

*I could only think of it all
... And pass.
However, as I go through my life,
I write down my observations of the world sometimes.
I write on what I have at hand - that is, ... whatever ...
Maybe it will be useful to ... someone?*

Ustroń, Poland (at our lovely, wooden, kitchen table), August 2020.



In the history of our lives - we sometimes do very different things, but it is the people we meet that give the story meaning.
From all these locked computers,... from all formatted disks, damaged phones - we try to save photos first of all.
And if the photos - not those from work and landscape, but photos of people.
Because it turns out that people are the most important to us ... (1)

I think life is not just about - to survive and even pass on life. There is more to it. **It is about trying to be happy.** And this is something very different from just lasting....(2)

It's worth getting up early in the morning and remembering who you are and where you are going. This is when you can see it most clearly, and that's when the best ideas come to you. That is why it is worth getting up at dawn ...(3)

The basis of a happy life is to understand and live in harmony with your nature. And this, for the benefit of yourself and others ...(4)

I'm not saying that my path in life is the best - is just the best for me. However, everyone has their own ... and I think that everyone feels it intuitively, ... somewhere deep inside ...(5)

Sometimes you have to take a different route to come to different conclusions... .. It is enough to even cross the street and you see everything differently..... Try.

This is why I went to school in various ways - to school and from school. And it was different every day. Just to look at everything a little differently, to learn something new...

It has been like this since I can remember - from the first grade of primary school. The exception was the kindergarten - because I was taken there ...(6)

Of all the arts and of all our abilities, the most important art is being human.

Because it is not enough to be born to be a human.... but you still have to become one ...(7)

Taking care of things should always go in the order from inside - to outside. Never the other way.

First, caring for the mind.... Then caring for the body... .. then for your immediate surroundings.... then for more... ..and so every day.

With time, everything finds its place and we also feel we are in the right place.

It happens very logically and completely naturally, because we bring into our surroundings the harmony that we first have within us. (8)



Even if you failed in something, it's nothing. The only thing that matters is that you did your best. Rest, then try again and again...., rest,... and again and as many times as needed ... (9)

How you behave is important - not others. That's all that mat-

ters.... The English have a nice saying that they say often - and I like it a lot. It reads: "Do your best" – means: "Do what you can." In this simple sentence, profound content is expressed.

You can't do more than you can.... , than circumstances allow you, but "Do your best" And that's okay of you ... (10)

If you can't be happy here and now - you won't be happy there and then.

Happiness does not depend on whether we have something - we want, ... or whether we are there - where we want to be.

Happiness is a state that is completely independent of all of this ...

It is a state of mind that is first ... (11)

How is it? A moment later, I would write the same thing in a completely different way. This would mean that what I am writing is a record of the moment - this one and only moment ... As it's photograph.

The thought is one, but the way it is expressed, the choice of words, sentences ... is unique. And this means that sometimes these thoughts go to someone - and not to another. And then, with a different choice of words, they will go back to this - and not to the other ... (12)

Among the many divisions of people - one can also distinguish one - into creators and those who repeat only.

Creators are not only artists - they are also engineers, entrepreneurs and many, many others.

Practically in every possible profession - the "repeaters" copy the schemes and solutions that were created earlier by the creators. When they learn them, they brag about what they do. This is one of the features that makes them stand out quickly.

The creators, on the other hand, are people who constantly try to improve the existing state of affairs. They create new things and modify old ones - trying to make them better, smarter, more

beautiful....

They are two very different human natures.... Two completely different life paths ... (13)

Nowadays, in developed countries - we all have great opportunities to learn and achieve great things. The truth is, most people waste these opportunities. They disregard science and avoid working on themselves. They choose the path of the least effort. Just float on the surface. Anything to drift. Possibly build a house, buy a good car, live comfortably.... (14)

Is that the point?

This is what wasting your potential usually looks like.

We humans can do much, much more ... (15)

If we want something very much and it is not coming - then we have to use the time to prepare ... as if it were to come at any moment ... and just wait patiently

It's like preparing a yacht for sailing, even though there is no wind or even water ...

But that day will come, although today it seems completely unbelievable ... You have to use every such moment of pain, loneliness, frustration - to learn and prepare.

And then everything will be ready... for the journey of a lifetime....

And wait for the wind ... it will come by itself ... (16)

Sometimes our paths cross. Sometimes just this one.... one time. Then we run everyone goes their own way ...

One of the most important discoveries that I made in my life was the realization that the most important thing for every human being is actually himself. I was no exception. The only difference is that not all of us can admit it.

Every day the Internet gives me hundreds of examples confirming

this truth ...

However, once I understood this, slowly and imperceptibly something began to change within me. I began to understand that I was part of a larger whole ... more important than myself ... (17)

So many times I've been told that something is impossible that if I had listened to them all... many things I just wouldn't have done. There is always a way out. You just have to think about it long enough ... (18)

Sometimes one inconspicuous sentence can change a person's fate. It could change the turn of his life ... We hear certain things so many times and suddenly all the knowledge comes down to one sentence. There is essence in it... and it changes everything. (19)

Everything I have - is in me ... (20)

I write more about what I feel than what I understand. What can I write more ...? My human possibilities of knowing are so ridiculously small. (21)

I haven't figured out what the rule is, but I've noticed that to do something better I usually have to subtract rather than add to what I have created.

When I start removing more and more in a drawing - I have the impression that it is better. These fixes are actually a continuous downsizing. Under the skin, I feel that there is a hidden truth somewhere. Maybe one day I can name it? (22)

True love has two characteristics - it is permanent and it is eternal.

You don't have to worry that it will go out. You don't need to "nurture it every day" (as some say) - it just exists.

It is, no matter what. Does the mother need to cultivate love for her child for fear that that love will fade? ... No.

It is the same with the love of a man and a woman. Although it's a different kind of love, these features are common.... constancy and eternity.... It's a feeling that always takes back, with open arms.... everything forgives and believes everything - just like the first time.

This is how I feel and understand love ... (23)



True love will never turn into hate. Such love will always welcome you with open arms ... (24)

In ballroom dancing – woman should be the most important for a partner. If the partner understands this and focuses on her,... - will be the best dancer. (25)

There is a certain holiness in a woman's body - given to her by nature itself.... (26)

The problem is that men who don't notice other women ... don't notice their wives either ... (27)

Bear the Pooh kept repeating - "Talk to me as simply as possible." I am learning all the time from this bear and I wonder if I can say something even easier ...? Contrary to appearances, it is great art. (28)

We often think certain things will last forever.... meanwhile they are ending imperceptibly ... (29)

We're all sexual ... Sales clerk, train driver, professor of philosophy, programmer, kindergarten teacher, doctor, bricklayer, receptionist ... and even a lighthouse keeper staring at the gentle ocean horizon (30)

From each trip - I come back a bit changed ... (31)

Life is like professional boxing. Until the last gong strikes ... you can always win everything, even in this one moment, even the last one ... by knockout ... You always have to fight to the end ... Victory can come unexpectedly. (32)

Try to be human all your life Everything else is by the way ... (33)

On the one hand, some women are attractive because of their self-confidence, but at the same time in the same women - their fragility is attractive The man knows that she needs him to support her - when she falls ... but before the whole world she must pretend to be a tough fighter. The man then looks at her with a feeling of a smile and knows that he is for her like a springboard for a tightrope walker. When she falls - he will grab her in time. He knows it and she knows it that's why she feels safe with him. She is not afraid to fall into a million pieces in his arms because she knows - that he will put her back together again (34)

Everything passes away I see it tangibly passing away, but one thing is eternal ... LOVE. (35)

Most men are afraid of intelligent women. It was always the opposite with me .. (36)

I never refuse espresso and conversation ... (37)

Our present day is a reflection of all future life. After observing the style in which we spend it - we can with high probability say how we will spend the rest of our lives ...

It is never too late.... for course correction ... (38)

As unbelievable as it sounds .. for many women, a man is just a kind of cream cake. They want to try it immediately, especially if they see in the eyes of other women - that it can be good ... And it seems to such a man that he is much more ... (39)

We are all like little puzzles - in one big puzzle of the world. Each one is unique and there are no more or less important puzzles. Everyone is for something. Missing one of the puzzle - changes the whole puzzle. And there are over 7.6 billion of us right now. The kaleidoscope of these puzzles is constantly changing ... and still

amazes ... (40)



Interesting thing... I noticed that either everything goes OK at the same time, or everything goes NOT OK at the same time.... Everything is as if related to each other ... one results from the other. What magic.... and I wonder if others have it too? ... (41)

I think the biggest problem in relationships after alcohol is the lack of conversation, closeness, exchange of feelings and thoughts....

A woman is first of all a man's best friend ... (42)

Do not regret anything you do out of sincere love ... (43)

If you want to know what is really important to you - pay attention to what you will do first on Sunday morning when you get out of bed ... (44)

Thinking about someone is a form of being with him ... And it refers to contemplating the present as well as the past and the fu-

ture. (45)

I used to think drinking coffee was about coffee. Much later, I realized that it was really about being with another human being. Coffee is only a nice addition. Now I know that in fact - it wouldn't even have to be coffee. The most important thing is to be ... (46)

Wisdom is not intelligence, but good ... (47)

Do not put beauty above health. Conversely - beauty is the result of caring for health .. (48)

Important life decisions should be made when you are happy, because only then can they be really good ... (49)

However, all our efforts made sense. Usually you can see it only from a distance ..., in retrospect ...

Even the tiniest of small ones - will bear fruit one day.... (50)

Sensitivity is not a weakness... it is a gift. Sensitive people - they are extremely strong people. Showing sensitivity is strength. Real strength and courage is the ability to resist evil - not applauding it, ... because it's easier and safer this way. (51)

I try to live - as I draw - completing all the elements at the same time. I don't focus on one passage - then another, etc.

All these fragments emerge from the fog at the same time and I see them gradually more clearly. However, what I consider the most important - must be there from the very beginning ... from the first line. My point is that at any moment of unexpected interruption - the work is finished ... It may not be very clear yet, but what is most important in it - it will be from the very beginning ... (52)

Go against the wind and do your job ... Just what you yourself feel you should be doing. Even if the only person who believes it would be you. You will go through life and you will lose strength and hair. This is normal. The wind will lash you,... the sun will burn out.... And it is quite possible that life will take away all that it once gave you....

But at the end of this path, what you are supposed to become- you will become. Having nothing - you will have everything -.....in you .. (53)



I have never looked for momentary relationships,.... superficial, ... I was serious (54)

Someone said, "Actions are important - not words."

I will say - deeds are important and words are important. Because words have great power. They can lead to deeds. And these can be good or bad .. (55)



Today, parents usually make sure that their children have a good education, get to know the world and know several foreign languages.

Nobody, however, teaches them the most important thing - to be human, ... to be sensitive to suffering and the needs of others. They are not taught empathy. They are prepared for competition. What's more - they often suppress their original needs - in favor of setting them some other, fictional goals of adults. And so the generation teaches the generation. (56)

As I sat on the couch with my legs tucked in and inhaled the crisp, almost spring air from the mountains... I noticed a little ladybug on the wooden floor. She was pacing, in some direction she only knew. It's spring already, so many beings are coming to life. I started to look at her

I am reminded of my observation from more than 20 years ago. I was standing at the bus stop - on my way home from work. The sun was shining brightly on the hot asphalt road. Sun was just bouncing off him. And that's why, against the background of

the asphalt, I noticed a small object - an ant..... She was carrying something big on herself - something much bigger than herself... And so she walked very slowly, with tens of millimeters. Crossing the road must have been an ocean full of dangers for. A road to go on.....who knows how long.

The cars went back and forth. I saw the car blast her off course a couple of times and she clung with her paws - trying to survive. She was thrown by any of them - even a meter away.

Somehow, she was returning to the course, as if she knew where to go. And by some miracle I still saw her. It would seem impossible - such a small ant.

It's interesting what is the compass in animals? She was going to some magic lantern.

How is it that, for example, storks return to exactly the same place - thousands of kilometers away, from long journeys? ...

The ant continued walking ... She could die under the vehicle at any moment - ... but she gathered up and walked. She realized her life calling.

Do we humans also have this instinct? Do we know where we are going? Are we faithful to the chosen path? Are we persistent enough? Do we do what we should and believe in it - whether or not they pat us on the shoulder?

I have been asking myself this question for over 20 years and I know the answer. Every time I think about what I am doing something for - I start to remember this little ant crossing the road.

I don't know if she crossed the road? It is important that she tried.... (57)



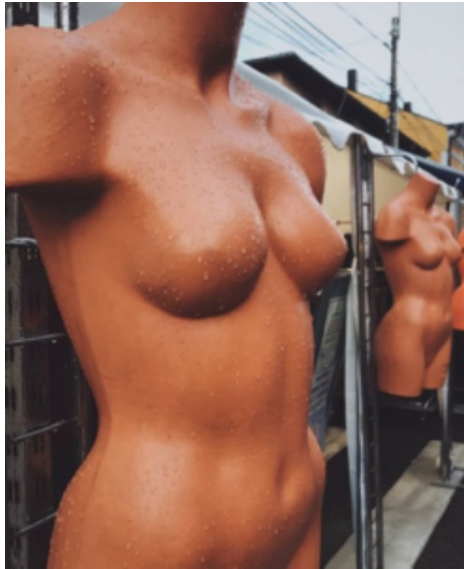
It's amazing how little I do every day. I have the impression that with others I am like a snail - terribly slow

However, it is very little, multiplied by the number of days - it already gives something. If you go in the right direction, it slowly begins to bear fruit ...

