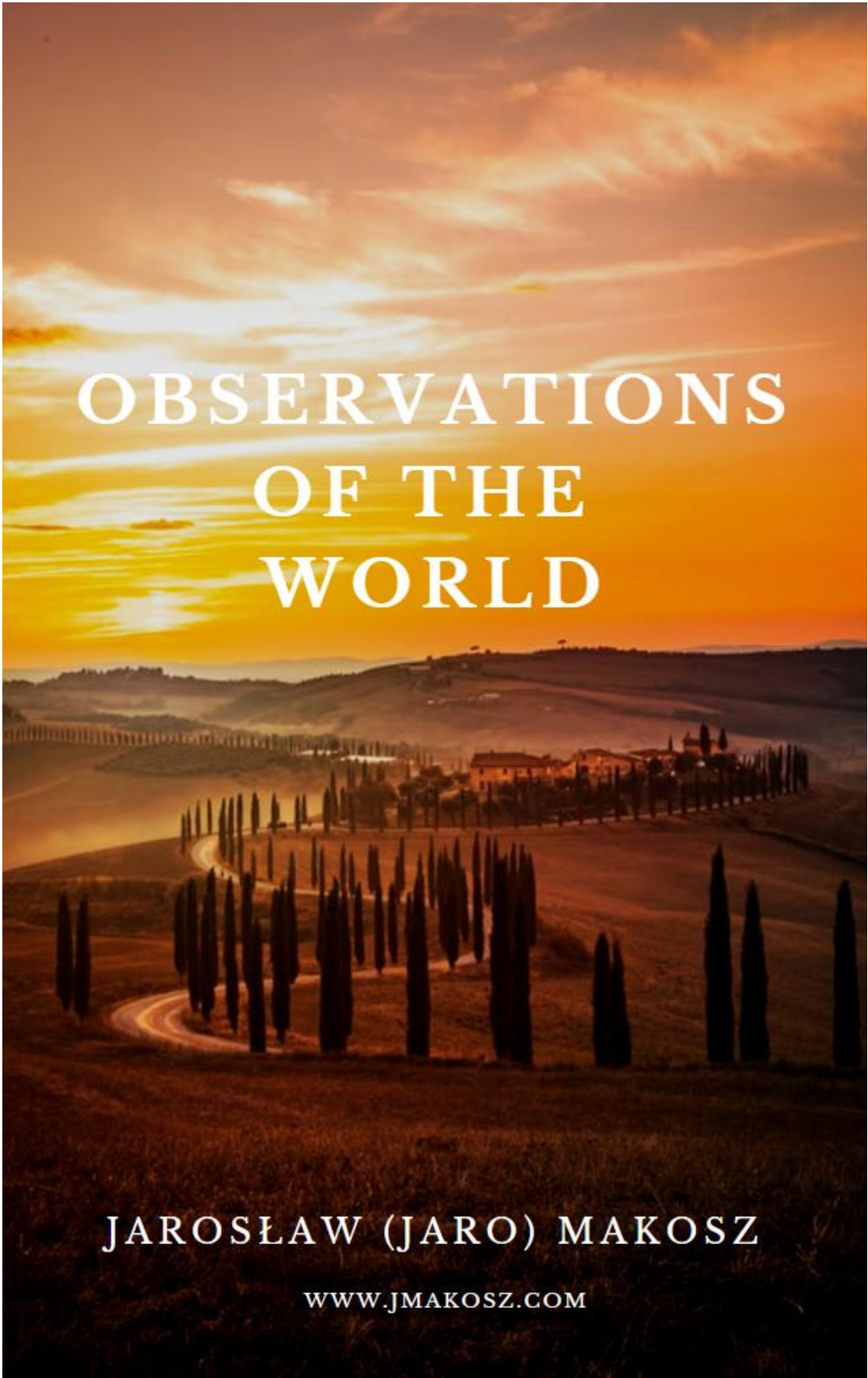




OBSERVATIONS OF THE WORLD

JAROSŁAW (JARO) MAKOSZ

WWW.JMAKOSZ.COM

I could only think of it all

... and let it pass with time..

However, as I go through my life,

I write down my observations of the world.

I write on what I have at hand - that is, ... whatever.

Maybe it will be useful to Someone ?

*Somehow,
Someday,
Somewhere...*

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

Jarosław (JARO) Makosz

“YOUR WAY “

Find your way - the answer is deep within you.

Have a look there...

Then go easy,

every day.

Don't look too much to the side - to others.

Not too much backwards.

Nor look too far ahead.

Go slowly.

It's important, that you move forward - no matter how fast.

Enjoy the simple moments.

Achieving any goal - has nothing to do with happiness.

It's just reaching another goal - nothing more.

Happiness cannot be found.

You can only be ready for it.

After all, it's just the result of a good life.

Never a goal - in itself.

Be the one to love.

And love will find you.

Sooner or later.

You - be ready

and be patient.

Start giving love

and you will start receiving love.

Be moderate in everything.

Let the simple life be your guide.

Remember the value of compassion.

The failures you experience along the way don't really matter.

One should only draw conclusions from them.

The real failure is to not learn from it - and keep making the same mistakes.

And life will teach you exactly the same lessons over and over again - until you finally stop making the same mistakes.

In fact, we don't need much to live:

- sleep
- clean water
- a simple, healthy meal
- a bit of sun
- clean air
- a bit of silence
- a little warmth on cold days and a little coolness on hot days
- some money - but in fact, we need much less than we think.

Most human needs are unnatural and imaginary.

How to distinguish them?

Natural ones are easy to satisfy.

Imaginary ones - they grow as they are satisfied.

And ultimately they only lead to frustration.

Not everyone is lucky enough to have children - it's true...

But when a man and a woman have each other, they are already a family.

We are all part of a greater whole.

We don't need to understand it right away.

It's enough that we feel it,

that we understand that every person is important,

that each of us is for something.

And there are no more or less important ones.

We are all important and unique.

Don't be in such a hurry for tomorrow.

Because tomorrow, you want - what you don't have today

But tomorrow, you won't have - what you have today.

Appreciate what you have, but don't get too attached to anything.

Because everything is constantly changing.

Respect your health.

Respect your loved ones.

Respect time - great value.

Which the richest people in the world can't buy.

The most beautiful thing you can leave behind - is the Good, that you gave.

Because a man is worth as much as he gave Good.

The peace you find within yourself

It is a gift...

There is an answer to all your questions.

There you will hear yourself...

And you'll go on

...your way.

Ustroń 3.11.2019

"INNER COMPASS"

Navigate your life well.

It is not the goals that are really important,
but the direction in which you sail.

Hold the helm of your life firmly in your own hands.
Your inner compass will show you the way.

Do not think too much about the future.
Take care of whether you are steering your life well today.
That is up to you.

To wait for something, or to desire something
- it means living in the future.

It is to be eternally restless,
eternally absent.
It is the pursuit of something that will only quench your thirst for a short while.
For a short while it will give you joy and pleasure,
which people confuse with happiness.

And so ... to the next pursuit.
Because the more someone has - the more they desire.
And the more restless they become.

And happiness comes when you do not desire,
but are able to enjoy what you have.

The most important things in life are easily accessible.
You just need to be able to notice and appreciate them.

About the future, think only of what is good.
Because if you sail well - something good will always happen to you.

The intermediate goals that you achieve - are only like buoys on the water.
Like signposts that you pass ... and sail on.
They are merely confirmation that you are sailing well.
Nothing more.

Do the best that you can do right now.
And often ask yourself a simple question:

"What would a wise man do in my place?".
And no matter how difficult your situation is,
let this question be a hint for you.

Adjust your navigation to the situation,
because many things do not depend on you at all.
And return to your course.

Live today well - this one day.
This is what you should try to do as best as you can.
And live every day like this.
And your whole life will consist of well-lived days.
And let each of these days contain everything
that is really important to you.
Don't worry about the rest.
And don't worry about what you have no influence over.
Don't waste precious time.

One day - is like a whole life.
Steer it like a yacht.
Enjoy the very act of sailing in the chosen direction.
If you understand this - you have already achieved your success.
Not sometime there, ... in the future,
but right now - in this one moment.

Sail calmly ahead - today.
With beautiful memories of yesterday
and with the hope of experiencing the beautiful moments that lie ahead.
But without thinking about them too much.
Remember - You are where your mind is.

Life surprises - that's its nature.
Sometimes it gives joy and sometimes pain.
Sometimes a storm, and sometimes beautiful sunshine.

Look often at the readings of the measuring instruments from the cockpit of your yacht.
Trust them.
It's like looking at yourself
and verifying your habits, methods, skills, knowledge...
Finally, the way you think.
This is what determines the direction of your life.

So much is changing around you,
but some values remain unchanged.
They are like the laws of nature.
So try to be human in every situation.
This is the most important thing.
Everything else, ...is an incidental thing...

If you navigate your life like this,
then in the darkest night
and in the worst storm,
you will be sure
that you are navigating well.

And even if you can't see anything anymore,
the compass inside you - will guide you.

After the sun - comes the storm.
After the storm - comes the sun.
You - sail on,
towards the light...

"PLAY YOUR PIECE TO THE END"

Does the fact that something didn't work out mean it's not worth playing the melody to the end?
No, ...I don't think so.

If you've ever played an instrument, you know how many times you've made a mistake at the very beginning of a piece, in the middle, ...and sometimes at the very end (even though it was going so well).
And this after so many rehearsals, so many performances.
And you feel as if you were starting all over again.
As if you'd never learned anything at all.

But if you truly loved playing, you kept playing regardless.

And you listened to the notes you were playing.
Because even though the entire piece wasn't perfect, certain parts of it were beautiful.
And you listened to those parts with delight.

And after the mistake, you knew you didn't have to try so hard. And paradoxically, it was then that you were most relaxed

and truly enjoyed your playing – even if only in those small fragments.

And it was then that something you could only describe as a "sanctity" occurred.

It's similar in life.

So keep playing your melody...

“TRUE LOVE”

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

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

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

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

This is how I feel and understand love ...

“PUZZLES”

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

“LIFE IS LIKE A DANCE”

Is dancing about achieving something – or getting anywhere?

Is one moment more important than another in dancing?

Or is it about getting from point A to point B on the dance floor?

I think that if someone can truly enjoy dancing – they can enjoy life.

Remember – the music of life plays for you too.
Dance your life to the best of your ability...

"DON'T WAIT FOR TOMORROW"

Say every sentence,
as if there was no next one.
As if my story were to end with this very sentence.
Don't wait for tomorrow.

Breathe calmly - with every breath,
as if it were to be the last.

Do not desire anything.
Do not rush anywhere.

Accept everything
that life brings.
Lose everything - if necessary.

Gently enter the day
and gently fall asleep at night.

Pass unnoticed,
yet giving the world the best that you have in yourself.

Be, like water...
Be, like air...

Ultimately,
- we are not physical.

We are a thought.
We are a feeling.

May 2025

"WE ARE UNIQUE"

I unbuttoned my corduroy jacket.
A warm, spring wind blew under it and blew pleasantly over my body.
I felt as if I were absorbing some good energy through my thin shirt.
Isn't it beautiful... - I thought?

I walk slowly, and questions appear in my head...
Where exactly are we?
Where do we live...?
Where do we work...?

Or maybe somewhere in between?
Like in the seemingly empty spaces between the lines of what I am writing...?

What place will welcome us next time?

Is anything ours?
... No... - nothing is ours.
We only touch it for a moment.

And that's how good it is...

Or maybe I will go further and ask:
- Who am I?
- When I enter our Siemianowice viaduct during a walk, am I the same person who comes down from it?
...Or maybe a different one?
Maybe a little different...?

Because I just thought something...
I understood something...
I was delighted with something...
And it changes me.
Just like the landscape of white clouds changes in today's Sunday sky.

But in this changeability - one thing is constant.
It is something that has been in us since childhood.
Although it would be difficult to name it - it is the essence of ourselves.
It is our sensitivity and our way of thinking.
We understand them better and better - as we gain life experiences,

We are not born like a white sheet of paper that can be written on with anything.
We cannot be made into anyone else.

We are unique.

"ARROW"

What if I had one last arrow left in my quiver?

Then I would look far to the horizon
.... and even further.
Where my eyesight does not reach, only my imagination.

Exactly to that point that I always knew existed.

Although I have never seen it.

I would slowly close my eyes.

And all the sounds around me would cease to have any meaning.

Me, the arrow and the bow - we would then become one.

I would perhaps have the impression that my whole life was leading to this very moment.

To what extent is what happens to us in life our will, and to what extent is what is written somewhere in the stars?

I don't know.

...Nobody knows.

All I could do was prepare the arrow, the bow and myself
- as best I can.

The rest does not depend on me.

I did what I could.

So I am calm.

In the end, isn't that what matters,
and not this - whether the arrow will reach the target?

Sometimes I imagine this scene.

It's late evening, the sun has just set.

Everything around is getting weaker and weaker.

Let it be so. Let it be so.
It is exactly as it should be.

I don't need eyesight for this shot.

I slowly reach for the quiver on my back.

Everything will happen exactly when it should.

All I need to do is listen to everything around me and to my inner self.

Flow gently, with the natural flow of time.

I pull out my last arrow.

I draw back the bowstring..

I gently raise it to the height at which it should be.

It is perfectly in the right position.

My mind, breath and body are calm.
Although perhaps I am meeting my destiny right now.

I don't feel any inner tension, because I know - that I am doing exactly what I should.

Give the best of yourself.

Isn't that our arrow?

I freeze in total stillness.

I stopped breathing,
I stopped thinking.
I close my eyes.

For this shot I don't need my eyesight, only my heart.

Time stops.

I feel happy..

NOW! - it shot.....it's already far away.

.....

Good luck, my arrow.

You're already far away.

I stand for a moment longer in the silence of the evening - and I look ahead, far away at the horizon.

I don't see it, but I know it's still flying...

I did what I could.

I smile to myself

... and in silence

- I leave.

My work is done.

"RIVER OF TIME"

Can you hear how softly it murmurs?

Almost inaudibly.

Yet it has its own gentle flow.

Slow and constant.

Don't fight its current.

That's the secret.

Flow with it.

Do now what you should be doing now.

Then—you'll do what you should be doing next.

Don't think about it too much.

If you act this way, in every single moment—everything will be alright.

You won't have time to do many things anyway,

but do the most important things.

The ones that should be done now.

At least try.

And enjoy this moment...

"THE LAST TIME"

Sometimes you do something and you already know it's the last time.

Admittedly, you can't be sure, but you feel it.

Everything around you tells you so.

You have that magical feeling you know so well,
when you know it's like the last page of a book.
As if you were about to close it.
And it was meant to stay with you—only the memory of it.

Then, in retrospect, you see that it was true after all.
It really was...the last time...

“A PHOTOGRAPH FROM THE 1920S”

On the wall, in our living room in Ustroń - there is a photo from the 1920s. I didn't realize - why did I like this photo so much?

Until one day my brother said:

- After all, it's like "January 27th." Your old place on the Golden Corner...

- Indeed - I confirmed, astonished.

It was a very similar shot. Our apartment, already chosen by me in my dreams when I was still very young.

I have many memories from the time we lived there.

A record of one such moment:

“The sun rose early in the morning - ... I went to get bread. I walked around the Golden Corner, going to the baker's.

Then, on my way back, I stopped for a moment at a cosmetics store. I was admiring a great photo of Kylie Minogue. She was smiling, happy. It smelled around her perfume. Or was it just an illusion?

Looking left - I had the tower of Fitzner's Palace. Almost like Santa Anna di Camprena in Tuscany, which we later discovered. Then it was all in the sun, in that quiet morning.

Next, ironworks “Jedność”, with its sounds of steel pipes. The sounds didn't bother me at all. On the contrary - they confirmed that everything was fine. That it is as it should be.

The asphalt of the street reflected a nice, warm light.

There weren't many cars at that hour yet.

Then a roundabout was built here. Indeed, just like Piccadilly Circus in London. Only the sculpture of Eros was missing in the center.

I smiled to myself and looked at the sun.

It was an objectively short moment between going out to get bread - and making breakfast and coffee. Then I had to go to work. Iwona and Artur were still lying in bed...

Everything was in place.

I wanted nothing more from life.

That morning, time stopped for me for a moment.

These are the moments that make up... life.

Zeta Park May 28, 2017

"OLD FATHER"

The old father sat,
but no one knocked.
He cleaned the apartment
and cooked soup.

But no one came...
And probably won't come.

He sat on a chair, in the kitchen.
In the semi-darkness - he played something quietly on the guitar
and the harmonica.

He plucked individual strings
- old memories...

He didn't have any complaints about anyone.
- No.

He thought about his life,
the mistakes he had made.
About the time that passed quickly.
About the places he had visited.
About the people he had met.
About what he had learned about the world - and... himself.

He looked at the faint glow of light in the sky,
which was still there for a moment.

...In the place where the sun was setting.

"LIKE IN A MOVIE"

Enjoying playing the role we're meant to play.

The role of ourselves.

Have you ever looked at it this way?

To sometimes feel like you're in a movie about yourself... and to play that role as best you can...

“A BOTTLE OF RED WINE, AN ORGAN... AND A CORNFLOWER BLUE SWEATER”

I bought a bottle of Italian wine right after arriving from the airport.
I decided to play in the evening, over wine.

I was passing by my grandparents' windows in a taxi.
On such sunny afternoons – my grandfather was playing his old, electronic organ.
The organ he inherited from me.

As for those years, for me this instrument sounded too church-like.
And I was looking for something more avant-garde.
Only now have I become mature enough to hear these sounds.

Years later, I realized that it was worth buying this instrument then – if only to bring it to his home someday.

On lonely evenings – the organ gladdened his heart.

He didn't have much.
He was a disabled miner whose world stopped at the age of 33.
He had an old, slightly out-of-tune accordion.
The accordion was loud and dynamic.
Joyful... – yes.
It was once.
Like a memory of his youth.

He once locked it in a large accordion case.
Locked loudly with silver, metal clasps.

On the organ – he could play gently.
Almost inaudibly.

On colder evenings – he would cover himself with an unbuttoned, cornflower blue sweater.
The sweater had large, plastic buttons.

That cornflower blue shade was so vivid,
good,
calm...

And also (after many years) – I realized
that it was grandma's sweater...

He sat there, an old miner – and played in the late afternoons.
And sometimes he sang – long forgotten songs.

He had a toy microphone from a church fair that he used.

He sang a few bars:
"Bella, bella donna, such a beautiful evening, So let's go to the seaside to a tiny café"

“This toy means something,” - he used to say, smiling.

This microphone had a spring inside it that gave the sound a nice space and some kind of gentle echo that spread all around.

A toy from a church fair - for a few cents.
That sonic reverberation put me in a pleasant reverie.
And even now, I can still hear it, if I just close my eyes and think about it.

That late afternoon, I remembered Vangelis' words,
which he said in one of his interviews.

He said something like:
"Who knows, maybe that music that was never recorded
went somewhere in time and space.
And maybe it still resonates.
And the moments spent with those people - still exist"

(PS - this is not a literal quote from Vangelis, but only how I remembered/interpreted his message. A message that still resonates with me).

"TIME OF LIFE"

Once I thought that I had to achieve something in life.
Go somewhere... - maybe reach out something.

Meanwhile - ...I don't have to.

And nobody cares at all.
And what's interesting, for some - it would be even better if I didn't achieve or get anything.
...I smile as I write this.

Life is not a race. Life is a journey through time.

I'm walking across the street... - and eating a bun.
I have a small backpack with me.

In it a computer, an umbrella, a windbreaker.
An English "Peaky Blinders" cap.
A few helpful, but not essential things.

I looked at the sun, between the houses.
It's so warm...

I feel with this backpack - like a student.
Back then I had almost nothing physical.
As if I were 20 again and starting everything from the beginning.

It so happened in my life that after a quarter of a century - I am driving the same routes again.
I have time to think about everything.
"Deja Vu" ...

I do not have to discover the meaning of life.
It has always been and is still the same for me.
A quarter of a century ago - and so now.
I am one of those people who do not have to ask themselves this question.
Question that many have been asking themselves for thousands of years.

What a beautiful feeling it is to not have to give meaning to your life, because it has meaning from the moment of conception.

This is the case for each of us.
You just have to understand it.

The places I go - are almost the same as they used to be.
25 years is not that long.

However, I am more mature ... and despite everything - probably a little wiser.
At least that's what it seems to me.

My entire life capital is knowledge, experiences, ... memories.
And an increasingly better understanding of life and the world.

No one will take this capital away from me.

I know how to enjoy a simple life - not chasing anything and not dreaming about anything.
Being free from desire for anything.
And at the same time, accepting everything that life brings with peace.
Trying only to do the best that I can.
That is what depends on me - my maximum effort.
After all, I am not able to do more anyway.
However, what depends on me - I will do.

I live with every breath.
As if I were more and more aware of it.
I know that something good is leading me, although I do not call it in any way.

Whatever happens - it will ultimately be as it should be, even if it seems different on the surface.

Over the years, our possibilities of choice are limited.
But that is good.
An excess of possibilities - sometimes provokes inaction.
We have to choose.
It is better to choose fewer things, but do them better.
Live simply and modestly, but incomparably better in quality.
Have a calm mind and emotional balance.
Enjoy good health.
Know how to love yourself.
Take only as much as you really need.
And give the best of yourself...

...I feel so light.
I already know that I don't have to achieve anything.
A life well lived - that's enough...

"YES - AND NO. DUALITY"

One teaspoon of sugar - may be ok.
Two teaspoons - may be too much.

So - Yes and No.
It all depends on the proportions.

This applies to many things.
Giving clear answers can be misleading.

People do not like this type of statement (like "yes and no", or "it depends"). They would prefer to hear a much simpler answer.
However, duality is omnipresent in nature, and the boundaries are often blurred...

“I TRY TO LIVE - AS I DRAW”

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

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

“THE MOST IMPORTANT THING - TO BE HUMAN”

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

Nobody, however, teaches them the most important thing - to be human, ... to be sensitive to suffering and the needs of others. They are not taught empathy. They are prepared for competition.

Moreover, they often suppress their primary needs in favor of setting other, fictitious goals, instilled in them by adults. And so, one generation teaches another...

“LITTLE ANT”

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

I am reminded of my observation from more than 20 years ago. I was standing at the bus stop - on my way home from work. The sun was shining brightly on the hot asphalt road. Sun was just bouncing off him. And that's why, against the background of the asphalt, I noticed a small object - an ant..... She was carrying something big on herself - something much bigger than herself... And so she walked very slowly, with tens of millimetres. Crossing the road must have been an ocean full of dangers for. A road to go on.....who knows how long.

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

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

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

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

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

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

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

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

“LIFE WAS TAKING ME LIKE A SUDDEN TRAIN”

Finally, a moment of peace, a stop on the run.

I haven't had many lately...

Life was taking me like a sudden train.

I'm here,

over there...

A gust of wind in the desert - and here I am on an empty platform

.. but this time in winter.

And another train again

other people,

different places,

another computer,

another phone,

desk,

Armchair,

another view outside the window,

another coffee machine,

Lack of sleep...running...never read e-mails.

I'm not following it.

“WINTER BIRDS”

When I awoke in the morning, the winter sun was palely beating against our windows.

Calm, gentle.

Then I heard ravens... in the distance.

Winter birds that bring anxiety - like in Żeromski's books.

There are days when I wait for something... that will be painful.

I know it will come - even though I don't want it.

My inner strength tells me "Be the same person you are".

I'm trying to be human.

What more can I do?

The clock is ticking... counting down the seconds of my Sunday morning.

The only moments I have for myself and my family - in all this busy hustle.

"TWILIGHT"

I'm fighting time.

The day is not over yet, though twilight.

Everything can still be changed.

Even 180 degrees.

Life is like professional boxing.

last round

last minute

... you can still change everything.

"JEANS"

I remember like today, that sunny day when I was buying jeans - which I now put in the Red Cross container for clothes.

Then I entered the store with a determined step. I've seen these pants from a distance... straight from the entrance.

- I'll try those jeans on - I said with a smile.

I tried on... They fit perfectly. As if they were waiting for me. I don't think I've ever made such a quick purchase before.

How many jeans I had in my life? There were many. I remember well the first ones... dream ones. And then there were more and more... and more.

It's hard to believe there were so many of them. You could even say that "life is measured in jeans".

It is also a way of measuring, ... making me aware of the impermanence of things that I "consume" along the way.

I opened the hatch. I'll put them in right now.

But I hesitated for a moment.

These jeans have been with me here and there. Like a mute friend... A companion of some fragment of my life.

And there were so many good times together. Oh yes.

Before throwing these pants into the container - I managed to ask myself...

"Have I done anything really worthwhile since my last pair of jeans?"

"SNAPSHOTS"

I think about whether at the end of life ... in its last moments - images will flash before my eyes? Like short snapshots ... chaotic. Non-chronological snapshots.

Once from yesterday.

It's from childhood.

This is from our spring walk.

It's from hugging you.

This is from our first Christmas together.

It's from a hotel again...

somewhere.

Then from the way to work ... on foot.

From some coffee shop in Italy

or maybe in Ustroń.

It's from the movies as a kid.

Will I smell?

Will my body have time to remember your touch, warmth and energy of your body?

Will you be able to mention me?

