

By
Matt
Durante

You are what you
~~eat~~ consume.

Eyes on the Prize.



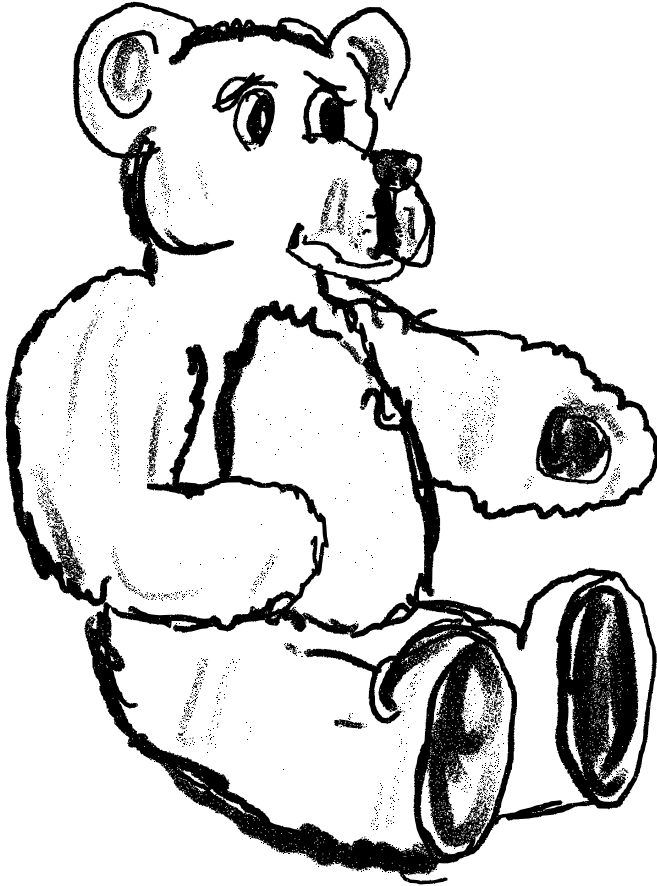
Remember being a kid?

And
Sometimes
a rock



Was the most awesome
thing? All you needed

And your bear talked to
you ?



And your mind
went a mile a minute.



Making whole worlds yet
Hyper-Focused on it?

Before you discovered
social media or felt like a fraud?

Hellooooo!
I'm here.
Please validate
my existence.



I do. Just barely.
But that little kid is
still in there.

Buried under mountains
of:



Responsibility, Fear, Trauma,
Expectations, concern for how
others view you, shame, etc,

But time goes by
fast.

And you need to

LET GO

of most of that shit.

Including caring about
how other people live their
lives.

Focus on YOU.

Let me tell you a
story.

Starting with:

