

## TIME:

10/29/23 3:42pm

Time. Wow, what I can say about time that doesn't encompass our whole being as humans. In a lot of ways time controls our lives. Or at least very much so in the West. But not so much here. I've realized too with myself I've been able to let go of time, because relationships with people are seeming more important. Relationships with people fight my strong attachment to control over time. For example, I had planned to go on a walk, being physically active with my friend, Shelly, for about an hour this Sunday afternoon. But I ran into this beautiful and interesting woman named Anna who is visiting here at the OE. She was giving me curiosity, attention, her time, etc. I was thinking for some of it, "wait, this wasn't my plan, I should just leave now," but eventually I just let go of this thought. Because I realized this relationship was love, it was giving me power.

Another thing I learned about time here, is how arbitrary it is and how flimsy it is. Well not is. Because time is determined by where you are at. But when you live in an intentional community with people you love and trust, time can be flimsy, flexible, moveable. The exact time doesn't matter for most things. The digits on the clock are meaningless. What does matter is when everyone is ready, this is when things will start. Isn't that beautiful? Because we live in this small community and know and trust each other, we can trust that people are trying their hardest to show up at the set time and trust their intentions. This means we are understanding when they are late because we know they're likely finishing something that needs to be done, because they too have everyone's best intentions in mind and wouldn't purposely hold up others. All of this trust and understanding leads to time becoming an arbitrary number. An inconsequential plan. The actual starting 'time' is when everyone's feet walk in the door.

## BODILY BEING:

11/10/23 8:11am

A realization struck me as me and my Forestry group were spread out over the couches in the cookhouse lounge watching a movie about the danger of dams. I was sitting just below the couch that my professor Seaton was spread out on. I was leaning up against the couch on the floor. I had a piece of paper out beside me taking notes about the movie on one side and realizations about life on the other. I was writing down realizations about life and one struck me that I would love to study further. Because of the structure of the OE, the informality of it...meaning going to a professor's house everyday, sitting on a couch near them, hiking up a mountain with them, etc. we have the ability to see and learn from different sides of them. Regarding the couch moment with Seaton... me and others pick up on information about how he acts in informal spaces, how his body takes up space in these situations

## RELATIONSHIPS:

11/13/23 4:31pm

I had a realization about relationships through living in a small community. Since I see people here every dang day, almost every person in the community here I see everyday. Because of this, I have been able to form some sort of relationship with each person here. Each one I've

realized is completely different and fills different needs of mine than each other. Some of these relationships I cannot even describe the needs that they are filling. What I have been able to do here, too, is let go of boundaries that I used to tightly hold regarding relationships. This can be seen via my use of the word relationship, which I used to strictly use for romantic relationships. I now use this word to describe any relationship I have with a person. This is monumental. It is so, so beautiful that none of my relationships look the same here. This diversity keeps me strong. I have a person for everything, and I also offer each individual something different.

#### COMMUNICATION:

11/13/23 4:45pm

I've realized that everyone has a different way of communicating their feelings about things. This must be one of the most amazing realizations that I have had. Knowing this means that you can have stronger relationships. You cannot just believe that everyone is a carbon copy of you. For example I was expecting my crush Cait, to communicate her feelings in the same way that I do. But once Hannah told me that she might not think in this extra-logical way that I did. I relaxed and tried to listen to more of what she might be trying to communicate with me. This is freeing and beautiful, because again diversity brings strength. Another major thing that I realized that came from Will, is that these differences in people fill up the holes of these strengths that you don't have.

#### TIME:

11/12/23 1:15am:

Mairi said one of the most beautiful things just about 30 minutes ago. She said; "my walking pace has really slow down since I got here, I used to speed around at home. Actually everything has shown down since I have gotten here." I think this is true for me, too. I wouldn't have been able to put words to this unless Mairi had said this. But one way that I have seen this in me is via my relationships. I have a lot of and strong relationships here, but I get less things done in the day. This is because I am getting tangled up in long chats on my way to go do things. These chats slow me down, and prohibit me most of the time from going to one task to another.