We are not billiard balls that only collide for a moment...

We are people.

Love, yes... Love... I whisper.

I suddenly smelled cinnamon...

...I don't know from where...

“VERY LITTLE, MULTIPLIED BY THE NUMBER”

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

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

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

“ENDURE UNTIL THE SUN SETS”

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

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

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

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

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

“THERE ARE PEOPLE FOR WHOM WE DON'T EXIST ANYMORE”

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

How ridiculously short must our story be to the sun and the stars?

There are people in the world that we forget about and there are people for whom we don't exist anymore ... despite the fact that we still walk the earth.

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

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

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

We are all part of one great story.

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

“A GOOD TEACHER”

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

- Look how simple it is - not

- Look how smart I am.

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

Provides material as best as possible to those he teaches.

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

Such teachers are remembered forever. I had such ...

“TO UNDERSTAND BETTER.... TO LOVE DEEPER”

Everything passes so quickly. And I would like to feel stronger.... To understand better... to love deeper ... Sometimes it happens that my body is carried away by a torrent of events - and my mind is completely elsewhere ... It cannot keep up with all of this.

Then I sit in silence and look for myself ...

“FOCUS ON WHAT YOU CAN DO BEST”

If you can do certain things only well - give them up... Focus on what you can do best. On this, what comes right out of you. Only then will you do what you really should - for yourself and others ...

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

“THERE ARE PEOPLE WHO ALWAYS GIVE SOMETHING AWAY”

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

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

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

I definitely always wanted to be from those people...

“AN OBJECT DOESN'T EXIST WITHOUT A BACKGROUND”

Everything is part of a whole. This is clearly visible in a drawing.

An object doesn't exist without a background. If someone tries to draw an object in isolation from its background, it's immediately obvious that it's unnatural.

This background not only highlights the object but also influences its subtle changes in lighting.

Light reflected from surrounding objects, even very dark ones, leaves its mark on the object.

Conversely, light reflected from an object influences its surroundings.

They are therefore inextricably intertwined.

Everything matters, and everything influences everything else. The degree of this influence can only vary.

This has implications for our lives, for example.

For interactions with other people.

And this is just one example...

“HOW YOU SPEND THE DAY AND WEEK”

The answer to the question of whether you will succeed in whatever you set out to do - is not in your written plans, careful preparations, etc.

The answer is in how you spend one day and one week.

That's all.

Not a year, not a month - but a day and a week.

There are basically two types of days in a week - workdays and weekends.

The layout of a workday - is primarily determined by work.

The layout of a weekend day - leaves more freedom of choice.

Literally everything depends on the way these small elements are organized - in systematic and repeatable actions...

“THANKS TO THIS”

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

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

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

“WISE MAN”

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

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

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

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

“HOW TO LIVE WHEN EVERYTHING IS COLLAPSING?”

How to live when everything is collapsing? Normally. Do what you can while only thinking about this one next step. As if there would be no more steps. Don't think about what's in front of you. If pain comes, it will at most make you a better person. Just get out of bed, put on your pants, have a coffee... ..and surf

I liked the times when I was training in the school swimming pool early in the morning. I was wearing nothing except swimming trunks. There was hardly anyone in the pool. I set the pace and style for myself. Nothing was on my mind. I was swimming in the rays of the morning sun ...

“SAME WHAT TODAY, ONLY MUCH EARLIER”

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

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

It so happened that I got some jobs and went abroad. There I asked a man I have always respected, also because of his balanced approach to life and wisdom. So I asked him this question.

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

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

“ESPRESSO IS LIKE A PHILOSOPHY OF LIFE”

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

It all depends on me...

“AND YOU CAN CONJURE UP SUCH WORLDS”

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

“HELLO AND GOODBYE”

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

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

“A or B”

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

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

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

“WITH THE WINDOW WIDE OPEN”

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

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

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

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

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

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

“PRESENT”

The present is not a point in time - it is more of a segment of time for us. And this is the episode that we define for ourselves.

The line that separates the past from the future in the figure below may be infinitely thin - so it cannot be grasped by human senses, nor by the most perfect devices we can invent. Each of the smallest units of time can be further infinitely divided.

So everything is either the past - or the future. The present exists purely theoretically. What we experience is a certain period of time, including the past and the future.

I am playing with the concept of time a bit The present may be difficult to grasp in a physical sense, but it certainly exists in a psychological sense. And I just want to talk about it further.

Everything that was - still exists in our memory and we can recall it consciously. It has not passed is up to us. Good experiences can be evoked and bad ones can be quenched. This is essential. Good experiences are invaluable. This is our lifetime achievement. We build a good future on it.

I am convinced that the negation of the past as something that no longer exists - leads to personality problems (even if it seems to be the opposite).

People who deny the past by nature - they are also bitter most of the time, complain ... etc. They forgot that life was beautiful in the first place. They forget about the good past. They focus only on the fact that they are suffering now, or vice versa - that they are now experiencing some kind of pleasure, fun. In short, they only focus on temporary matters. They are carried away unknowingly by the wind of time. They are emotionally unstable.

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

I think you can sense that I am not thinking here of being constantly in the past or in dreams - absolutely not. For me, the past is just as important as the present and the future. They go smoothly into each other.

Past experiences are our "intellectual wealth" that we accumulate throughout our lives. The good ones, of course. The bad ones, although they should be put out - have the value of a lesson, which should be done well and briefly - and then remember the result. Then move on to extinguishing that experience.

By 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 sometimes repeat to myself. I put it in the words "Just focus on the next step". I don't think too much ahead. Probably many people would criticize me for that. I think that people who have big plans for life - they think completely different. I know what my course is. It's enough for me. I may not achieve much materially, but I am gaining priceless peace of mind ...

About 8 years ago I liked to say very often - "Do what you can - you will not do more. But what you can - do the best you can". I made a saying like that and often said it to different people. Those who know me from that period - maybe they still remember it?

Why did I keep repeating it? Because I believed it myself, and it worked. Because I was telling myself that too.

Incoming events should be accepted and focused only on those we have some influence on, and ignored what we have no influence on. It brings peace to man.

...

Coming back to the essence - I have encountered many times, repeated like a mantra, the statement that there is only the present. The past is no more, but the future is not there yet. Added to this were: "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 proclaim this view. However, it always seemed to be untrue to me ... unnatural, contrary to my personal experience.

Already in school, I testified to this through frequent mental absences from classes. I was, so to speak, the contradiction of what the English call the "mind present".

For example, I was able to get a few failures in a row for lack of attention in class. It was like that in high school, in the beginning. Then I had to correct these grades. And so, during only one lesson in electrical engineering, I once received 2, 2, 2 in a row. The teacher, more and more irritated with my behaviour, hoped each time that I would "come back to earth". In 2 months I made it 5, 5, 5. This gave me an average of $21/6 = 3.5$, ... which is OK.

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

It took me a while to get control of this. It was different from the second grade. Well, since I learned to walk at the age of 15 (I was bending and rocking), and I learn to breathe at the age of 50 - then controlling presence was only one of a few milestones in my development.

So I was often either lost in memories or in dreams. Then I jumped to the present again. These jumps took place very often.

Then everyone was happy but have I changed that much?

Now, in my 50's, I tend to wander again. This time, however, I do it in a controlled manner. It's like a state of self-hypnosis that I'm entering - to ask a deep question, or to experience it again and "come back". It is quite possible that this is some kind of meditation. Maybe I have always been meditating, and I don't even know it?

So finally - is it not important what world we want to live in and what we even invent for our own happiness - more than what world we live in in an objective sense? Ultimately, I think so. If it makes us happier - why "come down to earth"?

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

That's why, among other things, I like Cameron's "Titanic" so much. At the end of the movie, time goes backwards. Everything goes back to the time we start dinner in the ballroom. Everybody is happy.

..... Where you are currently depends only on you

I remember once the Dalai Lama, in an interview, said:

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

And he laughed out loud to himself ...

“THE IMAGE OF SILESIAN MORNING”

Sometimes, someone sees only ugliness.
I have always tried to see beauty - anywhere.

And so, for example, I like to go out into the world - early, September morning.
When the sun is still strong.
To look at the blue sky and watch red houses - made of ordinary brick.
With green or red window frames.

Such is the image of a Silesian morning, in a small town.
Like in the Wild West, from westerns.

These are the places I come from.

Sometimes, there is also a beautiful vine on such a brick wall.
The houses are not high, often one-story.

I was raised in such a house.
With a small garden in front - ... and behind.
With the quiet hum of a typewriter on the first floor.
And the gentle clatter of railway wheels, on the embankment - far on the horizon...

As a rule, someone does not understand this.
How can you say something like that is beautiful?

...He doesn't understand,
because he's not from a place like me...

“GETTING YOUR BOAT READY”

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

However, remember to prepare for them and not waste any more of them. Don't waste your moments recklessly - but prepare carefully. Life rewards those who are prepared for the opportunities - not those who waste and mindlessly squander opportunity.
It's like getting your boat ready to go out to sea when the wind hits.
So be ready to travel. After a difficult time comes auspicious time. It won't last long though- so don't waste it on your own wish. Use your life potential. This is your life calling. Be ready.

“DIFFERENT WAYS”

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

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

I destroy and build. I fall and I get up again...

“WHAT HAVE I DONE?”

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

.....these few drawings?

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

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

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

In which there is less harm.....

I wanted to break the queue and live my way.

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

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

To feel what love is.

To get to know its taste.....

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

I prefer that.....

I prefer it like this.....

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

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

“BE CAREFUL WITH WHAT YOU VISUALIZE”

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

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

This observation is dedicated especially to young people...

“THAT'S ALL ?”

One day I wanted to create something more than just a few temporary documents in the various corporations I worked for. Documents, with my name in the upper right corner in lowercase.

- That's all ? - I asked myself - And where in this I....?

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

“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 the unique advantage of explaining the world in a simple way. Moreover, not in a partial way, but holistically. They explain everything simultaneously – in a coherent system that relieves people of asking questions. Every religion is a kind of philosophy in itself.

A follower of a religion doesn't have to ask themselves questions about how this or that works, what is good and what is evil. Everything has already been explained for them.

All fundamental human questions have already been answered for them. They are freed from mental strain. Religions use a language understandable to everyone, both the less educated and the more educated. This is also their strength.

The greatest religions have survived because at their core they teach good things, based on natural and eternal laws. Otherwise, they would have no reason to exist. They would not stand the test of time. Interestingly, although they use different languages, depending on the culture in which they operate, they actually teach common elements.

The older and larger 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 opposed to any religion that respects life, love, freedom, and equality, as long as it does not encourage hostility.

In truth, we are not as different from each other as some sometimes think. We all want the same thing.

“4 LETTERS”

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

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

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

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

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

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

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

I listened to his rather childish stories.

I heard from someone that he goes to „Dziewiony” (Special School No. 9). Whenever someone wanted to cut someone to the bone, he would tell him that he was Daun or that he was from „The Mine”.

So I knew the boy from Dziewiony. The very fact that I spoke to him caused smirks at a few of my peers who sometimes smoked pipes on a nearby bench.

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

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

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

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

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

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

– Cool -..... I said finally softly.

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

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

MAMA

“WHEREVER I GO”

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

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

“LET'S BE GOOD TO OURSELVES”

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

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

Meanwhile, their organisms are trying to defend themselves. The psyche of such people destroys their bodies, and their bodies take advantage of every opportunity to try to save themselves. The body tries to heal wounds, tries to rest - when a person makes it suffer.

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

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

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

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

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

There are so many people wiser, prettier, more talented

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

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

Say to yourself at least sometimes in your mind - "I like myself". Y

You have a sacred law of nature for that. And really like yourself. Be demanding of yourself, but also gentle and above all - good. Then everything starts to fall into one meaningful whole. Moreover, we begin to value others more as well.

“THE MOST IMPORTANT PLACE”

Today we were with Iwona and Artur in our beloved city - Siemianowice Śląskie. This is where we come from. We lived in the building opposite. We had a fantastic balcony overlooking the city below and the sky above us. There is no other place like this.

Acacia trees smell wonderful in June. And such warm days ... at last..... I feel grateful.

“STRONG MIND”

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

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

I practice these values myself. In what more difficult and volatile conditions - the better. That's why I'm not looking for comfort. I was always looking only for a moment of rest and stabilization, only to throw myself into some whirlwind of events soon - while remaining internally calm at the same time.

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

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

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

"MAN IS NOT A GOD"

The ability to design/predict the outcome is not the same as the so-called "law of attraction", which has been very popular in recent decades and has no scientific basis. In short, it says that if someone imagines something clearly enough and desires it very much - it will come true.

Experience shows that this is not the case. Otherwise - those who, for example, believe in winning the lottery, would have become millionaires a long time ago. After all, they desire it very much. And some of them are already sitting in their imagination in their dream cars, or drinking drinks in their dream mansions. This is just the first example that comes to mind.

There is also a whole group of people who wanted something completely different, and yet life does not spare them.

Man is not a god. Because who could you call a man who thinks he will receive everything he desires?

And the universe does not act on his wishes.

It operates based on eternal principles.

And we are just a small element of a larger whole.

However, the ability to design/predict the result - is designing the action in the imagination and making corrections in time before we start implementing something. This is something completely different.

Later, however, there is time for action in reality. And this is worth recommending.

"MORNING SUN"

So many times, coming to this place and looking at one of the sunlit windows of a tall building - I had a very strong association with Edward Hopper's painting "Morning Sun". So strong, that I decided to write about it.

I saw this painting a long time ago. A woman sitting on a spacious bed with a white sheet. She sits with her legs drawn up. She looks at the warm sun that falls into the room through a large window tilted upwards. The room is quite empty, but still nice and warm.

It's strange that I remember that painting so well.

When I watched a documentary about Hopper - I learned that he studied lighting very carefully at different times of the day. He devoted a lot of time to it. Something strongly guided him internally. And he managed to extract the beauty of the moment he imagined.

He captured that peace, quiet and harmony of a morning in a big city...

Sometimes I try to describe images, sounds, smells with words.

Text will not replace image, sound or smell.

But image, sound or smell - will not replace text.

And that is not the point.

Text expresses thoughts and deep feelings - in its own unique way.

And only then does it all come together...

“EVEN THE WORST MESS CAN BE CLEANED UP”

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

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

Defeat each one only one step up.

You don't need more.

Just watch your feet.

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

Just go.

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

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

“COLD EVENING”

Sometimes I like to go on a cold evening... - into the darkness, like back then.

With an umbrella.

Walking around Siemianowice, on that cold and rainy day - I listened to "Uncle Vanya", Chekhov - from the Television Theatre.

The recording was probably from the late 70s.

At times I didn't know if the rain was falling on my umbrella,

or maybe I was hearing it through my headphones.

I couldn't tell the difference.

The words in the play were:

"Only God knows what our true calling is".

I looked at the reflection of my figure on the church wall.
The figure, illuminated by the street lamp.
Above the side entrance - there is an inscription: "Domus Dei".

From the ancient teachings contained in Christian texts - one of the most beautiful has remained to me.
Expressed in the words:
"Not my will, but yours be done".

I think that the Arabs express the same in the words: "Mektoub".

Understanding this idea - instead of fighting with their fate - someone accepts it.
They accept it and simply try to live well.
Without a sense of unhappiness.
Quite the opposite.

I guess we all sometimes ask ourselves the question:
- To what extent is what is happening our part, and to what extent is it the higher powers?
Or maybe both?

And this regardless of someone's religion or lack thereof.

“SO WHAT?”

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

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

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

I never wanted someone else's defeat.

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

"GOODBYE"

Sometimes, a true goodbye comes much later.
It happens somewhere deep inside us, even though objectively something ended long ago.
But we weren't ready.
So we postponed this moment.
And finally, a day comes, a moment like this.

Inconspicuous, quiet.

So ordinary.

And completely unexpected.

And then we are ready - to face the truth.
That's when the true goodbye occurs.

The farewell within us...

"EVIL IS LIKE A DOMINO"

I once saw a drawing in some old American magazine.

The boss yells at the husband, then the husband yells at the wife, then the wife yells at the child.
Finally, the child yells at the dog.

Evil is like a domino whose pieces fall from the strongest to the weakest.
How can we stop this domino?

First and foremost, realize that it exists. And often, it exists much longer than we think. It exists from generation to generation.

And the next step is to stop passing it on.

But also don't allow this negative energy to be passed on to you.

- Don't take out on me the anger that belongs to someone else. Deal with it with him – that's where the source is.
Not here !

However, this requires great wisdom and strength.
That's why it's so rare...

"DEVELOPMENT"

How does a child learn?
It leaves its mother and returns - to a safe place it knows.

And again - it leaves and returns.
About 80 percent stability and 20 percent changeability.

Maybe I'm wrong about the percentage division.
However, the essence of the technique of learning to live - is more or less like this.
I think it refers to meta-learning in general - learning to learn anything.

Mastering something well makes us feel safer, being able to return to it if necessary.

This observation can be applied to various things - including travel.
We have a permanent home, but sometimes we like to travel to the unknown.
Having basic stability - we develop by wisely dosing novelty.

And this is how development is created.

“LET THEM GO”

I sit in the room and watch the fly try to get through the glass to the outside. He struggles and loses life energy unnecessarily.
Sometimes when I come home from work to the hotel - I see some of them lying dead on the windowsill.

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

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

I remember the story about hunting monkeys.... They put an orange in a transparent box. At the top there is a hole through which the monkey can put its paw. Exactly - but only an empty paw. Then the monkey grabs the fruit and tries to pull out the paw. This time, however, she is unable to pass it through a too narrow opening. All she had to do was release an orange and she would be free immediately. However, she will not. Can not. In her mind, this type of situation is unimaginable. Meanwhile, a hunter approaches to kill her. Even in the face of such a threat, the monkey will not release the fruit.... The final is known.

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

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

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

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

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

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

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

And so on and so forth.....

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

"THE POLAR EXPRESS"

There are moments in a person's life that resemble a scene from the cartoon "The Polar Express," starring Tom Hanks.

You're standing at an empty station.

Opportunity arrives—like a train.

Everything is ready.

Nothing stands in the way of getting on.

Nothing... except uncertainty.

So many people fear all uncertainty.

They prefer the familiar, shoddy quality... To the attempt at change.

And this was that moment.

That chance.

There can only be a few in a lifetime,

or even just one.

And the train departs...

With us—...or without us...

"SUCH A MAN ONCE LIVED HERE"

I have a rule: I try to leave the apartment in such a state as if I were never going to return...

Then someone will come for me...and say:

- So that's what this man was like. He had those few appliances – clean and well-maintained. Ready for others to use.

He liked their mutual, simple harmony and coexistence.

I think he loved music, drawing, dancing, contemplation...

Have you ever thought about it this way?

That you might be leaving your apartment for the last time.

You'll go somewhere far away...and never come back.

I think that every day.

I'm leaving this small apartment behind, so that someone else can move in soon.

It's prepared, cleaned.
A simple, good apartment.

There's greenery outside the window, silence, and sunshine.
They heat here well in the winter with radiators.
There's even a guitar for someone to play and meditate on – early in the morning or late at night.
And a little space for dancing in this one, single room.

There are pencils for drawing... and paper.
And even ink for brush painting.

It's so peaceful here.

There's a kettle so you can make yourself a cup of cereal coffee late in the evening.
For when it's nice to listen to the quiet ticking of the clock right next to you, on the wall.
And cereal coffee – there's a supply too.
And delicious Italian coffee in a can – there's always plenty here.
And there's a small coffee pot – a "caffettiera" from Italy.

There's everything you need for a simple, happy life...

“ONE NIGHT I WAS SITTING ON THE WINDOW SILL”

The past interests me for two reasons:

Because I want to remember everything that is most beautiful in it and at any time be able to move into it in my imagination, ...to come back to the present.

Because I want to understand the present and the future better, because I know that everything is in a cause-and-effect relationship. One affects the other, and nothing is left without a reason. What was 1000 years ago affects today, and today it affects what will be 1000 years from now. Just as what was a moment ago affects what is now and what is now will affect what will be in a moment. And so we can imagine any moment in the past and realize that it will affect any moment in the future. This is the cause and effect relationship. Everything comes from something. The magnitude of this impact is only determined by the level of correlation. This one can be very strong or even imperceptible.

At this point, this basic question arises:

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

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

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

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

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

"MESSAGE"

What kind of life is this,
in which you are always running somewhere...?
In which you are always not where you are.
In which you are always craving something – because you are always missing something (or so it seems to you).
A life in which you cannot stop
and simply, quietly
...sit, think, breathe.

“TOMORROW WILL COME ANYWAY”

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

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

There is always something for something.

Slow down a little and take your time.

Tomorrow will come anyway.

Don't want too soon ...

"THOSE BEFORE US..."

People pass on something good, something valuable.
Just like marathon runners passed the baton to each other in a relay race.
Like Athenian messengers who ran on.
Let us remember those who carried the torch before us.
I don't rely on memory, nor do I desire it, nor do I think about it.
But I think with respect of those who came before me...

"AND WHAT'S THE LESSON FOR THE FUTURE?"

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

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

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

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

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

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

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

"ALLEY OF ATHLETES"

It is wonderful to walk in the spring night along the "Alley of Athletes", towards the café "Achimek".

Breathe in the scent of flowers, tree buds... listen to birds singing.

Feel so much life inside you.

I'm intoxicated by it all.

This is where we went on our first dates.

You have a picture with a big, green and juicy apple.

Students ... studying before exams.

It was here, in "Achimek", that we had plans for the future.

Here I wrote you tender words on coffee napkins.

We ate a million desserts, poppy seed cakes and cheesecakes here.

And a million coffees drunk together.

Such a spring evening here has its magic. Always had.

This is where Artur took his first steps and walked the whole avenue on his own feet.

Here - my grandfather built houses with his friends, after hard work in the steelworks. Where did he get the strength from? I don't know. Or maybe this place gives so much strength?

Here we drank the last espresso before long journeys.

This is where we met with our families on Artur's birthday... and on his first day of school.

So much has happened here.

I often think back there. Even when I'm far away.

“PIGEONS AND THEIR NEST”

Opposite my window I saw pigeons building a nest.

And to my surprise, they started by installing an element that I had seen before on windowsills and other places where people install it to scare birds away. It was a piece of plastic tape with long metal needles. You can see such needles on various buildings.

The pigeons found it somewhere, or maybe even dismantled it and used it as building material. It worked great, because the needles spread well at the junction of branches - creating a solid base for further construction.

So, what was supposed to be used against them - the birds used for their own purposes, as something useful.

I have heard the claim that animals act only instinctively, ... mindlessly. That only humans are gifted with the ability to think.

I don't believe it. Animals also have their own mind. Different than humans - but they do.
And each species has a different and differently developed...

“YOU ARE WHAT STANDS UNDER THE SHOWER”

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

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

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

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

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

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

We are born naked.

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

"THE STORY OF A YOUNG BIRD"

A Young bird was crying, covering its eyes with its wing.

Another bird noticed this and asked:

- Are you crying because someone hit you?
- No,.. I'm not crying because someone hit me.....I'm crying because I let him...

How many people let themselves be hurt...
(I heard this story from Jim Rohn)

“YOU CAN RECOGNIZE A MAN BY HANDSHAKE”

Some people want to do big business – but they can't even say hello. It's so simple, yet not at all obvious.

A warm and sincere look in the direction of the person being greeted. Paying attention to someone's name and surname is a sign of respect.

That's all.

Why do so many people give themselves a hard time right from the start?

“HARMONY EVOLVES VERY GENTLY”

One of the characteristics of ambient music (which I enjoy) is that the harmony evolves very gently. The changes in chord progressions (even within a single structure) occur minimally (yet audible). These progressions create a kind of melody that hovers, barely perceptible, above the harmony. I hear this melody... Thanks to this, one feels like floating in space, immersed in an ocean of peace. I approach all energy changes similarly, as well as my state of mind. Sudden changes only result in distraction and a sharply increased demand for energy. I respect my inner peace and energy. This, for me, is incomparably more important than the state of my wallet (which is last on my list of needs). I understand and feel how movement gently transitions into movement, how state gently transitions into state. This is good for our inner selves...

“PUTTING TOGETHER”

Sometimes, I do something—though I don't know why... It's like putting together a jigsaw puzzle, where I place them chaotically in different places within the painting. Often very distant and seemingly unrelated. I then feel as if guided by some invisible, gentle, and kind hand. Only after some time do I begin to understand what I was really doing. What I was preparing for. Why I was putting this puzzle together. At a certain point, I begin to see the connections between all these areas,... fragments, more and more clearly. I can already see the image. It emerges. And then, everything becomes clear. I know why I was building all this from these small, loose pieces. Pieces that seemed completely unrelated—and yet, they formed the image of something much larger, much more important. Even more important than myself... It's a strange, almost mystical feeling:
- That's why I did it. Now I know.... Now I know...

"LET THE NOTE FADE"

Let the note fade... - don't rush it...
Let the moment fade... - don't rush it...

Let it flow, as it should.
Don't interrupt.
Listen to it.
Only then can notes and moments become beautiful, full, and understandable.

Don't be in such a hurry...
Don't think about the next note you want to play right now, while this one is still playing.

Enjoy it.
Don't rush its short life...

Do you hear it?
It's fading away already.
It's fading into the past...
It still carries a faint reverberation behind it
and will soon fade away...

