



ADAM MAZEK

Diaries

June

2018

p. 11



- *Post „Know Your Enemy“*
- *Cover: post "Birds"*

KNOW YOUR ENEMY

I wrote that we should know our enemy in the post "Know Your Enemy." My worst enemy has a specific nationality, gender, skin color, and beliefs. He lives in a strictly defined place. He speaks a particular language and lives like millions of other people in this world. Can I read the minds of my worst enemy? Do I have to travel the world to find him? I know most significant my opponent's thoughts, and I know that I don't have to look for him at the end of the world. My greatest adversary lives in my mind and my imagination. It is only up to me what methods I will use to tame him. Also, your worst enemy lives in your head, mind, and imagination. It is only up to you what methods you will use to tame your antagonist residing in your soul. It depends on us whether we can win against our greatest, everyday weaknesses. The worst human nightmares, fears are not placed in outer space, deep in the ocean, in the Amazon jungle, or on cities' streets.

KNOW YOUR ENEMY

They don't live in our neighborhood. Let us not look for enemies among the people with whom we surround ourselves. Confronting other people is a redundant thing that I want to get rid of. I consider it a waste of time. I try to follow the guidelines of people like Seneca and Bruce Lee. The first tells us that if anyone hits us, hurts us, we should turn the other cheek (Christian teachings drew knowledge from the thoughts of an ancient philosopher). Seneca wrote that we should be grateful for all the misfortunes that happened in our lives. It is these unfavorable circumstances that harden our spirit. On the other hand, one of Bruce Lee's best-known wisdom tells us that all the dangers that arise in our lives should not be treated as an obstacle but as an opportunity. We should be flexible in our imaginations to not treat the blows we receive as an attack. One would have to adapt to attack in the same way that water takes blows.

• [Post „Know your enemy“](#)





• *Post „Know Your Enemy“*

KNOW YOUR ENEMY

The water takes the shape of the vessel in which it is located. As a result, it does not feel the blow it is inflicted, as it conforms to the shape of the fist and to any other form it comes into contact with. One of the highest levels of a person's spiritual development is the belief that an attack carried out against him (both physical and mental) is not such an attack at all. Therefore, we should not focus on confronting other people. Our worst nightmares exist in our minds. The worst demons are placed on the dark side of our souls. We should train, learn, and strengthen each day so that the greatest enemy in our minds cannot spread its wings in any way. Photography, writing, the process of creation in its broadest sense, are weapons to fight my inner demons. Taming your most significant weaknesses is one of the greatest challenges that await you in your life.



FLUCTUATIONS

FLUCTUATIONS



- *Post „Fluctuations“ (also p. 4)*

Instability is an inevitable part of all aspects of our lives. Virtually all things that surround us are always changing. What was the starting point for writing a post titled "Fluctuations"? My bodyweight. In one of my earlier posts, I wrote that in early 2011, I weighed 99 kg (~ 218 lb) and was 178 cm tall (~ 5.8 feet). In short: I was overweight. To reduce weight, I started swimming regularly. Within a year, I lost to 76 kg (~ 168 lb). Since then, my weight has continuously fluctuated between 79 kg and 83 kg. When I noticed all this, I realized that practically the same things are happening in all other aspects of the world around us. Fluctuations are everywhere. Fluctuations can be linked, for example, to our well-being or relationships with other people. Development and progress in a passion, school, or broadly understood professional career may also change. One of the conclusions that came to mind is that there is no need to get excited about either the successes or failures in our lives. Our existence also consists of many insignificant losers and minor victories. The stoic philosophy of the ancient Roman philosopher Seneca is close to me.

