when I get home. That should be a priority. I need to make sure that I am all good and ready to go. I am just paranoid as fuck because I lowkey dank in the library. Who cares. Who is going to say shit anyway. That is my question.

I really want to get the room cleaned up... It really comes down to getting that load done when I get back. I have known this. I just haven't wanted to touch it with someone else's shit in there. Oh well. I am creative as fuck. I will find a way. Ooooh I used to kill them with the long.

I feel like dj when I stoned and come into the library and sit at these bomb as computers. I really like I am channeling into my super powers my voice. The words that I used and help me survive in a chaotic world. Thank you. I am thankful for language.

I want to get some of those interviews going this week. I need to practice with the camera.

But first. Look up the Gabby hw. Fuck you Gabby... Quit bringing your personal life into our course time bitch. This is gay as fuck. Are you fucking kidding me hoe. Fuck you slut. I do not care about fucking tracking calories. You are just trying to bite off my health habits. Good. I am happy for that.

Last year I got addicted to xans...

Man I am yawning like a motherfucker. I am out of it stoned right now. If I had to describe it as something. It is just a head fog/ groggyness.

I am going to head to walmart and then start investing in what I have back at the house... fuck;.. It is going to be tight until tomorrow morning for food. Know that.

Checking in at 5:45pm... I am feeling much more energetic. Maybe all the edging to ebony porn... fuck... ha honesty is the best policy... in all honesty.

What am I going to do for the remainder of the night? What are my priorities? Think about your vision. Get inspired for the week. That should be on the list. We have a big week coming up. I want to make sure that I have some momentum going into it. What can I do to prep?

I should listen to somesort of podcast before bed... Just to get

Actually I want to plan out the week based on the outcome and action steps.

I cannot wait for my next face to face conversation... That is really what I look forward to. I like communicating with people. I want to video tap how I go about doing it. I need to get a couple of interviews set up this week. Maybe with IP professor, Rev, Gabby, Anya, whoever you want to sit down for lunch with or at any time. Just bring the stand with you. That is really what it comes down to.

Ha I am going to become a broadcast journalist this week. That should be the goal. I want to do some interviews. That is what I am going for. I want to get my interactions out there. I do not want to forget these dialogues. I want the camera to always be running. I see some hilarious shit all day. I need to have a gopro mounted in my head...

I want to be an engaging and energetic interviewer. That is what I am going for. I want people to want to be interviewed by me.

Think of James Franco. He is always working. He won't stop until he literally passes out. I need to make sure that I am working diligently and getting the most out of my days. I need to find legit spots to plug in and get work done.

Maybe write a poetry book.

Think photoshoots. Think getting content of yourself out there continually. You need to be posting things of yourself multiple times a day. Good quality shots. Not bullshit little selfies with gay ass filters. Fuck that. You need to have like 2 or 3 compelling shots.

I am getting a little tempted to starting back up my facebook. I am thinking about cutting it back. I want to clean it up a lot. I want to delete most people from it. I want to do this right for the first

time. That seems like a legit goal. I want to get it more organized. I do not want it to be so cluttered anymore. I want it to be cleaner. Or do I want FB? Do I want a better more independent online platform? I do not know facebook is pretty big. I think that I need to hop back on. But if I do it I need to clean it up all the way. I want to delete most people. I want to make sure that it is rigged up to my specific settings. I need to cut a lot of peoples voices off.

I will not be consumed by a fucking gay ass newsfeed. I am getting that shit to show propaganda that I fucking want. Not the fucking bullshit that is meant to waste time and confuse. I want to use this as a tool. Not a gateway to propaganda. That is what I am going for. I want to make sure that it is what I want.

Alright I am getting tempted to do it again. But who do I really care to keep in contact with? That is the thing. There aren't really any people that I care to stay in contact with. I guess I will be really selective. That sounds pretty good.

Yeah fuck that. Fuck that. There is no reason for me to have a social media right now. If anything I need to get an anonymous account. That is what I should do over anything. I do not want to be putting my face in it. That is the thing. It needs to be anonymous. We are anonymous. That is the selling point. No face in any of the shots.

I want to have an online presence. What type of platform do I want to be on? Twitter. I think that that would be the most ideal at this point. Bu

What is the purpose of the online platform? I want a place where I can put my thoughts down on paper.

I want to generate a compelling twitter page. That is going to be my platform from now on. I am a twitter guy. It is going to be essential to put this to be anonymous. I need to make sure that people do not know where this comes from

I am going to start posting all this shit to the twittersphere. What is the selling point of the blog. It is like a lifestyle. It is about my life. I want to document my life anonymously on a twitter page. That is what I want to show. I want to sell myself anonymously. I want to sell the things that I do and how I spend my time. I want to build my online presence. I want people to be able to take a look into my life. That is what I am going for. I want to always on on this site. I need to devote myself to.

So basically I want to publicize my life but not show my face. That is what it comes down to? That seems to be it. Sell it without a face? Is that what you are going for? Yeah that really is more or less of what I am going for. I do not think that you even need to see my face to make this blog. It is my blog that is what it comes down to.

I think that I am getting caught up on the wrong things here. I need to produce content for myself. Myself that is. It isn't supposed to be public knowledge yet. That is what it is. I want to spend a lot of time tomorrow videoing and capturing content. That is what I am going for. I am

going to be using the tripod a lot. I want to get some unique shots. I want to take time to make sure that when I actually do shoot... They are still with appropriate lighting.

I want to live an examined life.

I really like James Franco.

But what content do I want to produce? I just want to track my life. As simple as it is. As ghetto as it seems. I am going to track it down. Take it down on video. Make videos of it? Yeah that is what it is. Are you going to be your own producer or not? What is your excuse? You have a professional quality phone and tripod.

I want to glamorize the life that I am living right now. I want to be able to sell everything that I do. I want to explain the reasoning behind it. It is a lifestyle blog. It is everything that I do. From the time that I wake up until the time I go to sleep. Take pictures and videos of everything. Continually be uploading and posting. That is what I am going for. I want it to be totally up to date. Always updating etc. That is what I am going for. I want to always be producing A1 content. Not just the occasional glamorous photo. Keep that content coming. It will not always be perfect but at least give it your all and get it out there.

I want to think of myself as a celebrity. People want to see what I am doing. How I go through my day. Think of it like that. People want to be like me. Show them how I do it. I want to document my artist journey through this portal. So what will I post? Food? Exercises? Poetry? Article? Videos? Quotes?

I am a visionary.

The goal is to have a moon colony in 10 years. Why the fuck aren't we living on the fucking moon is what I am saying. I want to live on the bottom of the ocean. What

I want to run ultra marathons. I want to train

- Vegan
- Pescatarian
- Running distance
- Muay thai
- Yoga
- Writing
- Quotes
- Technology
- Lifestyle
- Minimalist
- Digital nomad

So I think the main concern is taking photos. I want to take good photos now. That is what it comes down to. Time to get meticulous with this shit. I need to focus up and get the tripod set. Work with the lighting.

How to do an anonymous photoshoot of yourself?

I should publicly document my information

But I need to make sure that I

1. Go and get my cashier check for tomorrow Call Shirley
2. Get the psychiatrist appointment set up.

It is time to start producing content. Get good photos. That is what I am going for now. I want to get some ideal shots. Fuck with editing them later on. You ready to do this? I am starting to get hungry.

Show the life of a Delta. I am delta force.

### **3 October 2016**

Alright time to write the paper. Time to clock in time to get in tune with my genius. Time to channel the psychosis. Time to put it to paper. Get it in a recorded form. Get it down so others can see the perspective in a different time. Sell it how you wish. Emphasize. Hyperbolize. Dramatize. Do it all. Sell that bitch. But make it sexy.

I am blunt blowin, polo draws showin I don't give a lovely mother fuck

What am I trying to get to realistically in the next 3 months. Think about that this morning. What are you going to be doing for the next couple months. How are you going to finish off the year?

You need to make a little money... Realistically. How are you going to do it? That is a good question to be asking. How are you going to make some money later one. That is what I am wondering.

Fuck all of these bitches coming up and trying to look at me. Stop trying to look into my eyes hoe. I do not fuck with you. Stop looking over here. I hate that fucking shit. When bitches are always looking over at my computer station. Stfu hoe. But I mean I am blessed to have this problem.

Oh there we go. Let's start rephrasing this. This is a good problem to have. Be thankful for it. It is better to be looked at if you want to be famous right? Are you trying to stand out or what? True that. If they are looking they obviously just see something worthy of casting their gazes to.

I need to rethink how I have been thinking of that. I have been so off base. I just need to realize that if people are trying to talk to me and come up and look and stare or whatever I should take it

rather as a compliment. Thank you. I think I am cute and worthy of praise as well. I would be jealous too. It is realistic... Uhoh... Used that word I promised to not use this week. Oh well. There you go Tim Ferriss

People can notice when something is legit. You need to have a solid foundation though. Do not cut corners. You do not want to cut corners when it comes to your personal brand. You have to realize this. But know at the end of the day. There is no such thing as right or wrong. It comes down to how you sell it in the situation... Opportunities multiply as they are seized.

Where do I want to be on NYE? Who do I want to spend it with. What do I want to do for the holidays. Think about all these questions now. Get your tour together... Get your compelling vision together for the next season. Have a strong end of the year.

I need to save the weed strictly for when I do strenuous exercise... That is going to be essential. I like this one though. This is a good standard to hold myself to while I am short on \$\$ and I need to be focusing on my wellbeing and health.

I need to get some food to eat. I am really hungry. I need to get some almond milk. I know that cereal is a lot of carbs but at least they are whole grain. So yeah I think it is semi justifiable.

I love the fact that I am an influencer. I am blessed. I should be an actor. Maybe one day. Who knows. You never know what the future holds.

Who would I like to spend the holidays with? Who do I care to see when I go home. That is good. Figure out what relationships I will need to nourish. I will need to be intentional... Mom, Dad, Myles, Kaela, Morgan, Mason, Nate, Grandpa, Grandma, Cheryl, Josh, Alicia,

How selective should I be? Fuck. Ha I may be brutally honest right now. Alright in order of significance to me.

I was going to leave off the entire Graydon clan but I couldnt do it... Wait yeah... Actually I can. I love you Julia and Jenna. You will be great wives one day... But our paths or drifting. I love you and god bless

1. Mason: I want to do something memorable with Mason... This is something that is important to me. This is something that I want to spend time doing. He isn't going to be a kid for much longer. I need to go snowboarding with him and tanner or something. Something. Just get out there. Or Mason and Morgan... Brother snowboarding trip???
2. Morgan
3. Myles
4. Mom
5. Grandma
6. Dad
7. Grandpa
8. Nate
9. Cheryl

10. Josh
11. Rich
12. Natalie
13. Kaela
14. Alicia
15. Grammy

Now think of if I had a house in the Berkeley hills... This is why I want to have a place in northern California that isn't too deep from Sacramento or the Bay. I want to be in the middle of something. Ultra lowkey but nice. It has to be nice. I really would like to have space though. That is one thing that I would like. To have some land. A place where people can go and be comfortable anytime they are in the area. I want to provide that as an asset of value. Be able to have my family members come and stay with me. That would be cool...

So I want to buy a house in the Bay Area now? Hmmmm... Now we are talking. Let us start dreaming it up. But first come on. Focus on what you can do here and now in Hawaii. We can go big picture all day but now let's look at some more short term goals of what I can be doing day to day to get to where I want to be.

Okay... I am not quite yet to bring in music. That is way to far out. I am much more minimalist than that. What I want to start doing is finding cool ways to present my life anonymously. I want you to be able to see everything but my face. That should be the ultimate goal. Keep the mystique about it. You do not want to be flashing your face in every picture but you do want to be displaying the lifestyle you are living. You are from NorCal you are from the Silicon Valley know that you are the birthplace of the idea of anonymous. Keep that mystique. Play into the Oakland badassness. You are a NorCal kid. Sell that through and through.

NorCal and Hawaii...

Alright but I need to focus on Hawaii for now. I really need to make sure that I am doing more squats. I want to make sure that my back and abs are flexing... Take time to do these things. ^^So you are talking about your body again. What are you getting at?

Take pictures. That is what you need to be doing... With the tripod.. Display the lifestyle. See if certain people can live for free simply by doing nothing. Just if you take a picture with everything you use and you get it for free. That would be insane. That should be the goal.

Okay so next up. I need to go and check out the bank. I need to get \$675 cashier and take it to Shirley's office to drop off.

I need to get some almond milk and orange juice... That sounds solid.

This class is fucking bullshit. It is absolutely pointless. Gabby no one else gives a fuck about counting calories. Get off your fucking ass and work out. She is a fat bitch. Stop eating hoe. Go a day without eating. Try it.

Fuck Starbucks Fuck McDonalds. I am off them. What the fuck are we doing here?

I honestly feel that I could teach better courses than these fucking teachers. I am all for education reform. This is dumb as fuck. But honestly I hated when I wasn't in school. Do you remember? Why do you hate everything. What do you not like? What are the things that you don't like? I do not feel like it is going to apply at all during my life. I do not fuck with Microsoft. I do not use Excel. I use Google.

So what I am getting at is I need to take all of these skills I am learning and be narcissistic as fuck with them.

Everytime I burn I better do some sort of physical activity. You better believe it. I am literally paying for a degree. And spending my time sitting to some broke person speak. This bitch is just trying to get fed.

Make sure to do the ethnobotany homework

Homework in ethnobotany and PSE

Imagine having an unlimited debit card. What would you do?

Okay so once I leave the bank I am going to Walmart to get those 2 things. Once I get them we are heading back to the room pronto.

If I had an unlimited debit card I would.

1. Buy a motorped

Alright buddy quit looking at my fucking screen. It is weird how everyone seems so entitled to look over at the other person's station here in the learning commons. There should be more respect of privacy especially in an age of intellectual property claims and lawsuits. It is well known that many mega internet start ups were actually 'stolen' ideas off classmates at their university.... Maybe these students took the privilege to peek over at their neighbor's computer station. Well this goes to you mother fucker on my right hand side. If you are reading this fucking shit you better believe that I am going to break your fucking nose if you even try to look into my fucking eyes. Do not be a bitch boy. I will end you life. Fundamentally. Don't fuck up faggot. Yes you are a fag boy. Go such a fucking chode.

What now? Do I want to embark on the HW yet? Is it time? What is time? Oh no... not stoned enough for that shit. Alright I need to keep a thought process here.

I am tempted to go and grab dinner right now. It is 3 o'clock. I am hungry as shit. And I need a fucking break. I cannot focus right here. But rather I need to check out. To many motherfuckers.

Back in the computer lab again. Cutie is working at the front desk again. Fuck I need to talk to her one on one for once. That is really what I need to fucking do. I need to just go up and talk to



her. But she is always talking to someone! I am a bitch. I admit to it. I have no balls when it comes to approaching women that I genuinely want to be with. Is that a bad thing? When I do not give a fuck I do better. Or maybe there are other underlying variables like them not being as high grade. Who knows. Someone should do an experiment some day and find out.

Where to go from here? What to do what to do? I feel that I keep walking back and forth. Eating and not really doing anything. What is the mission? What am I trying to accomplish?

So what am I going for is the question that I think that I am trying to answer? What am I doing here? What is the point of all this? I feel that I have been trying to find purpose in a variety of different things whether it be substance or relational. I need to reevaluate where I find purpose. I do not think that my void will be filled by simply having a relationship. Does that make sense? I need to find out what I am working toward myself. What do I want to do with my life? I have no clue? I honestly don't think that I can adequately answer what I want. But right now to name the first couple desires off the top of my head... I would have best friend who is a girl.

I do not want a girlfriend or wife or partner or whatever. I want a best friend who happens to be a girl. That is what I am going for. I want someone I can go wherever with. I do not want to always be sitting down. I do not want to live a sedentary life of chair. Car, desk, table, etc. etc. I hate that fucking progression.. Couch, toilet, etc etc. No more sitting all fucking day. I want to run and dance with you. I want to be energetic and live now. Not tomorrow. Now. This is our time. We are seizing the day to the fullest. That is what I want. I want US to consciously realize that the time is now. We are cashing in the chips... we have to make do with what we have. Let's make it the brightest we can comprehend. That is what I want. I want an explosion. Mass revivals. I want to breath deep. Full of life. Like cocaine. Like meth. That rush. I want that and I see that in you. That is what I desire. That is what I want. You have an energy that I want to leech onto. There is a spark in you. Vibrance. Let us live in the same aurora. Let us live together on the same plane for life. Lets never leave each other. We can continue mimicking each other on and on and on. Please girl. Let's stop time. Let's make it stop. It can all stop tonight. Do you not realize. This could be it. The moment that we have been waiting for. I want to hold your hand. Look up into your eyes. See you smile. Laugh. Feel you breath you heartbeat. Let's live here.

What do I want though? What do I desire out of this life? What am I working toward? What is the goal that I am looking to achieve? I want to know that I am going to be living and living good for the rest of my life? What does good look like? What are we looking into?

I desire a relationship with a woma. That is pretty center.e I am not going to lie. But what else. I see myself having a comfortable and appealing place to stay. I want to have a place where I can literally be whenever wherever. I want my own. I want to own it. I do not want anyone telling me to go. But is that what I really want? I do not know if that is exactly what I desire. It seems like I would like to tour around as a coach and

I want to work around the world. Yes that is what I want to do. I want to be able to travel and work at the same time. Doing both really effectively. What do I mean by effective? I mean that I am able to enjoy the traveling,

Travel around the world with a girl doing amazing things. Running marathons everyday. Flying planes around the outer limits of the atmosphere. Go to the moon. I would really like to go to the moon. That should be everyone's goal. We want to get moon travel... That is a goal though but it is more outer limit.

I want to promote that idea though. I need to push for it. That is where this is all going you have to realize. The next frontier is space. For now though I want to enjoy earth to the fullest. What do I mean by that? I want to travel the world today. NOW. I want to get up and leave tomorrow with her. We can buy the plane tickets tonight. That would be the dream. Okay let's go back to that.

So yeah. Back to the question about the limitless debit card... I would talk to her, take her to dinner, I would be relentless. I would be relentless. I would be relentless. I would be relentless. I wouldn't take no for an answer. I would leave it all out there. I want to make sure that I am conveying the message that she is the one and only.

But yeah I would talk her into leaving her job and going out to dinner. We would buy tickets to Ibiza. Fly there tomorrow. Buy everything as we need it along the way. No fucks given.

I just want to be with her. We would figure it out as we went along. We would get a routine down. But you cannot make up for the small little things along the way. If I am really serious about this girl I will not leave until they shut this bitch down. You better believe I am not leaving for no fucking hour and a half. I am sitting here motivated happy to be alive.

There we go I need to practice some gratitude. I know we want to have a strong week but what makes it strong? Eating well. No junk food. Exercising. Stretching daily. Running. Calisthenics. Stay hydrated. Drink water. Deep breathing. Hold breath. Smile. Laugh. Dance, all the time. Live in a sense of worship. Live in the moment.

I do not want to live in my fucking phone for the rest of my life. That is really what it comes down to. As old school as I am I want to have a pair of eyes to look into. I do not want to look at a screen I want to be living it in real life. Not on a screen where I can't touch smell feel, see, That is what I want I want the real thing. I am in love with her. I want to have someone to make these memories with. I have done some fun things but the missing point was... I wasn't doing it with choice people. People that I value and really care about. I want to have good memories with people that I value and want to be with.

How do I expect to go about this whole ordeal? Getting some facetime. Damn she is probably going to be talking to someone when she closes this bitch up at the end... Ha what a bitch thing to say. Do not give a fuck. I need to just go up and talk to her. I want to at least get some facetime. I really want to get some facetime. I want to talk to her. I want to vibe with her. I want to flirt with her. I have a genuine desire to flirt. As innocent as that sounds. I want to flirt. I want to play around with her. Beat around the bush. Be honest but playful. I want to be real. No need to play it up no need to downplay it say it for what it is. Speak truth. So I will wait until they come around and kick me out. That should be a good idea. Sit here until they come and kick me out. I am not worried about what we say or anything. I just need the right setting. That is what I

am going for. I want the right timing. I want to come in at the right time. When the moment is hot. Ideally it would be with her going home alone. Yes I am a creeper who preys on women when they are alone at night. But hey I go for the ones that I genuinely want and I genuinely want to make a move on this girl. It feels like the right thing to do. It is the best move I know to make so far. It is the closest move I can think to make at the moment. She goes to church. She is vibrant. Energetic. I keep saying I just want to dance with her! Nothing too raunchy but honest to god just some good clean fun dancing. Having a good old time. Why do we need a fucking wedding or party to get down. The party is wherever we are at girl. Do you not realize that? I have confidence in myself. Just give me time. Coach me. Tell me what I need to do. Teach me. I will watch and listen.

So we are queuing up for an hour in the chair. We are just coming up on 9 and this bitch closes at 10. Time to put in some work.

What are you going to do tomorrow. What is the mission? I have to go to class with

Okay I am slacking on my responsibilities for tomorrow. I always do not give a fuck. That is ultimately what it comes down to.