Let it play as long as it should.
Listen to it carefully,
And you'll know exactly how long it is.
And only then the next one.
At the right, natural moment.

If you can delight in single, slow sounds, then you will be able to delight in single, slow moments.
And both sounds and moments will begin to form a larger whole...
And they can become a beautiful melody.
And they can become a beautiful life...

“YOU NEED TO KNOW WHEN TO START”

No instrument is in 100% tune.
It can only tune at a given, extremely short moment. Moreover, it does so more in a "random" way than intentionally. Anyone who has been interested in the nature of sound since time immemorial (even since Pythagoras) knows this.
Furthermore, any instrument can only tune on a maximum of two notes.
Even modern electronic instruments, where sound is generated mathematically, are not perfectly tuned either. Many variables contribute to this, including the fact that the sound wave is analog (which is currently the only kind we can perceive).
Measurements can be made with the most accurate stroboscopic tuners. However, even though they are so good, the problem of accuracy arises again.
However, instruments and measurement systems operate differently each time.
It's only our hearing limitations that don't pick it up.
But interestingly, our hearts do. Although we can't say why.
And finally, the problem of "How (and when) to tune the measuring instruments themselves?" can border on absurdity.
- So what can be done?

What can be done at a given moment, maintaining only healthy moderation, being aware of all these imprecisions. After all, this is what makes a given performance unique. Sometimes it's the result of a simple mistake.

If a musician were too puristic about tuning an instrument, they would tune it endlessly... and in vain.
Consequently, they would never begin their piece.

At some point, you have to say firmly, like Gagarin:
- Let's go!

“CONVERSATION”

A good conversation - has something of playing in a musical band.
In interaction with other people, you should not dominate them in any way.
You should look for harmony - like in music.

Sometimes, for a moment you can play a solo - yes.
But also, let someone else play a solo.
Sometimes there is a duet, trio, quartet, etc.

Sometimes the whole orchestra plays.
And all the instruments have their place there.
And each note is equally important.

If everyone taking part in the performance of a piece understands that there are no more important and less important - then only real masterpieces are created.

I have noticed that really good musicians are constantly aware of what the other members of the band are playing.
And this is true regardless of the genre of music.
They do not try to dominate anyone, despite their exceptional abilities.

They are very sensitive to what is happening around them.

They only step forward for a moment so that someone else can do the same in a moment.
They allow others to participate in the same work that they create together.

A team consisting of only soloists cannot function well.

I have noticed a similar pattern in sports games.
The best players are constantly aware and sensitive to what is happening to others.
They are aware of the situation on the pitch as if they were seeing it from above, from a bird's eye view - not from the inside. From their place.

They see the whole, not individual players.

And I get the impression that they do not think of themselves as soloists - or as stars.

The same applies to good actors, who do not really try to get ahead at all.
They simply are.

One could multiply examples of this pattern.

There is some deeper truth in this, which I am trying to describe.

I sense it more than I know its name.

And it all starts with playing in the sandbox.
And you - and me.
And me - and you.
We...

“TOO MANY OPTIONS”

The sheer number of options to choose from sometimes leads to doing nothing... paralysis, passivity, inaction. It

weakens creativity.

When I was young, there were many things I had access to.

However, there were also many things I could only dream of. And I had no access to them.

And today, thanks to the internet, thanks to the latest technologies, I instantly gain access to certain information, results... and can even buy items that were once only the object of dreams in a moment.

But does this make us better?

Simply put, everything happens faster.

Maybe that's all?

I don't know... time will tell...

“SMALL ITALY”

Like every morning, I'll step out into the street from our large gate and turn left. I'll pass the coffee machine at "Żabka" and imagine the aroma. Right next to it, I'll look through the large window of the "Karmel" café—at a huge photo wallpaper. It's an Italian square in front of a church. Peaceful—with gentle sunlight. There are a few 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 cafetière and take a spoonful of Nutella. Wash it down with a small sip of espresso... and feel like I'm back in the places I love.

I don't drink coffee to wake me up. I drink coffee because it makes me feel happier. A little wine also brings me similar moments. Wine represents the southern sun, life, joy, and fun. A whole simple philosophy that can take years to develop, and which you begin to understand after a little of this red drink. These are my little, simple joys, the ones I seek out every day... They don't cost much – yet they give me so much.

Here, at "Karmelek," I find a taste of what I often long for. This interior, these tables, this photo wallpaper – like a magical passage from this world to the other. To a world I know, after all.

Then I glance to the right. Hotel Diament has its own facility here. The same Diament as in Ustroń. It has photos of our stays on the windows. One of them shows a beautiful, sunny day and a swimming pool. In the valley is a town... peaceful, quiet, slightly sleepy, like a sunny Sunday afternoon. That's what Ustroń is like.

And who would have thought – I have all these things in one place. Both Italy and Ustroń. I didn't 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.

“TITLES”

I don't like using academic titles when addressing people. I simply say Mr. or Ms. That's perfectly sufficient.

Adding anything before a first or last name is simply ridiculous. It might be relevant only in academic papers—but that's all. In normal life, it's completely unjustified. We are all equal. Although some would very much like it to be otherwise. Others, on the other hand, are desperate to please others by using such titles, thus flattering the vanity of the former.

The fact that someone has a scientific career doesn't change anything. On the contrary, it should inspire even greater humility and modesty. This is primarily because, as their knowledge develops, they begin to understand how little they truly know.

I am convinced that a truly wise person will not allow anyone to use any additional titles before their name.

“YOU CAN'T DO EVERYTHING”

You can't do everything in life – but you can try to do the most important things.

Maybe just a few...

Maybe just one...

Maybe at least being human...

“SMALL STEPS”

Don't neglect the smallest actions you've decided to take every day.

Don't let it be many, maybe even just one... but let it be doable.

It's like climbing a single flight of stairs. After all, anyone can climb a single flight of stairs... no matter how tired they are. Right?

Then look back after many days... how much you've already done.

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

And there will be days when you'll climb several—you'll see.

It's these small and inconspicuous actions you take every day that lead to the best future you can have...

"SMOOTH CHANGE THEORY"

This is a theory I came up with, and I use it to explain good changes within myself and around me.

It's about changes that don't occur abruptly or dramatically—but smoothly and slowly.

Like in ambient music, where sounds intertwine very harmoniously. It even seems that one sound flows naturally from another. That it's part of it and an obvious consequence. The evolution of the piece happens very slowly, almost imperceptibly. However, after a while, we hear that we're in a completely different place.

This resonates with words I read somewhere a long time ago—namely, that all revolutions are good when they are achieved slowly.

And this is the path to transitioning from one state to another, as free from tension and suffering as possible.

Like plasma. Like water.
Like the movements of a good dancer. Like the movements of a Tai Chi practitioner.
Guided by a good inner force, one moves where one should go.
This is how I try to live.
And I see great sense in this...

“THE TORTURER AND THE VICTIM”

The problem with some people is that they commit evil when they turn a minor matter into a deadly problem. That's how it begins, inconspicuously.

Then they rationalize it to others—and even to themselves—to justify their wrongdoing under the guise of good principles. In this way, even the victim agrees with the torturer. After all, the victim has clearly committed some kind of offense. They did something wrong. Only, what they did is completely less important than the torturer's reactions.

I observe this phenomenon not only in workplaces, but even worse, very often in families.

The first example that comes to mind:

Someone accidentally drops something... and the family torturer starts screaming... And he raises his axe.

Often, even the family victim agrees with the torturer. And yet, it's the torturer who's to blame.

The torturer trains their victims to do everything possible to avoid upsetting the torturer—even in the slightest.

Interestingly, such an executioner even smiles from time to time, even pats their 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 further from the truth. It's only a facade. An executioner is an executioner like a scorpion is a scorpion—it's their nature. The executioner derives pleasure from inflicting pain on others.

Even when such families seemingly have everything, even live in luxury, behind closed doors, a daily nightmare unfolds. Over time, victims learn to deal with the executioner and even feel like they control their anger. They accept this as a character trait. But it's something completely different. It's a toxic personality. The executioner should be left alone as soon as possible.

"But it could always be worse," such victims say, "so let's tiptoe quietly so as not to upset the executioner."

They don't understand. If they haven't understood by now, it's unlikely they ever will. Their fate, therefore, is to become victims of the torturer.

There are many such dysfunctional families. There are many dysfunctional workplaces, and many other places where people are dependent on others.

Someone at work has made a mistake – and the torturer is already rubbing their hands in glee, because they're about to strike. After all, objectively, a mistake has been made, so they have the right to punish.

A wise person in such a situation might offer something like a warning. However, the torturer won't miss such an opportunity and will go all out. They will give vent to their negative emotions.

If, on the other hand, someone is a victim, they will be a victim. They will continue to defend the torturer, even with their own back. Perhaps one day they will wake up from this bad dream and see who is really who and what is really going on.

Meanwhile, the torturer is actually weak, cowardly, and timid. They inflict pain behind closed doors. They are terrified of those stronger than themselves. They know they can do exactly the same to them.

I've seen this many times before, in many, many places.

“REJECTION”

Of all the mental toughness you must learn, the most important is the ability to resist rejection...

There's a strong tribal instinct within us that tells us that it would be better to die than to be rejected... It's a very primal feeling.

And some people do die from rejection... although these days it happens slowly and unnoticed.

For some people, the fear of rejection is so great that they can behave like someone else... someone alien to them.

Nevertheless, if you learn to enjoy life despite the lack of acceptance, it means you've truly achieved a great deal...

"THEN THE BEST"

Do what you can do best at a given moment.

And do it at every moment.

I think that when you look back one day, you will see clearly that you did not waste your life.

Because in every single moment - you honestly did what was best at that time.

In those conditions,

with those people,

with those opportunities,

with those skills,

with that knowledge,

... at that moment in life ...

“SPRING WILL COMING”

After autumn comes winter, and after winter comes spring. After spring comes summer.

It seems obvious – ... and yet we forget about it. We can persist in believing that it will always be winter, or always spring. Funny.

We must remember that we must prepare for different seasons, and we cannot waste time when it is beautiful – forgetting that one day it will be rainy and cold. The point is not to worry about it, but to be aware of it.

Similarly, when it is cloudy and cold – we cannot waste time and must persistently prepare for spring and summer. All this to make good use of the opportunities life brings us.

When life gives us an opportunity – we must be prepared for it... well in advance. Real opportunities come rarely and don't last long. Remember... when the next spring arrives – be ready.

That's how a wise person works. They understand the seasons. We are part of nature – and our lives reflect it.

Don't lose faith. Spring will come.... – like every year.

“SLOW DOWN”

It's not the quantity of experiences we've had in life that matters - it's their quality...

You can only have a few life experiences, but live them fully. 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 packed calendar?

Do you really think that more is better?

Stop, ... feel life, ... live it moment by moment... Slow down.

“PENCIL EXTENDER”

The only physical memento I have left of my grandfather is a small pencil extender. An item that had its use in the days when pencils held some value, meaning before the war.

Nobody uses something like that anymore. When a pencil runs out and there's only a few centimeters left, you simply throw it away. Back then, however, thanks to this extender, the pencil gained a second life.

For many years and through the many apartments we lived in, this small object traveled with us. I didn't think much about it. Nor did I particularly care where it was. It simply was. It flickered before my eyes from time to time—here... there. I moved it around like all the other crayons, pencils, and pens.

But it traveled with us everywhere. Even abroad.

And today, right now... I felt the need to use it for something practical. My precious 6B Gioconda Aquarel pencil, the one I use for drawing, is much shorter. I need exactly this.

I put the pencil in its holder. It fits perfectly. I can continue drawing.

Of course, I immediately remembered my grandfather. The meticulous care he gave to the few things he owned. He and my grandmother lived very modestly on his disability pension.

He himself had a watch on a chain inherited from his father. He always religiously placed it in an old box the day before, before going to the allotment garden.

The garden was at the end of our short street. But for him... an invalid - it was a long journey. Well planned in advance. He was a pre-war man for whom time had stopped long ago. Time measured slowly and calmly... by the ticking of his chain watch.

PS

Since, as I write these words, a few moments have passed since then... to be honest, I still don't know where that extension cord is. I'm sure it will be found someday... at the right time in my life. As always.

I don't know where this small, old item is. But I'll never forget the goodness someone gave me. It's eternal...

“CONNECTING THE DOTS...”

Your life can be better understood by looking back.

My own life can sometimes resemble a series of chaotic events—completely unrelated. However, there's a common thread in all of this, a common thread that connects them. The older I get, the clearer I see it.

Some time ago, I traded my car for buses, trains, and trams. And on top of that—my own feet. A lot has changed since then.

My commute to work is two hours each way. I return late in the evenings, and sometimes at night. It's as if I'm returning from long journeys.

Completely unexpectedly, I discovered many advantages of this way of traveling. The last time I did it this way was when I was half my age.

Experiencing it now, at the age of 51, takes me back to the days when I was still a schoolboy or a student. It's all the more of an opportunity to confront my former way of thinking. To encounter my dreams, plans, and intentions.

Moreover, after many years of living in different places, I'm currently traveling the exact same roads I used to... a long time ago.

The difference, however, is that I'm now traveling them all simultaneously. Sometimes even on the same day.

When I was a child, I wanted to explore the "wider world." I imagined that I would board a bus of a given route and ride it to the very end. And then I would ride again to the other end. And then I would change the bus number.

That's how I learned what was around the next bend, and then the next. I drove, pondered, and observed.

In a sense, after years, I've returned to something similar...

I also like changing the routes I take.

There are so many things you don't notice when you're driving. That's one of the first observations I made.

But when you walk, for a change, everything happens slower, deeper, more intensely. You touch the life around you more directly. You feel it more deeply.

Paradoxically, by trading my car for my own two feet, I'm not wasting any precious time. I'm free to reflect, I'm listening to audio materials. I'm doing exactly what I love.

Another unexpected surprise for me was the fact that I'm passing by buses at important points in my history.

They used to be like different eras to me, but now they're becoming one coherent story, one that I understand more and more.

For example, I pass the house where I grew up. I pass schools and universities, workplaces and apartments from which I remember so many good things.

And all this in the space of a single day.

Through the large bus windows, I look at it as if I were watching my own movie. It's as if I were about to understand something right now... I hadn't planned this at all.

...

I think each of us has a life path filled with dots. Sometimes we don't connect them. And like in children's books, only by connecting them does a picture emerge.

Everything had a purpose and had value.

And understanding this allows you to live more fully and wisely.

“BLIND BOY”

Blind boy approached the piano timidly, where an older man was playing.

He was playing the blues. The boy listened for a long moment and smiled.

It was beautiful blues. And it was a beautiful smile.

The man finished the piece. He looked at the boy.

- Would you like to play? - he asked.

The little one clasped his hands in front of himself, very embarrassed, and shook his head.

- I can't... - You can.

- Come on - The man pulled up a chair for him - Look, it's easy. Give me your index finger.

He lightly grabbed the boy's hand and played the first note with him.

The little one trembled with joy. The sound was deep and loud. It spread wonderfully in the large room they were in.

It was something. And it was his own finger that did it. Unbelievable.

Then the man played a few other notes with him. It was amazing. It was the first melody he played.

The boy smiled with his whole being. And even though he was completely blind, he raised his head to the sky. He looked at it as if he had suddenly seen something.

Many years passed before I learned his story. At home, my father had many reel-to-reel tapes. He played one of them especially often. It started with a piece that filled the entire apartment. After the first few bars, it became

very festive in our home. He played this tape especially before some birthdays or special occasions. You could feel in the air that something beautiful was coming.

I once received a gramophone record of this musician from my father. I turned eighteen then. I worked at night, at my desk. My father approached me, just after midnight, and handed me two records. One was a Paul McCartney record and the other a record of this musician. His name was Ray Charles.

Charles became known all over the world. He even reached us.

And it all started then, at that old piano - when someone showed him interest and affection. That man had a huge influence on the fate of a blind boy who discovered in music a way to convey to the world who he is. To realize his great potential.

When I listened to these memories of Ray Charles, in the film starring Clint Eastwood, who talked to him - I remembered the short story by our Henryk Sienkiewicz - "Janko the Musician". However, that story turned out completely the other way around.

How much depends on the people we meet. How much depends on whether an adult sees someone great in a small child. On the fact that he is simply interested in them. This can change everything in their life.

I am writing these words while listening to "I can't stop loving you" from YouTube...

“GENERATIONS”

The current young generation is not bad at all.

It is neither better nor worse - than previous generations.

It is simply weaker.

This is the generation of computer games and the Internet.

Prosperity and almost unlimited consumption.

It looks lost, although it probably thinks of itself differently.

And this is because for three post-war generations - we have had increasing prosperity.

At least in developed countries.

I also think about my country - Poland.

History likes to repeat itself in a cyclical way.

So we have to be very careful that the weak generation does not provoke - with its behaviour - difficult times.

However, this youngest generation - can also quickly get stronger.

Hopefully not out of necessity...

Sometimes it just needs to listen to the advice of the elders and be ready to accept this advice...

"IN 6 MINUTES"

Once, I was visiting my father at the sanatorium in Goczałkowice. We went for a walk along the main promenade. We stopped at a small, old café, near the historic barometer.

When we left, my father told me about the now very elderly man he shared a room with. This man used to be a railway worker. He often reminisced about those times.

"Every evening he goes to dances," my father said. "He wears his only suit, combs his hair carefully, and sprays himself with cologne. He doesn't regret it. Apparently, the women are delighted. At least that's what he tells me. He doesn't miss a single evening."

He says he has no time to waste. They're dancing on that big, old veranda. Right here!" he pointed to the spot. "And he has one more thing that keeps him going. He remembers the train schedule. He knows exactly when his old friend will pass through Goczałkowice. He'll pass through that narrow strip, between the water and the water. Because that's where the railway line runs. He's waiting for this moment as if something incredibly big was about to happen. He's sitting on his bed, before going out to the dance, staring silently into the distance. Yesterday he'd said briefly, "He'll be there in six minutes." So we waited together. The minutes dragged on. Finally, the six minutes he'd said passed. And nothing. No one honked.

Then another fifteen passed. And nothing...

I left the room because I saw him lower his head. I went for a walk. And as soon as I was gone, I heard the long, loud blast of a train horn in the distance. It didn't stop at the station. It kept going. The blast was exceptionally long. It couldn't have been a coincidence. Someone did it on purpose. Then you could hear the signal slowly fading away in the distance.

It was a greeting from his old friend. So it was exactly as he said.

He did it. He was just late, that's all.

My father told me this banal story that afternoon. A good ten years have passed since then. Some people are long gone.

When I pass by there on various occasions, I recall this story, which somehow stuck with me so much that I decided to write about it now...

“NIKIFOR”

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

He was given this name ex officio because he did not even have his own documents. He was considered intellectually disabled. His mother was a poor, deaf woman who was engaged in carrying water in the health resort of Krynica Zdrój.

So much was known about him

I saw a movie about this artist once. It was created by Krzysztof Krauze. I will not write more about its history here. The film (link -My Nikifor) presents it very well.

Instead, I will write about something else that made an electrifying impression on me. Nikifor has created over 40,000 works!

He painted them on pieces of cardboard, paper, ... anything.
It couldn't be a coincidence. There was a kind of deep vocation in him.

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

At one point in his life, another painter and a good man took care of him - Marian Włosiński. Włosiński also made a great contribution to popularizing the artist's work.

What Nikifor did - you may like more or less, or even not at all. It is an individual matter. For me, what inspires my great respect - is persistence and awareness of this artist's calling.

Over 40,000 works can you imagine it? Over 40,000.

The work of a man that the world rejected and did not understand. But he continued to do what he believed. He had virtually nothing of it - and yet he did. Sometimes some patients bought a picture from him and gave him a few pennies. He knew what cold and hunger were. There is a scene in the film where Nikifor eats oil paints in a tube - which someone arranged for him. Then I was reminded of the Van Gogh story.

Nikifor continued to paint.

This is just following the road.

Maybe only you alone know it.

However, if you have successfully discovered it, go for it.

Go and give yourself to others as best you can.

I remember these words in a special way.

Despite all his loneliness, Nikifor painted for people.

“AUTHORITIES”

Just because someone is educated in one field does not mean that they are educated in every field ...
The fact that someone is educated in even several areas does not mean that he is educated in all areas.

You may ask - why am I writing such idiocy? It's obvious.

- Really? - I will answer you with a question - Then why 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 convinced by the opinions of some people just because they are educated in something?

The same person can be a professor in one discipline - and a caveman in many others.

Finally, the most dangerous thing. This excessively extended authority can transfer to the ethics of action. There are people who are very educated and at the same time very unethical. What is their real authority then? Is their education any argument then?

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

Acquiring knowledge is a beautiful and noble affair - but it should not be overestimated. By itself, without acting ethically, it is not only worthless, but can be downright dangerous.

Truth is true - and falsehood is false.

Good is good - and bad is bad.

Likewise, if the professor says that $2 \times 2 = 4$
is more true than the child saying $2 \times 2 = 4$?

No, because the truth is true.

But back to ethics:

Ethics is the basis of the basics. Everything else is later...

This applies to any scientific discipline.

“DURING DRAWING”

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

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

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

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

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

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

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

“LIKE ANY CHILD”

When you're a child and you hear a story - like any child, you try to match the images with your imagination to what you already know. What you've already seen.

And this doesn't just apply to children.

And so, when I once heard the story about the blind Irish (or Scottish) poet who went outside and scattered his pages to the wind, I imagined my great-grandmother's old house, in front of which was a flimsy wooden fence, like in that story.

And it was early spring and mud. And these poet's pages, somewhere out there, would fall into the mud. Sometimes, a light breeze would catch them on the fence. And they remained. Unknown to anyone. Yet the poet, every day, went outside and scattered new pages to the wind. He believed that someone would read them someday.

And so, one of them flew over the fence... and soared into the world. Thanks to this, we know that such a person once existed. And we know what he felt and thought. And we know he was one of us.

He probably wrote many such cards. And one arrived.

Maybe this one will be enough?

In my childhood imagination, I had never been further than that fence. I knew that beyond it were young trees, the sun, and the railway tracks. Beyond them – trains were traveling somewhere far away...

That's how I imagined the world.

Today, years later – I sometimes pass that way, in the middle of the night. There are no people – they've been asleep for a long time.

In a sense, it's our family home. So much of my family's history happened here. In that one room, which served as my great-grandmother's entire apartment.

I remember her smiling kindly at me as we sat at the table on that sunny day. She always dressed in traditional Silesian garb. Every day. She also wore headscarves. These scarves were tied in such a way that she looked a bit like a Spanish woman from old paintings.

When I walk slowly through these Silesian streets at night, sometimes a thin smoke still curls from the red chimneys.

There are low, brick houses here.

Not much has changed.

I look at that place then, in the darkness.

Today, no one lives there anymore.

I wonder what our calling in life is?

I think it's all about trying to do something good, even a small one. And it's not about whether anyone appreciates it or not.

Maybe it all goes completely unnoticed. It doesn't matter. However, it will never be in vain. Not even the smallest attempt.

To do what we feel within ourselves, to do the best we can.

Like the poet in the story.

And when it's done, to depart in silence.

...To live like this is to live beautifully...

“TO TAKE - OR NOT TO TAKE?”

Life reminds me a bit of a sushi bar.

One with dishes that move on a conveyor belt.

And the bar guests sit nearby and ponder their decision.

To take - or not to take?

You can choose something.

Or not.

There are many dishes - and very different ones.

Gests have their chance.

They don't have to hurry that much.

At any given moment, however, there is only one dish to choose from.

The one that arrived.

There are no others.

You can only accept or reject it.

The plates move slowly on.

Regardless of the decision.

In life, these dishes seem to move even slower (than I saw in that movie from Japan).

They move almost imperceptibly.

However, this is just an illusion.

Because they never stop.

You can also realize that that dish, which was an offer from life - has long since sailed away.

Or, you can take what is there - and try to enjoy it.

Instead of waiting for something wonderful, which will surely come.

And at some point - finding, looking back, that such a life was only..... waiting.

(With respect to Arthur Schopenhauer, whose thoughts were my inspiration for this text).

“LAWS OF NATURE AND PHILOSOPHY”

Personally, I have a feeling that there is only one true philosophy of life.

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

These laws are not created - they are only discovered

Let me repeat again - these laws are discovered - they are not created.

Be very sceptical when someone thinks they have created new laws. It can only create a new way of describing them - more comprehensible, more transparent. 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 invariably believe that Ethics is the most important. Only then everything else. The issues of what you think are right and what are not are fundamental.

Their understanding is a signpost of human life in every area of his activity.

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

...

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

Even though I'm not religious, I liked the words of Christ that I remember from the New Testament. He said something like:

"Why are you calling me good? Nobody is good.

Over the years, these words have come back to me in various forms and have lost none of their truth. They came back as you can see also the night I am writing these words.

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

It is only what features predominate in a given man that makes us start calling him like good or bad. Is it right?

But how much is it really?... 60%, 70% or maybe 90% good or bad? Funny isn't it?

This is a very subjective assessment.

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

In fact, we will only look for more 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. Moving the other way happens extremely rarely.

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

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

Philosophy itself has responded to that question in different ways over the millennia. And although the question may seem simple enough, it is not.

Going deeper into this question - doubts begin.

