

*"I was guided...
to get here."¹*

¹ "I was Guided (Interlude)", Gil-Scott Heron, *I'm New Here*



Welcome to Recovery

High Hopes

More Tea²

The last shot I took was radioactive tracer

Year of the top dawg

Kill a man over status, or respect, or a check.

Or kill em for being a witness.

Homo sapiens basically animals

I get we cornered, can't understand how murders casual.

pitch of manic in the masses

Am only I tapped in

Blessed the man who leads with charity and goodwill

Preordained is the man who shoots back when his son killed

I know I know nothing and I should breathe slow

Am I alone, depends on how the tides flow

² yerba mate

*Storge*³: Affectionate Love. Loving family (+enemy)

Éros: Erotic Love. Madness. Cupid doesn't need shooters, he's a one-man army.

Philia: Brotherly Love. Between Equals. Friendship

Agápe: Unconditional and Universal Love, Good will.

Ludus: Playful, Uncommitted Love. FU(N)

Pragma: Practical Love. Grounded in mutual goals.

*Philautía*⁴: Self-love, can be either selfish or self-realized.

One Love⁵

Post-conceptual thought. It's like conceptual thought, but there's a post- in front of it.

Get chill pills prescription

Benzos, shut my ego up & listen

Once upon a time I'd never express my mind

Now I worry I deny any others' word in edgewise

If you're not failing sometimes, you're not doing anything new.

I've visited Ernst's landscapes

Existentialism + Surrealism = Absurdism?

There is no conspiracy, there is only hate.

No more ALL CAPS, I'll appear insane... I'll leave that business to the Xanax rappers⁶.

The work I did to rehabilitate myself seemed unsuccessful, but it pruned my neurons right

I want to be considered a ~~rock~~ Indie House hip-hop poet⁷

I don't know why they like calling us millennials so much.

We're not Millennials. We're not Gen Y. We're not iGen. We're the doomed generations.

³ https://en.wikipedia.org/wiki/Greek_words_for_love

This is an elaboration on my notes from my time spend at The Lindner Center of Hope's PHP (Partial Hospitalization Program). I used the wiki page to remind me what Lindner's main 5 were.

⁴ I also based this list loosely on a bit of information from this site

<https://www.psychologytoday.com/us/blog/hide-and-peek/201606/these-are-the-7-types-love>

⁵ When I can sign off all my emails "One Love" that's the pinnacle

⁶ Thinking of pink hair, and Denzel Curry's 13. And KIDS SEE GHOSTS. And NASIR. And DAYTONA. And ASTROWORLD. And M I G O S/Q U A V O. On and on.

⁷ "I want to be considered a jazz poet" -Jack Kerouac

People will still be starving to death when the first generation of immortal humans⁸ is christened

It's hard for me to receive medical care knowing most of the world doesn't have any.

In the states, most folks I know get care late-stage, fearing co-pays. Ain't no new thing⁹

In the US, most of us have 3 choices. Be broke, sell our lives to benefit to a corporation's interests, or sell crack.

I fear chronic pain I cannot affect, and apocalypse enabled by the world's spiteful negligence. And admittedly there was this affair with a roach that I initially confused for a scuttering mouse flying at my face.

To be in touch with the spirit of the times or the spirit of the depths is to be lonely.

To be in touch with both is to be on another planet.

My inner voice tells me the humble will include me. They're so rare.

A healthy psychology of Inequality: awareness over repression, efficacy over guilt

Great Teachers catalyze the student's development. Each teacher can have particular articulations of cerebral divinity, or they may choose to function without Holy Speech, instead emanating wisdom like haphazardly firing knowledge from a clip of Rambo-ammo.

Part of my dad's exceptionally shrewd life philosophy includes trying to be a better person than you were yesterday, or manifest that trend. This is a recipe for self-loathing in the bipolar patient.

"curse" words, stigmatizing censorship of expressive language with scientifically verified benefits¹⁰. This marginalization of speech-thought is sexist, benefitting the customary testicle-possessing party. This instantiation of censorship marginalizes true sentiment, systemically favoring insubstantial content (most radio waves).

I got anxious teach would see I was high, so I took a hit

A matter of principle, as Snoop would say, "fo shizzle"

⁸ Pending self-extinction by climate collapse or nuclear obliteration.

