


Mar 8

Good morning, the alarm woke me up.

Can't remember my dream other than the perfectly round shaped yellow play-dough appeared again. (got an image of the play-dough but not sure how to send it through text, it somehow looks like this )

A warm welcome to Good morning, good morning.

Hope you can try living your best day for today as well,

Good morning 

Jing

Mar 9,

Chairs and trees are those kinds of things that easily appear to be wholesome and delightful.

The main task of summer is to spend the summer. Work symbolically, talk about love symbolically, eat symbolically, put those assignments as subplots.

Spending the summer, having long walks, wasting time, binge-listening, and letting the wind blow through the garment and hair, are the most important things.

Hope you are staying warm in the late summer breeze.

Good morning 🌬️

Jing

Mar 10.

Replaying what makes me calm recently:

Putting on more clothes and wearing socks, learning to write stories, spotting love lines between trainees in survival shows, long phone calls, putting the time for deep breathing into the schedule, and the temporary sleepiness and dizziness after quitting coffee. These are all happy penguins on icebergs; need to write them down so they won't fall into the sea.

Hehe, feeling calmer indeed.

Hope there will be something random and sweet for you today.

Good morning 

Jing

Can't think of a way to prove a firm foothold in a city than keeping an adequately packed refrigerator (less food in the freezing chamber and more in the chilling chamber).

Although it is far from full, the empty spaces allow you to know exactly what is left in the refrigerator every time you open the door.

Also, the precise control of portions creates literary moments in daily life without cultivating unknown species hiding in the depths.

(Attaching the list of food in my refrigerator atm: three avocados bought two weeks ago, a bag of unopened vegetables, two ripe bananas, and one box of expired kimchi).

Hope you are always free from refrigerator anxiety.

Good morning 🥤

Love really is the best immersive experience for humankind so far.

Drown in its simpleness and ease when it shifts from a "need" to a "feeling", when no one holds any purpose other than finding each other, worries are put aside while you still remember how it felt.

A very real sense of being alive, kind of hard to describe what it is. In short, it's the moment when happiness is the joy of complete satisfaction, pain is the heavy pain of heartbreak, fear and courage, tense and relaxation, expression and silence...all feelings are not pretentious and narcissistic, they are true, full, rich and fierce.

Hugging people around you is free!

Hope you can receive and deliver a sign of love from/to someone, something today.

Good morning 🌞

Jing

Mar 13

The word "weekend" sounds like
a trap for civilised people.
Needs to move the body and
touch the boundaries.

Eat well, sleep well, and let the
body do what it needs to do
assuredly, everyday.

Hope you can have a fluffy
Saturday,
Good morning 

Jing

Mar 14

A final good morning to everyone who took part in this journey with me. Thank you for signing up and accommodating a safe space to share our stories and feelings.

Wish you more lucidity, softness and sturdy, take care of yourself with time to feel the slight and lovely, shout out your list of needs, bumping the real you with courage, continuing to live in an environment where you often give and receive love.

Hope you can feel the moments of fresh air, fresh mind, and heart-pounding all the time.

Good morning ✨💖✨
Jing