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

Even those who, as we would objectively believe, were doing wrong - were convinced that they were doing right. I have never found an example in history of people who purposefully pursued evil itself.

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

In this article, I am writing about the importance of the very philosophy of life we follow. I consider it not only a life sign, but also the basis of human health. If it is "this" philosophy, in harmony with nature - man follows the right path.

Of course, these are not just my conclusions. Everything I write - is rather a compilation 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 good in another person, even if there is very little of it... and try to strengthen it.

Of course, we must fight against what is bad (but never with a human being). To do it very firmly, but at the same time strengthen the good.

When you start fighting a human - you can start digging two graves (yours and his). Confucius once expressed a very similar thought. However, he meant then a tendency to revenge or rematch.

...

Note that people who choose good - are able to be respected by those who do more good - and those who do more harm.

Why is it like that?

Because people who choose good - try to be objective and inspire respect by it.

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

People guided by the right philosophy of life - do not add to the facts what was not. They neither exaggerate nor diminish. As a result, they do not deform reality - and, consequently, judgments.

Instead of good or bad - I prefer to speak in terms of: - a weak / stupid person (or succumbing to evil), or a strong / wise person (looking for good)... These are my terms. I use them to better illustrate and avoid clear divisions between people.

Such a division of people into two clearly outlined groups (polarization) - is another example of a huge error and non-compliance with the natural philosophy of life. Each polarity of the group leads to a conflict.

I have always been and still am an advocate of integration - never disintegration. Always choose the "win-win" - and never "win-lose" path.

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

They may even win something temporarily, but all lose in the long term. Including themselves.

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

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

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

History is still 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 the arguments should be primary.

Nothing could be more wrong. They are primary.....but they are completely different than officially declared. They are hidden deep. Nobody will admit to them - they are too embarrassing and primitive.

The real ones are unfortunately 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 flaw is pride. It all starts here.

Let me give you my own definition of these few primary sources of evil. All other qualities - are derived from the basic ones - especially pride.

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

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

- Because I say so - I will answer you briefly.

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

- But why ? - you ask - I have earned it. Sometimes I was lucky too - that's true. Each of us is lucky sometimes. Why do you envy me this? It's my life. You live yours - I live mine.

- Because I say so - I will answer you briefly.

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

I want to show you that I am more important than you. I have more - so I'm more valuable than you. And I want it to show. Easy .

- But why ? - you ask

- Because I say so - I will answer you shortly.

Lust for Power - "Because I am more important than you - and I'll make you a subject."

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

- Why ? - You ask.

- Because it will please me. Your pain - it's my pleasure - I will answer you with a smile.

- But why ? - You ask again.

- Because I say so - I will answer you shortly.

We left the caves a long time ago and we have modern technologies. The nature of man remains unchanged.

All you can do is reflect on yourself. Do I not have any of these traits? Because if I have - I will hurt others first, and finally I will destroy myself ... Like that worm from Tolstoy.

...

A neighbour has something for a neighbour, a colleague for a colleague, an employee for an employee. This is where it starts. He has more and better. He's more gifted, or he's more fortunate. You have to stop him ... Absolutely.

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

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

Then all you need is leaders who will pull the masses. The need for the right soil, circumstances, conditions That's it.

Arguments for a neighbour, friend, etc... .. will then be found by themselves. Time will provide them... ..and time will indeed deliver them. This is because we are trying to find them secondarily.

And then these arguments are actually more and more logical and convincing. It is impossible to even disagree with them. But after that, no one will remember who started. It won't matter. Now let's quickly split into T-shirts... quick.... as soon as possible.

This is more or less what it looks like. This is how wars have been going on for decades...and it ends with not a lack of hatred... but a lack of resources to continue fighting. Because there is no more money to fight, because there is no weapon...because there is no one to fight anymore.

Wars end through burnout, not conflict resolution. And they begin with a primary, clear division.

...

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

The beginning is a clear division, usually into two clearly outlined 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. You have to be some. "You're not 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 have put it.

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

Evil seeks simple solutions,... .. the shortest. And then someone will beat someone up, and they will beat the other in return. And everyone is beating everyone. Add the colors of the shirts what you want there. It doesn't

matter in the slightest. You will find this phenomenon in every country. For example, have you heard of Hutu and Tutsi? If not - read on Wikipedia.

Hardly anyone draws conclusions from history. Most are busy with current affairs. They do what they can - to live reasonably well.

In today's world, the news about nonsense becomes more important than fundamental information. A pop-up window ...chases a pop-up window ... driven by a pop-up window. Information about the tragedy is overlapped by an advertisement of some banality from a shop promotion. A rumour from the world of politics or show business covers what really matters.

...

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

And what is most surprising about all this is that the reason to start this long-term work of his - was because of the simple question he asked himself.

He wanted to explain who really started the war between the Greeks and Persians? Who started? Who was the first?

And for all the honesty of the researcher - he was not able to establish it. Every now and then - a new discovery, a new meeting with a person - provided him with irrefutably opposing arguments.

This shows how it has really worked for centuries.

Fortunately, his work was not in vain. Because although he did not answer his question - he passed on to future generations 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 reasons for your failures within yourself - it is easier to look for these reasons outside. In other people. This issue is quite simple and, unfortunately, it always looks the same.

Weak is a person who succumbs to evil and does not seek good. Who is looking for easy and quick solutions. Evil is incomparably simpler and faster than good.

The results can be seen almost immediately. Why work hard, why study, why bother - since there are simpler solutions? The way to evil is from top to bottom. You just roll yourself. And often you literally go downhill that way. The rhetoric of evil is very often "me ... mine" or "we ... them".

The man who does not succumb to evil is strong. He tries to choose the good and look for it - always and everywhere, in every situation. He tries to create it. At least is trying to do it - and just trying to do it is a big deal. He works, learns, is ready for toil and effort. The road to good is much more difficult. It leads uphill.

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. It shows immediately and in everything. In the most common human activities. We make dozens of such ongoing, everyday decisions.

Do I also think about others...or only about myself? Do I only think about my baby or do I think about other children as well? Do I only think about my own people or do I think about others as well?

When we make these day-to-day decisions, others often won't be with us - so we don't have to worry about being judged by others. We can do something one way or the other - without the audience. And that's when you see what we're really driving for.

...

While slowly discovering this Philosophy of Life - you can sometimes be wrong, sometimes describe it inaccurately in your search.

So I don't call it anyway - but I feel it more and more clearly.

But I have a feeling that there is only one good philosophy, not many different. I also have a feeling that it is wrong to say that there are so many philosophies - how many people ... and all of them can be good, depending on your point of view.

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

If we follow this true philosophy - we will lead a harmonious and "well-built" life. And thus also a good life. This philosophy will help you make choices in the most difficult times. It will be because the foundations will be strong and just real.

Anything 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 of these natural and fundamental rights. Everyone has the right to reach them alone. You can only try to help someone - if he wants to. That's all.

...

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

The role of compassion in our judgments and choices is very important. And that doesn't necessarily follow from logic. For example, love may lead you in certain situations to choose the good of a loved one over your own. Is it logical? Exactly.... Is it good ? - I think so.

Recognizing logic as the only tool - can, in extreme cases, lead to very tragic consequences. You have to be aware of this. It may sound strange. In history, many of the tyrants were very intelligent people and capable of very logical reasoning....

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

We are unique, just as our roads are unique.

Rights and values - remain unchanged.

“AS IF EACH SENTENCE WERE TO BE THE LAST”

It's a great art to speak as if each sentence were to be the last.

Without prefiguring the next...

Only such statements truly linger in the memory and the heart. Statements without pride, without the pursuit of something else, without trying to convince others of your point.

Simple and honest words.

And this is because such statements reflect life itself.

We never know which words will be our last. Just as we never know if this moment is our last.

Understanding this, we begin to respect our time and our words more.

Our moments.

And therein lies the beauty of life...

“MOVEMENTS AND DANCE”

If you better understand certain things about movement, you'll feel the similarities between movement and dance.

Your own movements, in the simplest of everyday activities, will begin to resemble dance moves, where one flows seamlessly into the next.

It creates an almost effortless flow.

Where everything becomes one, understood, beautiful whole.

Where there's no rush, yet there's no waste of time either.

A certain harmony and synchronization with everything emerges.
Like beautiful music.

Everything happens exactly when it should—in harmony with nature...

“STANDARDS”

If I had to choose between being around incredibly intelligent, dynamic, and incredibly successful people, yet with low ethical standards, or being around people of average intelligence but with high ethical standards, I would choose the latter without hesitation...

I'd rather create anything with them.

Work ethic is the foundation.

Everything else can be learned.

Maybe it just takes a little more time...

“MONDAY MORNING”

If you want to know your true level of happiness and wealth in life, look at your mood not on Friday, but on Monday morning when you start work.

People who are truly satisfied with their lives come in cheerful because they have the right partner in life, because they live in the right place... And finally, they have the right job.

You can recognize dissatisfied people immediately, regardless of their financial situation.

On Monday morning, a person's wealth is truly visible...especially in their face.

“STRUGGLE IS NOT THE ESSENCE OF LIFE”

There are people who see constant struggle everywhere and in everything.

They even explain the world this way. As a ruthless struggle for survival. They consider the state of struggle to be self-evident in nature.

Because, after all, there's a constant struggle in nature, they say. Inter-species struggle and intra-species struggle. Struggle for position, for a mate, for food, and so on.

This is one possible life stance that can be adopted—and I know some who have adopted it.

However, as I see it, ultimately they too fall victim to this ruthless struggle in which they so strongly believe. Just as a thief, sooner or later, is robbed, so too, sooner or later, they are defeated. If only by life itself.

I think that the true essence lies elsewhere.

The world we live in is not one filled with struggle alone.
Struggle is not the essence. Struggle is merely a last resort.

If you look closely, the struggle in nature is for survival, not for empty domination. This type of behaviour is probably unique to humans.

But then again, only to some people.

If you don't have to, don't destroy.

Try to coexist...

“MOST PEOPLE ARE SOMEWHERE IN THE MIDDLE”

There are no completely good people, and there are no completely bad people.

Most people are somewhere in the middle of the scale.

They take good care of their own interests.
They think of themselves in the best possible terms, of course.
However, they have more or less good or bad traits and behaviours.
These people are not bad or good.
They are simply people.
Depending on the circumstances, they show more of one or the other.
However, in extreme circumstances, they can reveal extreme traits.
And this is both positive and negative.
Completely unexpectedly.
However, there are also people with exceptionally good traits, or with exceptionally bad traits.
And we call these people good or bad.
It seems, however, that man by nature wants to be good.
Whether all this has anything to do with the mathematical normal distribution - I don't know...

“THINK CRITICALLY”

The awareness that AI can deceive us everywhere and at all times – makes us finally start to think more suspiciously and critically. That we stop being so easily led by manipulative social engineering (as before).
Now, however, being finally fully aware of them and warned in time.
So, the completely unexpected side effect, in the form of awakening in man the ability to think critically, may ultimately be - ... downright positive.

PS

We have lived to see the times when even reading this text - you may still have doubts whether it was written by a feeling and thinking person...

"THE BALLAD OF THE APPLE TREE" (a song I once wrote for guitar)

Where deaf oaks.
Far away, where are the moors.
Once upon a time there was an apple tree
on the edge of a cliff.
It had beautiful fruit.
It has deceived so many men.
We all eat apples from the same apple tree.
We all eat apples from the same apple tree.

There once was a daredevil
Who wanted to cut down the apple tree.
He was young, ... brave.
Too bad he was crazy
Maybe he hanged himself?
That's what they used to say in the village.
To this day, his name - know only willows.
To this day, his name - know only willows.

And when someday, brother, you will come to these parts.
Stay away from that tree.
Better be careful.
We, though we know well.
We keep getting tricked by the same old trick.
And again we eat apples from the same apple tree.
And again we eat apples from the same apple tree.

“LIFE IS LIKE SAILING ON A YACHT”

Life is like sailing on a yacht.
You steer it, navigate, ... choose the direction.
The targets are just like buoys on the water that you pass somewhere along the way, somewhere on your long journey - and continue at full speed.
Achieving goals is fun and shows that you are capable of doing a lot.
However, they are not the most important. The most important thing is the direction you are going.
If you choose well at the very beginning - you have already achieved success. Not after that, but now - at the beginning of the road. You don't have to wait for then.
Now, however, keep going well. Navigate well in all areas of your life.
Navigate well, day and night. In the rain and in dense fog.
Navigate well on a beautiful sunny day.

Review what you are doing frequently in each area of your life as if you were viewing your yacht's control panel. Look at the compass, gauges, and indicator lights. Also listen to your natural instinct.

If necessary - slightly adjust the rate every day.

Every time you remember it - check if you navigate well in each area of your life? Even several times a day.

This is how you navigate your life ... and that's enough.

The results will come by themselves - you will see. It is only a natural consequence of your values in life. Their priorities and how seriously you take them. Choosing the right values - that's the direction of your sailing in life.

“RELATIONS”

I once heard a saying, that our social abilities can be measured by the number of people we can stand with.

Interesting right?

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

- The old rule of the world "Do not do to others what you do not like". That's true.

It 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 you do. You can only make a gentle suggestion, but that's about it.

- Interact with others for a good cause. It brings people together.

- Keep the right proportions in everything. This topic is worth elaborating on.

Example - Maintain equality between speaking and listening. Equality between give and take, ... and so on.

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 something is causing it. Think what it could be?

Some people advise you to listen more than speak - but I find it quite an artificial principle. It can give the interlocutor the impression that you want to finish conversation, or it can give the impression of a "passive information collector." Remember: You can always end the conversation if you want to end it. Don't play only listener.

- In a conversation, it is good to give the interlocutor the opportunity to end the conversation at any time. Listen to him carefully, but not insist on anything. Interestingly, this is when the talks last the longest and become more and more interesting. Just because of that freedom of choice.

- Be the first to give and extend a helping hand, but when someone does not pay back, stop doing it. Otherwise, he will stop appreciating it.

- If you greet someone, e.g. when you pass by - but they are not very eager to reply to you and tend to avoid you or turn their head - just stop doing it. Maybe with time it will come to the conclusion that it is worth changing something? Maybe yes or maybe not. But that's his lesson to do.

And so with virtually 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 it. Then you will also attract people similar to you.

- If you meet a new person, assume that he is someone good. Never assume otherwise. Extend your first hand to it.

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

- When you shake hands with someone, do it honestly and cordially. Look at this person with a friendly smile. It's that simple, and so many people neglect it.

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

These "golden proportions" are something that helps me a lot in my relationships. Of course, it is not about any very strict adherence to them, but about such common sense "more or less".

The first lessons of life- e.g. in a sandbox - show that it is fun when we play together. When we bring more or less equal play to this game. Otherwise it's not a game and someone finally goes home.

And the same is true in the later years of life. It is all not much different.

- We all need understanding, appreciation, ... and sometimes just empathy.

It is worth remembering this and giving it to each other. Sincere compliments strengthen good behaviour. It's better than a criticism that someone will remember for years to come.

You would probably write some other good advice yourself - maybe we will talk to each other about it one day. Who knows, maybe we'll even become friends - I'd like to...

“A PIECE OF DRIFTING ICE FLOE”

You cling to a small piece of ice and drift. You're afraid to leave it, because this piece of ice is all you know, and you think it's at least relatively safe. Is that so?

Meanwhile, this piece of ice you consider your land isn't truly comfortable or safe—you know it. Is this what you wanted in your life? Has this ever been your dream? Don't kid yourself. This isn't what you wanted. Inside, you feel like you should have left it someday, sometime, long ago. To truly improve your life.

So why don't you do it? It's simple. You're very afraid. You prefer the familiarity and the pain you can endure—to the risk and the chance of a won life.

Your instinct tells you that you see a large land on the horizon. Or is it just an illusion? Unfortunately, you can't be sure. The night paints its own fantasies. You don't know what awaits you.

Maybe you'll drown? That's quite possible.

Maybe killer whales will kill you? They can also capsize ice floes. It happens.

The water is so cold that you might lose your strength shortly after leaving... That's exactly what happens.

The stakes are high.

You can stay and wait, or you can take a chance and swim anyway.

People want a guarantee of success. They're afraid of risk.

There are no such guarantees.

That's why most people will never leave their little patch of ice. Just like their parents, and their parents' parents. They'll drift like that... for the rest of their lives.

They work in places where, instead of realizing their true potential and developing it further, they passively stay afloat. They simply sell their time for money. They're miserable there, but it's only eight hours a day. It's bearable. You'll recognize them by the way they count the days until Friday (Friday, Friday, as they say), by the way they wait for another long weekend. Anyone who says and thinks like that is already a failure.

Meanwhile, good work doesn't tire you out; it gives you energy, joy, and satisfaction. Because we share the best of ourselves with others. And they feel it and respond to it. That's what makes sense.

Such people often live in the wrong places, or among the wrong people. Being surrounded by others has a huge impact on the quality of our lives. It can bring suffering or joy and fulfillment.

It's a difficult and risky decision - I know.

To give yourself a chance to change, you must first step into the icy waters and push off from your only raft... Then swim into the darkness.

I've known many people adrift on such ice floes. Sometimes several on one raft, until there was no room left. They never dare to make serious changes. They are strong with words, but that's all. Such a prospect terrifies them. And that's why they'll never know they could have done so much more. Such people don't win their life.

“HEDGEHOGS AND PEOPLE”

We humans both need each other and hurt each other.

We hurt and are hurt. And so it goes.

Yesterday, after a concert at the Fitzner Villa, I was walking across the railroad tracks. Not far behind them, in the darkness, I noticed a small animal. It was trying to step off the curb into the street. I guessed it was a hedgehog.

Every now and then, cars drove across the street. I turned around and noticed one of them approaching. Meanwhile, the hedgehog had almost stepped onto the road.

My assessment of the situation indicated that there was a high probability it would be hit by a car. However, the driver was just finishing a curve.

I ran up to the hedgehog and blocked it with my left foot. It stopped and froze. I could see its narrow snout, which quickly curled up under its belly.

At that point, we were both on the road.

I had a backpack with reflectors – fortunately. The driver turned on his blinker and passed us. He didn't even sound the horn. He guessed there was something on the road.

He drove on.

I touched the hedgehog with my foot, slightly behind. Luckily, I still had my winter boots on. I didn't feel its thorns.

It took off immediately, as if racing. It was on the other side very quickly. There was some low grass, and it jumped into it. I could only see its small butt, pressing into the greenery.

It was safe.

I continued walking, listening to John Williams's music from Jurassic Park through my headphones...

And the hedgehog – it probably flew somewhere, into the increasingly green, plant-filled rubble that remained of our Huta “Jedność” (Union Steelworks).

This simple event reminded me of a story I once heard. A story about hedgehogs. Strangely enough, it fit perfectly with what I'd been thinking about a lot over the past week.

Here they are:

Hedgehogs lived in a meadow. When it got cold, they wanted to stay warm, so they got closer. However, when they got too close, they started pricking each other with their own quills.

This caused them to drift apart again.

But after a while, they wanted to be closer again. And just like before, they pricking each other when they got too close.

And so... over and over again.

Aren't we humans similar?

Is there a way to do this?

Perhaps we need to increase our pain tolerance?

Or maybe we should only get close occasionally and keep a safe distance?

Or maybe we should become a lonely hedgehog?

Or maybe we should stop being a hedgehog altogether?

But can a hedgehog stop being what nature created it?

A hedgehog needs quills too—otherwise, it will be defenseless.

Meanwhile, the more someone means to us, the more pain they can cause us. And vice versa.

Sometimes even unintentionally. Even with words. Or perhaps especially with words. Words can be like long needles. We remember their deep pricks. Stab wounds take the longest to heal.

Without other people, we can survive. Yes.

But we will never fully develop. We will never touch the depths of life.

What is the solution to this situation?

This is a question every hedgehog must answer for themselves...

(inspired by C.G. Jung)

“SUMMARY”

Maybe it will be a painful lesson, but I want to tell you about what people will remember after you ...

I don't think it will be - what kind of cars did you drive ...
What kind of house did you have ...
How much money did you have ...
What were your positions ...
What countries did you visit ..
What schools did your children attend - and what they achieved ...
... It's still not that ...
Who, besides yourself, is really interested in this?
Do you want to brag about it ??

...

What will really be left of you is what you used to be ...
What kind of person were you, ... what was your character, ...
What have you given to others - good or bad.
This is how they will remember you.

I wish that what you left behind be good and valuable.
Because such a life is a good life.

“HOW WE BEHAVE ?”

The longer I live - the more it seems to me that the decisions we make - really boil down to how we behave in a given situation ...

These situations are the sum of many other events over which we usually have little influence.

I mean, what attitude we adopt towards a given situation. The rest really depends on us to a very small extent - much less than we think

I come to such conclusions for the moment - after 50 years of my life.

It's all mysterious

I have been asking myself these types of questions for as long as I can remember. Since childhood. I also try to answer them.

The view that everything that happens is the result of previous events is defined by philosophy as determinism. I largely agree with this, but as I explained - not completely.

I like to compare my life to sailing on a yacht.

So using this comparison - I can say that if you follow a course - don't change it too abruptly. It can be done, but perform the manoeuvre gently ... with the feeling of your yacht. Otherwise, you risk overturning the unit. This risk is greater - the greater the speed at which you are moving.

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

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

In one of my favourite movies - "Forrest Gump" there is a theme of a feather carried by the wind. It symbolizes our life. There is not that much difference between sailing and a feather drifting in the wind.

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 distinguishing feature is that he cares about other people more than himself. It is totally amazing. He cares about the realization of their dreams, their desires and needs. He wants nothing for himself.

When asked when he leaves the army if he has a plan for his life, he doesn't know what to say. He lives for others. This question makes no sense to him.

Interestingly, the subsequent story shows that life rewards him for this attitude many times. He did not care for it at all, and he is rather surprised by it.

If someone is important to him, he is even ready to die for him.

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

Meanwhile, it is quite the opposite. Unexpectedly - life saves him. Unexpectedly gives him a lot. It gives him the love and gratitude of the people he meets on his way.

I think there is a deep mystery in all of this, which I would summarize with the words "Take care of others selflessly. You will see that life will also take care of you. It will not forget about you in difficult times".

Somehow, I come back to that final scene of the film quite often, in which a feather is raised into the sky.

"Forrest Gump entertains and touches us" - I wrote in 1995, after we saw that film for the first time - in the summer cinema, in Siemianowice Śląskie.

It's an amazing movie ...

.....

What will 2022 bring us?

It will bring different things. It is important how we react to them.

What kind of people we will turn out to be.

This attitude brings me peace of mind and a sense of harmony

I wish everyone a lot of good for the coming year!

“HE KNOWS IT AND SHE KNOWS IT”

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

“TO IMAGINE SOMETHING AND EXPERIENCE IT”

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

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

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

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

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

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

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

“MINERS”

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

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

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

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

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

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

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

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



“WHAT IS IMPORTANT IN THE END? “

If I were to study the subject of "Reflections of the Last Moments of Life" - as I would call it - one thing follows from it. Namely, people at the end of their lives, if they only have such an opportunity - think about the following matters:

- About beloved ones
- About fulfillment in life
- About how they contributed to the lives of others

So- mostly about what they gave - not what they took. This changes things significantly.

On YouTube, for example, there are many interesting materials on this subject. It's worth checking them out. This allows you to arrange your priorities quite efficiently.

Somehow no one regrets that:

He didn't make any more money
That he was not someone important in the company
That he wasn't famous
That he has not visited so many beautiful places yet
That he didn't have a fantastic car
That he didn't have a beautiful home
That.....

So in short, all of this - which so many people are still chasing

This is an interesting reflection for everyone ...

“I'M RIDING A BUS”

From my point of view, and from where I'm sitting - I'm in the very center of the universe....
That guy in the cap - opposite - probably thinks the same thing...
And that man looking for cans in the garbage can... whom we pass.

It seems to us all that the center of the universe is exactly where we are.
And that everything spreads out in every direction from us - outwards.
Each of us is equally important... and each of us has their own story, and their own future. Equally important.

“WOMAN IN MAN & MAN IN WOMAN”

There's a feminine element in every man.
And this is completely natural.
However, there are more masculine elements in him than feminine ones.

And that's why he's a man.
Both physically and psychologically...

There's a masculine element in every woman.
And this is completely natural. There are more feminine elements in her than masculine ones.
And that's why she's a woman.
Both physically and psychologically...

Science confirms this. This applies to both knowledge about fetal development and knowledge about hormones.
In addition, there are at least elements concerning the environment in which a person lives and their self-image...

"REFLECTION AT THE DUMPSTER"

From my observations, many people do not know how to use prosperity. Yesterday, someone put a pretty good bag, a famous brand, in the dumpster. It had only a slightly damaged handle, which could certainly be repaired - with a little good will.

A month ago, someone treated a good Philips iron in the same way. I took it home and still use it today.

Throwing away comes so easily now.

Nobody wants to fix it - and that's what makes a lot of sense.

"OUR SUNDAY"

I'm lying on the couch...looking at the sky.

Iwona is cooking dinner.

Artur is sewing his pants - next to me, on the armchair.

I'm happy.

The warm September sun shines on the beautifully shimmering leaves.

The day is still full.

After lunch we go for a walk.

