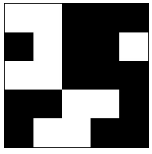


HEARTBEAT: MONTH #073



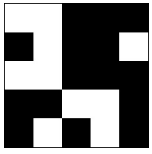
"running alone after august's departure and mostly in the open dutch countryside protected by the dike but also on the dike on a day of sun with no wind reaching a very high rate but still always having a bit of a stiff back and small pain in the knees after always working on my laptop standing"



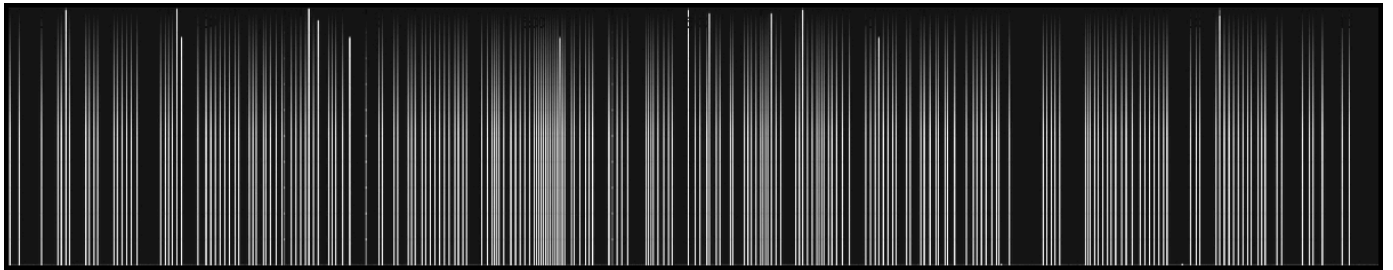
HEARTBEAT: MONTH #074



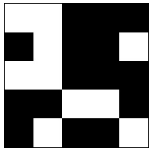
"running mostly in the gray dutch weather and sometime with wind below the dike and not feeling in great shape due to a pain in my left knee after standing too much updating my project and finally feeling better and doing a good run reaching high heart beats"



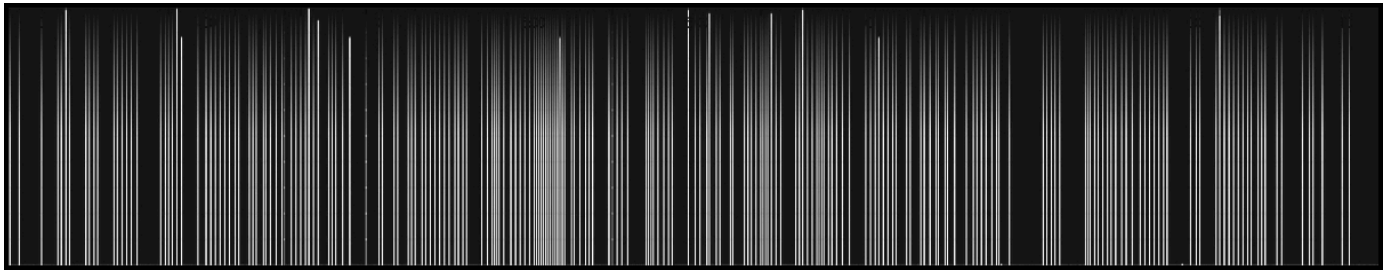
HEARTBEAT: MONTH #075



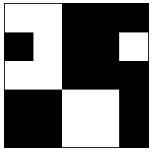
"taking an extensive bike ride with august in a beautiful winter day in the netherlands discovering new places and keeping a low but constant pace also using a normal city bike and not my racing bike and getting wind and some saddle pain towards the end"



HEARTBEAT: MONTH #076



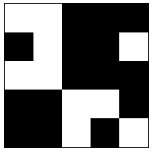
"feeling now very trained despite the weather starting to run very fast on the river dyke with a few days being able to maintain a high heart beat for a longtime before having to pause my training and contenting myself to take daniela on a visit here for a calm bike ride"



HEARTBEAT: MONTH #077



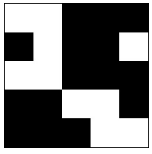
"still in holland now biking at first quite slow taking our mountain neighbours' daughter daniela for a bike ride and then getting to run also quite slow before taking a break from mounting the garden fence and going for a fast ride on the dike and later going to italy beginning to dig the foundation of my cathedral"