Just like Neal Cafferty I am always deep in study. I am studying the environment around me. I am surrounded by the most magnificent art around. But yeah I would love to be an art major. That shit is so sultry. Just find ways to get scholarships and stay in school for life. No why stay in school. Become a teacher/ lecturer. That is a goal. I want to be a lecturer. I want to be a coach. A stand up philosopher. I want to lead workshops. Self help. Let's break it down. What do you want and why do you want?

For right now in the moment I would really like to go up and talk to Anya tonight when she gets off of work. Take time and talk to her a bit. Make time for it. You are obviously sprung on her. You cannot stop thinking about her and you haven't even talked to her. I really would like

So get ready to talk to her. Stop thinking about it in a past tense make up your fucking mind right now. I am stoned I am on my drug of choice. There is no reason I am not going to go up and claim this girl. I am going to show her that she is important to me. Do I want to be a great actor? Do you think that you are on the level of James Franco or Ryan Gosling? Do you really think you are up in their atmosphere? You think that you are on their level? Yeah I think I have a shot. I think I have been blessed. I am blessed. Let me enjoy tonight. Let me enjoy this breath. Let me start taking this in a bit more vibrantly. There is no wrong way to do this. Do what you go to do. What does it mean to step on toes? I need to talk to this girl. I keep getting cock blocked left and right. Time to settle down and talk to this girl. Time to settle down and talk to this girl. I refuse to leave this station until I have a clear pathway to conversation. I am the man who cannot be moved. I am going to make a move. I am going to breath. I am going to be slow. I am going to channel the city that I have acquired over the years. I am going to show her comfort. I am going to reveal light. I want to beam. I want to radiate. I want to glimmer. To make there be that extra something. That special effect and look in your eye. You have seen a lot of faces in your day. I

have looked into a lot of eyes in my lifetime. That is something that I have got to say for sure. That is for sure.

I am not here to make friends. I need to cut those fuckers off. That is really what it comes down to. I am not here to make friends. I am not here to fuck with broke niggas. I am not here to suck cock. Get the fuck out of here. I do not fuck with it. What am I here to do? I am here to talk to Anya. I am not here to talk to her. I am here to claim her. I am here to show her that I am interested in her. I need to make it clear to her that I want to get to know her better. I want to show her that I will be loyal to her. I will let her know what I will do for her.

How to get this sense of unshakable confidence? It comes down to a kid who doesn't want to go home feeling lonely again. I just want to keep pushing forward. Be thankful for what I have. I wonder what the purpose of all these clubs is?

Make sure to shower at least 2 times a day... Pimples are real

#### **4 October 2016**

I am losing motivation to stay in class. Fuck. This shit is just so fucking dry. Dry as hell. I am really getting tired of sitting in class doing absolutely nothing. How to Stop gettin

Stop getting distracted. Focus on what the vision is. Get on Google and look. Dream. Be back in a bit. Time to explore...

I feel like I want to get a nice pad. A nice house in a city. I want to live high class in the city. I want to have a nice comfortable townhome in a busy city. That is what I am going for. Let me just grind in my area.

What would make my room more comfortable? A desk

#### **5 October 2016**

How to fuck the life in your youth...

Write a story about my life but then take it into the future tense. Make it futuristic. Make it what it will be like in 5 years. When I am 25... that sounds pretty fucking fun. Pretty inspiring. Talk about going from some misfit kid to San Francisco's primary socialite. The bay area boomer.

Where to start? Ha I might as well take it from when I leave jr college... Take it from leaving junior college and going to Santa Clara. Go over the events that occurred there and then recap the last year.... So basically it is just a recap of the last year. That is ultimately what the story is going to be. From last August until this September. That is the goal. Leaving In N Out and going to Santa Clara. What tense should I write this in? 1st? Or 3rd? What one is the better version of the story? What is the better selling point. Well who is this for? Ha I have to write this motherfucker in 1st person.

Well what am I going to include in the story? What are the mentionable talking points?

- Arriving at college with 500 amphetamine pills... a variety of adderall, ritalin, vyvanse
- Chronic wax pen
- Drinking in the mornings
- Molly taking friends to the airport
- Driving the Shelby in San Francisco... racing the Ferrari.
- Having the room searched
- Getting caught smoking weed on the top balcony of Swig Hall in the middle of the night
- Walking around the end of 'dry week' or whatever when the greek life wouldn't drink for a week... the night they begin drinking... walking around smoking a blunt
- Cousin sliding through with a QP of tree every week. Flipping it to the dorms.
- Thanksgiving up in Tahoe. Shooting off 2000 worth of AK ammo with the Russian Mob
- Growing a coke nail
- Shrooming in San Francisco
- Kygo Concert

I have had quite the year. This is a recap of some of the most wildest moments.

So last September I moved to Santa Clara University. I lasted a total of 6 weeks before withdrawing for 'health reasons'... aka for being a drug addict... aka 'substance abuse.' What transpired in those short weeks have dramatically altered my life in a variety of ways.

Where to begin. Well let's begin with the beginning of school. I move into the dorms with nothing more than a suitcase and 500 amphetamine pills. I had spent my last paycheck from In N Out Burger and put it all on pills. This was going to be my sustenance for my first semester. How was I supposed to afford all the other drugs that I wanted to do? So yeah you could call me a minimalist. I always wore black or grey athletic clothes and hats. Being a private catholic the students are undoubtedly preppy and privileged. I was flipping pills to just get by. It started off with a bang. Before the end of the first week I was having people slide by the room to get some uppers. Obviously this intensified throughout my time there.

I would open up the capsules into an In N Out red tray; let all the beads out. Then I would take a credit card and crush them up into a fine powder. Then snort that motherfucker back. Ah yes I can still remember the taste of those fuckers. I was doing that multiple times a day. This was to supplement my BHO dependence. I lived on a wax pen. It was my lightsaber. I kept this thing charged religiously. Seriously it was just as important as charging my cellphone. I would wake up in the morning and first thing rip that fucker. Boom. Zooted. Goodmorning. Hello Santa Clara. The amphetamines kept me up and on my shit while the pot mellowed me out.

I kept a pretty easy schedule splitting time between the cafeteria, classroom, gym, and dormroom. About every other day my cousin Nate would slide through to campus. The fool was working as a surveyor around the bay and was always in the area. At first we would just meet up and burn, toke a blunt listen to music. You know, chill. Then I began meeting some fellow stoners. Kyle and Austin became part of our smoke group. We'd always be posted on the corner across the street from Safeway. Usually a group of like 5 heads deep smoking stoges, and joints. Just motherfuckers. The wax pen would be going around to.

Our group developed a mystique to it. We were a group of real motherfuckers who had mutual understanding that fraternities and greek life was limited to uncreative faggots who need to buy friends. Much too mainstream for us. We just gave no fucks. You could catch up on the 11th story balcony of Swig hall in the middle of the night toking fat. Just lowkey burning a blunt in the am... All the parties are done. The street is quite. We are just coming down from the molly and need to simmer. Ha I will just tell you the whole story. So one night me and Kyle decided to snort a pressed pill just cause fuck it. We were in and out of dorm rooms drinking and shit but needed to cool off because most people were caking. So we decided to roll one up and take it to the roof. Shit was clutch. Finished the blunt nicely and were on to the stoges when the side door to the balcony opens and up walk 2 security guards. Boom. Fucked. "It smells like weed. Empty your pockets." Fuck. They find Kyle's grinder and I pull out a baggie with an adderall in it... Fuck... I should have fucking thrown that baggie over the fucking railing. Fuck. That was a heartstopping moment. Written up. Meeting date with the counselor set. Strike one. What a way to end a roll... What are the fucking odds that 2 security walk up to the top balcony at 4 am.? Somethings the world may never know.

But yeah we were always just raging hard. Nate would slide through in the middle of the night with an eightball and we would just blow lines in the dorms. Honestly for no fucking reason. We would get so stimmed out we would end up driving to Stanford at 2 am then on to San Francisco. Have you ever seen San Francisco at 3 am? Quite. You really get to see the city in another light.. Or lack thereof.

Honestly it doesn't feel like I did much schoolwork while I was at Santa Clara. I did do well on a couple of film projects I do remember but I was really struggling to keep up in several other classes. Classes that required outside reading. You know damn well that I was not keeping up on that shit until the night before the test. Then at least I would have an excuse to rail line after line after line. Fuck. Insufflation at it's finest.

On several tragic mornings I would wake up to find my waxpen either, one, not charged, or two, out of wax. This is the ultimate buzz kill to a pothead. Nothing worse than waking up expecting to burn to find out something is preventing you from doing so. There is just a depression and anxiety that overtakes the individual. Luckily for me, I was always prepped with backup. On such mornings I would open my bottom drawer and pull out my choice of Svedka or Jack. Won't lie I would grab a soda from the vending machine downstairs to use as a chaser. And yup you know how it goes from there, 7:30am in Sunny San Jose facing a bottle. Rolling up to my 8 am class fucking drunk off a line or two, just to keep me sharp between the ears. For whatever reason I embraced the nastiness of alcoholism and drug dependence. I found something really romantic about it. I found something sexy about it. Just a kid who was ultra lowkey faded in the morning. What was my thought process behind it? It was a variety of depression, anxiety, inability to change, so many things you could label as contributory factors. But for whatever reason I thought there was something really masculine and cool about being able to function as an addict.

I go to church group in 40 minutes. I keep eating too much and getting bloated

I am 20 minutes early to group. Got here early. Taking a breathe

What am I supposed to do for the rest of the day? I have class at 5:15pm. So I have a couple hour break. How am I going to fill the time

Okay I have been here over a month... I am trying to fuck or hook up with someone

Refine movement. Focus on breathing. What did I say. Slow down. Where did this need for speed come from? What is the stress? What is stress?

Sitting in Starbucks drinking a venti iced coffee and eating a blue berry scone:)

I like this style a lot. Sweats everyday baby. That is what I am going for. I just want to have fresh sweat pants everyday. I can roll them up I can roll them down

Time to start controlling the voices I listen to and let myself hear throughout the day. I do not want my mood to be controlled by pandora. As bad as that sounds much of the day is dictated by what songs and words are going through my head. I am consciously taking out my headphones. I want to make sure that I do not loose contact with all my senses for too long. I want to have a steady medium.

I think that I put too many eggs in one basket and got nervous and dropped them. Oh well. Learn from your mistakes. I am not going to lock on to one girl like I did with Anya. There was that gorgeous lightskin girl with the nice hair today!! I saw her when I was in line at subway. I should have ran after her. She is bad. She was working her shit. I need to pounce. But I always have such a time talking to girls. I really have a hard time.

If I have a hard time conversing with the other sex than I would imagine that others feel the same way. We are loosing are ability to socialize with sexual partners.

So basically what I am saying is I want to get laid. I want to have meaningful sex with a gorgeous woman here on the island in the next 2 weeks. I will have sex here on the island in the next 2 weeks. That should be the goal. Bro you have worked so hard. Start trying. Start going out of your way to talk to females. Go for it. Why not? Just shoot the fucking breeze.

F;asdjf;alj;akjsd;flajsfija'4ifrAfi,jijfP"AFJF But I have nothing to say. What am I supposed to say to them. I do not like being around people. Well what about if I was around really hot people who I got to have sex with.

I want to get sexy. I want to refine myself. Focus inward. Common bro get back to basics. Do not lose sight of why you are here. You are here to work on yourself and make yourself better. How so? I am going to be stronger, smarter, more focused on what I value, hotter. I want to bring value to the table. I want to look the part. I want to be the part. I want to be the whole package deal. I want to help people bring out the potential in them. I want to be a coach. I want to

motivate women to work on their bodies. I want to motivate women to get out there and independently take their health into their own hands. That is what I am trying to do. That is my mission. How am I going to go about doing that? I do not know. I want to workout with some girls. That is what I want... Yoga!!! Bro... why the fuck haven't you gone to yoga the past couple of weeks. Do not be a puss bitch. Get your shit straight. Go to yoga and

I do not want to be limited to a class once a week to do yoga with women. I want to always be working on it. I need to get flexible.

As simple as it sounds I am pursuing *flexibility*... Woah surprisingly I am finding this Asian woman across from me very inspiring. I do not know. She seems cute. I am horny as fuck I have to be totally honest.

I need to refine my art in all areas. An artists job is never done.

That is the big shift I am feeling... I am no longer an associate. I am an artist. That is it. It is done. We are sold. I am forever wearing sweatpants from walmart. Godbless america. God bless the world. I am a painter. My clothes are super comfy. I do different colors. I have black, grey, white, those are the go to. No words. No logos. Just simple. Plain and comfortable. Anyone can imitate it. I just want to stunt it as good that I can. That is what I want. I want there to be a retraction on fashion. What am I saying. I do not want there to be anything outward. I am focused inwardly. I am an artist. I do not want to have to dress up for anything ever again. I am set in my ways. I want to be fit in some sweat pants and T shirt. Maybe a hoody. That is ultimately what I want to be. Wherever I go in the world. Those are my go to.

The way I live and survive is art. The way that I am able to live a life of such abundance and luxury is an artform. I am able to experience the deepest and most sensual pleasures and capture them in medium. Make it real. Actualize it. Bring it to be something quantifiable.

What can I do to improve my art?

Go SLOWER. SLOW DOWN. I need to not get ahead of myself. What is my number one focus? My breathing. That should always be consciously accounted for. Take note of it. It drastically affects how you feel and what you do. Deepen it. Slow it down. Make it fuller. Smoother. Slow down. Don't get ahead of yourself.

Everything you do. Try to take twice as long as you would normally do it. Just to make sure that you are doing it correctly. Do not get ahead of yourself. As easy as it can be to do so. Do not panic. Do not rush. Slow down. Composure. Think of the greatest musicians... How they are able to sit back in the pocket. I need to be singing everyday. That is something that I have been failing to incorporate. Think about that. Think about your mood. Think about it. Refine it. What have you been saying all week. "Fuck" motherfucker etc. Why are you loosely throwing out these ambiguous phrases. They are fucking up your thought progression. You shouldn't be caught up on words like that. What is up with the obsession with that word? Think for yourself. Get a new vocabulary. Slow down. Do not rush in. Fools rush in and get killed. Sit back breath and take a well calculated step forward and be ready to adapt. You will need to. Be ready for it.



So this pretty much begins my journey as life dedicated to art. I am a creative. I am not going to work some bullshit ass job in my lifetime. I am qualified. I know that I am more than qualified for any job out there. Throw me in with the lions. I am confident I can learn and adapt and grow and thrive. Challenge accepted. I welcome it. But I am going for more lifestyle design rather than career design.

My ideal life has a lot of physical activity. A lot of it everyday. Doing it with people who I am sexually involved with. We work. We bust our butts. We sweat together. That is what I want. I want to hear her grunt and strain. I want her to hear me do the same. I want to be partners. Push me

But yeah a lot of physical activity and healthy eating. Okay so there are some great staples. Healthy eating and a lot of exercise.

Well why am I not in the best shape of my life yet? What is the fucking hold up bud? What have you been doing for the past couple of weeks? When are you going to be the man that you came here to be? When are you going to realize that you are him now. Do it now. YOU are it. Be it. Breathe as you would if you were it.

- Intense exercise
- Healthy eating
- Drugs (weed, mushrooms)

Hunters and gatherers. What do hunters do? Herdsmen and farmers

I feel a warrior presence like I want to do extreme acts of endurance each and every morning. Wake up and run a half marathon each morning. Ha just bust out 13 miles in 2 hours as the sun is rising. Thorough yoga session with a beautiful woman. Focus on breathing.

I need to start being it again. When are you going to start drinking your tea Marcus. Go get a fucking cup for godsake.

So run, stretch, shower, sex, tea

Yeah RUNNING and STRETCHING... those are some go to items to focus on each and every day. Imagine if you committed to running 5 miles each and every morning for a week. What if you set a crazy goal like that for yourself. What if. Would that honestly be so hard and treacherous to do. That would be 35 miles in a week. Bro you got to do something like that.

Okay do this for a week. See if you can be consistent enough. Consistency consistency consistency consistency. Stretch out in the morning completely. Thoroughly. Get hydrated. Go run 5 miles. Come home. Stretch out again. Focusing on the calves. Shower. Would that be so hard. How long would it take me to run 5 miles.  $9 \times 5 = 45$  minutes. So lets say an hour and I would be done. An hour a day. Can you commit that. Then of course stretching. But can you spend an hour each 24 hours to run 60 minutes. Can you commit to that? Is that too hard. Play

60. Is that too much to ask. We aren't playing at all. We are playing like 60 seconds a day. When we are walking up the stairs to go to bed.

Think of how that would directly effect your physiology. But do not neglect to go slow and stretch. Do not rush. You are going to be doing this each and everyday. Make sure to be doing proper insurance and care.

Think about that. Running 5 miles each morning as the sun is rising. That would be inspiring. That is some lifestyle for you. That is a lifestyle. I want to go get something to eat and check out ross for some shoes. I am going to go to Starbucks because I am a basic bitch.

Stretch though. I am outtie.

Remember that everything you do is an expression of self. Recognize that fact.

Make sure to pass your classes. Don't stress but be on top of them. They are easy you know this.

I like this feel though. I just wish I had better suited shoes. That is the only thing missing and I will have my style down. I need a pair of running sandals.

Continue to simplify. Rethink everything that you do. Analyze. Improve. Adapt. Trim the fat. Think efficiency of motion. I wish everyone could walk around in these Walmart sweats all day. It is so comfy and versatile.

Work on your posture. How are you holding your body. Simplify and improve. What little changes can mean big differences. I would like to go down to wal mart after class. Go check it out. I need to get a cup so I can make some tea. It would also be nice to get a desk. Refine the room. Clean it up. Maybe get a pillow? Minimal though. What little items can I buy that open up and free up stress. I do not like having expensive clothes because I don't like to have attachment to possessions. I feel limited and held back when I am wearing expensive things. I feel much more comfortable when I am in cheap comfortable clothes from Walmart that I can easily go down and get for free. That is the idea of anonymous. Live creatively and artistically. Don't do bitch work. Only do work that you want to do.

Showering and staying clean. That is something that I am working on finding a secure clean place.

A single backpack. That is all I have.

Think of having one backpack and that is it. Just a single change of clothes.

To have a girl that realizes that brands don't mean shit. A girl that can rock Walmart clothes with me. Hella cheap anyone can get it but we look different in it. Why? Our good habits of health and exercise

Reminder: make sure to focus on the words I am thinking and ruminating on. Be quick to remove any ambiguous words and phrases I often use. Clarify your words. Clarity.

Simplicity. How to make things simple? First I need to recognize that life is simple. I am just incessant on making it complicated

I would really like some female companionship that is something that I am consciously noting that I want.

With rent I am getting a shower and a place to sleep and security for my belongings. Electricity too.

Okay goodmorning. Today I am going to consciously track the voices that I listen to and let into my head. I want to be clear with my objective today. My objective is to talk to a beautiful girl and kiss her. I want to kiss a girl. That is my goal. I want to have some form of mutual affection with a girl. That is what I want. That is priority number 1. But do not do it with just any girl. I NEED to be attracted to her. I refuse to settle like I regularly do in the past. I don't want to be just Okay. I want to be happy with my decision. I want to look into her eyes on Fort Street Mall and not give a flying fuck about anything else that is going on. That is the ultimate mission. What are you waiting for? Looking like a fool? Accept that there is no way possible for me to look like a fool. If I don't look enough like one already;) I want to make a beautiful girl smile today. I want to break the monotonous routine. I am ready to be sociable again. That is what I am going for. Why not talk to Sierra? Fuck it why not?

Look at it like this. I have spent the last month getting over someone. Now I am ready to start living again. Please give me courage and poise. Why do I give a fuck what they think? Because the women I approach are the only people I give a fuck about... Be careful with the ambiguous words..

Try to be more friendly to women. Do not give a fuck what any man thinks. You are going to have to disregard their opinions. Are you ready to tune them out?

I am from California and we don't put up with excessively racist bullshit. Do we talk? Yes. Are we blind? No. Do we have our occasional issue? Yes. Do we dwell on our differences? No. I hate racism. How are you going to call me a racist. Look at my childhood photos.

Why am I saying this? I feel that the one black girl in our class always contests whatever I say in Sociology. Bitch I don't even try to talk but when I get called on this chick is always yapping some shit. Bitch just because I am a white man doesn't make me fundamentally against you. I understand your slant but at least give everyone a fucking chance. You wonder why I don't say shit. You wonder why I sit back and laugh at the world burning. Any time I open my mouth I am instantly demonized. How dare I say such a thing? Or represent something. Fuck off.

^^this is good to articulate just make sure you aren't falling victim to complaining.

What is my desire today? To have a conversation with a gorgeous girl. Be calm. Deep breath.

Remember to detach. Laugh. Laugh at yourself. Make sure that your enjoying every breath. Don't take yourself so seriously. You are young in Hawaii.

I have a realization last night that I am 20 years old, single, living in Hawaii with nothing to do but go to class. I want to have fun laugh and play. I want to flirt with chicks and have a good time

Now get out there and seize today. Who else is going to challenge me for it? I fear nothing and no one. I go to my grave laughing. I fear no ramifications of talking to a girl I genuinely find attractive. I need to just go up and talk to them.