FLUCTUATIONS

Practically every day, I try to recall Seneca's vision in one of his philosophical texts. In it, he wrote about a rock placed in the ocean. Deadly lightning, hurricane winds, or vast waves of the rough sea always and inexorably hit the boulder. Despite these constant attacks, the rock remains calm, unshakable, as it does not feel the violent turbulences happening around it. Seneca encourages us to behave like sea boulders. I often try to remember this visualization. Stoic calm training is difficult, but I think the more we practice, the more confident and stable our life will be. Stoicism is undoubtedly one of the ways to achieve happiness, the harmony of spirit in our lives. When thinking about staying stoic, remember that there is often a warm and soothing sun that gives hope for a better tomorrow after any violent storm that can happen to any of us. The variability of many events in life is also something that usually occurs in everyone's life.

Moreover, I am sure that my creativity is also continually changing. I try to keep my creative flow not exceeding certain maximum and minimum limits, e.g., regarding the lack of artistic activity. I hope I can do it. I wish you the same, my Dear Friend. Hope you will be able to be creative for as long as possible. Preferably for the rest of your life.



• *Post „Fluctuations“*

SURVIVAL

One of the reasons I take photos and run a website is because I use the word "Survival." The famous Polish painter Zdzisław Beksiński said that he paints to survive. I think it is similar to me. I would like to believe that all my photos and texts will endure long after my death. I am convinced that one of the best ways to remain in the memory of posterity is to raise a child properly. The second way is to create broadly understood art. If we look at works of art from the past, it can be concluded that it is possible to survive in your works of art. Pictures of such masters as Hieronymus Bosch or Salvador Dali or novels written by such geniuses as Fyodor Dostoyevski, Thomas Mann, or Stanislaw Lem remain in people's memories for a long time. Therefore, we can say that we all have a chance to survive thanks to our broadly understood work and commitment to something we believe in. On the other hand, how many artists (painters, musicians, or writers) have been forgotten over the years?

• [Post „Survival“](#)





• *Post „Survival*

SURVIVAL

How many works of art are there that have been irretrievably damaged or lost in times of unrest? It is difficult to estimate how many things related to art have been lost forever. Nevertheless, I believe that today, thanks to the Internet, we have a little better chance of surviving in the memory of posterity. I sometimes wonder if the Internet as we know it today will do the same in a hundred years. Will Google stay and do the same over the next few centuries? I think so, but just because I predict something doesn't mean it will happen. That is why I have doubts that my works will survive the ages and will be available online at www.adammazek.com long after my death. On the other hand, I cannot imagine my life without creating. That is why I believe that I will survive in my works for many years. I think that my artistic activity has a deeper meaning. I hope that my photos and texts will survive any future turmoil that will occur on this planet. Even in a hundred years, they will be found thanks to an internet search engine.

WE KNOW
THAT WE
KNOW
NOTHING



WE KNOW THAT WE KNOW NOTHING



- *Post „We know that we know nothing“ (also p.10)*

I wrote that we do not know anything in the post entitled, "We know that we know nothing." Despite the continuous development of knowledge about the world, people still cannot find answers to many fundamental and existential questions. Since the dawn of history, mankind has been trying to discover, get to know, and gain new areas. One example can be found at the end of the Middle Ages. This was a time Europeans "discovered" America. This is one of a thousand pieces of evidence that humans strive to conquer, explore, and rule the world. Today, many genuinely inspiring people (with the ingenious Elon Musk at the helm) dream of conquering Mars. Elon Musk's visionary plans symbolically prove that human civilization will never give up on looking for new opportunities and perspectives for our development. I admire these types of innovative thinkers.

On the other hand, all our efforts to conquer the Universe can be compared, symbolically and hypothetically, to the North Sentinel tribe's dreams of conquering the Indian subcontinent. Suppose for a moment that this primitive tribe knows that there is such a thing as the Indian subcontinent. India is located over a thousand kilometers from the North Sentinel Island.

WE KNOW THAT WE KNOW NOTHING

For me, the conquest of the planet Mars could be a similar challenge for humanity as for the Sentinels' conquest of India. Can a primitive tribe subdue mighty India? Theoretically, yes, there are always chances. And in practice? Common sense dictates that this will never happen. But suppose for a moment that human civilization colonized, "conquered" the planet Mars. In turn, the North Sentinel tribe subjugated the Indians. What would be the next step? For our civilization, undoubtedly, the next goal would be to conquer another planet. For North-Sentinelese, the next step could be the conquest of China. In both cases, all these activities and the following steps to achieve subsequent goals could be practically endless. Do you already know, my Dear Friend, what I mean when I say that we know that we know nothing? A landing on Mars would be a gigantic milestone for humanity.

