

## A Decision

Do I use the day to read news of the world and react to it, or do I spend much of the day reading articles relating to spiritual development that I've marked as needing my attention and getting my own work done, writing, singing, and working on my website?

Most recently I prepare to record. I study some of my songs to see what I need to change in the way I perform. I review computer settings, some of which I've forgotten during my long time away from recording. I learn to position microphones, cords, guitar and myself so I can reach everything from where I sit when I perform. I practice and record songs. I try to incorporate better ways to perform after I hear my recordings and hear where I most need to improve.

I can't be well-informed by reading most of available news and complete enough of my own work to move ahead in my work as much as I want to. I don't have time enough to do it all.

So I spend less time reading news, about the same amount of time reading about spiritual development and working on my spiritual development as I have for some time, and I spend more time working on my own writing, website, and music.

I'm relieved to be reading less news.

In this time of being materially governed by the darkly destructive, insane fantasies of the Trump administration, I became depressed and frustrated by the direction the material world seems to be going and by my inability to do anything to bring about change, beyond praying intensely for the progress of Harmony, Love, Truth, and Principle and by voting whenever a time for voting comes along.

I still pay attention to basic world news, but much less attention than I did a week ago,, a month ago, a few months ago. My change from reading much news to reading little news has been a little at a time.

I seek details about good news, of which there is still some, and work on spiritual development and on my writing, music, and website.

If I find a way to go that makes sense to go and is different from the way I go now, I may change what I am doing. For now, I often take deep breaths, reevaluate what I'm doing and resolve to go on with what I'm doing.

Excuse me while I eat lunch, rest a while, and get back to setting up my equipment in more effective ways, while I record, while I listen to what I record, then practice songs until I come closer to performing in ways I want to perform my songs, record again, and put the newly-recorded songs on my website.