

a conversation about dreams because life is a dream and it's hard to be lucid all the time when it's more comfortable just letting the whole thing follow its own course

and why do we dream really?

writer's note -

"me" is my own thoughts.

"you" is the thoughts of others. it could be an academic source.

it's probably not. it's mostly quotes from friends, teachers, youtube videos, and a podcast about a town that doesn't exist. that is my research. at the end of every "you" quote is its source, if you find it helpful.

it is a conversation between me and the rest of the world: a discussion propelled by thoughts outside of my own, and developed in "me", until it reaches the beginning again. to go in a circle is the nature of the questions that i'm asking. but there's still a lesson in there. witness a "polished" revision of my live thought process as i find new quotes that are cool and interesting.

without further ado-ing - "dear diary"

i dreamt that i was home
and then i realized that oxbow ended
and that everything in it was over
the people, the relationships, the locations...
the potential
was gone.
and it's like i had this different life
but i didn't actually do what i had hoped to
i just kind of existed for a while and then left
it's like i was never there
white walls in the dormitory
i could have done something
i could have made something out of it
i could have talked to more people
that's something i never did enough of
why didn't i do enough
and then i woke up and i was back again
such a weird fever this life suddenly becomes
when you are in the dream your dreaming self wishes to have
soon to be that dream
the life i'm already having here
have i done enough?
if i left now i wouldn't be satisfied
so what's the difference between now and then?
what is it that makes me satisfied?
if i haven't gotten what i wanted yet, then what do i want?
in the meantime i've tried my hardest to take on anything new
i signed up for the hiking trip
i don't know if i'll enjoy it or not but i can't just ask myself "what if" anymore
me: that's why i'm going hiking this weekend
me: what do you think about that

you: never confuse movement with action
you: you can pace when you're worried and it makes you feel better
you: but don't forget what it feels like to stand still sometimes, ok?
you: maybe you shouldn't try too many new things and just do what you love
(AJ, in a text message)

me: i don't even know what that is anymore
me: i don't want to just be what i do right now
me: i want something more out of it
me: if i don't just lounge my life around and i actually do things when i have the
opportunity i feel like it'll at least feel like i did something
me: what about you

you: if i were to look at my life as it is right now
you: i'd realize that it doesn't matter whether or not i like my life outside of school
you: i'm still not satisfied
you: how can i feel satisfied when i have to waste 7 hours a day, more like 9 including driving time and homework time and staying after for math team and shit
you: and i can't bring myself to put in a second longer than that
you: some people stay after school for an hour and a half every day
you: and i ask how the hell they can feel happy when they're wasting that much time
you: but you're in a position to ask me that same question
you: you're at oxbow
you: so what does that say about me
(AJ, in the same text message)

me: i've always had that feeling about my life
me: and now that i'm finally here at oxbow where more is happening than ever and my life is the most interesting and dramatic it's ever been
me: i still feel like i'm wasting it
me: i feel like it's wasting away
me: like i'm wasting away
me: but what use is it to feel that way when it only serves to ruin what's left
me: what's right in front of me

you: there is never gonna be a time where life isn't painful
you: there's never gonna be a time where life is easy and there's no suffering and there's no hardship, ever
you: no matter who you are, no matter where you are in the world
you: the suffering and despair of being alive is going to catch up to you, always
you: and even though that sounds depressing it's incredibly helpful
you: because once you stop trying to be comfortable all the time and you stop trying to find things that are going to make everything feel better
you: all of a sudden you can actually do something of value with your life
you: it's why i have a problem with bucket lists
you: it's this notion that if you do things a certain way and you just go out and conquer and check things off of your list that you're gonna feel better
you: say "im proud of what i've done"
you: there's no substance to any of that
you: it's an adrenaline high
you: traveling the world is just a high
you: i love traveling but it doesn't mean that when i'm looking back on my life that i can say that i've done something with my life that i'm actually proud of and okay with
you: a bucket list is not going to make you feel better when you die