Stretch out

Seize the day. Be bold. But be bold at the right things. The things that will leave you fulfilled not empty at the end of the day. Get out there talk to them

### **6 October 2016**

Woke up focusing on breathing.

No headphones today. Why? I want to be present in the moment. I feel that I have neglected this for the past couple of weeks. Time to get back in state. Breath. Enjoy and be thankful for each and every breath I am blessed to take.

Never neglect people. Be kind. Soft. Gentle. Help me be empathetic. Help me portray a sense of care and understanding.

I am a good guy. I do not have any nefarious plots or schemes that women should be afraid of. I am a nice guy. I am going to try my best to portray a sense of comfort. I want people to feel comfortable around me. That is the goal. That is the ultimate goal. Deep breath. Slow it down. They are able to pick up on this on a subconscious level. Deepen and slow breathing. Look into their eyes. Actually make conscious effort to look deep into their eyes. Look at the pupils. The gateway to their soul. Slow it down. I want seconds to drag on during these fleeting moments. I only get to maintain eye contact for a brief amount of time. I want to make sure that I cherish these moments.

What can I do to be more friendly and contributory? I want to create value. Alright don't get too caught up here.

Know that you have nothing to hide from these women. To be honest I don't want to have sex with them. To be honest I want to feel comfortable around them. That is what I am going for. I do not want anyone to feel awkward in any way, shape, or form. Just be free to be you.

Judgement free. That is my goal. Have you ever heard, "it is better be hated for what you are than to be loved for what you are not?" I cannot hate anyone. I do not believe there is place for ignorant blind hate. Will there be disagreements and moments where we do not see completely eye to eye? Yes. That is expected and welcomed. It would get so boring without it.

Think metaphysics. You can create something out of nothing. What are you going to focus and attach to today? If I see a beautiful girl I am going to go up and talk to her. How do I find a way to talk to these girls. Just go up and do it. That is what I am going for.

Smile. Smile. Smile. Soften your eyes. Do not glare. Soften them. Make them easy to look into. Be kind with it.

What is the goal or outcome for today? To get a girl's name and talk to her for 5 minutes. That is my goal. That is all that I am asking for. If I am able to get that I am confident in my ability to make her feel 110% comfortable. I have nothing to hide. I do not want to hide anything from you. Ask me any and everything. I am an open book.

I do not even want to kiss you today. That is not the goal. I am not going for some quick make out session like you would go for at a concert. That is not what I am trying to do. I just

Remember to control the voices that you let into your head. Are you going to listen to the internet as fact? Are you going to take another 1st person perspective as absolute truth? Are you going to let it sway your decisions and keep you living in fear of the unknown. No that is not the goal.

I am a nice guy with good intentions. I want someone to talk to.

To be honest I have only been here for a little over a month and to be honest I am kind of lonely. I thought I would make a conscious effort to go out of my way to make some friends. What am I waiting for?

I am not trying to be a teacher's pet. I do not want to be popular. I just want to have a girl to talk to at night when I start feeling all alone. Is that too much to ask? I do not even care if I get fucking friendzoned at this point. As long as I have someone to be honest with and keep eye contact with. That is all that I want right now.

Yes I am a man. Yes I have desires. However, I need to make something clear. I do not want to touch you in any way, shape, or form if you are not 100% comfortable with it. I do not want to intrude or threaten your personal bubble. I would just like to have someone to converse with.

Everyone is sitting back in a fog waiting for life to happen. I am ready to make it happen. Starting today. Starting now!

What can I do to make myself more approachable? It doesn't come down to me being approachable. It comes down to me being unthreatening when I talk to them. Know that I do not have any imminent desires or lusts for you. Well besides your eye contact that is.

Okay. So it is 10:20... Class in 30 minutes. I got to work Fort Street Mall. Time to be friendly and make some friends.

It is 10:50 and I am back in class. The honeymoon phase is over with. I am a total loner. Inherently I have trouble making new friends. I haven't really had many meaningful

conversations since I have been here and would like to start today.. Well what makes something meaningful? It comes down to who it is with. Do I see a future with her. Do I want to go on adventures with her.

I literally haven't said a word since I have been here. I need to be more friendly. Be nice. Practice human kindness. Do not do it with alternative vested interest. Just do it to make yourself feel better.

Breathe. Breathe. Breathe. Unshakable. Do not be shaken. Stoic. Be stoic. Make sure to focus on what you do. You are writing the story with every breath. Don't forget it. Leave your legacy. How will you be remembered? What vibrations will you give off?

I really have no friends here. I have no one to text. I am lonely. As pathetic as that sounds. I really do not have a lot of people to talk to. I want to have someone to get to know. That is what I am going for. How do I develop a meaningful relationship? Well what makes it meaningful. Well first off I need to be swept off my feet attracted to her. I want to actually be attracted to her. Not the idea of her. Her. As shallow as that sounds I value a woman that realizes the reality. I want to be able to have a connection. What do I mean by connection? I want to feel comfortable and bridge the gap of understanding. I want to make her feel comfortable and wanted. That is the goal that I am going for.

I just don't know how to fucking do it. I do know how to do it. But what is the point? What is the point? The point is to not feel lonely anymore.

I think that I have been a dick to my classmates. I have been a dick. I have been 100% removed. Not in the moment at all. I have been purposely trying to detach. I want to attach to someone.

I feel this sense of self pity. And self loathing. I do not want to follow along in class. Even though I should. I am a contrarian. I have to do the opposite of everyone else. No that isn't it. Quit trying to label it with words. I am not feeling fulfilled in my relational life. I have been feeling void for years. I have filled it with all the drugs you can think of. Trying to numb this feeling of lack. I have everything that I need to survive. I want someone to spend time with. I do not want to go get drunk with a girl at a bar. That is not the goal.

I only have 1 month until my birthday. I have literally 1 month until my birthday. 11 months ago today I was in the Santa Clara County Psychiatric Ward. I feel that that really altered the course of my life. I have had trouble making friends ever since. I feel jaded. I feel exposed. I feel that whenever I go up to talk to someone in the street they know what I am thinking and desire.

I feel like I can do nothing but hold my hands at my side and face forward. I am so limited. Who is limiting me? The bums on the street? Why do you give a rip about what they think? I thought that you really didn't give a fuck? I do give a fuck. The only thing I give a fuck about is how pretty girls think of me. That is all that I give a fuck about and that is what sabotages me. It prevents me from being myself. alsdfja;lkdjhf;aldshf;aoidshf;io/akm FUCK THESE FUCKING WORDS

I cannot focus until I have a friend. I am so lonely. I am a total loner. Inherently I have trouble.

How do you define a friend? Someone you occasionally make some noises with and take photos with. What is the purpose?

Purpose? What am I going for? To not be lonely anymore. How do I break this fucking cycle. What I am doing is not working. I do not know what else to do. I do not give a fuck about anything else.

Do you believe that you have an amazing story? Do you honestly believe that? Do you believe relatively you have lived an exhilarating life? What does relative mean!!!! I am so done with these fucking words. God I just feel like crying. Alone is how I should be.

I am tired of looking at this white screen. I want to be looking into her eyes. Do you value that?

Do you not remember coming her and

I do not want to talk about girls to a fucking white page anymore. This is literally driving me into a psychosis. But then again what am I supposed to talk to them about. I want to do things with them. I do not want to just talk to them. I want to do things. I want someone to make memories with. That is what I am going for.

I feel exhausted and I haven't even done anything substantial today. I feel emotionally exhausted. As I begin to come to terms with my reality I become angry and want to slam my fists into this desk and throw this fucking computer!

But think. Use your head King Midas. Work on what you are focusing on. Do you have absolute faith that you are a good guy? What does good even fucking mean? It doesn't even fucking matter what it fucking means you dumb shit head. What the fuck are you fucking saying. God I am so fucking done!!!! I just want to have a girlfriend. That is the fucking goal. Do you have faith that you can meet her right now? Do you have faith? Kind of. There are only a handful of girls that I would even consider dating. There are only a few. And of those few I become a total woman around. I literally cannot even glance at them in the street without sunglasses. I am living in fear and I do not even know them. Why do I give such a fuck? What is the fucking deal?

Why do I have to care? I do not have to care. Don't care. Fuck it. Let it burn. Are you not seeing that it is already fucked. You have flipped off multiple classmates in the street. Do you not realize this? Why do you still care what they have to think. Why do you fucking  
caereawkfja;l sdkfja;lksdfj;aidfji,

No one sees you. No one cares. Is that true? I am soaisdnf'aoisdjf;ai done with these questions. Get these voices out of my head. Stop these voices.

I feel inadequate in comparison to Johnny Sins. I do not look like that. I work hard but I still do not have abs like his. What can I do to improve? Why do I want to have abs like Johnny? So I can feel adequate and attract a specific type of woman. I want to be a power couple. I want us to bring out the best in each other. I do not want to gradually sell off the passion day by day.

No one even cares what you are writing right now. No one even will probably read this. What is the point? What is the meaning? There is no fucking meaning to all of this. There is no fucking meaning. You just find someone you are sexually attracted to enough and repeat the cycle with them. That is it. That is all that you have to do or put up with.

I think that I am giving a fuck about the wrong things. Do I need to be more fearless? More courageous? Yes. But what does that look like embodied in everyday life? I don't want to walk up to a stranger because they know. What do they know. They can't read my mind. I just want to sit down at starbucks and have a conversation with someone today. That is my goal.

If I buy you a starbucks will you sit down and have a conversation with me?

Can I buy you a starbucks in return for a conversation? Is that too direct? I just want to look into your eyes and get to know you.

Breath and realize that everything is going to work out okay. I dare these professors to fail me. I would love to sit down and talk with the president.

I want to be able to strike fear into opposition in nothing more than what I am wearing now. I do not need a collared shirt and pressed khakis to feel adequate. I am more than adequate. Do you believe that? Then show it. Do not say you know it. Show it. Do not give a fuck about what people think. Just go for it.

All I have to tell people is. To be honest I am trying to find a serious girlfriend. Actively looking for a serious girlfriend.

Now let me ask you this. Do you have absolute faith that there is a girl out there that would feel blessed to have me as a loyal boyfriend? Yes I do. I have absolute faith that I would be not only an adequate boyfriend but I will alter the course of her life in a desirable way.

To be honest I haven't had many conversations in the last month and half of living here on the island. I have felt myself as lonely.

Just met Soh from class. Seems like a nice guy. Japanese. Born in Nepal. Lived in Africa. Interesting. Good perspective. Just got to keep working at it. He smokes weed and gets it for 45\$ and eighth. I need to plug him for \$30

I need to make sure to get the right things together. I want to be able to start slinging fat amounts of tree. Like a QP or 4 ounces a fucking week. That would be the ideal. If I could sell 2 eighths a day. Fuck yes. I need to get back out there though and find this girl.



I have until 1:30 to make the bus to class. I need to make sure that I go today. I didn't go on Tuesday. Time to start stepping up to the challenge.

We are all good people. We are all on the same page. We need to recognize that and embrace and love that. What am I going to do for the next hour here on campus? What am I supposed to do for the next hour? I am going to one, focus on my breathe. I am not going to compromise that. It is something that I am focused on. It holds my focus. What else am I going for?

I am going to walk down and buy a starbucks. My momma loves me enough to send me SB cards.

Sitting in Biology class. Kind of feeling a bit regretful about blowing off Sierra. I just felt she was a bopper and disnt deserve my attention. But now I am lonely and growing hornier by the day. I would really like to light her up. I would really enjoy getting to be comfortable with her. Do I? Yeah I would. She is pretty. Although she is an Orange County girl she is still good.

I always find something wrong with it. Whether it be she is too ugly if she is pretty she is too preppy. If she is smart she is too smart. A know it all. I can never find the one. What do you think that it is?

I always find something wrong with women. There is no such thing as perfect but I cannot seem to decide on any. I am rather indifferent to the whole thing.

When Sierra leaves is when I am going to leave. She is by far the hottest girl in the class. I should feel honored that she was willing to come up and sit right next to me. Why do I have to blow it off? Why am I such a dick? I have to be a dick to be wanted. But I can only be a dick for one person. No I don't. That is the lie. I am a dick for my friends and those I care about. I am a dick for my family. I will do whatever I have to to protect those that I love

Shoutout Morgan and Mason. Without my little brothers I am pretty damn sure that I would have sacked myself. I have to be honest. I remember planning to kill my self and thinking back to Mason. I couldn't leave him that way. I just couldn't.

Why am I so dark? So quiet? So jaded? I was a suicidal teenager. I am lucky to be here. I turned 20 years old in the Santa Clara County Psych Ward. That was quite the end of the decade. Time to improve myself. That is the goal.

Is it my fault? Yeah I have to own up to my decisions. I am not going to lie. But I wasn't necessarily put in the best position to make the best decision.

Looks like it is time to dip to the bus line. We are heading out to look at plants. Yeah woohoo. Make a way for conversation and like I want that. Don't make eye contact that opens up the doorway to conversation and problems.

Sierra you are not with me.  
I am going to sit down by the bus stop and wait for her  
.... And she gets away yet again....

Sitting here alone again staring at a blank white screen. What the fuck am I going to do? I already tried to kill myself multiple times. Next time I am not going to say shit. I am just going to do it. Only the real motherfuckers do it. All the others are just attention whores. They need to cry for help to get people to even look at them. That is the ultimate reality.

I am all alone all the time. I do not talk to anyone all day. That is the sad thing about it. I am incredibly lonely. I am a total loner. But a loner by choice. If I can't be with the people who I want to be with then I understand that I would be happier by myself. Alone. As tragic as that may sound. No company is better than bad company. I just want to have a pair of eyes to look into each day. I feel so alone. I am going to go get some things from WalMart.. What do I need to get? I need to get the light grey sweatpants. That is on the list of things to get.

I would rather spend my time exercising improving my body than spending it eating and shopping. I would rather focus on the issue. How I look. Not try to dress it up in an appealing way. Underneath that shit is still ugly as fuck.

Sierra tried to talk to me after class. She is just trying to warm back up to me. That is it. I am okay with it now. I have gotten over the Kehlani concert. I am over it. I think she is too. I just want to talk to her and look into her eyes. That is all that I want at this point. I do not give a fuck about kissing her, fucking her, or even touching her in anyway. I just want to look at her. That is all that I fucking want. I want to sit down across from her and look into her eyes. That is it. Breath fully and enjoy the moment as much as I am capable of doing so. I have been alone for the last month and a half. I am ready to have a conversation with a woman that I see a potential future with. I don't know if I necessarily want to date her but I would like to get to know her better. She has made multiple efforts to reach out to me. I haven't been the nicest in return. Why? Because I feel that she broke my heart at the concert. That couldn't have been planned better. Literally right when I walk in I see her flirting with Don Fabio. Ha what happened? That shit didn't work out? Wonder why? Do you not realize that I went to that thing to talk to you. You were the one I went to it for. You were the reason I went. I got ready anticipating to talk to you. But what do I get to see. You and Don Fabio. Then I see you guys up overlooking the harbor at sunset. Yes I would have liked to do that too. But you know what you already have done it with fucking Don Fabio. Go suck his dick you unloyal bopper.

But at the same time I do not want to be alone myself. Should I compromise and let her warm back up to me? No fuck that cunt. I have too much ego. At least I am able to recognize the fact of the matter.

I feel helpless. I feel alone. I feel isolated. I feel aggravated. I feel inadequate. I feel anger. I feel self loathing. I feel unfulfilled. I feel alone. It is my hopes that a girlfriend can help me solve these problems. I want to have something to look forward to each day. But right now I do not have that.

I do not know what to do and in the mean time I feel that I am squandering my youth away. I am 20 years old in Hawaii and feeling sorry for myself. How? I am focused on the wrong things? I am focused on myself and not those around me? Fuck that. I want to have a sexual partner. That is what it comes down to at the end of the day. I want to have someone I trust enough to have regular sex with. Is that too much to fucking ask? Is that so fucking wrong? I feel demonized for having these desires. What am I supposed to do about it? Fucking drug myself to death. Go rape a bitch out of desperation. I feel that I am completely vulnerable and exposed. I cannot even get close to someone without them reading into it. I feel that I am under the microscope so fucking hot right now. Not even just right now. All the fucking time. Everyone is looking to see what I do and how I behave. Fuck all of you. I just want to get my girl and say fuck the world. Let that shit burn. I just want to find love. That is all that I want to find here on the island. That is priority number one at this point. I cannot focus on my studies until I find a woman... I literally cannot fucking sleep. It is eating away at me. I keep telling myself to stop masturbating and I do okay for like a week at a time but I always go back to it. I am such a beta male. Selling myself short with a sense of artificial sexual gratification. Wow good job you just fucked you hand... just like the other 3.5 billion men in the world. You are the ultimate God of War. Shut the fuck up. I am not special. I am no different. I am just as much of a loser or more so. I have the potential to be getting with women. I physically look like I should have a girlfriend and yet I am the most isolated and alone person here. I believe that. I genuinely believe that. I feel that I have seen and understand things on a deeper level that 99% of students at this school cannot fathom. What is this knowledge? Prison dynamics. I understand what it is like to be locked in a cage with 50 of the most crazy people in the metropolis. I have talked to them face to face. I have looked into their eyes. They are no different from you or me. We are all the same. They are just caught up and jaded ruminating on ambiguous thoughts.

I do not think that anyone else can really empathize with that. I have trouble connecting.

### **7 October 2016**

I have 1 month before my birthday. Get prepared. I want to see 21 as a starting point. This is the start not the end.

Alright think about the near future. You are coming up quickly to the end of the year. How are you going to make being 21 the most fulfilling and beneficial year of my life?

I have to say... work on the basics. That is my goal. To do the little things that we take for granted everyday really well. That is my mission. What are these things? Drinking water. Stay hydrated. This should become a habit. I want you to always be thinking self care. What can I do to be taking care of my body, my health? These are my greatest assets and I do not want to take them for granted.

- Drinking water/ staying hydrated... all the time. Not some of the time. You should be peeing a lot and pissing clear. That should be the ultimate goal.
- Stretch daily: Yoga is a great word to throw around. However think of it as stretching. Get loose everyday. You know how good it feels. Do not be hesitant to devote time to

this. This is something worth spending time on. Stretch everything. Go for flexibility not mobility. I want to optimize my body this year.

- Eat healthy... a plant based diet is what I am going for. Yes I will eat fish here and there but I really want to steer clear of meats. They do not make me feel the greatest. Think about what you are putting into your body.

Take a moment and realized how blessed I am to go to a school with so many beautiful women. I am constantly surrounded by beauty. I am sooo lucky for that. I really feel blessed to be here.

Fuck Sierra is in here at the computer lab. Should I go up and talk to her? Yes I want to. What is the outcome that I am going for? I want to sit down at SB with this girl and look into her eyes for at least 10 minutes. That is what I am going for... Fuck should I go after her.

What should I say? How do I go about approaching it? What should I say? I should just go up and talk to her. Ask her to sit down at SB with me. I just really want to get some quality eye contact from a girl that I am attracted to. I am really attracted to.

Do not look at a no as bad. Expect a no. Expect it. Know that even the most attractive and rich guys can get turned down to. It is part of the game. Know that each no is one more question closer to a yes. If you do not ask you know the answer will be no. Feel that. When she leaves I am going to go after her. Is that creepy? No fucking way. She sits next to me in class... she obviously feels kind of comfortable with me. At least somewhat. She sits down with Tommy all the time before class. What is wrong with this? She is printing out some shit. Maybe she has a class or something. Who knows? But hell I know that the answer will be no forsure if I do not go after her.... Fear of rejection. Do you fear rejection more than you care about taking her out?

Think about this objectively for a moment. You are going psychotic with no eye contact. If you do not say anything you know that the answer will be no. If I do say something then I definitely have at least a 50% chance of doing it.

Hi. Sierra? Sorry to bother you I was wondering if you would like to sit down over SB sometime. I would enjoy to have a conversation with you. I have only been here a month and really don't know many people.

Heck we sit next to each other in class.

Hi Sierra. Sorry to bother you but I was wondering if we could sit down sometime and have a conversation. Maybe over coffee or something? I have only been here for a little over a month and I really do not know that many people. I would really enjoy getting to talk to someone.

Grow some FUCKING BALLS HERE!!! Think of Tony Robbins. Grow a fucking sack!! I am going after this girl I do not fucking care.

Make sure not to drink the rest of the juice. It is a good prop;) ha gotta love it.

Realize this before you do this: You are a good guy. You do not have any foul or nefarious agenda you are trying to push. I would just really like to get to know her sometime. How else am I supposed to do that if we never talk. As soon as I see her get up I am going after her.

If you are down of course. That is what I am going for I want her to feel 100% comfortable I want her to feel able to come up and talk to me. But then again I bet she wants the same thing. That is the way that it is supposed to be. Grow a sack Aurelius. Grow a fucking sack are

That ass though. That ass though. Fuck I am going after her for sure. Yup it is a for sure thing. I am definitely going to pursue this. Why the fuck not? You have to sit in class next to her anyway. Hell she even moved seats to your side of the classroom. That is a move if I have ever seen one. Fuck. She is lowkey bold for that one. I got to respect the no fucks given attitude. Go for what you want hun.

