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ESSAYS

ONE STEP PHILOSOPHY

No matter how much you have to do, it really comes down to one next step.

Ask yourself, "What should your next step be? "

How do you know if it's good?

You have to ask yourself another very simple question: "Is what I want to do important?"

– What does important mean? – you ask in turn...

– Only what is consistent with your life direction is important. Everything else is irrelevant.

So don't do it...

Some time ago, I came up with a certain philosophy of conduct. I practice it on myself.

Thanks to it, I manage to do things much better qualitatively (though maybe not necessarily quantitatively). I prioritize quality over quantity. And that's enough for me.

Interestingly, I am also calmer and more satisfied with the quality of life itself than when I tried other methods - more traditional ones.

I have written many times about the fact that for me life is like sailing.

About the fact that the direction is important - not the goals. About keeping a firm grip on life. To focus only on navigating well each day - not on goals. Because all successes are only the result of good navigation.

This sailing on the right course - it's not about achieving anything. It's not even about getting anywhere. It's just about the good life...

This is how I see it.

Now, however, I will add a small element to this.

This item is completely consistent with everything I said before. In a nutshell - it's about taking each next, single step wisely.

That's all.

The step is a symbol. It's about small but completed actions.

I finish one small, simple action and wonder what the next small, simple action should be.

I don't have grand and precise plans. I improvise a lot in my life. But I have a steady direction. This is important. It is like the north star to me, to sailors in ages past.

I adapt my actions to the situation and place. I try to do the right thing at the right time. And every thing has its right time and right place.

You just have to feel it.

And then, instead of struggling with life.... - We're going with life.

We sail faster and more beautifully.

Totally true to its nature.... almost effortlessly.

try.....

GO WITH THE WIND

I like to compare life to sailing on a yacht.

So, using this analogy, I can say that if you're on a certain course, don't change it too abruptly. It can be done, but do it gently,... with sensitivity. Otherwise you risk tipping over. This risk is greater - the greater the speed at which you sail.

So respect the eternal laws of nature. They are immutable.

Take what is happening - gently. Do what you can - the best you can. That's all you can do. Don't bend reality to yourself. Adjust yourself to reality. I think that's the essence of being happy.

In one of my favorite movies - "Forrest Gump" there is a motif of a feather carried by a gust of wind. It symbolizes our life. Between sailing and a feather drifting in the wind - there is not that much difference.

Forrest is a mentally disabled man whose life has been very hard. However, he finds himself in everything that happens to him and tries to be a good person. His most distinctive feature is that he cares about others more than himself. It's completely extraordinary. He cares about the realization of their dreams, desires and needs. He wants nothing for himself.

When asked when leaving the army if he has any plan for his life - he does not know what to answer. He lives for others. The question makes no sense to him.

Interestingly, further history shows that life rewards him for this attitude many times over. He didn't care for it at all and is rather surprised by it.

Forrest does not care about his possessions, about his position in society (which, by the way, deleted him anyway). His difference is so great that it might seem that he is doomed inevitably to life failure and rejection.

In fact, it's quite the opposite. Surprisingly - life saves him. It unexpectedly gives him a lot.

I often think back to the final scene of the film, where a feather soars into the sky. Then the question arises about how much influence we have on our own lives - and how much it just happens.

Whatever the case may be, what matters is only what kind of people we will be.

"We are entertained and moved by Forrest Gump" - I wrote in 1995, after we saw that film for the first time, in the summer cinema in Siemianowice Śląskie.

This is an extraordinary movie....

COMMUNICATION

Communication is one of the most important life skills.

Of all the skills you learn in different workplaces, the most important are those that you can transfer to other places.

They will stay with you... and you will go further with them. One of them is the most basic one - the ability to communicate effectively.

We learn it from an early age - but only a very few have developed it at a really high level. And it has an incredible impact on everything in your life. From the private sphere - to a career in your profession. And whatever you do.

In any relationship with another person - communication is the basis. When we were still living in caves, we slowly developed our way of communicating. It became gradually more and more precise, more and more perfect.

It's not about how many foreign languages you know - although that can be an advantage.

The most important thing is the content and the way you communicate. Otherwise, you'll do it just as badly in any language.

It's also not just about making others understand what you're saying. Oh no.... This is just the beginning of the beginning.

"Real communication - is the ability to convey your thoughts, feelings and concepts ... Transmitting them in a way so effective and fast that a "communication channel" is created between the speaker and the listener (my definition).

Over the years of my life, I have read various materials on this subject. If from all these sources and my own experience - I was to create a kind of "synthesis in a nutshell" - I would advise the following:

1. You must have something good to say (otherwise don't say anything at all and don't waste others' precious time).
2. Say (but very briefly) what you will say. You will interest your audience.
3. Now say it right.
4. Observe your listeners and their reactions.
5. Finally - say what you just said. This is a kind of summary and consolidation of the message. Do it a little differently than when you first announced your topic. This slightly different variant will make your audience more actively engaged. They will also remember everything much more permanently.

The rest is a matter of frequent practice. You can't learn to swim dry, and you can't learn to talk without talking. Speak and learn from what you do.

And a curiosity:

Note that, apart from ex officio managers, the best leaders and managers who came to their positions "organically" are not necessarily the best people in their fields, but certainly people who can communicate in an above-average way.

ANT

Sitting on the couch with my legs tucked up and breathing in the crisp, almost spring air from the mountains... I noticed a small ladybug on the wooden floor. She was walking in a direction only she knew. It's already spring, so many beings are waking up to life.

I started looking at this little Ladybug...

Reminds me of an observation I made over 20 years ago. I was standing at the bus stop on my way home from work. The sun shone brightly on the hot asphalt of the road. And that's why I noticed a small object on the asphalt background - an ant She was carrying something large - something much larger than herself And so she walked forward, very slowly, tens of millimeters. Crossing the road must have been an ocean of danger for her. A road meant to last forever.

Cars were going both ways. I've seen a car blow her off course a couple of times, and she clings to it with her little legs, trying to survive.

Somehow, however, she kept returning to her previously chosen course, as if she knew where to go. Somehow, I still saw her. It would seem impossible - such a small ant.

It is interesting. What is the compass in animals? She looked like she was going to some kind of 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 on... At any moment she could die under the vehicle - ... but she got up and came back. She was fulfilling her life vocation.

Do we humans have this instinct too? Do we know where we're going? Are we faithful to the chosen path? Are we persistent enough? Are we doing what we should and believe in – whether we are tapped on the shoulder or not?

I've been asking myself this question for over 20 years and I know the answer. Every time I wonder why I'm doing something - I remember this little ant crossing the road.

I don't know if she passed? The important thing is that she tried....



DUALISM

And drawing again - I make a discovery. I did not study fine arts and everything I know - I know practically from my own observations. However, I am constantly confirmed by a certain law - that if in some place of my drawing there is the brightest area - then right next to it will also be the darkest. And it's not a bit nearby, but you should look for it right next to it. As if one could not exist without the other. Light without shadow and shadow without light. And the stronger both are in their range - the closer you should look for them next to each other. In a way, this is logical, because only their mutual contrast allows us to see them. And the greater the contrast - the sharper the object or part of the drawing.

I heard that the pain center is located in the brain right next to the pleasure center. Maybe I'm going too far, but by analogy, does pleasure border on suffering, and the bigger one - the bigger the other - will always be next to it? Not somewhere a little further, but right next to it.

What about evil and good? Good and evil? Or is their closest coexistence functioning here as well?

And the darkness - after all, is not bad in itself, because the night, for example, is not bad? However, the darkest moment of the night is not right next to the brightest moment of the day. So maybe it only applies to our senses and the perception of two phenomena side by side. And only then do we see 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 mean here some strange law, not so much close as the closest coexistence of opposites that we perceive with human senses.

Thoughts like these run through my head. I don't understand so many things, but I can see how they work.

P.S

Some time after writing this, I found an ancient Chinese sign - referred to as Yin-Yang. I had seen it before, but did not know its meaning. I'm just getting to know it now. This made me realize that people have been trying to understand these problems for a long time.

HOW TO LEARN

Personally, I think that specialization should go hand in hand with gaining general knowledge - about 20% general knowledge and 80% specialization. And so every day.

In this way, we will not neglect to be aware of what is around us and at the same time we will be able to make effective progress thanks to the deepening of specialist knowledge. One will complement the other. You'll discover it over time. We only have one life and not that much time. Many things we will never know. There are many things we are not even aware of. We don't even know they exist.

This one life, however, multiplied by millions - gives us great 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 the right direction and then – be consequent.

And this is our individual contribution.

Finally, lifelong learning should be intensive, not just at school or university. Learn and practice. One always goes hand in hand with the other.

Learning should not end with the last exam - as it often happens. It is worth demanding more from oneself (PS. Although I wrote this myself, I have to constantly remind myself and demand more from myself).

IMAGINATION

Apparently, from a psychological point of view - to imagine something and experience it - it's really one and the same I read about it once. We share the same nervous and hormonal responses. It's just a matter of having a sufficiently strong imagination....

Every day I check it practically..... Like now for example. I'm looking at a large TV set, in the latest technology - behind the shop window.

I like standing here. The TV impresses with the picture quality and there are always breathtaking color movies..... I just imagine that I am surfing in the ocean - like the boy on the screen I feel the current of the water on my calves and the fresh breeze on my face. And that strong sun on my back...

Then another picture appears. Now I imagine this ripe orange, serene sunset. I'm somewhere on remote islands. I'm sitting in this boat, on the left side... I'm like here, in a shopping mall, and

meanwhile, for free and in an instant - I moved there to come back here again in a moment... This is just a matter of imagination.

I am not writing about this by chance. Several times I experienced exactly what I imagined. I really was there to come back... I had the same feelings I imagined. Yes - from a psychological point of view, it's really the same thing. It's a powerful force.

For example, someone who is in a wheelchair - can deliberately and controlledly imagine that he is healthy and doing everything he wants.

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

It's like in James Cameron's "Avatar".... There was a movie character of a young, partially paralyzed soldier. He was transported to another world where he was a different being.

The only limit is your imagination, so it's worth developing it....

CHANGE

I am the first "Non-Miner" in my family. It was my father and grandfather... And grandfather's grandfather and so on. There were so many that I think even my body is genetically prepared for mining. My younger brother is ready for it too.....

It was me who ended the long history of men working half a kilometer and further down - underground..... Not everyone comes back from there.... Sometimes methane explosion and fire kills Sometimes tons of coal.... .

My grandfather came back... with a half-broken back. He survived a mining collapse twice (in my area, this word means the collapse of the ceiling on people. Then everything collapses and there is no escape).... The second time he was brought to the surface unconscious.... He walked bent down until the end of his life - looking at the pavement and not being able to look at the sky.... He was 30 years old when it happened. That's why my mother said to me when I was a boy:

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

Miners don't like to talk about what it's like down there. This is very significant for them. After that you will know a real miner. Because there's nothing there they want to remember.

Somehow I never gave much thought to the fact that my father was going down so deep every day.... He would just get up while it was still dark and hurry to get to the elevator.... It seemed so obvious and so normal, as if he was walking to some normal job - like some others. But it wasn't normal at all. And only now I understand it, when I myself am almost 50 years old.

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

And I feel grateful.

But my contact with coal, as you can see, is not over. A moment ago I made this quick drawing... I called it simply - "Miners"....



LIFE LESSONS

Every experience teaches something. The condition, however, is that you have an open mind to learning.

However, there are some experiences I would prefer to avoid. Without learning from them, I too could lead a happy life.

Well,.....I'm the scriptwriter of my life only a certain percentage,.... as it turns out.

So I take lessons from life just like that - as it goes. I learn everything at once - simultaneously.

When I fail at something, I do it differently next time. A little different, but still. I always ask myself after a defeat - "And what is the lesson for the future?".

In my professional life - I came across the concept of "Lesson learnt" - as a methodological, procedural approach, used in the army, aircraft construction, electronics, and security products. There, every failure must end with corrective actions. It's not enough to wave your hand. It's not a question of good will and whether a lesson is learned or not. The procedure says you have to pull it out. Otherwise, the analysis process remains open.

There is something about it. Without such conclusions, we do not learn for the future. I study each of my failed drawings... even before I throw them away. I take a lot of photos, even just fragments of them. I know that I have devoted some time of my life to them and I believe that not in vain. I put these drawings all over the walls. I think about them. I see them in different lights. I move closer and away. I finally know what I did wrong and what I would have done differently. And next time I actually do it a little differently... even purely intuitively.

LOOK FOR COLORS

I've recently come to the conclusion that you have to be able to look at the world quite selectively... A bit like through rose-colored glasses. It's not hard to find bad things. Good things, on the other hand, you have to be able to notice and want to notice.

When you see beautiful colors, sometimes pretending that you don't see others - you start to think differently. It's not an objective view of reality - that's right, ... but it helps to program your own mind to look for good things. And this way of thinking changes our attitude.

It's like the news in the media. Most of them are bad sensations. Meanwhile, you need to look for the good ones consciously and purposefully. This is not about deceiving yourself about reality, but about 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 makes sense.

And it's not like the answer is automatically, "Oh, of course." Sometimes we don't really want to, but we can'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 the good things, even if only a few a day, and make a picture of the day from them.

The course is important - like the course of a yacht at sea. It's a course towards the light.

GIVING YOURSELF

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

By giving to others, you receive.

By making others happy, you become happy yourself.

By helping others achieve success and realize their potential in life, you are realizing your own.

By understanding others, you begin to be understood yourself.

e.t.c.

So ... - give first.

Give, but do not count on return, thanks or profit.

That's not the point.

