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SPEAKERS

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Last week, in the course of giving a talk, I mentioned my view that one of the epidemic illnesses in our society is people who are overly busy. I think it's a contagious illness because a lot of people have caught it. And, and I like the word use the word contagious, because I think there's a lot of social pressure, social context for all of us, adopting sometimes an overly busy lifestyle. And I wanted to spend some more time talking about that. And my impression was that it resonated with a lot of people here when I mentioned it last week, and, and so talking about it some more. And as I talked about it, I'm very aware that this is the Dharma talk for myself also. So I have some experience of this. And as I start this talk, I'd like to give you kind of an image or Kind of an idea for you to kind of reflect on perhaps as you listen to the rest of the talk, and that is that sometimes when I'm at my best, and I noticed that I'm getting overly busy or overly active or my overly busy but feeling overly. Like, I feel like I don't have enough time to take care of all the things I take care of that kind of busy and a little bit of pressed by time. And now I have to get this done. That one of the best things I found to do is to stop and to sit to meditate. Now you think that that's the last thing you want to do, because that takes time and the precious time you supposed to get you know, you could be getting a number of things done. And every time that I do that, I found that afterwards I have much more time. So the

question for

you if you can reflect on we will come back to it near the end of the talk is why? Why is that? Why do you get more time? Why do I Why do I seem to get more time when I meditate than if I just continued going around doing a lot of different things. So I think it's a phenomena of modern culture that has a lot of roots. There's a lot of reasons for being there. And certainly we can point to technology as being one of them. Technology, I said is supposed to save us time. And that's been people been saying that for 1500 years that, you know, technology is going to save us time and it did in terms of some things but then we just did more things. And so we end up filling the time with more and more and more things. And when the psyche is doing a lot of different things through the day, there's a strong

tendency for many people for their psyches to get fragmented. When we use did one thing like my grandmother, she different days of the week were days that this is activity she did she had, she had particular day of the week where she would wash clothes, and it would take all day to wash clothes because she had to do it by hand and ringers. Scrub boards and all that and it without, if that's what she did on Tuesdays or something like that. And then she had these different days where she did these different things. And, and now we throw the clothes in the washing machine and walk away and come back later. And you know, and it just takes no time at all compared to what it used to take. And so it lends itself to kind of fragmented life, which then tend to fill life a lot of different things. And then we can point to technology, you know, like we're so connected. It used to be still to some degree, but I suspect is going to change. One of the main themes of a lot of American passionate teachers and their talks is the theme of becoming, feeling interconnected. The importance of feeling spirituality, it brings you connected, drops a separation to himself and other you feel connected to everything to nature into the world. And I don't think it'd be too many more years for this last teacher you want to hear how to get more connected because Some of us are too connected. And how many cell phones and stuff the more stuff can you have? Believe it or not, I agree I should be embarrassed to tell you this. But it happened here at the center. I think maybe I was talking to a nurse and the phone they remember this, where I told the nurse, you know, I was talking to her on the phone and he knows I have three phones going at the same time. I don't know how that happened. But I think I was listening to messages and one I don't know. Anyway, it was kind of bizarre. I usually don't have more than two phone one phone with me. For some reason. I had my wife's phone with me and I had the center's phone there and an amazing and there was a first but I'm supposed to be the model of someone who doesn't live that way. Right.

So

So this data being so connected to the internet, you know, a year ago I told someone you know, I have a long long term goal. Figuring out my life. I think it's gonna take a few years, a number of years to figure out how to do this now, so I can get myself off the internet, you know, and live without it. Again. I think it's possible. I have this vague memory of the time. And then, you know, so I think it lends itself this, you know, and I saw recently this week, I realized something I didn't realize about the internet. Maybe that's not true for most people, but people are sending me these emails with the kind of expectation that I supposed to get in right away. And because I had this meeting with someone on Friday, I had this I had this I just immediately after the morning of interviews that I had scheduled, but I had a 930 slot that was empty. And I showed up, I was happy to have this empty slot and so I did some other things and wasn't available to answer phone calls. Someone's gonna call me it was a phone interview. And then it was around the phone again at 945. And I got this phone call she were where you're supposed to talk to you at 930. And I said, Why don't you know? Do you want me to list of things? So there was an email said email sent to you, I was gonna call at 930. So Oh, I guess I lost that email in the sea or something. And so I went home that afternoon, there was the email. She'd sent it the evening before. And somehow she expected me the fact that she sent an email even before that, I would have gotten it by the next morning. Now, I guess that's what you're doing in polite company. I

