

in Norway, "up and not crying" is a not uncommon response to "how's it going" type questions, and I feel like that's a very reasonable standard to hold oneself to especially nowadays



Introvert Problems
@IntrovertProbss · Follow

Extrovert: Get out of your comfort zone

Introvert: Get out of my comfort zone

4:34 PM · Nov 27, 2022

(



boredpanda.com



"The only writers who have any peace are the ones who don't write. And there are some like that. They wallow in a sea of possibilities. To express a thought, you first have to limit it, and that means kill it. Every word I speak robs me of a thousand others, and every line I write means giving up another."

- Stanisław Lem, Hospital of the Transfiguration

halcyonhue Apr 4 What she says: im fine

What she means: the average age of conception over the past 250k years is apparently 26.9. Let's round it down to 25. Think of your birth mother. Hold her hand. Imagine her holding hands with her mother. Within 4 people, you're back in time 100 years, and it's an intimate family dinner. Just after WWI. Add another 16 people, a small party of 20, and you're in the 1500s. Double it, twice, and you're at 80 people. Your family would fill a restaurant, and you're at the height of the Roman empire. At 100 people, Confucius is alive but Socrates has not yet been born. 100 people. That's a medium sized wedding. A small lecture theatre or concert. 200 people, probably the biggest party i could ever hope to host, takes you back 5000 years. The guests at your soirée of parents would be contemporaries of the Egyptian and Indus Valley civilisations, although you'd probably be too busy fixing drinks and nibbles to talk to all of them. Just imagine it. 200 of you. That's all it takes to get back 5,000 years. And we could go further. 1000 people, a decent sized concert, a large high school, and we're at the end of the last ice age. Your ancestors are comparing their pink floyd vinyl with music played on instruments carved from wood or bones of long vanished species. Wander through the crowd. See your own features and phrases and gestures refract out like a kaleidoscope. What would they make of you? What do you make of them? Why does it feel so unfair that even that first 100 years --that small family dinner of four--is out of your grasp? Maybe it's because questions of spatial distance have become negligible to us now. why, oh why, does time hold out against us so stubbornly



delphinidin4 Follow Jun 19, 2022

"It is extraordinary that nobody nowadays under the stress of great troubles is turned into stone or a bird or a tree or some inanimate object; they used to undergo such metamorphoses in ancient times (or so they say), though whether that is myth or a true story I know not. Maybe it would be better to change one's nature into something that lacks all feeling, rather than be so sensitive to evil. Had that been possible, these calamities would in all probability have turned me to stone."

— Anna Comnena, <u>The Alexiad</u>, written ca. 1148

I didn't realize that a maternal instinct is not universal. You know how you see parents in the delivery room and they are crying tears of joy? I felt nothing. [...] My boys are well cared for and I am always here for them, but it feels very unnatural and fake and unenjoyable. It is a bit like a retail job you don't like where you put on a fake persona and slog through it the best you can. I don't get to leave this job, though.

The more you weigh, the harder you are to kidnap. Stay safe Eat Cake

Five pearls of Scottish wisdom

1. Money cannot buy happiness but somehow, it's more comfortable to cry in a Mercedes Benz than it is on a bicycle.

2. Forgive your enemy but remember the bastard's name.

3. Help a man when he is in trouble and he will remember you when he is in trouble again.

4. Many people are alive only because it's illegal to shoot them.

5. Alcohol does not solve any problem, but then neither does milk. Doredpanda.com



THOUGHT GROWING OLD WOULD TAKE LONGER



Connor C. @ConnorColson

Too many of you were told as kids you'd make a great lawyer without realizing that adult was calling you a dick.

...not my father-- he was a lawyer

I'm not weird, I'm limited edition.

l'orlo azzurro delle colline lontane

...



The color of that distance is the color of an emotion, the color of solitude and of desire, the color of there seen from here, the color of where you are not. And the color of where you can never go

in A Field Guide to Getting Lost





Abby Norman @abbynormansays

My husband gives people the thumbs down instead of flicking them off from the car. He reports that the thumbs down makes people even more mad.

6:13 PM · 2023-02-22 · 515K Views

15.2K Likes 1,148 Retweets 425 Quotes

adhd-induced-happiness

A Checklist Of Possible Reasons I Am Upset, To Review When I Can't Seem To Figure It Out:

- did not eat
- new hyperfixation and no time for it
- have not done a creative in 24 hrs
- Bad Sounds
- clothes are touching my body
- cold
- people
- one (1) comment is stuck in my brain like a popcorn kernel
- last time I drank water was ??????
- nervous nervous nervous
 - got a Slightly Worse grade than expected
- last hug was ??????
- slept a full 45 minutes
- lonely
- guts are shredding (again)
- have not seen sunlight in 24 hrs
- stuck inside
- too much screen time
- Yay Overwhelm
- room is disaster area
- have not talked to Person in a while
- bored
- imposter phenomenon (again)
- no current routine
 - how long have I been working???
 - Too Much Socialization

and then. and THEN. I may consider:

something is actually wrong

1. Confusing people is always the best strategy

If someone insults you, pause for a second and look at them and say "Are You Okay"



Works every time.

"Where's the light coming from?"

"The same place as the music."

Kierkegaard would have killed on Twitter





●◆●◆●

Another mystery we never expect to see solved is why so many men do most of their worrying over things that are none of their business. $\odot \bullet \odot \bullet \odot$

Condoms are cheaper than diapers

"It should be a human right to have the roses not just the bread"



You gotta walk in rooms like God sent you



as a punishment.



digitaldiscipline (a) Follow Mar 4, 2022

to the people already there



Suspiciously Nice Prof @steph_teasley

So many people need a hug, a forehead kiss, and a grilled cheese cut diagonal.

i know, logically, i'm not good at asking for help. but i am also not good at noticing when i need help. i've trained myself out of asking completely, but i've also trained myself to never accept my own fears or excuses. i have trained myself to tamp down every anxiety and just-push-through. i don't know what i'm protecting myself from - just that i never think to admit it to anyone. but every person on earth occasionally needs comfort. every person on earth occasionally needs connection. many of us were taught independence is the same thing as never needing anything.
each of us should have had an adult who heard - i feel nervous and held our hand and asked us how we could be helped to feel safe. no judgement, and no chiding. many of us did not. many of us were punished for the ways that we seemed "weak".
-- inkskinned

"if I cant have my dignity, at least I have something to read" ← put this on my tombstone

IF YOU ARE READING THIS, YOU HAVE SURVIVED YOUR ENTIRE LIFE UP UNTIL THIS POINT, YOU HAVE SURVIVED TRAUMAS, HEARTBREAK, DEVASTATION, THE DIFFERENT PHASES OF LIFE. AND HERE YOU ARE. YOU GO, MOTHERFACKER YOU ARE AWESOME



being knightcore doesn't mean you have to be pro-monarchy. you can just swear your undying fealty to your best friend or your crush or something

I feel like I've skipped the whole "go out and have fun" stage and went straight to being an 80 year old woman





i'm not as mean as i could be and i want people to be more grateful for that I'm not a dietitian, but if you eat pizza right at midnight your body doesn't know if the calories go towards yesterday or today so they don't count



At any given moment there is a shark behind you. It might be a thousand miles away, but there is a shark behind you.

friedcherryblossomprincess

And that shark is *totally* behind you. It is supporting you in whatever you do and wants you to succeed.

Hope for everything. Expect nothing.

Take care of things close to home first. Straighten up your room

before you save the world. Then save the world.

Know that the desire to be perfect is probably the veiled expression

of another desire—to be loved, perhaps, or not to die.

-- Ron Padgett

Text on bag reads as: "This text has no other purpose than to terrify those who are afraid of the Arabic language."







Suicide is never the answer. You gotta outlive your enemies.

But what if you don't have any?





Tip

sorry not sorry if you find me obnoxious, I spent 4 decades attempting to be consumable by everyone and realized that if I did that, I'd end up consumed, so now I am just myself as loud as possible and if you don't like it

feel free to choke



don't let anyone else ruin your day. it's YOUR day. ruin it yourself.



versegm Follow May 14

Literally cannot emphasize enough that my #1 writing advice is to stop being afraid. Stop being afraid of sounding too cringe, or too stupid, or too horrifying, or too horny, or too weird, or too much, or too little, or too you. You need to put your entire pussy into your art. Sure, it won't be to everyone's tastes, but if you keep yourself to the blandest tamest safest roads possible you will be of *no one's* tastes, not even yours.

ex-post-justification for my early fics



hymnsofheresy Follow 6h ago

In this new wave of transphobia, I have been seeing a lot of aggression towards cis women who are not performing womanhood "adequately" enough. Accusations are thrown at cis women if their voice is a little "too" deep, their faces are a bit "too" square, their clothes are a bit "too" masculine. There are even recorded attacks in public bathrooms against GNC women.

It is so blatantly obvious that transphobia is another form of patriarchy. Anyone who claims to be a feminist yet espouses transphobic ideology either is willingly ignorant or maliciously trying to prop up the patriarchy. Women's liberation will only actualize once we have trans liberation.

