

THE TRUTH BEHIND MY DAYDREAMING

By MJ Moseley

For what may have been my whole life,
I have found my peace and happiness
through my one repetitive act:
Daydreaming and Pacing



I've daydreamed about many different things
And moved at various different speeds
depending on what that daydream is

You'll see me either

Walking



Running



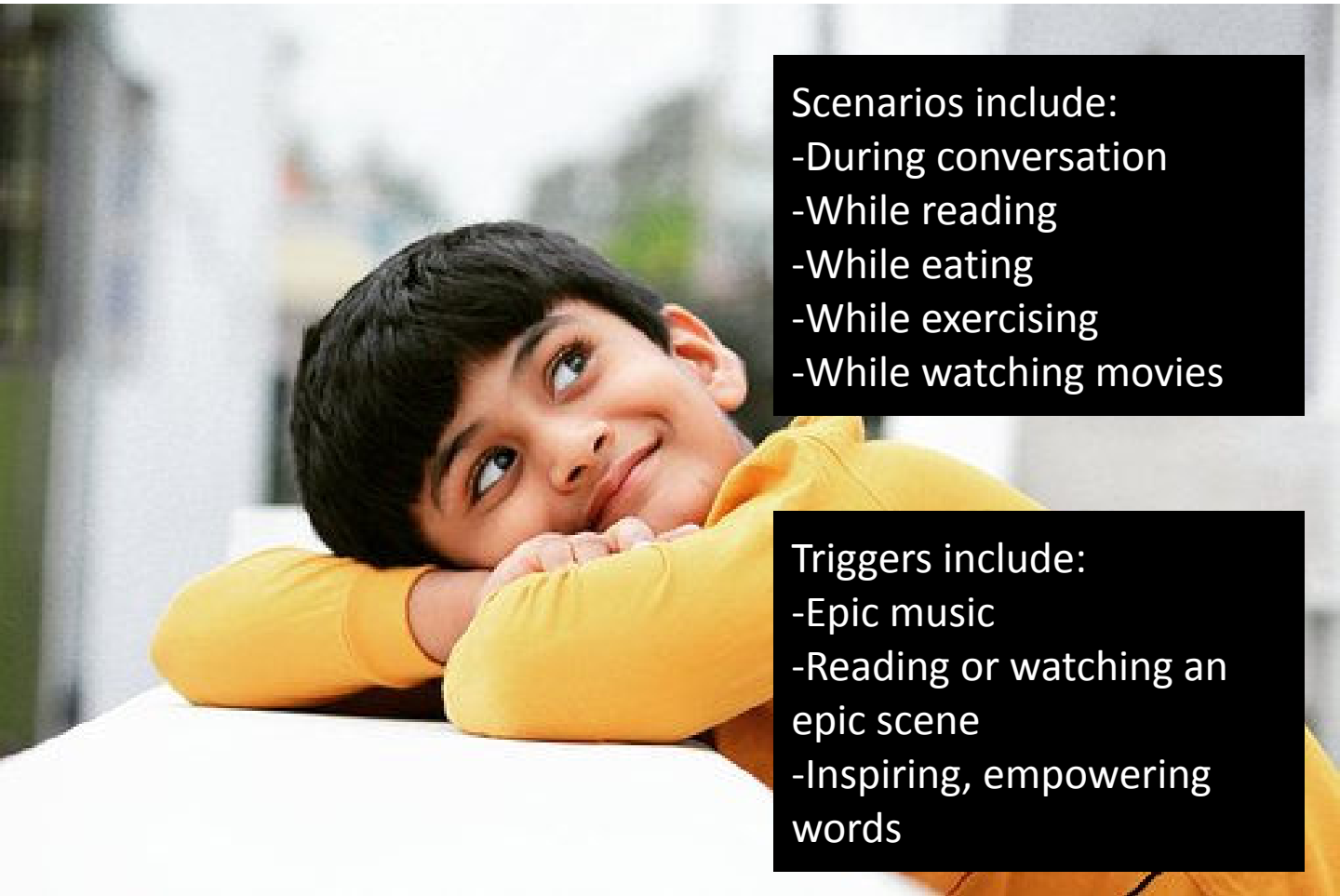
or Skipping



Sometimes swinging



I always slip into a daydream



Scenarios include:

- During conversation
- While reading
- While eating
- While exercising
- While watching movies

Triggers include:

- Epic music
- Reading or watching an epic scene
- Inspiring, empowering words

Wherever I am,
Whatever is happening,
I usually just want to pull the plug from
reality, get up, and walk 8 steps up and
down an open space,
forgetting about the world



I enjoy my daydreaming so much that I sometimes prefer it over chatting with other people, or reading the news, or watching sports, or being interested in the world at all



And unfortunately, no one else seems to
perform this act but me

I don't see anyone else doing it



You could argue that it makes me the cliché word
“different”

As if I'm some damaged, tattered book.
I have a poor image of me on the **outside**,
and therefore no one even thinks of checking me
out on the **inside**



No one knows, nor cares, nor has hope
About what happens inside of me

Instead of checking me out on
Amazon, let alone buying me, they
just scroll right past me along with all
the other rubbish that doesn't stand



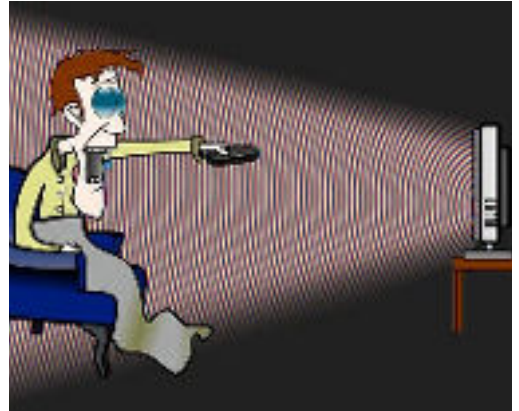
When people look at other people
doing the following,
they think and/or say:

Two boys chatting:



“Oh look, two best
friends having a laugh, I
bet they’re happy”

A kid watching TV:



“Ooh, he must be
catching up on his
favourite show, I
wonder what it is”

A smoker:



“Oh look, it’s just
another smoker!”

A pacer in a dream world:



“Why’s he just walking
up and down really
quickly like that?”

“God, she seems lonely!”

“I’m glad I’m
not living like

“I don’t know why
they keep doing it.
It’s just odd”

“He probably has autism or
ADHD or something”

“What an outcast!”
her”

“Why does that boy not
talk to anyone?”

“I feel sorry for her”

“Thank God I don’t raise
my kids that way!”

“Kids, whatever you
do, don’t be like him”

Because of my daydreaming,
Because of my frequent disconnection from
what's around me,
I am questioned, criticised, even by those
close to me



And when they do,
well...
I don't take it well

But so recently, I started to think about *why* I find enjoyment in it. I think that there is some kind of *truth* behind my daydreaming, and why it makes me pace, and most importantly, why I do it