That ass is driving me crazy. Fuck is that too nefarious. I canash;dfjk;sklfj;alkj Infatuated.

Be ready to dart at any given time that she starts packing up her things.

I am a good guy with a good heart. I do not want to hurt this girl. I want to be respectful and give her space.

So yeah she got away again. Oh well. I have seen the most gorgeous blonde walking around. Man I would like to talk to that chick. What is the rush? I am in no rush at all. I am happy where I am. If she comes along she comes along. I am in no rush whatsoever. There is no need for me to stress out about getting a girl. I have to realize that it will all work out in time. I am not worried. There is a great girl out there looking for a guy like me. Believe that. Know that. You are a great guy who will be loyal and devoted lover. I know that in my gut. I know once I commit to a girl she will know that she is loved, cared for, and respected. That is what I am going for. There is absolutely no rush.... Why rush into something? I would rather be alone than in bad company.

Stop thinking about it. Stop obsessing on it. Know that you are open to it but that is all that you can do. You cannot force it. Kick back and smile in this sunshine. You are in Hawaii for God Sake. Enjoy yourself.

That was a great conversation with John there on the bench. Really got to know the guy a bit. Honest and simple. Been all around the world. Nice guy. I enjoyed kicking back on a bench talking to that old man... Why? I do not know. I just felt called to sit down at the bench and have a conversation with him. Hell I have been seeing him all over the place. I might as well talk to the guy we aren't going anywhere.

I enjoyed that. I would really like to have a conversation with a girl. But that is coming in time. All this time away from it is going to make me appreciate it so much more when it finally does come around.

I do not need to rush into any relationship with a woman. I think that I can do better than Sierra. I really think that I could. I would like to talk to that gorgeous blonde. Damn girl you are flawless....

Flawless. That is going to be my word. ;) thank you beyonce.

Sister you are looking flawless as ever. Gorgeous. Not pretty. Not beautiful. None of those outdated overused. Think for yourself. Come up with wittier lines. Present them better. That is what I am going for. We are all artists and each day we write/paint our stories and pictures. It is a matter of everything that we do is under the microscope. Embrace it. Don't fight it. Enjoy it.

Why get all worked up over politics? Will the election really affect your life significantly in anyway. Will there be no ways to adapt and thrive in the new environment? Do you have absolute faith that you will know what to do? Do you have confidence that you will be able to make intelligent decisions at the right time? I have faith. I have confidence. I am not worried. At the end of the day I am going to continue to breath, eat, sleep, shit, all the same. It won't affect me too radically. That is the overall goal that I am going for. To not be swayed or influenced by politics. They are out of my control. There is simply no need to worry and stress out about it. At the end of the day does it really matter all that much? Does anything matter in time?

What an interesting guy, John Whalen. Irish dude from California that has lived all over the world.

There is really no explaining it. We are blessed to be here alive and breathing in the shape that we are in. It could be soooo much worse. Remember when you were caught up in the system. Do you remember what that was like? That wasn't too fun was it. No it wasn't. Ha that old dude John was sitting there hitting a bottle of vodka. Just kicking back and sipping. That is it sitting back having a good time. I hope that I made his day.

What more should I be doing? No rephrase that. What am I doing that I shouldn't be doing? What fat can I trim? Don't over analyze it.

What would make tonight enjoyable? Having a girl to spend it with. That is what I want. Do you think that you will find that before tonight? Probably not. So what are you going to do in the mean time? Sit back write and mop about it? No I am going to enjoy this sunny day on Oahu. Where can I go and explore? What do I want to do... Nothing by myself. I want to have some romance. I have no weed. I have no alcohol. I have no cigarettes. I have no vaporizer. What can I do? Go for a run? I do not know.

I want to make sure that I am fasklfa;ldkfj;adjf;ai4jfAJf I don't even know motherfucker.

I am just going to be kicking back taking it easy.

Checking out of here. But to go where? What am I going to do at the house. So I am going to go home and do what? Flop on the air mattress and go to sleep? What is the point in that? What am I doing with my life? I am living. I am being. That is what I am doing.

But I am lonely. Really lonely. I want to have a pair of eyes to look into and be infatuated. That is the goal. But no rush. I do not want to settle... Matter fact I refuse to settle for anything but the best. I do not want to cash in my chips to quick. I am in no rush to sell out. Fuck that fuck that fuck that. Do you believe it though? Are you in state?

What are you going to do when you go home? Charge the vape. Lay down on the bed with my phone. Maybe watch some porn. Take a nap. Stretch out. Get hungry walk back down here. What is the point of all of it? That is that is what I am saying. What am I going for. What is the end goal.

To have a girlfriend to live with here in Hawaii. I just am having trouble finding a girl... Really having trouble. I am not having necessarily trouble. Like there are a lot of pretty girls but I want a flawless girl. That is the goal that I am going for. I want flawless.

Alright I am about ready to head out. Is there anything else that I could or should be doing here at the lab in the meantime? Can't think of anything off the dome. Alright outtie for now. I am heading back to the room. God Bless.

## **8 October 2016**

Turns out that my Russian buddies are the 'little green men' that I hear about in the news. Turns out that they are the ones operating in the 'grey.' Ha What do you know. There is no separation between the Russian government and the Russian mob. Do you think there are differences between the US government and the US mob? Think about this. John F. Kennedy, one of the most beloved US presidents, was able to fund his political campaigns with the money that his family obtained illegally through bootlegging booze during prohibition. Do bootleggers qualify as 'mobsters?' Fundamentally what I am getting at is that there is no difference between the government and the mob. They are essentially the same thing, it just comes down to the socioeconomically driven semantics. It is all how you phrase it. If you are a 'legitimate' criminal, one who is able to make their crimes pay dividends without getting caught up, then you can qualify as a government official. However, if you are not intelligent enough to pull off your activities without exposure, then you are a mobster. Naturally we normally do not hear about the US mob activities because they do it so well. Public Enemy Number 1.

[http://zqktlwi4fecvo6ri.onion/wiki/index.php/Main\\_Page](http://zqktlwi4fecvo6ri.onion/wiki/index.php/Main_Page)

It doesn't look like I will be able to access Tor from a school computer. It appears to be blocked. I am going to try it on my home computer. See how it works out.

I am going to try to access the tor browser on my home computer.

Alright lets start to get a feel for this week coming up. Monday I am going to meet up with Gabby @ 3pm.

Tuesday I need to 1.) Turn in my Photoshop assignment

Wednesday... Midterm in Hummel's class

Thursday... Midterm in Biology, HW in IP,

So what am I supposed to do today? Should I work on my homework? Should I kick back? What should I do today? I kind of want to go home.... But to do what. I find myself going back and forth for no reason whatsoever. I need to go for a walk with no music.

### **9 October 2016**

Will I be content to die at the end of the day? I am okay knowing that what I do today could be the last things I ever do with my life? Make the most of every breath. Contribute. Inspire.

I need to make sure that I

1. Make it to my psychologist appointment (bring the medical form!!) So yeah I will need to head back to the house.
2. Go into office hours with Gabby. Go and make the most of it;) You know that she is craving attention. Give her your presence. Give her your eyes.
3. Photoshop Assignment. Work on improving an old picture. Take time to do this today. This is the one assignment that is mandatory to do.

How do I create value? What can I do to contribute and help society? What can I do to inspire others to do the same? It is my desire to set off this chain reaction. I want to inspire people with my action. I want them to observe and apply what they see, hear, feel to their own lives. It is my ultimate goal that they go on to do the same. We can always be improving. Progress typically will equate to happiness and fulfillment.

So how do we progress? And more importantly, what is worthwhile progressing in. As homo sapiens, our species has able to survive due to one major factor; we fill the cognitive niche. In other words, although we are not the biggest, fastest, strongest, most ferocious creatures roaming the earth we have been able to survive, thrive, and evolve due to our cognitive mental abilities. We are the 'smart ones.' Understanding the importance of this fact is essential to improving any area of our lives.

We must begin with the brain. In order to have empowering lives we must first have an empowering psychology. Well what exactly is an 'empowering psychology?' An empowering psychology is the mental ability to recognize, alter, and otherwise control the thoughts and voices in our heads. Every moment we are conscious we have some form of self-talk going on in our heads. We think through language. Internally we tell ourselves to get up, eat, get ready, walk, however this isn't limited to our daily functions. We are much deeper than that. We interpret the events around us. We attach meaning to things. We tell ourselves stories in our heads. We are constantly doing this. It is natural and normal. However, they are often not completely true.



Inherently we are limited to our first person perspective. We can't conceptualize the greater expanse of reality. No creature can. Our worlds are dictated by the lenses which we view the world. We must recognize and accept this fact.

So how do we go about attaining an empowering psychology? How can we control the voices and thoughts that barate us throughout time? We must consciously recognize what we are focused on. What do depressed people focus on? What types of thoughts are normally ruminating in a depression? What types of stories do depressed people tell themselves? They are concentrated on all that is 'wrong' or 'saddening' in their lives. Some event or events has effected them so much on such a deep level that their mental state spirals. They are left telling themselves stories that bring them down. They have attached meaning to the event and it is too unbearable for them to handle. They tell themselves, "it will never work, what is the use in trying," or "\_\_\_\_\_ doesn't love or care or respect me," or even something along the lines of "nothing really matters." These are the opposite of an empowering state. These are depowering states. It is hard, if not impossible, to try to improve an area of your life if these are the voices in your head.

So how do we change it? How do we break the vicious cycle? We must change our physiologies. We have found that emotion is created by motion, how we move, breath, etc all impacts the way we think. There is direct correlation. Physically can you describe what the stereotypical Eeyore outwardly looks like? Are there outward signals that show that someone is depressed? Think of someone who is depressed. What do they look like? How are their bodies positioned? Typically we find that they are slumped, their heads are down, and breathing shallow. We have all seen this before. Emotions have telltale signs. On the other hand, what are the signs of a happy person? They smile and physically display happiness. Their breathing is deeper, they have better posture, their heads are more level.

Understanding this is critical, yet applying it is essential. To create an empowering psychology we must physically be moving with empowered motions. What does a fighter look like after the knockout? They are bouncing energetically with raised arm(s) above their heads. This is pretty universal. Just watch any sporting event or competition. If you are depressed you need to change how you move. Refine the way you go about doing the simplest things. Try flexing your face into the most enthusiastic smile you can hold. Stretch your jaw. Straighten your posture, subtle push your chest out, and deepen and intensify your breathing. Consciously take in as much air as you can and exhale until nothing comes out. Expand your diaphragm. Try bouncing around with your fists in the air like a fighter in a cage. It is the imitation game. Copy the way people move and your emotions will eventually align to the same mental state.

One of the best ways to create instant change is do some form of intense workout. Strain your body. Push it. Get the blood pumping. Push yourself. Tell yourself 'progress not perfection,' 'take it a breath at a time,' 'I don't only think I can. I fucking know I can,' 'I am fucking unstoppable.' Consciously be telling yourself while in motion. By the end of the ordeal these thoughts will remain and your body will physically be in an altered state. This is where you can begin to make the changes.

what everyone can see. How can we refine our bodies? What can we do to improve the portal that we have been blessed with? Our bodies are what we channel ourselves through. They are the medium for our ideas. We want to create an inspiring and beneficial physiology.

Well how do improve our physiologies? Of course the go to answers are typically improve our diets, what we are ingesting, and increase the amount of exercise, bodily movements. Don't get me wrong these are the major contributory factors to our physiologies, however, I believe that we need to look deeper than these surface level 'shoulds.' We need to change our ment

I just spent the last hour and a half talking with Gabby. My professor. I feel we were able to really connect on a personal level. It was great getting to touch base with her and really feel like I will be able to be successful in class now. I am going to make sure that I bring a notepad and pencil to class on Wednesday. I want to show her that our conversation made a difference... Now is the time to step up to the plate and get things done.

What do I have to do to get caught up?

1. Tutoring Lab
2. Tyler
3. Project

I am going to head home. Get something to eat and relax until around 8 where I will come back and

1. Do photoshop... This is the priority. It is due tomorrow morning!
2. Work on Gabby's work....

Time to work on the photoshop assignment. However, I am having trouble focusing after watching the Da Vinci Code.... Eye opening. I do not how to describe what I am feeling. I am feeling non existent. I feel that I am a ghost. I was never here. We were never here. We are living in an imaginary world. It is not real. We are living in nothing. This is nothing. In time all is nothing. What is this? No one knows. No one will ever know. That is the mystery of it. Who will be the first to develop an I complex. Who will be the ones to develop ego and have an I complex.

How do we go about writing the paper? What is the right? What is the wrong? What are these words. They hold no value.

The Jesuits didn't want me. They cast me out of their institution. They didn't want me. I was rejected by the house of God. I have passed the test. Time to go and die in peace.

In time nothing is real. Time doesn't exist. It depends on who is asking and who is answering the words mean nothing. There is nothingness. You are lost to the void. You will not be remembered. Forget about it. Free yourself from the grasp over your life. Realize this humbling fact. Embrace it. Let it give you peace. Yet what is peace. These are mere words. Sounds. What is a sound? What is a question?

What is a question? What is a word? What is time? How do I know? What is I? What does I represent. There is nothingness.

Kris Vogt. I will be having other conversations with him down the road. I see it in the future. I understand.

Illuminate. Illuminate. Illuminate. Illuminate. Illuminate.

Conversations with the devil. What is devil? How do you define devil? How do you define jinn? How do you define ghost? What are these words.

The internet does not hold the key to the question. The internet is built on the illusion. It is illusionary. What is an illusion. A word. What is a word. How do I know? What is I?

Babble. Babble on Babylon. The world is not lost. The world was never here. It doesn't exist. What does it mean to exist. How do you realize.

What is a God? What is God complex. What is psychosis? When do you know that it is out of hand?

Apple. Adam. Isaac Newton. Sat under the tree. Apple. Learn. Live. What is to live? What is life? We do not know. What is a we?

Time to continue. On another moment. Another breath. What is it to breath.

Silence the mind. Forget everything. Empty. Let it leave. It is gone. For it was never here.

These are mere sounds. When spoken that is. But what is a word. On paper it is merely symbols. Where do all these symbols come from? What is next? Nothing? What is now? Nothing. How do you define a nothing? What id define? What is what? a ?

Grandfather why have you forsaken me. Father why have you forsaken me. Mother you hae lied to me. You have deceived my life. I know nothing. I know nothing. I know nothin. I know nothing. ;:aljf;alsdjf;a9,. WG,W. MJ'TU490'IJ,JL/KMA/FJE'WQPRF;, AW'P9AUJPI, 4JPTIF  
F

I do not believe in words and yet I am a writer. I am a walking contradiction. I never existed. These symbols never existe. This is not here. Give in to the illusion. Buy into the system. Buy

into the system. I am out past Pluto. Out past the planetary systems. Alpha Centauri you are too close. I must go further. I am out I am gone. Isolated alone. Isolation. Alone. Isolation. Alone. No one. Nothingness. Meaningless. Purposelessness. Enough of these words. I must just shut up and stop talking. I must take time. Ha. ha hahah. The illusion continues on. The illusion will continue on. ....

Math is fallacious by nature. Men cannot create anything of value. There is only sex. But even sex is a word. An act? It does not exist. Come to the realization. Accept the reality. Realize that you are as wealthy as you will ever be. There is nothing past this.

What do you think of as you sleep? What is a dream? Why do we dream? We do not know how to explain these phenomena. Fuck the church. I have burned my baptism bible. I have burned it. I have scratched swastikas into it. I packaged it up in a gift wrapping. I left it for my mother to open. I gave it to her. As a gift. The gift which she gave me. When I was a boy. But what is a boy? What is a word?

What is a word?  
What is a question?

What is a question. The perfect parasite. The public enemy number one. The ghost. The delta. The nonexistent. The wordless. The nameless.

What is a ghost? How do you go about interpreting it? Who has a voice worth listening to... their knowledge came from someone else. Where did it come from? How was it derived?

That movie got me ultra fucked up. Time to toss in the towel and become an actor. An artist. I am an artist. That is what I have come to believe. I am the artist. I can create nothing of value. Therefore I spend my time wasted. There is nothing for me to do. Nothing. Should I repeat the cycle? Do you really want this to keep continuing? Do you want others to endure this matrix?

There is nothing next. I have no more questions. I want nothing. There is no desire for me. I am indifferent. No care. No attachment. Detached.

### **10 October 2016**

Will I be content to die at the end of the day? I am okay knowing that what I do today could be the last things I ever do with my life? Make the most of every breath. Contribute. Inspire.

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So how do we progress? And more importantly, what is worthwhile progressing in. As homo sapiens, our species has able to survive due to one major factor; we fill the cognitive niche. In other words, although we are not the biggest, fastest, strongest, most ferocious creatures roaming the earth we have been able to survive, thrive, and evolve due to our cognitive mental abilities. We are the ‘smart ones.’ Understanding the importance of this fact is essential to improving any area of our lives.

We must begin with the brain. In order to have empowering lives we must first have an empowering psychology. Well what exactly is an ‘empowering psychology?’ An empowering psychology is the mental ability to recognize, alter, and otherwise control the thoughts and voices in our heads. Every moment we are conscious we have some form of self-talk going on in our heads. We think through language. Internally we tell ourselves to get up, eat, get ready, walk, however this isn’t limited to our daily functions. We are much deeper than that. We interpret the events around us. We attach meaning to things. We tell ourselves stories in our heads. We are constantly doing this. It is natural and normal. However, they are often not completely true. Inherently we are limited to our first person perspective. We can’t conceptualize the greater expanse of reality. No creature can. Our worlds are dictated by the lenses which we view the world. We must recognize and accept this fact.

So how do we go about attaining an empowering psychology? How can we control the voices and thoughts that barate us throughout time? We must consciously recognize what we are focused on. What do depressed people focus on? What types of thoughts are normally ruminating in a depression? What types of stories do depressed people tell themselves? They are concentrated on all that is ‘wrong’ or ‘saddening’ in their lives. Some event or events has effected them so much on such a deep level that their mental state spirals. They are left telling themselves stories that bring them down. They have attached meaning to the event and it is too unbearable for them to handle. They tell themselves, “it will never work, what is the use in trying,” or “\_\_\_\_\_ doesn’t love or care or respect me,” or even something along the lines of “nothing really matters.” These are the opposite of an empowering state. These are depowering states. It is hard, if not impossible, to try to improve an area of your life if these are the voices in your head.

So how do we change it? How do we break the vicious cycle? We must change our physiologies. We have found that emotion is created by motion, how we move, breath, etc all impacts the way we think. There is direct correlation. Physically can you describe what the stereotypical Eeyore outwardly looks like? Are there outward signals that show that someone is depressed? Think of someone who is depressed. What do they look like? How are their bodies positioned? Typically we find that they are slumped, their heads are down, and breathing shallow. We have all seen this

before. Emotions have telltale signs. On the other hand, what are the signs of a happy person? They smile and physically display happiness. Their breathing is deeper, they have better posture, their heads are more level.

Understanding this is critical, yet applying it is essential. To create an empowering psychology we must physically be moving with empowered motions. What does a fighter look like after the knockout? They are bouncing energetically with raised arm(s) above their heads. This is pretty universal. Just watch any sporting event or competition. If you are depressed you need to change how you move. Refine the way you go about doing the simplest things. Try flexing your face into the most enthusiastic smile you can hold. Stretch your jaw. Straighten your posture, subtle push your chest out, and deepen and intensify your breathing. Consciously take in as much air as you can and exhale until nothing comes out. Expand your diaphragm. Try bouncing around with your fists in the air like a fighter in a cage. It is the imitation game. Copy the way people move and your emotions will eventually align to the same mental state.

One of the best ways to create instant change is do some form of intense workout. Strain your body. Push it. Get the blood pumping. Push yourself. Tell yourself ‘progress not perfection,’ ‘take it a breath at a time,’ ‘I don’t only think I can. I fucking know I can,’ ‘I am fucking unstoppable.’ Consciously be telling yourself while in motion. By the end of the ordeal these thoughts will remain and your body will physically be in an altered state. This is where you can begin to make the changes.

what everyone can see. How can we refine our bodies? What can we do to improve the portal that we have been blessed with? Our bodies are what we channel ourselves through. They are the medium for our ideas. We want to create an inspiring and beneficial physiology.

Well how do improve our physiologies? Of course the go to answers are typically improve our diets, what we are ingesting, and increase the amount of exercise, bodily movements. Don’t get me wrong these are the major contributory factors to our physiologies, however, I believe that we need to look deeper than these surface level ‘shoulds.’ We need to change our ment

I just spent the last hour and a half talking with Gabby. My professor. I feel we were able to really connect on a personal level. It was great getting to touch base with her and really feel like I will be able to be successful in class now. I am going to make sure that I bring a notepad and pencil to class on Wednesday. I want to show her that our conversation made a difference... Now is the time to step up to the plate and get things done.