guess, you know, it's impolite or it's, you know, it's rude or it's, you know, it's something wrong with me, you know, I don't and then I realized I kind of had never really dawned on me, but I think it's true. I asked my wife is this true, which is a I think it's true. that a lot of people have these internet connection, connecting it. Notice the surface, you know, the connected to internet. And they have unlimited, how many of you have unlimited access to the internet where you can just, you know, always be plugged in, you have to turn on. And how many of you keep your computer on all the time? That's how many are most of the time? Most of the time? And how many of you have it on keep it on to your Internet's? Like your email thing? So that, you know when email comes in that many, oh, well, I'm not that far behind. But those of you know, we're kind of in a kind of a, you know, kind of slow to catch on to a few years we'll be that way, you know. And so I had this idea well, I'm supposed to have it on what time when emails come supposed to be like the phone, right? You know, supposed to answer it right away. Anyway, my goal is to it will take five or 10 years and get off a thing. And so that lends itself to kind of being, you know, busy that people call us and then they, they email us and they do all these different things and so but then there's more to it and that is that all these things need to be babies these things need be baby my computer needs attention is being nourished and supported and loved and you know, in this wonderful way to keep the programs happy and you know, so the programs are connected to each other nicely and they talk to each other and sometimes our programs and talk to each other or something once I put an antivirus program onto my computer and the whole computer died

and and so I've noticed a certain amount of time goes into them taking care of these things, which wasn't saved me from time. And then it takes research to find you'd have to have I think I should have a better cellphone plan because I think I spent too much money but that takes time. Used to be a used phone for 20 years, you never thought about it again. And now they're always into plans and choices. And so part of it is we have its phenomenal amount of choice, and color. There's never been a society in human history that has as much choice as we have in modern America in modern California. And, and we're expected to make choices. And we're supposed to make boxes make good choices, but all kinds of things people never had to think about before. And then we have maybe the legacy of parts of the human potential movement that was so central to California, of kind of perfectionism, that we're supposed to be fulfilled in all these different parts of our life. And we know so much now. Information about what's good and write everything. And so you can be perfect in so many different areas, or at least not perfect you can at least be do it right to do it in a wholesome way healthy, so like food. You know, just like all the stuff we know about food and how we're supposed be eating. And so like, you know, how do I do this, I better keep keep up and read more books about food and what food to eat, not eat and, and how you know, and we have all these choices now around food and then exercise of course to have perfect bodies. And, you know, least have some some semblance of exercise paper every few weeks, as you know, exercise is good for you. And, and so then Well, how do we fit exercising and getting good diet in? And then we're supposed to have great recreational opportunities. And because we have all these wonderful things we can do right then and, and then we're supposed to have great sex because, you know, after all, you know, I don't think most people in history thought about great sex. I'm sure they were motivated, they did it, but it wasn't the quality of it. You know, it

wasn't, it wasn't, you know, it wasn't such a high, you know, you know, list of priorities. They just they did it and so you can be about it, you find out about how to do better that takes time.

