

Doug from PaB replied to my November 19th 'aloha PaB' message saying, in part, 'I'd love to know what real world stuff calls.' Here is what I said in my email answer to Doug:

My PaB experience straddled the completion of my house. When I began with PaB last fall (2008) I was living in an improved shipping container while the final things were done with the building (using the same mobile broadband internet as I do now.) In February the house was legally finished and occupied, and by then I was deep in PaB. This summer my business workload dropped off substantially and so PaB time became even more entrenched. This fall I realized the number of hours I was spending with PaB was habitually high and affecting both house and work related tasks. Now my work demands are on the rise. I need to do more real life stuff, and given my addictive personality that means going cold turkey with PaB to free up a big enough chunk of time to allow me to reorganize my daily habits.

The week after Thanksgiving was part the change of course: previous work habits of doing research and writing for lawyers in the morning, then in the afternoons home-related tasks (cleaning the barn, planting bamboo, preparing an outdoor shower.) It feels like an appropriate change in my life. PaB was quite attractive or I would not have gotten so immersed there. However, its momentum took time from real life matters that take more effort. As I spent last week shifting course I also realized that sitting at a desk during those immersed months helped me get more physically out of shape. Stim said get a life ... really :)