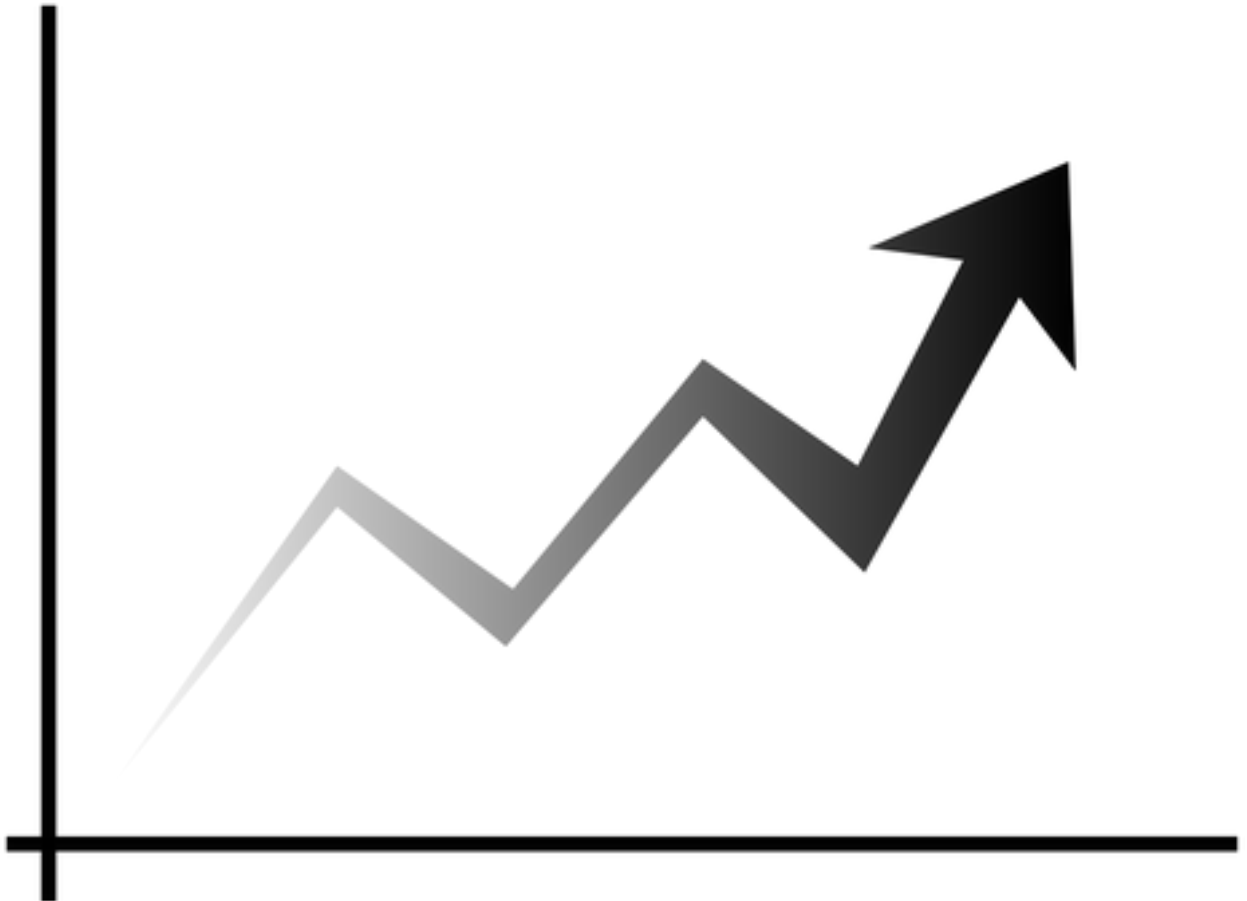


There is a huge form of entertainment that today's
people, young and old, go to.
A tool that gets people **hyped up**, **excited** and **energetic**,
and is hard to get up from

I'm talking about video games!



Video games are one of the biggest
growing phenomena of the modern world,
currently bigger than the film industry



An interesting Ted Talk I watched recently
talked about how video games can be a
force for good
One of the points that the man was making
was how video games are used to escape
life's limits



The talker made the point that real life can be very boring, restricting and ***difficult*** for people at times, ie, your dead-end career, your exhausting education, overdue deadlines, bills, taxes, relationships



^

(Grieving over the fact that he's stuck working until retirement)

But that when people play video games, they step outside of the shackles of life and into the perspective of someone **more exciting**,
in an environment *more thrilling*,
where real life, its challenges and its restrictions are forgotten



Thus this gives the player a feeling of meaning and satisfaction, and then they go back to it for more.

For instance, If you want to be a soldier fighting for your country, well, by playing Fortnite, you can get the fun experience of feeling like you're a shooter hunting down your foes.




Maybe if you have a desire to scare your friends, you can do that as a deadly Impostor in Among us, killing all the vulnerable crewmates. You couldn't kill your friends in real life now, could you?