Nevertheless, for our galaxy, and even our solar system, this event would go unnoticed. It would not even be a symbolic part of our solar system. The same applies to a primitive tribe. It would be a historic event for the primitive tribe of the remote island. But what would such an event be in the face of the Universe's unimaginable vastness and infinity? We are stardust that thinks that it knows and means something (constant technological progress is supposed to prove it). In fact, our knowledge and broadly understood abilities do not cover the thousandth per mille of phenomena in the Universe.



• *Post „We know that we know nothing“*



• *Post „6 a.m.“*

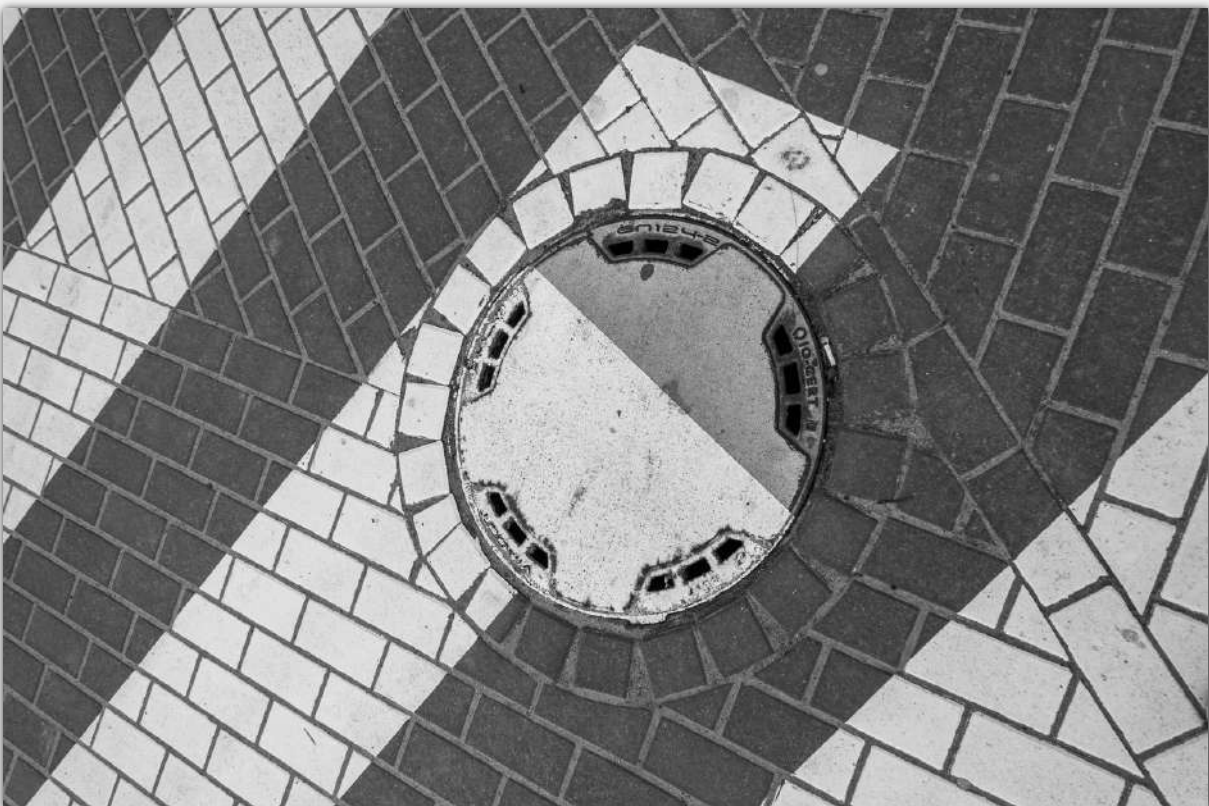
6 a.m.