9.9.2018 Ustroń

“CATCH GOOD THINGS”

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

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

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

This question is not pointless.

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

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

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

“SUMMER 2020”

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

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

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

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

Which doesn't mean that I don't love all the apartments we've lived in... Oh no.

I love them with all of myself.

They were always happy and good homes.

Chosen by good instinct...

“HEALTHY HOUSE”

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

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

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

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

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

“HOW TO LEARN?”

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

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

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

This is our individual contribution.

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

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

“A STRONG MAN SHOULD BE LIKE A TREE”

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

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

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

If you are an oak - you are an oak all your life.

"CREATORS AND REPRODUCERS"

Among the many types of people, one can also distinguish the following:

- creators and reproducers

In virtually every profession, reproducers replicate the patterns and solutions created by previous creators.

Creators, on the other hand, are people who constantly strive to improve the status quo. They create new things and modify old ones. Striving to make them better... more beautiful.

These are two very different human natures.

Two completely different life paths.

"A MOVIE CALLED LIFE"

Sometimes I feel like I'm living my life as if I were watching a movie about myself.
And the music I listen to or play is like the soundtrack to that movie...

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

Is that the point?

This is what wasting your potential usually looks like.

We humans can do much, much more ...

SENTENCES

I think life is not just about surviving and even passing on life. There is more to it. It is about trying to be happy. And this is something very different from just lasting....

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

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

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

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

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

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

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

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

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

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

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

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

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

How you behave is important - not others. That's all that matters.... The English have a nice saying that they say often - and I like it a lot. It reads: "Do your best" – means: "Do what you can." In this simple sentence, profound content is expressed.

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

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

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

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

It is a state of mind that is first ...

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

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

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

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

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

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

And wait for the wind ... it will come by itself ...

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

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

Every day the Internet gives me hundreds of examples confirming this truth ...

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

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

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

Everything I have - is in me ...

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

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

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

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

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

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

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

Bear the Pooh kept repeating - "Talk to me as simply as possible."

I am learning all the time from this bear and I wonder if I can say something even easier ...? Contrary to appearances, it is great art.

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

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

From each trip - I come back a bit changed ...

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

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

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

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

I never refuse espresso and conversation ...

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

It is never too late.... for course correction ...

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

And it seems to such a man that he is much more ...

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

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

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

Do not regret anything you do out of sincere love ...

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

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

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

Wisdom is not intelligence, but good ...

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

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

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

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

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

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

But at the end of this path, what you are supposed to become- you will become.

0Having nothing - you will have everything -...in you.

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

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

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

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

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

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

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

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

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

Something as simple as letting a pedestrian pass in the lanes while you're driving a car. You will see many of them will smile and pass that good then on and can reach all the way to me. In the meantime, I will do the same.... and the echoes of it will reach you,...because the earth is round. I think it makes sense ...

Technology moves forward. Human nature - still the same ...

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

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

The key to understanding man is in his childhood ...

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

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

A child feels art better than an educated "connoisseur". Child has everything that needs - that is, sensitivity and an open mind ...

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

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

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

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

Only a man can be a true friend of a woman. Only a woman can be a true friend of a man ...

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

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

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

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

Everyone lives in such a world - as he imagine ...

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

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

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

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

There are advantages to rushing sometimes. When we rush - we must focus on the most important things in our life...

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

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

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

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

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

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

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

Sounds trivial, but it's true...

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

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

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

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

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

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

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

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

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

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

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

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

In this journey called life - people are the meaning ...

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

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

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

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

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

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

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

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

They will stand like this ... most likely all their lives ...

Fear of loneliness - is what scares most women.

However, do not choose hastily - just for that.

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

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

Time bares everything ...

We have a duty to do our best to save our dreams ...

If some people are striving for power - this is the first sign that they do not deserve it. They must be stopped in time before it is too late Those who understand that power is a great responsibility for others deserve power.

It's a kind of service. But such people don't desire power. Compared to the former, they are very rare in nature. You will know them because people will choose them. Only such leaders deserve respect ... Others will not be even remembered ...

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

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

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

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

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

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

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

There are men who love deeper than women ...

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

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

I remembered - when I was a child I climbed on furniture to see everything from a different perspective ... My world was small - how small my room was ... but from every place I saw everything a little differently ...

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

And all the time I discover something new ...

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

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

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

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

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

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

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

Never seek revenge. You cannot fix bad with evil. Revenge is a trap.

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

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

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

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

Everything is important and everything flows from everything ...

I have never been attracted to women who were devoid of empathy, .. sensitivity to suffering of another being. And no matter how beautiful they are...

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

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

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

I use the TV very rarely, although it would be so easy to kill the inner emptiness that sometimes appears in each of us So this is how I am sitting now in the dark, in the kitchen ... and with my metal mug in my hand , full

of hot water ... - I look at the sky And at some point I am overcome by the peace that I have been waiting for. And synchronization takes place Then I know that everything that happens to us makes sense ...

Doing exactly what should be done at the right moment ... Yes - such a perfect sense of place and time - this is something ... But I think that to achieve it, you have to totally change your way of thinking - from the person, who is constantly struggling and trying to get something ... into a person who lets herself be guided. To be lead by a good force that is always with him and in him -... wherever he goes. It takes the ability to give up all the superfluous items we have and all the meaningless honors we have ... be ready to lose it. It is difficult to express it anyway It will either be understood ... or not. I think this is the way to peace of mind and fulfilment ...

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

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

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

They call it savoring life to the full ...

And that's how their darkness finds them ...

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

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

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

The wolf will always run faster than the dog ...

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

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

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

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

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

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

What if we stopped comparing ourselves with others?

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

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

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

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

About myself - I am a collector of beautiful moments....

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

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

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

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

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

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

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

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

Also try to be glad.

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

Ustroń, August 22, 2020.

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

My opinion is completely different.

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

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

So everything is equally important.....and past, and present and future.

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

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

I am more thought provoking with my texts than I teach...

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

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

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

It is love that makes us willing to sacrifice ourselves.

Isn't that against logic?

And yet love is the most beautiful thing we have...

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

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

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

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

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

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

Somehow it was written like that - above the entrance to the place where the Athenian guards were trained. I need to find this sentence someday and quote it in the original...

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

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

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

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

I close my eyes...

and let my thoughts run

like wild horses across the steppe.

I'm not keeping them.

This is not the point.

So many thoughts go through my head.

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

I watch myself - like someone else.

I do it consciously

Such dust that you can no longer see anything clearly.

Then the dust comes down slowly....

And I am still watching myself closely.

I calmly take another sip of coffee.

The skyline is gentle and sunny again.

It is as it should be.

So persevere and control yourself - I say to myself...

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

I tell to our son:

"Be hardworking"

„Learn"

"Respect others"

"Give what you can"

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

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

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

That's it - and so much...

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

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

My goal is not to get anything or anyone.

It is also not experiencing anything.

It is not traveling.

It is not even looking for my own place...

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

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

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

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

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

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

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

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

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

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

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

Not always....

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

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

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

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

Nobody writes such interesting stories as life itself...

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Words sometimes lie.....eyes never.

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

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

Can you stop loving someone for a reason so trivial that absolutely everything collapses.....? Home....., ceiling.....floor,.....work,.....health,.....life, ...heaven.

No... you can't.

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

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

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

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

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

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

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

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

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

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

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

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

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

There is always a good time to dance...

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

Two questions most often asked when we meet someone:

- Where are you from ?

- What do you do ?

As if they were to define us.

For some people these answers are more than enough to quickly classify us.....And they don't need more.

Or maybe more - what do you have, what do you drive and what phone do you have....

It has nothing to do with who we are.

We are much more, my friend.

Above all I eat, there is also a philosophy. We all deal with it in different ways. Often unknowingly.

The need for knowledge, beauty and understanding of what is around (and yourself in all of it) - are natural in man.

They, right after love.....bring us the most important answers, without which we simply cannot live...

Time is leaking through my fingers

Let it leak.....it's my time.

I'm playing with it.....

I am in no rush to go anywhere....

I'm not chasing anything anymore....

All the beauty is in this little moment....

I will remember that forever, even though it is so fleeting.

It would seem imperceptible.

Life consists of single memories. They are not arranged chronologically.

They are a bit like my texts

Like photos of my thoughts.

Only with time do I see a picture composed of individual fragments more and more clearly...

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

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

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

I like the sketch especially - because, like nowhere else, you can see the emotions of the drawer... the way he leads the lines... sometimes tender and delicate, sometimes violent and strong... How he sees light and shadow... their interpenetration and intimacy. This is what I am looking for - the emotions of the creator and the emotions of the recipient...

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

People - they are good by nature.

A healthy family is the pillar of a healthy society...

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

Respect the seconds.... someday you will miss them very much...

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

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

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

Writing is a very responsible thing.... Writing can change people. Always use your words responsibly...

Words are imperfect. Feelings are perfect ...

A woman knows which man is for her...

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

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

Sometimes silence says more than words...

Love and selfishness are mutually exclusive.

Only a man can be a true friend of a woman.

Only a woman can be a true friend of a man...

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

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

By giving to others, you receive yourself.

By making others happy, you become happy yourself.

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

By understanding others, you begin to be understood yourself.

etc ... etc

So give it first.

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

This is not what this is about.

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

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

You'll see it makes sense.

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

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

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

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

When I know something is right - I do it immediately.

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

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

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

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

Freedom.....one of the basic human needs.....mine for sure.

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

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

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

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

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

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

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

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

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

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

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

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

What I really have always with me is inside me. There is the true value of a man, even if they strip me naked.....even if life stripped me naked.

And it was so - quite recently.

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

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

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

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

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

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

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

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

I will always choose the sunnier side of the pavement...

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

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

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

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

I like reading books, but I like talking to people even more,.....because every person is like a thick, rich book.....Every person I meet teaches me a lot. There is wisdom in that person, which I would like to gain myself.....I listen to everybody, as the next teachers of life - the greatest of arts.

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

Until the creator says "ready" - the creative process continues...

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

You will not impress me with your knowledge of languages, a beautiful car, an exclusive watch, an expensive phone,.....how distant countries have you visited, what your children do, who you know and what's your position in some hierarchy.....It's all nothing to me.....seriously - it's absolutely nothing.....I know that it means a lot to others. Even more - almost for everyone,.....But not for me. You will impress me with only one -.....what kind of person you are...

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

Be as hard as possible, noble steel, covered with velvet...

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

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

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

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

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

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

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

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

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

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

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

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

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

Nobody wants to be cheated - even the biggest frauds....

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

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

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

And what will remain - improve perfecting endlessly.

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

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

Art and philosophy are sisters...

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

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

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

And I'm here and there again. And time stops...

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

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

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

So first we learn hard, and then we simplify.

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

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

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

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

If someone wants to deal with art - never treat it as a source of income.
Art may bring some income, but it comes along the way. Income should be obtained from other sources - otherwise art itself will suffer. Because art is freedom of expression - not paid craft.

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

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

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

What to write about?

I think about what is most important

About love.

About being human.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

There are "take and get out" sellers.

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

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

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

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

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

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

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



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

The TV itself dictates what you should watch and tries to shape you, so that you choose, that you buy, that you think a certain way in the first place.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

We are often unaware of how our actions affect the behaviour of others. It is a kind of chain reaction. Something similar to what one French writer described. The case concerned a procession that was about to start on a great holiday.... on Sunday. It was hot and everyone was waiting for a signal... ..At one point, someone in the crowd farted.... and the procession started. The orchestra immediately played and it got very solemn. People sometimes need a small detonator. They hesitate to do the obvious ... Sometimes it is enough to just push a small domino chunk and a powerful reaction begins. Suddenly everyone is courageous to do good ... It's important to push that good domino block - to good action.

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

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

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

We all need love.... Everyone, without exception.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

.....

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

While some addictions are obvious, such as a tendency to alcohol, gambling, smoking -.... there are a whole lot of other addictions that destroy our lives unnoticed. This is the case, for example, with watching TV. It is no less harmful than others - and so common. It takes our precious time, especially if we watch it passively... unconsciously. Television itself is not bad. It can be good if you use it wisely. In fact, very few people can do it...

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

I was thinking - how to earn money? I haven't had much. I was sitting alone, in a modest hostel room,.....in the twilight - just after sunset... .beaten,.... After returning from the world.
The left side of my chest was still aching like an sword piercing.

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

...I understood...

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

- No ! - something inside me replied ...

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

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

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

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

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

What is time.... when is Saturday night ?

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

I have seen some very exemplary marriages. They sat one and a half meters apart. When they walked along the sidewalk, he was often even a few steps ahead of her. She followed him slowly. However, they felt empowered to quickly evaluate other marriages...

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

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

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

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

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

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

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

There are times when I feel sorry for myself ...

There are so many places that have witnessed our stories.
and then you don't know how - and here we are again.

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

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

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

As if yesterday.

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

Is it possible ?

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

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

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

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

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

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

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

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

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

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

It is the same with the language.

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

Goodness + Intelligence = Wisdom

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

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

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

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

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

Anything that machines can do - let them do. Man should never replace machines. It's beneath his human dignity. Man is a being that should create machines. Man should expect much more of himself. He is the creator. Man, as probably the most intelligent being on earth - should make sure that life on our planet is well. Take care that our common mother nature is not harmed.

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

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

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

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

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

Aging is a natural process and it can also be a beautiful process. Often then we begin to understand reality better.
Due to lack of time, we put aside unnecessary things and see the meaning of our life more and more clearly.

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

It is never too late to change course.

A sense of control over our own life - we need it very much. Otherwise we feel insecure, unsafe and unhappy.
The way to do this is to limit the amount of things we do and have.

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

Don't blame yourself for everything. Sometimes you just find yourself in the wrong place at the wrong time. Not everything is the result of your mistakes. Be gentle with yourself, but also demanding.

Nothing teaches humility like a tooth of time that, sooner or later, will reassure everyone.

I don't judge prematurely because it's never too late to change.

Once the persecutor of Christians - turned into St. Paul - their hottest supporter.

Sometimes, however, a complete human change does take place, although it is extremely rare.

That is why I am not deleting anyone, while exercising caution.

You can recognize a man by shaking hands.

Some people want to do big, long-term business - and they can't even say hello.

It's that simple and not so obvious.

A look towards the person you greet - sincere - it's enough. Pay attention to someone's first and last name. It's an expression of respect.

Just this....

So why do so many people make this mistake from the very beginning?

And you ... how do you greet each other?

More than deeds - I judge someone's intentions.
Someone does not always do well - but the important thing is that he meant well.

It is the same with the language. Sometimes people say in such a way that there are more curses than words. However, if you listen carefully, it is between curses - it turns out that this man wants well.

So, we are similar.

The child looks at its parents as if it were in a mirror - and then goes like that through life.
So be careful what you say to your baby - even how you look at them.

His self-confidence and self-worth may depend on it.

More than one adult child goes through life with a reflection of himself that he saw in the eyes of his parents one day.

It will only seem trivial, but to build a house - I would have to find a place first.

And despite the fact that I saw so many places - I never felt that it was here.

However, twice in my life I knew that this apartment is just this one - In Siemianowice Śląskie - on the "Golden Horn" (Fitzner Street) and in Ustroń - on Staffa Street.

There were also places that I liked very much.

Animals are sometimes more empathetic than humans ... unfortunately.

I recently saw a movie about Mahatma Gandhi. There is a scene where horses refuse to trample people and refuse to obey the policemen who drive them.

The policemen beat them, but the horses, even at the cost of pain, do not want to run over the lying people.

And people ... so often have no doubts.

It is only when you are a creator yourself that you begin to appreciate other creators more.

What brings inner peace?

No competition.

Everyone has their own individual path.

Sometimes it is enough to look deeply into someone's eyes to find out whether people are important to this man, or whether he is important to himself - and thus his own meaning, social position and money.

Both cannot be selected at the same time.

I am looking for a peaceful coexistence - but I am also not afraid to fight if all other ways of understanding fail.

Time will tell - who really is who.

I will probably be considered naive, but I will say a simple and obvious thing - it is a doctor's duty to treat, and not to earn unethically big money. I will never understand why these famous American doctors have to earn such big money to save lives ... Even the youngest. What does it cost? Materials, equipment, or maybe a limited number of doctors?

And if there are so few of them, can't they teach it to others ...? Much more could be done then.

I can't understand it ...

The profession of a doctor is one of the most beautiful professions. However, it must be performed with dignity.

Be an example, not a moralist ...

You will never do anything good this way.

(I repeat it to myself every day because I forget)

The whole problem with every young generation is that they want to destroy everything they found and build new ones, instead of perfecting what they found ... then they understand it but then it's a lot of wasted time and it brings only little and could much more.

Of all the areas of philosophy - ethics is the most important.
That's because it talks about foundations. Everything else is after ...

Do not look for and do not provoke unhappiness, but if it happens to you - try to understand it and turn it into something good in your life.

Save time - even in the smallest steps.

Giving value doesn't mean giving money.

The mongrels always make the most noise around them.

Sometimes we pretend in front of ourselves that we cannot do something - because it is easier for us this way.

Meanwhile, we limit ourselves by it.

Let the better idea win - not necessarily mine.

I never meant to persuade others to follow my ideas - just to look for the best.

Conversation with others leads to the emergence of such a solution.

An hour is an hour.

What do you spend it on - your business, but you can do either a lot or very little during this time.
The choice is yours...

So ... - TV again? Or maybe something of value?

Lead your life a little more with your heart and a little less with your mind - and you will make good decisions ...

In life, you won't be able to do everything you intend to do, but you can do the most important things. Specify only a few. Just a few. . And among them - the one - the most important. It is on that, that you should focus primarily on. And remember this every day. This is the path to real success. Success in front of yourself - not in front of others. Because this is precisely the success.

You have to take care of yourself. Not only for yourself, but also for your loved ones. Life is our greatest gift.

I have never been an advocate of taking more risks than absolutely necessary. The situation of taking such a risk must be explained. I was never afraid of it, but I also never acted recklessly.

As for what I want to create in drawing - I don't want to create original things, but I want to create beautiful things.

Don't be too meticulous. Too meticulousness is a waste of time. Be meticulous only in what you want to be really best at. Then yes - every detail matters. Look at Pixar movies - there is perfection in every movement, in every shadow Look at Disney movies - there is perfection. Look at Fred Astaire's dance - there is perfection. Look at the Michael Jackson dance - there is perfection And so on and so on.

Repetitions, reruns, reruns. Learning and repeating, drawing conclusions and repeating, drawing conclusions and repeating ... and so on.

All these creators were, above all, very hardworking and persistent. They were perfectionists in their field.

However, we have one life and it is not worth being overly perfect in many other areas. We just don't have enough time.

People very often do not set the course of action because they are afraid of failure.

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

Man should take care that life on our planet is going well. Take care that our common mother nature is not harmed.

This is what he should use his potential and intelligence for.

Does the fact that someone does not do evil automatically mean that they are good?

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

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

It can be seen immediately after someone writes at least a few words to him.

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

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

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

It is never too late to change course.

A sense of control over our own life - we need it very much. Otherwise we feel insecure, unsafe and unhappy. The way to do this is to limit the amount of things we do and have.

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

Don't blame yourself for everything. Sometimes you just find yourself in the wrong place at the wrong time. Not everything is the result of your mistakes. Be gentle with yourself, but also demanding.

Nothing teaches humility like a tooth of time that, sooner or later, will reassure everyone.

If you lose in your head - you will lose in reality.

Whenever possible, try to earn a living with your mind - not muscle strength Don't sell your time for money ...

Learn at every opportunity ... this is your investment for the future.

Remember - your body will fail you first. The mind will shut down last.

Then work with it. This is how you should earn a living - if you're a wise person.

If what I say and write has only to do with my personality - and not with truth and goodness - it will pass as soon as I pass ... that is, like a flash ...

And that's what it should be ... One should forget about me once and for all.

Our personality can only reinforce the message we have - that's all. And that's OK, ... but it's not a value yet.

Take away from what you do - face, voice, style, personality. Leave only text ...
What will be left now?

The same is true for other kinds of human activity - whatever you mean. You can now relate it to yourself and what you do.

This is really what has value ... or it doesn't.

I came into this world as one of eight billion people. I am neither more nor less important than anyone.

So what if someone is educated - when he is not good.

Life is for living - not just for existing.

I might not be - but I am...

You have to try to fix life - not abandon it and start all over again.

It's like with this portrait of Grażyna Torbicka - which I've been drawing for three hours now.

It was already in the phase - where I could destroy it, but somehow I managed to erase the worst mistakes with an eraser. Brighten up the whole thing. And this time I didn't get into the fatal dark spots on her face... I saved the light.

If you ask me:

- What have you done in your life?

I'll answer:

- I drank a million coffees

- And that's all? - you say

- Yes that's all.

It gave me joy.

How nice it is to talk with you half the day ... over coffee.

Others mow the grass in front of their houses, build something, run along the Vistula River, play tennis or ride a bike.

And we drink in bed peacefully second coffee

Zeta - Ustron

You can't try so many things in your life.

But that's not what it's about - it's about the quality of what you experience.

Not about the number and variety of experiences - but about their depth.

I look for something good everywhere - even in the buzzing of a fly. Because it means irrefutably that summer has come ... and that it is warm.

Anyway, fly also wants to live - just like me.

In my case - thinking is not just a process. It is also my job, life vocation and great pleasure.

"My Sweet Ibanez"

For a guitarist, the guitar has something of a woman.

when I no longer have her in my arms - I want her. I want to hold her close to me, inhale her scent, be with her, look at her and admire her. And although the guitar lacks a lot for a woman, there is something in it.

A man can do no more foolish than to praise another woman in front of a woman.

Malice reveals the smallness of a person's character.

A long time ago, I chose the written word as my medium of expression - for several reasons.

Because it best expresses my thoughts and feelings.

Because it is the most durable.

Because it can change people for the better.

Finally, because I can write to the end. Even if I couldn't see anything anymore, or just lay on the bed.

Proof of this are these words written in complete darkness with a pencil. (I'm writing like Kate from The English Patient - in the Cave of Swimmers).

Interestingly, I wrote them much clearer than many of my texts - written in daylight.

Sometimes it's better to implement a poor idea when there is no other - than to implement none.

In what I write - I myself am somewhere between the lines...

Too often sheer stupidity is mistaken for temperament.

What I create - is sometimes born of pain, but always goes towards light, joy, energy and happiness.

I noticed that in drawing the shadow always follows the light - and in life evil follows good. The more of one - the more of the other.

Want to know what a man really is?

You will know him by what he is like when he has had an orgasm.

Listen to what he says to you then - and see how he treats you then.

Only now is his true self visible.

The fiercest fight is always for the first and penultimate place. It was confirmed to me every time.

When I appeared in a new environment - the first to attack was always the weakest. He wanted to be one place higher on the hierarchy ladder. No one wants to be last - and here's your chance.

The best in the group, however - was a vigilant observer. He wanted to know when and how he could potentially attack - when things didn't go his way. He wanted to recognize the threat in time and see through who I am and what I live. Do I want to climb the ladder like him, or is something else important to me?

The best ones could also be the most cordial and helpful when they understood that I'm not going to climb the ladder after all - because I'm not interested in that at all.

I don't know what psychologists say, but that's what my experience says.

There are people who probably exist for nothing else - just to criticize others. And that's because they can't create anything on their own and they are frustrated with life.

But even in their words there must be a grain of truth, otherwise no one would pay attention to their attack. The attack would be tasteless. Pick out that tiny seed in the chaos of jealousy and malice - and work on it.

This is the added value of their critique. In fact, I thank them for this seed. As you can see, everyone is for something. Even them.

I had a good time playing guitar this morning.

Sometimes I think that all those years of playing this instrument made sense.

Play a little - when the time is right.

And then put the instrument down - when the time is right.

Here's the gist.

I'm not a musician.

I love music.

Interesting observation. I've noticed that men who like alcohol don't really like women. They like the company of other men.

If you look closely at it, you can see it clearly. It's a different personality type and it proves it every time. I did not expect such a discovery. And it has nothing to do with the fact that women don't like drunk men. That would be too obvious.

It's not that at all - they're two different things.

Solutions and dreams that were good in the past - may not be good today. However, many people stubbornly try to come back to them. They do this instead of living what is good for them now.

I've noticed that whatever I do, I'm constantly trying to improve it. Even unconsciously.

Men who don't love women are also mean to their daughters, mothers and grandmothers.

A man who doesn't pay attention to his wife doesn't pay attention to other women either. And vice versa.

In drawing - I would like to say almost nothing. Almost, ... but what I say - should be the most important thing. This also applies to my texts.

Everything I write has one goal - to bring out the good in people.

Many people are very proud of where they come from - no matter where in the world it is.

It's as if one of these places is more important than the other - but after all the Earth is round.

No matter where I was - I always wanted to be aware that if I wanted to - I could take my sailor bag and go out into the world at any time.

That's why I never thought about building a house.

My house is mobile - it's my family.

I couldn't imagine staying in one place all my life.

Even if it were, I want to be aware of the possibility of going on the road... whenever I want.

Love is a wonderful medicine. Heals from within.

My thoughts spilled out this morning... on the table.

I'm trying to pick them up.

Strong autumn sun.

Quiet wind noise from the mountains.

Morning in Ustroń

Zeta October 13, 2018

I have noticed that you can subtract quite a lot from the work.