And then, of course, there's television. Now I was rather embarrassed or embarrassed but kind of embarrassed at all, but I was a little bit surprised. Some few years ago, I was at a kind of a dinner party. And people start talking about television programs. And I got very silent. I got quiet, I kind of didn't know what they were talking about. And I realized that I don't I haven't known really what's been on television for 30 years. And I was kind of shocked at myself. I mean, Rip Van Winkle stuff for only 20 years. And, and then a thought was, oh my god, you know, I tell anyone that if they knew that I should try to catch up. I can't catch it. And I can't catch up at least I can Can I can I be current? And that takes time. You know, but I didn't haven't done that. And so much, you know, somebody thinks to do boy, and they're supposed to meditate, right? And you've heard the meditation supposed to be good for you, and he's supposed to, and fit that in somehow. And then we've been told Americans are sleep deprived as a culture. And, you know, you're telling me to sleep. And that takes time when it could be doing something else, and I'd rather sleep less and have coffee, or whatever. So some of those things are a little bit legacy of the human potential movement. One, one of the routes is area perfectionism, having it all which goes back to The roots of the human potential movement goes back to the romantic movement, as I talked about last week, which is very simplistically put the tremendous emphasis on self fulfillment. And so the idea of somehow having a wonderful experience wonderful aesthetic experiences, wonderful spiritual experiences, wonderful emotional experiences, some things personally self fulfilled. Most people in human history never thought about personal self fulfillment. An interesting conversation with a parent in our sitting group here, we had this parent discussion group. And, and she said, you know, all I care about is I don't care about whether my kids are always happy. All I care about is I raised them. So when they become adults, they don't have to care care of themselves in a good way. They can manage their life really well. And that was, it's an old fashioned approach to raising children. I think that's how you know that's, you know, the 50 years ago, probably some of you remember. I think you didn't think it But now we have this history of culture of psychology. And parents now know so much about the psychological development of their kids. And that every things are so important. And you know, because you might mess up your kid, you know, and, and so you have to first you have to take the time to read all these books. Because now he's supposed to know about all these things. 50 years ago, people didn't read, they weren't even he was Dr. Spock. Right. And that's gotten bigger over the years. So it takes more time to read it. But But, you know, I think for parents, and I talk with myself also that we, there's much more concerned about the inner life of the child, and what influences what influences and I've been told by the previous generation of parents, that the current generation of parents are seeing much more anxious about their kids and they everywhere, and partly because I think we know so much of the influences and so that adds to time and doing and then we have a culture Which is fragmented geographically commuting to work and commuting to kids to school and this and that I mean how many of you who are getting started get a headache just talk this thing through all this you know how it is for some people and

source society feeds us all kinds of messages as a culture that this way and so, supposedly, you know, it's we're influenced very much by the environment that we're in its environment that seems to support and feed this kind of being very active, very busy. And you know, sometimes you go into certain environments and they just encourage it, you know, you go into restaurants, sometimes the music is always loud. And you can go to airports, you know, in the television zone, you go to doctor's waiting rooms and televisions on and it kind of I find that kind of jarring and little bit

it doesn't actually get kind of like Don't feel so good actually that kind of environment when I hear that part of it I think sometimes it makes me feel more hyped up to listen to television in a doctor's waiting room or something. And then I don't feel like he'd go ask people turn it off because people are watching it.

But are we to blame our our culture? Are we to blame technology to move blame? What's the what you know, is it as if out there So, the reason for it? Probably, you know, one of the more important points we need to point to places me to point to, for people who do mindfulness practice, do Buddhist practice is to point to ourselves, and to see in ourselves what is it in ourselves, that is the root of the cause for maybe being overly busy or being feel feeling cramped in are feeling stressed about time not having enough time. And probably one of the root causes is the very simple thing is desire is craving, wanting to have wanting to do, and wanting to have more and more wanting to do what you know a lot, a lot of different things. And part of the problem is a lot of things we want, are basically healthy, good things. There are a lot of things people want. They're not necessarily healthy and good. But there's nothing wrong with a lot of people's basic desires have good health and good exercise and good friendship and meditation and a lot of things that people do are increasingly good. But I think a lot of the wonderful things that people do, there's too many opportunities and too many things to do. So I know some people who get overly busy because they feel that they have to be of service. They have to kind of help others. They have to be so they volunteer in all kinds of places. And so they're kind of succumbing to the idea that our desire for service and helping others means that we're supposed to fit it into every possible corner of our life. And if we don't do it every place, then a little corners and edges, then we are somehow not the bodhisatta by not helping people. But desire How does desire function on this and desire can be painful and cause suffering and pain, even when we do work with desire is a basically healthy thing if it lends itself to an imbalance life so when I find myself feeling harried by not having enough time to do all the things I should do, then I try to sit and when I do that, I seem to have a lot more time. And I believe one of the reasons for that is that when I sit, my desires tend to my desiring my development momentum for design tends to relax. And when I don't have too many desires, then my mind has more space, my mind has more time, my mind is not rushing or feeling itself. And then my mind is more spacious that I seem to enter into what I'm doing in a much more relaxed way. I'm going to do things in a more relaxed way, it seems genuinely that I'm more productive when I'm trying to do things. Or I realize that some of the things that I thought I had to do, I don't have to do, it helps me kind of set my priorities straight and to change my priorities. I've noticed one phenomena is that when I tried to do a lot of different a lot of things like I have a long list of things to do, and I'm trying to do them all. And I might be extremely productive and get a fair amount