In other words, video games are a temporary step away from the limits of real life and into the **exhilarating virtual world** where you are your own person, fully in control

And that's why players feel all that energy and hype and that difficulty to step away from it





**And that very sensation
from playing video games
Is the very same sensation
I get from daydreaming**

When I daydream, I enter a whole new
enchanting world,
a whole new
exhilarating perspective,
where the thrill gives me the huge strokes of energy
that make me unable to stay still
(and sometimes unable to not say them out loud)



And if you think about it, my daydreams
are just like video games

They're loud



They're graphic



They're epic



**What happens in them
has no real life
consequences**



**And when I enter them,
The world arounds me silences
and it becomes all I think about**



In a way, my brain is like my own personal game console that was passed down to me at birth and that I take with me wherever I go



And that's not the only advantage

Unlike video games and consoles:



Daydreams don't need to be dumped in piles all over your room



The brain doesn't need to be constantly charged by a power supply



**The specs are infinite, unlike most crappy low-spec laptops these days.
(Trust me I've been there)**

And instead of requiring hundreds of people, a game engine, and 5 years of work just to make one game,



millions, billions, if not more daydreams can be made by the single individual and their brain in milliseconds!



It's so much easier to access and use daydreams




But I think that the **number one** difference between my daydreams and video games, probably the **main reason** I get sucked into them so often, is this...

Video games still have rules!



The setting is defined,
the pacing is defined,
the challenges are defined,
and it's out of the player's control.

Video games have limits!

A person stands on a pier or breakwater, silhouetted against a vibrant sunset. Their arms are outstretched horizontally, mirroring the horizon line. The sky is filled with dramatic, colorful clouds in shades of orange, red, and purple. The sun is low on the horizon, creating a strong reflection on the calm water. The overall mood is contemplative and powerful.

But daydreams do not!

**In a daydream,
YOU choose the setting,
YOU can change the entirety of space
and time in the flicker of a light,
the universe is decided by YOU.
YOU are in control!**

And to me, that's where my urge to
daydream comes from.
For a few seconds to a couple of hours, I feel
like the entire universe is mine and that I am
it's God!



It doesn't matter where I am or what I'm
going through in the real world,
I feel like it's **actually true**, like it's **real**.
I actually **feel** it

When I'm struggling with developing a decent video game, I feel *defeated*.



But sometimes if I just step out of my chair and spend 10 minutes pacing along thinking about making that awesome game, it feels **real** to me, and I feel **worthy**.



It's as if that very daydream of mine is telling me,
"See this? You can get this!
Someday, my boy, this WILL be real!".
And then I enthusiastically get back to the task to
try and earn it :)

I use my fictional world as a way to do what
everyone else is doing:
To escape what I can't control and just find peace
with my own world



And therefore, I'm not doing a bizarre ritual, I'm not
"different", I'm just using my own, better version of
what the world uses to find that sense of freedom.

And I'm sure those of you reading this have felt the
same way at some point in your lives

So remember, if you're looking at me pacing
along or swinging,
thinking my life is an unfulfilled mess,
just remember that you are roughly the same!



You're guilty of something excessive,
Whether it be gaming, social media, TV, having
meaningless conversations with freinds