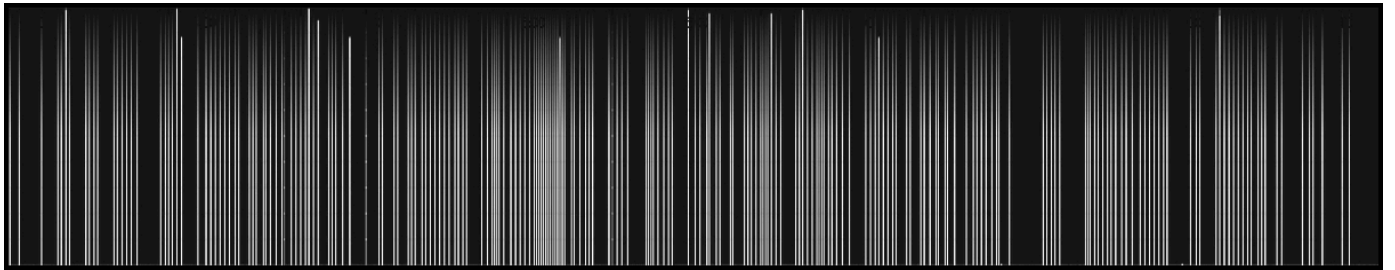
HEARTBEAT: MONTH #078



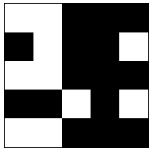
"in italy digging the foundation of the cathedral up on the mountain field filling several loads of my small tractor and getting sometime interrupted by passer byers"



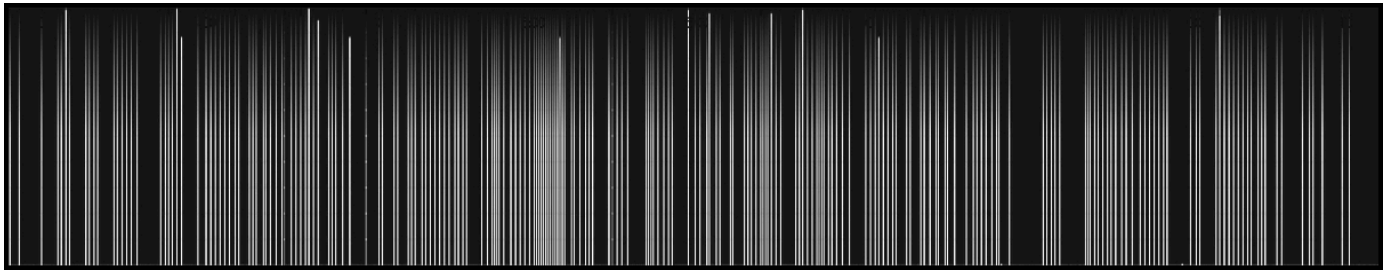
HEARTBEAT: MONTH #079



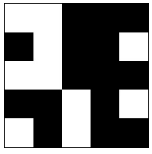
"in italy digging around our barn and filling the tractor several times with mostly stones of several dimensions and downloading them up in the field of the cathedral by hand since the piston lifting the back of the tractor stopped working"



HEARTBEAT: MONTH #080



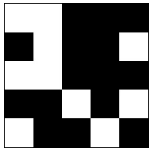
"still fixing big timbers to flatten the mountain field where to build my museum and covering them with earth not to be bothered by all the people coming to look at what i am doing and working very much under the sun but keeping a good rhythm also digging stones around the barn to fill the holes between the timbers"



HEARTBEAT: MONTH #081



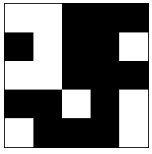
"biking to my new workshop in culemborg and later on holiday in provence with august taking quite some bike rides at first going quite calm in the flatland and then getting some heart beats going up the hill to our camping or biking from another camping to dijon and around a lake"



HEARTBEAT: MONTH #082



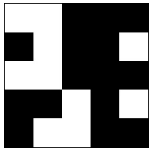
"baking now quite some times from home to my welding workshop and back measuring my heart beat and some time trying to clean my lungs from the fumes and lastly going for a run with livia on the stroller"