Focus on what you can give to the world, not what you can get from the world.

Just think that.

You'll see it makes sense.

And life..... sometimes very late and unexpectedly - but it will also smile at you.

THE ART OF CHOICE

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

The final choice, however: A or B - these are two completely different ways ... Two different lives. And there are universes of unknowns behind them. And so on to the next decision, simplified again to A or B. And so on. Imperceptibly, a huge network of choices is created - our individual path. Among them, there are also those that are very significant, changing a lot.

We humans have to simplify, because we are unable to cover more information. This is our weakness in a way. It is from such choices, sometimes inconspicuous, that our lives are made up. You can see it - looking back.

WAVES

I found in one of the books recently, this sentence - "Problems are like waves, they never end."

I thought about it a bit. Now you can approach it in two ways:

Variant 1 - someone, hearing such a sentence, becomes more depressed and sees rather the futility of their actions in the face of never-ending problems.

Variant 2 - someone, thanks to these words, understands the nature of problems better and this is what helps him. Realizing that this "wavyness" is the most natural. He does not complain about fate.

In addition, you can also realize that we are not alone in this. This also applies to other people. Sometimes the waves will be small and gentle, and sometimes they will be big and strong. It may also happen that the sea will be calm - without major waves. However, you have to be aware that it won't last very long.

You need to approach them without haste, but wisely - saving your strength for life. First one problem (wave), then the second (wave), then the third (wave). Avoid dealing with multiple problems at once. It's more tiring and distracting. Sometimes there's no other choice, it's true. However, if possible - you need to focus on one wave at a time. Solve this problem without downtime, because the next wave is about to come.

And don't complain that here it comes... It's normal. This has been going on for ages.

The ability to solve these problems - also gives us a sense of strength and self-confidence.

HARMONY WITH YOURSELF

Organisms are smarter than their owners. People often do not care about their body, health and mental hygiene. They smoke cigarettes, drink alcohol, suffer from chronic sleep deprivation, live under stress that they create for themselves - ... and they don't see it.

Meanwhile, their bodies are trying to defend themselves. The psyche of such people destroys their own bodies, and the bodies take every opportunity to try to save themselves. The body tries to heal its wounds, tries to rest - when a person inflicts another suffering on it.

Why such a lack of internal cohesion and such conflict in many people? Do they not accept themselves? Why are they not good for themselves ? I ask myself such questions.

I think that we have to be able to accept what is impossible to change in us - and also to forgive ourselves for the mistakes we make. Don't live with them forever. Enough already. You have to try to fix them. Instead of struggling - take each next step wisely. Slowly, without haste - but wisely.

Love yourself really. Be demanding of yourself, but also gentle ... and above all - good. Then everything starts to fall into one, meaningful whole. And what's more, we start to value others more as well.

STRONG MIND

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

"Let your body throw itself into battle, but let your heart rest in the lotus flower."

This means that whatever is difficult happens - it does not touch my heart. I only put good stuff in there. I can work hard, fight hard, get hurt, get tired, lose everything in life.... but my inner home is still clean, peaceful and happy. Nothing can change that. It's all up to me there.

SPORT

I used to look at the faces of football players - in a newspaper, ... in a photograph. 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 "Kill, kill, just to win..... just to defeat some enemy." It rejected me.

I think competitive sport acts as a substitute battlefield. Otherwise, certain people really want to fight other people. And that's just to prove to them that they're better. Instead of creating and doing smart things at the same time, they compete with each other. They waste their life energy on mindless fighting.

I don't understand it because I never wanted to beat anyone. Even when I played chess and had successes in this game for some time - the result was secondary to me. May 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 very atmosphere of the game and spending time together that made me happy. Sometimes a long silence, the gentle ticking of a clock. The fact that someone is sitting with me at the board and in concentration, contemplation - we spend these few moments. There was something sacred about this game.

I never wanted anyone to fail.

You're faster than me, stronger, taller... so what?

...I can only fight for freedom...

LIMITATIONS OF THE MIND

I sit in the room and watch the fly trying to get through the glass outside. Fly struggles and wastes life energy unnecessarily.

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

Meanwhile, the exit was right there. Just bypass the window. Their nature and intelligence do not allow them to do so. They have not entered another level of evolution. Remaining flies... I take the newspaper and chase another fly towards the open space... Fly flies away.

I remember a story about how to hunt monkeys... A fruit is put in a transparent box. There is a hole at the top for the monkey to put its paw through. But only an empty paw.

The monkey then grabs the fruit and tries to pull its paw through the hole. This time, however, monkey can't put the fruit down.

All she had to do was put down a fruit and she would be free immediately. She won't, however. Can not. In her mind, such a situation is unimaginable. Meanwhile, a hunter approaches to kill her. The monkey will not leave the fruit even in the face of such a threat The end is known.

We humans often fail to evolve to a higher level. We can't stop. Someone is killed by his addictions and bad habits - but he does not let them go.

Someone can't change their life, although it's going lower and lower. He doesn't have the courage to do it. He pretends to himself that it can't be done and finds a hundred ways to rationalize it for himself. He won't even try.

Someone stubbornly - like a donkey – goes in some solutions that do not bring results, despite the fact that he has failed so many times. He doesn't draw conclusions from it, doesn't modify methods, doesn't learn anything. Loses energy.

Someone else cuts the branch on which he is sitting (destroys his own health) - and then is surprised that he falls down.

And someone else is afraid to change their job, place of residence, profession.

And the solution... is right there....

DECISIONS

The past interests me for two reasons:

- Because I want to remember everything that is most beautiful about it and be able to move into it in my imagination at any time.

- Because I want to understand better the present and the future, because I know that everything is in a cause and effect relationship. One influences the other and nothing is left without a reason. What was a thousand years ago affects today. Today affects what will be a thousand years from now. Just as what happened a moment ago affects what is now, and what is now affects what will happen in a moment.

And so we can imagine any moment in the past and realize that it will affect any moment in the future.

Everything comes from something. This influence can be very strong or even imperceptible. However, it is never zero.

At this point, this fundamental question arises:

Can we, with our actions and decisions, change both the present and the future? Can we influence it? And if so - how big that influence is ? Or is everything already determined by past events?

Experience shows that we have an influence on many things. Our decisions are limited - but we can still do a lot. Each of us has an impact on the future. He can do something one way or another. Or maybe... do nothing.

One night, still in high school, I was sitting on the windowsill in my room..... I was looking at the starry sky. At that time, I was seriously considering whether to choose physics or electronics as my subject of study.

I wonder what my fate would have been if I had chosen physics that night...? I had the right to choose.

YOU ARE WHAT IS UNDER THE SHOWER

You are what stands in the shower. And you've always been just that. What do you have then, apart from yourself and what is inside you? After all, we are born naked.

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

So what is left naked in the shower will remain. Build your life on it. This is the only true and solid foundation. You've worked for what you have for years. This is your capital. Nobody will 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 certain hotel, just standing naked in the shower. I realized that even though I had nothing at that moment - I had everything. On the one hand, it was an epiphany, and on the other - only a confirmation of the rightness of the path that I had been subconsciously following for a long time.

Wasn't that why I liked swimming in the pool in the morning so much - back in high school? That is why. It was just me, the water and the sun streaming in through the windows. I wasn't competing with anyone. I swam for the pleasure of swimming.

I was enjoying the sun and just... life.

FEMININITY

Women have always amazed me. They are creatures so different from men. This difference in thinking, being, behaving - is fascinating.

In conversations with women, regardless of their age, I find answers to many questions that I cannot answer myself. Feminine mindset complements masculine. The resultant of these two - gives a much more complete picture of the world.

TV

You have to be very careful with TV. You can quickly become its creation, although it was initially intended as a source of entertainment and knowledge. However, it often imperceptibly and slowly distorts the viewer. It shapes his choices and path.

Real life is beyond TV.

I do not deny television as such. It also has many good sides. However, I think that almost everyone abuses it and blindly believes in it - no matter what TV they watch.

And this is how a handful of people influence millions...

YOGA

I got up early this morning. On Sunday morning, the sun shone softly into the room. I feel good,..... I am rested. While the family is still asleep, I decided to write a few sentences about yoga. But first, I did some of my favorite exercises. It always gives me joy. They are like a relaxing body massage. That's how I would describe yoga. It is very pleasant.

Then I made some coffee in the cafeteria and started writing.....

I got into yoga when I was about 14. In Poland, in the years of communism, a book by Sławomir Bubicz appeared in bookstores - just about yoga, according to school of B.K.S Iyengar - a Hindu teacher.

Bubicz spent some time in India and learned not only about yoga, but also became fascinated by a different way of thinking and approach to values in that country. I was then in a period of deep searching for answers to many questions that I was asking myself. I was not a man who accepted dogmas without thinking and understanding them.

I made various drawings and graphs. I collected books, newspaper clippings, looked through encyclopedias. I was looking for answers to the most important human questions. Among them:

"What kind of person do I want to be?"

I searched in books that have survived the ages. I have always treated such works with respect. In each of them you can find the wisdom of generations of many people. There is something valuable in each of them. I was reading the bible. I was interested in the new testament. Even if you consider it only in terms of a work of art - it is a book full of wisdom. There are more such works in the world.

I was looking for one common denominator - namely, what makes us better people. I searched in books on philosophy, I read various thinkers ... Aristotle, Plato, Confucius and other people, completely unknown but having very valuable thoughts.

For example, I was looking for a simple answer to the question "Why do people want to be good ? ". Why do they choose the good and consider it the greatest value. Its highest form is love. This question may seem trivial, but it is not. There's a whole branch of philosophy called Ethics - that's basically what it boils down to. This question is fundamental. The answer to what is good for us is the answer to who we really are. Everyone should ask themselves this question.

And this is directly related to what we do, what we choose in simple and everyday decisions.

In college, at the Electronics Department, we sometimes had various conversations on such topics with our friends. Mostly I provoked them. For example, one of my colleagues was of the opinion that goodness is entirely relative.

- So what ? Good is what is good for you - I asked - And the rest?

Another argued that good is logical.

Yet another that all our love is just chemistry, biology, hormones - and that's all.

Each of them moved on through life rather sticking to their beliefs. However, it is difficult not to admit part of the truth to each of them. Years of life have also taught me to respect other people's views.

Good is beautiful - it's true indisputably.

Good is logical - it's true ... because he who does evil is like a man who cuts the branch he is sitting on - it's a simple logic of consequences. People pay back what they get.

Love causes chemical reactions in our bodies, but it is not chemistry that causes love. Otherwise, we would have discovered the love potion a long time ago. And yet it is not so.

But I was not entirely satisfied with these answers. I was looking for the missing piece all the time. It took many years. I've come back to this question time and time again, and it wasn't until about a year ago that I found the answer. it reads:

"The source of goodness is compassion."

Exactly.

This does not mean that you have to answer this question to live well. Of course not. Otherwise, only philosophers would be good people - and that's not true. The truth is that if someone has true compassion in their heart, they will be good. And that's enough. You don't have to read all these books, think, meditate and who knows what else. You can be good from an early age - to the latest, regardless of where someone is.

The one who sympathizes can be good. Out of compassion for everything that lives - not only for other people, but also for animals and nature - everything is born.

Recently, at the airport, I happened to be talking to an Indian family. We shared different insights. Among other things, we talked about Anthony De Mello (an Indian thinker - a man who had a great influence on me). However, one word immediately moved my interlocutors. An agreement was made on the fly.

That was the word "Compassion".

This is the true answer to the source of goodness. We sympathize completely disinterestedly. We know what pain, scarcity, loneliness and danger are. If we don't want it for others, it means we're human.

Kindness is also the basis of wisdom. It is not education alone that makes people wise, although education helps it.

Living well is simply being good.

But I wanted to write about my adventure with yoga. In fact, what I liked most about this book was the introduction to it. I must have read it a dozen times. It has over 30 pages. There are sentences there that have served as signposts in my development. As a young man, I was looking for such signposts. There are, for example:

"A yogi fears no one, and no one has to fear a yogi."

"Don't have more than you really need."

Sentences like these shaped me from the inside. They helped me develop my awareness. I read them in the morning before school. Then I studied asanas. And so, slowly, my favorite choice of positions, which I have practiced for years, was created.

CONFORMISM

One of the greatest destroyers of our natural talents is - conformism..... In conditions of comfort, we never reach the peak of our natural abilities. We pay a high price for comfort - ourselves.

The definition of conformism according to Wikipedia:

"Change in behavior as a result of the real or imagined influence of other people. Subordination to the values, views, rules and norms of conduct in force in a given social group. In this sense, it is a change related to the fact that a group member initially had a different opinion or behaved differently than group, and then changed them in a direction consistent with the expectations of the group..."

One of the main ideas of one of my favorite thinkers, Anthony De Mello, is the philosophy of questioning conformism.

Have the courage to go your own way. There is no need to question the achievements of others. On the contrary. It's just about trying to look at things differently from what is commonly done. Not to take anything on faith, but to try to understand first.

SUMMARY

Maybe it will be painful, but I want to talk about - what people will remember about you...

I don't think so - what kind of cars did you drive....

What home did you have...

How much money did you have...

What positions have you held...

Which countries have you visited...

What schools did your children go to - and what did they achieve...

...It's still not that...

Who else (except you) really cares?

What's really left of you is who you were...

What kind of man were you. What was your character?

What have you given to others - good or bad.

That's how they'll remember you.

I hope that what you leave behind is valuable.

Because such a life - is a good life.

PHILOSOPHY OF LIFE

Personally, I feel that there is only one true philosophy of life.

