

and if we weren't facilitating and respecting them we would be really miserable. I have accomplished much this year in United States of America. I became much more verbal I guess as I write much more for my practice yet all this later professional engagement has paused any evolution. I wonder how it will be when and if I will have time to keep evolving as providence seems to offer me. The project keeps growing yet now I have also these other elements such as an historical reconstruction of human origins, for now an imaginative effort which I keep loose although the actual structure is there. I keep drawing those visions and we see where time gets me... I would feel most discourage to have a gigantic empty structure to fill, so for now I really try to get a general picture and depict in what it might be a motion picture, depict human nature to this point in history where human nature seems no more.

I am seating in a park were once there was an highway and now kids and fountains while all the traffic is gone underground. Yet certain other kind of traffic remains with some wasted drug addicts and slaughts, maybe only residues as addictions today are much softer, like being constantly on the phone checking internet status and so forth. Yet I guess what brought me to confess myself to my phone today is something I am experiencing after I got to meet for the first time my biological father here in North America. I feel like I have been bitten by a dog with rage. I am rageous now myself and as soon as I see some Chinese or drug addicts or arty farty I get rather upset. I guess this American situation doesn't really help as it forces together and so unnaturally so many diversities. And again, thinking about it, they are really those diversities that we so much discriminate that can create such beautiful cultures once they are left alone without our superior interference. We keep interfering and try to help them out and we just kill them with our non-culture, selling the bourgeois dream, the empty shell yet a bullet proof one. I am now creating this self centered and self driven culture which is interconnected in the social fabric but I do wonder if society will ever bend me with its moral intervention. There is no authenticity coming out of the social schemes yet it is really interesting to depict it as such, to depict the subtle tragedy of human nature our present nature vegetating .

I am doing allot of training lately, got back to swim, running but also anaerobic pumping up of the body, a body which had its peaks and moments of decline, a body which I really tried to keep fit as the brain but had suffer. Still can't figure what caused the back problems I had, maybe a combination of having to seat for work, having to lift weights to move things around the houses (mostly my wife's belonging), and having to move my kid on the fancy trolley we got as a present from ██████████ (it got right away very clumsy to drive as it offered too many features), or just the fact that I am now fully grown or whatever... I ought to keep moving like Cesar and this is what we all did and now I am back to training as a preparation of a more sedentary life. The lesson I guess is that I ought to get out and explore even though the base has been sort of settled. It is so natural to conduct my practice, I only wish to make somewhat of a living out of it so that I don't have to prostitute now that my kid is more independent and the project mature enough. I have written a proposal for an exhibition in an English church, it makes so much sense, I hope is not meaningless, I hope it won't work all the time in the same way... If your name is not a brand you are not considered. It seems that that might be the case, I keep persisting in my Zen and selecting opportunities to be myself selected now that I have a bit more credentials.

In the metro after a whole day brainstorming on heavily technical engineering. I kind of gave my creative input to it yet when it came to break down all the components into the smallest elements and flush through all of them my brain got kind of in another state, not really wanting to absorb any of that stuff. It is totally another process, a forced process rather than the natural one which would arise by experience and imagination through drawing and building. Anyway I feel kind of purged now even if it wasn't really ideal the environment and the situation. I guess it is just another way of thinking and approaching creations and I feel most comfortable to use visuals or reality and do not attempt any structuring without their support. Back into the real now going to pick my great friend Jacek, a real friend just because we have actually experienced reality together, particularly a year ago in the most troubled land of Jesus.

