

2:04pm read this morning at 5:00am because of insomnia
didn't help

2:06pm swimming

2:12pm don't remember much
memory is a weird thing for me

2:13pm I used to remember everything to a point it became disturbing

2:14pm paint
gives you more time

2:14pm then it's the same thing, also in relation to memory and the retelling of
the story
and how that profoundly relies on memory

2:17pm and bodily sensations

2:20pm I can't feel my feet

2:22pm stand up
take a cold and warm shower
go outside

2:24pm it's storming

2:32pm do you often not sleep very well?

2:37pm sometimes

2:42pm my sleep seems to take energy as opposed to just give it

2:50pm I know how that feels
but I have never been very good at it
might be the plants
they've made everything upside down the last two years ...six, seven
the air
I mean
but you have good air there

2:52pm what plants

2:54pm planets ...I mean
but plants are good for sleeping too

3:07pm you light me up inside

3:08pm I'm overwhelmed with images
it's intense but very nice
one sec

5:10pm maybe I go by horseback

5:11pm you should

5:20pm I think you mentioned you might

5:20pm maybe after Valentines day

5:21pm you might still have a chance

12:09am 🌴

12:10am I thought you were asleep

12:12am I am

12:12am maybe tomorrow then