Liked





Purity is one of the worst, most harmful myths humans ever invented.

Fanfic tends to be popular among certain types of neurodivergent people (aka people most likely to read excessively as a child, and have burnout as an adult) for the same reasons that we tend to hyperfixate-neurochemical signaling (I hope I'm using that phrase correctly). What I mean is, for people who are really dependent on changes in dopamine/serotonin/neurotransmitter levels, who

have low levels or wonky neural reward systems (perhaps the most common types of neurodivergence)...people like us rely on dependable external sources of those neurochemicals. In order to function, we spend a lot of our free time trying to level out our brain chemistry using things that can reliably bring us a steady stream of joyful moments (rewards) without costing too much of the mental effort that is already in short supply.

significantly: the investment of reading has to be balanced with a steady "return on investment"– and this return has to start fairly quickly. because again, we don't have a lot of attention/energy to invest on tiring things. we have perpetual "low batteries" in that regard.

that doesn't mean these stories are "simple," or that they lack complexity or value-only that the reward has to come in short regular intervals, and it has to have a low "upfront cost." these stories are only "easy" to read in the sense that the effort we put into them is rewarded in a timely manner. which is why fanfic stories are so perfectly formulated for neurodivergent readers-they are often beautifully written, but skip a lot of the upfront costs (of introducing new characters, of world-

building, of getting the audience emotionally connected to the story elements). the nature of fanfiction is that the reader has a pre-existing relationship with this world and these characters. that–combined with the shorter average length of fics–means that fan fics very quickly start rewarding the reader in a way that traditional fiction struggles to. that's not a bad thing! and

maybe it's something more traditionally published writers should be paying attention to. Fanfic, as a genre, has been uniquely helpful and accessible to many neurodivergent readers who would otherwise struggle to immerse themselves in stories. I'm glad so many of you have found a way to love and enjoy reading again! The important thing is that you are spending time inside stories you love-the way those stories are published or presented to the world is just one detail. The fact that you find joy in the process of reading (or listening!) to stories-that is what matters.

I want the courage to have a love so vast that even fear can take shelter.

Greek cats



laying around in the sun near the sea all day, doing nothing but cuddling and sleeping

...dying young



"The first feminist gesture is to say: "OK, they're looking at me. But I'm looking at them." The act of deciding to look, of deciding that the world is not defined by how people see me, but how I see them." — Agnès Varda



NSFW/Not Safe for Work is a funny concept to me because I have on separate occasions worked as 1. a creator of porn comics for an online subscription service, 2. a film archivist, digitizing material for the The Kinsey Institute for Research in Sex, Gender, and Reproduction. I got to experience the dissonance of writing a crisp, professional email to my editor like I was taught to in art school and then attaching 18 pages of dong pictures to it. I've called a coworker over to dispassionately watch hardcore pornography over my shoulder so that they could help me make sure I was scanning a film at the correct frame rate. We were both wearing lab coats at the time. In terms of raw percentage, I have likely spent half or more of my professional life working in situations where it would not be all that unexpected to see someone's hole(s) in the course of my duties.



effemimaniac Follow Feb 27

bro you're seizing the day too much you're gonna give yourself carpal diem

You will not wash away my sins. They're mine.



i hate these modern all-plastic playgrounds for kids... safety blah blah blah, they're ugly



ptactwo Follow

i know that children crave steel and iron



Watcher of the East Aldebaran - α Tauri (Alpha Tauri)

> And some time make the time to drive out west Into County Clare, along the Flaggy Shore, In September or October, when the wind And the light are working off each other -- Seamus Heaney

Paper mache Daruma dolls without eyes are bought by those who have a goal in mind. The left eye is drawn in at the beginning of the quest, the right upon achieving it. For example, those hoping for recovery from an illness, or others wishing for their recovery would buy one for that purpose.



One way I help people break out of negative thought patterns about themselves is to ask:

"How would your pet describe you?"

It's amazingly effective.





going on the internet to stare at things. going to a antique mall to stare at things. going to the aquarium to stare at things. going to an art gallery to stare at things. picking up a book to stare at things. going to the cinema to stare at things. &other such cases



tendernaiad Follow Mar 16

when charles schulz said "all you need is love. but a little chocolate now and then doesn't hurt" and anthony bourdain said "your body is not a temple, it's an amusement park. enjoy the ride" and mark twain said "part of the secret of success in life is to eat what you like." when erma bombeck said "i am not a glutton- i'm an explorer of food," voltaire said "ice-cream is exquisite. what a pity it isn't illegal" and when kurt vonnegut said "you can't just eat good food. you've got to talk about it too. and you've got to talk about it to somebody who understands that kind of food."

Quantum physics



Forgot My Name... 7 hours ago : No telling what the universe gets up to when nobody is watching.

Instead of worrying about what you cannot control, shift your energy to what you can create.

"if i remember correctly when youre at this age it seems adults will wave off any of your life experiences even if they lack their own because they refuse to see those younger than them as their own people" and EVERY SINGLE KID AT THE TABLE turned and said EXACTLY



men in the iliad would rather throw boulders such as 6 men of today could not lift at each other than go to therapy

...

Sorry I'm late, I got added to the Wild Hunt last night and ran and reveled with them for what felt like 100 years plus a day until I landed the killing blow on a stag with bronze antlers then suddenly woke in my bed, willow leaves in my hair, a nameless song echoing in my ears, and my hands still bloody, so yeah, totally missed my alarm and stuff. -- localwarlockunion





i moved past having a depressive episode

im actually having a depressive series haha season 8 available now

3:05 AM · Jan 6, 2017



in Norway, "up and not crying" is a not uncommon response to "how's it going" type questions, and I feel like that's a very reasonable standard to hold oneself to especially nowadays



The line between self care an self destruction is a fine one but God do i walk it hard



I'm just trying to have a nice time despite knowing facts and information





important question. do you think the minotaur had a soft wet nose. do you think he mooed when he snored. do you think when theseus turned a sword on him he looked up at his executioner with the same dark, beautiful eyes that earned hera the epithet $Bo\tilde{\omega}\pi i\varsigma$

YES! his mother called him Asterion, Little Star

Depression seems to reveal what reality is. (self.depression)

Do you guys ever feel like depression just reveals what reality is?

Ť

Nope, sorry. There is a scientific reason you feel empty and why you feel so sure of your conclusions. Depression sets you up neurologically for confirmation bias and stagnation. if you've been depressed for more than a few months, your brain is physically disabled. Depression damages the hippocampus, the part of your brain that forms new neurons and interweaves them as you make new memories, new connections, new knowledge, new habits, new emotions, new perspectives, new motivations and inspirations.

Healthy brains grow new neurons as we learn. Neural growth slows way down if you're depressed, to the point where new neurons can't keep up with learning, and most new info and experiences won't stick. When a depressed brain interacts with the world, it can no longer incorporate new experiences to adjust old thought cycles or modify old knowledge concepts with new information. Experiences should rearrange and teach your brain, but that happens less and less when your brain is depressed. Instead experiences roll right off you without effecting anything. You become stagnated, and thoughts seem to confirm your biases instead of contradicting them.

The rest of your brain is not fully accessing your emotional center. You think that makes the world flat and meaningless. It really means your emotion center (amygdala) has stopped contributing emotions to your brain and world view like it normally would.

You're not enlightened. Your brain is broken. That's harsh, but it's important. The damage is 100% reversible. Stuff like exercise, medication, and meditation grows back the damage and returns your neural growth to a normal rate after a few months.

permalink embed



lakevida Follow Mar 31

if we all spent just six hours a day working on some kind of complex tapestry in contemplative silence nobody would have the problems they currently have



arborealgargoyle Follow May 8

we would have entirely NEW problems. the tapestry discourse would be intense

aztechnology Jan 29, 2017 Just in case people want source, here you go: humans are compelled to help each other in disaster situation, humans feel an innate urge to help others. We will help strangers too, not just family, and it has been tested. boxingcleverrr

Feb 9, 2017

Also we've always taken care of our elderly and disabled. When life was literally "hunt and gather every day to live", we saw value in taking care of those with disabilities.

mazaherstuff

Yes, we are social and helpful... with those we consider part of our own group. Outsiders are toast. As a species prone to philosophising, we should have reasoned ourselves out of the "us vs. them" mentality, but sadly we have not.





ALL of the replies are people going "Mental is hocus, health not pocus" until OP turned off replies, and that is the stuff that keeps my mental hocus healthy and pocused



Love my grandparents.... on the phone just now my papa was dead serious like "i just think it's so terrible to kick your child out for being gay. This is a union family and the ONLY thing i'd ever kick any of you out for is crossing a picket line." okay working class hero!



you are not a machine. you are more like a garden. you need different things on different days. a little sun today, a little less water tomorrow. you have fallow and fruitful seasons. it is not a design flaw. it is wiser than perpetual sameness. what does your garden need today?



horreurscopes Follow Nov 11, 2019

one of the most important things i've learned in therapy is that when you've experienced prolonged trauma in your childhood, pleasure feels uncomfortable. like, not that you don't feel it, but that when you do feel it there's an impulse to make it stop, because it's extremely unfamiliar. and pleasure can mean many things, as simple as feeling cozy, and as complex as feeling loved. the neural pathways for feeling good have not had a chance to develop, and the neural pathways for feeling bad are quite practiced. feeling good, too, takes conscious practice.





prisonhannibal Follow May 10

"do you really wanna be on that medication for the rest of your life : (?" yes actually I would love that. I know what I'm like off it

Instruction of Ptah-Hotep 40

Vizier of the Pharaoh Djedkare Isesi of the 5th dynasty, 25-24th century BCE



If you marry a party girl, one known as fun-loving to her townsfolk, if she is rather unregulated, and indulges for a while, do not deny her, but let her enjoy herself; as a light heart makes for navigable waters.