One, based on unshakable and eternal foundations. They are like gravity, magnetism, energy conversion, electrostatics, etc.

These laws are not created - they are only discovered.....

One should be very skeptical when someone thinks they have created new laws. It can only create a new way of describing them - more understandable. That's all.

Going further, following the example of gravity - we find that such a law simply exists. We only discover them. It is the same with the laws of ethics, from which we then draw conclusions about other laws of our personal philosophy of life.

I still believe that Ethics is the most important thing. Only then everything else. Issues about what you consider good and what is not - are fundamental.

It is their understanding that is the signpost of human life in every area of its activity.

This applies to all the choices he will make - as a human being first and then as a father, spouse, employee, manager, politician, doctor, lawyer.....etc.

I believe that there are no people who are completely good - and there are no people who are completely bad.

Although I am not religious - I liked the words of Christ that I remember from the New Testament. He said something like:

"Why do you call me good? Nobody is good."

Over the years, these words have come back to me in various forms and have not lost any of their truth. They have returned as you can see also on the night when I am writing these words.

Our thoughts, intentions and actions can be "more or less good" or "more or less bad". We all, without exception, are capable of doing both good and bad things.

It's only what features prevail in a given person that makes us start to call him that - is that right?

But how much is it really?... 60%, 70%, maybe 90% good or bad?

This is a very subjective assessment.

We may not even realize when we begin to define someone as good or bad. And if we once call someone, for example, bad - then even unconsciously wanting to maintain the internal coherence of our reasoning - we will build everything else against this person.

We will simply look for further arguments to support our opinion, unfortunately remaining blind to things that are clearly good. What's also interesting - it's easier to go from good to bad opinion. Going the other way is extremely rare.

And this is a trap. The trap of reasoning. One of our human limitations. Our weak point - the need to maintain our own consistency in views.

An even deeper issue is what is good - and what is evil?

Philosophy itself has been responding to that question in different ways over the millennia. And although, admittedly - the question seems to be quite simple, it is not so at all.

Going deeper into this question - doubts begin. And this is the fundamental question.

Giving a simple and unambiguous answer - distinguishes philosophical systems, religions, nations, ... individual people.

Even those who we would consider objectively doing wrong - were convinced that they were doing right. In fact, I have never found in history an example of people who, in a completely deliberate way, pursued evil itself.

These people - even the worst of the examples - had their own system of beliefs and values, to which they tried to be consistent. So the matter is not so simple.

In this text I write about the importance of the very philosophy of life that we follow. I consider it not only a life guide, but also a basis for human health. If it is just "that" philosophy, consistent with nature - man follows the right path.

Of course, these are not just my conclusions. Everything I write is rather a collection of many other people's achievements and a kind of summary of it in my own way - with some addition of my own thoughts as well.

You have to look for the good in the other person, even if there is very little of it... and try to strengthen it, extract it from him. Of course, in parallel, fight against what is bad (but never with a man). Do it very firmly, but at the same time reinforce the good.

When you start fighting the man - you can start digging two graves (yours and his). A very similar thought was once expressed by Confucius.

Notice that people who choose good - are able to respect both those who do more good - and those who do more evil, .

Why is it like that?

Because people who choose good - they try to be objective and they command respect.

They operate on the basis of a true philosophy of life. They follow natural laws, not man-made laws that are so easily changed. It is enough to win a vote or a referendum, for example.

People guided by the right philosophy of life - do not add to the facts what was not there. They neither exaggerate nor diminish. They do not distort reality - and consequently judgments.

Instead of good or bad - I prefer to speak in terms of:

- a weak/stupid man (or succumbing to evil),
- or a strong/wise man (seeking good)

These are my definitions. I use them for better illustration and to avoid clear divisions between people.

Such a division of people into two clearly outlined groups (polarization) - is another example of a huge mistake and incompatibility with the natural philosophy of life. Any group polarization leads to conflict.

I have always been and still am a supporter of integration - never disintegration. Always choose win-win - never win-lose solutions.

History knows the divisions into white and red, northern and southern, right and left, black and white, east and west (known to me from personal experience - as a Pole, born in 1971).

During the division process - you can come up with the funniest names. This is not important - then the division itself is important. This is the motivation of those who divide others in these types of situations. They want to win something for themselves. This is the only truth.

They may even win something temporarily, but in the long run, everyone loses. Including themselves.

Cabbage-eating worm - eventually dies along with the cabbage. Somehow Tolstoy wrote it in "War and Peace".

If someone does not understand that he is a part of a greater whole and chooses the path of destruction - in consequence he also destroys himself. It is only a matter of time.

Does this experience teach you anything? Yes, but only a handful of people. For the rest, experience teaches that experience teaches nothing.

History keeps coming full circle. Interestingly - first someone throws a slogan into the crowd, about the division into different T-shirts, and only then you look for arguments to fight. And it would seem that these arguments should be primary. Nothing could be more wrong. They are original.....but they are completely different than officially declared. They are hidden deep. No one will admit to them - they are too compromising and primitive.

Unfortunately, they are always the same. They are called: pride, envy, greed, lust for power...

I remember in the movie "The Devil's Advocate" - Al Pacino says that his favorite human vice is pride. It all starts here.

I will give my own definition of these few basic sources of evil. All other qualities - are derivatives of the basic ones - especially pride.

Pride - my def. "I am more important than you."

- But why ? - you ask - After all, people are equal.

- And that's why - I will answer you briefly.

Envy - my def. "You can't be better than me."

- But why ? - you ask - After all, I earned it. Sometimes I got a little lucky too, it's true. We all get lucky sometimes. Why do you envy me this? It's my life. You live yours - I live mine.

- And that's why - I will answer you briefly.

Greed - my def. "What I really need is not enough for me. I demand more"

I want to show you that I am more important than you. I have more - so I mean more. And I want it to show. Simple.

- But why ? - you ask

- And that's why - I will answer you briefly.

Lust for Power - my def. "Because I am more important than you - and I will make you my subject."

What a pity that slavery no longer exists. Fortunately, there are still positions in companies and offices. I can also enslave you financially.

- Why ? - You will ask.

- Because I'll enjoy it. Your pain - it's my pleasure - I'll answer you with a smile.

- But why ? - You ask again.

- And that's why - I will answer you briefly.

We left the caves a long time ago and we have modern technologies. However, human nature remains unchanged.

All you can do is think about yourself. Do I happen to have any of these traits? Because if I have - then I will hurt others first, and at the very end I will destroy myself ... Like a worm from Tolstoy.

A neighbor has something against a neighbor, a colleague against a colleague, an employee against an employee. This is where it starts. He has more and he is better. He's smarter or luckier. He must be prevented from doing so..... And it is necessary!

Evil is born at the lowest level - I would say cellular, not top down. This happens even though you are always looking for an excuse on the top... That would be too easy.

Evil is born inconspicuously from below. If you start imposing something on a man from above - you will create his resistance. Action equals reaction. Evil, on the other hand, is born inconspicuously - in our own heads.

After that, it just takes leaders to pull the masses. It takes the right soil, circumstances, conditions.....that's it.

Arguments for a neighbor, friend, etc. ... will be found by themselves. Time will deliver them... And time does deliver them. And that's because we're trying to create them.

And then these arguments are even more logical and convincing. You can't even disagree with them. But then no one will remember who started it. It won't matter. Now let's split up the t-shirts quickly...quickly... as soon as possible.

That's more or less what it looks like. This is how wars go on for decades ... and they end not lack of hatred ... but lack of means to continue fighting. Because there is no more money to fight. Because there are no more weapons to fight. Because there is no one else to fight.

Wars end by burnout, not conflict resolution. And it begins with the original, clear division.

Then some time passes... and it starts all over again. Maybe the variant is different, but the mechanism has been the same since the beginning of time.

The beginning is a definite division, usually into two clearly defined groups. Three is too much. It is necessary to reduce them to two.

In short, "Are you for - or against?". And you don't have much time to answer, because "You have to be some". What's "Aren't you some?" So you are nobody. And nobody wants to be nobody. Everyone has to be... some.

Evil seeks conflict the closest - at the cellular level, as I put it.

It's not the fans of the distant football teams who jump at each other's throats the most, but those right next to them. You have to get there by bus or train. And the ticket costs money. Absurd?... Unfortunately true...

Evil looks for simple solutions, the shortest. And then someone beats someone, and they beat that one in return. And everyone is killing everyone. Customize the colors of the shirts - the way you

want. It doesn't matter in the slightest. In every country you will find this phenomenon. Have you heard of Hutu and Tutsi? If not - read on Wikipedia. This is one of the greatest slaughters in human history. But really about what? ... Because we and they are different, that's all.

Few people learn from history. Most of them are rather busy with current affairs. It is hardly surprising to them. They do what they can - to live reasonably well. Consume their goods calmly.

In today's world, news about nonsense - becomes more important than really important information. A pop-up window.....chases a pop-up window.....pushed by a pop-up window. The information about the tragedy is followed by an advertisement for some cliché from a store promotion. Gossip from the world of politics or show business - obscures really important matters.

The father of history - Herodotus - is so called because he was practically the first to make a very thorough study of history. He left behind an extensive work, thanks to which we know today a lot about the history of people who lived before our era.

And what is most surprising in all this - is that the reason for starting this long, life work of his - was a simple question he asked himself. He wanted to explain who really caused the war between the Greeks and the Persians? Who started? Who was first?

And for all his honesty as a researcher - he was unable to determine it. For every now and then - a new discovery, a new encounter with a person - gave him irrefutable arguments to the contrary. This shows how the mechanism of war and evil has been functioning for centuries.

Fortunately, his work was not in vain. Because although he did not answer his question - he passed on to future generations the knowledge about his and even earlier times. Thanks to him, we know much more about it.

It is often the case that instead of first looking for the cause of your failures in yourself - it is easier to look for these reasons outside. In other people. This issue is actually quite simple and unfortunately it always looks the same.

Weak is the man who succumbs to evil and does not seek good. Looking for easy and quick solutions. Evil is incomparably simpler and faster than good. The results are visible almost immediately. Why work hard, why learn, why bother - if there are simpler solutions?

The road to evil is a top-down road. You're rolling by yourself. And often you literally fall like that. Evil rhetoric is very often: "I", "mine" or "we and them". You'll recognize it after that.

Strong is the man who does not succumb to evil. He tries to choose the good and look for it - always and everywhere, in every situation. He tries to create them. At least he's trying to do it - and trying is a big deal. He works, learns, is ready for hard work and effort. The way to good is much more difficult. It leads up.

A man guided by a good and natural philosophy of life - will always strive not only for his own good, but also for the general good. Whatever he does, he always thinks of others as well. This can be seen immediately and in everything. In the most common human activities. We make dozens of such current, everyday decisions.

Do I think about others too, or just about myself?

Do I only think about my child or do I also think about other children?

Do I only think about my own nation, or do I also think about others?

When we make these daily decisions, there will often be no one around, so we don't have to worry about others' judgment. We can do something one way or another - without spectators. And that's when we see what we really do.

By slowly discovering this Philosophy of Life - you can sometimes be wrong, sometimes describe it imprecisely in your search. So I don't call it that or that - but I feel it more and more clearly.

I have a feeling, however, that there is only one good philosophy, and not many different ones. I also sense that it is wrong to say that there are as many philosophies - as there are people ... and each can be good, depending on the point of view.

The points from which we observe reality can be different - it's true. And we can even be wrong in their interpretation - that's also true. However, the values are immutable.

If we follow this true philosophy - we will lead a harmonious and "strongly" built life. And through it also a good life. Such a philosophy will help you make choices in the most difficult moments. It will be because the foundations will be strong and just plain - real.

Everything that is not real will fall apart over time. Only what is real will remain. The test of time will not destroy it.

This does not mean, however, that the philosophy you discover should be imposed on anyone. This would be a violation of one such natural and fundamental right. Everyone has the right to come to them on their own. You can only try to help someone - if he wants to. That's all.

It is enough to follow your heart and mind (but not only your mind). The importance of logic as the only tool is greatly overestimated.

The role of compassion and empathy in our judgments and choices is very important. And that's not necessarily logical. Love, for example, can lead you in certain situations to choose the good of the loved one - above your own. Is it logical? Exactly.... Is it good? - I think so.

Recognition of logic as the only tool - can in extreme cases lead to very tragic consequences. You have to be aware of that. It may sound strange, but it is. In history, many of the tyrants are very intelligent and able to reason very logically.

We come to the same conclusions through the different paths of life we take - because each of us has our own individual path.

We are unique as our ways are unique.

Rights and values - remain unchanged.

THE PRESENT DOESN'T EXIST

The title of this article is provocative, but it contains a grain of truth. The present is not a point in time - it is more of a stretch of time for us. And it's a segment that we define for ourselves.

Due to the natural limitation of our perception and the inertia of the mind, everything is either past or future for us. The present exists purely by convention, ... theoretically. What we really experience

is only a certain period of time, covering the past and the future. We are unable to perceive a moment in its smallest unit of time. This one does not exist. Time is not quantum, but continuous. So we can indefinitely give new names to successive, smaller and smaller units of time. And it does not matter much for the human perception of time, which ends somewhere at the level of tenths of a second.

The present in the physical sense is difficult to grasp, but it certainly exists in the psychological sense. I just want to realize this.

Everything that was - exists in our memory and we can recall it in a conscious way. It's not over.....it's up to us. You can evoke good feelings and extinguish bad ones. This is important. Good experiences are priceless. This is our life's work. It is on it that we build a good future.

I am even convinced that the negation of the past as something that no longer exists - leads to personality problems.