"Dad,

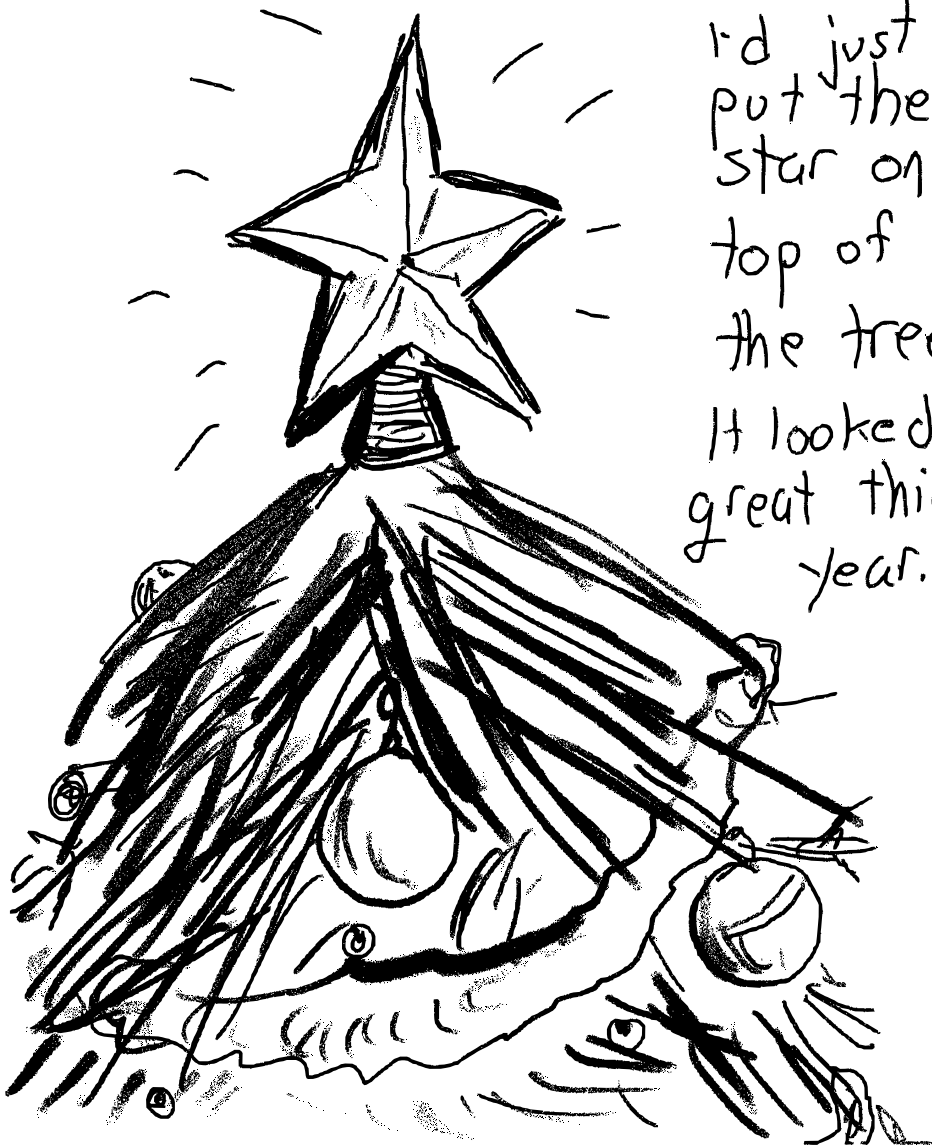
How many more
do you have left?"

He
asked

He was
three.



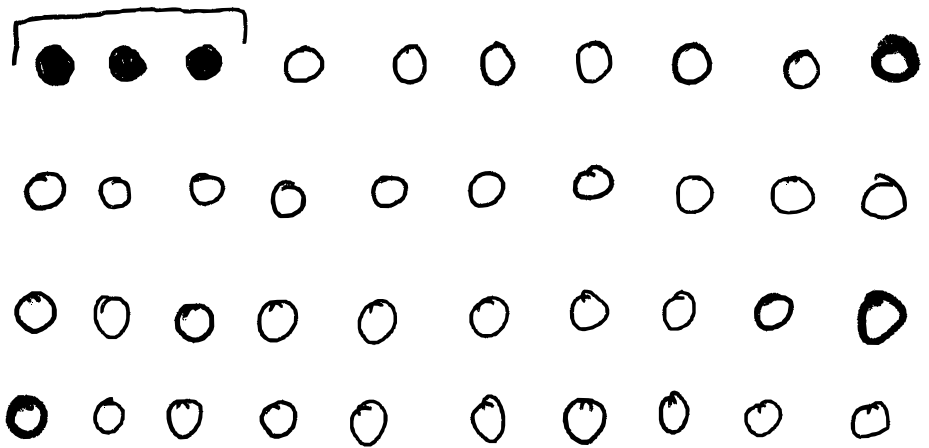
"How many more what?"
I replied.



I'd just
put the
star on
top of
the tree.
It looked
great this
year.

"How many Christmases?"

He answered.



I was taken aback,

He's had 3.

I'd had 40.

40. winters 40 summers

40 Halloweens.

"I guess I probably have
about 40 left.."

"Is that a lot?" he asked.

I thought about it.

And

NO.



It is NOT a lot.

"It is," I said to him.