Four year old beekeeper distracted by a roly-poly.

#im rollin the polies im keepin the bees #i holy the molies and do as i please #i've circled the sun about four times or so #the earth gets more lovely the more that i know





daddynietzsche Follow Dec 20, 2017

throwback to that time in my existentialism class where the professor asked 'who thinks hell is other people' and half the class slowly and meekly put their hand up

then the prof was like '...i mean who originally said it'





specialagentartemis Follow Mar 20

The Odyssey stands the test of time as a story because it latches into the deep storytelling desire within us to go "and then some MORE weird random shit happened"



I'm a dentist and I graduated with 68 other ones. I've met even more in 13 years as a dentist. None of us have been asked shit about our opinions on toothpastes.



They probably killed the first few people whose eyes turned red in a photograph before they realized it wasn't any demon stuff.

...



Egypt preserved in honey. One case is that of an infant at Saguntum which at once went back into the womb, in the year^b in which that city was destroyed by Hannibal.

obsessed with this portent that pliny describes. imagine giving birth to a baby and it's just like "hmm. nope" and crawls its ass back in

#tagamemnon #i too would take that as a bad sign tbh #queueusque tandem abutere catilina patientia nostra



MehGyver @AndrewNadeau0

SOCRATES: The only thing I know is that I know nothing. ME: Aw, hey, don't say that. You know things. SOCRATES: No, I meant— ME: If you want I can teach you some stuff. SOCRATES: ME: SOCRATES: ME: *Points* That's a tree.

#the protagonist is not the Good Guy the protagonist is just the Guy The Story Is About



illegible-scribble Follow 4d ago

τυρὸς δ' οὐ λείπει μ' οὔτ' ἐν θέρει οὔτ' ἐν ὀπώρα, οὐ χειμῶνος ἄκρω·

"But cheese does not abandon me, neither in summer nor in autumn, nor at the end of winter:"

--Theocritus Idyll XI.36-7

Liked

just heard someone say the professional way to say "fuck around and find out" is "test that assumption at your earliest convenience" and i had to take a moment



flightsofwonder Follow Jun 13, 2021

being an adult is just saying to yourself "this is the weekend i'll clean my [x]" and then proceeding to not do that because it's the weekend and you deserve to relax, goddamnit



why does this have 85K notes

randomslasher Follow May 18, 2022

because we reblogged it instead of cleaning our [x]

When Granny Weatherwax (a witch) meets the Reverend Mightily Oats, a priest.

Granny: "...And that's what your holy men discuss, is it?"

Reverend: "Not usually. There is a very interesting debate raging at the moment on the nature of sin. for example."

Granny: "And what do they think? Against it, are they?"

Reverend: "It's not as simple as that. It's not a black and white issue. There are so many shades of gray."

Granny: "Nope."

Reverend: "Pardon?"

Granny: "There's no grays, only white that's got grubby. I'm surprised you don't know that. And sin, young man, is when you treat people like things. Including yourself. That's what sin is."

Reverend: "It's a lot more complicated than that--"

Granny: "No. It ain't. When people say things are a lot more complicated than that, they means they're getting worried that they won't like the truth. People as things, that's where it starts."

Reverend: "Oh, I'm sure there are worse crimes--"

Granny: "But they starts with thinking about people as things



ein-kleiner ☐ transmechanicus

. . .

cops love to be like "you can't smoke weed because it'll ruin your life when I send you to prison for it" The Al feedback loop: Researchers warn of 'model collapse' as Al trains on Algenerated content

As a generative AI training model is exposed to more AIgenerated data, it performs worse, producing more errors,... VENTUREBEAT

"Oh dear. How sad. Never mind."

"Over time, mistakes in generated data compound and ultimately force models that learn from generated data to misperceive reality even further," wrote one of the paper's leading authors, Ilia Shumailov, in an email to VentureBeat. "We were surprised to observe how quickly model collapse happens: Models can rapidly forget most of the original data from which they initially learned."

aka: perchè è rischioso preparare un esame sugli appunti



I think one of the goals of society should be that someone who requires expensive medicine and a lot of care can live an amazing life, the longest life they possibly can, with dignity, even if they have no friends or family or anyone who cares enough about them to help. the goals of a society should be to make life better than if we are alone, society should want life to be as good as possible for as many people as possible, and those goals should account for people not having social support networks.



social life aside, the most hated or ignored person in town should be able to live as good and fair and just of a life as the most loved person in town. survival needs to stop being a popularity contest. Pretty is not the rent you pay to exist in the world as a woman.



The best New Year's resolution I ever made was to start devouring all my nicest things, and save no small pleasure for an unspecified future. Now I burn the good candles, wear the expensive perfume at home, scribble imperfectly in pretty notebooks. You can't pin joy like a moth.

6:10 PM · 12/31/21 · Twitter for Android

#i dont think the way we are taught about grief is ever right #you dont fully process it #you just kind of grow around it and the painful knocking against your ribcage gets less frequent due to the space it occupies #my best friend has been dead for over 14 years now #and every February is a low month even if i lose track of time, your body keeps score of the grief and pain even if you dont i think #i was on the bus the other day and a child turned around and looked nothing like my best friend at all but had his teeth and i cried #i think processing grief is allowing yourself time to be messy and gross and unconsumable in your discomfort #because we are told so many things like "grief is love persisting" and yes that is true but grief is ugly and hurts a lot and catches you #when you least expect it #i was 6 years out from my (other) friend being gone and had a full meltdown in the aisle of a grocery store with no warning and no trigger #it just hits sometimes #and i think grief is less about processing and more about existing around it every day until you become roommates #only bumping into each other occasionally on alternating weekends

-- macaronitrash

AI

And that's the issue, it can mimic the shape but it's not intelligent. It's not good at being right, it's good at sounding right.



oh yeah well what if trains entering tunnels didn't symbolise sex, in fact what if sex symbolised railway engineering, how about that huh



badeliz

everything is about sex, except sex, which is about trains

Losing confidence in Himself, God became an atheist.



The CryptoNaturalist @CryptoNature

An ant crosses your carpet. A spider weaves a pattern older than mammals beneath your stairs. Just nod, breathe, and think, "Good. It's all still here. The forest, the mountains, the desert. At home in my home." The sterile white box is the stranger. Not the ant. Not the spider.



just saw someone advocating for ppl going off their meds so they aren't reliant on "big pharma" and I'm like. what disease do you have that spontaneously treats itself the moment you feel morally superior to others? I'm dying to know

cryptonature

Learning to delete/mute/block before a negative comment takes root in your mind is a modern survival skill. If you're going to wander the overgrown countryside of the internet, you need to develop a quick eye for ticks.

It's deeply tempting to respond to the "well, actually," to the cruel assumption, to the unjust accusation, to the odious viewpoint. It's tempting because you're defaulting to the etiquette of dinner conversation. This isn't a dinner conversation. Someone is shouting at you from a moving car. Turn away.

copperbadge

This is an extremely good and helpful sentiment, and one I've subscribed to for a long time. Delete the message quickly and permanently. Last time I got a nasty anon ask I skimmed it, realized what it was, and deleted it. Did one or two phrases sit with me for a while? Sure, maybe 20, 30 minutes. I really wanted to respond. But if I had, that cannonball would still be hanging around my neck and present on my blog, and as it is I don't remember what it was about or even those two phrases that I thought I would.

I also am of the opinion that it INFURIATES the commenter/sender not to get a response, because why would they be a dickhead if they didn't want a response, so the longer time passes without one, the healthier I am and the angrier and more anxious they are. It's good for your mental health AND the healthiest form of vengeance!





I love it when my haters exhibit unspoken disdain towards me. It means we don't have to speak, which improves everyone's day.