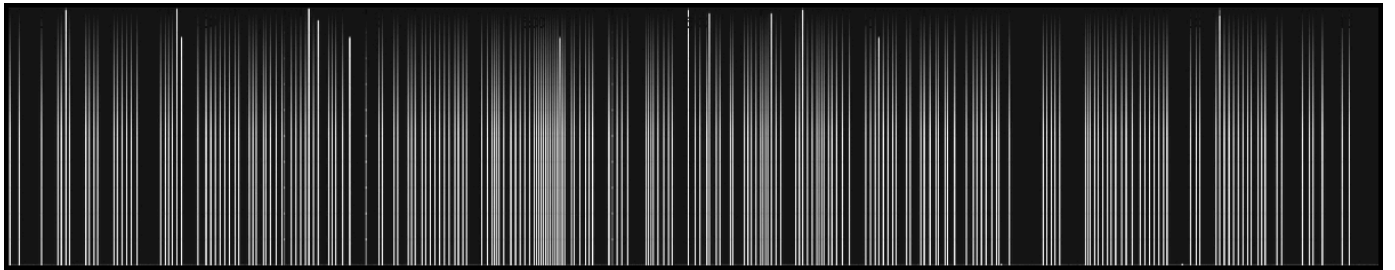
HEARTBEAT: MONTH #083



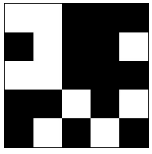
"still running with livia in the stroller but this time having her complaining and making her happy again running fast and also getting dropped off south of eindhoven and biking all the way to ivo's place in maastricht getting lost a few times but finally following the river finding some good energy despite the sun burning my skin"



HEARTBEAT: MONTH #084



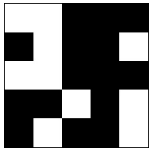
"running now with livia in the stroller while in culemborg and managing the first time but the second getting her crying and having to rush back and then biking back and forth to my metal workshop also carrying having machineries trying to find the right one to cut metal bars"



HEARTBEAT: MONTH #085



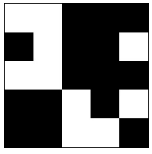
"in the mountains beginning to work intensively now alone loading the rocks and shovelling behind the back of the tractor shed around the barn and also manually downloading the stuff up in the lower part of my cathedral"



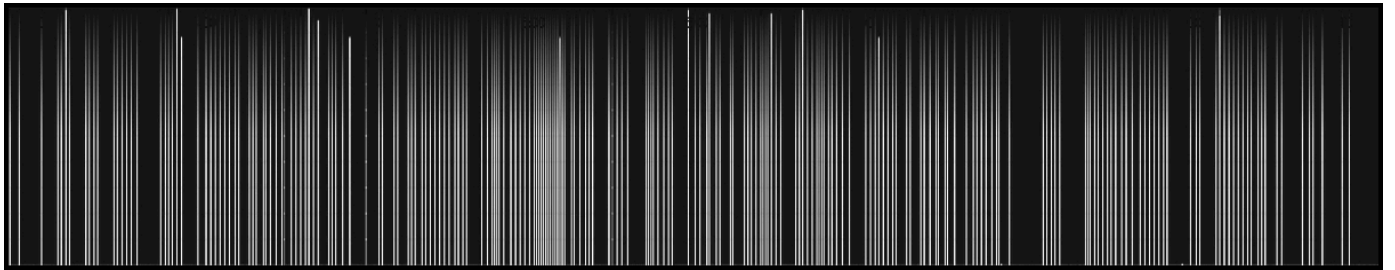
HEARTBEAT: MONTH #086



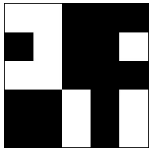
"a full day spent with both davide and august digging by hand the top part of the cathedral and basically doing all the loading with shovel alone while the other two kept digging"



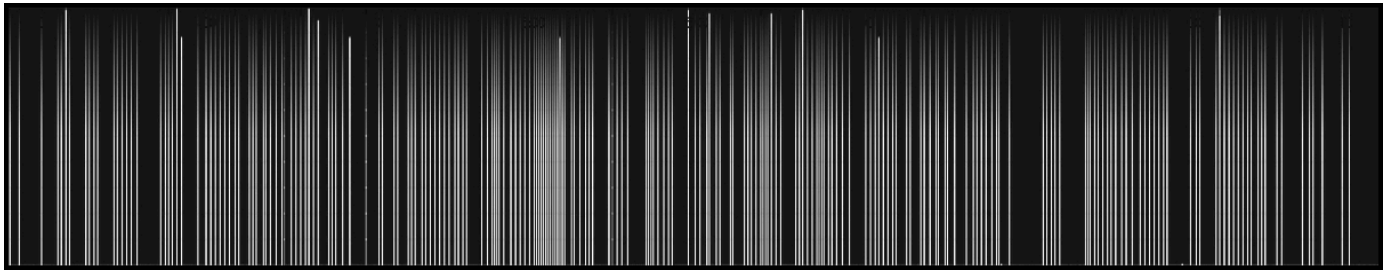
HEARTBEAT: MONTH #087



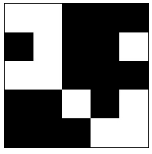
"still working hard digging in the cathedral field with august and davide on my side and davide really reducing his effort but keeping nonetheless good company and managing together to clean the upper part"