It is much more important than the speed at which we travel to avoid wasting time. I have seen many people who are very successful in their fields. They often looked like inept phlegmatic. However, when I looked closely at the techniques of their work - I noticed a common element - a lot of concentration on a single task and no time wasting. They walked slowly often but very consistently. (58)

Morning work hours are the most valuable. It is in them that we remember who we are. They have something sacred about them. (59)

We live in times when sex without love is practically everywhere - and love is slowly becoming a dream more and more luxurious, ... more and more difficult to achieve ... (60)



Don't think about all the adversities that lie ahead. Don't think about it, because it only takes your strength out. **Take one step instead. Just one small step - but in the right direction. And concentrate on it.**

Sometimes even this one step is extremely difficult... it's true - I know. Sometimes I have to say to myself "Hold on until sunset ... until the end of the day, when you will go to bed" ..

Sometimes you only take one step on a given day, sometimes you unexpectedly take several steps.

Sometimes you also take a few steps back. Then it's the hardest. You get the impression that everything is for nothing. It's normal, don't quit. Keep going towards your goal. Don't let it scare you. Just think about the next step. Get back on your path.

And so we go from an early age. Only after some time, when you look back - you will see how much you have achieved despite everything. (61)

The only common point between the distant past and the present is the sun by day and the moon with stars by night.

How ridiculously short must our story be to the sun and the stars? There are people in the world that we forget about and there are people for whom we don't exist anymore ... despite the fact that we still walk the earth.

They said goodbye to us during our lifetime....

So from the point of view of time - it doesn't matter if we lived thousands of years ago, or maybe we'll be born someday,... or maybe we are living right now.

Maybe right now you too are looking at the sun Our good sun that gives energy and life.

We are all part of one great story.

If something can be changed - remember - as long as we are alive, it is never too late. (62)

How beautiful and simple at the same time ... to be able to make a cup of hot coffee in the morning to someone you love ... and say "Good morning" ... (63)



A good teacher wants his students to be smarter than him. To encourage students - he says ...

- Look how simple it is - not

- Look how smart I am.

He translates difficult things with the simplest language. This is the first step. Only then does he say otherwise as his students grow.

Provides material as best as possible to those he teaches.

And so he explains quantum physics in the way that preschoolers begin to understand it. This is how their fascination with science and great matters is born. A good teacher wants the next generation to be even better and to do even greater things.

Such teachers are remembered forever. I had such ... (64)

And during drawing, again - I make a discovery. I haven't studied fine arts, and all I know - I know practically from my own observations. However, a certain law is still confirmed to me - that if there is the brightest area in some part of my drawing, then it will be the darkest right next to it. And it's not somewhere next to it, but you should look for it right very, very close...

As if one could not exist without the other. Light without shadow and shadow without light. Stronger they are - closer you should look for them next to each other. In a way it is logical, because only their mutual contrast allows me to see them. And the greater the contrast - the sharper the object or part of the drawing is.

I heard that the pain center is located in the brain next to the pleasure center. Maybe I am going too far, but by analogy, does pleasure almost rub against suffering, and the greater one is - the other equally great - will always be next to it? Not somewhere further away, but right next door.

What about evil and good? Good and evil? Does their closest coexistence also function here?

And darkness - after all, it is not bad in itself, because the night, for

example, is not bad? However, the darkest moment of the night does not coincide with the brightest moment of the day. So maybe it's just about our senses and seeing two things side by side. And only then do we perceive them. Otherwise we get used to them and stop noticing them. Maybe in the same way we stop noticing evil somewhere - because there is no contrast to good..... and evil becomes something normal?

I am referring to some strange law, not so much of a close as the closest coexistence of opposites that we perceive with human senses.

These and similar thoughts go through my mind I don't understand so many things, but I can see how they work. (65)

Everything passes so quickly. And I would like to feel stronger....

To understand better.... to love deeper ... Sometimes it happens that my body is carried away by a torrent of events - and my mind is completely elsewhere ... It cannot keep up with all of this.

Then I sit in silence and look for myself ... (66)

Each of us has our own path in life and knows which one is right for him - because somewhere far on the horizon he sees his own light - and follows it. No two roads are the same - just as no two people are alike. Therefore, I am far from judging anyone. **I know that each of us is guided by our own nature ... that each of us is created for something different ...** (67)

The proposal for today - always valid - let's create a better world together. Me here... you there. We'll meet someday.

Wherever you are, whoever you are with, whatever you are doing right now. Do something good there.... right away - just like that. The first thing from the shore. **Better to do just a little than do nothing and just wonder ...**

Something as simple as letting a pedestrian pass in the lanes while you're driving a car. You will see many of them will smile and

pass that good then on and can reach all the way to me. In the meantime, I will do the same.... and the echoes of it will reach you, ...because the earth is round. I think it makes sense ... (68)

Technology moves forward. Human nature - still the same ... (69)

I have no influence on what others do, but I have influence on - what I do ... (70)

Outside, you are what nature has given you. Inside you are what you created yourself .. (71)

The key to understanding man is in his childhood ... (72)



Be the man for her that she will never want to leave and be like that every day ... (73)

There is no such thing as "good art". We perceive art as a message of someone else's thoughts and feelings. Each of us sees it with our own eyes.

A child feels art better than an educated "connoisseur". Child has

everything that needs - that is, sensitivity and an open mind ... (74)

I've never asked - what God do you believe in? For me it was important ... that it makes you just good ... (75)

You want tomorrow what you don't have today ... but remember that tomorrow you won't have what you have today. There is always something for something. Slow down a little and take your time. Tomorrow.....- it will come anyway. Don't want too soon ... (76)

With the right woman - a man can survive anything .. any storm, any pain ... anything ... (77)



Only when it is the hardest - we see know what kind of people we really are ... (78)

Only a man can be a true friend of a woman. Only a woman can be a true friend of a man ... (79)

If you don't learn the art of choosing, life will choose for you.

Sometimes you have to choose between good and better... or bad and worse - because there will be no other options. Then the lesser evil must be understood as the better choice... unfortunately. (80)

Our thoughts are very powerful. They can travel thousands of miles. Over the mountains... over the oceans. They can support those who are very far away from us in the most difficult moments. They know we remember them. How could we forget? ... (81)

Who is who and what really drives him -.... sometimes we will only find out after years .. (82)

Everyone lives in such a world - as he imagine ... (83)

A woman is a natural complement to a man and a man to a woman. This includes thoughts, feelings, and physicality. You can see it from an early age. These are two different worlds - forming one ... (84)

I don't know a subject that is more difficult in drawing than a woman.... but I don't know a subject more beautiful than a woman ... (85)

Would you like to get something really good in life without risk ..? You must be kidding ... (86)

This man is really strong who, despite the great amount of evil he experiences, does not become bad himself ... (87)

There are advantages to rushing sometimes. When we rush - we

must focus on the most important things in our life... (88)

Only time knows the answer to all questions. Stay calm and follow your course.(89)



Over the years, the man understands even better that he wants this particular woman ... (90)

If you envy someone else's happiness - it means you need to reflect on yourself. On the other hand, to wish someone what you really want, and at the same time you cannot have for some reason - this is the real strength of character ... (91)

Each of us has a story ... so let's not judge ourselves so easily ... (92)

We all make mistakes, but we can all try to fix them. The very trial itself is something great ... (93)

If you can do certain things only well - give them up... Focus on what you can do best. On this, what comes right out of you. Only then will you do what you really should - for yourself and others ... You may not earn much from it, but you will never be poor either.

Just go this way. Focus on developing your most important talents rather than filling in gaps in areas where you have gaps. Don't waste your time on it - it's too valuable. Yes, sometimes it is necessary due to circumstances - e.g. work requirements. However, never neglect the development of your talents. Otherwise, you'll do yourself a real big harm. And if you happen to have many of these talents - choose only the most important ones and polish them ... (94)

If you consequently keep thinking about something - one day you will come up with idea....

So just start thinking about it - systematically and planned ... from now on ...

Sounds trivial, but it's true... (95)

Waiting is the chisel of time, which teaches a lot and shapes the character in an extraordinary way ... (96)

People can only be changed by your own example. One more thing - they must really want it, and they can only do it themselves. As someone said, "Don't teach the cow to dance. You will waste your time and you will only annoy the cow. " Use this time and energy, do something smart ... (97)

The way someone eats - says a lot about him, despite appearances ... you can see his whole essence ... (98)

I noticed that when people get older - money matters less to them ... and they more care about time. Even among those who have always loved meaning and status....

They want us to spend some time with them ... to listen to their stories ... (99)



The greatest art piece of our lives - WE, ourselves.... But to create this art, you have to work every day. (100)

The whole fantasy of a man can be recognized by his movements in dance ... (101)

Have the courage to be what you should be in life.

What you have always been inside and what mother nature created. Sometimes we do not listen to this voice, choosing security and stability over truth.

It's a risk of losing everything ... I know

To become the man you always wanted to be ... that's something.

And it has nothing to do with having something, because you already have everything you need – always with you (102)

In this journey called life - people are the meaning ... (103)



Pain is like a sledgehammer... with each stroke it brings out more of you - what you should become.... as a human. Do not be afraid of it, because the sooner it happens - the better for you .. (104)



There are people who accumulate something forever count their pennies carefully and boast about what they have collected. You know them ... right next door.

They will show you their house, garden, garage, car and who knows what else? Not to mention their important role in work, group, society, etc. It is their harvest. They know exactly how much they spend on heating and when to turn off the faucet with this heating to save a penny and left family in cold. And if you look into their eyes - you will see those pennies at the bottom. Like they were spinning -... seriously. You will find them in all places - in an unbelievable number.

And there are people who always give something away ... including themselves.

I definitely always wanted to be from those people.... (105)

My weakness can be my strength. It all depends on me.

I can see it in my drawings. My vision is getting worse and I might be angry with myself for not having started doing it sooner - in my youth, when I saw better... and my hand was more secure. I can see some things I used to do and how I do today. I know that I could achieve much more - if I hadn't stopped it one day.

But when I think about it - I can see some pluses. I do not see sharp contours and I do not see any details. I often see more spots ... light and dark ... But thanks to this I focus on the really important things - and that's what I see. Perhaps what I draw is imprecise, but I use the weakness of my eyesight like a camera filter. I only see what's important. What I want to show from the very beginning. And it's still there ... (106)

What is one day? If you don't know what you want to do with it - ... it will pass like a flick And what about life? (107)

Once upon a time I had a question. It was one of those that come back to us from time to time.

- What would someone smarter than me do if he could go back in time?

It so happened that I got some jobs and went abroad. There I asked

a man I have always respected, also because of his balanced approach to life and wisdom. So I asked him this question.

- **Same what today, only much earlier** - he replied without thinking.

It gave me peace of mind because I knew that my current choices were good and I couldn't make any better ... (108)

People are almost never guided by logic but almost always by emotions. And this is sometimes our weakness and sometimes our charm ... (109)

What someone thinks about me - it's his private business ... not mine... (110)

Being nervous and explosive has a lot to do with stupidity - and nothing to do with temperament.

A wise man immediately tries to find a way out. He doesn't waste precious energy on fruitless screams and complaints. Doesn't blame the others. Doesn't spread his bad emotions. By the way - It also looks idiotic. These nerves do not speed anything up a step. They only take priceless energy away.

However, it requires a lot of inner strength, composure and a unique ability to concentrate immediately ...

The ball fell out of the field - so it must be thrown back as soon as possible. And the game goes on ... (111)

How to live when everything is collapsing? Normally. Do what you can while only thinking about this one next step. As if there would be no more steps. Don't think about what's in front of you. If pain comes, it will at most make you a better person. Just get out of bed, put on your pants, have a coffee... ..and surf I liked the times when I was training in the school swimming pool early in the morning. I was wearing nothing except swimming trunks. There was hardly anyone in the pool. I set the pace and

style for myself. Nothing was on my mind. I was swimming in the rays of the morning sun ... (112)



Espresso is like a philosophy of life. You can live long and sloppy. Just like you can drink coffee without respect. I've always focused on content, not quantity... and that's what espresso is. And I will always choose espresso. There were espresso that took just a while to drink ... and I remember them until now ... And it doesn't mean that I have to drink it fast... It all depends on me... (113)



It's just a piece of paper and a piece of pencil ... and you can conjure up such worlds with them ... These are two tools that are so simple and available everywhere - and they have such incredible power. You can pour them pictures, thoughts and feelings - from the heart to the heart ... I discovered it some time ago and it gives me joy ... (114)

The way someone says hello to you - says a lot about his attitude towards you. To look in the eyes (and not to the side or down) is an expression of respect. A smile, the strength of a handshake (sincerely and firmly, but without exaggeration)... It all says more than a thousand words.

And one more thing. It happens that someone is saying goodbye to you more willingly - than saying hello. It speaks for itself... (115)

What I admire about our son is his extraordinary diligence and call of duty.

Artur, even when something doesn't work out for him, or when he doesn't like something - he tries to prepare for it as best as possible ... well in advance.

Unlike me - always very spontaneous. Sometimes too much. **Artur gives his best and closes the stage of work in some form... ..in some shape. What he does is always some kind of whole. Has the rare ability to finish things he has started.** He even does this on topics that are hard for him and where he is not satisfied with himself. However, this attempt to give something a finite form after all and approach it with all responsibility - they are admirable ... He has been doing it from an early age I learn it from him ... (116)

A strong man should be like a tree. Like a big oak that gives shelter to everything the smaller and the weaker, ... lost and in need of help. Always ready to take them under his big arms.... To shelter them from rain, sun, and gale. Time can break its branches and tear off leaves. It may be scorched by the sun and whipped by the wind - but an oak is indestructible.

This power flows in his wood veins.... inside him - deep. He will not bow to anything. It will not scare him ... It is always there when you need him.