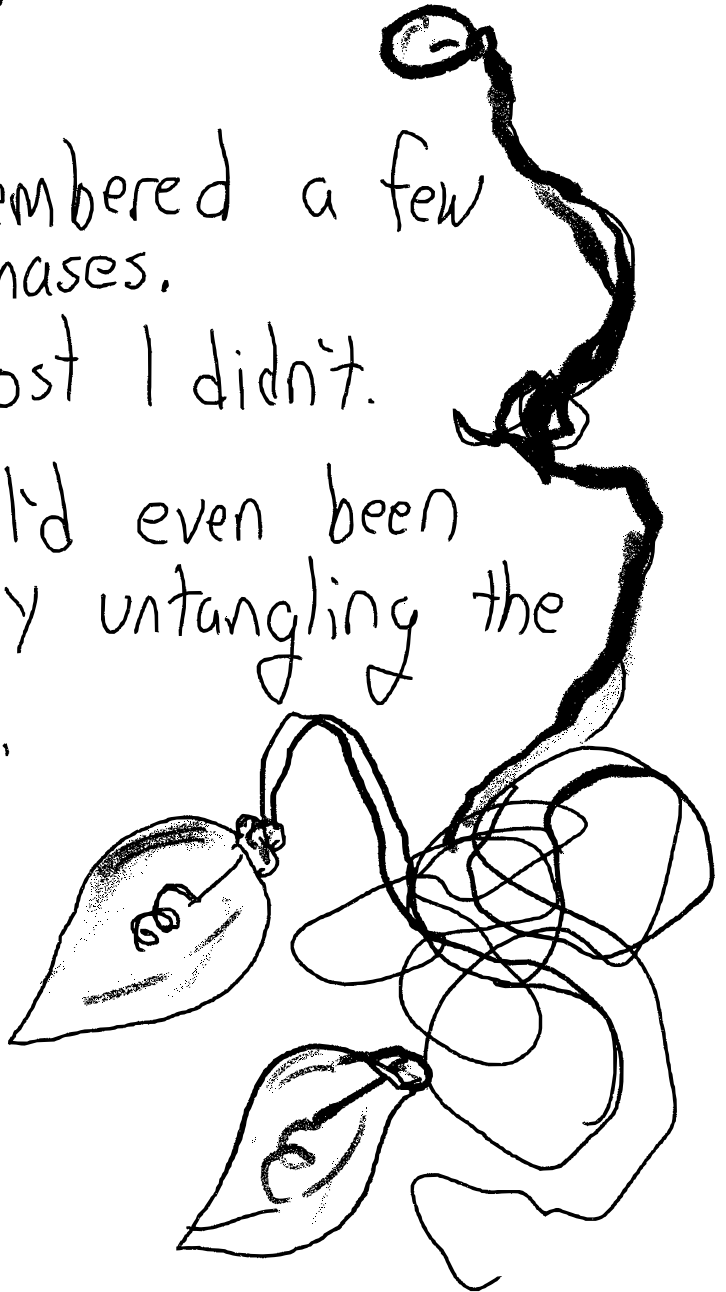
But I really didn't
believe it.

What had I been
doing?

I remembered a few
Christmases.

But most I didn't.

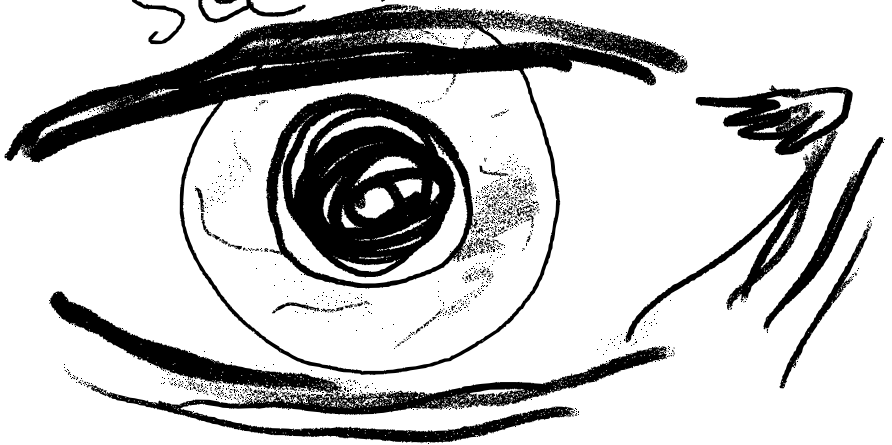
And I'd even been
grumpy untangling the
lights.