People who deny the past by nature - they are also bitter most of the time, complaining, ... etc. They forgot that life was, above all, beautiful. They forget about the good past. They focus only on the fact that they are suffering now, or vice versa - that they are experiencing some kind of pleasure, fun. But then they quickly forget about it. They are swept unwittingly by the wind of time. They are emotionally unstable.

Meanwhile, notice that cheerful people - often do the opposite. They mention the good past very often and have good ideas about the future. They don't necessarily have to plan it in detail - they just believe it will be good. It's enough. It keeps them mentally healthy through tough times. Then they reach for energy resources from a more distant past, or they look further into the future. I believe that there is nothing unhealthy about this.

I think you can sense that I'm not talking about being in the past all the time, or in dreams - absolutely not. For me, the past is just as important as the present and the future. They flow seamlessly into each other.

Experiences from the past are our "intellectual assets" that we collect over the course of our lives. The good ones, obviously. The bad ones, although they should be extinguished - they have the value of a lesson that should be done well and briefly - and then remember the result. Then move on to extinguishing this experience.

Recalling good experiences - we are able to survive the most difficult moments, because we know that our life had a deep meaning.

As for the future - over the years of my life I have learned one simple rule that I repeat to myself sometimes. I put it in the words "Focus only on the next step". I don't think too far ahead. I'm sure a lot of people would criticize me for that. I think that people with big plans for life - think completely differently. I know what course I have. It's enough for me. I may not achieve much materially, but I achieve priceless peace of mind...

About 8 years ago I liked to repeat very often - "Do what you can - you won't do more anyway. But what you can - do the best you can". I made up a saying for myself and often said it to different people. Those who know me from this period - maybe they still remember it?

Why did I repeat it? Because I believed it myself, and it worked. Because I've been telling myself that too.

Incoming events should be accepted and focused only on those over which we have some influence, and ignore those - over which we have no influence. It brings a person peace.

Coming back to the essence - I have met many times with the statement repeated like a mantra that only the present exists. The past is gone, and the future is not yet. To this was added: "Enjoy the present moment", or "Be here and now", "Be present", "Be mindful", "Practice mindfulness, because this is the way to happiness", etc.

I do not deny the achievements of people who preach this view. To me, however, it always seemed untrue... unnatural, contrary to my personal experience.

Already at school, I was a witness to this, through frequent mental absence from classes. I was, you could say, the opposite of what the English call "Mind present".

For example, I was able to get several failing grades in a row - for lack of attention in class. It was like that in high school, right at the beginning. Then I had to correct those grades.

One day I decided to stop hurting my parents - and I changed my mind. Nevertheless, it shows - how a real example of embedding outside the present I was able to become. I had to learn to control my imagination.

It took me a while to take control of it. It was different from the second grade. Well, since I learned to walk at the age of 15 (I walked bent over and swayed) and I learn to breathe at the age of 50 - then mastering the presence was just one of several milestones in my development.

So I was often either immersed in memories or in dreams. Then I jumped back to the present. These jumps happened very often.

After a while, everyone was happy, but have I changed that much?

Now, in my 50s, I have mental wandering tendencies again. This time, however, I do it in a controlled way. It's like a state of self-hypnosis that I enter - to ask myself a deep question, or to experience something again.....and "come back". It is quite possible that it is some kind of meditation. Maybe I've always meditated and I don't even know it?

And finally - isn't the world we want to live in and what we will even invent for our own happiness not more important than the world we live in in an objective sense? I think so. If it makes us happier - then why "get down to earth"?

Never say that the past no longer exists - never say that about the good past.

That's why I like Cameron's Titanic so much, among other things. At the end of the movie, time goes backwards. It all goes back to the moment dinner starts in the ballroom. Everyone is happy again.

Where you are currently depends only on you... You are where your mind is.

I remember once Dalai Lama, in one of his interviews, said:

- My body is sitting here drinking tea.... but where am I?

And he laughed out loud to himself...

THINK CLEAN

If you think dirty, you feel dirty, you talk dirty, and finally - you act dirty...

And vice versa.

Thoughts, feelings, words and deeds... all affect each other in one closed cycle.

Try to break this cycle anywhere - and you will see how the whole relationship changes.

Want to find out? For example, try not to swear. You will see how it will affect your way of thinking, feeling - and finally acting.

It's a very simple experiment. Ready to use immediately...

I've seen many people in my life who swear all the time, from the earliest hours of the morning.

Do you think it doesn't affect their own way of thinking, feeling and acting?

Not only do they lose priceless energy this way, but they program themselves in the wrong way....for no apparent reason.

The curse also has its place, time and reason - but whoever abuses it drives their own mechanisms in a completely wrong direction. These inconspicuous words set off a chain of reactions.

It may seem unbelievable, but our own mind listens to our own words...

Just like those uttered by someone else - with the difference that the power of their impact is incomparably greater.

I have been learning this for years while learning foreign languages. I don't really start learning until my own ears (mind really) hear my own mouth...

Passive listening or reading - have much less impact. When I start talking to myself, I really start learning.

The famous philosopher, Arthur Schopenhauer - compared our subconscious to a huge elephant. This elephant is moving in the direction we are slowly giving it. It is not easy to control such a weight.

It has its inertia. I really like this comparison. You have to be careful what you say to this elephant...

Everything I write about is nothing new. This is based on a recognized scientific method known in psychology as Cognitive Behavioral Therapy (CBT).

CBT is based on the basic triangle of relationships (Thoughts, Feelings, Behaviour). I added to its three basic elements - words.

It's like CBT + Words.

I could expand it much more and add everything that we perceive with our senses. I'm talking about creating in a conscious way about your environment. The sensory environment we live in. It has a powerful influence on the entire chain of dependencies. What you watch, what you listen to, etc.

Don't let it be a coincidence. It works on you as a feedback... and very much so.

ONE LITTLE THING AT A TIME

Do one thing at a time.

Divided multitasking doesn't exist...

I used to disregard this advice. That was until I found in the introduction to a book by Marcus Aurelius - thanks to his relative for teaching him to do one thing at a time.

Aurelius' Meditations were written over 2,000 years ago. However, this truth is still valid.

We humans haven't changed much in that time. What is sometimes called divided attention - is actually very fast switching between tasks.

However, this comes at the expense of the quality of each task.

Also, it's very exhausting. I don't see any benefit to this kind of approach.

If you want to do something really well - spend the maximum amount of energy and concentration on one, current task. Divide tasks into small and simple subtasks and complete them calmly, sequentially, with the right amount of energy.

The key is also the right selection of a small group of important tasks and prioritizing them.

In this way, at any moment of time - asking yourself the question "Is what I'm doing important?" - you will calmly answer ... yes.

SLEEP PHYSIOLOGICALLY

Sometimes we look for different reasons why things don't work out in our lives. The reasons for our malaise, and sometimes even health problems.

We try to take supplements, seek advice from specialists...etc.

And indeed, sometimes the causes can be very complex.

However, before you start looking for them so deeply - you should ask yourself a very simple question, namely whether the basic elements of a healthy life function properly with you?

There aren't that many. They could be counted on the fingers of one hand - and one of them is certainly the quality of sleep.

Sleep has an immediate effect on everything we do.

Not only for the quality of our work, mood, etc. - but for success in life in general.

If we neglect our sleep on a regular basis - this translates into regular problems. In this way, you cannot succeed in the long term.

I'm not discovering America here. I will briefly tell you what I encourage you to do and how my approach differs.

I use the concept of physiological sleep. By this I mean the length of sleep to wake up without an alarm clock.

If we succeed, we get up when we are in the right phase of sleep.

The interesting thing is that this happens even when our sleep is objectively not very long. The body can adjust the way it rests. It's amazing.

The key is not to go to bed too tired.

Sometimes it can also mean that we should go to bed a little earlier. Give your body a chance to rest.

Work with body instead of sabotaging it. It sounds strange, but a lot of people do just that - they sabotage themselves.

Since I use this method - I work more efficiently and I'm happier.

It is a method that is ready to be used immediately. It also brings immediate results.

Try to sleep physiologically.

Respect your life.

REPETITIONS, REPETITIONS, REPETITIONS...

If you want to achieve something - be like a basketball player.

Like him – throw balls into the basket again and again... and again and again.... Do not stop.

Just come to the basket every day and throw, throw, throw... Collect balls and throw. And collect and throw... Make it your usual routine.

One of the secrets of success lies in the number of repetitions.

The next day, come again and routinely ... throw, throw, throw. Don't get too emotional. Just throw.

Do it regardless of your mood.

Don't think about anything else but throwing and that you're going to do it because you enjoy doing it.

100 throws, 1000 throws, 10000 throws.

Only then can you say you tried. Don't quit too early.

But if you really do it, you'll see that you're throwing pretty well already, and you'll stop asking yourself if you want to keep doing it. You will pass a certain critical point, beyond which your development will accelerate rapidly.

You'll just get what you set out to do.

Throwing in the basket is, of course, a metaphor. It's really about whatever we do in life. It's all about persistence and repetition. If you are not successful - try to improve something in your technique Change something.

You can't expect different results when you keep doing the same thing.

And one more thing.

Don't learn things you can't apply in your life. It would be a sheer waste of time.

This simple conclusion is one of my recent achievements.

THERE AND THEN

I never agreed with the statement - "Live here and now".

I hear it over and over again and in different variations. This strong grounding in the present has become the basis for various therapeutic and philosophical systems, and even entire religions. Many books have been written on this subject and many words have been spoken.

And nothing convinces me...

I hear it so often that I come up to it myself several times in a row - trying to describe more precisely my own view of the matter.

Every now and then I find somewhere, or I hear the sentence: "The past is gone - and the future is not yet. Only the present is real."

It's not that logical. And we could actually close the topic.

From the point of view of the clock - that's what it is.

But not from the human point of view.

I'm more interested in the psychological perception of time - not time as a physical quantity.

I've always felt that it's different - that everything is equally important to me - past, present and future. I will emphasize the word "equal" again.

Just ask yourself one simple question:

"If your current situation is painful - do you really want to live in the present moment? Here and now?"

I do not think so.

In my favorite movie ("The English Patient"), the title character knows that his life is about to end. He is immobilized on the bed. There is virtually no chance of change. Life is draining from him day by day. His thoughts wander thousands of kilometers from where he is. From a convent in Tuscany - they wander into the desert or to a hotel in Cairo.

Sometimes you don't know if he's still breathing - or maybe he's already gone. Sam doesn't know who he really is... Nobody knows. He only has memories and a copy of Herodotus's book. So much is known about him.

The sounds he hears or the words someone says bring back memories. His mind wanders elsewhere. He lives almost exclusively in the past.

He's where he wants to be. Where he is ... happy.

In Viktor Frankl's book "Man's Search for Meaning" - the author raises the issue of a higher purpose. For people in the concentration camp, it was the hope of the future and the realization of this goal - it was the fuel for life. It was these people, set in the future - who were the strongest. Frankl wrote about real events. He also wrote about himself. He was also a prisoner of the camp.

Of course, I'm not talking about personality disorders, when someone can't get out of the past or keeps running into the future. They are also usually returns to the painful past, or morbid fear of the future.

I am talking about a good past and a good future.

Such "time travel" can help you get through difficult times. And there's nothing wrong with that.

The good memories that are in us - they are not the past. As they are in us - they are the present. There are tastes, smells, sensations in them.... The people we met.

And dreams and plans?... They are also a reality... that we have just started to create.

Sometimes it's good when "here and now" - we change into "there and then"

SWIM AGAINST THE CURRENT

When we are children - we are eager to learn the world. We create, build, use our imagination in an almost unlimited way.

Then we go to school - one or the other. Then sometimes to college.

And then we go to work.....

And this is the critical moment. The transition from the study stage - to the work stage.

This is where the sharp breakdown of the learning process takes place. Yes, you still need to master a few necessary skills, but that's pretty much it. The learning process loses momentum...

Often at such a moment in life - an invisible border is crossed. Man from a thinking and creative being - slowly becomes a slave, often needed only to enter data. He doesn't even notice what he's actually doing. He stops seeing himself in perspective.

Most people accept it easily, killing all their will to develop and create. In short - by killing what distinguishes us from animals and machines....

They sell slowly and imperceptibly. Day after day rusting. They give themselves for the comfort of life and relative security - which money gives them.

They don't even know how much they could have achieved if they had chosen differently.

We can afford more.

Man is a creative and evolving being. And evolution is the opposite of stagnation. So swim against the current, keep learning, be a creator... It's your human nature.

THE THREE BIGGEST SECRETS FOR A LONG LIFE

What makes certain people live long and good lives?

We all know about things like nutrition, exercise, hydration, low stress, etc...

But how much is said about the other three elements? And they are really extremely important.

These are long-term factors. Perhaps that is why they are neglected.

And they are:

1. Life partner.
2. Work.
3. Place of life.

Life partner:

The quality of the relationship with the person closest to us - has the greatest impact on the quality of life. Together we can overcome the greatest volatility of fate.

We can change jobs and places. The person with whom we want to go through life - stays with us.

Without a loved one, we can survive, in a purely biological sense. Certainly yes. But we will never fully become what we could become.

Work:

We change jobs in our lives, sometimes even many times. This is often understandable. The most important thing in all this, however, is to find a job in which we will be able to use the maximum amount of our unique skills. The skills that make us stand out.

And then you should stick to this path in your development. Not necessarily even the workplace itself, but just the "work path". Professional development takes time. However, you should be aware.

Apart from the fact that we spend min. 1/3 of the day (at least until retirement), this is an extremely important thing - not to have the feeling of "selling your time for money".

Think of it not as a paid job, but as a contribution to the common good. That's how I would put it.