HEARTBEAT: MONTH #088



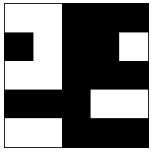
"working now alone with davide in the valley clearing up a path all the way to the cathedral and cutting small trees by hand as well as lifting timbers on a line below the valley suffering less the heat working in the shadow of trees"



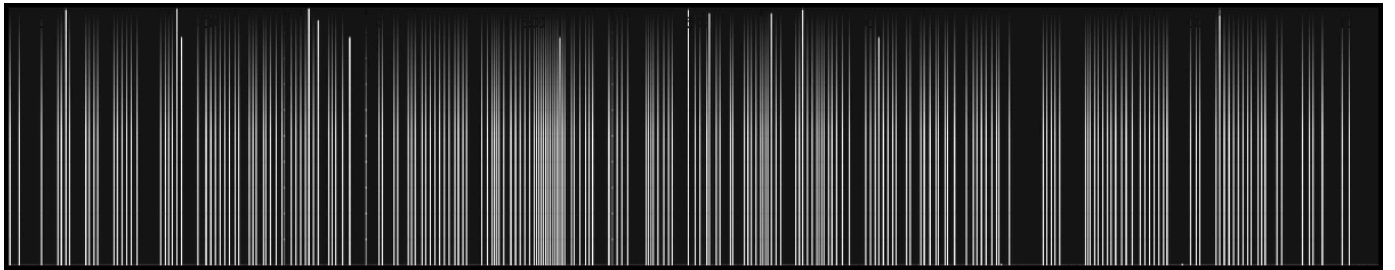
HEARTBEAT: MONTH #089



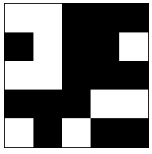
"taking a break from working going to the sea side and then left alone with august to work digging the cathedral foundation and doing all the heavy work like loading the tractor by hand with the shovel as well as removing big rocks while letting august hoeing the remaining of the grass on the perimeter"



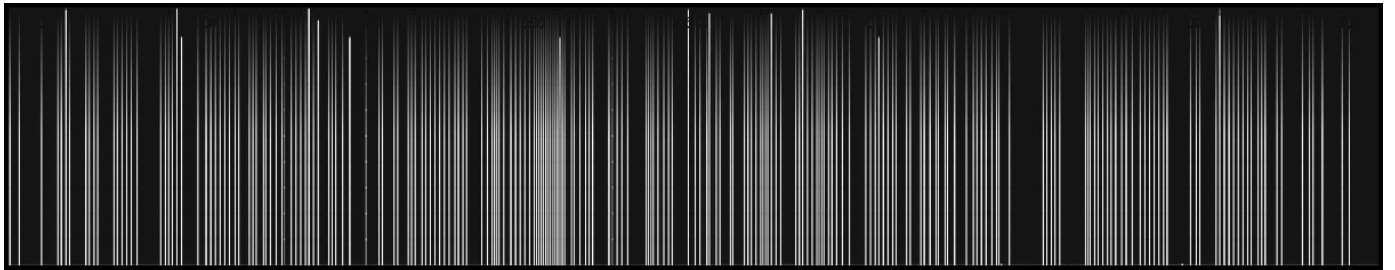
HEARTBEAT: MONTH #090



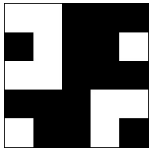
"working with august under the heat of the sun digging the field and loading up several time a day the tractor still finding some big stones to remove digging around them and finding it quite hard to dig out the grass on the perimeter with nettle roots"



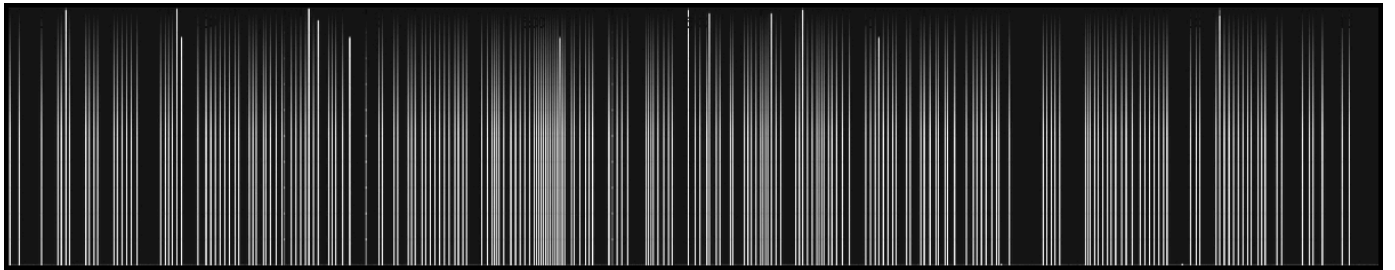
HEARTBEAT: MONTH #091



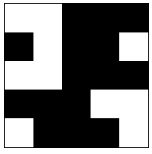
"taking a very long walk with august climbing with him for the first time the carega mountain and going up at a good pace having reached the bottom of the mountain quite late"