That's what a man should be like. And it has nothing to do with his age.

If you are an oak - you are an oak all your life. (117)



There are people who do not know whether to enter or exit - and are standing in the vestibule. You probably know such people too?

They will stand like this ... most likely all their lives ... (118)



Fear of loneliness - is what scares most women.

However, do not choose hastily - just for that.

Watch carefully how he behaves in various situations - especially the most difficult ones. And take your time ... (119)

If ethical arguments do not convince someone - legal arguments will convince him ... (120)

Time bares everything ... (121)



We have a duty to do our best to save our dreams ... (122)

If some people are striving for power - this is the first sign that they do not deserve it. They must be stopped in time before it is too late Those who understand that power is a great responsibility for others deserve power. It's a kind of service. But such people don't desire power. Compared to the former, they are very rare in nature. You will know them because people will choose them. Only such leaders deserve respect ... Others will not be even remembered ... (123)

Why do we treat animals as inferior creatures? Is it because they are less intelligent? If so - it insults our own intelligence ... (124)



It is impossible to change another person - by fighting. Only a temporary concession can be obtained in this way. The way to do something good in this direction is self-example and mutual understanding. Every change of anything leads precisely through understanding ... (125)

The age of a man is not important, but his inner strength ... (126)

He speaks 5 languages - but in each of them he is still the same bastard ... (127)

Animals are our minor brothers ... - said Francis of Assisi. When you think about them like that - everything changes I am not religious, but I know the guy was right ... (128)



I am calm – because I know that everything will happen at the right time ... Someone good watches over it ... I can feel it ...
(129)

You don't have to travel far to get to know the real world ... Sometimes it is enough to invite friends to the table, make a hot dinner, open a bottle of wine, and the world comes to us by itself. Everyone's stories are universes ...
(130)

There are men who love deeper than women ...
(131)

Pain, loneliness, longing, scarcity, disease - all this can make anyone a worse person But it can also make him a better person. The choice is ours ...
(132)

I have always tried to live the way I draw ... so that at any time - I could say: "My life is complete" ..
(133)

I remembered - when I was a child I climbed on furniture to see

everything from a different perspective ... My world was small - how small my room was ... but from every place I saw everything a little differently ...

Now, years later - I use the same method all the time ... I keep looking at my drawings from a different angle. Sometimes I also move away and come closer again.... and all the time I try to better understand everything that would seem to be understood a long time ago ...

And all the time I discover something new ...
(134)

There is hardly any difference between a really good cop and a criminal. They can both have tattoos, sniff, drink vodka, and may come from a similarly pathological family. This policeman will know all the criminal's tricks, and the criminal will know all the cop's tricks. **They will be like brothers. There will be only one difference,... ..not noticeable to the naked eye.** It's one very small element ... smaller than an atom. **But it is about this element that the eternal, fierce war is fought - between good and evil ..** Interestingly - the choice of this atom depends on us. **We choose the path.**
(135)



Does something have to be my property for me to enjoy it?

In fact, nothing is our property ... everything is given to us only for a while We artificially determine that something is yours or mine ... but it is not really mine, nor yours It was lent to us, as it were ... It was before us and it will be after us.

We don't have to keep everything as our own Let it flow ... (136)

"ROAD"

Find your way - the answer is deep ... inside you.

Take a look there

And then go slowly,
every day.

Don't look too much from side to side - at others,
nor do you look too far ahead - because we have very limited influence over the future.

Go slowly and enjoy the simple moments.

Achieving any goal has nothing to do with happiness. It's just reaching the goal - nothing more.

The failures you experience along the way - they don't really matter much. One should only draw conclusions from them.

The only important thing is that you keep going.

Trying to be a good and happy person at the same time,

Cause that's the only true goal.

Whichever road you choose, realize that we don't need much to live:

- good sleep
- clean water
- a simple, healthy meal
- a little sun
- clean air
- sometimes a little silence
- warm on cold days and cool on hot days

- some money to cover basic needs (but really, very little is needed).

But what we need most is love.

Let's start giving it,
and we'll start getting it.

Nature has given a woman a man - and a man a woman to be happy with each other and fulfill each other,
- to be best friends.

Not to everyone is given to have children - it's true ...
but when a man and a woman have each other, they are already family.
And this is the most important in difficult moments of life ...

Do we need more?

Not really All other needs - are imaginary,
and failure to implement them only leads to frustration.

We are all part of a larger whole.

We don't need to understand all of this right away.

It is important that we feel it.

That every human being is important,

that each of us is for something.

And there are no more and less important.

We are all unique.

Do not rush so much to tomorrow,
cause tomorrow you want what you don't have today,
but tomorrow you won't have what you have today.

The peace we have naturally within ourselves is a gift

There is an answer - to all our questions.

There, we hear ourselves ...

jmakosz, Ustroń 3.11.19

(137)

Once, a long time ago - I made up the principle: "Everything I have - I have to be able to carry, so that I can always hit the road with it" and I check it every now and then ... So as not to overgrow with moss - and not to have too many things (and as a rule we have much more than we really need) ... (138)



I know from experience that time is a good advisor. It is worth listening to it when making really important decisions ... So let's take some time ... (139)

"Good" is a home that people build all their lives ... You can change the physical home (I've done it more than 12 times), but the real home you build is "Good". It will remain after you, because it is indestructible ... This is a real home ... A house built in the hearts of people ... (140)

How to learn? Personally, I think that specialization should go hand in hand with acquiring general knowledge - in relation to roughly 20% of general knowledge and 80% of specialization. And so every day.

In this way, we will not neglect the awareness of what is around and at the same time we will be able to make effective progress thanks to the deepening of specialist knowledge - **which we can later share**. One will complement the other. You will discover it over time. We only have one life and not long. We will never know many things. There are also many things we are not even aware of. We don't even know they exist.

This one life, however, multiplied by millions - it gives us enormous strength and cognitive power. Each of us can explore knowledge in a separate, chosen direction and go as far as possible. It is important to choose this direction correctly, and then to be consistent.

This is our individual contribution.

Finally, one should study intensively throughout life, not only at school or university. Learn and practice. One always goes hand in hand with the other.

Learning should not stop at the final exam - as is often the case. It is worth expecting more from myself (PS. Although I wrote it myself, I still have to remember it and demand more from myself). (141)



How to recognize a healthy house ? Right away by the fact that 3 words are often uttered there: please sorry thank you

Take a look and listen - and you'll see that it really is ... Children adopt the habits of adults and then teach their own children ... And this is how a culture of whole communities is born - from these three simple words used in the family home ...

Another simple way is to watch how adults talk to their children. Do they listen to what the children say? Do they take them seriously? What attitude do they even physically adopt when talking to them - i.e. do they bend over to align their eyesight with theirs - so that they feel on a par with adults from an early age?

Or maybe they are standing above them, looking down at them? Hmmm ...

And when they go for a walk, are the adults watching their little children vigilantly or are they not very interested in them? Do they care for them? (142)

Never seek revenge. You cannot fix bad with evil. **Revenge is a trap.** (143)

If something is good - why not do it right away? .. (144)

If you say the past doesn't matter to you, how can I believe you in the future?

Meanwhile, everything matters: what was, what is and what will be.

I have never agreed with such a common statement that only the here and now is important.

Everything is important and everything flows from everything .. (145)

I have never been attracted to women who were devoid of em-

pathy, .. sensitivity to suffering of another being. And no matter how beautiful they are... (146)

Doing something just for money is the purest form of wasting your life. We should do what gives us fulfillment while doing this work. Only then will it be of good use to everyone - us and others. Unfortunately, it often happens that we have to do something much more for the money. However, let's not give up on changing it one day. Let's prepare for it carefully and persistently - every day ... Let's make a plan - and follow it ... (147)

If you are happy first - you also make others happy. Don't sacrifice yourself. For the same reason, a mother should wear an oxygen mask first in an airplane in case of emergency. Who will help her baby if she loses consciousness? (148)

Sometimes it is only the night that allows me to stop for a moment ... to think through everything that I experienced and saw during the day ... Process it and feel it deeper, stronger, more and I try to understand it a little. I feel an internal need for it Otherwise I am very frustrated ... I feel carried away by a whirlwind of a thoughtless, dull, consumptive race. No synchronization of who I am - with what I do....

I use the TV very rarely, although it would be so easy to kill the inner emptiness that sometimes appears in each of us So this is how I am sitting now in the dark, in the kitchen ... and with my metal mug in my hand , full of hot water ... - I look at the sky And at some point I am overcome by the peace that I have been waiting for. And synchronization takes place **Then I know that everything that happens to us makes sense ...** (149)

Doing exactly what should be done at the right moment ... Yes - such a perfect sense of place and time - this is something ... But I think that to achieve it, you have to totally **change your**

way of thinking - from the person, who is constantly struggling and trying to get something ... into a person who lets herself be guided. To be lead by a good force that is always with him and in him -... wherever he goes. It takes the ability to give up all the superfluous items we have and all the meaningless honors we have ... be ready to lose it. It is difficult to express it anyway It will either be understood ... or not. **I think this is the way to peace of mind and fulfillment ...** (150)

If contact with art makes us better - it is good art. (151)

I watch people of a certain age ... People who know that their time is running out. They know they don't have that much left until sunset **Do you think they have any reflection on their lives ...? that they want to apologize to those - whom they have hurt ? .. That they want to fix it - what have they broken ? Or visit those whom they have not seen so long ... and who have been waiting for them for so long ...?**

No my friend ... They want to visit another overseas country in which they have not been - and they had it on their list ... They want to eat a few more dishes that they have never tasted, or buy another gadget they want to make it on time have fun

They call it savoring life to the full ...

And that's how their darkness finds them (152)



There are people who will always walk the same paths ... even to the store, even to school - from an early age ... And there are people who will always choose new paths. Among the many different divisions between people - this is one of them. The former will always be afraid of everything. They will choose stability and security - even at the cost of their freedom and sometimes even humiliation. They will never make any progress. Their dream is to live in a comfortable Status Quo

The latter are always ready for anything even when they don't know what's at the end of this path ...

Exactly the same instinct is what distinguishes a dog from a wolf.

The wolf will always run faster than the dog ... (153)

I am aware that I have received a lot in my life.....I don't even know who to thank for it.....I am also wondering - how should I thank you - and I think it is best to just give myself. Give my time. What I have the most precious. And even poor - I always have one thing.....me. Who should I give it to?.....To the one who is closest.....And then to others who will be next to me.

It's a bit like the movie "Patrol".....with Kevin Costner. He is a lifeguard in it. When asked how he chooses the people he wants to save - among the waves in a rough sea? What is his method - be-

cause everyone needs help?.....He replied:

- I don't think about it. **I save whoever is closest.**

He doesn't judge,.....he doesn't choose.....He just does.....There is something to it. I remember that often. (154)

Apparently, **from a psychological point of view - to imagine something and experience it - it is really one and the same.....**I read about it once. The same nervous and hormonal reactions take place within us. It is only a matter of having an appropriately strong imagination.....

I check it practically every day.....Like for example now. I look at the big TV, in the latest technology - behind the exhibition glass. It costs a lot of money. I like to stand in this place. The TV is amazing with the picture quality and there are always breathtaking, colorful movies.....I just imagine that I am surfing in the ocean - like this boy on the screen.....I feel the water current on my calves and a fresh breeze on my face . And that strong sun on my back.....

Then another picture comes out. Now I imagine this ripe orange, calm sunset. I'm somewhere on remote islands. I'm sitting in this boat, on the left side.....I'm kind of here, in a shopping mall, but in the meantime - I moved there.....to come back here again in a moment.....This is the imagination.

I am not writing about it by accident. I have experienced exactly what I imagined many times. I was really there to come back.....and I confirm it. I experienced the same feelings as I imagined. Yes - from a psychological point of view, it's really the same. This is a powerful force, because, for example, someone who is in a wheelchair - can intentionally and controlledly imagine that he is healthy and does everything he needs and changes everything.....

The writer describes the story he creates with the power of his mind.....and it really is there.....And so everything changes in an instant. Someone who lacks something - can imagine they have it and becomes calm.....

It's like in the movie "Avatar" by James Cameron.....Do you remember the figure of a young, partially paralyzed soldier? He moved to a different world where he was a different being.

The only limitation is your imagination, so it is worth developing..... (155)

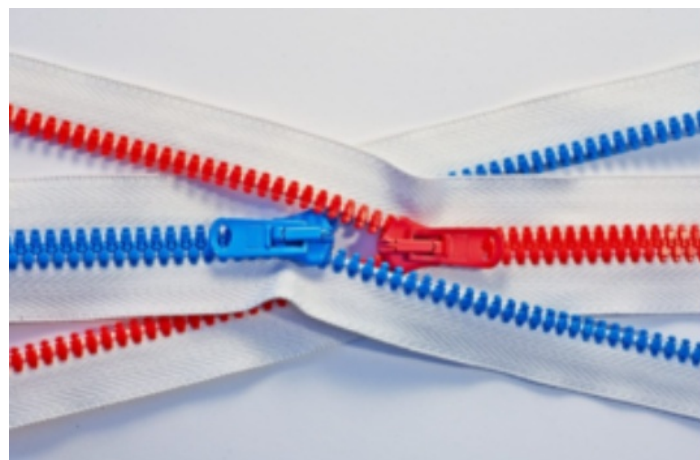
My mother showed me what mercy is and how we can help the poorer and less fortunate than us. (156)

My father taught me to respect science and books and to expect a lot from myself. (157)

What if we stopped comparing ourselves with others?