If someone does the right job - he will not even think about retirement. He will always want to do it. He will do it calmly and measuredly. He will work with joy, can't wait - when a new day will rise and he can keep doing it. I wish everyone a job like this.

Sounds like an unreal fairy tale (especially when almost everyone thinks about when it will be Friday)? Not necessarily. There are examples of people who approach it completely differently. And what's interesting - it has a huge impact not only on the quality of their lives, but also on its length.

The key is to understand - who are you really?

And what do you really want?

Place of Living:

Do we feel good where we are? Do we find rest, life balance there? Is there sunshine, clean air and clean water? Do we meet kind people there? Are there plants and any animals there?

Perhaps, in the short term, someone will not even notice great changes in their lives - in connection with the place where they are staying. However, after a few months you can see the first effects.

Think about what your life looks like. Who do you live with, where do you work and where do you live? Live more than a hundred years. Go measuredly and calmly. Be happy !

FINISH IT - GIVE IT A SHAPE

I used to go with our son to an artistic kindergarten. Every day - the children did some art work there, which was then hung on the wall near the exit. Like in a real gallery.

Each work was framed and carefully signed.

When parents picked up their children, they were curiously looking for the works of their little artists. Then they all went home together happily.

The little ones held their drawings in their hands, which in these frames were the truest works of art.

Observing what was happening there every day before my eyes - was one of the most important things I learned in my life.

I was an adult, but I was often ashamed.

For I understood how many things I started - and did not finish. How many projects have I prematurely withdrew from - and I was one step away from success. How many things I devoted my time and energy to - and then, as if nothing had happened, I suddenly stopped them ... left them. Sometimes I also changed jobs. Like a restless ghost - instead of focusing well on one thing.

I was impatient - like those little ones.

- But what did you really learn in this kindergarten? - you ask me now.

Well - I learned that one should give one's work a certain shape, a certain compact and closed whole. Even if it's not entirely successful. Even if we would like to break it and abandon it.

I happened to be in this kindergarten a few times before and I saw children who were still working. An experienced kindergarten teacher encouraged the children to put in a little more effort - to put a few more lines - and give their work its final shape.

The babies were impatient - as babies are (and not only them). They really wanted to do something else. Their teacher - with a warm, gentle voice - motivated them to try a little more. And then they'll just frame it and the parents will come. They will be delighted.

The easier it is to stop working when we see that we are not working out.

Meanwhile, this work also made sense. It was our time of life. It was learning and gaining experience. It's worth giving it a final shape.

I started applying these insights to different areas of my life - and it changed me a lot. As an engineer, as a draftsman, as an author.

Sometimes I return to my not very successful works, but I am happy to say that at least I finished them and learned something from them. It wasn't wasted time.

Interestingly - as a very adult man - I also returned to my drawings.

I used to just throw them in the trash. I've thrown away a few hundred of them if I didn't like something about them.

But then I started studying them, taking pictures of some fragments. Learn, draw conclusions. I hung these works on the wall and, sitting opposite, in the twilight of the evening - ... gave them shape. And so with many things in life...

ROTATION FACTOR

If they apply it, everything will change...

One day, in a certain company - I was looking at a photograph on a magnetic board. There was a group of people there. Except for one - I didn't know anyone.

- Are these people from this department? I asked.

- Oh yes - replied the only person I knew - but a lot of people have come here since then - she added with a mysterious smile. Proud to have survived.

A cross was placed over each absent person.... Such a local habit.

It made me wonder.

It didn't seem so normal to me. Especially since the recruitment process for this serious company took a very long time. What's more, I've been to some big companies before and I've seen similar things. Not necessarily photos right away, but a huge rotation. And I asked myself a simple question:

- Was it really due to the attitude of the employees themselves? Where is the head of department in all this? How many bosses have changed here in the meantime?

The answer was once again the same and simple - There was only one boss.

Another question that springs to mind.

- Didn't anyone think about it?

And the answer.

Unfortunately, no one cared.

How it's possible ?

How it's possible ? I will ask again.

How about introducing a Rotation Factor in the Department?

It could be defined very simply - namely "How many people passed through the Department in a given period of time". For example, in a year.

This is a trivially simple solution that would allow us to assess what kind of manager we are dealing with. In addition to all other, undoubtedly very important factors regarding the objective results of the Department - this one should also be introduced.

KPIs (Key Performance Indicators) are commonly used indicators to assess the status of a given activity in the company.

Why not introduce a Rotation Factor in the Department/Unit/and even the entire Plant or Company ..?

If such a Rotation Factor had a direct impact on the remuneration of a given Manager - the situation would change drastically... Not in some time, but immediately at the moment of its introduction.

It would be enough to make such a summary once a year and set this ratio for the next year. If the Rotation Factor is low, it means that things are going well in the Department from the point of view of cooperation and communication. In addition to very "hard" KPIs - this one would be another, talking about - what is really going on there. What's going on behind the curtain? What happens every gray day?

After all, we know that in order for an employee to start bringing real value to the company - he must first learn himself a lot. And it takes... a long time sometimes. It's a pure cost to the company. Not to mention recruitment costs.

How many priceless and good employees does the organization lose - due to unnecessary rotation? Instead of fixing - it is better to fire someone, or even force him to leave the company.

When will someone change it? When will someone introduce Rotation Factor as another KPI?

ACCEPT YOUR NATURE

Don't fight it, but understand it first. If you watch yourself carefully, you can learn many different things. They will not always be in line with your idea of yourself. They can be quite surprising. However, the moment you understand it ... will be a breakthrough moment on your further path. This applies to all areas of life. Because everything is related - to everything.

In one of his books - Peter Drucker asked two questions that have stayed with me to this day. I especially remember them. They changed a lot in my approach not only to work - but unexpectedly also to life. Here they are:

1. How do you learn most effectively?
2. How do you work most effectively?

Now you just need to understand it properly.

I, for example, learn most effectively on my own. I don't like organized classes, where I usually get very bored. Most of what I managed to learn - and what is of value to me today - are things that I learned on my own only by seeking knowledge from various sources.

If you find out what your nature is - then live in harmony with it.

Only then will you truly make good use of life and its gifts. You will do the best you can for yourself and for others. Accept it and interact with your nature. It is also your true strength, although it will not seem so obvious to you right away.

At first, it's like looking into a mirror. You probably thought of yourself much better than you really are..... It's normal. People have a natural tendency to see themselves "better".

The truth is, however, that we are neither the most important nor the only ones. But something else is also true... and much more important - we are unique. This is where our greatest strength lies.

There have never been exactly the same people before us, nor will there ever be. We can already clone cells, but we can't clone the human psyche. It is also impossible to recreate the human way of life. It is a unique and unrepeatable set of variables that shape it.

It cannot be recreated, if only for one simple reason - namely, that we have no power over time. We cannot reconstruct what shaped a given person. We can only create a very similar environment - but never the same.

I was often told that I am like water.... Calm and composed. A bit of a philosopher, a bit of a diplomat.... an oasis of calm in every situation. There were even attempts to make fun of it.

I've heard it so many times that sometimes it even bothers me. Maybe even sometimes I wanted to be different than I am.

It was like that until I understood - what power is water.

TAKE YOUR TIME - JUST DON'T WASTE YOUR TIME

Much more important than the speed at which we move - is to avoid wasting time.

I have seen many people who have been successful in their fields. They often gave the impression of inept phlegmatics. However, when I looked closely at their working techniques, I noticed a common element - a high concentration on a single and very small task at the same time.

After completing this task - they only moved on to the next also only one and also a very small task. They didn't try to multitask and "switch" between them. This would only mean dissipating their energy and concentration for them.

However, they had a very clear picture of the work they wanted to create in their minds. These people were characterized by one more thing - no waste of time. They usually walk slowly.....but very, very consistently.

It's a bit like putting together a giant puzzle. We don't have to build the whole picture at once. However, we have its precise vision and we know where we are going. We are currently completing this one small fragment. Sometimes, even this fragment is difficult to put together. Sometimes it is. However, if this element is really important - then such efforts are never a waste of time. You just have to do it because it's important - although it's not always pleasant...

What I am talking about can also be compared to a huge table. You complete single fields in it - at the intersection of rows and columns. And so it slowly becomes more and more complete. The important thing is that you don't waste your time. You work hard. There are better and worse days. This table, however, is becoming more and more complete, more and more understandable. It looks more and more like the image you first created in your imagination.

Do you think Microsoft engineers created Excel by accident.... ??

Excel is just such a table – and it reproduces the work of the human mind quite well.

Interestingly, even managing large projects ultimately boils down to managing simple tables..... And our life...isn't it our most important project in a way?

When doing something - it's always worth asking yourself one simple question: "Is what I'm doing really important?" And what does that mean? No more, no less, but is this part of this big table, this big picture that I wanted to create? I think this is one of the most important questions we should be asking ourselves. And we should do it often. It's like correcting the course of sailing...the sailing of life.

This does not necessarily mean that you should always and absolutely complete the tasks in order ... What kind of life would that be anyway Incredibly programmed and boring.

And remember: Don't rush so much - Just don't waste your time.

CREATORS AND PERFORMERS

Among the many divisions of people - one can also distinguish: Creators and Re-Creators.

Creators are not only artists - they are also engineers, entrepreneurs, researchers, scientists ... and many, many others - ordinary but creative people.

Creators are people who constantly try to improve the existing state of affairs.

They create new things and modify the old ones - trying to make them better, smarter, more beautiful....

You will also recognize them by the fact that they don't like routine,... numbing repetition. Just performing the same action twice - immediately raises the question in them: "Surely it can't be done better?".....

They will constantly eliminate activities that can be successfully performed by a machine instead of a human.

Creators often create systemic solutions. They look at problems, tasks and processes in a holistic, macro-scale way... They quickly notice the dependencies between the components. They look for rules that describe larger phenomena.

They will constantly strive to release the quanta of their time to devote them to the next creation and improvement -..... or for love. The highest value.

For them, time is incomparably more important than possessions or status. They just don't care. There are more important things to them. Sometimes they are even very wealthy, but for them money is only a side effect - never an end in itself.

And such people exist in every possible profession you can imagine.....

They go the hard way. They are often pioneers in what they do. They are bold and take risks.

They are also ridiculed by others.... Those who eagerly and passively wait for the first signs of failure of such a creator.

But there are also Re-Creatorss. They only duplicate the schemes and solutions that the Creators had previously created.

When they learn them - they brag about what they do without shame. They consider their contribution more important. They also have a larger Ego, and a lack of humility towards knowledge and science.

When a problem arises and the need to change the scheme of action - they are helpless. They will just passively wait for a Creator to come up with another new solution. Then they quickly adopt them (even as their own)... and the cycle repeats.

Re-Creatorss don't ask "how?" and "why?" questions.

Man, on the other hand, should be a creator. Such was the one who first made the drawings on the walls of the cave. And such are contemporary engineers, artists, researchers, scientists and all those

who create even minor and hardly noticeable improvements and works every day. This is a significant contribution of a thinking and feeling man...

To sum up.... Creators and Re-Creatorss - these are two very different human natures.... Two completely different life paths...

However, ways that can always be changed. It is never too late. Just realizing this - is already the beginning of such a path.

MENTAL STRENGTH AND PHILOSOPHY OF LIFE

I think that with the exception of relatively few cases of damage to the nervous system - people's problems are caused by their false philosophy of life ... in other words, a false value system ...

A poor philosophy of life lies at the root of all emotional and even mental problems of such people. They create their own problems.

Unfortunately. This is what it looks like. ... A strong, and therefore true, philosophy - guarantees a strong psyche at the same time. One follows from the other.

I come to these conclusions. These are not scientific conclusions, but my personal observations.

WEALTH

Build your professional path not based on Opportunities or Speculations - but based on Added Value

This is the only good way in the long run. It has to do with the fact that your true wealth is not in what you have, but in who you are and what you can do...

It is thanks to this that you can always rebuild everything even from scratch ... Because this wealth is in you - anytime and anywhere.

No one can take that away from you - and you can always share it...

And remember - money or property is just something you can lose even in an instant and at the same time something you can always refill. They are of no value in themselves. They are not the true wealth of man...

EMOTIONS

Sometimes when it's hard - I ask myself - What would a wise man do in my place....?

I've been doing that for many years. This way I distance myself a bit from the problem and it allows me to make wiser decisions.

It's as if for a moment I was a different person who looks at himself a little more objectively.

I don't cut myself off from my emotions. No,... never. They also have a very important place in me. However, this method allows me to move away from the axis of emotions and I do not let them take over me.

My mind and emotions remain in a balance...

LIFE CHOICES

Work in such a way that you are not tired when you leave work What's more - that you have more energy when you leave than when you came....

You think it's impossible? I assure you it's possible.

If not, then you're in the wrong place. That means you're not enjoying your job... Face it.

It means you are selling your time for money - in other words.....you are selling your priceless life for money!

Are you going to do it ?

Is that all you can afford?

Think about it....

I've seen a lot of people like that... They're still where I last saw them.

Nothing has changed with them.

They complain, they wither, they grow bitter.....and they continue there. For fear of life...

Change this job... keep looking - until you finally find your true place. The world is big and full of possibilities.

Life doesn't stop at one place. You are not a tree that cannot be replanted.

Those who are in the wrong place are easy to recognize - they are waiting for "Friday". These are exactly the same people who... are waiting for the longed-for "retirement". And what are they waiting for there?

The people who say "Thank God it's Friday" are the same people who will probably say "Thank God it's over" at the end of their lives.