If there is value in a work, it will remain there - despite the eliminating of elements up to a certain critical moment.

The opposite is not true. It's easy to spoil everything.

Just like I don't want to waste any line in my drawings (and each one has its own meaning and there are neither too many nor too few) - I don't want to waste any breath, ... any step I take. I would like to give meaning to everything - and nothing is in vain.

Who am I?

I asked myself this question once.

...I am what I have always been.

I just couldn't name myself.

And I only have what I always had - ... myself.

Sometimes when drawing, I already know that my work is unsuccessful. Nevertheless, I continue to draw - not because I believe that I will save it and be happy with it. Someone else - would probably tear up this page with fury and start all over again ... I don't.

I keep working even when I know I won't show it to anyone. I do it because I know that the learning process is ongoing. I learn from mistakes, correct, analyze. In the end, I also throw away this page, but I am richer for a lesson. Time has not been wasted.

I recently estimated that I threw away about a thousand drawings this way.

Studies in electronics, contrary to appearances, gave me something. I saw a different world and also learned to think a little differently.

The only thing left for me today is probably math. Discipline that was used as a tool to eliminate us. For pre-selection. Until the elimination of every second one of us ... just a little later - in the following years.

I did this math with a professor from Lviv. Overall, it's a poor success. After something like this, however, a man knows that he is capable of more - than he could even imagine. Then we get to know ourselves and our abilities better.

When we must - we stand on the heights. In that case, it would be worth standing also ... when we don't have to. Just like that - from a conscious choice of your way of life.

Sometimes we don't realize that a small detail decides whether something is beautiful or not.

I used to have a good teacher. She taught art. That was when I was maybe 13 or so.

At the end of the lesson, we brought our work to her. So it was that time too. I was sure mine was nice... She looked at it carefully, then smiled slightly.

- And what Makosz, did you sit on your laurels? You know you're capable of more- she said.

I hear those words to this day. I know she was right - not just about the drawings... about everything. I began to demand even more of myself.

I liked her very much. Her name was Barbara Piszczan.

Failures and successes shape us equally.

Sometimes one sentence can change a person's consciousness more than all the books he has read.

Only the one who was not a good person wasted his life.

You can't be a good lover without being a good person.

Our thoughts cannot be watched by others... Only there are we completely free.

If I had a free day - I would come to Ustroń.

And if I had 10 free days - I would spend them all with my family in Ustroń.

But I'm here already - for a long time..

"Writing after Kraftwerk "

I listen to "Computer Love" - by Kraftwerk. It's an electronic and very robotic track.

In fact, however, it radiates a great longing for love. Behind all this is the man - behind the electronics.

Whenever I eat "Michałki" from Siemianowicka Hanka – It reminds me of our apartment in Złoty Rog (once 27 January). The real Michałki was from there, and Hanka's company store was downstairs. From our balcony we were looking at Villa Fitzner. Behind it and behind Zakłady Wojskowe was Hanka's factory, established in 1923.

I discovered that there is a very fine line between being happy and unhappy. It's a bit like the brain. The centers of pleasure and pain are very close to each other.

Choosing happiness is really a choice of life. It is up to us whether we want to be happy and live or just vegetate and be unhappy. Contrary to appearances, this is a choice - not a coincidence.

And we have to make this decision every day... all over again.

Nothing is given once and for all.

This beautiful view of the gentle mountains and sunlight - which is put on my table when I write ... also not.

But maybe this awareness of finiteness - prompts us to make fuller live of the time given to us.

There is a kind of philosophy in music. I don't understand it, but I feel it is.

All the fantasy and sensitivity of a woman - is seen in dance.

Somehow it has always been like this in my life that either everything works in it - or nothing works in it. That's because everything is interconnected. Every area of life with every other. You have to fix one for the others to work.

Neither men so bad nor women so good.

Somewhere between the lines of my lyrics - ... there is me.

I showed up.

I'll do my thing.

And I will disappear.

Like all of us.

Like a small element in a multi-billion mosaic - multiplied by the great current of history.

However, it has a very deep meaning.

Same as anyone else's life.

Excellent cuisine, architecture, scientific achievements, works of art and medals won at the Olympics - still do not testify to the great culture of a nation.

However, it is evidenced by how it cares for its weakest members: children, the disabled, the sick and the elderly. This is a true indicator of a highly developed society. I would add to that the number of playgrounds.

You have to understand who you are to know what path to take. This is the basis of this decision. If we do not understand ourselves well and honestly - then we act against our nature. And sooner or later it will turn against us.

A real home can only be built within yourself.

A Sunday well spent is wonderful. I love Sundays.

Love is the greatest thing. In its name, you two have to be able to forgive yourself - and come back to yourself.

The sun is slowly rising.

It shines in my eyes.

I have it in front of the table.

Right above the mountains.

November.

I draw, I think, I drink coffee.

I love it.

Ustroń - Zeta

Can you stop loving someone if you love them?

I never wanted to dominate my woman.

The other way round.

I always wanted her to grow, flourish, and be happy.

We are equal and we complement each other.

If there's anything you can really regret in life, it's probably these three things:

That there was not enough good made by you, although it was possible.

That there was no love.

That there was no joy of life.

If you're better than me at something, you should be in charge.

If I'm better at something than you, I should be in charge.

Appointing one man to run everything - raises problems.

Don't criticize the man.

Don't despise him.

Try to get the good out of him.

Even when there is very, very little of it.

Do it.

I love September - not just because I was born this month. There is something special about this month of the year for me. There is no more heat - and the sun falls at such an angle that the light brings out extraordinary joy and freshness from everything.

I think differently then. Better, fuller. It is as if the time has come to harvest thoughts, like ripe fruit.

Ustroń Zeta Park 9/9/2018

We learn to swim by swimming. We learn to live... by living.

I try not to avoid pain at all costs ... Pain is like a sculptor's chisel that strips me of all that is superfluous ... And I am starting to resemble more and more the man I should become.

If you are looking for originality instead of truth - your path of development ends.

Sometimes there are so big differences between people that you could even say that they are beings of different species.

Don't let other people determine your worth. Then you give them power over you.

You and only you know the true value of yourself... This is maturity. This is self-awareness.

In a way, making money can be likened to putting money from someone else's pocket - into my pocket, without resorting to theft.

That's the kind of definition I could give. However, I could also give another - much more valuable definition. Namely, that making money is adding value to others - and money is just a side effect.

You can always spend Sunday at the mall. But what a Sunday this is...

Each drawing has a moment when it is the best and you have to be careful not to exceed this moment. The point is not to overdo it with excessive attention to detail. The whole thing is important.

There is an analogy to this in life too. In many things, you need to know when to stop - and sometimes you need to know when to leave. Don't lose sight of the big picture, despite your momentary attention to detail.

A wife is a man's treasure.

There are no good religions, but religions are needed. They keep in relative stability all those who themselves cannot distinguish good from evil. And also because the promise of eternal life keeps many people from falling into depression.

Wine favors artists.

No rule should be too rigidly applied. There are no perfect rules.

Is something long - or short.

Whether fast - or slow.

Whether complex or simple.

It can be just as beautiful.

Love has a wave character, but there is also a level below which it never goes down. Because true love is eternal.

People who love money have no sentiment.

An unhappy mind - creates an unhappy reality.

A happy mind - creates a happy reality.

Reality affects the mind. Yes, for sure.

But also to a much greater extent - the mind affects the perception of reality.

Sometimes God speaks to us through the mouths of other people.

Either art - or money.

I love coffee and I love to think. So morning meditation over coffee is doubly pleasant for me.

In those moments, my mind is like a blank sheet of paper. Then, as the day goes on - the mind gets more and more tired, ... noisy with other information. It's much harder to see things as they are. Morning thoughts are priceless to me.

The dreams we had once don't have to be good today. Yet how often we cling to these old dreams. This limits us sometimes.

Getting to know the laws of science - We get to know God's laws.

If a woman puts too high a man's income - ... divorce is ready, sooner or later. Money is not the foundation of life and it is not the glue of a relationship.

Principles can never be more important than man.

There is nothing more precious than a beautiful moment.

In a few words - tell the truth.

With a few strokes of a pencil - show beauty.

Ustroń has everything I need to live... absolutely everything.

Impress a woman with your wallet... the worst possible thing.

Art cannot be made to order. It is God who decides - when he wants to give you what you are looking for.

The more you realize that you are part of a greater whole - the smaller your ego will be, and thus you will become a better person.

For me, it is not important if and where I travel - but with whom.

Because traveling alone is not the same as traveling with a loved one.

Without it, nothing tastes the same ... And nothing impresses so exceptionally.

P.S

And the most important of the journey... is life.

If you do not put in order in your life what you would like to leave behind - probably no one will do it for you.

They will say what they want to say about you.

They will write what they want to write. In short, they can portray you as a completely different person from who you used to be.

Only after my drawings do I see how much time has passed. But it is thanks to them that very often, as with photographs - they remind me of moments that perhaps I would not remember myself.

I played the guitar for 32 years and I feel like I don't remember much. They were momentary pleasures. The drawings remind me of everything.

In everything I do, I try not to stray too far from nature.

When we stray too far from it, we start to lose ourselves.

Even under communism we had the sun. It was the same as now. Thank God.

It doesn't matter what the drawing looks like up close. What it looks like from a distance is important...

I will write what I should write - and I'll walk away...

There is no piece of paper so small that I cannot write on it the essence of what I want to say. Sometimes the size of the card is a challenge for me. Often it is just a torn piece of paper, or an empty space under some document to be thrown away.

Then I have to strictly limit myself to the most important things - however, reflecting the essence of my feelings and thoughts.

Every morning, after waking up - I watch the beautiful face of my wife who is lying next to me. The light falls on her face, bringing out her feminine features... This is my Academy of Fine Arts - the real one.

P.S

I wanted to go to the Academy in Krakow a long, long time ago. Then, so much happened... Now I only draw from time to time.

Once a doctor, referring me to another doctor, said about him: "He operates very often - so he operates well."

These words translate into different areas. I often reminded myself of them and every now and then I found their confirmation. Finally, I decided to save them. In other words, "if you want to do something right, you have to do it often."

A good drawing has from the very beginning, from the first lines – this, what it should have.

I think that's the way it is with everything.

Only the creator can decide that the work is finished.

Small differences in what was my state of mind at a given moment - I can see immediately by the handwriting.

I did not expect how different my notes can be, despite the fact that I am still the same person ...
Or maybe different?

Sex drive is a wonderful force, but it must be used wisely.

When something is pleasant, we easily lose ourselves in it. Sometimes too much. When something is unpleasant, we easily give up on it. Sometimes too easily.

If I ever decided to live in a certain place for the rest of my life - it would be like driving the first shovel to dig my own grave. My element is the wonderful unpredictability of life.

If the need to be good comes from compassion, not from religion - and thus reaping good deeds in exchange for eternal life - then everything is OK.

It's good that time passes... There's really enough of it for those who know what to do with it.

The passage of time, and so in fact life - forces you to focus on the most important things...

When one day in the store I bought my first reading glasses - I understood that it was time for me to write (which I always knew would come one day). Since then, I hardly read, only listen and write. I close my eyes slightly. I can keep writing... even without seeing or hearing anything at all.

There are people who create - and those who destroy. Then they grow like flowers and weeds. One destroys the other - instead of working together for good.

Humankind should protect itself and other life forms from extinction. Instead, it's doing the exact opposite - and at an alarming rate.

For me, titles, honours, honours, positions, a person's financial status - are not of the slightest importance.

I'm only looking straight at one thing... man's heart. I'm trying to understand why he's alive. What is his most primal driving force.

I have the highest respect for people who want good. And that's because they're just sympathetic - not because they're religious and their religion tells them to... They don't count on the rewards of eternal life or anything else in this life. Because that's what religion is all about... every religion.

Thinking is a kind of art.

Each of us has something good to do in this world. You do your thing and I'll do mine.

What is called happiness - is more real satisfaction with life. It's not something you can find. This is still within us. It doesn't depend on anyone or anything. It comes only from consciousness. It is constant and moderate. After discovering this truth, we become independent. We don't chase happiness. Instead - happiness comes to us.

Work can never be more important than a person. Love as a concept can never be more important than a person. Love is not a theoretical thing – Love is another person.

While I understand nymphomaniacs, I don't understand prostitutes. After all, you can do exactly the same thing, only you don't charge money for it. It's money that destroys everything. Money destroys sexuality.

Music is a matter of imagination. Nothing proves it so much as the fact that Beethoven was able to compose even after being completely deaf at some point.

I especially like the sketch - because, unlike anywhere else, you can see the emotions of the drawing person in it. The way he draws lines, the speed with which he draws them. Finally, the way he sees the light.

If you asked me:

"What's a woman for?"

I would say - to love... And I don't mean just sex....

I've noticed that if you're not part of a puzzle that someone else has made up, they reject you.

They don't want to see who you really are. You just don't fit the puzzle. A figment of someone's imagination.

A painful conclusion, but well... true. I wish it was different, but I face reality.

People live in a fantasy world. Concerned about the safety of their own imaginations, they reject reality... along with you. You don't match like the colour of your socks to your shoes and like your shoes don't match the colour of your couch. You're just bothering them...

Remember - apart from your parents, no one is really interested in your success in life. Moreover, many of the people will make you fall. A lot of people will try to cover you up just to keep you invisible. Like Cinderella from a fairy tale. And some will even laugh at you.

Therefore, it is up to you to believe in yourself – and never lose that faith. Do what you are made for and don't look back...

Years of life will prove I'm right.

It's a set of traits that makes a person... not single traits taken in isolation.

People don't believe the information. People believe people.

The most envious people - they are always closest to you. Those who are further - they do not envy you anything. They don't know you better.

Jealousy is a powerful negative feeling. Get rid of it completely - if you want to be happy.

A malicious man is a man of little character. Malice always comes from jealousy. It's like the other side of the same coin.

Only a man of small character does not wish another man to develop his true potential...

People who are similar immediately recognize each other. This applies to both the good and the bad sides of a person...

The longer I play, the more I feel and understand it—that it's not about the instrument's manufacturer or model. It's about the specific serial number I have. Every instrument is unique. And I appreciate that...

It's not always "now" - it's the best moment.
Everything has its proper time.
The trick is to feel what needs to be done right now.
And do it without rushing, well...
Without anything that only disturbs the beauty of the moment...

In the history of our lives - we sometimes do very different things, but it is the people we meet that give the story meaning.

From all these locked computers,... from all formatted disks, damaged phones - we try to save photos first of all.

And if the photos - not those from work and landscape, but photos of people.

Because it turns out that people are the most important to us ...

Pain is a part of life.
Just like pleasure...

We change, we mature, we grow wiser. I hope we become better.

And that's why it's worth considering whether the goals we've set in the past are still worth pursuing.

Because if it's just about proving your consistency and perseverance, it's not worth it.

You need to consider whether it still makes sense.

Don't give up if it does. But if it doesn't, you need to back off. You need to change direction.

You have to be careful with words.
Sometimes we say something and don't even realize that we're changing someone's life...
The profound meaning and serious consequences they have for someone else...
But also the other way around – they can sometimes be a powerful inspiration.
Something that will change someone's choices for good, for the better.

Some upside, some downside.
Just like in life.
And you shouldn't worry too much about it...

Pain doesn't destroy me.
Pain shapes me...

Is it about living as long as possible?
Or maybe it's about how you lived in the meantime?
Were you human?

It's not about how much you did, but about whether what you did (even if it was just one thing) was done to the best of your ability...?

A person's philosophy of life, or more simply, their value system, translates into literally everything they do...

A hidden enemy is more dangerous than an open one...

What someone does in life is merely a consequence of who they are.
This, however, begins to become apparent even in the first years of their life...

I judge someone not by their appearance or background (because they have no influence on that), but by their character.
Because they do influence that...

An interesting pattern - people, to put it mildly, who are dishonest, understand each other exceptionally well.
Thus, the general rule is confirmed: a thief recognizes a thief, a cheater recognizes a cheater, etc., etc.

Every instrument has its own unique and beautiful sound. Each one, without exception.
You just have to find it...

You still have to live through all of this.
Perhaps somewhere between events.
Maybe somewhere between the lines...

There were things in the past that lasted,... and lasted,... and lasted.
There was no end in sight.
And today... I look back on them as an insignificant episode...

While this may seem obvious, it's often forgotten.
Running away from the problem doesn't solve the problem...

It often happens that when someone is unable to accept the truth, they deny it... even to themselves.
And they create their own version. What's more, they start to believe it...

To watch beautiful sunsets, I don't have to go to the end of the world...

When changes occur too rapidly, too dynamically, they are often devastating.
The right balance between volatility and stability, where there is significantly more stability and the changes are gentle, is crucial...

Many people fail not because of a lack of opportunities or skills - but because of a lack of patience and perseverance...

Many people fall victim to their own square way of thinking.
And become its slave...

Sometimes, the last time - this is not the time, which was the last one.
Sometimes the real goodbye came much earlier

Pleasure is not the same as happiness...
You can have many pleasures in life—and yet be very unhappy...

What is truly important in human life never ceases to be important.
This is an eternally relevant topic...

A film isn't the work of a single creator.
It's the result of all the creators involved.
From the screenwriter to the wardrobe assistant.
Yes, I think everyone has a greater or lesser stake in this process. Although it might seem absurd at first glance.
The same is true for any other project people work on together.
Every detail, even the smallest one, matters...

Listening to some people, I get the impression that they live to eat. They seem to find meaning in their lives and their highest ecstasies in food...

Some life lessons sometimes have to be learned very late. It's important to draw conclusions from them. But after that, it only gets better...

If you want to focus on what's truly important to you, you need to significantly limit what's less important to you. Otherwise, it will become an obstacle...

If not this - there will be something else. What is the problem...

If something is good and important - even late,
- even for a moment,
- even at the last moment,
... but it's worth it.

To find your way in time, you have to board the train called "time." And not run—neither behind it (chasing time) nor ahead of it (overtaking time). Simply sit comfortably in the carriage and ride... enjoying the journey.

An honest man will always find work...

There are many variables in every project.
And the biggest variable, often completely unpredictable, is people...

If a musician were looking for the perfect tuning, he would never start playing...

What's popular begins to become intuitive—even if it's no better than other solutions in any respect...

I can become familiar with someone else's views, read about them, and reflect on them.
However, I don't intend to convince anyone of my own.
In truth, no one can convince anyone else.
Only we can convince ourselves to change our views.
There is no other way.
And that leads through understanding what we're considering...

There is a tendency to overestimate intelligence while underestimating the role of the heart...

A woman's beauty is not even half of what is most important...

There was a time when life dealt me a great blow.
I had to start from the foundations,
again.
That is, from myself.

I had to reconsider my entire philosophy of life.
Now I know I can move on...

I've noticed that people are more ashamed of dirty shoes than of poor manners. And for some, it's even a source of pride...

I'm withdrawing my money from the happiness bank first thing in the morning.

I'm not waiting for later.

Then,.... come what may...

People who love money stand in the way of people who love power...

So much attention is paid to a person's skills and so little to his personal culture...

What seems like weakness often turns out to be strength...

Try to look at yourself as a third person sometimes.

It's a very useful observation.

You'll gain perspective on many things.

Including yourself.

And you'll realize what you're really doing...

We're all human. So let's treat each other like humans...

Everywhere is good... for a while.

But then you have to move on.

Like a traveller who has reached a well, quenched his thirst
... and moved on...

Just because someone is tired doesn't mean they worked well.

And vice versa.

The best work usually comes easily...

Get up!
And take what you have...
What's left.

Then gather it all together,
even the little crumbs.
And make the best of it.

And go on...

I don't plan my life. Life itself plans it,
and God guides me.
My only task is to behave like a human being,
...in every situation,
...to the best of my ability.
That's my entire philosophy...

Someone is vain when they are empty inside.
Vanity is a situation in which someone is only interested in the outer packaging. Whether something is beautiful, whether it is famous, or whether it is considered good in certain circles. They don't feel or understand what's inside.
So, someone is empty/vain – like a blown egg. They only look nice on the outside, but not on the inside.
Inside... there's nothing.
That's where the word "vain" comes from...

I've noticed that most people walk just to get somewhere.
They're often in a hurry.
And I walk just to go....

Those who like to compare end up falling victim to comparison themselves...

Everyone has the right to choose how they want to live their life...

For the world to change, human hearts must first change...

What is the act of creation?
What is a work of art?

It is what the artist has chosen.
It is their sensitivity, their way of feeling and thinking.
They chose the subject and the way they present it.
The artist is like a filter through which we view the world.
It is like an invitation into the world seen through their eyes...

What if we could just be.
Just live...
Without striving for achievement,
possession,
long journeys
and extraordinary experiences.
Just enjoy life...

Life is like a dance, on a journey...
We move to different places and time passes slowly.
But at the same time, we also dance our lives.
In a true journey, only the right direction is important—not reaching the destination.
In a true dance, only the joy of the moment is important, which thus passes... into eternity....

I am a momentary group of particles that have materialized in the form of myself.
In time, these particles will decompose and become part of the Universe again.
This does not mean, however, that I did not exist before—nor that I will not exist after...

I wake up early in the morning.
Then, with my little hammer and chisel, I work the hard rock.
Often, I manage to get almost nothing done.
But sometimes, I carve something.
I don't focus on achievements, but on the journey.
I simply try to get something done... every ordinary day.

You can run your whole life and have everything done on time.
You can race everywhere, rush everywhere.

And yet, you can't be aware that you're alive.
Even though, on the surface, everything seems to be taken care of....

Time is your life.
Don't waste time.
Look at it this way...

There are environments in which a person's value is determined by the value of the work they perform.
Meanwhile, a person's value is the kind of person they are...

It's not about starting life over, but about continuing this one life - taking small steps and becoming a better person...

Music is to humans what machine language is to machines.
People understand it perfectly and very subtly.
It can express what words cannot.
It is an advanced language of emotions.
A high-level language.
It triggers feelings and emotional memories.
It is also an instrument for traveling back in time...

Everywhere is fine—for a while.
And then... you have to move on.

To achieve something, in something, you have to be consistent...

If you say "I'm practicing now, and then I'll play" - that means you're wasting time.
Play while you practice.
And this doesn't just apply to music, but to a wide variety of things - like dancing, drawing, or anything in the arts.
Simply practice and create simultaneously.
Make sure these moments aren't wasted on practice, but that these practices are already beautiful...

You're trying to compare my life to yours.
It's pointless.
No lives are comparable...

I think a person must be very anxious and tormented when they have a plan for their life - and that plan doesn't work out. Or not quite as they'd like.
At the same time, a person who listens to the day and what it brings is very calm inside.
And they just try to live - in each moment, as best they can...

Eat when you're hungry—not when it's time to eat.
Then you'll be healthy.
This approach can be extended to many things in life. Only then do you live in harmony with your own nature...

Why does a person who has a lot want even more?

Project completion time should also be considered an element of minimalism. Similarly, the number of elements and resources used is another variable.

In the case of minimalism, it is an intentionally short time...

Whoever is too meticulous - only wastes the priceless time of life...

Our lives - some positives and some negatives...

If you can, avoid fighting.
Nothing good usually comes from fighting.
However, if fighting becomes necessary, fight to win.
With full determination and full faith in victory...

You can do this,
you can do that,
you can do something else.
You can do many beautiful things.
But you can't do them all.
You have to choose.
Life is, among other things, the art of choices...

It may be that what is food for one person is poison for another.
Although we all seem so similar...

You will only become courageous in public speaking when you stop critically judging others.
Because it is criticism that you fear most.
That is why you are like this...

Swimming - you can't learn without swimming. Fighting - you can't learn except through fighting...
You can only prepare for both theoretically...

"Do you remember that man you helped back then?"
"Which one?" you asked.
"Don't you remember anymore?"
"But he... still remembers..."

Enjoy the age you're at right now.
Enjoy the stage of life you're living right now.
Enjoy it as best you can.
Even though it's not easy sometimes.
Everything is short-lived.
And then...
we come back to this - in our memories...

One of the differences between someone we love and others is that we are capable of receiving blows from someone we love that would be unbearable for us in case of other people. This is because we know that this person loves us and is telling us the truth...

When it comes to beauty, a very small, almost imperceptible detail can change everything...

If someone easily overdoes one thing, they can easily overdo the other.
Whatever it is...

It's a beautiful Sunday morning.

I sit, gazing at the sun.

Calmly and joyfully, I'm enjoying my life.

Isn't that what it's all about...

The older I get, the more I am convinced that everything happens exactly when it should.

And with infinite precision.

Knowing this brings me inner peace...

Life has a way of writing the strangest scenarios. You'd say:
"No, that's definitely not the case."

And tomorrow... is exactly that....

First, something is there... and it is there.
And then, (we don't even know when) - it's gone.
And no more - ...it's gone.
Even though we thought it was so obvious that it was there.
And that it probably always will be...

Each of us has the right to become wiser...

In our imaginations, we relate everything (to a greater or lesser extent) to what we have already seen, what we know, what we have understood.
However, there are things we had no idea about before.
We couldn't imagine them in any way...

I think that to truly love others, you must also be able to truly love yourself.

That's a good place to start.

Such people naturally attract others...

Even though every wise person I've ever heard says exactly that. I disagree, that only the here and now exists.
That this very moment is the only one we have.