My 5 year old's kindergarten teacher doesn't refer to the kids' mom or dad (or even parents) – she refers to "your grown ups." It's such a kind, inclusive way to assume nothing & include all sorts of caregiving & family arrangements.

l love it 😊



December 16, 1930 The early diary of Anaïs Nin, 1903-1977

es. quello in Furyo

mag200

become best friends with your ten year old self im so fucking serious i really need you guys to stop adding shit to this post and messaging me like "no my ten year old self was a huge asshole and undeserving of my kindness". im not anyones fucking therapist but if im making a post about healing my inner child i would like to not be barraged with peoples comments and DMs about how their inner child selves are actually so terrible and evil.
lets consider that maybe you were awful then - the fact that you've changed enough to feel that way proves that the child that you were had something in them to make the choice to grow and do better. more likely you really werent as awful as you think and you mightve been in bad situations that you didnt know how to handle.

regardless this post is not the place to tear into yourself like that. like i'm trying to engage with some positivity here and if you really hate it you could just ignore the post.

you cannot grow without some love in the world and that includes love from yourself. you can be best friends with your child self without condoning whatever they did or thought that you're so against now. you have advantages now that you didnt have then, time and experience and a more developed brain and probably more autonomy. you can love them for their best and understand and unpack their worst. if you believe in being basically kind to others maybe extend a little of that to yourself.

also if the issue is you think you were soo cringe back then. like. listen to me. yeah. come here. a little closer.

cringe isn't real.

Bank robber gets away with heist because witnesses were distracted by 'ugly tie'

Witnesses can't describe the face of a man who robbed a bank at gunpoint in central Germany on Tuesday because he wore a colourful 1980s-style tie that distracted them

good evening to this guy



I can't find it, but I once read a thing mentioning how like Mossad hitmen would wear stupid hats when committing crimes in public so that any witnesses would only focus on the hat and not be able to describe anyone's actual physical appearance.

prsephonies-deactivated20200815

when i was a teenager it felt very revolutionary to be cruel to myself. like some kind of slow passive protest against how much everything hurt. i starved myself of sleep and food and tenderness because it felt right. it felt sharp and angry and radical and i wanted to be those things. adulthood is the realisation that the world is already working to cut into you well before you learn how to do it yourself. caring for yourself and others is the real protest





I used to rebel by destroying myself,but realized that's awfully convenient to the world.for some of us our best revolt is self-preservation



therepublicofletters Follow 10h ago

What you think archival research will be: immediate amazing discoveries about exactly what you're working on

What archival research actually is: well now I want to know about all of the socks that the Archbishop of Florence sent to the Pope in 1512.



2	Los Ageless from MASSEDUCTION by st. vincent	buy	share	// bc
			00:3	1/04:41
How can anybody	/ have you?			
How can anybody	/ have you and lose you?			
How can anybody	have you and lose you and not lose their	minds, too	2	

Here is a Message From the Lady of the Forest



"Get out of my forest."

I loved my friend. He went away from me. There's nothing more to say. The poem ends, Soft as it began,— I loved my friend.

"When I first heard it, from a dog trainer who knew her behavioral science, it was a stunning moment. I remember where I was standing, what block of Brooklyn's streets. It was like holding a piece of polished obsidian in the hand, feeling its weight and irreducibility. And its fathomless blackness. **Punishment is reinforcing to the punisher**. Of course. It fit the science, and it also fit the hidden memories stored in a deeply buried, rusty lockbox inside me. The people who walked down the street arbitrarily compressing their dogs' tracheas, to which the poor beasts could only submit in uncomprehending misery; the parents who slapped their crying toddlers for the crime of being tired or hungry: These were not aberrantly malevolent villains. They were not doing what they did because they thought it was right, or even because it worked very well. They were simply caught in the same feedback loop in which all behavior is made. Their spasms of delivering small torments relieved their frustration and gave the impression of momentum toward a solution. Most potently, it immediately stopped the behavior. No matter that the effect probably won't last: the reinforcer—the silence or the cessation of the annoyance—was exquisitely timed. Now. **Boy does that feel good**."

- Melissa Holbrook Pierson, The Secret History of Kindness (2015)



disast3rtransp0rt

As someone who took etiquette lessons, politeness is an incredibly effective tool for disarming bigots. You can either force them to reconsider their words/actions by directly and calmly confronting their behavior (by using the rules of society in your favor), or you can dip entirely while they appear to be in the wrong.

Both options are great.

Because the thing is, when bigots pick fights, they are 100% counting on you to get louder than them. Or meaner. They want you to react emotionally and provide fodder for their 'You're Too Emotionally Immature To Understand' cannon.

What they aren't expecting you to do is say one of the following phrases in a polite, concerned tone:

Are you okay?

That's not the kind of language I was raised to use with others.

Do you need a moment to think on why that wasn't acceptable?

This is no way to engage in intelligent conversation. Please try that again in a kinder tone if you'd like this to continue. (I really like this one because it lets you turn their public-shame rhetoric around)

For those of you who'd are spiteful and/or dealing with Fundamentalists/Evangelicals/generally shitty Christians:

What's happening in your life to cause you this much anger? I can't imagine hurting so badly that I need to hurt other people.

Who taught you it was acceptable to treat other people this way? Certainly not the Jesus I remember. Whatever happened to 'judge not lest ye be judged'?

If I talked like that in front of my parents or grandparents I would be ashamed.

I think there's something you need to pray on before we try and have this conversation.

And my all time favorite:

"It sounds to me like there are some seriously dark and angry forces at work in your heart."

(Nothing stops a Christian bigot in their tracks faster than implying the Devil is causing their bigotry. But you MUST be calm, polite, and gentle with your tone and wording. It is absolutely fair to twist the rules and play them at their own game, but you gotta play hard.)

TLDR: It's much faster to use etiquette, politeness, and rhetoric reversal when eviscerating idiots online and in person, because they aren't expecting you to weaponize their behaviors back in their direction. Don't get angry, get spitefully polite! :)

themythicalcodfish

I once witnessed a very soft-spoken young Southern man take a hateful older woman's hands gently in his and say "Sister, I am so sorry that the Devil has carved a home for hatred in your heart. I'll pray for you." It was glorious.

1863-project

This works with all sorts of inappropriate behavior. I work as the archivist in a public library, so I end up on the reference desk a lot, and sometimes patrons will say or do things that aren't exactly appropriate. When patrons try to hit on me, I put on a teacher voice and calmly ask, "Is that an appropriate question to ask someone at work?" and it shuts them down immediately.

This sort of thing always does the trick.

irisbleufic

I once asked one of my conservative sisters if she was okay during a conversation in which she was trying to goad me into an argument, and it confused her so much she just did the typing equivalent of sputter the beginnings of 3 or 4 different ineffectual responses and signed off.

Thriving "I got this."	Surviving "Something isn't right."	Struggling "I can't keep this up."	In Crisis "I can't survive this."
←──	——O——	O	\longrightarrow
Calm and steady with minor mood fluctuations Able to take things in stride Consistent performance Able to take feedback and to adjust to changes of plans Able to focus Able to focus Able to focus Normal sleep patterns and appetite	Nervousness, sadness, increased mood fluctuations Inconsistent performance More easily overwhelmed or irritated Increased need for control and difficulty adjusting to changes Trouble sleeping or eating Activities and relationships you used to enjoy seem less interesting or even stressful Muscle tension, low energy, headaches	 Persistent fear, panic, anxiety, anger, pervasive sadness, hopelessness Exhaustion Poor performance and difficulty making decisions or concentrating Avoiding interaction with coworkers, family, and friends Fatigue, aches and pains Restless, disturbed sleep Self-medicating with substances, food, or other numbing activities 	Disabling distress and loss of function Panic attacks Nightmares or flashbacks Unable to fall or stay asleep Intrusive thoughts Thoughts of self-harm or suicide Easily enraged or aggressive Careless mistakes an inability to focus Feeling numb, lost, or out of control Withdrawl from relationships Dependence on substances, food, or other numbing activities to cope

Adapted from: Watson, P., Gist, R., Taylor, V. Evlander, E., Leto, F., Martin, R., Vaught, D., Nash, W.P.,Westphal, R., & Litz, B. (2013). Stress First Aid for Firefighters and Emergency Services Personnel. National Fallen Firefighters Foundation.







'And the last shalle be first, and the first shalle be last. And the ones in the middle shalle there yette remayn, perchance facing the other way.'



I've literally had exchanges with creationists that tried to argue that reality can't trusted because it doesn't line up with the Bible.



Sir Moore of Moore Hall kicks The Dragon of Wantley in it's 'Arse-gut' Frontispiece of the libretto for the opera The Dragon of Wantley (1737)





Didn't God allegedly make Adam from Clay?

Correct me if I'm wrong, as I'm not an expert on these things, butClay isn't alive, right?

Sadly, he is not. He didn't survive the surgery.



What is love if not to making each other's pain more bearable?



caffeinatedopossum Follow May 21

Pain shared is halved, joy shared is doubled



rollercoasterwords Follow Apr 5

I'm literally the priest's favorite sacrificial lamb because i am so docile and sweet and i hold very still when they put the rope around my neck and i trot along so happily while they lead me to the altar and they do not even have to tie me down because i lie so very still and only bleat once or twice in my lovely lamb voice and when the knife comes down it cuts through me like butter and i offer no resistance and i bleed so prettily all over my new white wool and my guts all unspool like the most beautiful shining yarn and my eyes are animal and dumb and hold no accusation and every time i die i come right back as another little lamb because the priest loves me so so much and he always chooses me for the sacrifice every time and he always places one hand on my small and twitching nose to calm me while he lifts the knife and he doesn't do it for the other lambs only me because i'm his favorite

(Mind the subtle disquieting postulate)



always been. but now we've more and better weapons and not a drop more common sense.