This is the mentality of eternal malcontents. Those who did not take their lives into their own hands in time - but they only let themselves be carried away by the system - and so they drift ... without knowing where. They even make good money... So what? ...They sold out themselves.....That's it....They didn't realize their true potential. They buried their talent...

Such life is a failure.

A man who does what he is made to do will never want to retire. Such a vision does not even occur to him. He wants to work all his life.

Realizing that work is not primarily a source of income - but a way to make your unique contribution to a greater whole - is groundbreaking.

Money then becomes only a "side effect" ... and interestingly, it will come sooner or later by itself. It can't be otherwise since you're doing exactly what you do best. What comes from your nature.

If you look at it that way, everything makes a different sense.

CREATE EVERYTHING AT THE SAME TIME

I've never been a believer in the idea that you have to sacrifice something else in order to achieve something. Something at the expense of something. When I hear that, something just doesn't sit right with me. A well-directed life requires no sacrifice. On the contrary - all elements complement and support each other. It's the only good way.

Many coaches say that now you have to work hard and sacrifice something. After that, however, it will be fine and you will achieve what you want. So learn to shift the moment of gratification.

I agree with that, but only up to a point. And that within one day rather than longer.

If this is what life, work and achieving anything look like - I'm not in it. For me, every moment must be complete. Regardless of whether it is a moment of work or rest.

Every day a wise man will find time for a good job, for a family, for himself, for contacts with people, shaping his skills and earning money. It will all find its place and stay in balance. Every day he will take a small step in each of these areas. And so it will go through life.

Life lived in this way is like drawing a picture in which all elements are created simultaneously and proportionally. The created image is getting clearer, but what is supposed to be in it is already there from the very beginning.

Such an artist then does not focus on one fragment - neglecting others. His work emerges as if from a fog and we see gradually better and better what he wanted to convey. That's how I feel it.

Let the work be complete at every moment of an unexpected interruption. Even if it will not be so clear yet - let it be a coherent, complete whole.

And remember - do not postpone anything good, and therefore important - for later.

UNKNOWN FRIEND

It's amazing how every single person adds value - to our great human family. Here is an example of what I recently experienced from a friend I don't know.

I had a problem with the introduction of graphic elements in one of the computer programs. So I looked for information on the Internet. Finally, tired - I found myself on YouTube and there I also asked a bothering question.

I found a few minutes of material that seemed to address my problem. So I went in and started watching.

Already at the first moment I understood that the boy who recorded it - has a problem with pronunciation. He was definitely disabled. It didn't bother me at all though.

Almost as quickly as I recognized in him another ability, incomparably more important than speech. The way he approached the subject showed a very coherent way of reasoning and a rare ability to translate difficult things into simple words.

His only problem was the difficulty in speaking.

The movie was very specific. He immediately showed what it was all about. The boy who created it did it in a very professional way. First, he briefly told me what he was going to teach me. Then he walked me through the whole process, recording picture by picture. He paused for a moment on more important matters. And finally we got to the point that interested me.

The video lasted about 3.5 minutes. Efficient and understandable. This is how the mind of a true engineer works.

I was delighted... and extremely grateful. I immediately felt the need to write to him and thank him. I've also seen other people's comments. They all thanked him in the same spirit of gratitude. The film was watched by several thousand people from Poland, because it was recorded in our language.

This is what true added value means. This boy shared his knowledge and skills with us. He also shared his time.

I am sure that one day he will have a good job and will be successful. He develops what he is doing great - and then shares it with others. This is what career choice is all about. The money will come by itself... one day. Money will follow the added value that this boy gives.

Judging by his voice, he's maybe 17. Everything is ahead of him. Thumbs up my friend!

"Each of us brings our added value. Each of us is for something."

JUDO

In judo, which I used to practice, as in many other martial arts, it is often first to throw the opponent off balance and then to take control of him.

In everyday life you will meet many manipulators who use a similar technique. First, they will try to annoy you or, on the contrary, break you down with manipulative praise. It's like pulling a kimono... Forwards, backwards, sideways... What do you say?

Then, such a positively or negatively broken man is easier to pull where the opponent wants.

Be careful about.

Knowing such practices - you will be a stronger person. Be guided by values in life - not someone else's opinion about you. You know who you are. Don't let criticism or praise get you off balance.

You also don't have to explain yourself to anyone for what you do. You know why you do what you do (The last sentence is Marcus Aurelius).

Anyone for whom someone else's opinion of him is more important than his own - is like a dog on a leash, dragged to - wherever his master takes him.

GIVING - YOU GET

If you feel lost. If you don't see the point. If everything in your life seems to be a big chaos - then ask yourself one important question.

This question, in my opinion, is the key to everything that happens next.

Everything you do next will depend on your answer.

Slowly, however, day by day - your life will begin to change. Maybe you won't even notice it.

Until one day you look back and say:

"Yes, that was it".

And that important question is:

" What do you want to give to others? "

Super simple,.... true?

And it really changes everything. From a man who only wants and dreams about something - you can become a man who primarily focuses on what he gives.

Because it has a real impact.

And what he gets depends on other people, on circumstances, ... on luck. Don't focus on that. you do your thing. Concentrate only on what you give.

And it's not like you'll get what you dare to reach for - as I read somewhere. I do not agree with that.

You can even reach for something with all your might - and life will not give you what you desire anyway. Because something, for example, randomly just happens. And you will ask:

- And why not me,.....O Life? Why do others get so much and I don't? Am I some kind of.....?
- And that's why.... – Life will answer you shortly.

And then what? You will be frustrated forever. Because the art is - not to desire, but to focus on giving. And build your life around it.

Desire is the key to unhappiness, and giving is the key to happiness and fulfillment.

Paradoxically - you will then get everything you need in life for happiness - when from the one who was oriented to taking - you will become the one who is oriented to giving.

It's like changing the direction of the road from north to south. Not slightly different - but totally different.

This does not mean not taking care of yourself or giving yourself away. Of course not.

You may find what I write boring and moralizing. I used to think exactly the same when reading stuff like this. However, over the years, I have learned that this is indeed the case.

And just a few days ago, I turned 50.

Those who wrote the same thing earlier were right, and I did not fully understand them. I really wanted to give a lot, but I guess I also wanted too much for myself.

Now I understand. Once you understand that, everything else starts to fall into place around it.

And what we give should result from our best features and natural skills. It should be what others want from us - not exactly what we think of ourselves. Interestingly, others often know better who we are.

So, instead of focusing on obstacles, everyday problems, unfortunate random events and our imperfections - let's focus on what we can give the best.

LIFE IS SAILING

Life is like sailing a yacht...

You steer it, you navigate it, you choose the direction.

Goals are just like buoys on the water.... that you pass somewhere along the way, somewhere along this long journey - and keep going at full speed.

Achieving goals brings joy and shows that you are capable of doing a lot.

However, goals are not the most important. The most important thing is the direction in which you are sailing.

If you choose well at the very beginning - you have already achieved success. Not then, but now - at the beginning of the road. You don't have to wait for later.

But now, swim well. Navigate well in all areas of your life.

Navigate well both day and night. In the rain and in thick fog. Navigate well on a beautiful sunny day.....

Verify what you do often, in every area of your life, as if you were watching the control panel of your yacht. Look at the compass, gauges and indicator lights. Listen to your natural instinct.

If necessary - slightly adjust the course every day.

Every time you remember about it - check if you are navigating well in every area of your life? Even several times a day.

That's how you navigate your life... and that's enough.

The results will come - you will see. This is only a natural consequence of the values you follow in life. Their priorities and how seriously you take them.

Choosing the right values - this is the choice of the direction of your life sailing.

And the last - the most important advice:

Stick to values - not people.

It happens that people move away from values. Even those who once held on to them. And then what ? Will you follow them... or values?

If you follow them, you are lost. If you follow the values - you will sail in the right direction. Maybe in time those who have gone astray will return to the right course.

It may also be that you will be sailing all alone. And you will go on like this for a long time..., really a long time.

And this is the time of the greatest test of character....

YOUR UNIQUE VALUE

There was an artist in Poland - a long time ago... He was called Nikifor Krynicki.

He received such a nickname ex officio, because he did not even have his own documents. He was considered intellectually disabled. His mother was a deaf, poor woman who carried water in the Krynica Zdrój health resort.

So much was known about him.

I saw a movie about this artist once. It has the title "My Nikifor". It was created by Krzysztof Krauze.

One thing made a huge impression on me..... Namely, I read that Nikifor created over 40,000 works!

Can you imagine? Over 40,000!

He painted them on pieces of cardboard, paper - anything.

It couldn't be a coincidence. There was a kind of deep life calling in him.

Three times he was displaced from Krynica ... and three times he came back on foot. Finally, he was allowed to stay there.

What Nikifor painted - may be liked more or less, ... or even not at all. It's an individual issue. For me, what evokes my great respect - is the perseverance and awareness of this artist's calling. A man whom the world rejected and did not understand. But he continued to do what he believed in. He got practically nothing out of it - yet he did it. Sometimes one of the patients bought such a picture from him and gave him a few pennies.

Nikifor knew what cold and hunger were. There is a scene in the film where Nikifor eats oil paints in a tube - which someone gave him.

The years passed. Tourists came and went. Nikifor continued to paint...

This is just following your path. Sharing what you do best.

Every now and then I recall the words of a certain German composer. One of the forefathers of electronic music. He said:

"If you are an artist, it is your duty to create your OWN art."

Banal? ..Not at all.. How many artists just reproduce the work of others. They are not artists in the full sense - they are just re-creators.

How many so-called "engineers" - does not create and does not improve. An engineer is also a creator. It is his duty to create.

How many teachers - only transfers knowledge, but does not inflame students' fascination with learning.

How many doctors have settled on their laurels instead of developing intensively further. They slowed down ... not like they used to, in their young years.

And so I could exchange in every field.

The following words are spoken by Nikifor in the film:

- I have to paint....tourists will come.

So, despite all his loneliness - Nikifor painted for people.

Ultimately, whatever we do, we do first and foremost for others. Doing something just for yourself - it wouldn't make much sense.

I think that every human being has a "Unique Value" that should be shared. Sometimes there are even more, but this one is the most important.

And this is what should be developed especially and never neglected.

PROFESSIONAL FULFILLMENT

How would I describe professional fulfillment?

Simply - as the realization of your potential...

Potential resulting from your unique skills. Again, I will emphasize the word - unique.

And I don't think it has much to do with salary.

Everyone has their own potential. We often have it in various fields - bigger or smaller ... but our vocation is to realize it as well as possible.

It's a kind of gift that we can develop, ... or waste.

It should be shared. That's what it's all about. Without looking at others, without comparing yourself to others...

If you can't make a living out of it, then just do it after work...

If you have already discovered your unique potential - never neglect it. Over time, you will understand better and better why you have it. This is not a coincidence.

MASTERY AND AVERAGE

Going from elementary to intermediate level (any skill) is relatively easy and takes little time. As a rule, it is only two to three weeks - but very intensive and wisely arranged work. Learning curve - climbs sharply. The results at the beginning are spectacular.

It seems amazing - but it's true. And most people stop there. They rest on their laurels and that's it. Especially since the learning curve after that - hardly lifts. Hardly, but yet lifts. Even if laboriously slowly.

Going from intermediate to master level, however - is a completely different matter. Here, self-improvement plays a key role. The master level is only a few percent above the average, and it usually takes many years of very persistent and hard work.

Over the years, it is difficult to distinguish someone with average skills from a master. The learning curve goes up very, very gently. This is the hardest here. Knowing this, however, will make it easier for you.

But it's those small percentages that change everything.

As I've heard somewhere, "A winning horse wins by just a nose length - no more. Just a little bit. But that's why this horse is worth millions". His victory is not a coincidence ... although it may seem so. Statistically, he wins most often.

That's why it's really worth practicing in one area every day. Albeit a little - but systematically. Set long-term goals. Anyone who has achieved some success in any discipline will say that.

If you still don't know what I'm talking about - see the movie "This is it", about Michael Jackson. You will understand how much work he put into his every performance, every move, every gesture. He practiced, practiced, practiced...

There are others who were almost like Jackson..... Exactly – almost...

TWO FIRES

We all have our problems - small or big. Many of them have their inconspicuous source in small habits.

First we create them – and then they create us. So how do you change these habits in time?

Imagine two campfires. One campfire is good and the other is bad.

A good fire - try to kindle it. Blow it from the bottom. Make sure it doesn't expire. Keep the flame high. These are your good habits. Everything worth trying for. So do what is good often.

Evil fire - let it slowly extinguish itself. Throw in there regularly everything you don't want in your life.

Don't do anything with this fire. Let it slowly burn itself out. Do nothing..... That's enough. It's kind of a dumpster. Remember - doing anything with it only makes things worse. Just neglect it. Don't poke it with a stick. Don't keep trying to go back to the painful past and understand it.

There may come a time for understanding when you stop to deal with the most "acute" symptoms. At this point now, you may not be ready for an objective and common sense assessment. Come back to the analysis when you are strong enough.

Remember Scarlett O'Hara from "Gone with the Wind" ? She would say something like, "I'll deal with it tomorrow, because today I'm going crazy." She had just such an ability to "isolate the problem" - for later. Completely postponing it.

It's just something like that. It's like throwing what we don't want into the wrong bonfire. Of course, this is not about thoughtlessly postponing problems that should be solved. I am only talking about what imperceptibly destroys us. I'm talking about bad habits and addictions.

This fire will start to fade over time. You have to be very, very patient. Unfortunately, this takes time. Don't expect quick results, but be consistent.