⁹ "Ain't No New Thing", Gil-Scott Heron

¹⁰ "Worrall, S. (2018, January 27). Swearing Is Good For You—And Chimps Do It, Too. *National Geographic*. <https://news.nationalgeographic.com/2018/01/science-swearing-profanity-curse-emma-byrne/>

Ghost cities

Deja vu is a resonance with the transdimensional microtubules connecting the 10th thru 26th dimensions of spacetime

I escaped the Matrix¹¹
y'all trippin'
quit it cuz I feel it

Most Chi is cycled like a nutrient through an ecosystem.
Chi + Libido = Chibido (not to be confused with Cheetos®)

History without culture is humanity without humans.

What was it again... redemption through reinventive release? That or rewind to rehab

My big 5 personality traits been stable through it all¹²

Cathartsis

Pragmatic Absurdist Buddhist over Pabst's Blue Ribbon
Army in anemic blood
Hate makes me crave benzos
humans eat their young
The future's lit with hope and flames
Sheep with acidic auras (Nez's term)
comma'd karma

The biggest welcome to recovery wasn't remission, but relapse

Am I done treating people as screens? The H in ADHD is new.

It's hard to recover in a city where it feels like hardly anybody intends to lead a meaningful existence. It's as though people wake up and go through their day without once contemplating how they can enhance the lives of themselves or those around them.

“You're not insane. This city is. You're not insane. This shithole country is.”

¹¹ post-matrix ya bish

¹² OCEAN: Openness to experience Conscientiousness Extraversion Agreeableness Neuroticism
My results from the WashU PAIRS (Personality and Intimate Relationships Study) Study

“I’m tired of all of this bullshit, tellin’ me to be positive
 How am I ‘posed to be positive when I don’t see shit positive?
 You know what I’m sayin’?
 I rap about shit around me, shit I see
 You know what I’m sayin’?
 And right now, I’m tired of everything
 Tired of all this player-hatin’ that’s goin’ on in my own city...
 But hey, it’s cool though, you know what I’m sayin’?
 I’m just fed up, that’s my word.”¹³

Being inquisitive is not a sin.
 The Inquisition was.

Smile thru trials

The Downward Spiral by Nine Inch Nails or Danny Brown plus The Upward Spiral: Using Neuroscience to Reverse the Course of Depression, One Small Change at a Time equals The Sideways Spiral

Often¹⁴, when I’m inattentive to the present, I think I’m caricaturing things. daydreaming or creating enriches the sketch.

Autopilot is more nonconscious than unconscious. Consciousness neutralized or flattened, rather than an opposite ripe with unknowns. Autopilot is empty space, not antimatter.

I’m gonna laugh so hard when advancements in tattoo removal erase the consequences of face tats making grumpy corpses roll over at the ignorants’ indemnity

Apply the right Instagram filter after stealing your own soul for the fourth time of the morning

I never hated myself, I hated my life. That distinction probably got me out.

¹³ “If I Had”, Eminem, *The Slim Shady LP*

¹⁴ often when people often say something to me I’ll often reply often by confirming that the content transmitted is effectively communicating the idea of the information which they often think about and then think “well, at least we survived the first two World Wars.” <Reggie Watts crossbred with Kubrick>

“12 Jesus entered the temple courts and drove out all who were buying and selling there. He overturned the tables of the money changers and the benches of those selling doves. 13 “It is written,” he said to them, “My house will be called a house of prayer,’[a] but you are making it ‘a den of robbers.’”¹⁵



More leaves than trunk
More smoke than fire

“Menacing vibrations were all around us.”¹⁶

“It was the best of times, it was the worst of times.”¹⁷

Bro were you *even* bipolar.

If you were this wouldn't be the first book to put me to sleep, repeatedly. Thanks for the lessons on how to write to torture people.

Is it worse to live in hate or live in fear?¹⁸

Damn: be **darned**(in Christian belief) be condemned by God to suffer eternal punishment in hell.

1. Be doomed to misfortune or failure. (v)
2. Criticize strongly. (v)
3. Curse (someone or something) (v)
4. Expressing anger or frustration. (exc.)

Did Eve and Adam gain awareness they didn't need to obey YHWH to be lovers?
Or nothing bad happens if you don't boil a baby goat in the milk of its mother?