Apparently what was causing my mother's computer problems was "Mercury in retrograde".

"STOP trying to figure out what the problem is and JUST FIX IT !!!"

Not me, but my brother, his wife is a pharmacist. A friend introduced him to his fiancé and upon hearing my brothers wife was a pharmacist, she went with "Oh cool I've never known anyone who worked on a farm before" he tried to correct her but she doubled down with "I think I know what someone who works on a farm is called"

"we standardize on a case by case basis"

When I contracted covid, I was heavily drugged and put in a coma for five weeks. The result was that, mercifully, I have almost no recollection of all the nasty things being done to me to keep me alive. What I do remember is the hallucinations I experienced as a result of the drugs. I saw long, green snakes slithering over the foot of my bed, brown bats crawling up the lead to my saline drip and a tawny jaguar that I could reach out and stroke. These illusions did not scare me, as I realised that I was in the same place as all those shamans I had watched over the years; I found it interesting and rather comforting.



EMPTINESS (AFTER GIOPGIO DE CHIRICO) YOU'RE MISSING OUT ON SOMETHING ? 11 E MUL ALLA TUBLI 2 DO YOU EVER GET THE FEELING 70 3 LIKE SOMEWHERE C THERE'S A PARTY BUT YOU WEREN'T INVITED? AND YOU MISSED THE TRAIN? 111 and a LIKE THE CIRCUS C LEFT ALREADY WHO FEELS THE SAME 0 0 ۵ WAY? Tale U IS THERE ANYBODY OUT THERE

GRANT SNIDER



people love extolling the virtues of ball-and-socket joints and how it makes us more advanced and all that but I don't see any fucking octopuses in slings now do I. Bones are overrated and I want a refund.

Nod down if you dont know the person, nod up if you do.

Historically we use man for people of any gender because men win. So it's useful to do that when cornered.

-- Anne Carson

you see a tiny sign planted in the ground. bending down to read, you just make out, in impossibly tiny script "a mundane clump of dirt; much beloved by god, like any other"



just remembered the other day a teen approached me holding a rapidly melting chunk of ice in his hand and asked if i wanted to buy a "limited edition pet rock"



keeping me alive

when I say "I need a vacation" I mean I want to be placed in a terrarium and have someone else be responsible for

8:31 PM · 2022-09-01 · Twitter Web App

2,290 Retweets 91 Quote Tweets 11.8K Likes





Everyone will not just

If your solution to some problem relies on "If everyone would just..." then you do not have a solution. Everyone is not going to just. At not time in the history of the universe has everyone just, and they're not going to start now.



when I say I love the ocean I mean I love the surface. whatever goes on beneath has my respect but it's none of my business



Prachee Avasthi @PracheeAC

Sometimes the discomfort we feel is poor assumptions leaving our body and that can be a very good thing

10:39 AM · 2023-07-14 from Earth · 79 Views



nathanielthecurious Follow

one of my professors, a historian who has been interviewed as an expert in various documentaries, said that the secret to documentaries is saying something very obvious, as slowly as possible. for example, if you say "the romans...... enjoyed their dinner parties" or "being a gladiator... was... very... dangerous" then the filmmakers can get that clip and immediately pan over some cool pictures of mosaics or something. this has forever changed the way i view documentaries

SAS

academicssay 23h ago

A good dissertation is a done dissertation. A great dissertation is a published dissertation. A perfect dissertation is neither.

"The energy that flows through a system acts to organize that system." –Harold J. Morowitz The Wikipedia entry for "Life" quotes Morowitz's assertion that "life is a property of an ecological system rather than a single organism or species."



...



In the Netherlands, a university provides a "purification grave" where you can lie down and think about life and what is important to you.

swollen with words you never said, swollen with hoarded love.

Margaret Atwood, from "Corpse Song", Selected Poems: 1965-1975



Maurya Simon

Omnicide

And when our children ask, Why did you do nothing as the world was dying? what will we tell them?

Will we say, We didn't know how sick it was, or admit that We gathered our rosebuds while we could,

Old Time was still a-flying—? It's now the end of everything, our children will say, go crawl

into your arks and sail off destitute into your doom, and leave us only your shadows. And our children

will light candles across seven continents empty now of lions, kangaroos, ravens, squirrels, javelinas, pelicans—

devoid of praying mantises, koalas, ants, cobras, snails, Doberman pinschers, pigs, vultures, lizards, and alley cats.

Our children will hide in caves with blind cockroaches, together feeding on the algae glowing in neon greens and blues

across dolomite and limestone walls. They'll leave no pictographs behind, no sprayed handprints, no artful gods.

Such silence now, they'll say, this you've bequeathed us, this human indifference. And we'll beg them, Survive. Who is Cassandra? For a dime she will tell you that the swimming pool is full of blood. Like spacetime, she is nonlinear, nonnarrative and the most beautiful of Priam's daughters according to Homer who says that when she stood up to prophesy she shone like a lamp in a bomb shelter. Your eye is inclined to bounce off then glue itself onto Cassandra's surface. The longer you look at her the more fiercely you have to struggle to see her light which seems to sink its beam into you at a hotter and hotter frequency. Eventually you notice that something stinks. It is the gelatin of your own eyeball. A smell at once small and gigantic, some people found it sexual, I did not. To me it is the smell of matter experiencing its own future. Scientifically, the smell of a rip in spacetime.

Anne Carson · "Cassandra Float Can Original Cut." Float (2016)

nacho-joe-yo-deactivated2022012

Monster fucker this, monster fucker that. What if I want a monster RELATIONSHIP huh?! Monster HAND HOLDING, monster INTIMATE CONVERSATIONS, monster COMFORTABLE SILENCE??



evilwizard Follow May 29

instead of exterminating rats, the state of New York should hire a rat trainer to round them all up and teach them to do odd jobs. they could clean up litter, scrub the manhole covers... run electrical wires. maybe do some plumbing

there should be a dedicated rat feeding station in every subway. if you pass out drunk on the bus a squadron of 50-60 purebred albino rats should carry you gently down the street back to your home. i know this may all sound rather infeasible—but if you hire *me*, the pied piper,



kurganfilledwithbearbones Follow 2d ago



Asked who the special Soren was in this college physics notebook from 1972 and my mother sighed deeply and said "Kierkegaard"



sobeautifullyobsessed Follow Oct 12, 2020

💚 I see poetry...

in the seemingly impossible straightness of his shoulders

in the breadth of his upper back

in the slide of his shoulder blades beneath a white linen shirt

in the lovely curve of the small of his back into places below.

(۳۹۳) در تاریک ترین شب در انتهای کوچهای بنبست روی دیوار گلین گل یاسی میشکفد.

In the darkest of nights at the end of a blind alley on top of a mud wall jasmine buds burst into bloom.

Abbas Kiarostami, from "A Wolf Lying in Wait; Poems," published c. 2015



vincentpriceofficial Follow 3d ago

the thing about historical fiction where the characters have extremely modern attitudes to everything and appear to have psychic access to the most up to date tumblr discourse in the year of the book's publication is like. why are you even writing historical fiction if you aren't interested in what people thought and felt and believed in the specific social context of that time and place

if you have contempt for people in the past don't write about them! write a modern story set at a costume party or a historical reenactment or something lol



oh idk I guess ill go scurry up and down the walls a bit and maybe fly into the lights a couple times



crevicedwelling 21h ago

what are you doing with that cup and piece of paper

Liked





I don't like being asked "are you at home?" Please expand further so I can know whether I'm at home or not.







sandersstudies

Jul 8

Being an actor keeps me sane. Yeah I have to work a day job but know what? When my day job is stressful and I want to scream I get to go hey wait. I have a scream scheduled at 7:30 tonight. Gotta save up. And then I go back to what I was doing.

I have a scream scheduled, I have a kiss scheduled, I have an argument scheduled, I have a making up scheduled, I have a sing and dance scheduled, I have a get slapped in the face scheduled, I have a cry scheduled, whatever. It's all good.

Something something the Greeks were right about catharsis.

ohhhhhhhh my god and when you argue you always have a comeback, and when you make up there's no lingering anger, and when you scream you don't have to hold back, and when you get slapped in the face you know you're safe, and when you cry you know all will be well.

Oh and if it doesn't turn out and your character dies or something well then you can go to the greenroom and have a snack and that's good too.

Everyone saying "oh like bdsm" or "oh like larping." Yes. Humans thrive on imagination and play in many ways.



"I JUST WANT TO GO HOME" SAID THE ASTRONAUT. "SO COME HOME" SAID GROUND CONTROL "SO COM.E HOME" SAID A VOICE FROM THE STARS



academicssay 22h ago

There are two types of people: those who use the Oxford comma, those who don't and those who should.