I wrote another post at 6 a.m. I did not wonder why I was awake at this hour. From the beginning of March 2018, I started waking up regularly at 6 a.m. In one of the previous posts ("Diaries" 05.2018, part II), I wrote that I gave up drinking alcohol. It helped me to improve the overall functioning of my daily activities. I started to be more creative. From day to day, I was writing content better, more efficiently, and faster. After a slightly more extended period of non-alcohol use, I could add another benefit of not drinking any alcoholic beverages. It was about regular, healthy, and deep sleep. The fact is, I have never complained about the quality of my sleep. I had no problems with regular rest. Moreover, I have never had problems with drinking alcohol. I drank two to four beers a week. By Polish standards, it's a small amount. Nevertheless, by gaining a new, regular sleep rhythm, I gained new daily activities that didn't exist before.

6 a.m.

Now, as soon as I wake up at 6 in the morning, I give water and food to our lovely cat Azorek. Then I make my coffee and start writing. Usually, I never know what I'm going to write about until I sit down in front of the computer. As I sit in front of my laptop, I close my eyes, contemplate, imagine things, and suddenly start writing on a topic that comes to mind. The flow of thoughts that occurs in my mind is transformed into a digital record. Sometimes, when I lack creative inspiration, I turn to previously written "inspirations" or quotes circled in an enchanted pencil. As I do this, I try to find out if I can develop my previous ideas or discuss other people's written thoughts. At 6 a.m. is the time to go back to my earlier ideas, expand them, or modify them a bit. Have I always wanted to get up early in the morning? Yes, there was a time in my life when I dreamed of getting up early in the morning. Besides, I dreamed of starting the day in a really productive way. Now, by writing blog posts at 6 a.m., I feel this is what I'm doing. Hopefully, in the future, I will be able to get up at an even earlier time. I do not dream of becoming like Emperor Franz Joseph I of Austria, who was used to waking up and starting work at 4 in the morning. Nevertheless, at 5 a.m. seems to be the perfect time to get up and start the day productively. Will I be able to enter this rhythm of life? I hope so.