Strong habits and sometimes addictions require time. Don't be afraid that such a bonfire will quickly become inactive. Oh no... Even after a few years, the flame may reappear in it if you start digging it. Then these old problems, such as unburned pieces of wood or coal - will get some oxygen, necessary for the combustion process. This oxygen for them is your thoughts.

Such unburnt, but slightly glowing coals - can be active for a very long time. However, being aware of this phenomenon - it is easier to overcome them.

Concentrate only on a good fire. Only spend time with this on.

Focus on what you want. Not what you don't want. That's the most important thing about all this.

This is one of the characteristics of successful people. They do not pay attention to obstacles and threats. However, they are very focused on the goal.

By doing this, one day you will realize that you are already a different person.

Everything is in your head. And the same head can fix it all.

GOOD WORDS

Don't use negative words - they affect you.

If you want to make significant changes in your life - then you need to be aware that this is a process rather than an event.

Let me start with what is very easy to change - and has a huge impact on the quality of life. It's about choosing the words we use ourselves.

People who come to work and say, for example,

"I'm so nervous that I don't need coffee anymore" (as if drinking coffee was about being nervous) or "I don't feel like anything today" (and indeed, after a while it even shows. After all, they gave the body a message).

Of course, I can imagine you doing a job you really don't like. It is monotonous, exhausting, practically undeveloping, etc. So all I can do is sympathize with you and wish you a quick change for the better. However, do not wish not to work, but to work in the right place. It may not happen right away, but like everything, it's a process. It's important that you know where you're going.

Maybe you need to start developing, learning? Changing for the better means changing yourself for the better. That's where it should start. Otherwise, wherever you go, you will encounter the same problems sooner or later. Don't lie to yourself that it will get better. It will just be a little different. It's up to you to get better - and life will pay you back.

Listen to the language of those around you - especially those with whom you spend the most time. Their own choice of words - will also affect you. Learn to distance yourself from it - if it's negative. From the moment you realize it, it will be easy for you.

Of course, I don't want to go to extremes here. Life is not sugary and there are different situations. However, this is not what I am talking about here, but about situations that we provoke ourselves. Sometimes completely unconsciously. A lot can be done in this area.

Thoughts are much harder to change than words. This is definitely a higher driving school.

So start with the words you say yourself.

First, stop using profanity (if you do). They have their "destructive" power and the right emotional context. By overusing them on a daily basis - you dirty your language, and thus dirty your own thinking. It makes you negative, nervous, and you start slowly, imperceptibly looping.

Remember. What you say results from what you feel, but also vice versa - what you say affects what you feel.

Psychologists have known this for a long time. This is not new.

Don't get excited with nervous words and swear words, because you'll only become nervous and you'll spiral into anger. And it will affect your health, nothing more. You want it ?

You don't have to immediately tell yourself - It's fantastic, etc.

In the beginning, simply - pay attention to the words you say. And that's a huge change. I think that's enough - you already know what I mean.

Why am I writing about this? Because I have been applying these principles in practice - for many years.

WHAT IS IMPORTANT AT THE END OF THE END?

If you study the subject of "Reflection of the last moments of life" - and I devoted some time to it - one thing follows from it. Namely, people at the end of their lives, if only they have the opportunity - think about the following things:

About their loved ones.

About fulfillment in life.

About what they have contributed to the lives of others. So....- about what they gave - not about what they took. This changes things significantly.

For example, YouTube has a lot of interesting material on this topic. It's worth looking through. This allows you to arrange your priorities quite efficiently.

Somehow no one regrets that:

- He didn't make any more money
- That he wasn't someone important in the company
- That he wasn't famous
- That he hasn't visited so many beautiful places yet
- That he didn't have a fantastic car
- That he didn't have a beautiful home
- That he didn't eat so many delicious foods
- That....etc

In short, all this - what so many people are still chasing.....

It's an interesting reflection...for everyone...

DAILY DECISIONS

I've read about studies that show that people with the lowest income watch the most television. In this way, they waste huge amounts of time and become easy material for any manipulation. This applies to any television.

Certainly, on television you can also find a lot of interesting and good material, but the majority of them are of relatively low value.

On TV, someone else decides what to focus your attention on.

In life without television (or its severe limitation) - you decide what you want to focus your attention on. And that's a huge difference. And the ability to focus - is one of the basic conditions for success in anything.

At the same time, other studies say that the people who earn the most are the people who either read the most or still learn in other possible ways. They do it at every opportunity, even unconsciously.

It is important to acquire specialist knowledge above all, but not only.

Go beyond a certain level of income - only people who can study regularly. People who, thanks to their knowledge and skills, can give value to others. And then they get value for value.

This is how the market works. Sometimes luck can work somewhere, but for most people with really high incomes - it is the ability to learn and draw conclusions that is crucial.

Try watching a little less TV from now on – and study a little more..... Then see if it works. Look at yourself only after a year of such a change - and then evaluate yourself. Only this one simple and inconspicuous change has a really powerful impact.

WAIT A MOMENT

Do you want to understand others better and be understood better yourself? I'll tell you about a rule that I follow. It is extremely simple and you can implement it immediately - and it will drastically increase your ability to communicate with other people. And not after some training for which you would have to pay a lot of money and spend a lot of time - but here and now. Want to know what it is? So listen:

"Wait a moment each time your interlocutor finishes a sentence."

Start doing it right now - and you will see that this magical formula will work wonders.

Firstly, your interlocutor will feel respected. He will feel that you are calmly waiting for him to speak. You will eliminate the feeling of unnecessary haste and mistakes in expressing thoughts by him. This will also make your conversation much better quality.

The break will also help you better understand what he said.

Pauses in speech have at least as much meaning as the words themselves.

Finally, he himself will hear better what he has just said. No rushing, no interrupting. His speech will also become more coherent.

Start right away, with the next conversation. And then make it your habit. Become a master of conversation and wait a moment after each sentence someone says.

Even if your interlocutor has a tendency to speed up and rush - you will see that he will involuntarily slow down after some time and even apologize for interrupting you sometimes.

If I had to give you just one piece of advice to improve your communication skills, it would be this one.

If I had to give you only two pieces of advice, the second would be:

"When someone asks you a question, wait a little while before answering."

There are at least the following benefits from this.

First - you have a little more time to answer. A second or two really means a lot.

Second - the interlocutor sees that your answer is calmer and at least a little better thought out. It also makes him feel more respected. His question made sense, and the answer comes with a certain expression of respect towards him.

Third, -you don't let yourself be rushed. Regardless of how quickly your interlocutor asked the question and sometimes tries to take control of the conversation by artificially creating a rush - you control yourself. You have your own pace - natural to you. You don't let anyone control you.

HOW WE THINK

Why is Excel so popular? Is it just because it's a great spreadsheet?

I think it's mainly for another reason, which most of us are not fully aware of. Well, we humans - we think in a tabular way. Excel is a good representation of our way of analyzing data.

Only information organized in the form of a table, composed of rows and columns, allows us to understand things in a more coherent way. Often, only then do we find errors in our data organization.

The matter gets more complicated - the more data there is and the more variables there are.

Think you've seen it all? But type it into the table - and you'll see things and dependencies that you didn't expect. You will see how many empty fields and relationships between data you have not seen before. They grew out of the ground. Is it possible ?

You will see how many things still need to be checked to make a good decision, for example, or to get a more complete picture of the situation.

The table is like a hairdresser's comb that combs all the hair first one way - then the other way. Then on the diagonal... and again. Then you can clearly see which hairs stick out and need to be trimmed.

Try to use any tables as often as possible - and you will see miracles happen.

I encourage you to do so. It's a fantastic tool. I've loved them for years. Try to use it for even seemingly absurd things - and see what happens. You will find dependencies that you have overlooked - and that need to be rethought.

Yes - we think in a tabular way...

INSOMNIA

If you can't fall asleep, just lie down. It is also a form of relaxation. It's not exactly like a sleep - but it's a lot.... Do not worry. Lie down and rest. You will see that sleep will come more and more often on its own.... It takes some time... Give it to yourself. Be patient.

FOCUS ON YOUR LIFE

I once talked to a young boy who had no legs. He told me something important:

– I don't bother myself that I will never go for a walk with a girl on my own feet, nor will I go on a trip to the mountains ... I will not know what it is like I am aware of this Some things are beyond my abilities. I can only imagine them ... I don't bother myself with it and try not to think about it - so as not to hurt myself ... I don't have to have everything in life. I focus on what I can influence and what I can realistically do. Maybe it's not so much, but it's within my reach. This is my little world. I try to focus on my life and not on comparing with others.. I mind my business. I focus on my interests ... not on the interests of others ... I will be in a wheelchair in a year, and in 10, and in 20 years It won't change. I focus on myself... I think a smart person would do like that ... I try to do the best I can in the situation I find myself in... That's it.... It's my whole philosophy of life...

That's what the boy told me.

They were simple, wise words - and they spoke directly to me.

WHEN THERE IS NO TIME

When we don't have time - we focus only on the most important things....

Sometimes it's worth imagining... that this day is the last.... Or maybe just a week or a month.... These are real images that are tangible.... In their area, we are able to organize time so as to really do what we can realistically do. What else is within reach of our hands ... before they are irretrievably gone.

Act where you are and how you can - without waiting for tomorrow ... which may never come for us.

This way of looking at things changes literally everything. Every little choice.

And even if there are no such real threats - it's worth imagining...

Looking at everything from this perspective - allows you to always have a finished picture.

From general to specific. From outlines as if through a fog, to more and more perfect ... - but at any time complete. An image that contains all the items. Although perhaps not so clear and not so accurate ...

ITALY

As every morning - I will go out into the street from our big gate and turn left. I will pass the coffee machine in "Żabka" and imagine its smell. Right next to it - I will look through the large window of the "Karmel" cafe - at a huge photo wallpaper. This is an Italian square in front of the church. Calm - with a gentle sun. There are a couple of tables on it.

It's so beautiful.... You can almost hear the sounds of espresso cups being placed on small saucers. Or maybe even "Marocchino". I like to make a strong espresso in the morning from an Italian cafeteria and take a spoonful of Nutella in my mouth. I take a small sip of espresso and feel like in the places I love.... again.

I don't drink coffee to wake up. I drink coffee because it makes me happier. A little wine brings me similar moments. In wine there is the sun, life, joy and fun. The whole simple philosophy that you can understand years later and that you start to understand instantly after a little of this red drink. These are my little, simple joys that I look for... They don't cost much - and they give me so much.

Here, in "Karmel", I find a taste of what I often miss. This interior, these tables, this photo wallpaper - like a magical passage from this world to the other. Into the world I know.

Then I'll take another look to the right. Hotel "Diament" has its facility here. The same "Diament" as in Ustroń (where we live). On it's window photos - a beautiful, sunny day and a swimming pool. There is a town in the valley....calm, quiet, slightly sleepy like on a sunny Sunday afternoon. That's what Ustroń is like.

And who would have thought - in one place I have such things. Both - taly and Ustroń. I did not end up here after thirty years by accident. This time I came here not to study electronics - but to study the philosophy of life.

Gliwice 2022.

PRIMARY FEATURE

And if you had to say only one thing good and one thing bad about a person, what would you say?

What would you say about yourself like that?

Are you curious – what would others say about you using the same technique?

We have many different traits, but out of all of them, some traits are prime.

This good, chief quality should be strengthened - and the bad one should be extinguished.

This analysis could be reduced to, for example, two or three such features, but I think that more than three makes no sense, because working on only three is already a big challenge.

Someday I'll ask my co-workers in the office to consider these qualities in me when I purposely leave the room.

I will make that assessment. Then I'll come back and listen to what each of them independently says about me.

I think it can help me become better. I wonder if my observations match their observations.

YOU WILL KNOW A MAN BY THE HANDSHAKE

Some people want to do big business - and they can't even say hello. It's so simple and not obvious at all.

A look towards the greeted person - cordial and sincere. Paying attention to someone's name. It's a sign of respect.

Just enough.

Why are so many people fail at the very beginning?

THE ART OF LIVING WITH OTHERS

I once heard a claim that our social skills can be measured by the number of people we can get along with.

Interesting.... true ?

In my opinion, relationships with others are based on simple principles. Here are some that I use myself:

- The age-old rule "Don't do to others what you don't like" . That's true.

This does not mean at the same time - Do to others what you would like to experience yourself. It doesn't work the same anymore. People may expect different things than we do. Don't force them to be happy. You can only make a gentle offer, but that's it.

- Collaborate with others for a good cause. It unites people a lot.

- Keep the right proportions in everything. It is worth expanding on this topic a bit.

Example - keep a balance between speaking and listening. The balance between give and take,and so on. Often the first life lessons - e.g. in the sandbox - show that it's fun when we play together. When we contribute more or less evenly to this game. Otherwise, it's not fun and someone finally goes home.

If, for example - you feel that only you want to speak and the other party is too often silent - do not pull it artificially, because there is the reason. Think what could it be?

Some advise you to listen more than you talk - but I find this to be quite an artificial rule. It can give the interviewer the impression that you want to shut down the conversation, or give the impression of a "passive information gatherer".

- In a conversation, it is good to give the interlocutor the opportunity to end the conversation at any time. Listen carefully, but don't insist on anything. Interestingly, this is when the conversations last the longest and become more and more interesting.

- Be the first to give and to extend a helping hand, but when someone does not return the favor - stop doing it. Otherwise, he won't appreciate it.

- If you greet someone, for example while passing them - but they are not too eager to answer you and rather avoid you or turn their heads - just stop doing it. Maybe in time he will come to the conclusion that it is worth changing something in himself? Maybe yes or maybe not. But that's his lesson to be learned.

