

# What is a 'waste of time?'

I went off to Wetherspoon's this morning to have breakfast in anticipation of another day sitting watching amazing presentations on various aspects of alternative reality. (See yesterday's diary). I returned home by nine o'clock – having had an excellent egg Benedict – to find a blank screen. At half-past nine came an apology. Sorry we cannot bring you the service today. My guess is that they ran out of bandwidth. In other words, you are allowed to upload so much material to the world in general from your website in any given 24-hour period; after that red flags go up, and you cannot upload any more data.

From the organiser's point of view, it may have been impossible to estimate the amount of bandwidth especially as some people sign up to receive it at the last moment. Goodness only knows how you negotiate with a network provider at nine o'clock on a Sunday morning. My guess is that there would have been a large amount of talking to answering machines and "please get back to me as soon as possible"

So, I can spend the day looking at a blank screen which says "AV 10 Weekend Livestream" or I could turn my attention to something else. There are a million things that I need to do. The shed needs a good clean out, I have a mountain of filing to do, the attic needs some items thrown away finally, I am halfway through one or two interesting books.

However, the sun is shining.

No one is holding a gun to my head. I have the choice to do – something or absolutely nothing. 'Absolutely nothing' does not include watching TV which is a state of mind which can become unrelaxing and counter-productive if the material is either violent or fake news. By fake news I mean main stream news – but let's not go there on a Sunday morning. I think I shall

just BE for a time. In fact, for as long as I feel like it.



“happiness is doing nothing, and then resting afterwards”

“sitting next to you doing absolutely nothing means absolutely everything to me”

“doing nothing is very hard to do – you never know when you’re finished”

“it may look like I’m doing nothing, but I’m actively waiting for my problems to go away”

“sometimes the most important thing to do is to do nothing”

“idleness is fatal only to the mediocre”

That last quote was from Albert Camus. On that philosophical note I will close my diary and it's only 10.43 in the morning.