...



scionofguineverependragon Follow Jan 15

it's the year 2023 and there's still no knight emoji, how do you expect king arthur to rise again in these conditions



"When identity is derived from projecting an image in the public realm, something is lost, some core of identity diluted, some sense of authority or interiority sacrificed. It is time to question the false equivalency between not being seen and hiding. And time to reevaluate the merits of the inconspicuous life, to search out some antidote to continuous exposure, and to reconsider the value of going unseen, undetected, or overlooked in this new world. Might invisibility be regarded not simply as refuge, but as a condition with its own meaning and power? Going unseen may be becoming a sign of decency and self-assurance. The impulse to escape notice is not about complacent isolation or senseless conformity, but about maintaining identity, propriety, autonomy, and voice. It is not about retreating from the digital world but about finding some genuine alternative to a life of perpetual display. It is not about mindless effacement but mindful awareness. Neither disgraceful nor discrediting, such obscurity can be vital to our very sense of being, a way of fitting in with the immediate social, cultural, or environmental landscape. Human endeavor can be something interior, private, and self-contained. We can gain, rather than suffer, from deep reserve."

- Akiko Busch, How to Disappear: Notes on Invisibility in a Time of Transparency

Ireland | May 19, 2021

Ms Sinead O'Connor



IT IS NO MEASURE OF HEALTH TO BE WELL ADJUSTED TO A PROFOUNDLY SICK SOCIETY



you ever meet a man and it's so obvious that no one in his life has ever told him to shut the fuck up

Biting, Kissing and the Treatment of Feet: The Transitional Script of the Long Twelfth Century Erik Kwakkel

This essay is concerned with manuscripts produced during 'the long twelfth century', an era that is sometimes addressed as the



★ Tara Wine-Queen Writes ★ @TaraWineQueen

Sisyphean task this, Herculean task that, I'm sick of them all. Give me some Dionysian tasks, let me tackle some wine and grapes and see how impressive I can really be

4:35 PM · 1/21/23 from Earth ·



"On the use of the phrase 'on the' and the colon-delimited subtitle in academic papers: A meta-analysis"



oriko-mikuni Follow

I feel like when I say 'relatable' what I really mean is 'resonant.' I don't want characters who I feel are like me, I want characters who have emotions so strong I can feel them through the page.



secretlyatargaryen Follow Apr 2

I think this is important because a lot of us forget the power of stories to make us feel things about characters who are not like us, who have experienced things that we never will. The purpose of listening to someone else's story should not necessarily be identification, but understanding.



Ellen, PhD, ADHD @ellenwalex

The worst symptom of burnout is the guilt for feeling like you haven't done enough to deserve to be burned out.

8:45 PM · 03 Feb 22 · Twitter for iPhone

"I saw a man sitting in Starbucks. No phone, no iPad, no laptop. Just sitting there drinking coffee like a psychopath"

LOOOOONG theological post:

		ke @HowardWolke Read it. Understand		×
	It's why I bel	ieve that Abraham f	ailed the Akeidah.	Here's my view:
	destroyed. A	God tells Abraham braham argues and there are 10 good p	bargains and gets	
	1/			
	B Hesche	elian Absolutist @J	ustSayXtian - Jun 2	22
	wrestling w that whole	Ik about this idea th vith God, how it rela dynamic works diffe h. twitter.com/Just	tes to the idea of 'f erently than the Ch	aith', and how
	Show this t	thread		
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	2/			
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		Ike @HowardWolke finitely would have b		∽ God says to
	"Sure, Abrah about his ow	nam will fight me ab m kid?"	out Sodom and Go	morrah, but what
	3/			
	Q 1	11 3	♡ 80	<u>ث</u>

		ke @HowardWolke Abraham, "Take yo		son, the one you	~
	Subtext here	is obvious. "Hey /	Abe! You're suppo	sed to love this ki	d!"
	Abraham mis	sses the point.			
	4/				
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	l can just ima	agine God saying, '	"C'mon dude. Don	't do it."	
	Because Jud	laism was suppose	d to be different		
	5/				
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۲	Just as Abra "Ah crap. He this thing." See, this is w	ham is about to sa	crifice Isaac, I can o it. Get down the d. After sending Al	re Gabriel and sto	
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	are paying at	I believe we are supposed to argue with God because it shows that we are paying attention.				
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۲	Howard Wolke @HowardWolke - Jun 22 ~ To me, it's the arguments for the sake of heaven that are the definition of my faith.					
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NB: e adesso invece che "non <u>indurci</u> in tentazione" (come appunto Abramo nonchè il povero Giobbe) i cattolici dicono "non <u>abbandonarci</u> alla tentazione"!!!

Ma va là.

Allora forse Giobbe avrebbe dovuto, invece che timidamente chiedere chiarimenti, mettersi in sciopero-- come avrebbe poi fatto san Patrizio.

The Lord said unto Moses 'Come forth!' But he came fifth and won a shiny teapot.



Express yourself completely, then keep quiet. Be like the forces of nature: when it blows, there is only wind; when it rains, there is only rain; when the clouds pass, the sun shines through. -Lao Tzu

(ma che tempo strano che fa in Cina... oppure è strano fuori dalla Cina?)



thehmn

I was talking with my housemate about how to be more physically active if you're not used to it at all because everywhere you're told to start a training routine where you push yourself a little every day, and while that may seem easy for some people it can be really fucking daunting if you start from zero.

As someone who comes from a very physically active family that doesn't exercise just for the sake of exercising but do things like walk to the grocery store and bike to work, here's my advice that has always worked for me:

Go super duper easy on yourself.

If you want to walk more start by walking for 3 or 5 minutes. The shortest possible walk you feel you're capable of. A trip around the block or across the yard. You don't need to sweat or get your blood pumping. Just a short stroll. The hardest part is to convince yourself to set aside 5 minutes every day to go on this short walk but nothing else about it should be hard. Do it every day and one day you'll realize that you don't want to go home just yet. It's very important that you don't think "I want to pressure myself to walk further" but rather "I haven't spent all my walking energy yet. I have more walk in me" and only then do you lengthen the walk. I repeat, at no point should it be exhausting or difficult because even when it feels easy your body will be building muscle and stamina and it will eventually feel too easy and you'll naturally want to crank it back up to easy again.

If you're not used to being physically active it might not make a ton of sense when I say that you'll have more walking energy left but trust me, you'll get it when you get there.

I grew up with going on evening walks with my parents and passed that on to other housemates who didn't get it at first but are now going on walks long after they moved somewhere else.

Because once you get the hang of it you'll realize how calming it is on the brain to move the body even if the body isn't exhausted afterwards.

And it of course helps to entertain yourself especially in the beginning. My housemate started out listening to audiobooks and podcasts but eventually realized Pokémon Go was the best motivator. Whatever you feel like you want to do on your 5 minute easy stroll.



000

Reached that age where I've lost all perspective on the difference between clothes worn around the house and clothes worn outside of the house.





every time i remember i can't save my mom from her past i feel like vomiting



I just overheard this guy at a coffee shop talking about his librarian girlfriend and he said "it's really hard to get into arguments with her because she cites her sources."



you know you're good at your job when every single person tells you "thank god you're back"



sharkangelic Follow Jul 26

#they don't know i read fanfic on the clock

Boss makes a dollar You make a dime You read unsanitary pirate slash On company time



animate-mush Follow

Look if you read fanfic on the clock and everyone is still relieved that you're back you must just be that got-dang good at your job

vampireapologist-archive-deacti

ppl are so annoying "you can't paint ur bedroom pink you're an adult" i did not spend my entire life waiting to grow up and control my life to paint my bedroom beige


"You can't ship that!"

Iol what are you gonna do, climb inside my mind and shut off the imagination switch?

Me (young, naive): I hope something good happens Me (now): I hope whatever bad thing happens is at least funny

HOPE

headspace-hotel

In the future, children will think our ways are strange. "Why do old people always grow so much milkweed in their gardens?" they'll say. "Why do old people always write down when the first bees and butterflies show up? Why do old people hate lawn grass so much? Why do old people like to sit outside and watch bees?"

We will try to explain to them that when we were young, most people's yards were almost entirely short grass with barely any flowers at all, and it was so commonplace to spray poisons to kill insects and weeds that it was feared monarch butterflies and American bumblebees would soon go extinct. We will show them pictures of sidewalks, shops, and houses surrounded by empty grass without

any flowers or vegetables and they will stare at them like we stared at pictures of grimy children working in coal mines

We will be feeding our grandchildren strawberries and raspberries we grew in our gardens, dragging them along to the farmers' markets for tomatoes and eggs and goats milk and pickles and pecans and salsa and sunflower seed butter and jars of honey, as they complain and drag their feet because Gramma always stands around talking to people for like an HOUR

and we will say "When I was YOUR age, fruits and vegetables came from a supermarket and they were bred to get shipped 1000 miles in a truck and sit on shelves for weeks, and they tasted so sour and watery it was like eating paper compared to these ones. It wasn't even legal in some places to grow your own food"

and they will roll their eyes like yeah yeah just because everything was miserable in the 20s doesn't mean I have to have a smile on my face standing in the hot sun while you listen to that one guy talk about his bees FOREVER

But they will go, because there might be baby goats.





beetledrink Follow May 1, 2020

not to be insensitive but some of the salem witch trials were so funny bitches like "i saw her at the devils sacrament!!!" girl... what were YOU doing at the devils sacrament

... just passing through



Chris Marker - The Owl's Heritage (1989)

I think at some point women lost when it came to the fashion industry. Society decided that what mattered was not how a woman felt wearing something she thought was beautiful, but how good her body looked under it for a man. -- lilac-honeybee Completely far afield from our conversation, but it's just occurred to me: Soup recurs in your poetry—as a thing to be thankful for; as a nourishing thing. I'm not a huge soup fan, so maybe that's it. But are you?