All the happy moments I've experienced are still with me.

How does this happen?

Well, because I want it...

If you don't have to, don't destroy.

Try to coexist...

If I were looking for popularity, I would be an idiot...

There is a total difference between simplicity and vulgarity...

Sometimes, when someone creates something, they think too much.

And creativity is something beyond human reasoning.

True creativity comes easily..., completely unnoticeable...

You can die with everything perfectly in order.

But... is that what life is all about?

There are matters where the details don't matter much and should be ignored.

But there are matters where the details are everything...

When judging a person, one should consider not only what they say, but also what they do.

And not only what they do, but also what they say—because words are also actions.

Always consider both—not just one...

I write my texts lightly - and I would like them to be read just as lightly...

Instead of planning, I ask myself a simple question every day: "Am I sailing in the right direction as I sailed today...?"

To appreciate the beauty of simplicity, one must first travel many winding paths.

Simplicity is not easy...

Material is more important than money.
Money can be replaced – it's an apparent, virtual value.

Damaged, destroyed material - is often beyond repair.
And raw materials are limited in supply...

Very often people make fun of what they simply don't understand...

Let life guide you, instead of trying to dictate what life should look like.
That's a huge difference.
It's finding happiness in the almost-nothing that's now in your path, instead of searching for it somewhere else...
someday.

Everything has a beginning, a middle, and an end.

Everything.

And this is completely natural...

It's not how someone behaves, but how you behave that's important...

There are people who are greedy for experiences.
This, too, is greed.

They often crave them at the expense of others, regardless of the outcome...

I think the following fields are one:
- science
- philosophy
- art
- spirituality

You have what you have, and what happens to you in life happens to you—because you are who you are.

That might be the case when you're still maybe 10 years old—but not later...

Sometimes I gravitate somewhere, though I don't quite know where.
Only after some time do I discover the purpose of this gravity.
It's a strange and yet fascinating experience...

Psychology is about getting to know the knower...

I'm not in charge of all this. My only responsibility is to play my role. To the best of my ability.

What we think today is one thing.
However, with hindsight, things can look completely different.
And what was unimportant may become unexpectedly important.
And what seemed so important then may become truly irrelevant.
Only time will tell...

How important is parental support when a child has failed?
The words of a father who says:
"Son, I am with you. I will never turn my back on you."

With such support, a little person continues on in life and believes in themselves, even when they have been going on completely alone for a long time.
As a young man, a man, an old man...

I have a good plan—the best. To live today as best I can...

Human fates.
They're not that distant at all.
They're right next door.
Almost the next door...

It's not about living long - but about living well and beautifully...

I don't so much play music as I enjoy the sound.
Even a single...

If you make your work enjoyable, you'll enjoy it.

It's that simple...

If your entire life's work is your bank account, imagine losing it in a split second.

Even through common theft.

Is this really what you want to build your life on...?

Build on what no one can steal.

What no one can destroy...

Playing music is also listening to music.

If someone begins to approach it this way and listen to themselves—as if they listen to themselves and a third person simultaneously—then their experience of the music becomes even more profound.

Then they, the instrument, and the music become one...

If I lived my life solely on logic, I would become a monster. Fortunately, I also think with my heart...

It is a sin to rush, but it is also a sin to waste time...

It's not about performing miracles or doing things beyond your strength and abilities. But about honestly doing what you can...

Art is not about faithfully reproducing details, but about reproducing the essence...

To live well, we need different feelings.

Not just joy.

They all create and build us.

Just like the seasons.

For nature, spring is not the only important season...

True music begins only when a musician stops playing with their hands or lips and starts playing with their heart.

When they stop playing with their mind and start playing with their whole being...

If I assume I'm not in control of everything in my life, then I can be completely calm, because whatever is meant to happen will happen.

And all I have to do is simply behave like a human being...

Women are exploited for the most grueling, tedious tasks that could easily be performed by machines. Men exploit them for this, just as they exploit them for so many other things. But what's even worse is that women accept it...

Woe to him who raises his hand against love...

A day isn't made of rubber—you can't stretch it. The same goes for a week, a month, a year, life...

Do the best you can—here and now.

However small.

Instead of dreaming about the future.

Or dwelling on the past...

He was walking along the viaduct.

From a distance, you could see from his posture and stride that someone like him walked simply to walk.

That he lived simply to live.

Not to achieve, conquer, or prove himself to others – but simply to live...

I think an artist is a kind of filter. It shows how they see the world. How they experience it. When what they create reflects that experience, they consider their work finished. If not, they search and try again.

This has little to do with mastering the craft itself. It's merely a technical matter.
The craft exists solely to ensure it doesn't interfere with what they're doing.

Life moves fast.
If you don't focus on what's truly important to you—every single day—life will fly by...

I think people who have mastered the art of living know that the most important thing is, above all, life itself.

Everything else is secondary...

Our supposed achievements are completely secondary. What we leave behind does have some significance... but we shouldn't devote too much time to it either.

We have to live now...
And that's the most important thing.

If someone understands this, it means they give proper and natural priority to things.

There are exceptions to many rules.

Often even where it would seem absurd.

Rigid adherence to rules without leaving room for deviation is a limitation to development.

We humans create various rules to simplify reality.

But we should never forget that this is only a simplification.

Reality may turn out to be more complex than we think...

If a manager treats people like buttons he pushes to get them to accomplish his goals, he'll soon surround himself with idiots.

People who are truly thoughtful and truly talented will quickly abandon him.

And consequently, such a manager will fail.

He will fail because he acts against nature, failing to respect others as he does himself...

Help - yes.

Sacrifice - no...

What you can do is merely a matter of technique.

Who you are inside yourself is everything...

If there is a problem somewhere, it is not the instrument, but the musician...

Time will slowly and gradually take everything away from you. Only that which is your essence will remain.

So it's worth asking now – what is that essence?

And focus on that...

Avoid all extremes.

Even when expressing your emotions...

All you need to create is a feeling heart and a thinking mind.

Anything else is merely a technical skill that can be learned. Sooner or later, at most—but it's only a matter of time.

The creator is the one who ultimately accepts their work. They release it to the world in the form in which they consider it finished.

They are a kind of filter whose properties depend on their individual, unique sensitivity and way of thinking...

Every instrument has its own soul.

Each one, even the very simple and inexpensive instruments, mass-produced and anonymous, one after another.

Each one is unique...

If someone doesn't ask you for something, they usually don't appreciate it either...

The only true judge, the only true juror, is time.

Everything else is a matter of fashion, which will sooner or later fade away...

When you see the end of your efforts on the horizon, rest for a moment before the final stretch.

This very moment, just like at the very beginning when you were just starting out, can be the hardest...

In human character, nothing else is as important as the value system...

Comparisons are just comparisons.

And we shouldn't forget that.

Why do we so often and unnecessarily complicate our lives?

The key to happiness lies in simplicity...

A good man must be very decisive and sometimes even strict...

Very important decisions - make them very slowly (if you have time)...

It's good to listen to someone, but it's also good to listen to yourself.
And you don't necessarily have to sit in a meditative position to do so.
Simply – just talk to yourself sometimes...

If you live in harmony with your good nature, you are happy.
And nothing more is needed.
You are rich...

Very often, profound transformation is painful. However, in the end, significant progress can be made....

A work of art is never something labored. It comes into being easily. It actually creates itself. It comes into being when the creator and God collaborate...

Ownership should never be a hindrance. If it is, it means you have too much of something...

Live like this, slowly – from beautiful moment to beautiful moment.
And then, when you look back, you can clearly see that you've experienced quite a few of these beautiful moments...

How negative emotions can sometimes disrupt our ability to think clearly.
We regret it deeply afterwards.
I hope it's not too late by then.
It's good to correct your mistakes, but it's even better to simply not make them...

Whoever strays too far from nature condemns himself to misfortune...

Everything happens when and as it should.

Our only task is to behave like humans...

Don't expect anything.

Just live your life to the best of your ability...

The history of our lives is the encounters of individual people.

And, contrary to appearances, there aren't that many of them.

The histories of nations or contemporary events are, as it were, in the background, merely...

They are like a backdrop for these encounters.

From our human perspective, they are the most important...

Harmony in music is like the backdrop to a story.

A melody is like a story.

If the line is simple, clear, understandable, beautiful, moving, profound, and makes us better, then it's a good line.

That's a good story...

Live each moment as beautifully, fully, and wisely as you can.

Because they flow – one after another.

And they are unique.

But they will remain in your memory.

And if you live them well – they are not lost...

If you asked me what I'd be doing next, I'd tell you I don't know, but it would be the best thing I could do right now. In this place and at this time...

And it's always the one, the only, best thing you can do right now. You just have to feel it well, find it in the moment. Nothing could be simpler.

And then, life becomes so peaceful and harmonious.

Like a sunny Sunday afternoon in September...

We change, imperceptibly, from week to week.

With this step, these changes are already noticeable.

Just sit quietly on Sunday morning and take a closer look at yourself...

Beautiful music - opens the Heart and Mind...

Comparisons are just comparisons - and we should not forget that...

Someone who cheats at work is ultimately cheating themselves...

Certain painful experiences allowed me to touch more deeply the essence of humanity...

I would never say of any person that he is a stranger to me...

I like to listen to wise people, but I also like to listen to myself,

my inner self,

my own mind.

Listen to what it has to say to me...

This stems from the fact that we need time to perceive what we've experienced.

Especially now, in such a rapidly changing world...

Music has something to do with breathing.
It's a resonance with the invisible waves of the universe.
Only when someone listening to the music (or playing it and listening simultaneously) tunes into these waves—
then the music, the instrument, and the player—become one...

You can learn many things, but not heart.
You simply have a heart... or you don't...

I can be lonely – I'll accept that.
I can be rejected by society – I'll cope.
But I wouldn't want to feel like I'd hurt someone innocently and intentionally.
That would be the worst feeling...

Be aware that you're thinking.
Be aware of why you're thinking.
Be aware of what you're thinking about.
This is metathinking, not compulsive overreaction.
This is awareness...

I often talk to myself.
To hear myself better.
To understand myself better...

When dealing with unfriendly people, or those with different views or values, it's best to use moderate language
and avoid extreme tones.
Any extreme tones only further divide and provoke the parties.
Meanwhile, you should seek agreement for as long as possible—but without compromising your values.
Because everything has its limits...

Before you consider someone hardworking, first look at the reasons for their hardworking nature.
That's where the real answer lies.

No one is hardworking for the sake of being hardworking.

If there's a reason other than greed, pride, or fear, then yes, that person is indeed hardworking...

Leaders of states are not states.
Leaders come and go.
They last a short time.
States remain.
They can develop and change.
Over time, they may be completely different from their former leaders.
What creates a state is the consciousness and culture of its members...

These small, daily rituals provide us with inner peace and joy in life.
Pleasant and gentle – small things.

No matter what's happening around us, good or bad.

If we do these things at the same time every day, then they become safe havens where we can rest for a while
when things get rough at sea.
And this ensures our emotional health, even in the most difficult times...

Fill the moment with what is best in that moment...

Success is the sum of small, constantly improved habits...

Music can transport us back in time.
To places, people, events.
To worlds that no longer exist...outside.

But they are still within us.
I listen to this song - and I'm 12 years old again...

I don't seek out combat with another human being, because combat only leads to losses on both sides.

But when it comes to combat, I have no problem with it...

Sometimes, we do something for those we remember fondly.
But really, it's for their memory.

Because of their images from years gone by.
Although they themselves are completely different today...

Evil can come from anywhere and at any moment.
That's its nature.
It usually appears right next to good.
Like a shadow, next to light.
Not somewhere far away, but right there.

We ourselves are also capable of doing evil, completely unintentionally.
Even to those closest to us and at the least expected moment.

But when we are able to realize this, we can stop evil...

Who you are is not your face.
It's not your body.
It's not even your voice.

Who you are is your own way of feeling and thinking, which complement each other and create the whole of your personality.

You could use any voice, any face, and anybody's avatar (today, with AI, this is possible).
And behind it all, you are still you.
One and only...

Bad and painful experiences are also necessary.

If only to prevent them from repeating themselves.

Otherwise, we might constantly consider them as potential possibilities...

Yesterday is still beautiful, in my memories,
in my mind.
And it will be with me forever.

Now, it is now. So it is.

Tomorrow doesn't exist yet,
so I don't live for tomorrow.
I live for what was - and what is now.

I only think of tomorrow as a good hope.
I do what I can today to make it that way.
But I don't think about it too much...

Rigid adherence to rules limits progress...

Fight in a way that commands respect even among your opponents...

There are so many things you'll never know in your lifetime.

So it's better to know less, but better...

It's nice to play an instrument for a while - but you have to know how long a moment is.

Because sometimes a moment becomes a whole day...

And life isn't just about music...

If something is merely a matter of fashion and not value, it will fade with fashion.

What is truly valuable will stand the test of time...

Every performance of a musical piece is different.

You could say that this performance is good, and that performance is good.

However, each performance is unique and one of a kind...

A person who is emotionally destabilized is easier to control...

People speak different languages, but under a thin layer of culture, we are all the same... (inspired by Ryszard Kapuściński)

A wise man is never too smart...

A little bit of something can be good.
But it can also easily turn into its opposite when there's too much of it.
The Art is knowing how much it is—taking it wisely...

It's human nature to crave diversity.
Any attempts to reduce people to equality are unnatural and harmful.
We are similar, yet diverse.
I'm not talking about inequality in any social status (because that's unnatural), but about the ability to express the natural diversity of each person...

Only what is truly good will stand the test of time.
Everything else, however, is merely a passing fascination, a fad, a novelty.
Something without deeper value...

Just because someone laughs doesn't mean they're happy.
They're two different things...

A lack of culture is not just another kind of culture, regardless of where someone comes from.
A lack of culture is simply a lack of culture...

A man who truly dances with his woman doesn't need an audience...
A woman who truly dances with her man doesn't need an audience...

I believe we were destined to become the most intelligent species on Earth not to dominate and destroy, but to protect our unique ecosystem. I believe that's why Mother Nature allowed us to do so...

You were born with everything you need to be happy.
It doesn't depend on anything or anyone.
Don't compare yourself to anyone.

Others have their own lives.
- You have yours.

This is your path.

One of a kind,
Your own...

I'm trying to get through this one day as best I can.

That's all...

If you truly follow the path of your calling, you won't even need self-discipline.

Everything will happen on its own...

We are a bit like plants whose seeds have been scattered by the wind
...somewhere...
And they try to grow where they are and as best they can
...according to their own abilities...

If someone treats art as income, both art and income suffer...

The strength of a society can be judged by how it treats its weakest members – children, the elderly, the sick, the poor...

If someone lives in noise, they cannot hear themselves...
I feel deeper and understand more when I am alone and in silence...

Good music is timeless.

Good books are timeless...

There is a thin line between passion and licentiousness...

If something is merely a matter of fashion and passes with it, it means it is worthless. It is empty—that is, vain...

We never know why someone is the way they are...

Respect time.

Do you know how it is when you fill out an official form and there are fields you have to fit in?

If you don't write sparingly at first, you'll run out of space later.

You know how it is.

It's the same with our lives.

We need to respect it constantly,

so that there's always a little more space.

Every day, every week, every month, every year...

In bad emotions - it is easy to make a serious mistake...

Under the guise of diligence, in the case of many people, there is hidden the simple, common greed that is associated with the reward for work done...

The thing about music is that someone who plays for the first time in their life can play better than someone who has been playing all their life...

As the years go by, you start to respect seconds just like you start to respect pawns in chess...

A person who likes to walk will go further than one who only wants to reach a destination...

The answer is often hidden in the question...

I neither seek nor avoid...

Some stories need to be repeated many times at different intervals.
Because history repeats itself.
And people quickly forget...

Choosing a goal is far more important than the ability to focus on it. Some people are incredibly focused - on completely wrong goals...

For a true creator, the number of their audience doesn't matter.
They do so out of a need to give the best of themselves - to others,
to the world...

Every action in the right direction, even the smallest, will eventually yield results.
Usually, it's only a matter of time...

Love will give you strength.
Even when, according to this world, you shouldn't have it anymore...

Reproducers - are plenty.
Creators - are few...

I think everything happens at the right time.
It's us who have to synchronize - not events...

How often does a kind word bring more refreshment than a fresh summer breeze...

I've noticed that the higher someone's position in an organization, the more clearly they express themselves.
The more clearly they express their thoughts and are understood by everyone.
This is one of the characteristics of true leaders...

Suffering helps us understand others better...

Don't compare yourself to anyone except the best version of yourself you can become...

Notice that even difficult problems become easier than they seem when you start working on them.
The important thing is to start.

Then you have to break these problems down into pieces and solve them individually, while keeping the overall work in mind.

At some point, the puzzle comes together and you begin to understand the larger whole...

Instead of making judgments, it's better to ask questions skilfully.
Perhaps then the other person will come to the conclusion that they are wrong.
If they are wrong, this will save them face and prevent them from becoming your enemy.
If you are wrong - change your view...

Limitations force us not only to be creative, but also to focus on the most important things...

Loneliness is an opportunity for deep reconciliation with oneself...

If you change nothing, probably nothing will change...

Jealousy is the enemy of happiness...

Everything that seemed destroyed will one day be reborn.
You'll see.
You, patiently do your thing—the best you can.
Don't give up...

Comfort can be good. We need it in reasonable amounts.
Luxury, and the Elitism that always goes hand in hand with it - are never good.
This is the beginning of a person's inner decay...

You have limited influence over your memory - but you have a much greater influence over your level of concentration...

I think a well-prepared plan means that when the moment comes to execute it, everything happens almost automatically.
It's much better to prepare everything in your own mind first. Visualize it. The mind is a powerful tool.
This saves time and energy.
You can think through certain elements in advance – like in an engineering project.

Inspiration is like a flash.
The rest is patient work.

If you approach life as a constant battle, your life will be a battle. If you approach life as an adventure, whatever

happens, your life will be an adventure...
Not to fight life, but to do what you can.
That's a huge difference in approach...

An approximation is just an approximation.
A comparison is just a comparison.
An analogy is just an analogy.
It's so easy to forget this—and confuse it with the truth...

Emotion is a message.
It's not just a nervous and hormonal reaction of the body. They are merely a consequence.
It's a profound message.

Being in nature is never a waste of time...

The fluidity of movements is more important than their speed...

If someone was truly important to you - they will always be important.
If you were truly important to someone - you will always be important...

After a while, things start to fall into place - like shaking a jar.
Everything finally finds its place.
And we were so worried...

Volatility is good as long as there is not too much of it, because then it becomes destructive. It is similar with stability. However, it is good when there is more stability than volatility, in proportions of about 80 to 20.
I think that the Vilfredo Pareto rule works in this case too...

It is difficult to call someone a failure if they had no goal.

Such a person never fails.

What about - to simply live?

Live as a human being.

Live as the best you can be.

Experience with joy what life gives us.

And without despair, accept everything that life takes from us.

Simply, live well - an ordinary, everyday day...

No matter how much someone knows, if they are arrogant - they are not wise.

A wise person has a lot of humility.

They are also aware of the enormity of their ignorance...

To develop, we need experiences - even painful ones, even very painful ones.

But everything in moderation and proportion, so that we have time to rest and strengthen ourselves...

Just because someone is right about one thing - doesn't mean they are right about all things.

But also:

Just because someone is wrong about one thing - doesn't mean they are wrong about all things.

The desire for luxury impoverishes the interior of man

Experience shows that someone who tries to intimidate from a position of strength is at the same time very afraid of strength...

How our human destinies intersect - in strange, uncanny and at the same time fascinating ways...

How many things can be discovered when you break your daily routine from time to time...

Encountering the divine awakens humility - never pride. It is what was drawn on the face of Nicolaus Copernicus in the painting by Jan Matejko ("Astronomer Copernicus").
I realize (reading what I myself sometimes write) that I am more spiritual than I thought.
This is a surprising discovery for me...

If two solutions are mutually exclusive, do not seek a compromise between them.

Use one solution - for one situation,
and the other solution - for the other situation...

You are what will remain - when you are an old person.
When your body changes,
Your voice.
Even your eyes.
You are your unique way of feeling, thinking and behaving.
Everything else - is beyond you...

Each instrument has its own soul.
Even the simplest,... the cheapest.
They come off the production lines, one after another, and have their own serial numbers.
However, the musician knows that each of them is unique...

A truly loving person wants to realize the deep potential of the other person. To realize their uniqueness and unrepeatability, which are in each of us...

Most often, it is only time that reveals what is hidden behind the last mask that some people put on...

After 50 - your whole character is visible in your face. It's worth drawing conclusions from this...

A person who needs the envy of others for his own satisfaction and sense of success is poor and dependent on others.

He does not do anything for himself.

He follows the path marked out by others...

Sensitivity is not sensory reactivity.

It is a sensitive heart that sympathizes...

Sometimes just one small change is enough to turn a common product or act of creation into a work of art...

I don't know where it comes from that people attach so much importance to their appearance - and so little to their personal culture...

Don't compare yourself to others.

They have their way.

You have yours.

How could we walk the same path when we are so different...

One of the reasons someone has the ability to enjoy life is because they already know that it could be much, much worse.

They know this - because they've lived it...

You are not even the one standing naked in the shower.

It is not your beauty... that will fade.

It is not your body... that will weaken.

It is your heart and your way of thinking.
They will remain.
And they are the only ones you can influence.
And that is you...

When someone lives a dream - they live from fulfilling one dream to another.
When they fulfil one, they immediately have to come up with another.
Thanks to this, they have a sense of progress, success, fulfilment.
But this is just an illusion...
Someone like that constantly lives in the future.
And they are constantly restless.
True peace and joy of life - are not hidden in fulfilling dreams...

Wisdom is much more than intelligence.
One can be very intelligent - and very stupid, at the same time...

There are environments in which a person's value is assessed by the type of work they do.
This is a big mistake.
A person is not their work.
A person is their character, which they shape themselves. You can change your work many times in your life.
The path of character formation remains unchanged.
On this path, a person is constantly moving forward...

Try to take one small, tiny step.
The best you can do in this particular, tiny moment...
Sometimes this will be all you can do.
It may be that you won't even know where this step will take you.
However, at least try to make it the best you can do right now.
No matter what has happened to you in life...
No matter what burden you carry - try to take this one small, smallest, but good step...

Wisdom is not knowledge.

Although knowledge helps wisdom...

Freedom is something good - but you have to know how to use it well...

From a distance, you could see that this man was simply walking. He wasn't in a hurry to get anywhere.

He was walking because he liked walking.

Because he enjoyed life.

You could see it in his every gesture,... in every movement.

There is only one best way out of every situation.

Maybe not ideal... - but optimally the best...

If someone respects the laws of physics, then the laws of physics will protect them.

If someone respects the laws of ethics, then the laws of ethics will protect them.

The laws of physics, as well as the laws of ethics, are laws of nature.

And these are not relative.

We only discover them. We do not create them...

Before you throw something away - you have to try to fix it. This applies to many things...

Art, Science and Philosophy - are one whole...

Our evil begins with our bad emotions.

It slowly and imperceptibly takes us out of control of who we are.

We must be very careful with our bad emotions, such as:

anger, fear, hatred, suffering, jealousy, pride, lust...

Everything has a beginning, middle, and end.

Everything...

As strange as it may seem, sometimes people are afraid to succeed...

I do not design the path of my life.

I am not God.

I walk the path of my life...

All the wisdom and greatness of a man is in his heart...

One success doesn't make anyone a champion.

Championship is a journey full of failures, self-reflection, and comebacks...

Evil eventually turns against its own host. But only when it is no longer needed.

This is how stories like this end.

And not sometimes,... but always...

Respect time, even if it's just seconds.

Someday you may run out of seconds...

I like the days when I'm not waiting for anything the most...

You have to be able to take a step back in time if something is clearly not working...

If a person only wants one thing in life - then there is a very high probability that he will achieve it.

You have to think about what that one thing in life is.

You also have to think about what you are willing to sacrifice.

Because you can't have everything...

It is something extremely pathetic, but also dangerous - when an unwise man has great knowledge.

Wisdom and knowledge - are not the same...

Writing for a human being is what code is for a computer. It is a language of a certain level that other people understand...

The more you desire something, the more unhappy you become.

Haven't you noticed?

At any given moment - you always have only one, most important thing to do.

Ask yourself - what is it?

The real instrument is not the musical instrument itself, but the sensitivity of the human being.

It is in it that what is most important happens...

Silence is an element of music.
Similarly - it is also an element of speech.

I have noticed that both good musicians and good speakers treat silence/pause - as another sound.

Similarly in the visual arts - empty, white space is an active element of the composition...

The bigger the action - the bigger the reaction.
You have to be prepared for this.
Every existing balance of power is set for relatively safe stability...
(I'm not writing anything groundbreaking here, I think)

Unfortunately, you have to be able to close the door on certain people.
If you don't do that, they'll get in everywhere.
They'll even say that it's your own fault - because you didn't close that door...

Developer - writes code that computers understand.
Writer - writes code that humans understand.
And humans - are much more complicated than machines...

If a person is given unlimited time, they will live unwisely.
Paradoxically, this realization of mortality, the incredibly fast passage of time and its great value, will make us - perhaps - better people...