of things done. But at some point, it sets in kind of a habit formation for me or maybe some wrong word, but it sits in a certain kind of momentum. Where when I finished my list, my mind is still looking for something to do. Because I'm kinda energy you're kind of doing doing doing is there And boy, you know, basically I was doing good healthy things. But because of the way I was involved in it, so I have to monitor how I'm involved in things. So when I do things that I don't do, I don't do things. So I'm building up this momentum or this habit of leaning forward and reaching forward. So when I do things, that it's kind of clean each time I do it. Because if it's not clean, if I'm leaning forward and grabbing and rushing and trying to do many things, or trying to grab on to desires offering too strongly, then there's traces that are left in my system that didn't have a momentum of their own, they can send it and then start to carry me forward. So I have to pay attention to how I am acting on my desires, how I'm doing it, and to do it in a way that's cleaner. We're leaning into the future, not rushing to do it. But to do it completely and fully as I can each time I'm doing it but to look at our designers to look at the whole range desires, one of the things I find very important for me is to look at the intentions, the priorities by which I organize my life. And, and there's a lot of things that I've let fall to the wayside. Because there are good things to do. They're healthy things to do, there are probably some one point of view probably things I shouldn't be doing. But if I added that to my life would have been unhealthy and unhealthy.

And so it was a trade off between dropping doing a healthy thing or getting sick because it is a healthy thing. You know, sometimes doing one more Dharma activity is under karmic. If you're just adding to his busy life in this kind of momentum forward and getting and taking and doing

so I believe that somehow if we're gonna if those of us who are In this kind of constant, this kind of phenomena of being overly busy we have to start taking responsibility for that for ourselves. And society's not gonna take responsibility and getting things done is not going to it's not a solution either. I've tried for a while to get through my lists. And but you know, the list I have is amazing ability of proliferating lists, or suffer or somehow just, you know, I finally get close to the end of the list and then I get all these phone calls and there's more people want more things out of me or listen to some that I never seem to be able to get, you know, finish. Used to be I remember a time remember a time when there was no nothing. If someone asked me what's on your list and had nothing, but you know, what was always a while ago, and so how I am in the midst of doing things and becomes very important And then spending some wise time looking at priorities. And what needs to be dropped is actually very, very important. And if we think it's only a matter of losing something, letting go, then I ask you to look more carefully, to look at what is gained by living a simpler life by simplifying the life giving your life more time, more space, by doing less, less activity. One of the things that's gained is the spiritual life itself. Because spiritual life itself, as I understand it, requires time. A spiritual life is not an efficient life. Or the way the psyche unfolds and changes and matures. In the spiritual life. It's not efficient, in the sense that we usually think of being productive and getting things done. How efficient is it to sit looking out the window at the clouds moving? I mean, you have this long list next to you on the table things to do. And then you have the cloud. And which is more important, the list or the clouds from the point of view your psyche, for many people who maybe prospectively we're busy, it's probably more important for your psyche to look at those clouds to just sit there and do nothing. The spiritual life that needs

space and time for the unfolding for the movement for the settling for the letting go for the, for the revealing of what's there. It's almost as if there's aspects inside of us that we almost yearn to touch, which are shy. And you have to be very quiet or very spacious or very, it's like a like an animal. There's afraid of you and you have to be kind of show that you're kind of non violent and kind and not threatening. Then slowly if you just kind of sit there and wait for the animal will come to you. So aspects of inner psyches that way too. And if we're rushing about and doing a lot, we actually squash the ability To touch into these deep parts of ourselves, which are shy, so we need to give time. And part of the reason people don't want to take the time like that. One reason some people are really busy is that that process of missing those deeper voices and going deep, can be uncomfortable and frightening, isn't everything that's in there that has a whisper inside of us is beautiful. There's also our fears that are their anchors that are there. And so part of the part of the process of giving time, part of giving time is to let the process of these movements within us to reveal themselves and be worked through rather than always running away from them. And that's so easy to do. A friend of mine, went to her Zen teacher once and said, that talks about all the different things she does and how busy she is and how she has, you know, very, very busy life and associated was a bit of a problem. And their teacher looked at her and said Something like, you know, it's because you're lazy. And that kind of kind of shocker when I'm the last person who's lazy, you know, I'll do all these things and very successful and busy in my life. And he thought about it for some time afterwards, she realized she was being lazy, because the hard work was to stop and look at herself. And that's what what she wasn't doing was easy to actually stay busy. So, to give time and space to the psyche, to do something, which is not of our doing. And if we think that we're always in charge and responsible, that lends itself to a deal to doo doo doo doo.