Soup is one of my favorites. Also a great image, great metaphor. Into the soup. The soup of it. The soup isn't ready yet. The bowl of it. A spoon of it.

"The soup of it"—I've never heard that! Use it in a sentence?

In elementary school, I saw a film strip about the origins of life. It was suggested that lightning hit the ocean—the primordial soup—and started things happening. It was not very believable, but I like the idea that everything starts with soup and lightning.

THAT HOUSE WAS A PERFECT HOUSE, WHETHER YOU LIKE FOOD OR SLEEP, OR STORY-TELLING OR SINGING, OR JUST SITTING AND THINKING BEST, OR A PLEASANT MIXTURE OF THEM ALL. MERELY TO BE THERE WAS A CURE FOR WEARINESS, FEAR, AND SADNESS. J.R.R. TOLKIEN and very, very often, self care is not plants and ice rollers and fluffy blankets of peace. it's standing over your kitchen sink and crying while doing the dishes because you just want to go back to bed but the dishes need done. and you don't know why you're crying but you're trusting you need it. and you aren't listening to the music that pulls you into a spiral; you're listening to some cheerful shit your friend sent you. it's getting up and staring at your fridge and closing your eyes and then cooking yourself food even though you hate it and it's miserable. because you know that you'd cook for your friend, and you are trying to befriend yourself. it's dragging yourself into the shower because you know you'll feel better afterwards. it's doing mundane tasks with patience, cursing under your breath, trying desperately to give yourself grace. grace is the beginning of care. care is the beginning of love.

we think it's supposed to be peace and yet the most powerful self care moments are when we hate everything but especially ourselves. and life does not feel worth the loving.

to look into that pain and yet choose to care for yourself in however many pieces you are — that is care. love. grace. trust. belief. it hurts because it's love where there was no love before. it heals because it believes there will be love, one day, soon.

-- waitingforthesunrise







Jul 13

like if youre at home right now just take a minute to be like UGH yes im at home



my 6yo piano student: did you KNOW that girls can marry girls and BOYS can marry boys? But they can't do that romantic dance together when one has a rose in their mouth, because only boys can play the guitar :(

me: 🖲 🖨 🖲 well actually, girls can definitely play guitar??

6yo: WAIT REALLY ?? : O



it was honestly so fucking adorable because she was SO excited to impart with me the news that gay marriage exists, but then instantly heartbroken that wlw couples were robbed of all romance as they couldn't possibly do the flamenco together



Thesis: we should fight to the death over it Antithesis: we should have a child and ask them what they think about it Synthesis: we should have two children and make them fight to death over it



Me explaining to my parents why I'm not having kids







i hate when people ask me what sign i am like bitch i'm a sign from god. start running.

REAL MEN

Real men don't put cream in their coffee. I responded with, "real men don't give a s**t what other men think of their beverage choices."

My dad told me once, "Men don't say thingy." And frankly I agree. A man should speak eloquently. Be sure to enunciate. A say specifically what you mean. Besides, there are way better words than 'thingy".

For example, doohickey, thingamajig, whatchyacallit, or whoswhatsit are of my favorites.

My cousin was working at a chocolate shop and said a guy barged in asking for "chocolate for MEN." She never did figure out what he was talking about.

Not sure if it counts, but a young woman wouldn't sell me a Luna Bar because it's made for women. I said "No. It's marketed to women. But I like this flavor." She said "I can't sell it to you. It has estrogen in it." We had a frustrating back and forth before I finally convinced her that I was willing to take the risk and she sold it to me.

I was told that really men never look at their nails with their palm down and would only ever look at their nails with their palm up and fingers curled.

I gotta wonder how secure in your masculinity you've got to be to spend time even thinking about the right way to look at your nails.

"Real men don't speak French"

Wannabe tough guy: "Real men don't cook... Only women and gay men cook." Me: "What about male Chef's like Gordon Ramsay?" Response A) They're closeted gay men. Or

Response B) A Chef is a paid position so it doesn't count.



biggest-gaudiest-patronuses 😻 🕏 👻 🕏 🕏 🕏 Follow Mar 26

why aren't there more **mysteries** that take place in **nursing homes & retirement communities.** i want to watch a group of deranged retirees-cum-amateur-detectives combine their powers of:

- decades of life experience
- boredom-fueled busybody shamelessness
- access to the most gossipy next-door-neighbors in existence
- "I am too old to be arrested and/or give a shit" attitude

and solve crimes. this should be an enormous subgenre.

manywinged

the reason i love the comparison between angels and machines (robots, transmission towers, trains, computers, etc.) is that it gets to the heart of what angels essentially are: divine machines. they're mechanisms through with the divine is able to act, created with a purpose and "happy" to fill it simply because they were made to do so. they have more in common with a machine programmed to run on algorithms and make calculations based on input commands than they do with humanity, even if they bear a human visage - an attempt by the divine to help bridge the gap. angels do not need to be eldritch monstrosities to be terrifying, because they are already alien to us simply by being angels. for an angel to choose to deviate from their purpose and achieve free will is to fall because in order to have free will they can no longer be an angel, because an angel is defined by its purpose. much like the stories we tell of robots that gain sentence, only to discover that they can never truly be human, but neither can they go back to being a machine, angels who fall become something else entirely, purposeless and adrift and alone. it is a tragic sacrifice. "did it hurt when you fell from heaven?" did it hurt when you realized you no longer had any purpose? that you weren't needed, and could easily be replaced? that the very fabric of your

existence had been irreparably torn asunder and it was up to you to pick up the pieces and make something of them? that you would always be seen as a deviant monster by some no matter what you did next? that your choices have consequences? if you spent your whole life knowing exactly who you were and what you were meant to be, only to be cast aside and left to fend for yourself when you changed your mind, would you not be hurt? would you not be scared? would you not be angry?

#of course not#it is human to feel such things#and they are not#incidentally this is the kind of christian horror we should do more with



The only difference between a hoarder and an archivist is where youfall on the adhd/ocd spectrum

ur gun3-a-ba Of that speckled dog: he2-dab5 Grab Him! mu-bi-im is its name. -- Ur, 2000ac

And God, please let the deer on the highway get some kind of heaven. Something with tall soft grass and sweet reunion. Let the moths in porch lights go some place with a thousand suns, that taste like sugar and get swallowed whole. May the mice in oil and glue have forever dry, warm fur and full bellies.

If I am killed for simply living, let death be kinder than man.

-- althea davis

en.m.wikipedia.org

\wedge Top five regrets of the dying \checkmark

According to Bronnie Ware, the five most common regrets shared by people nearing death were:^{[5][6]}

- "I wish I'd had the courage to live a life true to myself, not the life others expected of me."
- 2. "I wish I hadn't worked so hard."
- "I wish I'd had the courage to express my feelings."
- 4. "I wish I had stayed in touch with my friends."
- 5. "I wish that I had let myself be happier."

A 2018 study reached similar conclusions, finding that people were more likely to express "ideal-related regrets", such as failing to follow their dreams and live up to their full potential.^[7]

me: i wish i had not wasted so much time allowing myself to become who i always was

One eye sees, the other feels.

Paul Klee (via toniferrerspace)



thoodleoo 🥪 🧼 5m ago

you can study the ghosts of the ancient past. but watch out! they will haunt you

You run like a herd of luminous deer and I am dark, I am forest.

Rainer Maria Rilke, Rilke's Book of Hours [originally published 1905]









Good Housekeeping How to Adopt the Japanese Approach to Accepting Life's Challenges, "Seppuku" Experts explain how the concept may help you overcome almost anything.



inkskinned May 21

when you're younger you make fun of it because it seems boring but one of the best parts of getting older and maturing is recognizing how simply lovely all that cliche shit is. sunsets really are so endlessly satisfying. the hint of lilacs in the breeze really is soft and delicate and sweet. sometimes it feels good just to successfully clean the sink, to find an affordable appliance in the color you've been wanting, to try a new recipe, to finally get through that one television series like how you've been meaning.

it seemed stupid because they tell you - it'll feel quick - but it does feel quick. when i was younger it was like time was molasses. i couldn't get out of there fast enough. all the eras of my life stretched out into taffy. but then you are 29 on a walk with a friend and you both just stop to smell the lily of the valley at your feet. you are both standing there, quiet, enjoying the simple moment of peace.

they say it gets better a lot, which used to have no meaning to me. better for me was undefined and daunting. but here is one way it got better without me trying - a few days ago i was walking my dog and stopped to stand in a sunbeam, turning my cheeks up at the shaft of golden fairylights, the dustmotes in the wood all shivering their little dancing bodies. a stranger stopped and kind of cocked her head and said basking? and i laughed nervously, already moving to get out of her way. instead, she said can i bask with you? and we stood there, full adults, a soundless hum in our chest, when the clouds came back over the sun, we made that awkward small talk - yeah i didn't expect it to be this chilly! and haha spring allergies are comin'. and you pour yourself a cup of tea and are delighted when you measure the sugar ratio perfectly and you manage to parallel park correctly on the first time (probably because nobody was looking) and yoga really did help your lower back mobility and brown paper packages really do tug on your heartstrings and you love sweaters and furry blankets and watching your little potted plants grow one new and shining leaf and you want to find your younger self and say. yes, i am nostalgic for summers that bent like wheat and were buzzing with low energy and sleep. but darling, adulthood gets better because the time condenses into a prayerbook of your own psalms, these tender beautiful memories. it gets better because things become prettier, gentler, kinder to you - somehow. without you even noticing. you just get to the top of the hill and you realize - oh, this is the thing i've been missing.

don't mess with ...