• *Post „6 a.m.“*



BIRDS



BIRDS

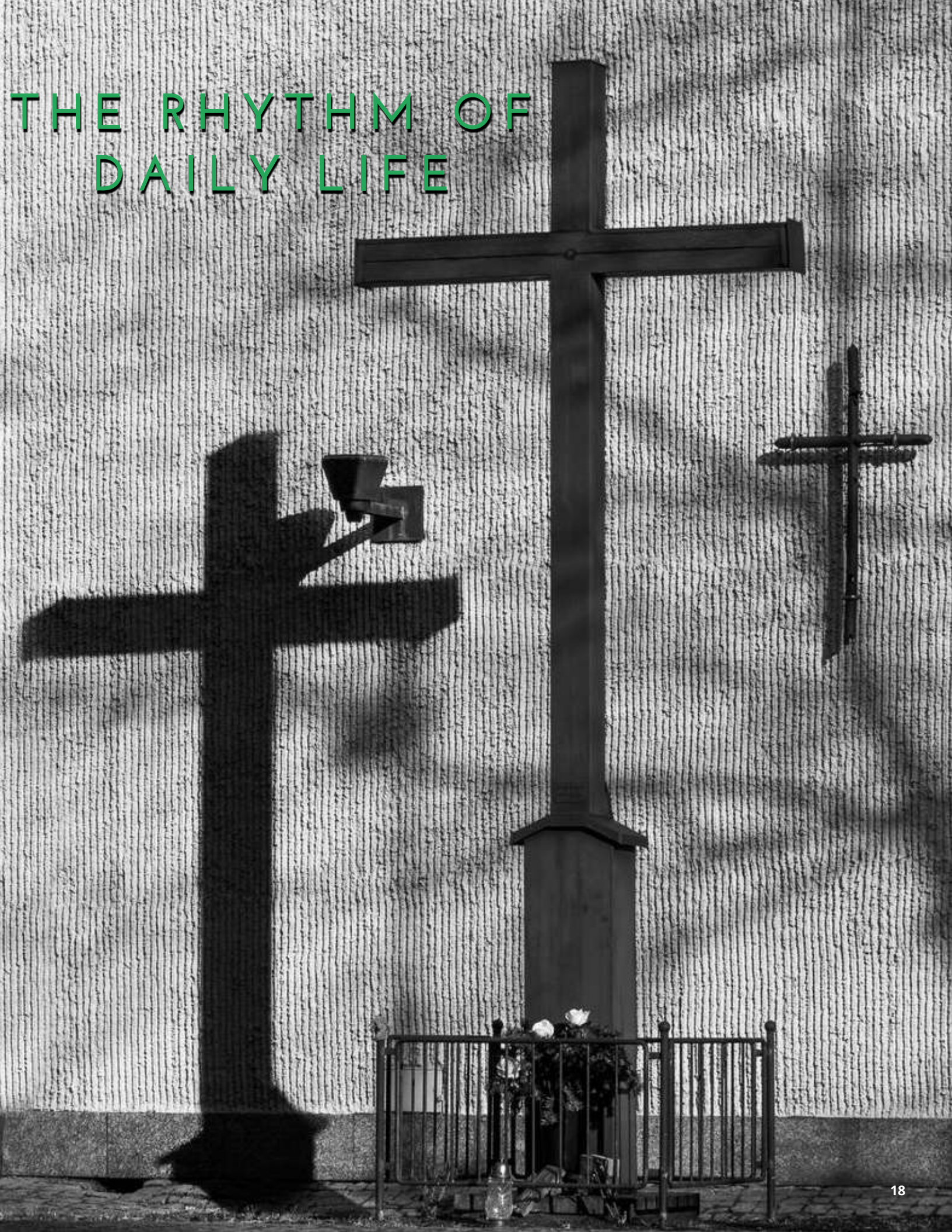
The next post was called "Birds." Waking up while the birds are singing is one of the most relaxing, moving, and calming things a person can experience. It is no coincidence that a small bird sculpture found in a cave in Germany turned out to be one of the oldest works of art ever seen. In Taschen's "The Book of Symbols," we can read that the sculpture is only five centimeters (two inches) long. Nevertheless, it is convincing in its simplicity. It makes us aware that 30,000 years ago, someone was able to move from one world to another. The outer world of the artist's senses turned into the inner world of his imagination. Something struck the sculptor who began to mold a piece of ivory into the image of a bird. It is the creative act that makes us human. For me, birds (regardless of whether they are city pigeons, crows, falcons or eagles) are a symbol of the otherworldly laws of nature. They symbolically connect heaven and earth. For millennia, birds have been seen as a symbol of the soul. They inhabit every corner of our planet. They are among the most intelligent animals. Ravens, for example, create tools with their beaks and claws. When prisoners return to society, they feel free as a bird. In our dreams, we leave our mundane world and become free people like a bird. Throughout the history of mankind, birds have often been viewed as a heavenly messenger who can communicate with the Gods. A dove, for example, is a symbol not only of peace but of the Holy Spirit. Birds accompany me in practically every photographic journey. They are a very grateful object to photograph. Unfortunately, not everyone loves birds. Pigeons are often considered a nuisance pest. Some people poison them and even shoot them. They do this because they see the pigeon as "flying rats." Birds, like trees, represent nature in an urban landscape. Thanks to them, we can remind ourselves that many creatures are waiting to be discovered outside the city walls.