¹⁵ Matthew 21:12-13 New International Version (NIV)

¹⁶ *Fear and Loathing in Las Vegas*

¹⁷ *A Tale of Two Cities* by Charles Dickens which in high school we referred to as “A sail of two titties”.

¹⁸ “Wickedness or Weakness” - Kendrick Lamar, *DAMN* (2018 Pulitzer Prize Winner)

Why were they found guilty of treason for gaining reason?
One of many obvious potshots, certain brands of God discourage thought.

Nietzsche: The original Kobain
conceptual plane, that 2.0 thang

“die to live¹⁹” – William James, *A Pluralistic Universe*, pg. 33 (Lecture III. Hegel and his Method)
(just before James’ dialectic²⁰ revelation with N₂O [Nitrous Oxide])

Go until you get there and it will all make sense, maybe

I collapsed on camera, came back from what others called “the other side”. In truth I returned
from two polar opposite “other sides”, and a third sideways one. Currently it seems the most
probable way²¹ I’d go out early would be murdered in Saint Louis. Ain’t many saints on the block.
God cursed me, science saved me

If life is a video game, finding the right meds took the difficulty from Legendary with all skulls²² to
Very Easy.

Is uncertainty Digital or Analog? Parallel or Series?

Ain’t no dragon about to tell me I’m a drop in the river of time or some shit. I blow smoke in his
face and shift the current in spite of all resistance.²³

I take my Wasteland²⁴ in Teenage²⁵ form
Mood Pinballin’²⁶ on some WZR²⁷ shit

FXCK CATS, Hanh?!?!?!²⁸

They say when you strike at a king, you must kill him. But why kill a king when you could kill a
God²⁹. Like H.S.T. says in *Fear and Loathing*, the acid children were deluded in believing that
somewhere, there was some force tending the light at the end of the tunnel. The youth don’t buy
that much these days.

¹⁹ “We was young and we was dumb, but we had heart/In the dark, will we survive through the bad parts?” 2Pac,
“Runnin’ (Dying to Live)”, *Tupac: Resurrection OST*

²⁰ some shit some guy did that other people did too that is boring and is basically ‘the *universal*, is realized, anyone,
anyone through the anyone, anyone through the *particular*’

²¹ In terms of death probability per unit of time passed. This is how I’ve come to use math in the real world.

²² Non-gamers: read “Impossible.” Extra gamers: “Ninja Gaiden”

²³ *Grendel* by John Gardner, WashU graduate

²⁴ T.S. Eliot, WashU graduate with family legacy at the University.

²⁵ “Baba O’Riley”, The Who

²⁶ “Pinball Wizard”, The Who

²⁷ Kid Cudi’s project with Dot da Genius

²⁸ T.S. Eliot had a thing for cats... I don’t wanna think about it. I’m Dogg Pound. This orange text is riffing off a
Kanye West ad-lib/animal expression from when I was mad manic in TLOP-shaded 2016. The Eliot connection
made nonsense meaningful.

²⁹ “Why be a king when you could be a God” -Eminem, “Rap God”, *The Marshall Mathers LP 2*

Accept that it's mostly bullshit, try not to let it get to you.

Biological explanations make great antipsychotics

If I did a vow of silence I'd likely stub my toe and exclaim "Fuck" causing the monks to kick me out. It would be legendary but I can't go out like that.

On Zodiac Shit³⁰, swim no matter the undercurrents. Floating is ok.

Don't stress the hypotheticals
 Best to stay in check with what manifests
 Only calculate realistic perfection
 To maximize utility's Catch 22
 Perfect could be a roof and food, water and health care
 Or a moment of silence, not for death, but for breath
 Or anyone who understands you for a second

Imagine you're 23. Death couldn't catch you at 22. Basically sober. Brushing teeth and changing clothes so painful that some days it can't be done. Feeling like a cancer patient, wishing it were terminal. A voice: keep moving forward. Stay Strong.³¹

All my friends moved after graduating, I lost my therapy doggs

When my mom moved with the dogs, I lost my Heart Mentor. Bison³² is uncontestably the greatest mentor I've had this life.

With him across the states my heart space feels cold and vacuous. That goes for when I observe daily instances of selfishness and spite, or during spiritual practice where I feel I can only access speech and cognition jewels. The astral, root, heart, and sacral currents are intolerable in this city, air sick, roots poisoned, my core agonizingly crunched in the middle of this biopsychosocial clusterfuck.