.....It's easy to do - just imagine that there is no one else in the world but us.....Maybe then we would look at what is really important and stop blaming ourselves that we did something wrong sometimes and think about it - what can we do right now? And so no matter how we compare to others? It's a bit like in swimming - when we sail our own lane - and there is no one next to it.....**It's our own life.....Why look at others?** There will always be so many better and so many weaker than us. **Let's learn from the better and help the weaker.....** (158)

Man and woman - these are two so different worlds, which, however, cannot exist without each other and still need each other..... (159)



How good it is - to have a loved one, someone.....who can be loved.....with reciprocity.

And if this person is not there - you have to try to love yourself..... (160)

About myself - I am a collector of beautiful moments..... (161)

Why are you writing all of this? What are you drawing all of this for? Someone asked me.....

- At least it will be known who I was, how I felt and that I was at all - I replied..... (162)

In my family, I am the first "Non-Miner". Everybody was a miner - my father and grandfather.....and grandfather's grandfather.....and so on. There were so many of them that I think even my body is genetically prepared for mining. My younger brother is also prepared for this.....

This is the end of the long history of men working half a kilometer and further down - underground.....Not all of them come back from there.....Sometimes it kills a methane explosion and a fire..... Sometimes tons of coal.....

My grandfather came back.....with a half-broken spine. He survived a mining attack twice (this word means a roof collapsing on people. Then everything collapses and there is no escape).....The second time he was carried unconscious to the surface.....He was disabled for the end of his life,.....looking at the sidewalk.....and not being able to look at the sky.....He was 30 when it happened.....That's why my mother said to me when I was still a boy:

- Look at me carefully.....You, Jarek, won't come down. You do not !!!

The miners don't like to talk about what's down there.

It is very typical for them. Somehow, I never really thought about the fact that my father descends so deep every day.....He just got up when it was still dark and was in a hurry to catch the elevator.....It seemed so obvious and so normal, as if he was walking for some normal job - like some others.....But it wasn't so normal.....And only now do I understand.....when I'm almost 50 myself.

I was wondering about that this morning,.....here in Brighton right,.....How do they feel when a black sky can collapse on them at any second? How did Grandpa feel when the black sky crushed him? When he was alone in the dark with a broken spine - losing all hope of survival. And gratitude is born in me.....

But my contact with coal is not over. I just made such a quick drawing.....I just called it....."Miners"..... (163)



I never understood that people might want quick sex and then forget about themselves. This breakup is the worst part of it..... (164)

The brick neighborhoods I come from - made me want to see the blue of the sky - look up.... and meditate. (165)

Sometimes it takes so little to feel good. Just have dinner.....Not to mention having a good dinner,.....or a good supper - in the company of loved ones.....**Enjoying their presence and life with them.....** (166)

What to do to have a good life? Just being good - that's it. (167)

Sometimes when I write or when I draw - I hardly touch the paper

with my pencil. Then I hardly put my words together - they make up on their own.....But then I also feel that it is not really me, but some stronger and better force speaking through me.....It is a very unusual feeling. I know then that I am doing exactly what I should..... (168)

No matter what others do and say and no matter what the circumstances are - be good.

Also try to be glad.

Remember, be like that no matter what. If you live like this - you will live your best life. It just depends on you. The rest is beyond you.....

Ustroń, August 22, 2020.

(169)

I have heard these words so many times: "What matters is only the here and now, because it is only real. The past does not exist anymore and the future does not exist yet".

My opinion is completely different.

I've always had some natural ability to mentally move through time. I move whenever I want to moments that are theoretically long past. Theoretically only, because they really exist in me all the time. For this reason, my parents were summoned to school several times in primary school. My teachers anxiously said that I was absent from lessons.

This, however, gives me a great inner peace. I'm not worried about the future. **I'm an optimist. I'll do what I can. And that's it.**

So everything is equally important.....and past, and present and future. (170)

Facts remain facts, but our assessment of them changes over time.

This discovery has helped me many times in my life. What seems like a misfortune today does not have to be. Only time knows the

answer..... (171)

I am more thought provoking with my texts than I teach.....
(172)

Love should be understood as the highest good. This is just such
a definition - I think it best describes its essence. (173)

If we were guided only by logic and intelligence - we would conclude that love is illogical. That's right - we would have to come to that conclusion sooner or later.

After all, it is love that makes us act against ourselves.

It is love that makes us willing to sacrifice ourselves.

Isn't that against logic?

And yet love is the most beautiful thing we have..... (174)

Believing that man will change and is often utopian. Often, but not always.

To convince by persuasion, by appealing to the heart and mind - you can, but only a few percent of society.

The rest of the population will run forward - like a wild herd, driven by the most primitive instincts.

That doesn't mean you shouldn't try. For these few percent, yes - absolutely.

However, I am a realist and I believe that in order to obtain improvement in extremely important matters, one must act through the human mind and heart, on the one hand, and through the hard tools of law and economy, on the other. This is human nature - unfortunately..... (175)

Brave people are not people who do not feel fear - but people who go on despite fear. Not always for victory....".

Somehow it was written like that - above the entrance to the place

where the Athenian guards were trained. I need to find this sentence someday and quote it in the original.... (176)

Tell yourself in the morning, when a new day begins, that you will live it in harmony with your own nature. If you have not lived so far - then finally start.... (177)

This is how it usually happens, in order to do something really important and well, you have to give up something else. Think about what are you ready to give up? You won't have time for everything. I will say more - you have time only for a few things. Choose - then be consistent..... (178)

We make rules to help us, not to restrict us.

There are exceptions to each rule, the most important of which is common sense. If it wins - all other rules have to be broken.... (179)

I close my eyes.....

and let my thoughts run

like wild horses across the steppe.

I'm not keeping them.

This is not the point.

So many thoughts go through my head.

I watch them.....all these processes.

I watch myself - like someone else.

I do it consciously

.....

Such dust that you can no longer see anything clearly.

Then the dust comes down slowly....

And I am still watching myself closely.

I calmly take another sip of coffee.

The skyline is gentle and sunny again.

It is as it should be.

So persevere and control yourself - I say to myself..... (180)

There are parents who say to their children: "be clever in life and be successful in your accomplishment. Be better than others. Get ahead of them, and if necessary, use your elbows.

I tell to our son:

"Be hardworking"

„Learn"

"Respect others"

"Give what you can"

"Success is not about money, power and honors."

"Treat others as you would like to be treated yourself"

"Be honest and you will never be poor - no matter where life throws you".....

That's it - and so much..... (181)

I look at some people's lives from time to time, and I think it's a pity of poor animals that these people eat - in order to simply vegetate.

Life is there to be happy and share that life with others. (182)

It's summer 2020. My much younger brother is just building a house somewhere. A very warm Saturday. Probably a lot is going on at his construction site today.

....I never wanted to build a physical home. We have two different natures.

What's good for him is not good for me... and vice versa.

I am building a different kind of house.....Yes.... - for as long as I can remember. I chose this path consciously.

Which doesn't mean that I don't love all the apartments we've

lived in... Oh no.

I love them with all of myself.

They were always happy and good homes.

Chosen by good instinct..... (183)

My goal is not to get anything or anyone.

It is also not experiencing anything.

It is not traveling.

It is not even looking for my own place... (184)

Learning a skill is a means - never an end. Otherwise it would only serve vanity and be a waste of time.

We should acquire skills in order to achieve really important goals later.

We also have to decide what skills we will learn, because we will not have enough time for everything. And in fact, due to the length of human life - you have to choose them very, very limited.... (185)

If you give your most intimate things to someone you don't love, ... - What will you give to the one you really love? What will left for you?..... (186)

A craftsman differs from a master at the very end of creative work. Most of the time, they are practically identical in their behavior.

This barely perceptible moment is visible only at the very end. This is where the Master is most careful. **It makes seemingly insignificant changes - but it is these elements that make up the work.** (187)

Each experience teaches something. The condition, however, is that your mind is open to learning.

However, I would prefer to avoid some experiences. Without the lessons learned from them, I would have been able to live a happy life too.

Well, ... I'm a screenwriter of my life only a very small percentage.... as it turns out.

So I learn from life just like it is going.... I learn everything at once -.....simultaneously.

When I fail, I do it differently next time. Even a little different - but still. After failing, I always ask myself - "And what's the lesson for the future?"

Then - in my professional life - I came across the concept of "Lesson learnt" - as a methodological, procedural approach, used in the military, aircraft construction, electronics, and safety products. There, any failure must end with corrective actions. Waving your hand is not enough.

There is something about it. Without such conclusions - we do not learn for the future. I study every failed drawing.....even before I throw it away. I know that I have devoted some time of my life to that drawing, and I believe that it is not for nothing. I put these drawings on the walls. I take photos of them. I think about them. I watch them in different light. I come closer and walk away. After all, I know what I did wrong and what I would have done differently. And the next time I actually do it a bit differently... even purely intuitively. (188)

What is now - does not have to be forever. And that usually passes much faster than we think.... Good or bad -.....passes equally quickly, although it seems different... that good moments last shorter - and bad ones last longer.

Listen to the ticking of the clock - it ticks the same.

It is worth considering and understanding it well. It's good to experience all the moments - both good and difficult.... Everything matters....Everything shapes us. We understand this only years later. (189)

There are people who confuse art with craftsmanship. Art is about conveying emotions, not showing off your artistry. These are two completely different things.....This is how I feel art. (190)

I can see so many beautiful houses -.....with even gardens. People built them and they envy each other. Everything is so neat.....and so arranged, but is there happiness in these houses?

Not always....

Even and regular mowed lawn,.....a nice fireplace with crackling fire.....it's not home yet. You can create a home there, but having a fireplace does not equal the warmth of your home....

Only the householders know what it is really like there. And this is easy to see from their language. **How often do you hear words like - please, sorry, thank you ?** In what tone do these people talk to each other,.....do they get into each other's mind or listen to each other? How loud they talk to each other. **It's that simple - and it says so much.**

And this nice lawn? Seemingly banal statement.....but I see people around for whom the fireplace and the lawn are more important.....

What will others think? After all, we are successful people..... (191)

Nobody writes such interesting stories as life itself..... (192)

I have found that people who cannot speak - try to ridicule those who can speak and express their thoughts clearly. They attack with the word "Talks too much." ...

Don't be afraid to express your truth. But speak it calmly. Also, assume that you may be wrong.

Don't try to convince anyone of your arguments by force. Each of the people really wants well and is also convinced that he is right.

Just say what you have to say in harmony with yourself and that's it.

This is also how I treat my writing -.....I'll tell you what I have to say.....and disappear. (193)

I have noticed that people who cannot write - try to ridicule those who can write and express their thoughts clearly. They attack with the word: "Writes too long texts." (194)

Does each of us have something to do in our lives? Some kind of calling? ... Something that is within it and guides it - like a ship's lighthouse?

I guess there is something to it.....I think so because I observe a lot of different people and I have some kind of regularity confirmed.

One will be a great mechanic, another programmer, yet another a hairdresser or a security guard at the gate at a disco. If you change them - they will not fit well in other places. They may even do it quite well, but not fantastic.

Does someone run all of this, ... guide us in life...?

And my personal question. Do all these changes of places and hundreds of people I meet, along with the constant twists and turns in my life - also lead to something more general.....? What is my role...? (195)

Sometimes we are the greatest burden for ourselves. However, we must be able to look at ourselves in the mirror and forgive ourselves for all mistakes. **Then you have to try to save what's left.....And do your best in it. We must try - while we live.....** (196)

Nobody has ever become wise from just having books. Even from reading them. They still have to be understood - and then practiced, verified - and again.....- practiced and verified.

And re-read them every now and then. Even our own.....because we all forget about important things sometimes.....

This is one of the reasons why I wrote this simple book. So that I can read it myself from time to time and remember..... (197)

Is it why we learn to speak as children through such hard work and then, as adults, use the same language to inflict such deep wounds on ourselves? (198)

The problem of our times - everyone wants to speak on social media.....few want to listen..... (199)

I've spent a lot of money in my life.....but I have never regretted one expense - spending on a book..... (200)

Sometimes physical distance allows us to get closer to each other with heart and soul.....And when we come back.....it's just joy..... (201)

The power of love can be known by.....how we can care for someone.....how much we give of ourselves.....**how many important things we are able to give up.....** (202)

Words sometimes lie.....eyes never..... (203)

I don't want all the women of the world.....I only need one..... (204)

When it gets tough - shift up a gear slowly and smile wider And when it gets really tough - shift up a gear even slower ... and smile even wider... (205)

Can you stop loving someone for a reason so trivial that abso-

lutely everything collapses.....? Home....., ceiling.....floor,..... work,.....health,.....life, ...heaven.

No... you can't. (206)

Could I wish for more than just a few rays of sunshine on your face?..... (207)

I have been playing the guitar since morning....The sun is lying on wooden, light box. **There is some kind of magical philosophy in music that I don't understand yet, but I know there is.....** (208)

Everything starts first in the mind.....success - as well as failure.....

Starting anything without believing in success does not make the slightest sense. You shouldn't do that. It is a waste of energy and time, and above all, it is creating chains of limitation. (209)

Even if we are stripped of everything, our knowledge, culture and experience will remain. Even from scratch - we are always equipped enough to rebuild everything,... create a new. The real value is in us - not outside..... (210)

Maybe it's strange, but somehow I have never had bigger plans in my life.....well, maybe except for choosing a shirt for tomorrow.....What I do - I do it rather intuitively. **I am focused more on the general direction of my "sailing through life" than on achieving my goals.**

The longer I live, the more I am convinced that someone else is worried about the rest for me - someone good.....above me. I can still feel his help. What I am writing has nothing to do with any religion. It's just something I experience every day.

Maybe everyone has it? I think so, we just don't usually notice it. To tell you the truth - I did not think that I would ever say it and that my philosophy of life would ever undergo such a transform-

ation.....

