



Fig.047 Screenshot showing me with my Polish friends in Krakow letting myself go singing karaoke and getting quite exuberant and out of control. Especially in a social context without the use of any alcoholic beverages or drugs I can turn into a little hurricane often lifting up the atmosphere of an entire group. This sort of energy that can erupt from within me possibly comes out of a very focused and contemplative life. After having children and not so much hanging out with friends anymore it was with them that I manifested this extreme gayety being able to really contaminate them also with happiness and a spontaneity.

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Conversely I have found my happiness in being able to train my mind through the execution of my project and in training my body through the taking care of a natural environment where to deposit it. When events such as bad weather might prevent me from even just taking my daily walk, I might feel unhappy. On the other hand, bad weather could be a great opportunity to write an essay or edit this very text, works that makes me happy yet works that I cannot do when for example my partner is working and I have to take care of our kids and keep indoor. Generally speaking then, I can find my full happiness when exploring. I can do so taking walks in the landscape or in a city or I can do so in my attic which is in itself an extension of my explorations or rather a recollection of them.

When I cannot accomplish these activities and I am stuck in a situation such as in a traffic jam on the way to a stupid boring

job I can get very ill tempered. Luckily I just figured I can live with very little money and renounce having to get richer and with a better reputation but compromise my freedom and my happiness. On the other hand even when I had to work for example building the exhibitions for fancy art museums I took my lunch break to walk as much as I could and in a way not only explore but also generate a motion in my own nature which keeps it genuine and fresh and stays away from all the intoxication that sedentary jobs bring with all the vices and cultural degradation that can follow.

Principally then I can find my happiness by roaming outdoors in total serendipity, discovering new paths or small beaches along the river. Particular moments of happiness are also related to being in a crowd. While I do not drink nor I have never felt the need to consume any kind of drugs I might in fact get particularly out of control creating quite eccentric situations singing, dancing and generally acting like the crazy instigator of the group. In this respect what I am in fact after is a moment of catharsis in which all the accumulated traumas of a repetitive and redundant existence can be healed and forgotten. Also the fact that I spend much time alone or just with my kids, makes me quite juvenile when I can spend some time with friends.

It always strikes me as interesting in this respect that on media platforms I am very asocial. I simply do not want to waste too much time consuming media content; I rather generate it and use more traditional media like books to get in depth with other people reading their entire memoirs and all their philosophy. I think my approach is healthy. I follow Seneca when he wrote that one should follow up one person at a time, study him or her thoroughly and certainly don't get completely messed up just reading bits of information from hundreds of sources. As I put a focus in my production I also put a strong focus in my consumption. So not only I am alcohol and drug free but I am free of any social media not because I want to keep an isolated weirdo but because I want to fully focus on my true social ecology, the one that I am experiencing in the place where I am experiencing, inviting people near me and with a sensibility to share a meal with me, talks things through cultivate and respect one another.

I am very sad at times to think of all the good friends and bright minds I have left behind yet as another Stoic Marcus Aurelius says if a branch has been cut it can grow again and I often see this in all the different realities I have lived in order to find a stable reality that the branches I had to depart from has

regrown and virtual networks are in this respect useless. If I think of someone intensively I just write him or her and reconnect this way putting quality to our relationship. If he or she is just too busy to answer then he or she ought to do something with his or her life and I just go along with it appreciating the past time we shared together.

So wherever I may end up, all the necessary ecology is there waiting for me or it is anyway soon configured that way. I just have to play my role as a third Stoic this time the slave Epictetus used to say. I think people should think in a similar fashion. They should recognize their role and just give up the confusing roles that the hierarchical system assigns to them. These master and slave roles are but very harmful to social ecologies which can very well do without the police and the judge and the politician and the big landowner or factory owner. I think I am playing my role, the role of the artist in a society in which the stage is too often empty because all the other actors, the people of my community, have to run to play out the tedious authoritarian roles that have been given to them.

These authoritarian roles just distress people to the utmost. If I had to betray my role to pick up such a pretentious role I would certainly need drugs and alcohol and I would certainly vote for the most fascist of politician to hasten for the total self-destruction of the system. Luckily thanks to my project I have always an anchor that keep me linked to my community and without hesitation play my full role within it, a role that is perhaps somewhat shamanic in the technical sense since I adhere to rituals which I sort of perform on a daily basis walking and walking around the community, sensing its status and being very much part of it breaking its destiny of once again the empty stage or just a dormitory to be used after the citizens have spent their time landing themselves to whatever ivory tower, slaves of their wages and of also the sense of pride they get in their careers.

All communities then could have soul and it could a most cheerful one but their members are just taken away like men to a distant war or to a ship living the community soulless and depressed a depression that affects everyone in turn and that is only taking care of by the various type of libertine abuses that can be executed in the free time and that pretty much destroy any sensibility that one can establish with a local environment. So if I think of emotions I think very much in these terms, in the terms of reviving a community with our active presence trying to prevent

it from being sucked by any of the centralizing power imposed on it from a faraway and completely unrelated administration being that a government or a multinational company. I can play my role and my role has become that of telling people to play theirs and revive the local environment because only from there a true biodiversity can emerge at the global level.