It's easier to treat a stigma than an individual.

Extra prone to serotonin syndrome

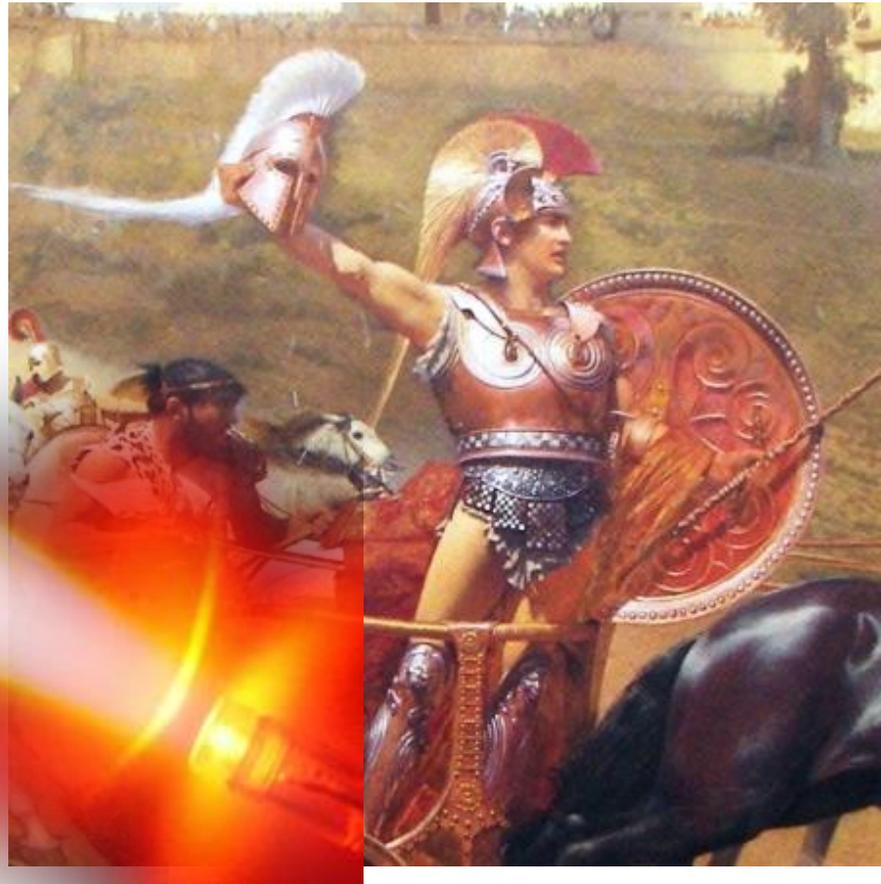
Two roads diverged in a wood, and I
 Had bipolar decide which one was mine
 And I've tried not to look back since

³⁰ "Zodiac Shit", Flying Lotus

³¹ Cudi lyrics, *KIDS SEE GHOSTS*

³² The Male black chow who does what he wants at every instance, whether that be licking your entire face every time you come home, or sliding off the couch the second you sit down next to him, bumbling away from you to go lay down, legs splayed out on the hardwood. I think he was trying to teach me lessons in object permanence. Also I think he was trying to cool off his nuts. That's his favorite.

My greatest strength is my greatest vulnerability
I'm basically Achilles if his heel could shoot laser beams



My own big homie, the only at most hopeless
Personal growth delayed until I overcame the situation
Without Seroquel, might have never happened
But I did the impossible, regained command

Me: *reads Youtube video title "Alan Watts - society is a hoax, take control of your life."
Me: No shit sherlock.

i

Medicated by the hand of Josh
That's the name of my doc
I love myself

Medicated by the hand of Jah
That's a name for God
I love myself

“Illuminated by the hand of God,
boy, don't seem shy
(I love myself)
One day at a time.”³³

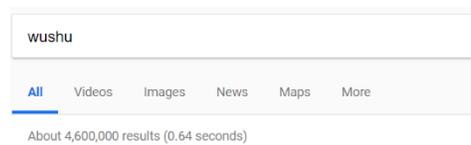
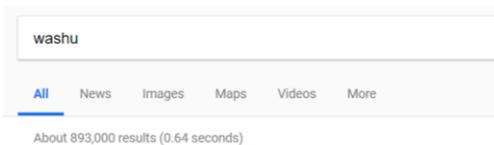
“I love myself
(He said I gotta get up, life is more than suicide)
I love myself
(One day at the time, sun gone shine)”³⁴

*** Social media marketing director of Wendy's conducting interview***

“It says here you are, um, the ‘Shakespeare of Dank Memes’. Could you elaborate what you mean by this, and how your unique skillset is a fit for the Wendy's corporate family?”³⁵

Sociocultural identity may lose relevance as globalized culture allows an a la carte buffet for those with internet access and a tendency to lose themselves in imagination and self-creation.