The sea in a storm, a night with no moon, and the anger of a gentle man.

τυρὸς δ' οὐ λείπει μ' οὕτ' ἐν θέρει οὕτ' ἐν ὀπώρα, οὐ χειμῶνος ἅκρω·

"But cheese does not abandon me, neither in summer nor in autumn, nor at the end of winter:"

--Theocritus Idyll XI.36-7



"Chivalry boils down to three things: mercy, charity, and humility. Mercy means being conscious of your advantages, and treating other humans gently. Charity means giving without expecting anything in return. Humility means accepting your mistakes, and recognizing that those who don't have your advantages aren't your inferiors."

Just Because It's Taking Time



Doesn't Mean It's Not Happening

dragon-in-a-fez Feb 5, 2017

a friend of mine is a science educator. not a classroom teacher - he does the kind of programs you see in museums, fun experiments with lasers and dry ice and shit.

yesterday, a young girl asked him why he was allowed to pour liquid nitrogen all over his own arm but he didn't want her doing it. I braced myself for some dumb "well I'm an adult so I'm allowed" non-answer, but instead he surprised me by giving some of the best science (and life) advice I think you can give a young

"well, it's one of those rules designed to keep you safe. and following the rules really can help you stay safe, but they're not perfect. sometimes, usually because they're too simple, the rules let you do things that aren't safe, or don't let you do things that are safe if you know how to do them. one of the reasons I'm good at what I do as a scientist is I try to understand how things work so I can figure out my own rules for keeping myself safe. and sometimes my rules are little more complicated than what I might hear from other people, but they work better for me. like, I let myself play with liquid nitrogen, but only in really specific ways that I've spent time practicing. you should follow the rules you're given at first, but if you take the time to understand how things work, maybe you can make your own, better rules."

I loved this response. it's a great encapsulation of two really important things I think people need to learn and re-learn all the time: on the one hand, listen to genuine authority figures; when someone knows more than you about a subject, don't treat their expertise as "just another opinion" and act like your ignorance is just as good as their knowledge. but on the other hand, don't obey anything or anyone blindly. recognize that rules and systems and established ideas are never perfect. question things, educate yourself, question things

more.

and then, of course, a parent had to butt in and spoil this wonderful lesson by saying: "but not the rules mom comes up with!"

everyone in the room laughed. except me. I gave her a death glare I'm pretty sure she didn't notice. because no. no. your rules are not above reproach if you're a parent. the thing about the dictates of genuine authority figures - people who deserve to have power, and to have their positions respected - is that they are open to question. genuine authority figures are accountable. governments can be petitioned and protested and recalled. doctors must respect patients' right to a second opinion. journalists have jobs terminated and credentials revoked if they fail to meet standards of integrity and diligence. scientists, to bring us back full circle, spend their entire careers trying to disprove their own hypotheses! you know who insists on being treated as infallible? megalomaniacal dictators, that's who. oh, and parents.

I'm beyond sick and tired of this "my house my rules, this family is not a democracy, I want my child to think critically and stand up for themselves except to me ha ha" bullshit. my friend gave this kid the kind of advice that doesn't just help people become good scientists - if enough people adopt the mentality he put forth to that girl, that's the kind of advice that helps societies value knowledge and resist totalitarianism. and her mother shut it down because, what, she didn't want to deal with the inconvenience of having someone guestion her edicts about whose job it is to wash the dishes on Mondays?

we already know you're more likely to be a Trump supporter if you're an authoritarian parent - and that this is a stronger predictor of your views on the current president than age, religiosity, gender, or race. I'll say this another way in case you didn't catch the full meaning: people who believe in the absolute,

unquestionable authority of parents are more than two and a half times as likely to support Trump as people who don't, and that's just among Republicans. we can't afford to treat the oppressive treatment of children or the injustice of ageist power structures in our society as a sideshow issue any longer. the mentality that parents should be treated by their children as beyond reproach and above dispute is a social cancer that has metastasized into the man currently trying to destroy the foundations of democracy in this country.

in short: parents, get the hell over yourselves before you get us all killed. and kids, learn as much as you can, and then make your own rules.

systlin Badge image.Badge image.

Feb 25, 2017

My mother is fond of quoting something that happened once at work (she's the director of tourism for the neighboring county).

She was on the phone with my brother, who wanted to do something (I forget what, I think he wanted to go camping with some friends and she was worried it was going to be too cold that weekend or whatever)

And finally she got off the phone and sighed and said, joking, "When I taught them to question authority I must have laid it on thick, because now they're questioning mine."

And it got really quiet in the office. And then her secretary pipes up with "You taught your kids to question authority???"

Like she couldn't believe that you would.

"You didn't teach yours to?" Says mom, equally incredulous.

"No of course not!"

And mom says that right there in that moment she realized what was wrong with a huge part of the world. Teach your kids to question, people.

thatdiabolicalfeminist

Mar 20, 2017

For a short while as a child I had sanctuary from an abusive home in a lovely home with good parents. One of the things that completely shocked my taraumatized little soul was how deeply the adults respected children's thoughts, feelings, needs and wants.

Whenever a kid thought something was unfair, the adult would ask why it felt unfair and talk to them about it. Sometimes the reason for the rule or decision was immovable, like, "this isn't safe" or "this isn't possible with the time we have and the responsibilities that fill it", or "homework has to be done even if it's boring, because it helps you practice skills you will need later on."

In those cases, the rule wouldn't change but the child would understand why it was a rule, and feel listened to and respected. And best of all, sometimes even if the rule didn't change, an adult might help the child brainstorm ways to make it easier to follow the rule, or find alternatives to the thing they couldn't have. Sometimes, the rule or decision was for more flexible reasons, like "We can't do this because you need supervision, and I have work to do which means I can't supervise", in which case a child's suggestions, like, "What if I call a grandparent and see if they're interested in supervising?" were encouraged and listened to. This taught the kids, me included, so much more than we ever could have learnt by being shut down by, "I'm an adult and I said so." The system was designed to teach us to make good decisions and to give us as much information as possible about how to do that before we went out into the world. Teaching us the reasons for certain rules helped us respect them and to understand how to make good rules for ourselves going forward. In my original household, the central rule was "Do whatever will keep you from getting hurt by the person with the most power." From this we learned to make choices based solely on fear of consequences, no innate ethical system, so we learned to misbehave without getting caught.

We learned that if you can force someone to do something they don't want to, you're allowed to, because that's how rules are decided, the most powerful person always gets their way.

We learned that asking questions of someone with power over you is dangerous and you have to figure everything out on your own. We learned to keep secrets about how badly we were hurt. There was no oppenness, no conversation, no negotiation or questions or teaching, just fear and hatred and a lot of pain. Which household do you think taught me the best lessons, the ones I can use to build a healthy and responsible life for myself?

karalynlovescake

May 25, 2017

My older son (almost 8 now, god) said to me in a conversation this year, "You can say no to anyone, even grown ups," and I almost cried with relief.



forthegothicheroine Follow Mar 18, 2021

I'm not a classicist, but I suspect one of the reasons so many of the Greek gods are portrayed so unflatteringly was less because they were seen as villains than because they represented their domains. Of course Zeus sometimes misuses his power, that's what a king does. Of course Artemis's wrath is wild and painful, that's what nature can be. Of course Hades snatched away a young girl from her mother's arms, that's what death does. This is one of the reasons callout posts for some gods comparing them negatively to 'nicer' gods are kind of missing the point.







It's very hard to maintain mental health because so many coping strategies are based on the idea that your anxiety is unwarranted, and right now needs more of an "okay, extremely warranted but you still gotta water the plants or you'll have fascism AND dead plants" approach

109 year old woman says secret to long life is avoiding other people





My knuckle tattoos say ROUS SEAU and they're always getting me into fights with my neighbour whose knuckle tattoos say VOLT AIRE

11.2 T2.7 Y T2.7 Y





I cannot emphasize this enough as a practical life skill: learn how to say no to authority figures. Learn how to tell them that nothing they can do to you will change your mind. Disappoint your parents. You have to live your own life.



People hate their own art because it looks like they made it. They think if they get better, it will stop looking like they made it. A better person made it. But there's no level of skill beyond which you stop being you. You hate the most valuable thing about your art.

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