HEARTBEAT: MONTH #092



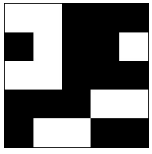
"still digging the field with august now wanting to sleep longer and managing to dig early in the morning avoiding the heat of the sun and loading many time the tractor with earth all by myself"



HEARTBEAT: MONTH #093



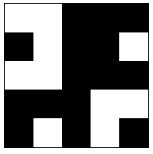
"working with august in the lower part of the cathedral trying to clean up the valley and letting him use the chainsaw while doing all the cutting of small trees by hand"



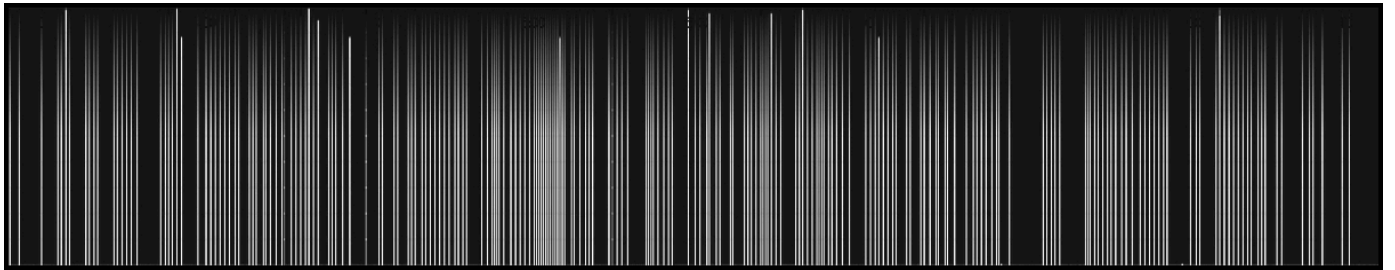
HEARTBEAT: MONTH #094



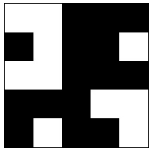
"still working on the tractor shed transporting heavy timbers with august from the valley below and setting them up as a roof over the digging"



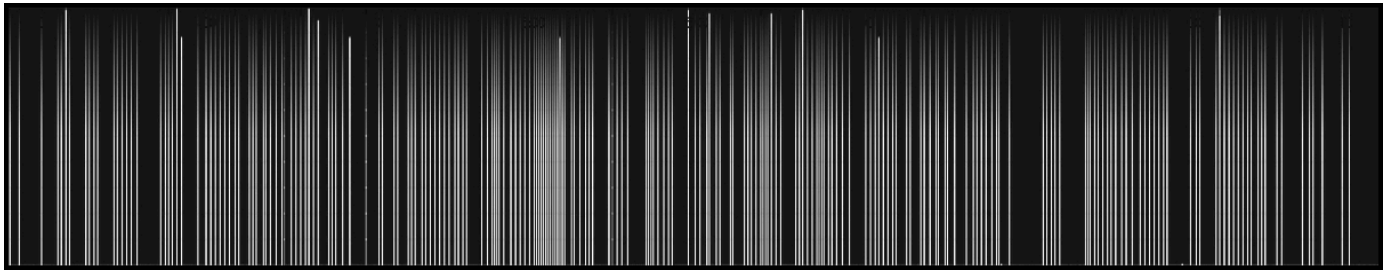
HEARTBEAT: MONTH #095



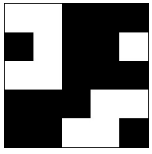
"taking our last walk up mountain enna to celebrate august's departure and keeping livia on the carrier bag making the going up the mountain and the return back to the contrada tougher"



HEARTBEAT: MONTH #096



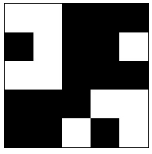
"now working all alone with august departure both digging the cathedral foundation but also cleaning out the tractor shed and there getting distracted by people walking there and wanting to chit chat to me also feeling very much the thirst and feeling i need to keep myrthe and livia company"