But it could have been
my privilege to be
there, untangling the lights,

He thought it was funny.
Untangling those lights.
It WAS.

I just couldn't
see it.



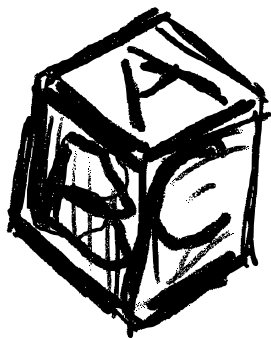
I was

checking a box.

Concerned about getting
to the next thing,

But he wasn't.

He wanted to stay
IN IT.



He wanted
to play.

And so we should stay



Present.

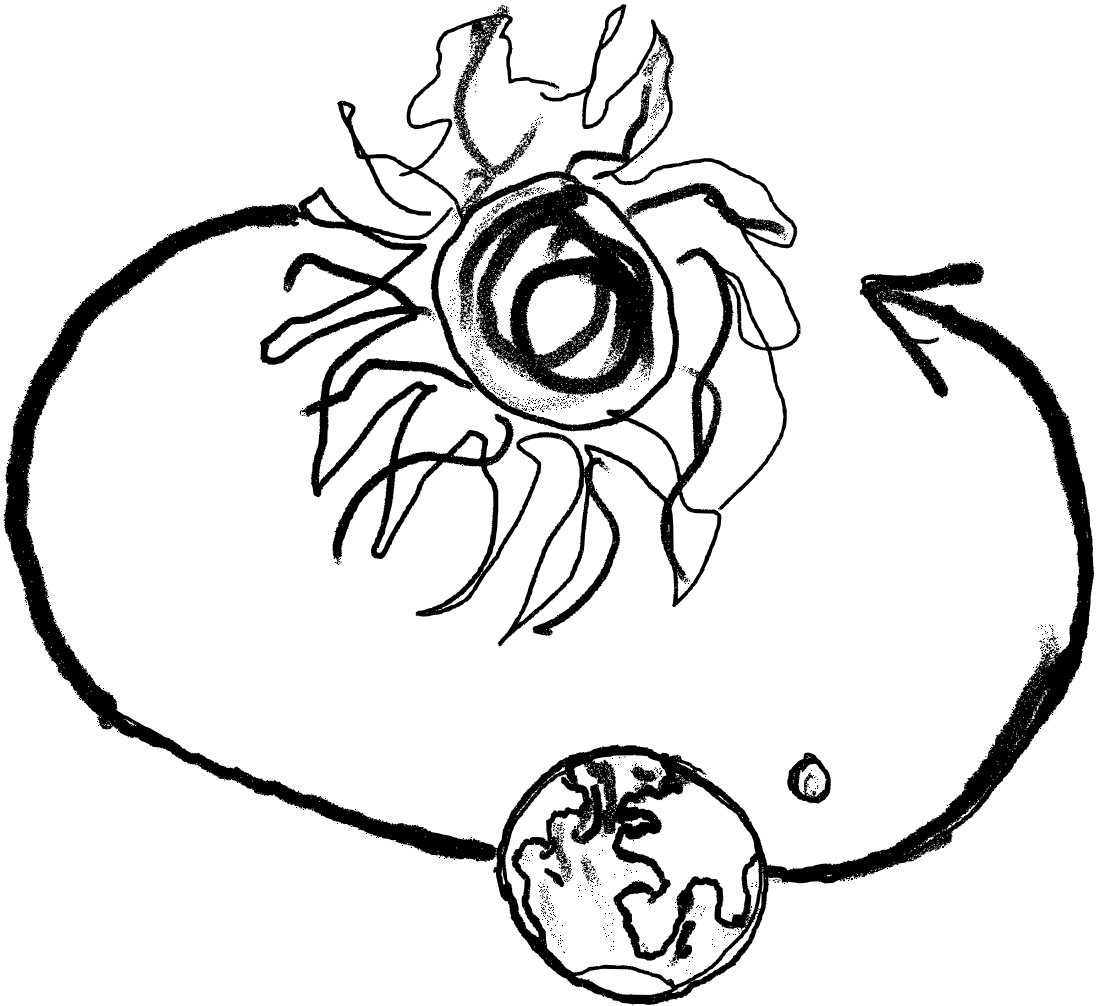
I've mentioned this
before.