What do I have to do to get caught up?

1. Tutoring Lab

2. Tyler
3. Project

I am going to head home. Get something to eat and relax until around 8 where I will come back and

1. Do photoshop... This is the priority. It is due tomorrow morning!
2. Work on Gabby's work....

Time to work on the photoshop assignment. However, I am having trouble focusing after watching the Da Vinci Code.... Eye opening. I do not know how to describe what I am feeling. I am feeling non-existent. I feel that I am a ghost. I was never here. We were never here. We are living in an imaginary world. It is not real. We are living in nothing. This is nothing. In time all is nothing. What is this? No one knows. No one will ever know. That is the mystery of it. Who will be the first to develop an I complex. Who will be the ones to develop ego and have an I complex.

How do we go about writing the paper? What is the right? What is the wrong? What are these words. They hold no value.

The Jesuits didn't want me. They cast me out of their institution. They didn't want me. I was rejected by the house of God. I have passed the test. Time to go and die in peace. In time nothing is real. Time doesn't exist. It depends on who is asking and who is answering the words mean nothing. There is nothingness. You are lost to the void. You will not be remembered. Forget about it. Free yourself from the grasp over your life. Realize this humbling fact. Embrace it. Let it give you peace. Yet what is peace. These are mere words. Sounds. What is a sound? What is a question?

What is a question? What is a word? What is time? How do I know? What is I? What does I represent. There is nothingness.

Kris Vogt. I will be having other conversations with him down the road. I see it in the future. I understand.

Illuminate. Illuminate. Illuminate. Illuminate. Illuminate.

Conversations with the devil. What is devil? How do you define devil? How do you define jinn? How do you define ghost? What are these words.

The internet does not hold the key to the question. The internet is built on the illusion. It is illusionary. What is an illusion. A word. What is a word. How do I know? What is I?

Babble. Babble on Babylon. The world is not lost. The world was never here. It doesn't exist. What does it mean to exist. How do you realize.

What is a God? What is God complex. What is psychosis? When do you know that it is out of hand?

Apple. Adam. Isaac Newton. Sat under the tree. Apple. Learn. Live. What is to live? What is life? We do not know. What is a we?

Time to continue. On another moment. Another breath. What is it to breath.

Silence the mind. Forget everything. Empty. Let it leave. It is gone. For it was never here.

These are mere sounds. When spoken that is. But what is a word. On paper it is merely symbols. Where do all these symbols come from? What is next? Nothing? What is now? Nothing. How do you define a nothing? What id define? What is what? a ?

Grandfather why have you forsaken me. Father why have you forsaken me. Mother you hae lied to me. You have deceived my life. I know nothing. I know nothing. I know nothin. I know nothing. ;:aljf;alsdjf;a9,.WG,W. MJ'TU490'IJ,JL/KMA/FJE'WQPRF;, AW'P9AUJPI, 4JPTIF  
F

I do not believe in words and yet I am a writer. I am a walking contradiction. I never existed. These symbols never existe. This is not here. Give in to the illusion. Buy into the system. Buy into the system.I a out past pluto. Out past the planetary systems. Alpha Centari you are too close. I must go further. I am out I am gone. Isolated alone. Isoation. Alone. Isolation. Alone. No one. Nothingness. Meaningless. Purposelessness. Enough of these words. I must just shut up and stop talking. I must take time. Ha. ha hahah. The illusion continues on. The illusion will continue on. ....

Math is fallacious by nature. Men cannot create anything of value. There is only sex. But even sex is a word. An act? It does not exist. Come to the realization. Accept the realizty. Realize that you are as wealthy as you will ever be. There is nothing past this.

What do you think of as you sleep? What is a dream? Why do we dream? We do not know how to explain these phenomenon. Fuck the church. I have burned my baptism bible. I hae burned it. I have scratched swatsikas into it. I packaged it up in a gift wrapping. I left it for my mother to open. I gave it to her. As a gift. The gift which she gave me. When I was a boy. But what is a boy? What is a word?

What is a word?  
What is a question?

What is a question. The perfect parasite. The public enemy number one. The ghost. The delta. The nonexistent. The wordless. The nameless.



What is a ghost? How do you go about interpreting it? Who has a voice worth listening to... there knowledge came from someone else. Where did it come from? How was it derived?

That movie got me ultra fucked up. Time to toss in the towel and become an actor. An artist. I am an artist. That is what I have come to believe. I am the artist. I can create nothing of value. Therefore I spend my time wasted. There is nothing for me to do. Nothing. Should I repeat the cycle? Do you really want this to keep continuing? Do you want others to endure this matrix?

There is nothing next. I have no more questions. I want nothing. There is no desire for me. I am indifferent. No care. No attachment. Detached.

I feel reenergized. I see the vision. I am inspired for the future. Nothing can keep me down at this point. I am living such a blessed. Life I need to stop giving such a fuck. Time to breakout and be that nice guy that I KNOW I AM. I have taken time to work on myself. I feel confident that I have distanced myself from many of my bad social habits. Working hard on cultivating wholesome meaningful relationships.

I need to realize that I am doing more than just taking classes. I am living. I am writing the story each breath at a time. Each heartbeat actually. I need to keep this in perspective when I start getting down on myself.

Got a chance to talk to Brother Roman. He seems to really interested in getting his green card. I am trying to find a way for him to get it. The kid is trying to buy a house in Tahoe. Do you realize how dope that would be? Just the homies house up there in the woods. We could do whatever the fuck that we want. Honestly what do we need. We got it. We will find a way to get it.

I am happy to say that me and Nate's relationship is growing stronger. Distance makes the heart grow fonder.

Hahahaha guess what? I made a lot of texts last night and now I think I am getting the fulfillment from those things. Although I didn't materially produce any video or written content... actually I did... I did! Ha That is soooo fucking funny. Turns out that being social really has helped motivate me to get back after my shit.

I am inspired to get good at photoshop. I need to be getting more out of these classes. Now I have my why. I have always had it I just lost sight of it. It is the people around you. Not exactly what you are doing. I am blessed to have a great supporting family and loyal friends.

Everything gonna be alright. Everything gonna be alright.

But first I want to improve myself so I have more to give in the future. I am not only growing my value personally but more so for the people around me. If I get better not only will I give more but I will inspire those around me too. It is the ripple effect.

Let's discuss this ripple effect just to get the stuff to paper. The ripple effect is where the littlest actions actually aren't so little with the ramifications of time. Everything is contributing to the bigger picture. Who knows what will tip the scale? The scale for what? Who knows... but be ready for it with absolute faith and confidence.

I am a life coach. That is what I really see myself as. I want to live by an example and I have absolute faith that I will be taken care of. I am taken care of right now to the highest degree.

The Lord's wealth is circulating in my life and flowing to me in avalanches of abundance.

\*\*Note do not give a fuck about the typing words correctly. Just get it down on paper in a readable form and work on that. Go back and revise. Do not let it throw off your thought processes. You are The Creative. I am The Creative. I need to get this down to paper or some medium. Thank you God for giving me this portal. This platform.

Help me stay humble. What do I mean when I say humble? Help me not get a big ego. What does a big ego look like. Self infatuation. As much as I want to improve myself help me do it for the right reasons. Such as inspiring others and teaching them to create more value in their own lives.

That is what progress comes down to. If we aren't growing we are decaying. Each day is a battle. Each day I go to my death.

I want to be solid. I do not want to say the cliché "man of God" but honestly I am a man of God. I am eternally blessed. And grateful to be here. Help me radiate that and display that to other people. Help me end suffering in others.

Help me end suffering in others.

^^^ That is Tony Robbins life OBSESSION... What will your obsession be? Working on that a day at a time. I have a pretty good idea right now but I am looking to the future with faith and an expectant heart.

Thank you God, spirit. Whatever this matrix is. We have no idea. But I am grateful and joyful to be alive living in such a beautiful place as this. I need to start living in the moment. Help me enjoy the littlest things in life. Help me take time to slow down and appreciate the eye contact.

I want to not tell people that I care. I want to show them that I care.

I need to do something for Sherrie Coelho one day. Man that was hands down my favorite college professor. She really was my fav teacher. She inspired me to write. She inspired it. I thought of it as a chore before her class. Thank you babe. You are the GOAT in my writing career.

Sherrie Coelho helped me out totally. Who will I touch and inspire? That is the beautiful thing we will never know the extent. Either way I am trying to go supernova.

Supernova phase. That is what I am going for. What is a fucking supernova? Isn't it when a star explodes outwardly or something?

Who knows who is looking at me... Who knows who has been looking over in this direction. I know that the eyes are glancing.

Go back to that archetype of Midas this week. Think of Cupid and Psyche. Everything that I touch turns to Gold. There is nothing that I can do wrong. Do you believe that? If so then start living accordingly. Why do you carry so much fucking stress? What is weight? What is on my shoulders? Nothing. I am free. Breathe easy and make the most of your life right now. Be thankful for the now. Who knows what shoulders you are brushing up against. Do you believe that?

Make sure to keep Snapchat to a minimal and useful purpose. Do not get sloppy with it. Use it as a median to produce my work. That is work. That is fucking work! Ha! I am so fucking blessed.

I keep coming back to this idea that I want to create a brand. I am the Brand. What does the brand represent? I decide that every breath. That is the beautifully scary thing.

\*\*\*Buy a bible for your boy Tyger. If he happens to get one before the one I just ordered arrives I am going to tell him to pass it on to whoever he feels needs it.

Control what you focus on. Work on what you have power over. Do not get hung up on things that you cannot change. There is no need worrying about them if they are genuinely out of your control. But knowing it is out of your control is the real question. How many of us are limited by our belief systems? How many of us are fat and say that they are simply big boned as an excuse. This is not out of your control. You are limited in your mind. YOU have told yourself a story so much you begin to believe it.

I remember in middle school 7th grade I was uber competitively physically. Running at PE was always soooo stressful. Always having to be the first one. Oh my gosh it was exhausting. I got hung up on this and chose to 'not try' to avoid being beaten. This is one of the greatest mistakes of my life. No it isn't a mistake but a huge learning lesson. I vividly remember running a 6:34 mile.. That was the fastest I could do as a 7th grader. However, I remember fraudulently reporting my time to the time sheet as 6:04 so I would be up there with the 1% of kids at my middle school. I told everyone I ran a 6:04 for years from then on after going on to 'not really try anymore' I had cashed in my chips at that. In high school when I took up track again I remember struggling for a 7 minute mile. What does this tell you? It taught me several things. 1 it taught me that I can actually deceive myself into believing a lie when you tell it to yourself and others enough time. In time you actually believe that you did it. You just are so conditioned to throwing those sentences out there "Oh yeah I can run a 6:04" that in time you forget that you actually didn't.. And can't even do it today... 2 I learned that 'not trying' for fear of failure is devastating. If you are not failing enough you are not innovating enough. Adapt, learn, grow.

But yeah let's focus on this week. Not the things that are on the to do list necessarily. I can do that tomorrow. I have plenty of time for that... HOWEVER make sure that you have a list of what you need to get done.... Finish that before leaving here tonight. That is a mission

What is important to me this week? What are the little things that if I will tweak I will see huge impacts? What are the habits I am going to work on strengthening? (maybe after work on somethings that I am trying to get rid of?... just a thought. For now stay focused on the mission)

1. Breathing. I want to consciously get control of my breath again. I want to live in a state of being aware of my breathing patterns. It effects my biochemistry sooooo much. We do not give it enough credit. Do you really believe that "emotion is created by emotion?" Do you really? If so then apply it. What is the purpose of having that knowledge in your head if you are not applying it. Applied knowledge. That is what it comes down to.
2. Tan: I want to make sure that I get some shirtless sun this week. That is a priority. Do not forget that that is one of the reasons that I came here. I came here to get tan. I need to remember that... That is an actual goal. When you are thinking about languishing in the room think to these holidays. I want to come back with a rocking tan. That is the mission. I want to physically look different. My skin is the biggest and most noticeable organ on our bodies. I need to make sure that not only am I keeping it healthy with lotions etc.... But I need to make sure to tan it as well. Gotta get that Vitamin D.
3. Sleep on your back.... As simple as that sounds. Think of how tight your back is from those nights of tossing and turning. You are in control. Do not forget that. Sink into the bed. If you need to do some deep breathing exercises... Whatever it takes to get you into a good state....
4. BREATHING AGAIN: make sure to do your hyperventilations this week.... This is a big one that is so easy to do yet so easy not to do. Each moment you think of it. Make sure to do 3 full inhales and full exhales and end it with a non intensive exhaled hold. It is a small alteration that will mean HUGE results. Do you believe this yes or no? I do believe this and want to make sure that I am always applying it. Deepen the breathing. Do not live in a state of shallow breathing. Before you reach for the vaporizer. Before you reach for a bowl or cigarette. Take 5 deep inhales and exhales. It will consciously remind me that substances do not have to control my state. They do not have to be the only factors dictating my physical and psychological state. Easy to do easy not to do. What will do you do?
5. Listen to Tony Robbins everyday. This man has made enormous impact on my life. I do not to simply run up to him and tell him this one day. I am going to show him and then he will come to me. Ha!!! Shoutout Tony. That is the vision. We will be laughing about this shit one day... Can't wait to read this back to you in a short time. That is the vision. I am going to be the Tony Robbins of my generation. I am going to transcend Tony. He has laid the platform. It needs the next generation to rise to the occasion and take the torch. That is what it comes down to. Who are these people going to be? Don't be another person to tell him "God Tony you changed my life." I want to be able to sit back on the top of my pyramid looking across at his and have him know that without his model that structure wouldn't exist. It wouldn't exist.... The thoughts that I am thinking today will undoubtedly affect my future. Do you believe that? Do you honestly believe that? Yes or

Yes? I believe that what I am telling myself nonverbally will dictate who I will be tomorrow, in a year, in a decade.

6. Stretch out multiple times a day. Always be stretching. Why do you need to designate a time to stretch out? Why not give yourself little stretches here and there throughout the day. If you believe that it is really something beneficial than don't be afraid to stunt it out in public. Why do you give a fuck what people think? Maybe they will imitate and find out how it positively affects their wellbeing.
7. Consciously be hydrating. Think of all the health benefits of staying hydrated. Now think of all the complications that come with dehydration. Make sure to do the simplest thing of drinking a lot of water. Make it a goal to piss frequently and clear. That is a goal. As simple as it may sound. That is a good goal for a lot of people and I think that it has potential to greatly impact lives. It sure has been impacting my. How can you expect to be in peak state if you are cottonmouth and dehydrated.
8. Eat right. You have all that you need at the house right now. Maybe can get some orange juice for breakfast but even then I have more than enough to get me by for the whole week. I believe that. Will I get some different foods. Of course but realize that what I have right now. Recognize how blessed I am to have the food to eat that I do. I am blessed to be able to have all these healthy foods at my disposal. Remember what Tony says about his diet. He just knows it is fuel at this point. Think of it as your fuel. How are you going to be fueling your ferrari? You going to put minimum octane gas in there like an old pinto? Would you? Honestly? No fucking way. Treat yourself like a goddamn ferrari. You deserve that. You are that. Don't burn out your engine prematurely simply by putting the wrong gas in it.
9. Work on your posture: and positioning at every breath. Know that even how you are sitting, in time will definitely begin to take toll on your physical health and state. Keep that strong back straight. You are carrying the weight of the world on your shoulders and I wouldn't want it any other way. I always have performed well in high stakes high stress situations. I love them. That is where the real are separated from the fake. You get to dictate your destiny in these telling moments. Realize that.
10. Exercise: yes you have been doing a wonderful job of getting out there and running. Do not stop growing yet. You are merely starting the journey. Think of what you want to physically look like. Think of your body. What is going to be my portal to get this message out there. Do you believe that how you look will affect the way your message will be received. I do. I need to make sure that I am looking and feeling the part. Well what is my vision? It is my vision to have a physiology like Johnny Sins. He is physically it. He has done it. He has set a great example to follow. I am really grateful for the art that he has created. What details do I see myself developing? I see vascularity all over my body. I have such a low body fat percentage. Whenever you are going to eat something think to your BFP... Think about it. The little things we do everyday have HUGE impact on our lives in the long run. All those little french fries here and there. No fucking way. RUN!!!! That shit will kill you. It is killing people. Stop buying into it. You are selling your dreams and your potential one bite at a time. Think about that when presented with a bad food.... Ha Jumped off topic again. This is the Exercise section not diet lol. But so what I am going for is vascularity on my arms, legs, and abs. I see the veins in my lower stomach. No pooch at all. No fucking pooch. What do you think when you see someone

with a little pooch. Hmmmm someone likes the occasional McDonald's Drive Through run etc. Do not give in. Ha diet again. I think of people who come up with the 100 excuses not to run. I don't have time. I have this problem that problem This that and the other. It isn't you don't have time. It only takes 10 minutes to run a mile and damn how that can change your physiology. What do I want to implement? I need to start working on my lower body like I set out here to do. Wake up and do some simple weightless squats.. Stretch out and get that full range of motion. Get those frog jumps going. Bring those fucking knees up to your chest. Go for form not quantity. I would rather do 5 perfectly than 50 with bad form. That is the new motto. I am in no rush to impress anyone or anything. I am working on myself. I know what my body needs more than anyone else. BRO CALF RAISES.... Start doing 50 again each time you take a piss. Think of how that little habit changed your outer calves in middle school. Apply that. Remember back to Ennis "cutters" I want to build up those cutters more now. I have neglected them for no good reason. I need to stop sitting back feeling like I am decaying and realize that the time is now.

11. Be kind. Be nice to everyone that I come in contact with. Always look deep into their eyes. No matter who they are. Make sure that they feel the love that this world gives out freely. Radiate happiness. Radiate positivity.

Do you believe that your mind is your greatest asset? I do. The human species has been able to thrive because of cognitive abilities. Realize this. This knowledge is power if applied correctly. Focus on what you meditate your thoughts on. Focus on what ideas and words are ruminating in your head. If something's not right. Toss it out and replace it with something empowering. It could be anything... Just something that will be sure to get you out of the dark and depressed state.

I do not do what I am doing for gratification from others. I do not do it for money or fame. I do it because it makes me happy and fulfilled personally. I am not doing this for a high school reunion. I never graduated from a HS I have no reunion to go back to. I burned that fucking bridge and thank God. I do not have to go through life thinking that all you have to look forward to is being better than the sheep at my hs. That is not the fucking goal. That is so limited self centered and flat out lame. I want to work toward a much more compelling vision.

I am working on modeling Tony Robbins. He is the archetype that I am going for at this point in my life. If I could switch places with anyone in the world right now it would be Tony.... Johnny Sins is a close second;) The dude is practically a rockstar. He gets up on stage with a crowd more invigorated than you would see at most concerts. You do not have to be a musician to stimulate such a mass reaction... I am going for a fucking nuclear change reaction. We are about to set this motherfucker off in this bitch. That is the ultimate goal right now.

I genuinely believe that I can create insurmountable value to society that will allow me to have access to the greatest tools and medical procedures. I have faith that if I continue to create value that I will never have to worry about getting bad doctor news and not having the money for treatment. That is an ultimate fear for myself. I want to realize that I am blessed with skill that allow me to contribute. Help me contribute as much as I can in this time that I have been blessed to have.

Be yourself... Everyone else is taken. I want to live in an empowered state. I do not allow negative thoughts to ruminate in my head. I fucking don't allow it. Will I get down. Isn't life a roller coaster ride? Although I may have lows I refuse to stay there. I have too much momentum pushing me back up... And the longer the decent the more energy to rebound up the next slope. Who knows I might get a boost too... Who knows what the next breath will bring. Alright what else do I need to do?

Think of immersion like you heard in the Tim Ferriss blog with that "billionaire with abs or whatever." Live in a state of total immersion. Be entranced with what you are doing. Have laser focus on the task at hand and keep in mind the goal/outcome.

What can I do to make sure that I am convinced enough to follow through on these^^^ list items? What can I be doing to remember. As with anything it doesn't do anything if all you do is type it up and then never do anything to follow through....

FOLLOW THROUGH.... That is the mission of the week....

\*\*\*Maybe make a document with the weekly goals to look over each morning? Just a thought. Be trying to refine your processes. Think. When better a time? I am blessed to be in this fertile time of learning, growth and development. It all starts with the mentality. No matter how strong my body gets if my mind isn't there it will not work. Mental toughness to follow through on these commitments I am making to implement this week...

I am in the process of creating good art each moment. Each day I am here working on my craft. Each thing we do is working on the craft. We are all. All is one. Do you believe that or just say that? I believe it. I know that it isn't the material that I produce that matters as much as how I am living during this time.

Thank you for inspiring the vision Beyonce. You are the vision. You are the humbling yet inspiring voice that I am painting this picture to. Thank you girl. I love you. I genuinely love the art that you have created. You have inspired me to inspire others.

I think the biggest mental shift to become a good artist is realizing that everything that you do is art. Everything. The way you move the way you sleep the way you breath the way you speak. These are all contributing factors. These all come into play....