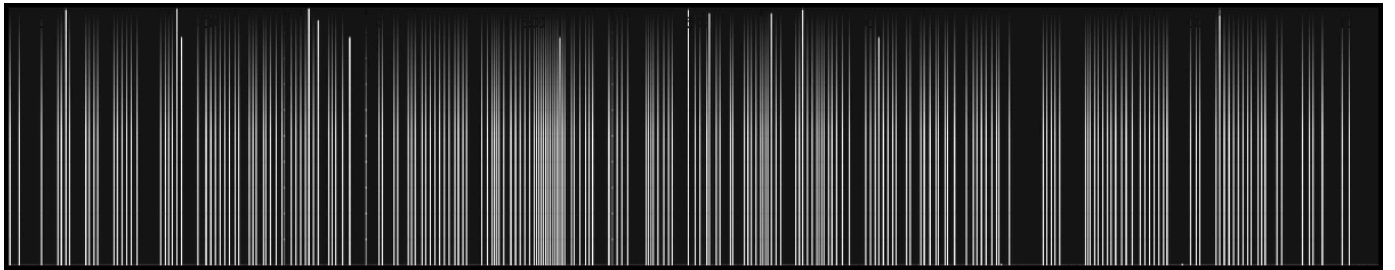
HEARTBEAT: MONTH #097



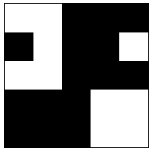
"still digging the field of the cathedral alone and making several loads with myrthe allowing me to go there everyday now that our departure to the netherlands is approaching and working very hard reaching a high and constant heart beat"



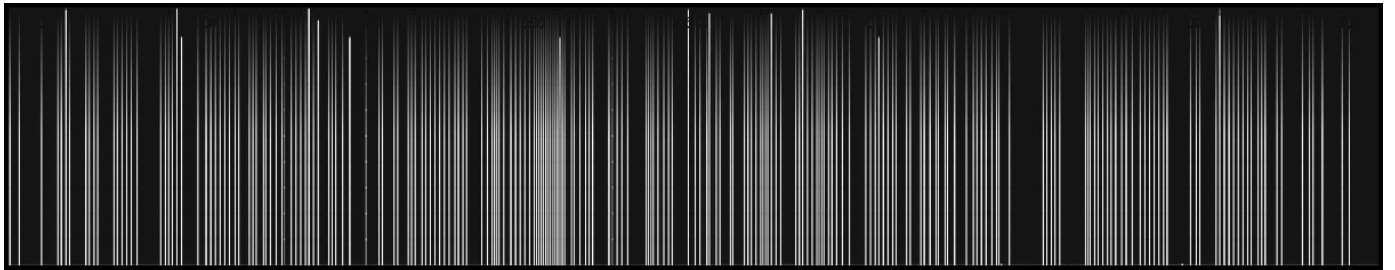
HEARTBEAT: MONTH #098



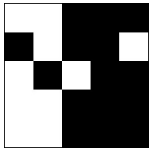
"still working alone at my cathedral and this time walking up and down the valley still attempting to open up a passage to it cutting all the small trees and grass"



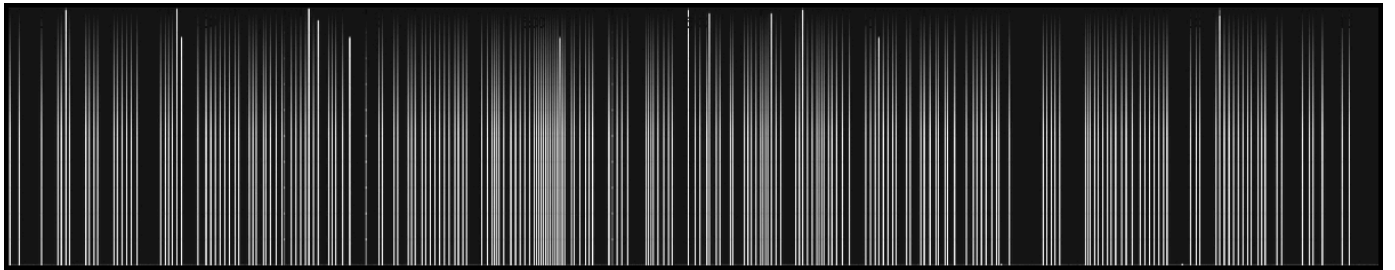
HEARTBEAT: MONTH #099



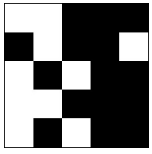
"still cleaning the valley below the cathedral and also now cutting the small trees growing on the western side of the field with way the forest extending the branches way out"