#### SENSE OF COMMUNITY:

11/15/23 1:24am

Once someone enters the OE community, they don't seem to leave in one fashion or another. As Will says, it becomes people's homes. I've seen this at the OE, tons of alumni coming and going. We've had five Alumni already come and visit. Three of them are now employed by the OE!!! WOW! The OE too I see is doing their best to make this place be a home— giving up their houses (TAD), providing jobs (TAD and WILL). This is a love factory. Maybe one day I will come back here to the OE and see what home it can offer me again. A lot of beautiful parts of Sophia were formed here: sexuality, friendships, trust, self, passion, family, etc. the OE itself is a patch...constantly bringing in past family members and having them make a new home with current family members at the OE. People are constantly weaving their webs here, in one small community. It's inevitable for these webs not to be weaved together at some point.

TIME:

11/20/23 8:25am

A requirement to be apart of the OE student community is to give up your phone during the week. Say goodbye to the attachments we hold dear. I believe, from what I have heard, that all the students currently at the OE, love this community requirement. As do I. I don't want to go too much into this, because it is extremely embarrassing for me...but I broke my phone in San Fransisco. I dropped it, after dropping it a multitude of times and the cracks that were already formed gushed out ink. Now I don't have a phone I can use. Now- I've been here before, no phone, but I haven't been in this position in a small community. What I've learned from this is to trust my relationships! Trust that people don't need to know always what I am thinking and what I want! I've formed trust in the universe! Trust in the God that sits in relationships of humans as William Lake says. This trust is very comforting and has allowed me to just kind of let go in social spaces. To not try to secure a way in which everybody thinks about me. This can take time, this changes with time, this happens over time, this doesn't happen.

Why this time without a phone is different in a small community, is because I have this support from the OE. Now that my phone is not functioning or not on my person, I am not stranded in a sea of people, yet alone with no family, I have supporters. I have loved ones who are right around the corner looking to spread love. I have people to keep me in the present. This is what this lack of phone does. It allows you to change your reality to the present moment. Time becomes one option: dealing with the now.

COMMUNITY:

11/24/23 12:33pm

Maybe this is quite obvious, but I've realized something from living in close community. When you are all sharing something, let's say a couch, more care is given to it. At least from my side. The thought that someone else will use this couch after me, most of the time, makes me want to love and take care of the couch even more. I see this couch in a new light!

Another aspect of this "community care," is that when there is a really close, intentional community, I start caring more about the people around me, even if we are not super close...I don't know why exactly this happens. I think this is okay though. I may due it to the fact that we are all sharing this lived space...this is very powerful. We are existing together in time...how can I not love and care?

BODILY BEING:

11/24/23 9:01pm

Wow has life been good lately. I think this is largely because I've been exploring new friendships. These have mainly been with men here: Sam, Taariq, Henry and Josh. What I have

been exploring with them is physical touch! It has been so nice and so healing. I've realized that I feel so comfortable being physical with men and it not being sexual. I notice that I feel drawn to when close with Henry and Josh, to put my head on their shoulder or sit close by them. I feel drawn to play with their hair. I feel drawn to kiss them on the cheek. I've done this with Henry in the bus all 6 hours back from San Fransisco. We cuddled on the bus. IT WAS SO HEALING! I felt so safe. I think I need this safe masculine energy in my life. I just sat on the bus with Josh today. Our energies were attracting each other. I snuggled a bit with him today, too on the bus. Not as much though. But our legs were touching.

11/25/23 6:06pm

Life is feeling a bit down now...so I will look at past memories here at the OE. On the way back from forestry one day...when we were working rather close to the OE campus...I biked back with Ashlee and Sam. All three of us love being active, and so we had the opportunity of sticking the bikes in the back of the busses and biking down this long, long hill that one would go on if they were biking down Lincoln loop. It was a brisk day, but biking was hard so all three of us didn't wear many layers. It was also very muddy so mud was flying in our face. We weren't all three riding in a row...we were a bit distanced from each other from the fact of different speeds, not wanting to crash and just to be an individual and enjoy the bike ride. But although there was a distance, there was this beautiful embodied energy flowing through us. Throughout the 30 minute ride this energy was vocalized from a hoot and holler from Sam and I. I couldn't stop smiling and throwing my head back. I felt so in love with them during this experience and so understood. We all love this feeling of moving our bodies and challenging our bodies. We understood each other.