I have become like a surfer on a big wave. I don't know what tomorrow will bring or what will happen in a moment - but, perhaps also strange.....I'm completely calm..... (211)

In the morning you have to get up early and get down to work honestly - whatever we have sincerely decided to do ourselves.

The problem is that I have to repeat it to myself every day - because in front of myself I pretend that I don't remember. Well, a sheet of paper and a pencil are waiting.....The truth is that our successes are only to a small extent our talents, but the most important is their diligent, tireless processing. This is what distinguishes craftsmen from masters..... (212)

I used to have a lot of questions - unanswered.....now that I am reaching 50 the time has come that I can answer many of them. These are questions about who I am and how should I live? I know it much better now.

I used to read a lot - now I see worse and that's why I write more (even with my eyes closed to save them).....So I see worse, but I understand more.....and I prefer it..... (213)

There is always a good time to dance..... (214)

The strength of societies (or smaller communities) is known by how they care for their weakest members - children, the elderly and the sick..... (215)

Two questions most often asked when we meet someone:

- Where are you from ?

- What do you do ?

As if they were to define us.

For some people these answers are more than enough to quickly

classify us.....And they don't need more.
Or maybe more - what do you have, what do you drive and what
phone do you have....
It has nothing to do with who we are.
We are much more, my friend. (216)

Above all I eat, there is also a philosophy. We all deal with it in
different ways. Often unknowingly.
The need for knowledge, beauty and understanding of what is
around (and yourself in all of it) - are natural in man.
They, right after love.....bring us the most important answers,
without which we simply cannot live..... (217)

Time is leaking through my fingers
Let it leak.....it's my time.
I'm playing with it.....
I am in no rush to go anywhere....
I'm not chasing anything anymore.....
All the beauty is in this little moment....
I will remember that forever, even though is so fleeting.
It would seem imperceptible.

Life consists of single memories. They are not arranged chrono-
logically.
They are a bit like my texts
Like photos of my thoughts.
Only with time do I see a picture composed of individual frag-
ments more and more clearly..... (218)



Somehow too often we tend to walk around.....instead of going
straight to the goal... **Why do we complicate our lives so much?**
(219)

Once, not long ago, I sat down and wondered, what had I achieved
in my life?

**I have come to the conclusion that everything that really has
value is completely immaterial (but I have always known that).**
So I have almost nothing physically and I have everything at the
same time.....It made me happy. This is what I always wanted.
(220)

I like the sketch especially - because, like nowhere else, you can see

the emotions of the drawer... the way he leads the lines... sometimes tender and delicate, sometimes violent and strong... How he sees light and shadow... their interpenetration and intimacy. This is what I am looking for - the emotions of the creator and the emotions of the recipient..... (221)

Being yourself - does not mean constantly being the same, but developing and changing, while remaining in line with the basic values that you believe..... (222)

People - they are good by nature. (223)

A healthy family is the pillar of a healthy society..... (224)

When I talk to someone - I always talk on two levels. The second non-verbal - it is the transmission of feelings, emotions, energy, looking deep inside.....and something else that I can't name. This is where our proper conversation takes place. This is where I find out what someone really wants to tell me. This is a real conversation, though inaudible..... (225)

Respect the seconds.... someday you will miss them very much.....(226)

Fly.....as high as you can. Cross all boundaries. If necessary, break all the rules. However, always respect the laws of nature. They are eternal and unchanging. (227)

I have recently come to the conclusion that you have to be able to look at the world quite selectively.....a bit like pink glasses. It's not hard to find things that are bad. On the other hand, you have to know and be willing to notice good things.

When you see beautiful colours, sometimes pretending you can't see others, you start to think differently. This is not an objective

view of reality - yes, but it does help program your own mind to look for good things. And this way of thinking attracts good things. Everything starts to favor us then. And the good is also shared by others. And from others - still another. It's just like information in the media. Most of them are bad sensations. Meanwhile, you have to look for the good ones consciously and deliberately. It's not about deceiving yourself about reality, but building good associations in a controlled way.

Because at the beginning of all this - you have to answer the question - do we want to be happy?

This question is not pointless.

And it's not that the answer is automatically, "Oh, of course." Sometimes we don't really want to... but we don't understand ourselves.

Because, contrary to appearances, it depends on us whether we will experience moments of happiness. So.....you have to be able to catch good things, even if only a few a day, and compose a picture of the day from them.

Happiness is a state that comes and goes. Sometimes there is pain, loneliness, sadness - this is normal. **The course is important, as is the course of the yacht at sea. It's a course towards the light.** (228)

I've noticed that some women are able to turn a blind eye to a lot - if only the man has the money.

They can even convince themselves of all the beautiful things that are not really there.....**But life bills everything.....sooner or later.....**I didn't make this up. I write what I see..... (229)

Writing is a very responsible thing.... **Writing can change people. Always use your words responsibly....** (230)

Words are imperfect. Feelings are perfect ... (231)

A woman knows which man is for her..... (232)

I always wanted to know what's behind the next corner? Already as a child.... (233)

How is it that we are a little different every day.....? I think that despite everything - a little better..... (234)

Sometimes silence says more than words..... (235)

Love and selfishness are mutually exclusive. (236)

Only a man can be a true friend of a woman. Only a woman can be a true friend of a man..... (237)

When you really know what you want - you have no problem choosing..... (238)

I think that what we give to others - sooner or later.....comes back to ourselves.....

By giving to others, you receive yourself.

By making others happy, you become happy yourself.

By helping others to achieve their success and realizing your good life potential - you realize your own.

By understanding others, you begin to be understood yourself.

etc ... etc

So give it first.

Give, but don't expect a return, thank you, or profit.

This is not what this is about.

Focus on what you can give the world and don't expect a reward.

Pray not to get something from God, but to have the strength to give.

You'll see it makes sense.

And life ... sometimes very late and unexpectedly - but it will always smile at you as well.

(239)

I came to the conclusion that all life choices, even among the very many complicated options - ultimately can be reduced to a choice of only two solutions.... - A and B. All other options oscillate only more or less around these two basic ones. They are like their satellites, although it is not immediately apparent. These additional options, however, fall off on further analysis.

The final choice, however, A or B - these are two completely different paths.....Two different lives. And behind them are universes of the unknown. And so on until the next decision, simplified again to A and B. And so on. Imperceptibly, a huge web of choices is created - our individual path. Among them there are also very significant ones that change a lot.

We humans have to simplify because we can't understand more information. This is, in a way, our weakness. It is from such choices,... sometimes inconspicuous - our life is made up....You can see it - looking back.

I noticed that the higher someone is in an organization or community - the simpler and clearer he expresses his thoughts. It is understood by everyone - regardless of education..... (240)

Other people have so much.....and I only have two arms, two legs, mind.....and an open heart. Maybe it is strange, but it is enough for me for the entire state of possession. I have everything I need. Everything else is just a minor addition..... (241)

If life smiles at us by itself.... - Why not smile at life? (242)

When I know something is right - I do it immediately. (243)

She can be the whole universe for him and he can be the whole universe for her.... (244)

When we get older - we love like that - when we were so young.....because we have nothing to lose - and then we had nothing to lose yet. We don't care about anything anymore except the real values. We don't waste time unnecessarily on nonsense. Exactly like then.

We want so much along the way, often completely unnecessary things.....chasing after something.....

As someone wise wrote, **"Time takes everything, but also gives everything"**.....In this case, it gives us the clarity of vision and the wisdom of life..... (245)

Freedom.....one of the basic human needs.....mine for sure..... (246)

I don't know a woman who doesn't like every now and then.....a little luxury..... (247)

Our standard of living is increasing.....this is felt in my country. **How many playgrounds have we already built? Exactly, ... is it enough.....? This is one of those true indicators of society's development for me.** We should include it in the statistics as it is stated how many McDonalds burgers can be bought for the national average. (248)

You have to be able to say goodbye in that way - so that you can always say hello again.....(that said someone whom I knew) (249)

You don't have to kill the insect right away. Sometimes it is enough to just open wider a window and reveal the curtains. And it will fly away - just like it flew inside. And it doesn't take long. I

check it now in summer - every day. It works.

Sometimes I just direct him a little with the newspaper - that's it.... We understand that glass is glass - they don't understand. Everything on this earth wants to live - and so do we. And life is a beautiful thing ... and it is all we have ... (250)

The truth is, unfortunately, most people aren't even aware of how much they've hurt us more than once. And we are not aware of how much we have hurt others more than once... It's worth thinking about it and trying to fix what you can.... (251)

The price is very relative and the money can always be made back. Don't worry..... (252)

It's these little pleasantries that change the world... please, sorry, thank you.... The fact that you let someone to enter with a car while they are waiting in line. **The fact that you will think about another person, even in a banal situation - as if you were in it yourself.....**

Want ?....try.....you can apply this magic even now.....Give something - and you will see that it will change something..... (253)

We have lived to see the times when what we want is decided by computer algorithms of practically all media. It is worth stopping for a moment every day and looking inside yourself.....ask what we really want. Who we really are. Do not act accidentally.

While doing something - in the middle of the day - ask yourself, "Why am I doing this? ". (254)

There are places we like to visit, but they are not places of our lives. For living we choose the places we love - that's where our history is made..... (255)

What I really have always with me is inside me. There is the true

value of a man, even if they strip me naked.....even if life stripped me naked.

And it was so - quite recently. (256)

These are the last days of July 2020. It's a beautiful summer evening... crickets are playing.

With the window wide open - I wonder about what I did yesterday - namely, I drew a simple chart on a piece of paper in which I summarized my current status in achieving the basic goals of life. My main goal is the pursuit of happiness - both for myself and for helping others.....

And then I wrote down assets which are only assets and not ends. Nevertheless, they are important, albeit in a much lower position. These were health (not only the absence of disease but most of all the energy of life), time, skills development and money.

From time to time you have to draw something like this to understand where you are.... and what is being done now.

What was the most important conclusion and discovery, however, is that we do not need any of these measures to achieve this goal. Because in order to be happy and give happiness - we do not need time or money or even (which may seem controversial) health.....We can pursue the basic goal of life with absolutely nothing. And this is beautiful.

On the basis of this chart, I also assessed myself - on the basis of a score on a scale from 1 to 4. It concerned the realization of the life goal - as well as the resources.....It turned out that money was in the last place. And this makes me glad, because it means that my hierarchy of values is still doing well. And I pursue the goal even subconsciously and instinctively. And that also comforts me - very..... (257)

You need to experience loneliness to appreciate love.....there is no other way. And the more pain because of loneliness - the more happiness because of love..... (258)

I went to town today.....just like that, for no purpose.....to smile at people..... (259)

Writing something - is very often better than saying it. This often has at least one advantage that we will read carefully what we have written - and think a little bit before the words go on..... Sometimes only then do we realize what we really want to say. **There are sentences that are better to think 10 times over, because words have great power.....** (260)

The best type of investment - is an investment in yourself.....in your knowledge, skills, culture of coexistence with people - and from an early age.....One day it will bear fruit.....And even if for some reason fate took everything from us - that's what will remain. (261)

Don't worry about missed opportunities - it's hard, ... the next ones will come ...

However, remember to prepare for them and not waste any more of them. Don't waste your moments recklessly - but prepare carefully. **Life rewards those who are prepared for the opportunities - not those who waste and mindlessly squander opportunity.**

It's like getting your boat ready to go out to sea when the wind hits.

So be ready to travel. **After a difficult time comes auspicious time. It won't last long though- so don't waste it on your own wish.** Use your life potential. This is your life calling. Be ready.(262)

Some people think that when I'm older than them - I'm probably smarter than them - but it doesn't have to be true..... (263)

Everyone has a path and should follow it - without looking at others. Without looking to see if they are ahead of us or not.

Everyone has their own pace..... (264)

Nothing hurts me as much as when I waste something good at my own request.....or even worse - when I hurt someone.....Yes - that hurts me the most..... (265)

Perhaps we even have enough time in life – but we just don't use it fully..... (266)

I will always choose the sunnier side of the pavement..... (267)

I have already mentioned that I tried to go to school in different ways.....As if I felt subconsciously that only breaking the routine and escaping the established rules - is a chance for any progress.....

I think that for the same reason I wanted to change my place of residence so often. I did it to see life from different points of view - without falling into ruts. Ruts that are not even noticed after a while. And it is as if I have lived a dozen of my own lives. At the same time, I changed jobs, professions and lifestyles. Even my directories on the computer are called these places, because it's the easiest way for me to find my "epoch". Entering each of them separately - you enter a different ocean of memories. Perhaps I am doing it intuitively. I destroy and build. I fall and I get up again..... (268)

It is not alcohol itself that is bad, but human instincts.....The key to solving problems is understanding them..... (269)

I like to think.....**And the stranger place for this thinking - the more interesting observations.....**I can forget to take everything with me - but one tool will be with me everywhere - my mind. **I may lose my sight, I may lose my hearing, I may lose control of my arms and legs, but as long as I think - I am..... (270)**

Everything happens at exactly the moment it should be happening.....don't worry.....don't regret missed opportunities because they were meant to be lost.....These were just practice lessons.....Such trying to you.....More opportunities will come - even better.....And they will come at the exact moment when they should come.....Someone is watching over all this.....All you have to do is trust it fully..... (271)

Life is so short.....What have I done?

.....these few drawings?

.....these few sentences?.....

And I wanted to change the world for the better.....

World with more goodness, tolerance.....respect.

In which there is less harm.....

I wanted to break the queue and live my way.

I wanted to look at it all a bit from the side.....

....to think for a moment - where am I going?.....where are we all going?

To feel what love is.

To get to know its taste.....