But if we realize that there's an aspect of our psyche, which we can't take responsibility for, except for making space for it, except making time for it, then maybe we're more willing to let go of things. So we can let this deeper aspect of who we are. bubbled to the surface and in touch into it. So it's not just a matter of losing by doing less. But it's also a matter of gaining something that can't be gained unless you give the time for it. And it's not an efficient process. It isn't that you sit down and look at the clouds. And after five minutes, and it's not happening yet, you know, you might need to look at the clouds for two years before something very, very precious arises, but who's going to sit looking at clouds for two years. I've known people who've gone on meditation retreats, of seven days of 10 days, and cried the whole time. And they felt they were convinced afterwards in retrospect, that was the what they needed to do. And that was a place they were able to do that, to give themselves that kind of time. Because the psyche needed that level of purifying or purging itself was just crying and crying and crying. But, you know, maybe you, you know, doesn't seem very efficient. Innovative, faster ways of doing it, you know, they have now, fast therapy, you know, cars, they only give you three sessions or something. So there's, there's further phenomena called short term therapy, you know, who has time anymore for, you know, therapy, the ways to do it every week, I mean, cheaper an hour, and it's so 10 minutes sessions are probably really good for all of us. And, but I think in certain parts of sort of in therapy, sometimes it takes a long time, you a lot of time. And if you try to be efficient about it doesn't work. So to look at our priorities, to change those to look at our desires, to understand the nature of our desires,

and take responsibility, we have to let go of desires. I think learning how to let go desires is one of the great skills of being a human being. And so that's basically the things I had to say. But I didn't want to read a little bit from the Metta Sutta. And it starts off at the beginning saying, to reach the state of peace. And a lot of people want peace. But knowing what people want it, but don't actually live as if they really want it. They say they want but they don't really want it. Because peace is not all these things that pieces like nothing. And you know, it's not having a better job. It's not having a better relationship, not having a better bank accounts not having a better recreational opportunity and better sex and having better food or better health. So all these things that we think we need to have, are not there in peace. So we can't chase after the same way and you can't buy it. So anyway, to reach the state of peace then the medicine go gives a whole bunch of qualities that a person needs to cultivate or develop in order to touch into some abilities some deep psychic peace or spiritual peace. One should be upright, straightforward, easy to speak to. Gentle and not proud, contented and easily supported. And this is excellent as the reason I'm reading this living lightly and with few duties, wise in with census calm, not arrogant and without read for supporters, living likely and with fewer duties. The Buddhist monastics in the Theravada tradition, talk about some of the hindrances to the monastic life. And one of the hindrances to monastic life is having too many projects. And if we can extrapolate from that, that the spiritual life is hindered by having too many projects. Now it doesn't necessarily mean all this, that you need to do anything less. And I'll tell you a little secret, which is very dangerous. Because probably most of you try this thing you can get away with it. You can keep doing all that you're doing and get away with it. I mean, that's kind of a little little secret of it until you. You think you can get away with it, and then you stay busy. In zen, there's a little teaching called about discovering the one who's not busy. And one of the ways that's understood

is that that part of the mind, which is unmoving, which is rest, which is nonreactive, in the midst of activity. So if you can be the one who's not busy in the midst of activity, then you can keep doing everything as you're doing. And that happens, you can do that. But don't try to use this as an easy out. Because it's easy to fool yourself. That thinking that you've managed to do it. The inner life has a tremendous need. For time and space, and one of the essential qualities of spirituality of the one who doesn't wander is not busy, is a sense of the timelessness. That's always here. So, know that things are timeless, that a sense of it being timeless this moment is not possible. If time is an oppression, if time is a preoccupation, if time is something to be used efficiently and get through. But I had to go through your life with some sense of the timeless or to have periodic periodic periodic times. We have some set some contact with something that resembles a timeless experience, timeless reality timeless present. That's what I think nourishes the roots of our being is my sense so I talked much longer than I wanted to, because I was hoping to hear a little bit from from some of you. What's your thoughts about this are

Jewish religious, my background,

studying and

not to your normal activities.