Experiencing the awful contemporary traveling or better interconnecting fegets with other fegets around the world while those that are most suited for traveling, meaning going into a pilgrimage, those I guess stay home diminished by all the interruptions that the high speed lines of the artificial traveling provokes in the natural landscape' a landscape that could be traveled through our intuition alone. I guess that is the answer to all my frustrations in all this professional creating of content... We are not really following an intuition, we are too afraid and have to mediate and compromise with my feget security. We certainly loose out our intuition, I guess there are means of cultivating it as my practice allowed yet at the end of the day the path that that intuition might create is too weird for the other conventional proffessionists. I sometime wonder about all this adventure which brought me and my family across all the continents of this hemisphere. We have certainly accomplished allot, I have matured my project, we got a work for my wife and mostly we now know what to appreciate back in our own countries. Unfortunately much of that from my side cannot come back. It is a privilege I had to renounce not to withstand the dictator like impositions of ██████████ I appreciate now allot of things from that period of my life particularly the nature even though it was really the way that it was mistreated that got me away from all that. I guess every expat tries to recreate this lack, I have recreated a church, the gardening and all the good spiritual and humble things my original culture has now totally betrayed and made totally just a stage. Really now everyone is off with their individualistic/materialistic dream which will only consume nature within and around us till everything will be so intolerable that we will either all die of radiations or just make such a radical confrontation that might or might not undermine our materialistic shelters. From that we can reconstruct only to go back to our human nature and mistake again... Just that with our technical control these mistakes are exponentially amplified. So what? Well, maybe let's not worry and keep up managing a fair and rightful domain within our own, for as much as that is possible with all the related threats and all the perversions that the social living affects us with... Let's keep up a strong natural practice parallel to our social one, that is our only reference and concrete foundation.

Seating in the park with my kid after a stressful day at work, made particularly stressful for two reasons. The first one being the tediousness of concept generating with a team of people naturally taking different tangents. This is really boring, all this decision making mediation all this democratization. The second one again being this friction between natural and social responsibility. I am very direct with it. I tell me wife that one of them is in charge of the family (the kid, the house, our farm) and the other go crazy with work, a contemporary work that wants you all. Now is crazy really, the two of us being project leaders and at the same time parents... Society wants you all or nothing of you. Let's keep it up few more weeks, feeling like having sold my talent to the devil as in one of Gogol's stories, yet get ready any time to detach, maybe from tomorrow when the boss is leaving again to his pirate enterprise, for some time at least to regain myself, my practice, my kid...nature.

Just rented a car to go on vacation with the family and leave the stinky neighborhood for some nature. It is quite a technical liberation that has to be mediated by a great technology, the cool car we rented, really great performance. A liberation particularly after today some white trash ladies in the playground in front of our house called the cops because my kid was trying to plant the seeds of some delicious mangoes we planted with a butter knife. Anyway they were afraid of the butter knife and said that he was going to get new parents. I had no problem confronting them and the cops and I even apologized even though there was nothing wrong but they just were too afraid and I let them be in there mistrustfulness while again I know I can trust my kid and I give him trust. This is the result of America where everyone is alien to one another and no one can be trusted and plus all the TV paranoia. I believe my kid, myself and all my ancestors are equipped with knives and so forth. I believe we must have had some soldiers in our heritage, all my grandparents and great grandparents were in fact soldiers... But even before. According to ██████████ and his projections, our last name comes from Fredrick Red beard as we were his followers down to liberate the holy land...I am not sure about it, yet a sort of instinct is in our blood.

In Maine with my good Polish friend Jacek with whom I always have something to tell... I guess we have a life and heritage in the background with wars and our parents missing and grandparents from the mountains. We also, that is really th thing, we also like to hike allot ourselves and discuss and laugh and maybe even get piss with the state of things but always being both really humble and ready to make sacrifices (our Catholic upbringing?). I kind of react to the state of thing and since we learned much from our experiencing particularly in these last years out in thr world, it is maybe time to put it to practice and overcome the frustration of not getting recognized, or not getting the PhD title which is something that all of the European generations aims to...the title but yet really a bunch of artificial intellectuals probably in the end unable to do anything practical and eventually ending fucked in the ass by the non-European. Anyway, this is another extreme which should be moderated and looked upon. In this sense I would rather enterprenuring, giving our creativity as a service..offering. And as we were talking about this we started climbing a mountain and it really took some courage and I was really most prudent so really I don't know if I am that enterprenuring. I certainly go for new adventures but don't like to expose to risk.

Driving home from Arcadia, the arcadic island of Maine. It was indeed a beautiful spot and if I had the time I would have certainly created an affection for that mountany place, idyllic for the construction of the church I have in mind, also to bring the right sort of tourism to the site, a more romantic and spiritual one. Anyhow now only malls and many non-places... The goal of my wife and son was to reach a toy store to buy a super-hero accessory... Idols' but anyway let's let it flow. It allows me moments to reason even when I am really fed up. Society really makes to much distinctions and so a family in the end has to behave like a family going to particular shops and places and watching particular films... I hate all that, I rather share with my kid what I find valuable and slowly introduce him to that without any of this fetishism which also turns it into a fetishist when he gets old... Anyway he won't, unfortunately I can't bring him to the places of my childhood that I alone had to rediscover when I was a teenager and apply meanings to it, meanings turned obsolete by all this capitalism. One day I will but for now he can go back to his Swedish roots and aside for all the fetishism there he will be able to enjoy nature and feel a dependence to it like I do... And this is really what saves us.