HEARTBEAT: MONTH #100



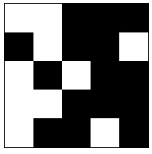
"still cleaning the valley below the cathedral taking advantage of the days left at my disposal by myrthe but not doing any super intense work and starting the cleaning also of the path leading to the valley"



HEARTBEAT: MONTH #101



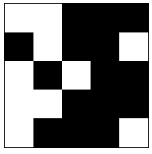
"doing a last cleaning of the valley before taking myrthe and livia to see the cathedral site for the first time and working quite lightly also feeling my energy coming less after a whole summer spent on the field"



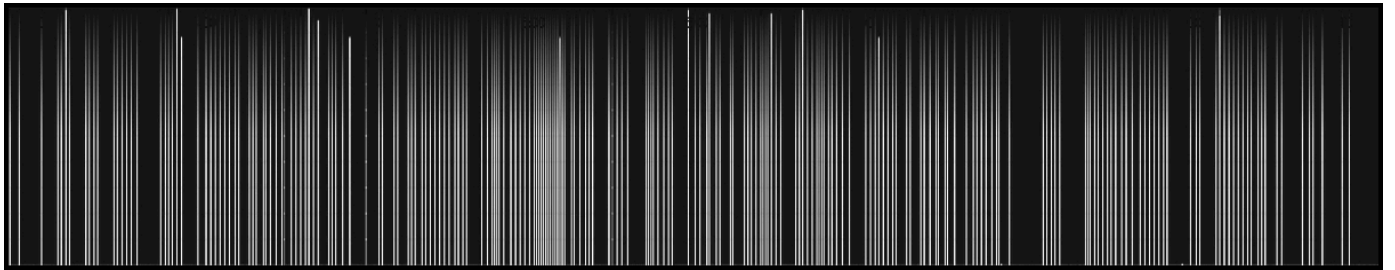
HEARTBEAT: MONTH #102



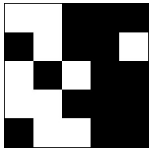
"spending my last day of the summer in the alps removing with a pick clods from the side and placing them on the lower part of the field this time doing all the work without tractor but by hand and getting quite exhausted at last"



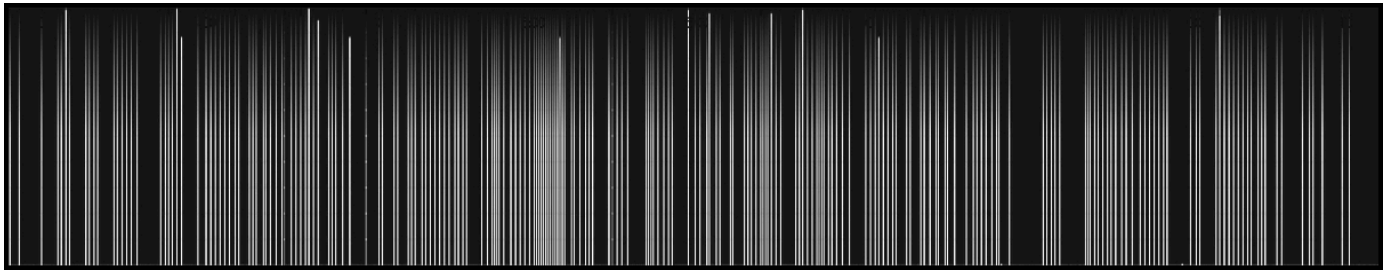
HEARTBEAT: MONTH #103



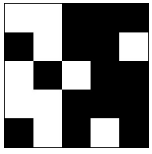
"in the netherlands this time taking advantage of the little free time and some sunny days with no wind to take quick bike rides feeling an extreme need for physical activities after a summer spent working in the alps and finding quite some energy to take long bike rides in a short time"



HEARTBEAT: MONTH #104



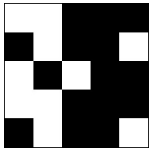
"working in the cathedral valley alongside with vito and his friend lucio cleaning it up from all the wood very thoroughly and taking care myself to load my tractor with timber and then also by hand download it in vito's field next to the road and working hard now feeling a little untrained after a month in the netherlands mostly walking and not training my arms"



