

2022-05-18

7³⁰-8³⁰ Waking up. Breakfast. Sending girls off to school.

9-10⁴⁵ Hot yoga. Intense heat, was a long time ago. Only 4 of us in class.

Eve is there, but she as usual doesn't seem to recognize me. She's absent yet intensely involved in the physicality throughout the heat. I dedicate my practice to "for every action, an almost equal counter-action". My face is very red, almost purple when I leave the studio.

10⁴⁵-11 Shower in a hurry.

11-13 Call with lawyers in Paris. Now doesn't appear to understand how Zoom is not like real-life conversations. S gets really stressed and annoyed at us for taking up too much time with lawyers on the call.

13-14 Continued call with mom & S. They fight. I feel sad and uncomfortable, try to mediate, somewhat successfully, yet who's feels weakly.

14-15³⁰ Pack bags for travel. Try some resting. Feel desperate no work has been done today. Send emails as follow-up from call with lawyers. Feeling very low and longing for some solace and release. I'm so tired.

15⁵⁰-16³⁵ Session with FG. Long. Get in touch