

NOTE TO:

MY HURTING SELF

DEAR PAIN-BODY:

YOU ARE CONSISTANTLY PROVING THAT YOU NEED TRAMATIC DRAMA TO SURVIVE, AND THAT TERMINATING YOUR EXISTANCE IS NOT A REALISTIC OBJECTIVE.

AND SO — MY GOAL IS TO "DISCIPLINE" YOU THROUGH A DIET THAT CAUSES YOU TO BEHAVE IN A SUBMISSIVE MANNER TO THE SUPREME POWER OF LOVE.



PLEASE RECOGNIZE PAIN-BODY: WHEN I DON'T HEAR FROM YOU, I KNOW THAT YOU ARE QUIETLY GETTING BETTER.

IF FOR SOME REASON YOU EFFORT TO REACH ME AND FAIL — DO NOT LEAVE A MESSAGE. IT MEANS THAT I AM DOING WELL ALSO.

P.S. I KNOW THAT YOU WON'T STOP HURTING.

BUT I THINK AND BELIEVE THAT HEALTHY, RESPONSIBLE ACCURATE CHOICES WILL PROVIDE A PLACE IN THIS BODY WHERE YOU CAN "HURT LESS"

2015!
Feb.