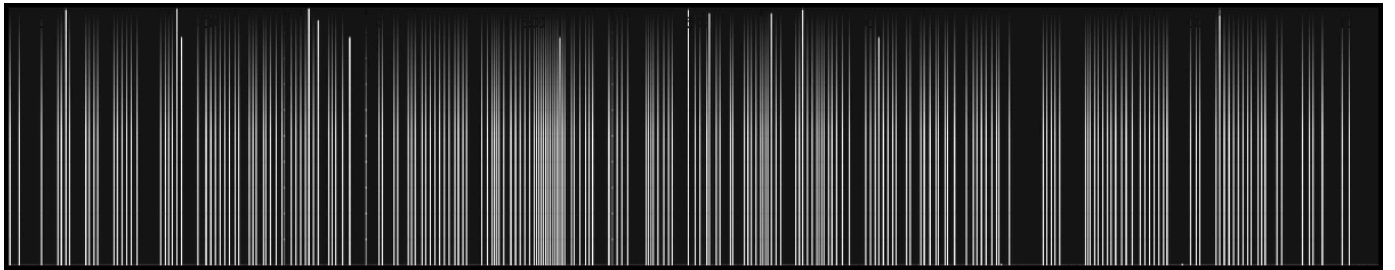
HEARTBEAT: MONTH #105



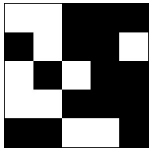
"spending a lot of time on the steep valley below my cathedral to clean out trees as well as all the weed growing over them and finding little energy to begin with and only towards the end gaining some"



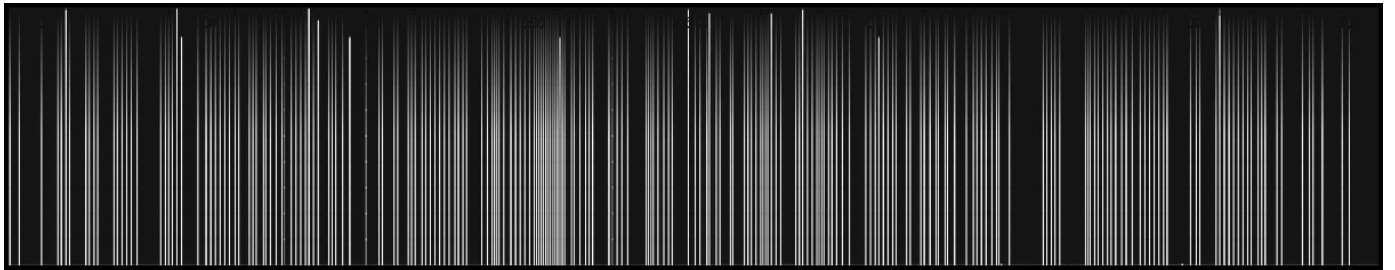
HEARTBEAT: MONTH #106



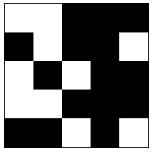
"still working hard clearing the valley to the cathedral and removing all the weed there and the plants underneath it trying to put all the leftover in a line parallel to the ascension"



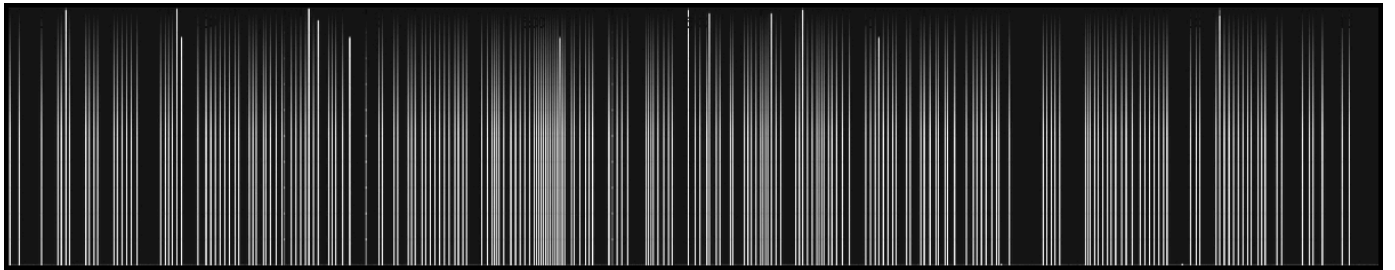
HEARTBEAT: MONTH #107



"still working hard clearing the valley below the cathedral and this time feeling a bit more energetic despite losing a bit of hope after discussing the construction with an architect"



HEARTBEAT: MONTH #108



"still now working on my cathedral and getting back on the upper part now digging the foundation of the wall thinking that it could have been realized but not really having the energy of the summer to do more than two loads especially with the earth being very compact and heavy and then helping my neighbour vito to collect the wood in the valley and downloading it again alone in his field on the side of the road"