**It doesn't mean your life sucks,
You just like to relax.**



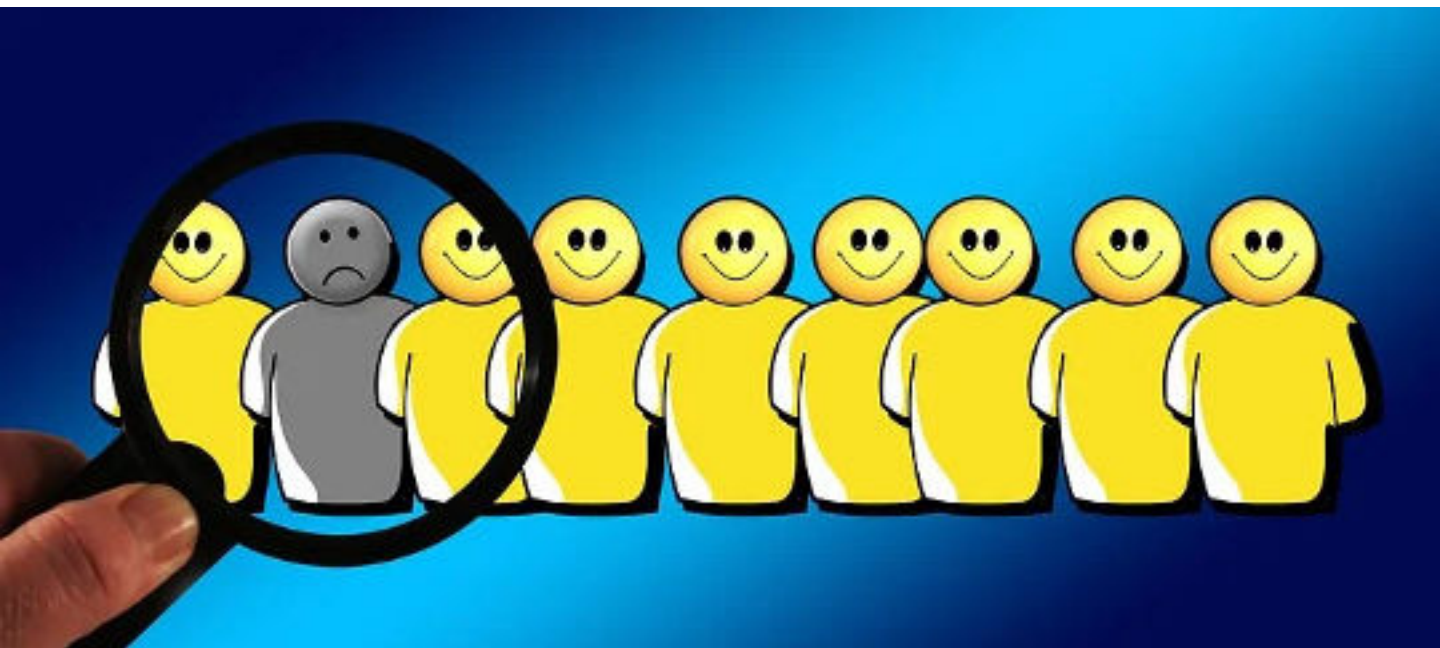
You and I, we sometimes feel trapped by
life, and all we want to do is to spend some