Maybe even as short - as one sip of the espresso I'm drinking now.....

I prefer that.....

I prefer it like this.....

I only succeeded in that -... I met.

Sorry.....I have to go, my train is leaving soon..... (272)

Everyone is like a guru to me in their own way. Everyone is better than me in their own way. (273)

I like reading books, but I like talking to people even more,.....because every person is like a thick, rich book.....Every person I meet

teaches me a lot. There is wisdom in that person, which I would like to gain myself.....**I listen to everybody, as the next teachers of life - the greatest of arts.....** (274)

Only the creator can consider the work to be finished. This applies to both the great and recognized, as well as the small,..... tiny,.....the youngest.....

Until the creator says "ready" - the creative process continues..... (275)

Be careful with what you visualize - because that's what you set for yourself in life. Very often, completely unaware of what we are doing - we later realize these visualizations and indeed - we usually manage to climb to the very top of such a ladder. Then we look around and wonder if this is the right ladder?

So before I come up with the next one, I look into myself very carefully. I already have almost five dozen on my neck and I have the impression that I do it more consciously than I used to. This thought comes first. The implementation itself - is only its consequence, which will almost certainly come true. This is how the subconscious works, which we usually don't understand. **So let's design yourself more carefully.....**

This observation is dedicated especially to young people..... (276)

How much love could we give each other - if we only wanted to.....The question is why we don't. ? It's that simple and costs nothing. You can do it right away.....**And what are we waiting for - for a better time?.....** (277)

You will not impress me with your knowledge of languages, a beautiful car, an exclusive watch, an expensive phone,.....how distant countries have you visited, what your children do, who you know and what's your position in some hierarchy.....It's all nothing to me.....seriously - it's absolutely nothing.....I know that

it means a lot to others. Even more - almost for everyone,.....But not for me. **You will impress me with only one -.....what kind of person you are.....** (278)

CREDO: Male - be sensitive but also be tough. One does not exclude the other. Because sensitive - does not mean weakness. Oh no. Fight with adversity - not with other people. **Never lose your inner sensitivity, because it is beautiful and, unfortunately, so rare.** Do your best and don't look back at others.....

Be as hard as possible, noble steel, covered with velvet..... (279)

It is in the nature of evil that it is constantly reborn. It was and will be so. Evil needs to be combated as soon as possible - in the bud. This is what can be done.....and has been for millennia..... (280)

Why do people despise the sensitive? They consider them weaker and unfit for life. Is being empathetic and sensitive to the suffering of others deserving of contempt?

And yet you still hear the word sensitive, meaning oversensitive, etc.....with the addition of a silly smile.

You have to be extremely strong to allow yourself to openly show your sensitivity..... (281)

I have never been proud of victory over another person. This is one of the reasons why I wasn't seriously interested in competitive sports. I consider any form of competition absurd. Each of us has our individual Mount Everest and we should face it.....according to our own abilities. Observation of others may show that this "is possible", although we thought otherwise. And that's the only use for it.

Nothing good is ever born of fighting....., but from work - always..... (282)

Once up.....once down. Once down.....once up. This is life in its entirety. It's important to stay yourself on this roller coaster..... (283)

People want to compare themselves in everything. How funny is that - what for? (284)

Sometimes you have to see something from a distance - to understand it better. From the perspective, things and images look different.....That's because we neglect nonsense details and see only the really important things..... (285)

Animals are less intelligent than we are - and that means weaker.....That's why we should protect them... (286)

Women who cook us a daily meal. Forgotten heroines. They give us much more than what we have on our plate.....This is where their heart is.....And in the end.....isn't that what it's all about? Isn't that more important than all the toys that men often needlessly create?..... (287)

People encountered in life are like signposts.....It is enough to read them well - and you will go the right way..... (288)

I try to live like I draw - completing all the elements at the same time. These elements seem to emerge from the fog and I see them gradually more clearly. However, what I consider the most important - it must be there from the very beginning, from the first line. My point is that at every moment of unexpected interruption - the work is finished.....It may not be very clear yet, but what is most important in it - it will be..... (289)

Nobody wants to be cheated - even the biggest frauds.... (290)

If I really want to do something - I always do it. It has never been otherwise. Sometimes it will take me a while.... - but I always do. (291)

There are garments that become my friends at first sight,... at first touch. I already know that I will go on the journey with them and that they will be my good companions - wherever fate will throw me.....whatever happens.....They co-create my simple story with me. Although they are just objects - I like them very much. (292)

One day I wanted to create something more than just a few temporary documents in the various corporations I worked for. Documents, with my name in the upper right corner in lowercase. - That's all ? - I asked myself - And where in this I....?

So I started writing and drawing for real. And this is what I have always done - on the back of unsuccessful documents. This was the way I used paper. I was making myself a cup of coffee.....and writing or drawing or both at the same time. In doing so, I found that it helps me to look deeper into myself. I noticed that drawing aids thinking and thus writing.....and vice versa. (293)

Do we not have many unnecessary things in life that only disturb us and distract us? They take precious time from us... If so, you must get rid of them immediately. And those things that will remain - need to be put in order. Let them have their place and be always ready to reach for it. You only have to focus on a few of the most important things - give up the rest immediately. **And what will remain - improve perfecting endlessly....** (294)

Perhaps we understand best who we are - however, in childhood. Later we forget about it and life grabs us. In this noise of events, we no longer hear ourselves well.

And this is important - to know the answers to our most important questions. (295)

Art and philosophy are sisters..... (296)

I noticed that writing is like painting with words. At least that's how I feel it. There is more in common between the two disciplines than you might think..... (297)

You have to be able to listen to yourself and be good and loving to yourself - like your best friend. We must first observe ourselves, get to know and understand..... (298)

I have never stopped being a little boy who wants to see, touch and feel so much. I remember moods, flavors and feelings. Then, it is not known why - memories come back in the middle of the night.

And I'm here and there again. And time stops.... (299)

I'm already so simple that I can't possibly be simpler. That's good - that's what I always wanted..... (300)

Usually, to get to the level where we manage to do things really simple - you have to really work. This is a great art that man learns over the years.

How to move hearts in just a few sounds? How to express emotions in a few lines? How to express your thoughts very precisely in a few words?

So first we learn hard, and then we simplify.

It's like $E = mc^2$ of Einstein.... And so in every field.

We have to go through all these difficult and complicated schools - to learn to speak a simple, direct and understandable language. (301)

How a man will build himself in his youth - this is how he then goes through the world..... (302)

To make any progress - you should be able to learn from your mistakes and not repeat the same methods that failed - but keep looking for new ones. (303)

If someone wants to deal with art - never treat it as a source of income.

Art may bring some income, but it comes along the way. Income should be obtained from other sources - otherwise art itself will suffer. Because art is freedom of expression - not paid craft. (304)

Everything is constantly changing. Searching for some elements of constancy in order to cling to them tightly is against nature.....**Only the laws of nature, in themselves, remain unchanged.** (305)

In a physical sense - I have had everything I need for a long time. I have food, I have a few clothes, I have a telephone.... a computer and even a car. A car is already a luxury. It is important to me that it drives and is reliable. As a matter of fact, without it, I would also do quite well, but I just like to keep going and see changes of landscape outside the window..... (306)

I'm sitting at the desk -.... I'm writing

What to write about?

I think about what is most important

About love.

About being human.

I would not like to write about anything else - it would be a waste of time.....

(307)

„4 LETTERS”

For every Pole - 4 letters are associated with one - with the word DUPA - means ASS.

Fate has not given everyone equal. Each of us has our own inner Mount Everest. Should we compare others to ourselves – and ourselves to others?

Or maybe we are more like swimmers who follow their own track – each independently. We only take air and wave our arms, giving our best.

And whether we give just everything, it is in our honesty – only we and the Good God know.

What does it matter if someone is ahead of us or behind us? We know ourselves whether we can do better or just cheat – others first, and really ourselves at the end – wasting our own potential. How many people waste it like this on their own request?

We really only have one thing to do in life – be human. Everything else is by the way.

When I was ten, I met a boy who would sometimes come to the allotment garden in front of my grandfather's. He clearly came from a poor family where there were some problems. Probably alcohol. He was poorly dressed. He wasn't speaking too clearly either. We talked sometimes. There was an extraordinary joy in life and a need for contact, some acceptance. Speaking – he was still smiling at the same time, looking at me carefully and impatiently.

I listened to his rather childish stories.

I heard from someone that he goes to „Dziewiony” (Special School No. 9). Whenever someone wanted to cut someone to the bone, he would tell him that he was Daun or that he was from „The Mine”. So I knew the boy from Dziewiony. The very fact that I spoke to him caused smirks at a few of my peers who sometimes smoked pipes on a nearby bench.

I also remember that he came from Komunki (Komuny Paryskiej Street – for years one of the poorest streets in Siemianowice ŚL.).

Once, very excited, he called to show me what he wrote with a stone on the garage wall. He really wanted me to see it immediately. I went with him. We finally reached the red wall of the garage.

He proudly showed me his finger – a small inscription. It was a lopsided word ... composed of four very unequal letters. Children write so unevenly in the first weeks of primary school. Meanwhile, he was a year older than me. So he was eleven. I was reading Alfred Szklarski's books, comics ... and Tigers.

There was a strange silence. I still remember that moment well today.

My friend was looking at me, smiling broadly. I remember his blonde hair and merry blue eyes that were now nervously waiting for my final verdict.

And I didn't know ... what to say. I didn't know what to do I just stood ashamed.

– Cool -..... I said finally softly.

I felt tears slowly coming to my eyes. I didn't want him to see it. So I lowered my head a little.

On the wall, he wrote the word in capital letters...

MAMA (means MAMMY)

(308)

That you were here and there. Just because you have this and that - doesn't mean you taste life. It's just self-deception. **He who loves - tastes life. And you don't have to be anywhere or have anything at all.** (309)

To live your life and not even try to be happy, ... love and give your whole self - it's like never living. This is what makes life different from vegetation. (310)

Concentrate on one career path. Be like a beam of light focused on one point. Don't be distracted. That's when you get success.

(311)

Quite a few people play sports just for the sake of their appearance - but not for their health. This can be seen in the fact that, for example - they smoke. Somehow I do not see here a coherent whole. (312)

Just when it is the hardest - I see your character and that's when you can start making decisions that will strengthen you. Take it as a school and an opportunity to grow. (313)

There are people who, for unknown reasons, believe that they are more important than others, that they deserve more than others, and that they deserve first places (314)

Sometimes when there are no other friends around.... Only the shirt, trousers, shoes remain. My last friends - chosen not by accident for different situations,.... the most difficult ones. Because they stick to me right away at the time of purchase, because I feel great in them.....because they dry quickly in difficult conditions. They are kind of made for me.....I know it right away.

I carry these friends in my bag, and people in my heart - wherever I go....., they will always fit. And there will always be some space left. (315)

Let's be good to ourselves. Let's take care of ourselves as best friends - and it has nothing to do with selfishness. It is a coherence between mind and body.

Organisms are smarter than their owners. So often people do not care about their body, health, mental hygiene. They smoke cigarettes, drink alcohol, suffer from chronic insufficiency of sleep, live in stress that they create for themselves - and they don't see it. Meanwhile, their organisms are trying to defend themselves. The psyche of such people destroys their bodies, and their bodies take

advantage of every opportunity to try to save themselves. The body tries to heal wounds, tries to rest - when a person makes it suffer.

Why such a lack of internal consistency and such a conflict in many people? Do they not accept themselves? Don't they like themselves? Why are they not good to themselves? I ask myself such questions. It seems to me that this may be the case.

And what is at the root of such behavior mmmm - what always - conceit. The treatment of your interior should always begin with removing conceit.

Conceit is not the same as a healthy Ego. A healthy Ego is good. It is your identity. Conceit is not.

I think you have to be able to accept what is impossible to change in you - and forgive yourself the mistakes you make. Don't live with them forever. Enough already. You have to try to fix them. Instead of struggling - now take each next step smarter. Slowly, ...without rushing - but wisely.

We all have our limitations. You just have to accept them. Concentrate on our naturally good sides - and develop them. Leave alone what we will only ever be average in. Only in this way can we give ourselves and others what we have the most valuable.

There are so many people wiser, prettier, more talented

Let us just try to live our own way and let others do it. Without disturbing each other. Without comparing.

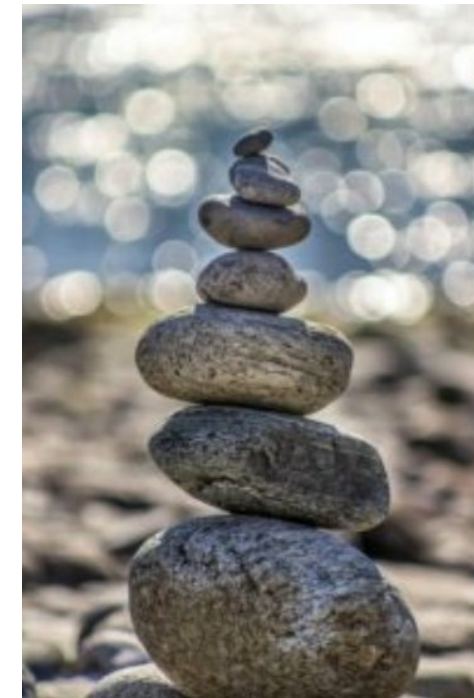
We often fail but we keep trying. Isn't that more important?

Say to yourself at least sometimes in your mind - "I like myself". Y You have a sacred law of nature for that. And really like yourself. Be demanding of yourself, but also gentle and above all - good. Then everything starts to fall into one meaningful whole. Moreover, we begin to value others more as well. (316)

If you are happy then be. Why do you need someone's admiration to be fully happy? Why do you need viewers? It would only be so if your happiness were not real. Because we keep true happiness and

true success to ourselves. So why do you need an audience?