But it's true.

It's the only real thing.

And your kids will be
BIG SOON.

And you've got a
NOT HUGE, finite number
of spins around the sun.



Be there.

REALLY BE THERE.

For your loved ones.

Put down the smart device

that is designed to make
you dumb. ▽

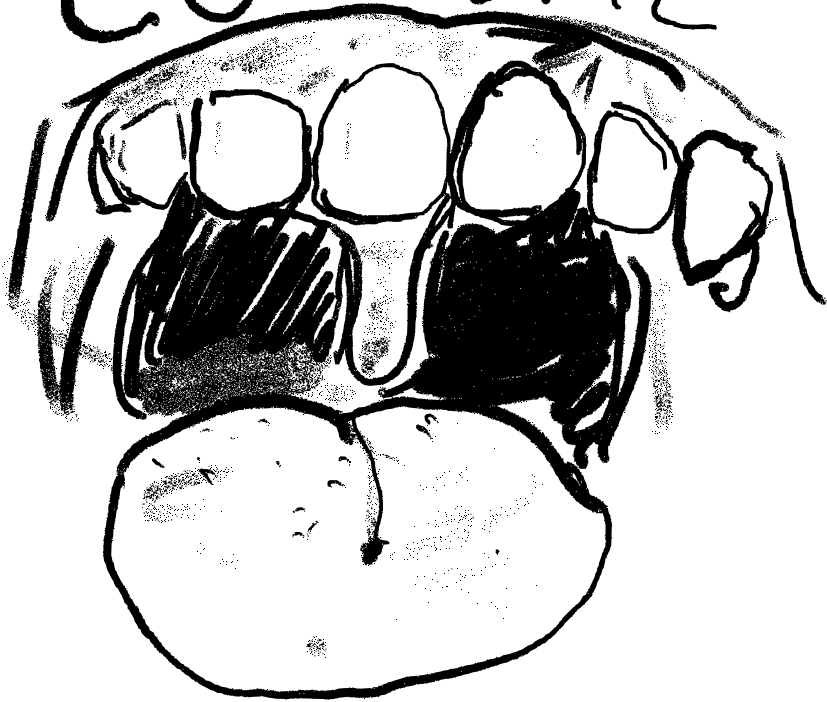
Look up and around.

AND take care of
yourself.

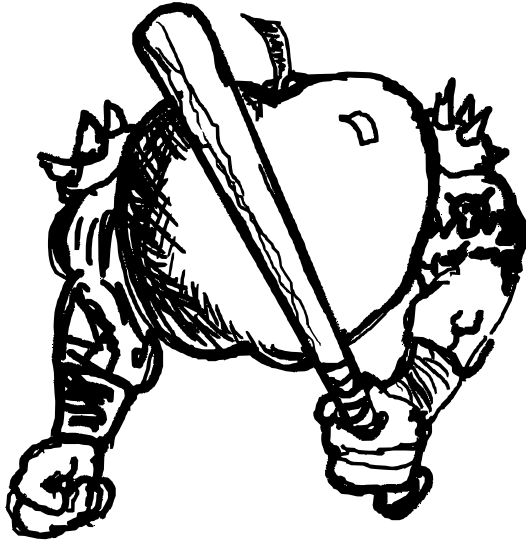
Which means drink water
and eat good and exercise.

Be mindful of
what you

CONSUME



An apple a day keeps
the doctor away.



By any means
necessary.

But also be mindful
of media consumption.

The algorithm feeds on
your fear, Your hate.

Your ignorance.



And unlike
a good bartender,
social media,
the news, etc.
will NEVER
cut you off.

They'll let you consume

24-7-365

Hell, they'd LOVE you to.

Turn you into the perfect
racist, sexist, xenophobic,
transphobic, homophobic,
[insert term]phobic

CONSUMER.