time free from that trap.

But,

Maybe I really am different in some way.

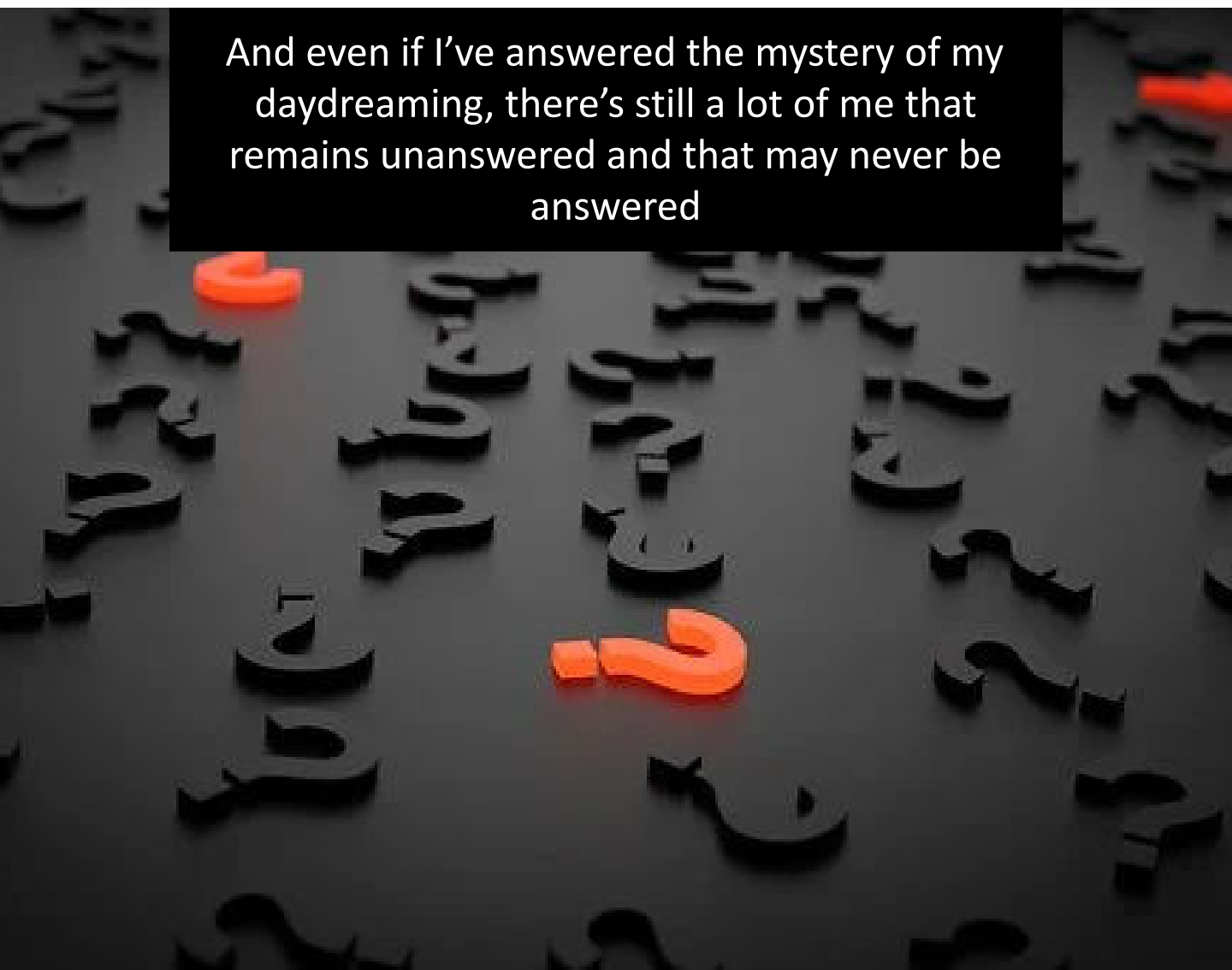
Still, no one else is doing what I am.