I think it's a very wise thing I like to call a sacred leisure and having time for sacred leisure Sabbath. I also like the fact that the word recreation means to recreate. And so I think we've lost sight of that, in some ways. The spiritual recreation is those activities allow us to recreate or touch into that which is really creative. In the Theravada Buddhist tradition, there's what's called the observance days. And the observance days are usually for laypeople, the new moon and the full moon days. And then in Thailand, for example, that's a day to go and spend the day in the monastery, or spend a day kind of engaged in kind of religious, kind of a spiritual context for your day. And so every two weeks, there's this kind of 14 days, there's this kind of day that's spent that way. In Judeo Christian Christian traditions is every seven days. And in the, when I was in the Zen monasteries, they had, they were in different ways. They were in the five day week. So there were four days of work, and then one day of rest. And then four days of work, so they didn't know but even then, even the Zen monasteries, you had to have days off right. thinking, you know, spiritual people wouldn't need it, right. Living in a monastery, but then the psyche needs it. It's very important. aspect of this. So I strongly recommend to people to have that time of not always working. And I try to do that and a little bit it's built in. For me sometimes with a family, because family has requirements that sometimes are quite nice. It's kind of nice. That's something that's a requirement also is, I feel it's very nourishing to be. And then I tried to take time during the week during the week the best I can and if for various things, so I do it more in chunks rather than whole days. Yeah.

I like to try to find,

practice,

which sounds almost impossible, but it's actually not for those of us who work in offices and meetings and phone calls and

all those pieces. So

I found that in every day, there are plenty of times that you wouldn't think that you could take him out. And it's the time when you're walking into your office is the time when you're Walking down the hall to go to the bathroom.

eating lunch, which so many people do at their desk, just stop eating lunch at your desk and go someplace.

Just those little moments of time

when you stop thinking

on the way you're reading about what's going on.

only think about where you are.

In that moment, however long it takes to walk down the hall. It's amazingly refreshing. There's time to find

time. computer crashed.

And when I said I lost everything or day later I Oh my gosh.

And what happened is that for three weeks, I had the best life ever I didn't have

what I did was I just mentioned that I knew I was getting another one. So I would go to the library And once a week and I've logged on to all my mail over 20%. Anyway, and, and I would answer things in the library and I love my library anyway, of course, but I'm particularly loved it in this instance. So I did have to get a computer anyway, and I

got my first laptop ever. So

I really try and only look at it once a day. I'm going to try that. So and then when I heard you that your cell phones, I resisted the cell phone. I don't, I don't want a cell phone. The only problem is whenever I go somewhere and I get lost or I'm running late, is often hard to find a table. So I'm driving all around looking for paper and so that's only frustration but I really miss having people call me on the phone. I just love to fly in my car. And I also find that when I haven't usually quiet and I'm running around, doing things working, whatever. Sometimes I just sit and have Trying tea or coffee or whatever. And it allows me to come down and be quiet and do nothing but sit and have a cup of tea or coffee by myself so that it doesn't take a lot of time to do that. But I just so much

of my time to meditate.

It was very timely.

I think it's very interesting on cell phones is that there were times in the past few people do do who now have cell phones, time to test that. These are cell phones allows us allows us to use use up time, then other times would have been not used for much more anything even just driving. Driving sometimes can be a rejuvenating activity for some people to drive quietly and easily with nothing radio

on but now you know you can have a headset and be talking phone or you can be walking down the street and talk on the phone.

You You can

do all kinds of things. And now we have cordless phones so you can even go to the bathroom when you're on the phone. Quietly because you almost person to know.

Used to be bathroom was, you know, much more quiet. I don't do that

though I thought of it.

Yes. You don't have to answer the phone. One of the things that I've observed is if a lot of people are involved in some activity, they won't allow themselves to be interrupted, but they will answer the phone, which I find to be kind of an anathema. And I've discovered that if you don't answer the phone, nothing happened.

Nothing will happen if you do answer the phone

or want to explain one of these sometimes what an exquisite things is, the phone rings, you don't answer it, and the person hangs up. That's great. Because then then you can say then you can say I guess it wasn't important.

Seems that we will interrupt whatever windows we are doing for except the phone. Yeah, well, that's the phone and turn off your entry.

things, you know, in a relationship, you know, I don't want to talk, you know, he might still want to pick up the phone and took me a while, you know, to be a business. I just don't want to talk. So my friend says she know that it's okay. You'll say, Oh, she doesn't want to talk. And that's good enough nice to kind of make excuses and stuff like that, people.

Nice. So it's time. So I hope this has been useful. For those of you who this is not useful, easily can sympathize