WashU Wushu³⁶ Academy



That's 893 thousand results for WashU, 4.6 million results for wushu #woke³⁷

³³ Kendrick Lamar, "I" *To Pimp A Butterfly* (album version)

³⁴ Kendrick Lamar, *i* (Single Version)

³⁵ If you don't know, Wendy's Twitter account routinely and remorselessly roasts competitors and random baiters.

³⁶ Wushu (武术) is a form of contemporary Chinese martial arts that blends elements of performance and martial application. Wushu training emphasizes quickness, explosive power, and natural, relaxed movement. The wushu practitioner must combine flexibility with strength, speed with flawless technique, fierce intent with effortless execution. <http://www.hcs.harvard.edu/~hwushu/what-is-wushu/>

³⁷ "Hashtags don't do anything in a word document" (Substitute word document with facebook and this is a real quote from tha haterz)

The rules are made up and the points never existed in the first place³⁸

Typing:Communication::Compression³⁹:Music

Hypo- and Hyper-reality are like Minor and Major Key⁴⁰. Hyporeality better suited for comedy hyperreality for insight.

An unlikely source of desensitization, even therapy, comes from filling out paperwork for new mental health treatment. It's like EMDR⁴¹, balancing trauma with banality.

I can imagine critics/skeptics arguing that the aphorism is lacking because it does not expand, does not generate context or generalizability. I would respond, while prone to melodramatic beckonings of the form, the aphorism minimizes dilution. It's not some homeopathic cure your mother uses.

I can imagine critics/skeptics arguing a lot of other things I might not care about⁴²

I eat potatoes with my hands cause I'm a man⁴³

“Will I still be clean, to-mor-row”⁴⁴

If you wish your enemy dead, you lose your humanity. yes I did that 3 pages ago, but those Klan fuckers are inhumane.

One must first become an enlightened being to bring happiness to all conscious beings.

Only by cultivating love and compassion for the self can one universally project divinity.

Yet currently: anger at lasting lack of compassion. impatience to attain world peace⁴⁵

All Things Must Pass⁴⁶

³⁸ “The show where everything's made up and the points don't matter.” *Whose Line is it Anyway*

³⁹ A late-stage production technique which increases the volume of a song's quiet segments and elements while decreasing the volume of its loud ones, bringing everything closer together. When done properly, compression can increase sound quality and “punch”, but it has a reputation for being overused or done incorrectly, squashing a song's dynamics. Google “loudness war” for more info.

⁴⁰ D D D D J KHALED!!!!!!!!!!!!!!

⁴¹ “Eye Movement Desensitization and Reprocessing (EMDR) is a psychotherapy treatment that was originally designed to alleviate the distress associated with traumatic memories (Shapiro, 1989a, 1989b)... During EMDR therapy the client attends to emotionally disturbing material in brief sequential doses while simultaneously focusing on an external stimulus. Therapist directed lateral eye movements are the most commonly used external stimulus but a variety of other stimuli including hand-tapping and audio stimulation are often used (Shapiro, 1991).” <http://www.emdr.com/what-is-emdr/>

⁴² generating more knowledge through discussion, comparison, analysis, etc. something like that at least.

⁴³ Writ in the spirit of “Don't look at our crotches while we synchronize our watches” taken from *The Regular Show* which I believe I've only watched 34 seconds of because King Nez blessed me with a jewel. Unintentional allusion to “Cause I'm a Man” by Tame Impala on *Currents*.

⁴⁴ “Will You Still Love Me Tomorrow”, The Shirelles

⁴⁵ Inspired by an excerpt from HH The Dalai Lama in *The Art Of Happiness*, which is in a box somewhere since moving

⁴⁶ George Harrison, *All Things Must Pass*. But what will pass, the hatred or the species?