Imagine that you are on a desert island and there is no one to admire you. What would you focus on then? Would you really still want all these goodies or would you rather see the real values?
(317)



My ideal of a strong man - from an early age - is someone with great inner strength - able to endure pain, failure, rejection, poverty and disease. And all because everything he has - he has in him.. His strength and peace are there.

*To build a stable house, you must first build a solid foundation.
This is what the psyche is for life.*

I practice these values myself. In what more difficult and volatile conditions - the better. That's why I'm not looking for comfort. I

was always looking only for a moment of rest and stabilization, only to throw myself into some whirlwind of events soon - while remaining internally calm at the same time.

There are words that I read when I was in my teens. I have not forgotten them. It proves that they were really important to me. They come from either Chinese or Hindu wise books. I do not remember. They sound something like this:

"Your body will go into battle,..... but let your heart rest in the lotus flower."

It means that whatever difficult is going on - it doesn't touch me inside. I only let good things in there. I can work hard, fight, get hurt, fall tired, ... lose everything in life but **my inner home is still clean, calm and happy. Nothing can change that. It all depends on me.** (318)

There comes a point where I lose all my modern technology around and all I have is what I can really rely on with nothing with me absolutely nothing - like a naked man. **This is what I really have - a clear mind, shaped over the years.** (319)

What I create is sometimes born out of pain, but it always tends towards light, joy, energy and happiness ... (320)

Which path in life should I choose? I have asked myself this question many times ... especially when I was young. And one day I found the answer the way I will try to give to others what is best in me that's right, but what is it? ... I found the answer in the eyes of other people ...

What they want from you... what they come to you for themselves is just that. (321)

I noticed that the most fierce competition is for the first and the penultimate place in the group. Nobody wants to be the last.

Whenever I appeared as someone new, in any group - I knew that

sooner or later the weakest,... the most envious would attack me first. I got to know him after that. He usually attacks insidiously - feeling that he may not stand a chance in an open fight. I have been to many environments, but this observation has always been true for me ... (322)

There are "take and get out" sellers.

I avoid such places. They lose a little on me every year - that's their problem. The Chinese say "Who cannot smile - cannot run a shop" ... (323)

For some people, living to the fullest is catching a "Last Minute" trip to distant countries ... (324)

Once I asked myself, "What is life for?"

- To survive - I replied - To be happy. To give others what is best

And will life give us the same in return? ... It's not up to us anymore. Do only what you can ... it just makes sense ... (325)

Principles can never be more important than the human being. If the situation requires it - you have to break them ... (326)

I have always considered killing young animals to be an exceptional cruelty. (327)



To impress a woman with your wallet ... that is the worst possible way - and how short-sighted ... (328)

People often have beautiful homes - that's true. But if there's no love in them... it's all worth nothing. And vice versa - you can have almost nothing, but if there is true love in the house... it has everything you really need....

It is the most expensive house - because it is the only real one. However, anyone can build it. It's never too late for that. (329)

It turns out that reflection on time is one of the basic reflections that I come back to. (330)

Awareness of transience prompts you to verify your actions,... to ask yourself, "Am I living a good life?" (331)

When I appeared on social media - I had to answer the question ... should I write nice things - or true, though sometimes painful? You get likes for the first time. For the second.... silence or criticism. I know what I chose ... and I keep writing ... (332)

Everything will pass... good or bad will pass. And a new one will begin... Everything - empires, centuries, entire epochs and entire civilizations passed - and even stars and planets. (333)

"Be a good person - and mostly good things will happen to you".... There is no magic to it. It is logical - because people pay good for good. Not all of them, but the vast majority are. (334)

I sincerely wish everyone his 5 minutes in life... This is the moment when others notice what you are doing. But you would still do it, even unnoticed - right? Exactly And that's what the chosen path is all about. (335)

A new day, a new morning, new opportunities. Isn't that beautiful? ... (336)

I've never wanted more than love.... What else? Probably only clean air, clean water, restful sleep, sun, fresh bread ... And if I have some wine and coffee ... For me, this is the top of everything I want. ... (337)

Even the worst mess can be cleaned up. Just tell yourself honestly - YES, I WANT IT!

This is where everything will slowly start to change ... Each day can bring a marked improvement, until at some point you unexpectedly find that it all regained good harmony. **And it will slowly start happening just when you almost give up hope. Don't worry - just look at the next stair.**

Defeat each one only one step up.

You don't need more.

Just watch your feet.

Don't look too much in front of you or behind yourself.

Just go.

Maybe not more, but one step can be always done.

There is so much you can do. And focus on it. After 10 days, it's already 10 steps. After 100 days, it's already 100 steps. You persevere. (338)

When I have a project in my head that I believe in - I always ... sooner or later implement it. Even subconsciously. It's only a matter of time. (339)

You can also know the true culture of a man by what he does with his rubbish? Just look at it carefully. There is nothing to gain or lose here - he does what he wants and that's when he is his true self ... (340)

People want to compare themselves in everything. From birth - even then they ask about the weight of a newborn baby. And so throughout whole life. For what ? That's why I never understood all this sporting rivalry. It amazes me that even people who seem very intelligent love this competition.

I used to look at the faces of footballers - in a newspaper, ... in a photo. It was right after the goal was scored. I saw a monstrous grimace, as if from the battlefield. As if they were fighting someone to the death. Their faces seemed to scream "Hit it, kill it to win to defeat some enemy." It turned me down.

I think sport plays the role of a substitute battlefield here. Otherwise, some people really want to fight others just to prove to them that they are better. Instead of creating and doing wise things during this time, they compete with each other. They lose their life energy in mindless struggle. I don't understand this because I never wanted to beat anyone. Even when I played chess and had my success in this game at one time, the result was secondary to me. Let the better chess player win - I thought. Not a smarter man, but a better chess player. These are two completely different things. It was the atmosphere of the game and spending time together in a cultural way that made me happy. Seriously

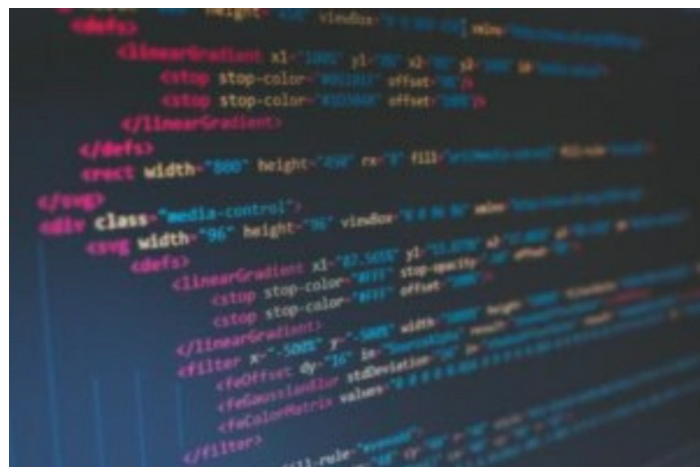
Sometimes a long silence, the gentle ticking of the clock. The fact that someone is sitting with me at the board and in concentration, contemplation - we spend these few moments. There was some sacredness to this game in that.....

I never wanted someone else's defeat.

You're faster than me, stronger, taller, dumber so what? I can only fight - for freedom ... (341)

+++

The difference between an artisan and an artist is that an artisan just does his job and the artist puts himself in it. And it does not only apply to the fine arts... contrary to appearances. This applies to many areas of life. I've seen code written by programmers,.... so clean and sophisticated, with such style and taste that sliding my fingers along the lines of the program, I could feel the creator's way of thinking.... His personality, his work culture. And yet the same pieces of code could be written completely differently... chaotically, like a node on a node. And that would also do its job - working anyway. But still it wouldn't be the same. It would be very difficult to understand such a program. It inspired my admiration and respect. Although they were only seemingly empty commands and numbers, ... arranged in a purely machine sequence ... yet they were written by a man ... real, thinking and feeling. And he was hiding behind it all, knowing that someone else would read it someday ... and that I would understand him and smile ... And that appealed to me ... (342)



Smoking is a kind of suicide - only slow Have you ever looked at it this way? (343)



It is so in life that we will lose everything sooner or later. Realizing this - it allows us to appreciate, understand and experience more ... (344)

The TV itself dictates what you should watch and tries to shape

you, so that you choose, that you buy, that you think a certain way in the first place.

In the Internet, you choose what you want ... as from the tray - where everything is. It's much better here - though be careful too. Choose carefully ... because social engineering is everywhere today, and the world of electronics works 7/24. Machines don't need sleep. We are just entering the era of Artificial Intelligence. While in my day it was only talked about .., now it is really happening. The next decade will show how much.

Be a conscious human being - not only a product of your time ... (345)

When buying something inferior in quality - we actually pay at least twice for it. Because either we buy something that will serve us for a shorter time and we will have to buy the more expensive and better - or finally we will buy the same for the next half of the same time. We also do not take into account wasted time shopping, disappointments.... and so on.... This is more or less the way it is.

But also better - does not always mean more expensive. Most often, however, one is related to the other. What a discovery! - you will say. But sometimes I manage to buy something cheap and good at the same time. Then I am especially happy.

I think about it with damaged socks... .. I have such thoughts too. (346)

Does having a difficult time mean we are not to try to enjoy the day? Even a little bit of satisfaction, which you can feel, is the success of our conscious work on ourselves.

Yes - life satisfaction is very important to our health. However, you have to work consciously for this. It is not easy considering the number of mistakes we make and the pace of life.

So slow down and simplify your life to find little moments for yourself. (347)

I noticed that people who respect money exceptionally - they also respect time exceptionally ... one is very closely related to the other ... (348)

I'll tell you something.... A secret: Strong women - they like even stronger men. (349)

Interesting people - they know interesting people. And those in turn - they know other interesting people. Because the world is full of interesting people ... And for - me everyone is interesting ... (350)

We come into the world naked and we will leave it naked. Only what we leave in the hearts of other people will remain. (351)

Envious people have many complexes at the same time. One follows from the other, like two sides of the same coin. They have one more feature - they are malicious ... (352)

I sit in the room and watch the fly try to get through the glass to the outside. He struggles and loses life energy unnecessarily.

Sometimes when I come home from work to the hotel - I see some of them lying dead on the windowsill.

Meanwhile, the exit is right next door. Their nature and intelligence do not allow them to do so. They did not go to another level of evolution. They will remain flies.

I take the newspaper and chase the fly towards the open space ... It flies out.

I remember the story about hunting monkeys.... They put an orange in a transparent box. At the top there is a hole through which the monkey can put its paw. Exactly - but only an empty paw. Then the monkey grabs the fruit and tries to pull out the paw. This time, however, she is unable to pass it through a too narrow

opening. All she had to do was release an orange and she would be free immediately. However, she will not. Can not. In her mind, this type of situation is unimaginable. Meanwhile, a hunter approaches to kill her. Even in the face of such a threat, the monkey will not release the fruit.... The final is known.

We humans are also often unable to evolve to a higher level.

Someone is killed by his addictions and bad habits - but he does not let them go.

Someone cannot change their life, although they are going more and more downwards. He does not dare to do this. He pretends to himself - that he can't, and finds a million ways to rationalize it himself..... He won't even try.

Someone stubbornly goes - like a donkey - into some solutions that do not work, despite the fact that they have failed so many times. It does not draw conclusions from it, does not modify methods, does not learn anything. He's losing energy.

Someone else cuts the branch he sits on - destroys his own and others' health and life - and then is surprised that life pays him back in the same way.

Someone else is afraid to change their job, place of residence, or profession

- and the solution is right next door....

And so on and so forth.....

However, understanding is rare. Very few people ask themselves "why is it this way?" Very few people can really be convinced by the arguments of reason. Unfortunately, for the most part, any change is made by either avoiding suffering or seeking pleasure. Man is only an animal - only more intelligent. That's all. Also not all people - they are on the same level of evolution. These are bitter words - but unfortunately true.

(353)

Everyone should do what they do best and what the world needs. It's about what will help the world, not what the world is will-

ing to pay for. This is absolutely not to be confused. Doing this - he will give a lot to others - but also himself ... Maybe he won't make a lot of money on it, but he will definitely do exactly what he should ... And that's about it much more ... Find it in yourself ... Other people will be the answer... look at them like in a mirror. Their honest response will help you make a decision - what to do and what not to do ... (354)

We are often unaware of how our actions affect the behavior of others. It is a kind of chain reaction. Something similar to what one French writer described. The case concerned a procession that was about to start on a great holiday.... on Sunday. It was hot and everyone was waiting for a signal... ..At one point, someone in the crowd farted.... and the procession started. The orchestra immediately played and it got very solemn.

People sometimes need a small detonator. They hesitate to do the obvious ... Sometimes it is enough to just push a small domino chunk and a powerful reaction begins. Suddenly everyone is courageous to do good ... It's important to push that good domino block - to good action. (355)

The only thing we can really influence in life is who we are and what we give to others.

Everything else - either depends only partially on us, or even does not depend on us at all. And I also mean love. We can love and not be loved... We can take care of health and yet get sick.... We can respect others but not be respected ourselves. We can work hard and not be able to make ends meet ... Usually, however, it is different, but such situations also happen and we have no influence on them.