- *Pictures on p. 15 and 17: post „Birds.“*



BIRDS

THE RHYTHM OF DAILY LIFE



THE RHYTHM OF DAILY LIFE



- *Post „The rhythm of daily life“ (also p. 18)*

In the next post, I wrote that having the rhythm of everyday life is necessary to manage time and life energy. I wrote it in the post entitled "The rhythm of daily life." If we have our own rhythm of life, we can control what is happening in our lives more easily. I gave some examples in the post. During the seven years of my life after work, I went to the swimming pool regularly. This activity has become my lifestyle. Can you imagine, my Dear Friend, that I was able to swim practically non-stop (only with short restroom stops) for an hour and forty minutes? Moreover, in peak swimming form, I could swim for over thirty days in a row. For me, this is proof that people can develop a healthy rhythm of life. In June 2018, I was able to create a new rhythm of life. The difference between new and old habits is that contemporary meets art. Of course, it's about photography and writing. So what does the new rhythm of my daily life look like? One of the points is to give up drinking alcohol. From the beginning of March 2018, I wake up regularly at 6 am. I start my day by writing a text for a blog. I do it practically every day, including weekends.

THE RHYTHM OF DAILY LIFE

On weekends, after writing a post, I go hunting. What does that mean exactly? I'm going to take pictures. Thanks to all this, by noon, I often have all the things related to my passion done on a day off from work. In the second part of the day, I can focus on my beloved Kamilka, reading books, and running a blog. When it's a working day, after writing a post, I go to the office to work as an accountant. Then, I go out somewhere to take pictures or go home to put another post on the website right after work. Adding a blog post in the second part of the day combines previously written texts with photos taken in the past. This is my new daily life rhythm. It will probably be slightly modified throughout the summer holidays. Still, I am sure I will be able to continue it for a long time to come. Ultimately, I hope it will last for the rest of my life.



HARD WORK

The last post from June 2018 was called "Hard Work." I wrote in it that all healthy people can work very hard. Nevertheless, a minority of these healthy people can rest wisely and effectively. Diligence was and is a common occurrence. Unfortunately, hard work was often negatively associated with backbreaking work. The use of people for slave labor in ancient Egypt, Greece, or Rome, and other regions of the world was common. No one was surprised then that many people had to devote their lives to backbreaking work. The fact is that for centuries people have forced others to work hard. We should remember that many negative examples of hard, strenuous work can be found in the modern era. These are, for example:

- African slavery in the Americas from the beginning of the discovery of the "West Indies" by Columbus until the 20th century;
- persecution (including by forcing to work) of indigenous people by European colonizers around the world;

• [Post „Hard work“](#)





- *Post „Hard work“*

HARD WORK

- labor camps established in remote parts of Siberia during the tsarist and communist times in Russia;
- labor camps established by German Nazis before the outbreak and during World War II;
- POW camps established by the Mao Zedong People's Republic of China;
- work camps built by the Khmer Rouge in Cambodia;
- labor camps in today's North Korea.

The above examples prove that practically all healthy people can be transformed into a "machine" for labor to death. Such a man will have to sacrifice his existence to murderous work. Sometimes I think it could have happened to virtually any of us. Nobody allowed us to decide when and where we will be born. Systems based on slave labor could squeeze the last drop of blood out of every citizen.

HARD WORK

Whoever is unable to do the hard work of slavery will be replaced by more unfortunates. Why was I writing about all these things? In my post, I wanted to emphasize that all healthy people can work very hard. However, not everyone rests skillfully. If you are reading this edition of "Diaries," my Dear Friend, I assume that no one is forcing you to backbreaking work. You are probably working hard for your existence, but as you can see from the examples above, each of us can work to death. Therefore, I sincerely recommend you to focus on adequate rest. The truth is, if we don't get enough relaxation, our hard work may be useless. If you can adequately rest, you will surely be useful at work. Unfortunately, many of us do not pay enough attention to the way they sleep. And the unfortunates who happened to live in the wrong place and at the wrong time (examples are given above) would probably provide a lot for the possibility of lying in a warm and comfortable house, with loved ones by their side, and with a book in hand. Hard work is essential but not the most important thing. To be effective at work and throughout your life, you need to focus on adequate rest.

THE END

• *Post „Hard work“*