YOU'LL ROT YOUR
MIND

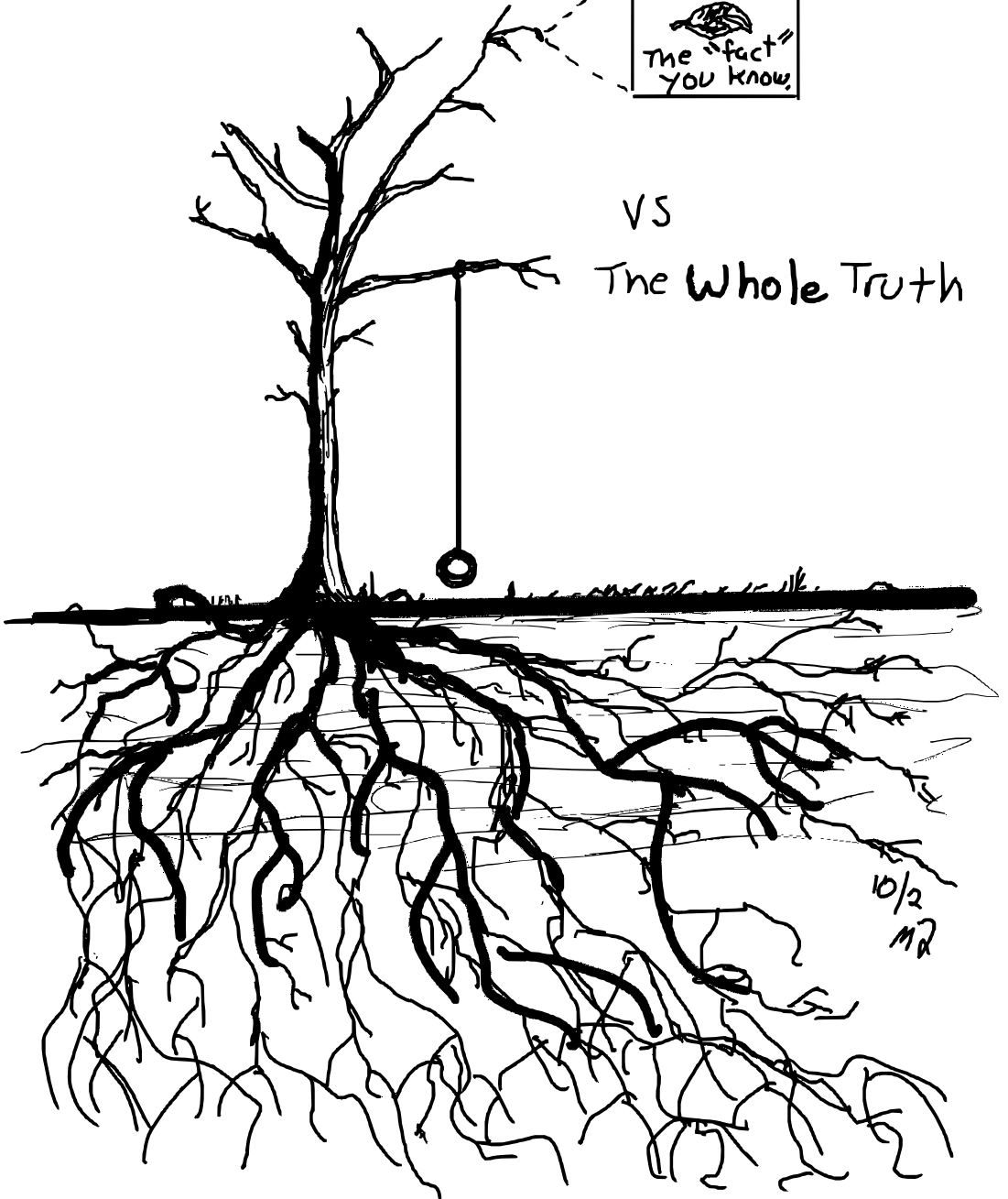
WATCHING
ALL THAT



We're mostly tricked any way.



VS
The Whole Truth



10/2
MR

Focused on everything
you CAN'T CONTROL.

Instead of focusing on
what you CAN.

Your actions here and
now in your present.

Worry about you.