Maybe I really am finding enjoyment in
something not held in high regard



Some may still argue, after all this,
that I really shouldn't be living somewhere
else and that I should focus on real life

And even if I've answered the mystery of my
daydreaming, there's still a lot of me that
remains unanswered and that may never be
answered



But to be honest, that doesn't matter.
Through my fictional world, I find the spark for
my heart's fire



I find that anything I think about contributes to
the very person I am and will continue to be in
the near future

Thinking about standing up on stage telling everyone about the development of my famous video game reminds me of my goals and incentives.



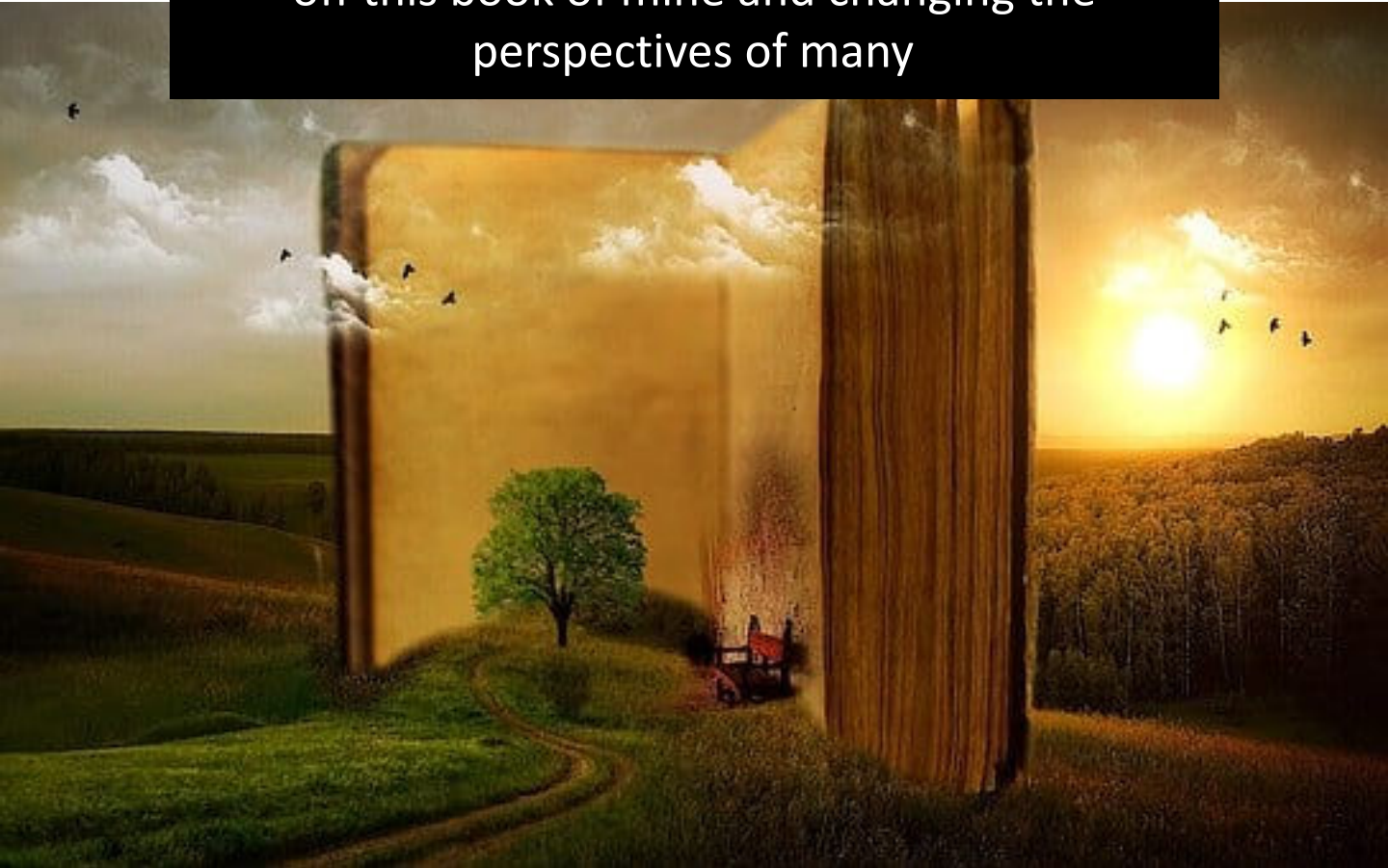
It gives me my can-do
attitude for whatever I want
to do

Sometimes I think about big sets of decisions and strategies for going about my next video game project or schedule, meaning I can think through thoroughly and plan for the unexpected without having to write things down



Doing this, I feel ready to take on the challenge

I even daydreamed about writing and showing
off this book of mine and changing the
perspectives of many



Had I never visualised my success or
thought through the process of writing it,
well,
what could have been!

Even when I imagine something seemingly meaningless, such as a song I heard, I get excited about life.