I want to build this motherfucker from the ground up. That is what I am doing now. I am building it up. Please keep me humble and kind. Thank you Tim McGraw and all those other songwriters that do not get the big name publicity. Thank you to everyone and everything that has made these things available to me. They have altered the course of my life. What impact will I make? That is the question.

So funny when you start doing the right thing how stuff starts to fall into place perfectly. We are so blessed. I need to make sure that I am living right each moment. I do not want to do the things that made me depressed and sad in the past. I am over that. I am ready to look on toward the future.

Please put the right people in my life that will guide me on the journey. People who inspire me. People who I can inspire. People that are working at making this place a better and more caring place to be for all of us.

I do not want people living in that rehab mentality. We need health reform with opinions on addiction and mental health. We need to start address the issues at the root. We need these people to be talked to. Think of what value you could create if you could get people to adopt these principles.

Think of Tony Robbins as the role model for this. I want to be the Tony Robbins and Jim Rohn, Dale Carnegie of my generation. That is my goal. That is my life vision. That is my purpose.

Do you believe that one day I will be the guy getting the call when the athlete is breaking down on the public stage when the president is about to be impeached...

Make time to listen

If I am living in the right I shouldn't be afraid of losing anything. Nothing can get me down. I can't lose anything that will keep me down. I am already infinitely wealthy. My mind is rich. I am not worried about what the future holds. Not only am I living in faith. I am living in certainty that what happens needs to happen and will have a lasting purpose. It comes down to how it is phrased. I know that you believe that. Apply it..

TAKE NOTE: Remember how mildly euphoric this feels. Burn this feeling I stimulated today radiate through my life. Remember how depressed you were and down when you were walking around flipping off.

All the good guys are already on the same team. .... Might as well start trying to link up... lol... Not many bad guys are on any team. I have faith in people I have faith that we can do amazing things when are in amazing states. I want to inspire people to get in amazing physiological state.

There is no net. You got to do or die.

If you really are ready to fuck on camera/ on stage why cant you do a little stretching in the street? Self conscious? Common you know that that is such bullshit. Fuck you ego. Fuck your self perception. We are constantly changing and evolving in who we are. If we don't learn to control our emotions our emotions will control us.

I think that what I am learning and applying from Tony are some of the most beneficial tools that I can have. I need to keep getting the ideas he propagates into my head. Take his word for it. He



is the role model. How dedicated are you? That is my question. How obsessed are you on this goal of inspiring lasting positive change in other people.

What is the outcome of this meeting? What are outcomes that we are going for...

The goal of this week is to be pulled by a fucking car. Think of it like those bungie's you used to run with at PG. Remember how you would be slingshotted. Well hook that waistband up and get ready to run motherfucker. Get ready to get fucking launched bro. I am on my way to Mars.

Think of that. People will be on Mars in a couple years. Do you believe that? Yes or yes? I do believe that there will be a space colony on Mars. I want to be there. I want to be one of the first people to make the decision to leave earth. Think of that as life's progression. Dream about that. Dream of looking back at earth knowing that I will likely never be back. Get inspired.

GOAL: I want to die on Mars... Call me the ultimate God of War.

We are blessed to live in such an inspiring time. We are seeing unprecedented growth in technology. Have you seen these rockets that can reland. That is the future. Do you believe that yes or yes. Thank you Elon for inspiring the vision. You are a visionary for so many. You are fueling the fire. I am going to do my far share of contributing to the combustion... or lack thereof.

Fuck why not take a moment and play a game of pingpong with someone once and a while. Do you get enjoyment from pingpong. I genuinely do. It is a fun hobby. It is a great excuse to get out there and get to know people. I love people as much as I hate to admit. I love myself and therefore have to love people. We are not much different at all when it comes down to our innate systems.

Think of this Tony gets \$5000 for each person that attends his 5 day seminar. \$1000/day with over 2000 people... What does that come out to? Bro on that one fucking seminar the tickets alone should gross around \$10 mill. Just like that. IN a fucking week. Do you believe that you can do that and more? Yes or yes? I genuinely believe that I can.

Success and fulfillment are two different things. Who believes this yes or no? We all know rich people that are miserable and poor people that are euphoric. How is this possible? Why do we always associate success with vast amounts of personal wealth. What are you going to do with all of that wealth. Buy a house and some cars and boats that you can rot away in living in your own little world of isolation?

Do you believe that if you build it they will come? Do you have faith in your project enough to commit to that?

TIME TO TRANSITION INTO THE NIGHT TIME HERE: Library will be closing in an hour. What do you want to make sure that you do for the rest of the day? I want to go grab a bite to eat on the way home. I am really hungry. Fuck I keep going for that instant gratification. Those Kefir

drinks are just so damn good. I want to go get 2 of those bitches and drink them with my almonds. That is a good idea. I am good on Juice. Make sure to drink the rest of the Cranberry. Remember how that cleared out your intestines. Think about not eating for a couple days. Think about how even if you do not eat for a bit...

Think about intermittent fasting just to get an idea for what your body can do. Think about a juice fast. That seems like a good idea. Once I get all this food eaten at home I am going to make a commitment to cleansing with juice. A thorough cleanse. Clear out the body of the toxins. Make sure that you have the time to clear everything.

Remember why you are doing all this. Before you head off to the room I want to take a moment and focus on my short term vision. I really want to have a fulfilling holiday season this year with the people that I love.

Think of the Holidays coming up that I will get to spend with my family back home. Think of Christmas and NYE... who do you want to be on those days. I know that in reality they are just another day of the year but they are recognized so I use it as a goal point. Part of the spectrum. They are great for making goals for. Although I do not have much money and can't monetarily contribute this year. I want my presence alone bring eternal and infinite value. I want to come back a changed person. A refined person. This has been a retreat for me. A time to get right in my head. That will be the telling point to all these people that are expecting more beautiful things from my life. Know your why... This is a big part of it. I want to see Rich and be a peer. I want to see Nat and be a cousin that she is proud of and wants to show off. Someone to make her look good. Build her brand with the association to mine. I want to make Cheryl proud. I want to know that I am on the right track on onward to 'big' things whatever they may be. I want to give her peace of mind that I am better. I am not only recovered but reborn... I want my little brothers to see me and feel pulled toward their visions for the future. I need to realize that they are looking to me for guidance. Whether they know it or not. I wasn't the greatest role model in the past but I think that we are imperfectly perfect. I have learned a lot of knowledge first hand the bitter way and I will be able to pass that on to them. They will never go to a pit like I went to. There is no pit too dark for you to fall to, nothing too dark or far to return. I was in orbit out past Pluto for the last couple years. Completely detached and living for self. I was a drug addict. I did meth I did heroin. Nothing to far. You guys can try to be bad boys but you can't bullshit a bullshitter. I am always here to talk. I have rolled with some of the realest motherfuckers in my time. Learned countless invaluable life lessons. Now none of my family can suffer from drug addiction. I just won't allow it. I know it inside and out too well. I know the psychologies that it derives from. I am able to disrupt those and get people to think about them from other perspectives in hopes of changing behavior. I was freebasing heroin. I was hitting crack pipes. I have literally done it all fool. Literally except bang heroin. But I will catch on to those motherfuckers before they get to that point. Even if they do. I know how to fight for a drug addict. I know how to bring light to dark situations. I have absolute faith in that.

But back to the vision. Keep thinking about these holidays coming up. If I am lucky enough to have a girl with me then great if not I am not tripping. I am simply going to enjoy when i do have one so much better. Distance makes the heart grow fonder. Believe that. I see myself being a

radiating light to my family when we all get together. I see myself bringing energy and passion. I am energy I am passion. I am inspiration. I am fearless i am courageous I am smart I am kind I am caring I am loving I am helpful I am resourceful I am positive I am happy... It is my goal to help this rub off on those closest to me.

\*\*\*Try getting Grammys story written for the holidays. How great would it be to put together an A1 production for Grammie. Think about that as your project. Your excuse to create good art. What better person to make good art for than your aging grandmother. She has been in the hospital multiple times this year. We never know when the last holiday season will be. God know that. Live these holidays as if they would be your last. That is the ultimate goal that I have. I want to do these holidays like they are my last ones. I expect full well do die on 1/1/2017... If I am blessed to have another calendar year I am going to commit to making it the most productive beneficial year of my life.

But on a more serious note. Who knows this could very well be the last holidays that I get to spend with my grandparents or any family member for that reason. I want to make sure that I show them love. They have been in my life since the beginning. I want to make sure that I show them love. I am love. I want to consciously take time to sit down with Grammie, Grandpa, Gramma. I want to do some interviews!!! That is it. I am going to take video interviews this winter!!! I am going to come back with all this creative knowledge and apply it right off the bat. Like I am doing now x100... I am going to consciously capture and document these special times as beautifully as I can. Don't limit yourself to the generic old Christmas photos. Be creative and use the skills that God has blessed you with. But yeah that is my wish. To make this holiday season the best one yet. Will I be sipping and talking. Yeah. That is what I do. But is it who I am no. It is in moderation and in celebration. I am thankful to be alive on God's earth.

Help me focus on the right things. Help me keep my intentions pure. Help give me inspiring and compelling vision for the future.... I am in no rush whatsoever. I am there already. We ain't going nowhere. We ain't going nowhere. We can't be stopped now in this rap shit.

I may not be able to control the fact that my chest is a little uneven but I am able to control my breathing and how I chose to perceive the situation. I think I am blessed to have this condition. It is always nice to be somewhat of the underdog right. You do not want to be too perfect. You will make people too jealous;)

This time in Hawaii is my Rebirthing. I wasn't always the best guy. I haven't always had such a powerful psychology. In fact I still think I have miles to go. But I am better than where I was a year ago. And that is something that I am proud of.

\*\*\* Make sure to wish Auntie Cheryl a happy birthday!!! It should be coming up this week. Now that is something that matters if I ever knew it. Make sure to show her that you are thinking, loving and caring about her.

“You are an inspiration” -Nathaniel... Think about that. Plant those mustard seeds. What mustard seeds are you planting today? That is my question to you. See how fast that all can change up.

Just a matter of minutes. Moments. Breaths. That is what it comes down to. Who knows how this will affect someone's life. Honestly you never fucking no. You never fucking no.

You are a living example. Be one that you want to be. Represent what you want to be remembered for. Be that person you think you should be and pretend to be him until you become him. You will be surprised how fast you can change from a self loathing...

Damn Tony is starting to show some aging time to step up bud. We need a new voice a new face.

Time to head to Walmart... Goodngith see you in a bit.

How to be a master communicator primarily using the word fuck

I am a grey hat from Oakland, reping As. In all black. The jesuits didn't want me. I was forced to leave Santa Clara University. For dealing illicit substances. Primarily amphetamines, marijuana/wax, mushrooms MDMA and cocaine. Was forced into a health withdrawal or face an expulsion trial. I would've lost all tuition if I had stayed and been found guilty of distribution. It was silver or lead. I choose the silver.

I own the Oakland As Baseball club. I change the colors back to silver and black now that the raiders are leaving !!! C

"It is written, I am the writer."

I am inner city, Myles is country. Naturally we are of different fiber.

## **12 October 2016**

I am so blessed. Thank you Gabby. I am grateful that I have been able to get to know you on a better level. I am grateful that you have reached out to me and have been helping me get better. It means so much to have people that care. It is something that I cannot take for granted. Women are art and demand nothing short of respect. I am grateful to be surrounded by such beautiful women all day. I am grateful that I am no longer in rehab. Although it has helped me out a ton. I am grateful and thankful for every breath that God, or whatever allows me to take. It is the little things in life.

I value the eye contact with Gabby. I really do. She has beautiful eyes. But there I go saying that same old word. Beautfiul. I need to find some synonyms.

beau·ti·ful  
'byoodəfəl/  
*adjective*

1. pleasing the senses or mind aesthetically.
2. "beautiful poetry"

1. *synonym* attractive, pretty, handsome, good-looking, alluring, prepossessing;  
*s:* lovely, charming, delightful, appealing, engaging, winsome;  
 ravishing, gorgeous, stunning, arresting, glamorous, bewitching, beguiling;  
 graceful, elegant, exquisite, aesthetic, artistic, decorative, magnificent;  
*informal* divine, drop-dead gorgeous, easy on the eye, killer, cute, foxy;  
*formal* beauteous;  
*archaic* comely, fair  
 "beautiful fashion models"

1.  
 ○ of a very high standard; excellent.  
 ○ "the house had been left in beautiful order"

What can I do to improve this art? This art is no longer yet abandoned. What can i do to refine it? I am so grateful for this opportunity. What else can I do? What more can I be doing to show these people these women that they are loved respected and valued. They are the driving force of our universe. They are the salt to my earth. They give me vision. They give me purpose. They give me meaning. I am nothing without them. Life has no point going on without them. I am so happy that I am able to be surrounded with such drop dead gorgeous women. I really wish that I could talk to them all. I really do. I wish that I could tell them how beautiful they are. They are the reason we work, sweat, fight, and die. They are the driving force. Do not neglect this essential fact.

I am so grateful. What are better words than, grateful, appreciate, thankful.... ?

I am a monk. I am confined to celibacy... for now at least. And I do not mind it. I need to continue to improve myself. I do not want to bring these women down. I MUST remove all porn and male driven lust from my life. It blinds me and inflates my ego. Keep me humble. Keep me kind. Keep me caring. Keep me grateful. Keep my value. Help me grow more. I want to do more. I know I can be making a 'bigger' impact. I need to consciously recognize the gifts I have been given and work to apply them to help society as best I can. Much is given much is expected. How do I do this as purely with good intentions as possible. I will make mistakes. Anyone who does something will have unforeseen consequences. What can I do to mitigate these at all cost? I do not care anymore if I am the one to make the decision, put it on my head. If anyone should take the blame it should be me. I am putting my head at the foot of the cross or whatever you want to call it..

My grandfather, who has been loyally devotedly married to my Grandma for 54.5 years to the day taught me a invaluable lesson about love. "True love is giving everything expecting nothing in return." How do I give everything? What do I need to give? What can I do to inspire and help? That is what I am here to do. I want to do good works. I want to contribute. I want to help those that have helped me and more. Much more. I am capable. Help me channel my skills and use them to the best of my ability. Open my eyes and show me what I should see. Tell me what I need to hear. Give me the experiences. I know you will. I have 100% faith in my future. I am grateful for every breath. Thank you God, whoever, whatever, I am just grateful and must express it any way that I know how.

Breath. Take it one breath at a time. And the path will unfold before you. Have faith. The journey of a thousand miles begins with a single step. Believe that. Brick by brick.

Now I need to remember to send a flower to gabby. I want this to be well thought out and planned with according timing, kairos. Kairos. I want to show her how much I care. I want to show her that her legacy lives on through me and all those that I go on to touch. Give me the inspiration, give me the motivation, give me the clarity, give me the patience, give me the understanding.

So for today? Let's get practical. What do I need to accomplish? What are my outcomes?

1. Find a psychologist. Go over the list that father sent me. Find the closest one that accepts our insurance. That is a goal and outcome.

What homeworks do I need to get done. I may have a test in my social work class. I am not completely sure though. I need to make sure that I at least crack the book and get some sort of idea what this motherfucker is on.

So for today. I have to go to class. I have to schedule something with a psychologist. What else are haves for today? What do I need to do so I can go to bed fulfilled tonight? I need to make sure that I make some of these flawless women smile and feel loved and wanted.

I feel like a monk more and more each day. I kind of fuck with it. I do fuck with it. But I need to make sure that my intentions and desires stay pure. Keep me humble.

Am I in the wrong in any ways in my life? Yes I am. I continue to masturbate. I have eliminated pornography now that I have installed blockers on my phone however I still lust after that carnal pleasure. I do. But more than that these days. I crave eye contact. I crave it. I want it so bad. I breath it in and fall under its intoxication.

Fuck... I really hope that that letter shows up today. I really want to see the letter in the mailbox. The package. You do not know what type of euphoria that will trigger for me. I am so anxious. The anticipation is killing me.

Think of that with women. Be away from them. Give up yourself. Give up your sexuality. Give it up completely and that is when you will find the true pleasure in being with someone. Eliminate sexuality from your mindset. Do not think about it. Do not let the perverted thoughts enter your head. Or rather when they do, quickly replace them with reassuring positive thoughts about beneficial honorary things to be grateful for. Think of the sensation when you have abstained. Think of the euphoria. Think of the pleasure. Think of the connection. The oneness. The Great Rite.

To the girls who surround me right now in this computer lab. I am so grateful for your presence. I am happy to be here with you. I am so grateful. And to the women I have hurt in the past I am sorry. I am in the wrong. I shouldn't have done it but it was necessary for me to get to this point

now. I apologize. You steered me here and now I want to show you how much it means to me. I am grateful.

So I have to go to class at 5 today. I do not want to go home until around 1:30...

Oh my God. The ratio in here is phenomenal. It is literally stunning. I do not deserve this. I do not deserve this at all. I should be in prison. I should be in solitary confinement for all that I have done. I am so grateful to be here in your presence. I am so happy to be here with you. Even though we speak no words. Even though we may barely glance at each other. Even though that I cannot directly look you in your face I am grateful that you are here in my vicinity. Please help me radiate that joy. That is my greatest joy at the moment. (almost deleted that but I wrote it... i meant it... at least in that moment)

Who should I go for? It is damn near overwhelming. I do not know who to choose. That is my struggle. I do not know. You all have qualities that make you desirable. You really do. You are all gorgeous you are all desirable. I wish that I could convey that to you.

Marx the Monk? Does it have a ring to it? Hmmm I guess that I will have to leave it up to the ladies....

I have been humbled. I have been enlightened, or whatever word/sound, you wish to attach to it. I have been liberated. Now how do I spark this chain reaction. How do I nuke the box in which I think? I do not want to think outside of the box. I want to nuke it with a fucking mushroom cloud and everything. The penis cloud... (anatomical description... not perversion... an artist makes connections.) Either way I want to fuck your brain. How do we get more people thinking like this? Woah what happens if they already do...? How do we make the world a better place to live. I care about those who are suffering in psychiatric wards across the country. I feel for them. I empathize with their struggle. They cry and yet feel no one hears them or cares. I do care. I really do. I have been there in that cage. I am grateful for the women that talked to me while I was there. The ones who made me feel appreciated and loved. I did not deserve it. We were all locked up... For the time being we were the 'craziest' loons in Santa Clara County. That is only one county.... Think of SF... LA... NY... there are people living in suffering. How do I help aid that? How do I go about showing them that they are loved and that their existence has meaning. I want to give people purpose and meaning. I want to help people find their meaning. Their purpose.

That food smells so good right now. I am hungry but I cannot eat meat. That is left for my woman. It is left for her. Realize that you are under the microscope... even if you are not... You do not know when you will be. You never know who is looking from that second story window you walk by on the street. You do not know. We all have done it. We all look when we have our shades on and know that no one knows that we are looking. Realize that these moments happen to you as well. Who are you going to be? Character. Fuck. Am I really starting to preach about character. Fuck me. Fuck me. Fuck me. Lol.

I have faith in tomorrow. I have faith in my future. I am not worried. I want to inspire this in others. What is the worse that can happen? Death? I do not fear death. I wished for death. I welcomed death. I wanted death. I brought it in front of me. I went to the deepest darkest pit that I could go. Maybe subconsciously I did it on purpose to show others what they are capable of. To show my brothers, family and EVERYONE... That you can return from the darkness. The light radiates. The light radiates.

For now I am growing hungry. I must eat and replenish. Or do I? Common do not give into your desires so mindlessly. Jesus fasted for days and nights. Can you not do the same? I can do the same. I have faith. I can model those of who have gone before me. They stepped out without knowing the full way. They just started.

So what next? Just class tonight. Oh my gosh I am so blessed. Remember the days of JC and working at IN N OUT Burger. Do you remember that? Do you remember how you would stress out and get all worked up? Do you remember taking adderall so you could be on top of your shit and be a fucking robot. That fucking tunnel vision. Do you remember keeping that sink clean. Yes I do. But I also need to realize that I can now do that and more now that I am free of the debilitating crutch. I can walk now. Ditch the crutch. I can run.

Let me think back to my vision for clarity. My vision at this point in my life is to have a fulfilling Christmas with my family. No matter what happens. No matter the condition. What can I do to make sure that it is great?

1. Write grammys life story. That is something that I must do. I want to make sure that I give it all that I have. I want to devote my time and energy into making it a masterpiece.
2. I want to show them love and appreciate. I want to give them my presence. I want to

Who knows who will be reading this one day....

I want to do the right thing. I want to refine. If I am going to have any type of rebirthing it is going to be now. This is the time to refine and change yourself for the better. Help give me clarity to change the things I can and the courage to leave those I can't alone and not worry about them.

I want to make sure that I am refining all areas of my life. It transcends everything I do. It is all interconnected you have to realize that it all works together. I want to make people laugh. I want to see people smile. I want to give them the credit. I do not want the credit anymore. I want to see the result. I want to see a woman who is in rehab reform her life and relationships. I want to see the kid who was addicted to drugs come back from it and make a lasting impact on all those he is blessed to come into contact with in his life and afterwards. I pray for our legacies. I believe that what we do right now. In this present moment will effect up tomorrow, next week, next, year and in a decade. I believe in a ripple effect. Get control now. If not now it is going to be much more difficult later. Start now. There is no better time. If you put it off you will not do it. Do something to commit you to making a difference in your life today.