- No that doesn't mean
turn a blind eye to
suffering.

But if something sucks you
in and makes you angry
or afraid, you should be
Wary.

And if you're concerned about
something.

Go be an activist (rage scrolling
and commenting
doesn't count)

And make sure your actions
stem from compassion and
empathy (rather than anger and fear).

If everyone did that and focused
on their now,

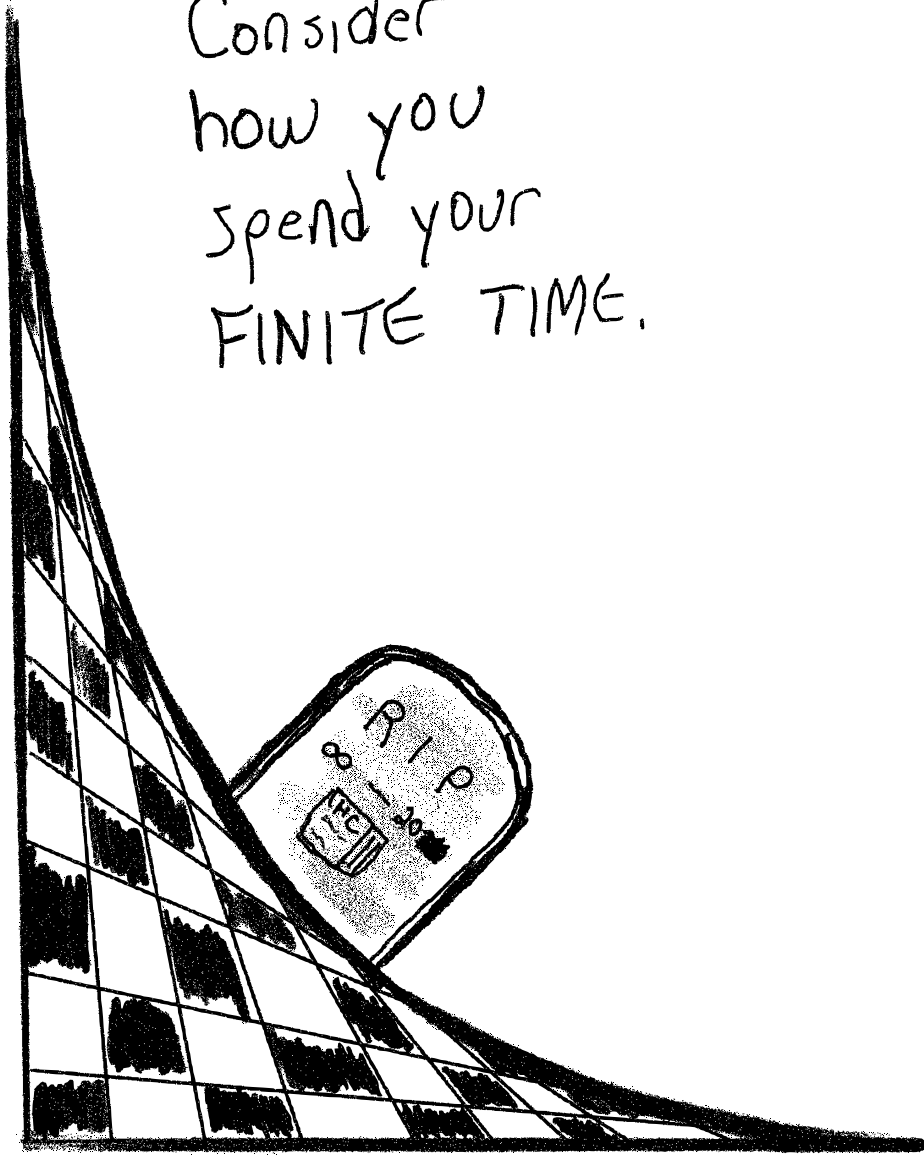
I think we'd all be a lot
less anxious.

And happier. And kinder.

(I'm not very religious but
it sounds a lot like WWJD)

So remember...

Consider
how you
spend your
FINITE TIME.



You don't get
THAT much of it.

Even if you're young.

Right now is a gift.
That's why they call it

the present.

HARR HARR



Go unwrap
that shit.