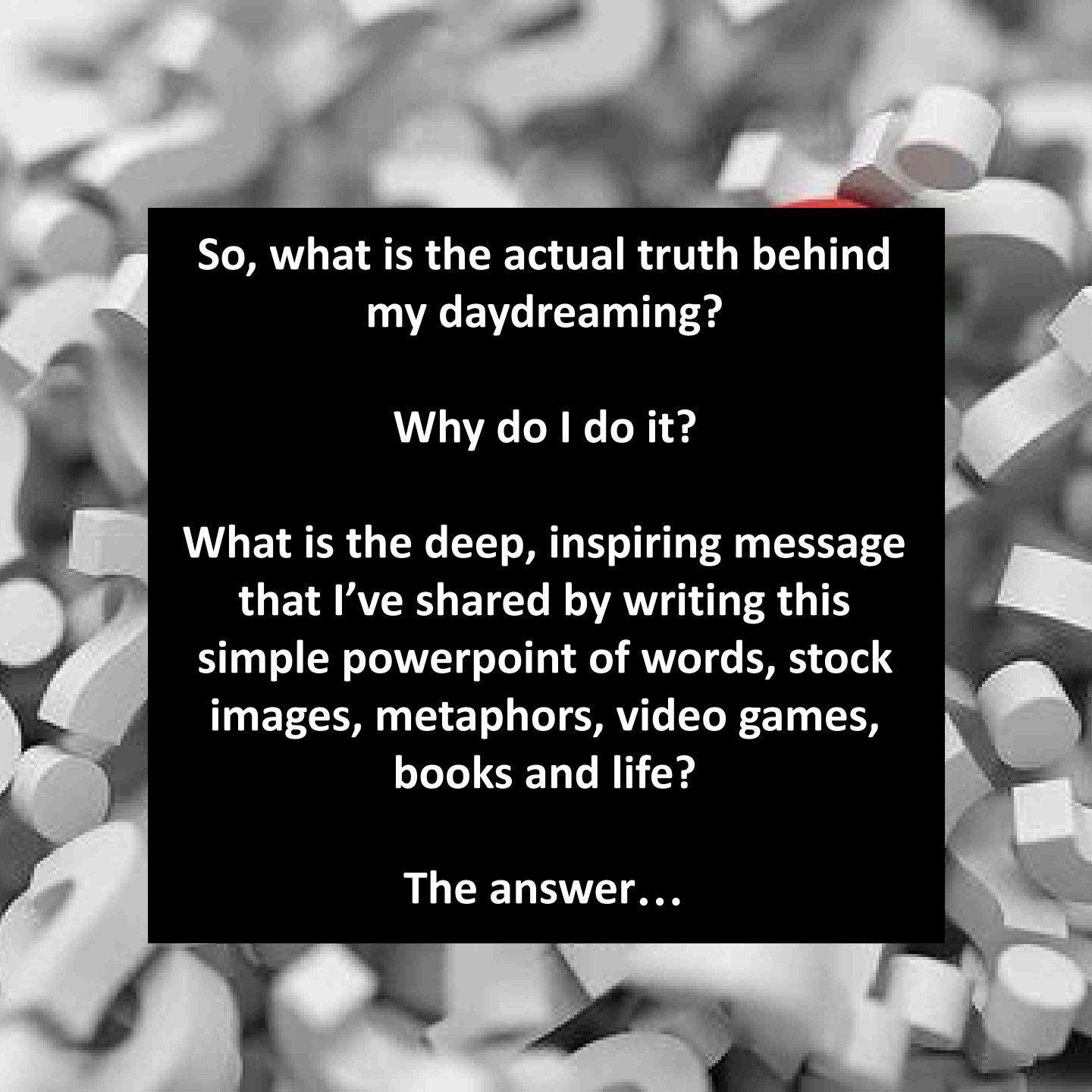


Sometimes playing a positive, catchy song in my head over and over, especially when played by a deranged chimp, reminds me that life is fun, with many opportunities for me just around the corner

Whatever the daydream,
I feel positive,
I feel optimistic,
I feel **worthy!**

And when you achieve first place in
Fortnite or deceive everyone in Among
Us, you too feel worthy, like you have
potential, as if you can do anything





**So, what is the actual truth behind
my daydreaming?**

Why do I do it?

**What is the deep, inspiring message
that I've shared by writing this
simple powerpoint of words, stock
images, metaphors, video games,
books and life?**

The answer...



...just isn't known!

I think the word “truth” is too much.
Arguably, there is no true reason for my daydreaming.
I think that just like every mystery across the
universe, the truth behind my daydreaming should
remain misunderstood, all for the best.

After all, it's just no fun knowing the true reason
behind anything.

But perhaps, it's about what **you** think.
What, to you, is the truth behind my daydreaming?
How do you interpret the message of this book?
When you read the last page, in what way will you
see the world differently?

But to me, the truth is that my imagination is there for me, to help me through this journey we call **life!**



It's something that's always available to me and that I can reach out to for anything I want at **anytime**, even if it's not real

And it doesn't make me any less of a man.

I'm still a passionate young person with many
grateful things in the real world to be
thankful for



I love my life as it currently is

But no one's life is perfect.
Everyone has something they want to
change or achieve
And sometimes we just want to escape
into a game of Fifa 23



And I just want to pretend I'm
having interviews with famous
youtubers about my horror games

It doesn't make me different, it makes
me unique!



My thoughts are a complex system
and a blessing,
and I will treat it that way for as long
as I live.

No matter what happens, no matter
what hits me...

**...That's a promise I
will never forget**





Quiet people have
the loudest minds.

Stephen Hawking

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