you: a bucket list is not going to make your life worth living
you: giving something of ourselves is what's gonna make our lives worth living
you: that might be the only thing that i know about this world
you: giving yourself - giving everything you have to the world is the only thing
that's going to make you feel okay
you: and that has nothing to do with what you experience
you: nothing to do with your circumstance
you: nothing to do with whether you're jumping out of a plane in bali or not
you: it has to do with who you are
you: it's incredibly painful to look at yourself - really look at yourself, and really
evaluate what it is you've done in life and what you've given and whether or not
you've spent your time running away
you: i think that one of the most painful things that i've ever done is really look at
myself and realize that i don't fundamentally respect who i am
you: not because i've done anything really horrible
you: but because i'm not the person i want to be
you: i'm doing so many things in my life right now that are so uncomfortable
you: i'm so overwhelmed and in pain every single day
you: i could choose not to do it
you: but i'm trying
you: desperately
you: to make my life into something that i could be kind of proud to live
you: because what makes you happy in the moment is not what's gonna make you
happy in the end
you: if you wanted to just be happy all the time and get dopamine and serotonin to
fire in your brain then just get high, you know?
(Claire Wineland - "I don't want to be happy")

me: and i still want to be happy
me: it's an unquenchable thirst for a deeply satisfying fulfillment that does not
exist
me: i'd like to think that it exists
me: but i think it's more practical to come to terms with it not existing at all
me: a want for anything, everything
me: a hole in the center of your being
me: that will never be ful-filled
me: and so what exactly is there left to do
me: other than to give everything i have
me: everything i have left
me: for however long i have left
me: it's not just oxbow
me: it's anything that happens once and then never again
me: i have one chance to give it a go
me: it doesn't even matter whether or not i give it all i've got
me: it'll be gone

me: it's my life
me: it's my entire life
me: the time we have left is always running out

you: do something this summer
you: you know - the thing you've always wanted to do and you know you have the time to do but you never get around to it because you don't feel like starting it today
you: start it today
you: the deadline is time itself
you: so run
(Austin McConnel - "Let's make something this summer")

me: where do i go?
me: what do i run towards?
me: what do i run from?
me: what do i want?

you: don't be asking me the big questions
you: those questions are circular and basically meaningless
you: not knowing the answer is a part of the question
you: just start with something small that makes you feel alive
you: like when you look in the mirror for the first time in the morning and you think
you: i can't deny it - i'm here
(Celeste, abridged)

me: there's nowhere to run
me: no matter what, you'll die
me: but that's why you have to keep it up
me: you can hide
me: but you'll die having waited your entire life
me: so just do what's right in front of you
me: think about the future
me: but not too much
me: even though that's an impossible thing to do
me: everyone thinks too much
me: maybe it really does only serve to ruin what's there
me: we should free ourselves of our burdens

you: oh, i'm so sorry to hear that
you: you haven't done much
you: have you?
you: now, i know you haven't wronged anyone
you: and i know you paid your bills

you: you didn't cheat lie or steal
you: and you sponsored that kid in africa
you: i hear he's a lawyer in ghana now
you: but
you: are you a good person
you: were you a good person
you: there's so much you could have done
you: weren't you a good person
(Mikasacus - "Good Person")

me: and i want desperately to live
me: even though it's grim
me: even though i don't think i'll ever be totally okay
me: i still need to have a life
me: because life is me
me: it's the people
me: the potential
me: life is potential
me: it's the prospect of anything at all
me: and that's beautiful
me: we need our minds in order to reflect
me: to look at ourselves
me: really look at ourselves
me: in order to make a better life
me: to direct us towards something that's worth living for
me: but only if that's something that you feel like doing right now
me: no pressure
you: many of you are trapped in mistaken impressions of how your life should
supposedly be
you: that's something only you can fix
you: through reflection, and laughter, and acceptance
(Welcome To Night Vale episode 48: Renovations)

me: we need to know if we're even doing it right
me: and that's pretty airous
me: so figure it out for yourself
me: try something new for a change
me: and change, for a change

you: your life is your life.
you: know it while you have it.
you: you are marvelous.
you: the gods wait to delight in you.
(Charles Bukowski)

dear diary - after all this
if you don't like what's ahead
change course
abandon ship
you can always find another ship.

those dreams filled with regret about things i had never done...
i am lucky to experience my own deathbed
before my death
so that i might change it.

i might not be able to change it
but i know the consequences either way
so i can't do anything but try
and then at least i'll know i tried

and who knows
there might not be a death in that
i'm prepared for anything

me: that's why i'm going to do something this weekend
me: what do you think about that