So only the good that we give - even in the absence of all these basic elements - depends only on ourselves ... We may have nothing - and continue to give to others This is man's only true wealth. (356)

Young Man... If you really want to learn something - just go out into the world... Get up from your chair and move.... In a year you will learn more than 10 years at universities...trust me. Meet people and learn everything at once. Don't worry - your mind has enough capacity... you'll never overload it. Do not break down knowledge into subjects as they do in schools. Over time, you will notice that one object permeates into another ... and that again into another. Knowledge is one great book full of surprises. This way you will learn the most important things ... Some things will surprise you to the minus and some to the plus. Better you find out sooner than later. So go ahead - get to know the world, but also yourself. (357)

We all need love.... Everyone, without exception .. (358)

Everything passes someone was someone is gone... .. Keep him in your heart...

The beauty of life is influenced by small, inconspicuous moments ... (359)

Each day is a completely new deal of cards. You can win anything every day. This is another great chance .. (360)

They had nothing but dance.... and in this dance you could see all the richness of their soul ... (text written with delight - seeing young people from a working-class neighborhood - dancing on the pavement). (361)

In reverse, only drive as much as is necessary... no more. A lot of things can happen in reverse that you won't see - so don't drive more than necessary. Check this rule today - you'll see how it works. Remember - don't drive an inch more than you have to. Same thing in life. (362)

To love and be loved... that's what we are for. May each of us find it. (363)

Stay human. Anytime, anywhere, no matter what the circumstances. In fact - that's all that matters .. (364)

The content of the life is important - not the length .. I think exactly the same about writing. A good text doesn't have to be long. (365)

I think that life is also about - to share with each other .. What you have the best .. (366)

History should never be underestimated - because it likes to repeat itself - more often than we think ... Not only twice, but much more. (367)

Why do I need time - if I don't know how to use it well?

Why do I need health - if I cannot enjoy it and see it?

Why do I need money - when I can't make something good out of it?

Why do I need skills - when I can't turn them into something really worthwhile? (368)

They tell me that at the age of almost 50 - I can't change much. However, I will correct my right path - I will

And I'll go as far... as far as I can... .. Better late than never. (369)

While some addictions are obvious, such as a tendency to alcohol, gambling, smoking -.... there are a whole lot of other addictions that destroy our lives unnoticed. This is the case, for example, with watching TV. It is no less harmful than others - and so common. It takes our precious time, especially if we watch it pas-

sively... unconsciously. Television itself is not bad. It can be good if you use it wisely. In fact, very few people can do it.... (370)

There are people who create, and there are people who destroy - because they cannot create. They secretly hate the former. It is a primal phenomenon and as old as humanity ... (371)

I was thinking - how to earn money? I haven't had much. I was sitting alone, in a modest hostel room,....in the twilight - just after sunset... ..beaten,.... After returning from the world.

The left side of my chest was still aching like an sword piercing.

It's probably so I don't forget I'm mortal.

.....I understood.....

- Is that all,... ..Mr Makosz - I asked myself?

- No ! - something inside me replied

(372)



The goal is happiness - shared with others. And this is possible when you do as much good as possible. Will you get good in return? It's not up to you anymore. You, do what you can. That's it. (373)

Whatever decision is made - the good should be kept in mind. Not only our own, ...not only those closest to us - but possibly all of us (374)

Either I believe in something and do it, or I don't believe it and don't do it. I have been following this simple rule for as long as I can remember. (375)

I think that between the approach to science and the approach to art - there is practically no difference. Both of them approach some supreme mystery, but each of them from a different angle. Both also require the same dedication and consistency at work. Scientist or artist are like monks.... like priests in their calling. Both paths require hard work and many sacrifices. These are not professions - they are vocations ... (376)

Not what we look like but who we become is important as a result of working on ourselves ... (377)

What is time.... when is saturday night ? (378)

Ever since I saw the Drzymała's car in a book during a history lesson in primary school - I knew that this is how I wanted to live. Only once later I wanted otherwise.... (379)

I have seen some very exemplary marriages. They sat one and a half meters apart. When they walked along the sidewalk, he was

often even a few steps ahead of her. She followed him slowly. However, they felt empowered to quickly evaluate other marriages... (380)

It is often the case that we do not know why something is. We don't understand how it works - but we use it nonetheless because it works. This is the most important thing. Herbalist in the old days used various herbal mixtures that worked - although to this day medicine does not know why. (381)

What I'm really building is something completely different that no one can take away from me - it's me. This is my knowledge, skills, character, way of thinking ... This is my real capital. I have always been aware of this and I know that despite the many mistakes I have made - I have achieved something. (382)

Love is like the most beautiful gift we give each other. We are waiting with it as if it were a holiday to give it to this special person ... (383)

Loneliness is a lesson. And it is there so that we can appreciate our loved ones more... (384)

I did - what I could to be happy. The rest wasn't up to me I don't blame myself. I haven't wasted my life. I tried to experience life as a person, who does some good. I hope I have succeeded. (385)

When I get up early in the morning and eat my favorite warm oatmeal, with hot apple pieces, cinnamon and a little raisins... slightly honey poured on top.... - I leave at dawn. Then this rebellious Atlantic wind pushes me in the back and helps me move forward. And almost every day I see a sky full of colors that I have not seen before. Here, especially the sunrises and

sunsets are different.

Brighton - in a country of people who love porridge in 1000 ways
just like me ... (386)



There are times when I feel sorry for myself ... (387)

There are so many places that have witnessed our stories.

and then you don't know how - and here we are again.

Older ... changed ... a little different.

So much has happened in the meantime - do you remember?

I can still hear the sound of the words uttered ... here ... o... - there!

As if yesterday.

And as if I could hear the soft ripple of water in the background....

Is it possible ?

... ..Possible -... it's a river of time....murmurs softly.... (388).



One of my favorite places where I like to come back and where I like to meditate - it is from the photos above. This is the terrace of the Katowice Spodek. There is a beautiful open view to the south from there. Katowice is a city of wide breathing and space. And this blue sky above all ...

I have many beautiful memories with this place. This is where we were at the concerts of JMJ (Jean Michel Jarre). It is here that many important world events took place. Here, many interesting people came to us from the distant world. This is where the roads of so many inhabitants of Silesia, Poland, Europe and the world cross.

When I'm here - I like to stand on this terrace. Look at the fluid traffic and city life in peace. The terrace faces south - towards Ustroń and the Mediterranean Sea. At the back is our Siemianowice Śląskie, where I come from. So everything is in its place. I feel at home here. (389)



The past interests me for two reasons:

1. Because I want to remember everything that is most beautiful in it and at any time be able to move into it in my imagination, ...to come back to the present.
2. Because I want to understand the present and the future better, because I know that everything is in a cause-and-effect relationship. One affects the other, and nothing is left without a reason. What was 1000 years ago affects today, and today it affects what will be 1000 years from now. Just as what was a moment ago affects what is now and what is now will affect what will be in a moment. And so we can imagine any moment in the past and realize that it will affect any moment in the future. This is the cause and effect relationship. Everything comes from something. The magnitude of this impact is only determined by the level of correlation. This one can be

very strong or even imperceptible.

At this point, this basic question arises:

Can we, with our actions and decisions, change the present and the future? do we influence it (and if so, how strong)? Is everything already determined by events from the past?

Experience shows that we have an influence on many things after all. Although our decisions are limited, we can still do a lot.

Each of us has an impact on the future. Maybe do something like this or something like this. Or it may not do anything. However, our choices shape reality much more than we might imagine. So let's decide wisely.

Thanks to the development of science and technology, mankind has achieved a lot. There are still many people who respect science and see great value in it. I respect scientists and creators. They change and often save our reality. Of all my childhood dreams, the desire to become a scientist was the most primal. This is why I love physics. It has always been my favorite subject. Physics explained the world to me. Then philosophy came to me. They were two sisters who made me understand better - and that gave me inner peace and order. I was beginning to understand what was happening around me.

One night I was sitting on the window sill in my room and I was looking at the starry sky. At that time, I was deeply considering whether to choose physics or electronics as a subject of study. Ultimately, I found that electronics is actually a part of great physics - its narrow specialization. I wonder what would have happened to me if I had decided to do physics that night?

(390)

In the little things you can see the greatness of man - because greatness is made up of many little things.

How you start your day, ... how do you relate to another person, ... do you really understand that the other person has the same need of happiness - as you do ... ?

We also like others for their little things for what makes them different. Some of them we love just for those differences.

Not everyone is walking in the middle of the sidewalk. Some people walk on the edge. There is also a sidewalk for them - like for everyone. (391)

More than any man's actions, I judge his intentions.

Something will not always come out well for someone, but the important thing is that he meant well.

It is the same with the language.

Sometimes people say in such a way that there are more curses than words. However, if you listen carefully, you can see between the curses that this man meant well. Ultimately, that's all that matters. (392)

You want to have tomorrow - what you don't have today ... ,

but remember that tomorrow you will not
have - what you have today.

There is always something for something.

Slow down a little and take your time.

Tomorrow will come anyway.

Don't want too soon ... (393)

YOU ARE WHAT STANDS UNDER THE SHOWER

You are all - what's in the shower. And that's what you've always been. What do you have then, besides yourself, besides what is in you? If you look at yourself and the world in this way, you see things that others will rather trip over than noticing them. Your

hierarchy of values - is doing quite well.

Have you ever looked at it this way? We are what will remain - when fate takes away all that we physically possess. It will also take away our recognition and respect because someone can spread bad words against us. However, real value will remain.

So what is naked in the shower will stay. Build your life on it. This is the only true and solid foundation for what you have been working for over the years. This is your real capital. Nobody can take that away from you. It's all you've learned, understood, and who you really are.

I looked at it that way a long time ago, in a hotel, just standing naked in the shower. I realized that although I seemingly have nothing at the moment, I actually have everything. On the one hand, it was an enlightenment, and on the other hand, it was only a confirmation of the rightness of the path that I always followed subconsciously.

Isn't that why I liked swimming so much in the morning - back in high school? Yes - that's why.

It was just me, water and sun. I did not compete with anyone. I was swimming for the pleasure of swimming. I was enjoying this joyful sun and just being alive.

We are born naked.

The way of life can be a beautiful adventure. and what we really have - we will take with us always and everywhere. Isn't that wonderful? (394)



GOOD is more than INTELLIGENCE
INTELLIGENCE + GOOD = WISDOM
(395)

How do you get out of it all? How to arrange it? We all have a hard time at times and we all need help.

One of the main goals of my Life Coaching is to help people who are lost somewhere in life. To those who have had various problems and often have very difficult stories.

I would like to help them organize their own lives, ... make it easier to see their true desires and potential, ...help them set out an individual path to fulfillment in various areas of life.

Sometimes we do not see what is so simple and right next to it. Sometimes you need another human being - compassionate and understanding. This is what I would like to be. This is one of my goals in life.

When asked - Who am I? - I would answer that I am the "Helper". (396)

Anything that machines can do - let them do. Man should never replace machines. It's beneath his human dignity. Man is a being that should create machines. Man should expect much more of himself. He is the creator.

Man, as probably the most intelligent being on earth - should make sure that life on our planet is well. Take care that our common mother nature is not harmed.

This is what he should use his potential and intelligence given to him just by nature. (397)

Does the fact that someone does not do evil - automatically mean that is good? (398)

If someone mocks philosophy and philosophers, it means that he is mocking thinking and those who think. (399)

People who think consistently - speak consistently and write consistently. And vice versa - people who write sloppy, also speak sloppy, and finally think sloppy.

It can be seen immediately after someone writes at least a few words. (400)

Aging is a natural process and it can also be a beautiful process. Often then we begin to understand reality better.

Due to lack of time, we put aside unnecessary things and see the meaning of our life more and more clearly. (401)

Become the best you can become. Get on your own top. This is the realization of your life potential. (402)

It is never too late to change course. (403)

A sense of control over our own life - we need it very much. Otherwise we feel insecure, unsafe and unhappy.

The way to do this is to limit the amount of things we do and have. (404)

The amount of a person's wisdom is directly proportional to the amount of good that is in him. And good is not only about actions, but also about thoughts and intentions themselves. (405)

Don't blame yourself for everything. Sometimes you just find yourself in the wrong place at the wrong time. Not everything is the result of your mistakes. Be gentle with yourself, but also demanding. (406)

Nothing teaches humility like a tooth of time that, sooner or later, will reassure everyone. (407)

Peace of the afternoon....."Tea Time". A sweet moment of suspension during the day.....so much needed.

Passing by - I heard how small, coloured glass slides gently hit each other.....playing a different melody on a warm, gentle wind each time.

I knew that sound.....how well I knew it.....It muted my insides. Immediately.....Hypnotized,.... I stopped for a moment.

- You are watching them very much, Honey - said the stall owner.

- Have you seen the "English Patient"? - I asked after a while.... (408)



Every person is unique.....just look deep into his eyes and you can see there all the way he has traveled. Everyone comes from a different place.....has a different story.....

We are like leaves on the great tree of life.

Though so similar - always different.

We leave our little mark in history and everything goes on.....

Our real moments - sometimes it's just one summer, one season.

Our life is sometimes a few memories.....the most beautiful ones.

We keep them in ourselves, to go with them everywhere, wherever fate throws us.....

So that they warm our hearts when it's hard.
.....We try as if to say: "Yes,.....we made sense. We were not for
nothing"..... (409)



When I think I have nothing more to write.....the next day 10
more topics arrive.
And I don't know where it comes from? (410)

Not walls....Not table...Neither bake.

The woman is a home.
Where she is – It's warm...
and there is a common house....
This is my wife ... my house ...
(411)

I'm not young anymore and my hair is gray, ... but I still want
to love and be loved. I want it – just like I used to.... (412)

Everything I wrote, I dedicate to my wife Iwona and my son Artur.

END OF PART ONE

Collected on the basis of texts written in the years
2019-2020 - on just anything, and then rewritten.

One day I would also like to refer to my older notes.

I hope it will work.

More on
www.jmakosz.com

Proof