And so with practically everything - always maintain a healthy balance.

- Always look for what can connect you, but never contradict your values. Others see for themselves who you really are and will respect that. Then you will also attract like-minded people to you.

- If you meet a new person, assume that he or she is a good person. Never assume otherwise. Reach out to them first.

- Share with someone what you have - but if you see that someone is not sharing with you - stop. Someone will either understand it or not.

- When you shake someone's hand, do it sincerely and warmly. Look at this person with a friendly smile. It's so simple, yet so many people neglect it.

- The other person's name is "The sweetest sound in the world" to them. It's worth using it often. In this way, we emphasize our respect for a given person and the fact that he is someone important to us.

- We all need understanding, appreciation, and sometimes just sympathy. It is worth remembering and giving it to each other. Sincere compliments reinforce good behavior. It's better than criticism that someone will remember for years.

You would probably add a few more good pieces of advice yourself – ... maybe someday we will meet and talk to each other? Who knows, maybe we'll even become friends - I'd like to...

RELIGIONS

Only a few people can live without any religion and function ethically. The vast majority of people need religion - one way or another - I can accept and understand that.

Religions have a way of explaining the world in a simple way. In addition, not in a partial way - but in a holistic way. They translate everything at the same time - into a coherent system that relieves people from asking questions. Every religion is itself a kind of philosophy.

A follower of a religion does not have to ask himself questions about how this or that works. What is good and what is bad. Everything has already been explained for him. All fundamental human questions have already been answered for him. He is relieved of mental toil. Religions use language that is understandable to everyone. Those less educated and those more educated. This is also their strength.

The greatest of religions have survived because at their core they teach good things based on natural and eternal laws. Otherwise, they wouldn't exist. They wouldn't stand the test of time. Interestingly, although in different languages, depending on the culture in which they function, they teach common elements.

The older and bigger the religion, the more it must be based on natural laws. It must also be able to evolve and be flexible. Scientific progress forces religions to change.

I am not against any religion that respects life, love, freedom and equality. Unless it calls for hostility.

In fact, we are not so different from each other - as some people sometimes think. We all want the same.

AUTHORITIES

Just because someone is educated in one area doesn't mean they are educated in every area...

The fact that someone is educated in even a few fields - still does not mean that he is educated in all fields.

You ask - why do I write such things? It's obvious.

– Is it? – I will answer you with a question.

In that case, why do people who know something in one area so often become authorities in others?

Their authority cannot be transferred from one field to another, much less to all fields. Why are we so easily persuaded by the opinions of some people, just because they are educated in something? The same person can be a professor in one discipline - and at the same time a caveman in many others. This is the trap of believing in authority.

Finally, the most dangerous thing. This overextended authority can carry over into the ethics of action. There are people who are very educated and at the same time very unethical. What then is their true authority?

A child does not need to study ethics to be more ethical than a professor.

The acquisition of knowledge is a beautiful and noble thing - but it should not be overestimated. Knowledge alone, without ethical action, is not only worth nothing, but can even be dangerous.

Truth is truth - and falsehood is falsehood.

Good is good - and evil is evil.

Similarly, if the professor says that $2 \times 2 = 4$

is truer than a child saying $2 \times 2 = 4$

??

No, because the truth is the truth.

But back to ethics:

Ethics is the basis of the basics. Everything else is after that...

TITLES

I don't like using academic titles when addressing people. I just say Mr.. Mrs. That's quite enough. Adding anything before a name or surname is just ridiculous. It may only be relevant in some scientific papers - but that's about it. In normal life, it's completely unreasonable. We are all equal. Though some people would like it otherwise. And others, on the other hand, are very eager to please someone by using such titles, thus flattering the vanity of the former.

The fact that someone has made a scientific career - does not change anything. On the contrary, it should evoke even greater humility and modesty. And this is primarily because, as he develops his knowledge - he begins to understand how little he really knows.

I am sure that a truly wise man will not allow anyone to use any additional titles before his name.

THE NEXT GENERATION

I think we're getting to the point where machines start to understand us better than humans. This is already happening - at least at the level of speech recognition ... from a purely technical point of view.

A simple experiment - I say, at the same volume level and in the same outdoor conditions, to a colleague who is three meters away from me. Has trouble repeating all single words. At the same time, the same is recorded by my computer, which has the internal microphone function set and lies on the table next to a friend....

Result - the computer doesn't misspell a single word... it understands everything and even converts this text in real time into English.

CHOICES

You can't do everything right. you have to choose. Maybe not even one thing, but only a few - which, however, will not interfere with each other. On the contrary, they will complement each other.

After years of playing the guitar, I came to the conclusion that in order to master an instrument, you have to choose one. I had several guitars.

After that, only two. I realize, however, that these are two completely different instruments. One has steel strings, the other has nylon strings. One wider neck, the other narrower. The differences are huge.

Sometimes you have to be able to give up something good for something better. It's an extremely difficult choice and requires a lot of maturity. That's why I finally gave up the guitar in favor of writing. For 30 years I played with the guitar and the level I reached was unsatisfactory for me. That's why there came a day when I said enough is enough.

The time I could spend playing, I'd rather spend writing. I loosened the strings of the guitar and now it's just a decoration of the apartment. Maybe someday a guitarist will visit us and play it then. I made a choice.

SMALL STEPS

Don't neglect the little things you've decided to do each day.

Let them not be many, maybe even one.... but make it doable.

It's like going up one flight of stairs. After all, everyone can climb one step of the stairs... no matter how tired they are. Truth ?

Then look after many days ... how much you have already done.

Focus on even one degree a day... That's a lot.

And there will be days that you will overcome a few of them - you will see.

It is these small and inconspicuous actions that you do every day - that lead to the best future you can have...

FIRST - THE MOST IMPORTANT

I will share with you one sentence that has changed a lot in my life.

"You can't do everything you want to do in life - but you can do one thing - the most important things."

Just pick a few. Yes - only a few. And among them the one - the most important one, which is your life vocation.

Focus on the most important thing. And remember that every day. Start each day with it.

It doesn't matter what you do professionally and how many things you have on your mind that day. Never neglect this one.

This is the path to true success. Success in front of yourself - because you know that you are realizing exactly what you should - your Unique Value.

Years later, I understood the meaning of the saying "The good is the enemy of the better". What I was only good at hindered what I was exceptional at. Not in comparison to others, but in front of yourself.

I am thinking of the unique gifts that are within you. About the skills you have. Use them practically, not just theoretically. Everything that is not used practically is simply wasted.

What if you read about it.... what do you mean by...? As long as you don't make any use of it, you're wasting it.

And wasting your talent - that's the real failure in life.

Sit for a moment in peace and quiet - and answer the question "What is this gift in you? ". What makes you different – and what can you share with others?

I think I don't need to explain now that I don't want you to take care of money, property, official matters and other such topics first. They also have their place in life - and they are important, but the time for them will come second.

Start your day with what matters most. Give it the highest level of energy, strength and concentration.

Only love and health are more important.

THE EXECUTIONER AND THE VICTIM

The problem with some people is that they do evil when they turn a small thing into a deadly problem. This is how it begins inconspicuously.

Then they rationalize it to others - and even to themselves, to justify their wrong actions under the guise of good principles. In this way, even the victim agrees with the executioner. After all, the victim had obviously committed some kind of crime. She did something wrong. Only what she did is of lesser importance than the executioner's reactions.

I observe this phenomenon not only in workplaces, but what is worse, very often also in families.

The very first example:

Someone has accidentally dropped something... and the family executioner is already screaming,... And he is already raising his axe.

Often even the family victim agrees with the executioner. And the executioner is to blame.

The executioner trains his victims in such a way that they do everything not to upset the executioner - even in the slightest way.

Interestingly - such an executioner even smiles from time to time, even strokes victim's head, even has a human face (it would seem). The victims then jump for joy, because the executioner is, after all, good at heart. And then you get the impression of a family idyll.

Nothing could be more wrong. It's just appearances. The executioner is the executioner as the scorpion is the scorpion - it is his nature. He takes pleasure in inflicting pain on others.

Even when such families seemingly have everything and even live in luxury, behind closed doors a daily nightmare takes place. Over time, the victims learn to deal with the executioner and even seem to control his anger. They take it as his character traits. In fact, it's something completely different. He's a toxic personality. He should be left alone as soon as possible.

- Well, but it can always be worse - say such victims - so let's tiptoe quietly so as not to annoy the executioner.

They don't understand anything. If they haven't understood it yet, it's unlikely they ever will. Their fate is therefore - to be the victims of the executioner.

There are many pathological families. There are many such pathological workplaces and many other places where a man is dependent on a man.

Someone at work made a mistake - and the mole is already rubbing his hands, because he will be able to strike in a moment. After all - objectively, a mistake was made, so he has the right to punish.

A wise man in such a situation might say something like a warning. However, the executioner will not pass up such an opportunity and will go all the way.

If someone has the nature of a victim, he will be a victim. He will continue to defend the executioner, even with his own breast. Maybe one day he'll wake up from this bad dream and see who's really who and what's really going on here.

However, it is not so easy to leave the executioner. He needs a victim and won't just let her go. Oh no.

Meanwhile, the executioner is actually weak, cowardly and skittish. He hurts others behind closed doors. He is terrified of those stronger than himself. He knows they can do the same to him.

I've seen that too many times, in different, different places.

I'm lucky I've never experienced this myself.

REJECTION

Of all the mental toughness you need to learn, the most important is rejection toughness...

We have a strong tribal instinct that tells us that it would be better to die than to be rejected... It's a very primal feeling.

And some do die as a result of rejection..., although these days it happens slowly and imperceptibly.

The fear of rejection is so great for some people that they can act like someone else.

Nevertheless, if you learn to enjoy life despite the lack of acceptance - it means that you have achieved a lot...

PERFECTIONISM

Don't be too meticulous in many areas. It's a waste of time. Be meticulous only in the things you want to excel at. Then yes - every detail matters.

Look at the Pixar movies - there is perfection in every movement, in every shadow Look at the Disney movies - there is perfection. Look at Fred Astaire's dance - perfection is there. Look at Michael Jackson's dance - there is perfection.... And so on and so forth.

Repeats, repeats, repeats. Learning and repetition, learning and repetition, learning and repetition... However, this only makes sense in the area of your unique skills - nowhere else. We have one life and it is not worth being overly perfect in many areas. We just don't have enough time.

However, even this professional perfectionism should have its limits. Do something at 99% of your ability. It's enough.

SPRING WILL COME

After autumn comes winter, and after winter comes spring. After spring comes summer.

Seemingly obvious - ... and yet we forget about it. We can persist in the belief that it will always be winter or it will always be spring. Funny.

It is important to remember that you need to prepare for different periods and you cannot waste time when it is beautiful - forgetting that someday it will be rainy and cold. It's not about worrying about it, it's about being aware of it.

Similarly, when it's cloudy and cold - you can't waste time and you should prepare persistently for spring and summer. All this to make good use of the opportunities that life brings us.

When life gives us a chance - we have to be prepared for it ... earlier. Real opportunities come rather rarely and do not last long. Remember when the next spring comes - you be ready.

This is how a wise man works. He understands the seasons. We are part of nature – and our lives reflect it.

And never lose faith. Spring will come.... - Like every year.

SLOW

It's not the amount of experiences we've had in life that matters - but the quality of them...

You can only have a few life experiences, but live them to the fullest. Appreciate and understand them.

And that's the real value.

Where are you in such a hurry?

Why do you always have plans and a calendar full to the brim?

Do you really think that more is better?

Stop, ... feel life, ... live it from moment to moment ... Slower.

PENCIL EXTENSION

The only physical heirloom I have left of my grandfather is a small extension for a pencil. An object that had its use in times when a pencil was of some value. That is, in pre-war times.

Nobody uses anything like that anymore. When the pencil runs out and there are only a few centimeters left, it is simply thrown away. Then, however, thanks to this extension, the pencil gained a second life.

For many years and through many apartments we lived in - this little object traveled with us. I didn't think much of it. Nor did I particularly care where it was. It just was. It flashed before my eyes from time to time - here ... there. I moved it like all other crayons, pencils, pens.

But he went everywhere with us. Even abroad.

And here it is today, right now... I felt the need to use it for something practical. My precious 6B Gioconda Aquarel pencil, which I draw with - is much shorter. I need exactly this.

I put the pencil in the holder. It fits perfectly. I can continue drawing.

Of course, I immediately remembered my grandfather. About the meticulousness with which he treated the few things he had. They lived very modestly with my grandmother on his disability pension.

He himself had a watch on a chain from his father. He always reverently put it in the old box the day before, ...before going to the allotment garden.

The garden was at the end of our short street. But for him... as an invalid - it was a long journey. Well planned in advance. He was a pre-war man whose time stopped a long time ago. Time measured slowly and calmly... by the ticking of his chain watch.

P.S

Because as I write these words, a few moments have passed since then, to be honest - again I don't know where this extension is.

I'll probably find it someday... at the right moment in life. Like always.

I don't know where this small and old object is. However, the good that I got from someone - I will never forget. It is eternal...

WHAT ALL THIS GIVEN

When thinking about your skills, ask yourself daily:

- Did you do something towards fulfilling your life calling, or did you just sell your time for money - and just wasted the rest?

Now that the evening has come – all you think about is watching TV....

- And what's wrong with that? – you say – I deserve it.

Right now begins the most important time of your work. Now you can do exactly what you really do best. You may not be able to make a living off of it (or not yet) - but do it regularly and keep it going. It's your hour.

So do this without neglecting that. Do a little each day for yourself.

One day you'll look back and say:

- But it was for something...

THE END

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