Someone who truly understands what art is all about will never compare themselves...

One of the most common mistakes made by wise people is that they underestimate the power of human stupidity and envy.

This is because they measure others by their own standards, assuming that someone does not have them.

Meanwhile, they are common - and often in the most vulgar form.

They are an enormous force... - capable of anything.

This is what history teaches us...

Love is not a theoretical, grand idea,
but a specific person, animal, mother nature.

If someone only talks about love as an idea, but does not demonstrate it in practice - this is the first sign that he is starting to lose his way...

Where there is good - completely unexpectedly and slowly - evil is just beginning to be born.

Not somewhere far away - but right next door. Very, ... very close.

But also where there is evil - completely unexpectedly and slowly - good is just beginning to be born.

Not somewhere far away - but right next door. Very, ... very close.

Every now and then - one or the other force prevails.

And so for centuries ...

When you work - do not tire yourself out.

Otherwise, you will work reluctantly and consequently - badly.

The same applies to physical exercise and any other human activity.

Work a little.

Exercise a little.

Take frequent but short breaks...

Telling about something is like climbing up a tree trunk.

Sometimes you can tell about the branches. If you do it in moderation – it can also be interesting and add colour to the story.

But you have to be moderate and return to the trunk to go up again.

And remember that the story was about that...

Your entire life's work - You...

Don't worry about the problems that are coming.
They haven't come yet.
Live.
Prepare yourself as best you can, that's all.
Maybe they never will.
And you worry so much...

At the bus stop there is a man in a red cap with a Norwegian flag.
I see him here often.
He bends down to every piece of trash that others (often very young) have so easily thrown on the pavement.
A dry, autumn leaf stuck to his cap.
...He moved on.
Me and him, on this sunny morning – we try to do the best we can.
What more can we do ?
And that is OK.

You can only do one thing really well (as best as possible).
Everything else is just fun...

Sometimes it will take many, many years
before you discover what your path is.
Don't worry.
Keep searching calmly.
Everyone has their own natural time.
You will discover it when you are truly ready.
Sometimes you have to mature to what you are supposed to do first.
People's paths can be complicated...

Paradoxically, the source of industriousness of the vast majority of people is simple greed. And not any noble trait. Unfortunately.

If they were to be stripped of their reward for their work, they would work very reluctantly, or even not at all.

The real motivation is: common greed and pride.

So when someone says they are industrious - I immediately ask myself whether they are not simply greedy.

For greed and pride - people are willing to sacrifice a lot.

A surprising conclusion, isn't it...?

In the nature of things - interfere as little as necessary.

History shows that nature is wiser than man.

Because it is based on eternal laws,
which we only discover - and do not create them...

Lack of culture cannot be called another culture.

This applies to groups, communities, nations
- as well as individuals...

Don't compare yourself to other people.

On the surface, it may seem that some of them are people of great success. At least that's how they try to present themselves.

But in reality, you will never know about it - what is really going on in their lives.

What problems they have.

And they have them, like all people.

And you don't know what is a plus - and what is a minus, in the final analysis ...

Whatever you do - realize that you pay for it with your time.

And time has much greater value - than money...

There are no perfect solutions - but there are optimal solutions...

If you live in a place where there is sadness,
where there is depression,
where there is hopelessness from generation to generation
- leave that place.

Go out into the world.
The world is big.

You will see that when you change the place,
you will change the people around you
- Your life will also change,
...for the better.

A person is not a tree.
He can change the place where he lives...

Helping another person - can never involve harming yourself.
It can only be temporary discomfort,
but not regular and long-term harming yourself.

That would be against nature.

Rescue teams most likely have it clearly stated in their procedures
- that they do not undertake rescue operations that excessively endanger the lives of rescuers.

This is probably expressed in some simple words, like - "rescuers' safety first".
Or something like that...

I think that's how it is.

Through what I write, I never wanted to influence people.
I only wanted to give a little something good from myself.
To give the best I can. Before I myself pass away... - like all of us.
I am neither better nor worse than anyone else.
Each of us has our own path...

Someone who considers himself a master, or allows himself to be called a master - is not one.

A true master has humility and is aware of the greatness of his ignorance...

I just write.

If I had waited for the right time - I probably would never have even started...

A rich man is one who is sensitive - not one who has money...

A person without empathy harms people, animals, the environment.

It is empathy that is the foundation of goodness.

A person who lacks it - becomes evil...

Certain pieces of music are like a prayer expressed through sound...

If you think the meaning of life is to be happy, you will easily become unhappy.

If you think the meaning of life is to fulfill your greatest potential, you will get lost.

If you think the meaning of life is to do something great, you will be very disappointed.

But if you think the meaning of life is to simply be a good person every day, to enjoy life itself and to give the world the best of what you have in you, you are home.

Only then will you start to do great things.

Only then will you start to fulfill your greatest potential in life.

And the question of whether you are happy will not make any sense to you.

Because only people who are truly happy do not ask themselves this question.

I don't live on the internet - I work on the internet...

If you don't enjoy your work - the results of that work will never be as good as they could be...
(It's that simple)

Music is the language of emotions...

You can have plans and goals - and get annoyed that something is constantly destroying them.
Or you can have no plans and goals.
And be flexible, adapting to what is currently happening.
Having only the direction of your life.
Trying to navigate it as best you can - wherever you are.
These are two completely different approaches...

When I was young - I was a bit like a young dog who wants to try everything.
Today, in my fifties - I try exactly the same things, but much more wisely...

In nature there are no such forms as a cuboid, triangle, square... and their derivatives.
In nature there are forms derived from a circle.
So these are also all cylinders and cones that have a circle in their cross-section. More or less ideal - but a circle.
Whether this has anything to do with the rotation of the Earth around its own axis, and the Earth around the Sun... and so on - I don't know...
I only notice that nature has created forms that can be reduced to a circular cross-section.
All forms derived from a rectangle and a triangle - were created by man.

It is difficult to find the company of the right and deeply valuable people.
I mean people who respect basic values.

It is much easier to leave the company of the wrong people.

And it is better to do it in time.

And it is better to move on...

People definitely care more about the cleanliness of their clothes and the smell of their cosmetics - than about the cleanliness of their language...

It is an exceptionally grotesque situation when someone pretends to be extremely elegant and educated, and from his mouth comes vulgar and boorish garbage.

Thinkers and writers - are not trained in universities.

It cannot be done.

They are born.

And life itself trains them.

It teaches them everything at the same time and when the time is right...

Strong people follow the good. Weak people follow those stronger than themselves...

Choose a path that runs outside the mainstream, but be well aware of what is happening in the mainstream...

In art there are no better or worse.
In art there are only true and false...

Keep your home as clean and tidy as if you were about to have guests.

Leave your home as clean and tidy as if you were never going to return...

All decisions – can ultimately be simplified to choosing just two different solutions – two different paths.

"Left – or right".

And it is on them – slowly and sometimes imperceptibly – that the direction of our lives depends...

Sometimes I experienced goodness from certain people but at the same time I felt that they were not doing it for me.

As if they were doing it for some impersonal idea, or perhaps for a reward – e.g. in the form of eternal life.

It was a strange feeling. As if what they were doing was not really for me. Only that it was the right thing to do.

And although the act itself was objectively good – it was still cold.

Good is never an amorphous idea – unrelated to the object for which one is good.

We do good for someone. And not to get something in return.

Good for ourselves, for another person, for animals, for nature, for Mother Earth.

Faith in ideas separated from reality – leads to empty devotion...

I'm not interested in playing songs.

I'm interested in making beautiful sounds...

The Internet makes many things easier for us, but it should not replace life...

Poverty of vocabulary - reveals poverty of the interior.
And it is not about using sophisticated words.
Quite the opposite.

It is about the ability to name things accurately...

When you walk instead of driving - you have time to see things better. Think about them more deeply.
Understand them better.
It's a different kind of experience, worth having.
Of course, driving, taking a bus or train - also has its advantages.
However, it's watching the world while walking - that gives you the deepest insight into what surrounds us...

You can teach a man many things, but you can't teach him character.
He has to learn character himself.
And it is character that is most important...

I think that if music has to be understood, or matured to, then it is not good music.
I think that music is simply felt.
And even a small child can feel it...

There are people of value, but there are also people of money and power.
And so - there are two fundamentally different ways of life.
For the latter - everything is for sale (including values). What's more, they see absolutely nothing wrong with it...

What is the One Thing you can give to the World?
Ask yourself...
Then go.
No matter what - in the midst of chaos.

Never neglect that One Thing...

It happens that someone has too much self-confidence and starts thinking that having certain talents, they can postpone important things until later. Because they can easily make up for lost time, having their skills.

Meanwhile, this is a trap.

Talents are a gift, but you have to know how to use them wisely.

Every person has some talents, but many people waste them - through simple recklessness...

A healthy society can only be based on a healthy family...

It seems to me that the most common reason for addiction is to escape from something...
Addiction provides temporary oblivion,... temporary release.

You can teach a person many things,
but you can't teach character.

That - everyone has to work out for themselves.

And it is the character of a person that is most important.

Not his skills, but his character...

People are more ashamed of dirty clothes - than of a dirty tongue...

Behind the success of almost every man - there is a woman. I don't know her face, nor her name - but I know she is there.

And it's not because she does something instead of him. No - not at all.

But because she gives him strength and supports him...

It's amazing that just a few sounds - can evoke such strong feelings in us. Sometimes thoughts, images, memories, reflections...

Nature is the best teacher...

If someone only cares about themselves,
If someone only cares about their family,
If someone only cares about their nation,
- they have not understood one of the deepest truths of nature.

Namely, that we are all connected.
Stronger or weaker - but connected.

We all constitute one, great human family - one whole.
Understanding this - usually requires time, wisdom and deep reflection...

Access to education, cultural goods and art - should be free.
It cannot be limited in any way to a select group who have established themselves as the so-called
"Aristocracy"...

If you truly seek knowledge and truth - you will follow knowledge and truth - not titles...

If a doctor has only medical knowledge and no compassion - he is only a craftsman.
Perhaps even a quite good craftsman - but he is not a real doctor.
When a doctor has compassion but lacks knowledge - he is only a man of good and sincere intentions.
Both are necessary to become a good doctor...

Don't expect linear progress - no matter what you do.
Sometimes, there will even be regression.
Focus on very small progress, but every day.

In the long run - success comes.

Sometimes, ... at the last moment.

If art was not something important to man, there would not be all these discoveries, dating back to almost 40,000 years ago.

As far as we know, there was no writing back then, and all tradition was passed down orally. However, drawings and sculptures already existed. This clearly proves how important an element of human life was to express oneself through creativity.

The need to create is an integral part of human nature...

There are many beautiful pieces of music, but if there is no melody in them, it is as if there was no story in them. And we do not remember them.

It is similar with what people say. If there is no story in it - we forget about it quickly. Although at that time, at that moment - the voice, the melody, all of it seemed so beautiful.

A person remembers primarily sequences of signs, words, sounds - which are related to each other. Which create a coherent story - written, pictorial, verbal, or musical.

Everything else becomes for us just a collection of more or less attractive and unrelated stimuli, which we quickly forget...

If we wanted to consume all the beautiful things that life gives us - there would be no time for it.

We have to choose.

And this is the great art of living...

Be kind, but not naive...

Saying that there are different philosophies by which one can live is like saying that there are different truths.

Meanwhile, there is only one truth.

Sometimes it is only seen from different sides, or it is not complete.

And because of that it seems to be something else.

And only because of that we do not see clearly.

I intuitively feel that there is only one true philosophy.

Philosophy based on the laws of nature.

We do not create it, we only get to know it...

Sometimes I get the impression that for some people food has become the meaning of life...

When you create art, you will never be alone - and you will always be at peace...

It is an illusion and a mental error to believe that having more information means we are closer to the truth.

More information may, but does not necessarily have to, bring us closer to the truth.

We are closer to the truth only when the information we receive is true. And this is usually beyond our control.

When we are able to draw logical conclusions from the information we receive, use critical thinking skills, question what we learn, while maintaining common sense. And to do this, trying to be as objective as possible.

All of this taken together can be difficult.

However, this has probably never been more true than today - with such a huge amount of information, and sometimes even well-planned and deliberate disinformation...

Talk to yourself as you would to your best friend.

Judging a person only by their actions - you can make a wrong assessment.

This is because a person with a bad character can perform good deeds that are only a side effect of their actions - and not their intended goal. Usually, they will be a completely deliberate and very well thought-out procedure.

In reality, they will only be a path to a completely different, very selfish goal.

However, when assessing the actions themselves, we can succumb to the illusion of being objective. We will

then assume that this person is good. After all, their actions were good. Meanwhile, the same person in different circumstances - will make completely different decisions, because they will be guided by really bad motives.

Conversely, a person who is good by nature - can unintentionally do bad things due to their mistakes. So it is very easy to judge them wrong - right?

I think that in the assessment, we should take into account not only the actions themselves - but also, to no lesser extent, the intentions...

There are certainly many people who are better organized than me. What is interesting is that at the end of the day, these people spend all of their saved time sitting in front of the TV.

Or rather, wasting it in front of the TV...

Too sudden changes in the direction of movement - threaten to overturn.

It is good to introduce big changes gently...

When I come to some place after years and think - I feel as if I had returned there to finish some work. Some thoughts.

I remember everything as vividly as yesterday. I continue the thoughts that I had interrupted in the same place - several dozen years earlier.

If you count on someone's recognition, in a sense you become a slave to that person and you cease to be your own master. You start waiting for recognition - like a favour, like a gift.

And this only shows low self-esteem. Nothing more.

Relax.

Loosen your grip.

Loosen your fist.

Only with such a hand can you do truly great things...

There are many people who want to have their permanent place of residence. They are the vast majority. They want to live their entire lives there.

And I had such a place (only one in my history), but then something changed it.

The need to settle somewhere - it is really a state of mind.

Readiness to change when the time comes - this feeling that there is something next... in the future.

This is freedom. This is the philosophy of nomads - eternal wanderers. People who do not want to own anything, because they understand that there is no such thing. Who know that only change is something natural. Trying to maintain something - is unnatural. Everything is subject to constant change. When these changes are very slow - we only consider the state of things as something permanent. But this is an appearance.

And where is our true place of residence?

Our place can only really be in the hearts and minds of people.

Where they voluntarily want us to be.

Wherever we go... and wherever they go...

Have you ever wondered when the clock has the hardest time?

I doubt it. But I have wondered. It is twice a day - at 6:30 and at 18:30.

This is when they have the hardest time getting up. The force of gravity brought them as low as possible - to the very bottom of the clock face.

And that's how it is sometimes in our lives.

But it's worth remembering that from this moment on it can only get better with every fraction of a second... better and better.

And although difficult hours will come again, we know that they will pass.

We know that we will cope...

The ability to empathize - is the most important human trait.

It is more important than everything else.

More important than intelligence or the ability to think logically.

Than any knowledge and any abilities.

Compassion - is something absolutely fundamental.

It is the basis of humanity.

The best way to respond to stupidity - is silence.

Unless it becomes aggressive and harmful.

Today we are bombarded with so much information that we need to find time every day for inner peace. To calmly process the information we have received.

Therefore, the next morning - it is worth not turning on the Internet and for at least an hour to focus on what is happening inside us. You can see it all most clearly in the morning.

There is an Italian saying - "The night will bring you advice".
It is during sleep that the mind does a lot of good work in this area.

But as soon as it does it - people the next day, from the morning, provide it with a new avalanche of information and experiences. Very often excessive.

We need time for calm, wise reflection...

Be smarter than algorithms.
The Internet is a very good thing, but you have to use it very carefully.

Earning as much money as possible - is often confused with developing your true potential...

Closeness in some marriages - is expressed only through common company in front of the TV...

Love is not the same - as attachment...

Circumstances do not create people.
Circumstances only expose people...

When you practice dancing - already dance. Enjoy the dance.
When you practice playing an instrument - already play. Enjoy the playing.

Not later, but now.

Don't wait for later...

There is a world that I still remember so well, but which is no longer there.

It is a world that built me.

It is the memory of my grandparents.

And the moments spent together, the conversations.

And although their home is no longer there - all of this is still there - in me...

I took it with me - on my further journey.

Don't think about goals, but ask yourself - are you navigating your life well.. in an hour, a day, a week, a month, a year...

Sometimes it is worth looking back to see clearly how effectively you navigated.

Not in your imagination, but in reality.

And what is worth changing.

And the basis of this navigation - is a well-navigated moment.

A well-lived, single moment...

Nowadays, it is very easy to get lost in the flood of information, attractive images, or sounds.

It is often not easy to resist it - because it is exactly what we could be looking for.

However, you should put it aside for later and focus on more important things.

Often, it is not easy.

I know something about it...

And time flies - one way or another... it flies.

You should always be aware of it.

So, start your day with what is most important.

With peace of mind.

And then take care of what you were created for.

Put everything else aside for later.

PS.

I write such texts primarily for myself.

It is good to listen to old masters.

They can teach you many things - not only related to their art, but to life in general.

Because to achieve anything in life - you have to overcome many problems. Very different ones. And everything is related to everything...

I am studying drawing from Steve Huston's book.
The book that came to me in the mail.
I picked it up at a nearby liquor store...

If you repeat a certain activity many times - it is worth investing in optimizing it as much as possible.
And soon it will bring tangible benefits...

You have to look for such paths to live life as beautifully as possible.
Life is like a road, like a journey, like a dance.
It is the beauty of the moment...

Start your day with what's most important to you.
Don't look at the internet.
Sit in silence.
Listen to your inner self.
So simple, but it changes everything...

Even if evil were incomparably stronger and more numerous than good - I would still choose good...

Once, in Krakow - I saw a Gypsy playing the violin. He slid fancy on the strings, with only one finger - his thumb. His eyes were closed. He rested his legs on the chair opposite. His sun hat was almost pulled down over his face. He looked as if he was sleeping. On that hot and lazy afternoon - it might have seemed so. However, the music that came out of his violin - was full of life...

If those who devoted their lives to the violin and know (as they think) almost everything about it saw that scene - then those people would probably say with great indignation that this is not how you play!

But that is how you should play... Because this man played with his soul. He was a true artist. He made the violin speak.

And all he needed for this was only one finger...

Many people
- eat "fast food"
- think like "fast food"
- work like "fast food"

- love like "fast food"
- live like "fast food"

Everything is so superficial then..., fast and mediocre...

You will make a big mistake if you do not develop your talent and do not give it to the world.

I think you know what it is...

Are you waiting for something?

Don't wait - it's now.

Time is running too fast for you to wait...

At some point - you have to consider the work as finished.

Otherwise, you could improve it endlessly...

Discipline can only be introduced with a gentle hand.

Any severity - causes the opposite reaction...

The answer to a question from one field, we often find in a completely different field.

This is because everything is connected to everything.

And so, answers to mathematical questions - can sometimes be found in music.

And answers to questions about music - can sometimes be found in mathematics.

Today we already know this, but at first glance - it would seem that these fields may be very distant...

Words are only an approximation. The most important feelings are inexpressible in words...

When I draw, I come to the conclusion that nature is the best teacher.

Only by observing nature carefully – do I see the true distribution of light and shadow.

I think this is a general conclusion, concerning sciences in general.

- But an airplane is not similar to a bird – someone will say.

- Not very similar – I will answer – but both an airplane and a bird are subject to the laws of physics. And these are the laws of nature. By studying the flight of a bird, one can transfer certain eternal laws to what man creates...

Sounds and music, like words – are an extremely powerful tool that can be used – for both good and evil purposes.

Can someone be a truly good person who does not care about the person who is always with him - himself...?

If someone has only a beautiful body, but not a very beautiful character - then for some time they may be considered beautiful to some.

But with time, the body will cease to be beautiful. And then, this person will be ugly - not only inside, but also outside. Only what is inside - will survive...

Each of us can do one small thing to make the world a little better.

Each of us can offer our individual talents to do this...

I think that even when we are aware of it - we still do not fully realize what a very complicated system of variables we are... At the same time, what a very sensitive system...

Often, changes so small that they are almost imperceptible and negligible - cause very significant consequences in us...

We live in times when we are increasingly beginning to appreciate what is organic rather than what is synthetic....

If you don't have a peaceful mind - you don't really live.

It's as if you live in some unreal,... parallel world, where you are governed by completely different forces.

You then cease to be the owner of yourself.

If you really want to, you can even climb to the top of the ladder - but first think very deeply, is this the right ladder?

The world is full of people who have climbed the wrong ladders...

Before you start doing something, ask yourself a simple question - what do you want to achieve?

Spontaneity is good - compulsion is not...

Life is for living - not for struggling through it.
Not for just existing - from day to day...

Success is the sum of many small improvements over a long period of time - rather than one large, groundbreaking event...

Don't think of someone as a bad person, but as someone who has let evil into their heart.

As someone who is guilty of allowing it.

And that's because you have associated man with evil. They have become one and the same for you. But that's not the case.

In the first case - you cross them out and condemn them forever.

In the second case - you give them a chance. Even if it's a very small one,... sometimes minimal, but you don't despise them in the end.

And this can mean that, completely unexpectedly for anyone - something will start to change...

And if I had one more day of life, in addition to my lifespan written somewhere in the stars - what would I do?

And it's not exactly the same question as - what would I do if this were the last day of my life....? This question, however, has a slightly different character.

Sometimes, sitting in the darkness of the night... with a cup of cereal coffee in my hand - I ask myself this question.

And it makes me get back on track...

If you are learning to dance - dance when you are learning to dance.

If you are learning to play - play when you are learning to play.

Don't wait for later.

Enjoy it now...

How you live one day - that's how you will live your life...

Treat others as inspiration - not as competition...

If you want to learn to speak - you have to speak a lot and very clearly.
And with time - you will find your true and natural voice...

For real dancing you don't need an audience...

A wolf will always run faster than a dog.
Don't stay too long in your comfort zone...

Don't criticize the other person for traits that they simply can't improve objectively...

Words - are also deeds.
Sometimes, they are even more powerful...
You should take at least as much responsibility for words as you do for deeds.

Truth - is often somewhere in between.
That doesn't mean exactly in the middle.

Be the kind of man that even his enemies respect...

I am outside groups, elites, organizations.
I am the voice of an independent man...

Speak in a simple and contemporary language.
Language is changing.
Follow these changes.
However, we must remember that the essence of language is communication.

Deep understanding.
And that is what it is all about.

Not about passing fads.

Sometimes (and even very often), people do not see this - who they are. They do not see their skills and hidden talents. Only someone else, someone friendly, who sees it clearly and much more clearly - can help us see ourselves...

Long-term discipline (including self-discipline) can only be introduced with a gentle hand.

As it turns out, any action that is too violent – will soon only cause the opposite reaction.

Where there is good – evil unexpectedly and slowly begins to arise.
But also where there is evil – good unexpectedly and slowly begins to arise.
Periodically – one or the other force wins.

And so it has been for centuries...

I think it's not about having a high enough passive income as early as possible to never work again for the rest of your life.
It's about being able to do a job that you love so much - that you want to do it for the rest of your life...
Such work gives you strength, instead of taking it away.
It becomes an opportunity to give the best of yourself...

The truth is that anyone can leave you.
At any moment - ... always.
And you have no influence over that.
However, you have yourself - ... always.

In all misfortune - the comforting thing is that you can't die twice.
If you have already died while you are alive, as a result of wounds - then no other death will scare you anymore.
Now, it's time to get up ... and move on...

Just because something was good yesterday doesn't mean it will be good today or tomorrow. Search..., experiment..

I don't ask myself where I want to be in 5 years, but whether I am better today than I was 5 years ago.

That tells me a lot about whether I navigate my life well...

I don't navigate it through goals to achieve, but through direction.
I don't know the future and I don't know what will happen.
But I know who I am...

I don't have any other projects, except one - the one I'm currently working on.
So you could say I don't have any projects...

Stick to the facts and figures, but above all don't underestimate feelings...

“TEA TIME”

Peace of the afternoon....."Tea Time". A sweet moment of suspension during the day.....so much needed.

Passing by - I heard how small, coloured glass slides gently hit each other.....playing a different melody on a warm, gentle wind each time.

I knew that sound.....how well I knew it.....It muted my insides. Immediately.....Hypnotized,.... I stopped for a moment.

- You are watching them very much, Honey - said the stall owner.

- Have you seen the "English Patient"? - I asked after a while...



Every person is unique.....just look deep into his eyes and you can see there all the way he has traveled.
Everyone comes from a different place.....has a different story.....

We are like leaves on the great tree of life.

Though so similar - always different.

We leave our little mark in history and everything goes on.....

Our real moments - sometimes it's just one summer, one season.

Our life is sometimes a few memories.....the most beautiful ones. We keep them in ourselves, to go with them
everywhere, wherever fate throws us.....

So that they warm our hearts when it's hard.

.....We try as if to say: "Yes,.....we made sense. We were not for nothing"...

When I think I have nothing more to write.....the next day 10 more topics arrive.

And I don't know where it comes from?

Not walls....Not table...Neither bake.

The woman is a home.

Where she is – It's warm...

and there is a common house....

This is my wife ... my house ...

I'm not young anymore and my hair is gray, ... but I still want to love and be loved. I want it – just like
I used to...

Everything I wrote, I dedicate to my wife Iwona and my son Artur.

Jarosław Makosz

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