

## RECALIBRATE

by Emily Breeze

LEA: I literally looked out and was like, it's too nice I need to just GO just go and enjoy it I've been trying to give myself more gifts recently, so if something's too nice I just snatch it up while I can and give it to myself as a gift. I know it sounds a little woowoo- I've been doing a lot of internal work.

There's this- I've been reading a lot of stuff recently, there's this teacher I'm like obsessed with his stuff, it's a lot about- it just makes a lot of stuff clear to me, that I've been like sitting on? For so long? Like I was- I just didn't know how much I wasn't working on, I was letting stuff pile up and resenting myself and everyone around me- blaahhh I know I'm- sorry I've just been talking to like everyone about it it's the first thing that comes out of my mouth now before like, uh- I don't know, HOW ARE YOU hahaha.

It's wild it's like it's suddenly hard to even like consider other people as people because I've just recalibrating, getting in and doing the work so that's been most of my life the last few days or weeks honestly I can't keep track of time at all it's like my whole brain is gone and I'm just this now it's like everything I ever cared about doesn't matter to me anymore and I'm just this VESSEL for his teachings and I feel so full, overflowing, glowing, I feel like I'm glowing like I'm a giant star just pulled down into a person's body and I'm melting from the inside out, everything inside me that used to exist is being burned all at once.

Which I know! SOUNDS CRAZY. That's what my dad, my dad today was like "You've gotta get outta the house and STOP TALKING about this stuff" because I've been driving him nuts, he hates all of this which is hard because I keep trying to talk to him about how it might be helpful given his- I mean he's in pretty rough shape, it's been bad for a while but right now it's getting worse. I have been trying to not internalize his pain so that's- he's in a lot of pain so hearing him scream at night I just try to remind myself "this has nothing to do with me, this has nothing to do with me" and that's kind of been my mantra, just to not let it affect me that much. Or at all! Trying to not let it affect me at all. The readings have really helped with that, and I'm trying to get some time away, do a little- retreat thingy just recalibrate do the work.

A bunch of us have been talking about doing a thing in the woods, actually, it's not super formal, just get together do a little retreat, recalibrate, do the work. You could- I don't know if you can, but you're totally welcome to join us if you can! If that sounds like fun to you it should be a lot of fun, you should come. I'm sure you're crazy busy and everything but. If you figure out a way- I'll- you know what I'll get you the details once we have them just in case you can figure something out or even if you want to come for a little bit, just come and see people and hang out, we'll just be hanging out, having a little retreat, recalibrating, doing the work.

You'll love it.