Back in the city but keeping really detached from any social duty, only at the shadow of a tree curing my natural duty (my son, my project) as a lion licks his wounds. I am putting the right amount of care to it and refraining my social engagement which really under my social boss it is about boosting the euphoria of human to human communication through technologies which I don't really use other than to communicate to my self or the absolute all, a universal communication which does not get obsolete, a communication I want to preserve clear of all the smokiness of artificialization. Somehow I am always drawn back to it even when I am/ready to sacrifice for the sake of a social stability as the social mentality drawn you with its morality to do. Yet oracles should be respected and such society should have them in high consideration, I mean at least the natural societies, the communities which are the only one to distinguish their oracles which time naturally provides to them. Unfortunately everything is remixed and credentials have to provided distantly and on paper. It is always a struggle but there is a way out.... detachment! Detach and absorb to your construction not to get poisoned and loose your genuineness, your initial aspiration. Overcome all this unnecessary struggles for temporal success and just move on, spiritually like a man at the edge of a river endlessly contemplating and making notes of the flows, mental notes that his half smile and contentment immediately communicate whoever ventures nearby.

I now have the content that people are lacking, people who has possibilities and are paid to innovate and lacking content would ask me to contribute and submit my content for speculation. This is the case of my old Greek homo classmate Panagiotis, who is really skilled and has a great taste and opinion yet it seems we are really different. While he plays with interesting effects I am totally into content production thus again not really interested in tweaking this or that to achieve a fine nuance but rather produce in a very ready made fashion without tweaking with what is already available as also what is already available and can be serially produced still lack content and process. Anyhow, I will have to submit for a bit to his speculative manners till I solidify a technique for firing my collage collection of things picked on the sidewalk onto tiles. I really just want the actual experience to move on and possibly get closer to execution.

Today a revolutionary day. As I was really trying to detach from all the work load here in America my boss called my wife from Europe and proposed me to extend my stay here while the go back to Sweden soon. I will have to exhibit at the airport interviews of all these famous Italian-Americans including the major, the owner of the basketball team and all these others very successful people. I was really hesitant as I don't wanna leave my kid alone for a month, probably I am very sensitive since ██████████ abandoned us when we were exactly his age. The other thing making me hesitant is all this celebration of celebrities, a celebration of temporal and worldly glory but then I really thought while running this morning about these castles with all these boring portraits and this is what I will try to achieve. I might learn allot of useful stuff for my own project too, plus make extra money and increase my social credential to maybe push more of my willing rather than being told. It is anyway a battle as today I presented the idea fresh from my brain and people were already demolishing it and try to compromise but I was firm and said that that was it else I would quit. Now I am on it and it feels very creative...no fucking tram work and on-going discussions, just creative process and much support...following the flow....light boxes (just got another idea)! Later in the day I was too euphoric and my shoulder popped out while playing tennis with my friend Jacek and being assaulted by small black kids stealing our balls. Now with the pain I am more prudent... a good thing indeed to have a cross to carry...just a refrainment to the unlimited speed one can reach in this society disconnected by any natural limits.

I have been fully devoted to the airport installation today and had some discussions with Jacek about modernistic approaches. He thinks that the design should be decided by the people and doesn't seem to like any fascistic/monumental form. I actually enjoy to be under the Pantheon or in a triumphal arch but didn't commented. Later in the day I was trying to isolate myself to find the right design for the installation and I think that really, this seating down and working with numbers and forms is really powerful... geometry I mean in general is really the way to follow in search for the perfect design as indeed also the perfect nature is made of perfect geometry. And so I dug and dug and actually came out with squares and from the squares larger squares and stripes which would make the Italian flag throughout, maintaining very clean and geometrical proportions without any fanciness like that of the French step son of my boss who tried to get his cloudy design. I see collaboration in this geometrical purity impossible as impossible is to collaborative give birth to a kid. I will try to mature alone and base my constrains on the concrete space and all the other concrete limitations, working out simplicity and coherence this way and no fat-full designs...