Help me present my message in a clear and decisive way. It is my ultimate goal to be the communicator. I want to be communicate any message to anyone. I want to have clarity, precision, timing, paralanguage... help me channel whatever it takes to help these people make lasting change in their lives today.

Am so blessed. I keep thinking of all the things that I need to do today... Thinking I have deadlines and what not.

I have a hell of a bruise on my outer thigh. I am worried about it. Think it is a tumor or something. It is so funny how we always jump to the worst conclusion. Why do we do that? Why do we freak ourselves out like that? I know deep down that I am happy and healthy, but today in the shower when I discovered this lump on my outer thigh I freaked. I thought why do I have the swelling? Where did it come from? I cannot think of what I could have done to injure it? I do not think I hit anything. Matter of fact I know that I didn't have any direct contact on it.

I am not perfect. I vape. I am human. I inhale cannabis fumes. I do it. I admit to it. However. These are the few vices that I still have to this day. But I do not consider them so much as vices so much as little pleasures of life. Do I need to give up all pleasure? Is that the ultimate goal? I guess it is... No I do not believe that. What am I going to go flog myself like the monk in "Da Vinci Code?" That seems a bit extreme but I understand the theory behind it. The more pain you endure the more appreciation for pleasure when the rollercoaster starts rising back again. It is a sign wave in calculus. Ups and downs. It is a matter of degrees and spectrum.

Okay so it is 5 minutes until noon. I want to be out in the sun at noon. I want to give thanks for being here. Just ritualistically. Go get something to eat and drink and give thanks for all I have been blessed to receive. Go in peace.

Alright so the day is done. Now what else? What am I trying to get into for the rest of the night? What do you think would be productive? What are you working toward? What is the end goal of the night? What do I need to accomplish to go to bed fulfilled tonight? I want to do some form of physical exercise. That is what I am going for. I want to do. I do not necessarily need to work out hard. I just need to do something. Something. That is it. So I can go to bed fulfilled and wake up with a good mentality.

I need to refine my process. What do I want to focus on? What are the areas of improving?

Reflection on the day? I am happy that I didn't wear headphones today. I feel that I was much more in tune with my surrounding environment today. It was much more fulfilling. I am happy about that no doubt. I am happy that I got to go to my bible study today; anchored. I need to follow up with the Rev about that interview I want to sit down with him and ask him a couple of questions rapid fire. I am a journalist trying to practice my craft any way that I know how and I want to do it over coffee in a casual setting. I want to have us both sitting side by side angled in toward each other. I want us to both be in the shot. It will be rolling. There will be no cuts. Unedited. Uncut. Here is a little look at the interview with the Reverend. I want to piece together

my conversations. I want to record these conversations that I have with people so that I can reflect on them at the end of my life. Or that is kind of selfish. Rather. I would like to contribute to the universe. I want to produce something of value and this my way of practicing that. I want to get better at what I do. I want to get better and be more creative. I want to channel these thoughts and ideas and materialize them. I want to be recording all these conversations I have. They are meaningful. It is the little things that matter in life. It is the conversations we have and the people that we talk to.

I want to make sure that I am respecting and ask inspiring and intriguing questions. I am practicing it. I do not know for sure if I will be able to submit this to the Kalamala. But either way it is something I would do with or without schooling. That is the awesome thing about it. I am a writer. However, "it is written" already. I

That was my major take away from the message today about temptation of Jesus. It is about the way we turn it down. When he was tempted each time he said. "It is written." That is how he began. He begins with the sword of the spirit. I need to realize that as a writer. It is written. It is already written. I am just creating the post written artwork to encapsulate the beauty of it all.

So what is the next step? I need to get groceries at the store? In addition I need to go through my refridgerator. I want to make sure that I am using all of the things that I buy. I do not want them to simply sit out on my stuff all day. Make a decision to eat the things that I keep putting off. The things that I need to microwave. Get after it. Trim the fat. Get after it. Clean it up a bit. Be thankful for the food that you have been able to eat today. I got to eat today. Yes. Think about that. We are all getting to eat today. That is something to be grateful for. Imagine living in an area of lack, where there is simply not enough food to go around. I would find a way to create more food. I would find a way to add value. That is what it comes down to. It comes down to creating value in all things that you do. How can I create value in other people's lives now? What actions can I take that would positively impact those around me? What else could I be doing? I am a natural born leader whether I like it or not. I was born into it. It is time to work on it and focus up.

What next? So I am going to the store to get what?

1. Orange juice
2. Almond milk
3. Cereal?

Anything that is whole foods and plant based. There are ways to find healthy foods in walmart. It isn't easy but it possible. I would like to see a shift in what walmart stocks. Imagine if there were as many wholefood options as there were prepackaged and fatten foods. Think about it for a moment. Think if you could stimulate a paradigm shift in thinking. We are growing fatter and fatter. We are eating more and more and exercising never. That is not a good combo. We need to work on that. That is a crisis. We have an obesity crisis. We need to work to fix this. Now. We have not been doing a good enough job of this. We need to implement why we are doing this. We

shouldn't just use the government to force it upon people. We need to educate and inspire not force through subsidies.

The American Flag is associated with 'oversized load' sign. That is kind of sad. We have so much potential but we get fat here raising our children. It is tragic. We have so much potential and we are letting it go to waste. Think of if we could get everyone to be in shape. Think of all the attractive people that we would see walking around. That would be inspiring That would. We would all have better confidence. We would all be happier. We would all have endorphins. We would all have a sense of commonality like we do not have it already. But I am a bit tired. I may just go and lay down for a bit I just want to make sure that I do not sleep too much. I am trying to stay devoted

I am trying to stay devoted to the decision to my decision to change my sleep pattern. I am trying to sleep on a 12 hour cycle. Every 9 hours take a 3 hour nap. That is a good motto to go for. But right now I am tired and have abit of a headache. And the weed didn't show up in the mail. I am so depressed. I need to make sure that that gets here by tomorrow. Ireally do not want to have to go another day. I hope that it didn't get lost in the mail. How tragic would that be!!! Alright I am out for now. Sorry for the short day. I am tired. Goodnight and God bless. Love you fam.

### **13 October 2016**

Make sure to do Gabby's notes from the couple of videos on Evernote. Make sure that you do it tonight because it is due at 8:30 am. And you need to do it because you don't have a computer at home to turn it in on.

Midterm is Due October 15 @ 5pm... make sure that you review over the coursework before doing it. It is a 3 hour time period. Make sure that you are focused.

I do not want to wear any color besides. Black, grey and blue.

So I am done with work for the day> How do I transition into the nighttime? What is there to do for the rest of the night? What am I trying to get into. I am hungry so I am going to get some more Juice. I am going to try V8 There we go. But what else is there to do tonight? Just go home and sleep? What am I trying to get into? What is worthwhile? I am doing it. I am here in Hawaii. I am here doing what I want to do. I am it. There is no place I would rather be. Except with Anya.... That is what I want but I am incapacitated. I cannot make a direct move yet. I can but I keep telling me this story that I cannot do it.

So I want to dance and enjoy the weekend. I want to dance and create art. I want to realize that we are the art. We are living in the theater of life. We are all actors in one way or another. The balances are always in swing.

Go get some nutrition and then go do something inspiring. Something worth writing about. That the peoples will read.

14 October 2016

They are all flawless. All of them. Even the ugliest woman is more valuable than me. I have been humbled. Thank you for my life. Thank you for letting me experience this. I am not worthy to experience this. Thank you.

I have been really happy with my results of giving up pornography. I have installed blockers on my phone. And I haven't been cheating even though that I know the passcode. Simply having it as another step is enough of a deterrent.

What noticeable changes? I am much more appreciative of the women in my everyday life. They seem so much more beautiful and pretty. I am thankful to be able to be in their presence. They are flawless. So pretty. I cannot describe it with words. They are giving my life meaning. Thank you. You inspire me everyday. Literally every hour. I am grateful for the things that I have been experiencing here on the island.

I want to make sure that I am solid. I want to be unshakable. I am the rock on which everyone looks to for support. Not only can I not display weakness. I cannot be weak. I must be strong. Not for me. But everyone else. Realize that they are all looking at you. Wondering. Get that through your head. Once you do that you will get in a much better place.

I am embarrassed to say that I have consumed pornography for about the last 7 years. I am humiliated to say that I have been a man and thought through my penis rather than my head. Help me continue to think through my head and not my penis. Give me the courage. I want to lead by example. I want to do this for myself and for others. Remember back: to when I was in my IP class with Elmore. Remember when she brought up pornography and all the guys in the back perked up.... But do you remember what all the women did? Do you remember watching them shrink? I do remember. I saw their worths diminish. They displayed a lack of confidence. They knew that they would be compared... and would fall short of the fantasies of the adult film industry. I am humiliated to say that I was apart of it for so long. I wish that I could encourage them and give them hope for a better future. It broke my heart seeing those girls responses to the comments. They just shrunk in their seats. Tragic. I am sorry. I really am. I am working to fix this. I am going to show you. Not just tell you.

I see myself as an uber casual Christian Grey. Like a non hierarchical Christian Grey. I believe this is more of my style coming from Oakland as opposed to Seattle. I rep grey in Oakland. I wear sweatpants, gymshorts, compression shorts, tanktop, t shirt, hoodie, and of course a grey hat. I am a grey hat. That is my go to look. That is all that I want to wear for the rest of my life. I do not care that I get these from Walmart. I am happy about that. They aren't going anywhere I am grateful. I am thankful. I want to stock up on these and make sure that they are clean... I want to have a lot and not have to worry if I get it dirty or whatever if I leave it somewhere or someone else needs it. That is what I am going for.

I am going to check out Walmart on the way home... Maybe get a fresh new pair of sweatpants too....

But yeah I want it to be super simple. Super comfortable. That is what I am going for. I do not want to have to worry about what I am wearing anymore. I am done with it. I am happy with what I have. I am more than happy. Simplicity is key. I do not want anything more fancy. That is what I am trying to say. I could use a few shirts. No I do not. I have all that I need. If anything I need another grey hat.

I just wish that I could tell all these girls how perfect they are. That is what I wish. But if I tell one then I have to tell all? No I think that I can tell them but I do not want to lead them on at all. That is the thing. I do not want to make them think and dream of a life together when I cannot give them that.

That Justin Timberlake concert is definitely inspiring me... So funky. I love that he is a whiteboy with his colored band and they are all jamming. He realizes that it is not about him.

I want to be an artist called Anonymous. I want to make anonymous art. That is what I am going for. Art by Anonymous.

Art Anonymous. That is what I am going for. I do not want to do it for my glory. I want to do it for the sake of doing it. It is not about me. It is not about my life. It is not about me. It is about we. Just turn that upside down.

That base line in this JT concert is nasty. Funky as shit. They are vibing. So thick. Vibing fat. I want to be able to create experiences like that that go on to inspire people to feel something so intense it literally alters the course of their lives. Like festivals and shit and etc.

I want to be the master artist. I am trying to capture the beauty that I have been blessed to experience. It is not about me. You have to realize that. It is not about yourself. At all. You need to walk your head up to the foot of the cross. You need to walk up there and give it all. All or nothing. It would not be genuine if it is not all of you. You need to make sure that it is everything. Nothing less. They will notice. They are wired to know. I want to commit all that I have. What can I do to purify my medium. My body. What can I do to clarify it? What is the next step? Just take it a breath at a time. Just focus up and work hard on your own shit.

Write something worth doing or do something worth writing. Realize that. Live that. Thank you God.

How can I create better art? How do I perfect this artform? I want to create something that changes people's lives. That is what I am going for.

I want to have the passion and swagger of JT. I know that that is nearly impossible. The guy simply to glossy. Especially when he hits those falsettos.. But I am going to give everything that I have each and everyday. I am going to commit myself to nothing but the ultimate.

That is the thing me and Nate's relationship is getting much better. Much healthier. We are transitioning into manhood and I want to make sure that I am as solid as I can be so he can model

me and I can model him. We both have honorable traits. I want to take a moment to be thankful for the fact that he is in my life.

That is the thing.

Okay but for this weekend I need to make sure that I do that exam. I will do it tomorrow. I am going to enjoy this friday. I am going to go now and smile and breath deep knowing how blessed I am to be here in Hawaii.

Time to DO things worth writing about.

God, give me grace to accept with serenity  
the things that cannot be changed,  
Courage to change the things  
which should be changed,  
and the Wisdom to distinguish  
the one from the other.  
Living one day at a time,  
Enjoying one moment at a time,  
Accepting hardship as a pathway to peace,  
Taking, as Jesus did,  
This sinful world as it is,  
Not as I would have it,  
Trusting that You will make all things right,  
If I surrender to Your will,  
So that I may be reasonably happy in this life,  
And supremely happy with You forever in the next.  
Amen.

**15 October 2016**

I am like addicted to twitter these days. Nothing better to do no a Saturday than vent through my twitter feed. Started to feel kind of fun... I like this whole anonymous thing. It is really nice. I am proud of it. I am happy to say that I am working in the grey.

I am Christian Grey... Fucking Christian Grey copied his fucking swag from me... motherfucker.

How do I refine my art? I am living art. I am not the artist. I am the art. That is the beautiful thing about it. Have you studied the stars? I am a hypergiant.

Alright let me vent right now about my love life. So I am in love with Anya... I do not even know her last name yet. I do not really care. I know what her eyes look like. She is always around niggas. Always around niggas. They are always trying to get at her. I am always looking for my approach but I can never go up because there are other men around and that is not how I do it. Am I jealous? Not in the slightest. I do not give a fuck because I know that she is not into them... I know that she knows her worth by know. She is a fucking dime. She knows she is a ten out of ten. I am going for the lightskin majesty.

But yeah back to that vent session I was talking about... lol... So the leader of the church group.. Kind of like the head guy Nate is all over Anya. Like this fool really likes this chick. Like a lot. A lot. He is always over her shoulder. He is always with her. Going everywhere with her. They are in all of the same clubs. They do everything together. But I can tell that she is not into him like that. Or is she. Maybe they are dating. I haven't even asked them. But from what I can see they are dating. I always just assumed that Nate is dating Anya. I never heard anything I only knew what I saw. It looked like they were dating. They are always looking at each others eyes. I do not know why... Does Nate have anything better to do than to sit around and flirt with her all day? Shouldn't he be working on doing the good work? If he was a real christian he wouldn't go blindly lusting after her. He obviously is showing she is better than all others. I don't blame him though. She is the most desirable woman on campus. At least to me. But that is why I am going to marry her someday... I just haven't had kairos yet. But no rush. You cannot rush kairos. You cannot rush kairos. Yeah I am getting jealous. I have been jealous. But not like that. It is more of an irritation. It is like bro you are making a fool out of yourself. But I guess that is what love will do to a man;)... if you believe in such things;)

A real man cannot deny a woman's worth. I am trying my best to get through the message as clear as possible I know that I am a man and inherently flawed. But I am perfecting art as best I can...

I love being a journalist. So powerful. I am the exposor. Don't make me expose you. All I can do is speak truth. That is all that I can do. All that I can do is speak truth. I can do nothing wrong. I am King Midas. Nothing is wrong that I do. I am the delta. Nothing is wrong in me.

All these niggas be trying to get my fucking money. You need to know that I am broke. You need to realize that my momma is the rich one. I ain't got shit bro. You need to realize that I am

inherently a slave. A slave to my momma. We are not kings. Are we kings or are we slaves? That is my question?

I am happy to say that I am coming along. I want to continue to get better at my craft. Help my God keep me humble. Help me see through your eyes. I am flawed. I am not perfect. I am a man. I am not perfect. I am doing my best. Or am I? Fuck here we go again...

All the neighborhood niggas are trying to toke up.... I am about to head back to the cribo and toke it down with the neighborhood kids. I am thankful for every breath. Thank you God.

First I am going to make sure that I swing by the Walmart and get my shit together... I need to get 2 more types of juice...

### **16 October 2016**

Alright I have had a fundamental shift this weekend. This friday I finally met my neighborhood nigga from the Bay. Shit was too fucking funny watching this motherfucker talk to these island bitch ass asian boys. This fool did not give a fuck. I am not going to stand up for you motherfucker. I do not give a fuck if you smoked me out the night before bro. Fucking he has the right to say damn near anything he wants... If you got a problem do something about it. Yeah that is right you fucking short dick. Sit there with your bitch ass earrings. We from the bay we are ready to fight at any moment short dick. White and Black people empower each other. That is the beautiful thing about the ying and yang. I am done pursuing money. I am over it. I am over pursuing all these earthly things. I want love.

I do not give a fuck anymore. I love black women. They have got the fattest asses. They have the sweetest personalities. They are the most honest. They are real as fuck. I got to respect it.

Once you go black you never go back motherfucker. Fuck Asia... Those bitches fucking serve money. I am going to Africa. That is where I am going. I am not going to fuck with Asians ever again. They are red dwarfs... There are hella of them... no one sees them. Except when they are all together and then you realize how basic they are.... I want me a thick beautiful independent black woman. I am going to marry a colored girl one day. Fuck the world. I do not give a fuck. I have the ability to foresee the future. God has given me the power of foresight. I want to have that crazy ass sex with black girl. I have never fucked a black woman yet. I have made out with them. I have gotten a handjob before but I have never clapped. And fuck I am soooo fucking ready. Soooo fucking ready. They love you long time. So long as you stay loyal. Mama knows. I would never cheat on this woman too. I do not want to. I have no desire to at all... None at all. That is not what I want. I want love. I want to love unconditionally. I want to give my all to a woman.

This sweet little black girl is sitting next to me. She is cute. She is cute I want to tell her that she is flawless. She needs to hear it.



They are serving money. They do it for the money. I am doing this for us. Fuck the public. Fuck the public. That is what it comes down.

The darkest hour comes before your dawn. Do you ever think of me when you lie? When you lie in your bed of lies? I am happy to be here with you girl. I am so lucky to be alive here. I feel like the God Molecule will turn a lot of people into snakes. But no that is my second thought. That is not what I am going to see. Snake eyes. I am infatuated with you mam. I want to go in there and introduce myself to these gorgeous black women.

That is what it comes down to. I do not give a fuck about anyone but black women. I really do not give a fuck what others think I appeal to black women... That is what I am selling to. I am selling to the black women. That is my target audience. I am not doing it for the money. I am doing it for the love. I want to show that as clearly as I can.

I fucking am tired of these fucking white bitches. They are so fucking frail and have the worst attitudes. They are fucking butt hurt all the fucking time. It drives me fucking nuts. Do you not realize that you have so much to be thankful for. I am happy to say that I am going back to Africa.

For now I am heading back to the room then off to church. Godbless.

### **17 October 2016**

Alright so things are starting to come together now. I am having great relationships develop all around me. I am so blessed to be here. I am so lucky to be alive. I am thankful to say that my Brother John Whalen is in a good ole mood when I walked by him today... The old Tall Irish man that is always kicking it on Fort Street Mall. What an impact he has on my life. I am grateful to say that I sat down and got to know the old man. He was another great influence in my life. I am lucky to have such great family. I am so grateful to have people in my life. I am happy to say that I am surrounded with great people. We need education reform now.

We need education reform right now. We need to refine the way that we learn. We are not limited to learning in a classroom. It never should have been that way. It should have never been that way. We need to go to the worst places and make them better. We need to work on them and improve them. We need to come together and inspire this upcoming generation. I am happy to say that we are on the right path. I am happy to say that I have found God. I found God in the black woman....

I am sitting next to the most beautiful little black girl. She has the prettiest hair. She has such a sweet heart. I can tell. I can get the feeling that this woman will live a great and fulfilling life. Please help me God to inspire those around me. Help me bring them up as well. Help me go out of my way to make sure them as much as I can. What can I do to contribute to society? I am here to serve... Take anything and everything. It is all good. We have been living in Heaven all along. Who would have known. What a concept.... Thank you for every breath.

What can I do to show my gratitude? What can I do to show the people around me the most possible appreciation? I am so grateful for where I am from. I am so happy to say that I have had countless influences in my life... And they had influences in their lives. We are a blessed people. What a life. Thank you lord god almighty.

What more should we be doing to further this matrix? What can we do to make sure that not only does it continue on but it does it as efficiently as possible? What can we do to help everyone improve the quality of their lives? Where am I best suited? Exactly where I am... It started now. Make music? Common that shit is basic as fuck.... But then again... What is new under the Son? Sun? Lol.... Let's keep on keeping on. What a time to be alive... Fuck we are all fucking stars.... We are stars.

How do we make lasting impact? How do we take massive action? How do we go through life and get as much fulfillment as possible? That is the question.

