

From Notes of the Day
August 5, 2019

I try to maintain a stream of writing, working every piece I've started toward completion and starting new pieces, like this one, just started, to record the most persistent thoughts of the day. At the same time, I maintain a stream of music, practicing every piece I've performed toward better performance.

When the music, the writing, the dog barking next door, the airplane flying noisily overhead, the lawnmower roaring two houses over become one movement toward expression of something good, I'm moving the direction I want to go.

Irrelevant, irritating sounds blend into my movement as I try to turn the total force that enters my awareness toward positive expression.

I live in a steadily noisier environment. I want to express primarily positive thoughts. Distractions turn me toward positive expression. Distractions as part of artistic existence turn my attention to the work I need to do to bring harmony to my thought.

Something good must come of irritants. Irritants stimulate my awareness that I must change the irritants, my thoughts about them, myself so they are no longer irritants, so my thought reaches more and more into harmony regardless of what my environment seems to be.

Peace in me stimulates peace around me, stimulates awareness that peace exists in my environment, creates the awareness that I can move deeper into peace, into quietude, into gratitude for peace, into gratitude for awareness that quietude as a constant state of mind is a positive state of existence that I continue to work toward and achieve some progress toward.