I am seating in this beautiful afternoon for work listening to interviews that my work is doing for the consulate about American-Italians. Life is really missing in those documentaries, it should be about memories but really institutions turned it to be about business man and celebrities, all very formal and nothing to learn from the human nature perspective. Maybe yes, we can learn how fake people are and how all of this entrepreneur ends up to be totally institutional. I wonder if a shark will soon pop put of the lake and eat this guy, famous guy...not that one is really jealous of him, just that there is very little to learn, uninteresting bla bla talking without anything powerful like being part of an heroic action... Let's push him a bit but I guess one can as well go with the flow and show all this as a totally conventional show off. Maybe the guy might have something to say but this is not the setting... Maybe in a trip or adventure he would reveal to be a cool guy, without the mask.

It was such a beautiful day at the Italian procession with my working mates finally breaking the ice and getting some real adventures going while documenting the saint and the fireworks. I was so happy and excited that I invited two of them home for a dish of rice than the cloudy and moody wife that I have married complained all the way back and said that I Am spending out my money for other people and all this non sense shit ... To the point that she even said that I am spoiled while in reality I have sacrificed all my worldly success for her own and she is really the one who is going to get thr fat salary and pension. No respect and stupid easiness of talk as I always consider our movements movements of a family not of single individuals. Anyway now she is made and probably wants all of my salary even if once I move to Sweden my opportunities are that of a black immigrant and this is why I have been trying to keep at least a foot in the continent. Many a times things turn unfair but I am ready to renounce at them and stop exposing myself to the world to which I have such a charismatic attitude and keep that energy for isolated meditation... Ti germinate the seed within and take care again of the family... Money are the apple of disagreement, I am ready to renounce at all that.

Out at the playground with my kid after a full day work with my wife that should be on vacation but in reality cannot get away from working. I really need to get through stressful sections with her about where it is worth to put her energy and what are the results she needs to achieve now that her coming future is secured back in Sweden with all the effort we did around the world. Anyway she is now otherwise relaxed but I have warned her that they are really this transitional periods that makes us most psychologically stressful and fights could arouse... all these transitions and exposures we had to go through but really the issue is go back and resettle without too many injuries, to know when to stop as a matter of fact, as Lao Tsu teaches. Also, be close to your heart when you meditate, which is something I must keep in mind in this social euphoria that so much distantiate me from it, from my nature... so selection and distantiation only when worth it, at moderate intervals... close and distant, moderately and without trying to combine the two as know I don't feel like the best educator for my kid, but when I return to him having my social work turned off. Thus this seems to be the flow to follow now a days, a flow of interruptions, paradoxically this switching on and off makes our life flowing as the frame and the gap between the frames of a film, without these gaps there would be no cinema.

Today a group of Italians from my very region showed up at the lab and I have acted as totally detached but then my Greek colleague draw me in and I presented my work at the lab and they were really enthusiast but despite seeing my potential I am not sure they can give me any offer. Hopefully I can keep doing some work in the continent and close to my root, at least to let life go during these decades before my project is actually due. I wouldn't mind to be a bit of a pirate, a semi-detached pirate that work at sea thinking of a mountain. I would love to go back to my homeland too although I fear the violence of the people not really towards me but towards a landscape and a nature with whom I am so much in love. The general director of this Italian group today had a vision of this building and is really going to make it, no fantasies... I really miss this idealistic mode that comes to reality as it is really my drive. A propos of drives, today after work I took a long walk with Jacek along the beautiful river and aside from the grocery at the organic market I got a device to back up my data every month and permanently... Now at least I have the money to secure a bit my project which was for so long without any security nor a website.

Today my heart is at peace although again it was a very busy day crowded with meetings we went to the Common where an old celebrity architect who has designed many skyscraper in the city had his studio. Anyway a very humble and tranquil guy with much to say and I really felt rather affected by his persona and wanted to tell him about my doings but had to go back to the lab, walking with Jacek rather than taking the metro. Now it is late and I have tried to spend some time with my kid who is also a bit rebellious and now that he is in bed it is time for my project, and then sleep... my project again.