To be honest that old man... John, he really reminded me of my grandfather myself. What a nice guy. He is just posted up in Hawaii kicking back smoking stoges drinking vodka... I burn tree. That is my drug of choice. That is what I feel that mama's drug of choice is too. But hell, I will drink brew from time to time... I always yak whenever I drink hard alcohol... That isn't good. At least I know something about myself. When I get back to the house I hope that my shipment has come in. I hope that I have some trees in the mailbox. I really fucking hope that I do. That is what I am going for. What happens if it doesn't come? Oh well fuck it... Looks like I have to sit back and smoke on this vape a little longer but honestly I am not even tripping that much lol. It could be hella fucking worse. I am blessed for every breath. That is what it comes down to. I didn't see it then but I see it now. I am a blue hypergiant. It is funny how it all works out for Good. Do you believe that? Do you? That is my question to you... that is right after... What is a question?

But yeah I am appreciative that my Grandfather made it a point to be in my life. He was a great guy. He taught me how to live. He taught me how to believe in myself and something greater. He taught me so much. He taught me how to commit. He is my example of love. He is the Father son and holy spirit. We are the triads. All that was left was his love....

And all that was left was his love. Beyonce is God.... Beyonce is fucking God... That is all that I have got to fucking Say.... God fucking dammit. She is soooo fucking hot. She is sooo fucking bad. I found God through her art. Thank you sister. Thank you Mama. I am so happy. I am no longer mildly euphoric... I am living in euphoria. That is the beautiful thing. I am so happy. Where can I go now? It doesn't matter we are there.

We ain't going nowhere. We ain't going nowhere. We can't be stopped now. We can't be stopped now. I fight for this woman. I die for this woman. I commit 100% to this woman. That is the beautiful thing about it. I am here to make a difference. Not in my life but in others. I am trying to get them to another point of self actualization. There are no more wars. There are no needs for war. Why don't we put our guns down and start making art? That is my question. Put the guns down. Pick up the pen pick up the brush. Type on...

Babble on Babylon...

I can see your halo. Baby I can see your halo. You are my saving grace. You are everything that I need and more.

What more can I do? How can I create value not in myself but in others. I am doing okay. I am fine. I am going to be alright. But how do I help those around me? That is my question... That is where the real value comes from. It comes from getting the message out there. It comes from propagating the good news. Help me be clearer in my vision. Help me give back. Help me understand the things that I can change and give me the courage to have peace with the things that I cannot change. I need to make sure that I am giving respect to where respect is due....

If I were a Boy... Humble me Mama.

I did turn off my phone for 2 months before moving here. I turned it off completely.... I started eating right... exercising everyday... All the while not giving a single fuck. Flipping off the cops. Flipping off ferraris.... The whole gammit. I did not give a fuck. Fuck them all. Fuck them all.... I didn't give a fuck who they were. They are just trying to bite off my fucking swag. Fuck off you dumb cunt bitch ass fucker.... But that is the thing... Momma defends the right to say whatever you want... You just need to be able to back it up. I backed it up. I backed it up 100% no doubt. Why do you think Roman was drawn to me? Why do you think Roman thought I was a gangster? Because i have been living amongst the realest motherfuckers on the face of the planet right there in California. That is where everyone wants to go. That is what you don't realize though. The moviestars live in LA so Cal. But up North.. The Bay is the treasure. That is where we fight and die. That is what we are working to defend. The battle of the bay is real. We have the realest motherfuckers from around the fucking globe posted right there in SF, SJ and OAK... Believe that. You wouldn't expect it but you got some killers right there amongst you. You got people that would sell out their own family to get to where they are....

That was the funniest conversation talking to that bitch ass whiteboy from Minnesota... That motherfucker is doing exactly what they want. He is going to work for the man. You do not need to work for the fucking man to be a real motherfucker. Self actualizing yourself as a realmotherfucker is the first step... You don't need uncle sam you telling you are a bad ass. Be a bad ass and back that shit up... if you can. You got to be real to survive in the jungle that is what it comes down to...

I am a suburban kid. I grew up on the edge of country and city. I was right there in the middle. My older brother Myles... He ran to the country... That dude ran to the land. He is country. He got a beautiful Aryan German bride. He did it. He is a king. He is country... Me I couldn't follow in his footsteps. Nope maybe it was ego. Maybe it was pride but I ran to the city. I can to the city. I am city. I was on the BART lines bouncing around with some of the most dangerous motherfuckers around. Killers. I understand that now and respect that. But what did I find in the city. I did not find a girl like his. That is forsure. I did not find a white girl. I fell in love with the Black mama. That is what I like. That is what I am going for. I am looking for my Cleopatra. That is the goal... Just think I missed Beyonce at the SuperBowl. You have to believe it. I am the

California dream. They are going to make a fucking screenplay out of this shit one day. Just you watch. Fuck lol... The vultures are circling. That is what it comes down to. I have been self actualized. It is all good. Now I need to push this to other people. I need to push this ideology to other people. I want to work with inner city kids. I want to be a teacher to innercity children in the bay area. ... Frances Chan... I will be seeing your bitch ass in the tenderloin. Your small cock and everything brother. Let's start dancing motherfucker. You are a true OG... I see this fool meditating on the top of Everest... No fucks given. Thank you for showing me there is good in suffering. Thank you for showing me that it is okay to suffer. Thank you for showing me so much more. You all have pushed me to this moment. I do not deserve this and so with that I am giving it back to the people. It is not about me. It is about them. It is about what they want. It isn't about I but we. That is what you have got to realize. Thank you Sherrie Coelho.... Thank you Ms. Brown from Albani.... Thank you Ms. Brown. Thank you Ms. Brown. Thank you Ms. Brown. I am so grateful that I sat down with you in your office. I am so grateful for your time. I am so grateful for our conversations. You taught me soooo much. Soooo much. I am eternally grateful.

Rihanna is a goddess... You are a fool if you do not believe that. You are the definition of fool... Believe that. Ha that is the beautiful thing about it.

But right now I am stalling. I do not want to go home and not have a package. But I am hungry as fuck. I am really hungry. I am really stinking hungry. I need to get out there and spread this good news. Use me lord. Help me God. Humble me. Bring me to my knees. I am not a Snake. I am here. I can see in the mirror. We have science to back that shit up. It was written in the stars.

Mr. Carlton... you motherfucker were already onto something you bitch ass. You are a bitch ass Mr. Carlton. You are a bitchass dick but thank you for all that you showed me. That is the funniest shit. I cannot believe that. I am never going to get worked up again. I feel my signwaves coming back down. I am really starting to mellow the fuck out. I am really beginning to get back to. I hate that I love you soooooo... I am going to get a bite to eat because I am hungry and God blessed me with a family that let's me buy and eat food. I am soooo blessed. Until later. God Bless.

Alright I am straight zooty tooty right now to be real with you. I got to be honest. This is the best thing ever. I am soooo fucking happy that Hilary is President. This shit is about to pop off. We are about to be burning tree everywhere do not give a fuck anymore. It is not a problem. What is the deal White Man no longer runs the world. Thank fucking God... we are about to pop off like fucking savages!!! Good shit. I am soooo fucking happy to say that the time has come. Hilary... A white woman is in Office. White men... You run the fucking world motherfuckers. You own the internet!!! You own Space!!! You own Time!!! You are motherfuckers;)!!! God Damn time for a revolution in America. We can burn trees now. Do drugs. Fuck bitches. Get money. Do your shit. She is a corrupt piece of shit. She is corrupt as fuck. Look at her. She fucking was corrupt enough to snare a fucking snake like Bill;)... Good shit. But yeah. God is a black woman... She has been all along. Jah feel me;) Toke it up motherfuckers. Momma don't give a shit. Toke that shit. Nigga pass that shit... It is good in the hood. Push it to the people. It is good for it. Don't worry about it anymore. The world will quickly realize. It is good on so many other fundamental

levels. You have got to realize that it doesn't even fucking matter anymore. We are kicking it. Burning weed. Burning tree mother fuckers. I am back in the realm. I am back in the game. I am kicking it. Posted up in the back. I do not give a fuck anymore. I am king midas... Any thing that I touch turns to Gold quite literally. I will make you rich motherfucker. Invest in me. But I was a motherfucker. I didn't want a fucking gay boy pushing me around. I did not want a fucking coach. I coached myself bitch. I do it for myself. I do not need fucking money. I do not need bitches. I just need water, fruit, fish, and air... and the occasional puff on the fucking joint. I am a motherfucker..

Oh you are mad about it? You should read about it sometime.

Is it just me... or is this sex so good it I shouldn't have to fuck for free?  
They don't want me to have another Anthem. We the best OVO.... > Believe that.

Alright now pass the bottle fuck off. We are pursuing the black woman. That is who we will run home to.

But yeah I am about to start pushing a lot of tree to the people. It is fundamentally good on so many levels. The institution is corrupted. US is corrupted. As in WE. Believe that. Amen....  
Bow motherfuckers. Get on your knees bitch. Get on your knees.

We got another vision.. But yeah I am about to push so much weed to the neighborhood kids. It is good for it now. I am about to Bootleg trees in Hawaii... That is what it is good for. I am selling green. I got the weed. I got that loud pack. I got what you want. It is good as fuck. Come back... i know you are trying to get a

Slide on a late night. iOn.... iOn you better believe it. What types of games are being played now. What are you doing do not fuck up on the keyboard. Make sure that your words come out clean. You want to look like you know what you are doing. Hell. Fcuk. I am fucked. Lol... Heaven. Heaven. There we go... We got it in time. We did not get it right the first time. You better believe. It doesn't always work out like that. I was trying to give your ass the world. But that is enough of that.

I am going to be smooth as fuck when it comes down to me laying down the lyrical elements that the world wants to hear. I will portray it. I will sell it to them how they want to see it. I will give them what they want to see. But i will make that shit clear as fuck. Clear as fuck. Burn that bulb out bitch...

I am Marcus and this is my Meditation. Thankyou God for giving me another day. I am grateful to be here. I am happy to be alive. Every breath. ^loe every breath. I love marriage. It is a good institution. It do not give a fuck anymore. Once you go black you never go back. You better believe that. We are letting that shit ride deep. I will take this one deeper.

Time to go in. It is no longer a time to talk about it. We pulled the fucking trigger on that bitch. Fuck that bitch. Let that heretic burn. Fuck her. She is corrupted in the name of the church. I do

not give a bit anymore. I do not give a fuck. Burn that fucking bridge. Thank you Lord god. We do not care about it anymore. We do not care about it anymore. We keep it lowkey. We always keep it lowkey. We always got trees on the low. You better believe that we have weed in here. We always burn on the low. We are always talking. We always like to smoke here and there. It is not a really big fucking deal. Let's just kick back and take it easy. It is good for it. Just relax and enjoy the fucking ride. Be grateful for each and every breath. Do not stress. It could be hella worse nmotherfucker. I got the dryness in the throat. It is about to be fundamentally so good for this election:)))\_)))))

My biological mother thought I was a writer... She thought I would be the one to write the story;)))... Fuckla;dfkja;dfjW>,fl love that woman. But I do not fucking respect her. Future. Is going in ....

March Madness. March Madness. Oh my god. I need to go workout. I need go work out. I am hyped. I am fucking hyped. I want to go and kill someone. I want blood. I want it on my hands. I want it all over my fucking my body. Fuck a cougar like she Halle Barry. Trap nigga. I am a trap nigga,. They had to of learned it somewhere. They had to of learned it from someone. They had to have. Where did those little niggas learn there shit. They learned it from God..... They learned it from big brother.... But he never was there.... He is a man!!! Amen!! Bow down bitches. Bow down bitches. Bow down bitches. Bow down bithces...

Islam... has some right elements. It is good to get on your knees each and everyday.

[https://www.youtube.com/watch?v=\\_FH7IC-AK-s](https://www.youtube.com/watch?v=_FH7IC-AK-s)

Whatever that fucking mean.

I want to run. I want to pop off like a fucking bitch. Run the card. Run that bitch up. We do not give a fuck... This is our last day. Fuck it throw it around. Throw that shit around. Fuck it. Popping off like a bitch. I done it all bitch. I am from the gutter... I am from the gutter. I have been to the top... I have been to the bottom. I fucked a cougar like she halle berry. I am God I am dea. I Love life. I embrace death everyday. Thank you motherfucker. Balling lit it march madness. Cannot goin back yet. Now... it is too late to go back now. No maor e hitting the backspace It does not exist to you anymore believe that no more going back do not give a fuck about it. Do doi not forget about the periods. Do not slow down. Run Runnnn.ffufncj;lkaj;fF /fm,naelkfdnadifjaRfunnnnyyyu run.... As fast ;lkasjfd;aoijsdffuck we are dead do not go back do not go back do dog;ngnot go back do not go back never go back never going back do not stop keep going until you cannot stop writing writing you do not want to slow down you thought you want it to come out clear you want to be abl

You want to be about to go the the computer lab and trh

I want to be able to go to the computer lab where we do not have to fucking type our fucking wordds . ll... It is driving me crazy. I want to do more than my fingers. I want to do the wiring.

... But do not hit the backspace. There is no going back no. Ride the wave out. Ride the fucking wave. Ride the wave. I ain't got no manners for those sluts.

Yeah bitch you will be reading this shit one day. You will... I am going to tell a lie under oath. I am going to tell a lie under oath.... That bible is a lie. Never listen to a man mommy. There is no love. At least for you in the way you thought it was. You were a prostitute. You were prostituted. How does it feel to be a whore now. How does it feel to be a whore. You are no better than a prostitute. You do it for the money... You are grimmy. They talk that stick talk they talk that stick talk they talk that stick... You know we talk that stick talk.

The love is divided. We were kids that just fucked the life in our youth. You better believe. That

Drake is my love child. Come to my city. Come to Oakland. Fuck SF Fuck SJ... Come to fucking oakland. Come to fucking oakland north bay. Come to Sac bitch. Come back to the where the real ones are popping off on the low. We are the Bay's crazy cousins... We like a little more space. A little more bang;) for the buck. We pop off. They do not forget about the fucking Sierras. Fuck with Tahoe. Fuck with it. Fuck with it on the New year's popping off go up there and do hella drugs. We do it in the cold ass cabins. Just kicking back enjoying life. Go ahead and pick up all the cash....

When is Anonymous going to hack me.... I am the fucking face of anonymous fucking bitch. Get it through your fucking head. I know the hive. I know how to direct their anger. I am the propaganda I am the elite propagandist. I am t

Propagandist..... Propagandist. Propagandist. I am a Propagandist. That is my new thing. I am a propagandist. Propaganda.... Propagandist. A's.... Oakland. Battle for the bay.... Battle for america.... Battle for the world.... Battle for the future.... Present.... Past.... Amen... aman? What is a question?

The A's hat means something more. It is something soooo fucking more. I am anonymous.... We are anonymous.... I am just the nonexistent face of it... I am the anonymous face of it. Too much of this shit I don't need. I came out the gutter I really made. These bitches be looking...

I am looking for paper in inner city... I wake up on the daily basis I wake up I'm already rich. I feel in love with the Rolly. I say fuck all you hoes. I am balling out of control...

And I rock kentucky blues on these hoes... I do not want to share no room with these hoes... We got that purple rain for the pain... My nigga we ain't change we ain't change....

I am the king of nothing and everything at the same time... But what ones will i choose.... Choices choices choices.... Choose wisely..... Alright I am about to go and dip to burn some flower....

**18 October 2016**

Please humble me father. I smell like dank I know but who is going to snitch. That is my fundamental question? Who is going to snitch? That is the ultimate question? Who is going to give a fuck... They smell the fucking dank but I got to dip quick...

Damn good day motherfucker...:)

Nicki you are cleopatra... don't bother fucking Marrying me.... Let's just go eat a fucking apple sometime... I think that that should be enough. Don't fucking worry about it anymore. We are good... let them do that before God. They just have to realize it is too fucking dumb... Our futures are too fucking bright all these whores need to back the fuck off of me. They are artistically distracting as fuck. Get the fuck out of my face you fucking whore. Get the fuck out of here you fucking Bitch. What are you doing... What is the problem here? Do you believe in Fate? Do you believe in Destiny? Do you believe in privilege do you see guilt. Fuck off of me bitch. You do not realize what really is happening behind the scenes. You never fucking know what is staged you bitches. Think about it. Get your eyes opens. Jah Bless.....

Okay where were we bitch. You are a fucking bitch ass. All of you fuckers. Quit peeking over here at me.. You are motherfuckers. You do not realize how fucking flawed the fucking system is... You do not even realize... This shit is stupid. I fucking hate it but want to smile all the way along.. You;asodfiji Woah... What do you think of that. We are bitch ass motherfuckers lie... like that. Believe it girl... Didn't I tell you at the damn club... Damn I'm glad I wrapped up. Run it back from the front rematch..... I got to keep it a secret. Dirty laundry no deposit. Don't a'fjd'lkj

The way you talk the way you look the way you fuck bay... The way you. The way you... Kehlani... Got to site this source...;) <https://www.youtube.com/watch?v=0E1xYcXsGp0> Amen.... Amen. I was totally choking on that fucking shit... j;qliakfdjp;ij You are a fucking bitch. You are a fucking slut. You have got to realize. These eyes are expensive shit. Girl do your things. I know how to be a magician. I can essentially predict the future. I can see it in your eyes. Get on the internet. Get on the iPhone. Eat the Apple already you fucking bitch ass.... You're second chance....

<https://www.youtube.com/watch?v=JmSk2vzODfQ> My son... Drizzy. Get it son. Go get it boy. Go get all the cash. You danced all night you deserve. Go pick up all the cash... You deserve it... Magic city on a monday. Maybe one day maybe one.... Maybe one day. Maybe one day. Mix the liquor with the sedatives. It's a good night to dance on me yeah. Get a plastic bag. Go get all the cash. You danced all night girl you deserve... Future in it deep.

Eternally humbled... not going to lie..I black prophets are fucking real shit. Watch out for all prophets. I would advise you to some degree or other. That is my last words to you that I can muster. Go luck. Over the shoulder. Behind up.. Time to move the fuck on. Get over it push



forward into the future. It was just a judgement battle. I felt it. Shut the fuck up you fuckers. I know what you all just did. You are fucking bitches. You are all fucking bitches. I saw that...

Fuck you tim ferriss. Get off the fucking stage you bitch ass Long Island is soft dick. You were born rich.... You were born rich... You were born eternally rich:)... Smile bitch. Remember that shit will fuck with your fucking head. I do not deny the fucking fact.

I am a Ghetto nigga in my heart. I am the king of the inner city. Where did little brother learn it from? Ah got you on that... But how... You .... Oh yeah you too. Bow down bitches. I want you to turn up on me every night. I really want you you you'll.... Lightskins. Lightskins Lightskin.... That is where it is going you better fucking believe it. Now someone make me a fucking offer you fucking bitch ass. Don't do it. Bow down you know how it goes. You do not realize what is to be naked. Fuck you. Fuck you to your face. Fuck you 100000 over. I hate you I will... love you eternally.;\_) Thank you bitch step down. Step down. Walk off the stage. I see that fucking dick... I see that you fuck... oh yeah. ... Sorry too far? Thank you Mama... Rebirth that shit. Let's do it again...

Fuck those white bitches. They don't know how to fuck is the thing... It is gay... Literally. I feel like I am being robbed. Quite literally. They owe me more. More than that shit. My attention is invaluable. You need to realize that. They want me. They know it. They want me more than they fucking realize it. Just push it to the people... Surrounded by whores... Thirsty whores. What do you want to hear? #what is a question ... #itiswritten

I think I learned how to sway public policy. I think that I have learned how to cover shit up... ;) That shit must be too nice. Someone knows that I was smelling danky and needed to cover that shit up. Thank you Mama... Thank you Mama... Jah bless. Thank you for always looking out for me. Thank you for giving me eyes. Thank you for enlightening me. Help me appreciate every breath of this journey. I am ready. I am happy. Thank you for the perfume it is nice for a while but then you need the retraction....

### **19 October 2016**

So when are you going to hack my Google account bitch ass... That is the real question... Is my journal even private...

### **25 October 2016**

Man I need to get some thought to paper. I have had one hell of a fucking time these past couple days. I do not want to ever go back to the Psyche ward again... I do not want to even fucking talk about it... Shit is too fucked up ... But thank you God that I am here in the shape that I am in... Time to take it a breath at a time and not get ahead of myself.. Time to start walking. It is hella good for it. Keep working. What do you desire? That is my question to you? What are you working toward.

Now I am looking to the future. It is looking bright. You're so damn important... Everything you do shows me you know it.. Who are the people by the sea. I am good.

**26 October 2016**

It is ultra fucke... I have no words at this point. Feeling famous..

**29 October 2016**

I am drowsy from the fucking pills but it is all good. I need to go get some vape juice and I need to go and get that fucking table. Those vape flavors are fucking gross as fuck. You get what you pay for that is forsure. I love this keyboard.

I haven't been giving enough thanks. I need to make sure to count my blessings. I am here a live in hawaii!! Believe that. Do you realize how blessed you are for being able to sit here and enjoy this life. It is good shit you are infinitely blessed. Lue told me to remind you.

I am happy for so much in my life. I have a great little cliché of friends developing in the city. It is the church group where I am meeting a lot of great people. For now I am going to go get those items.