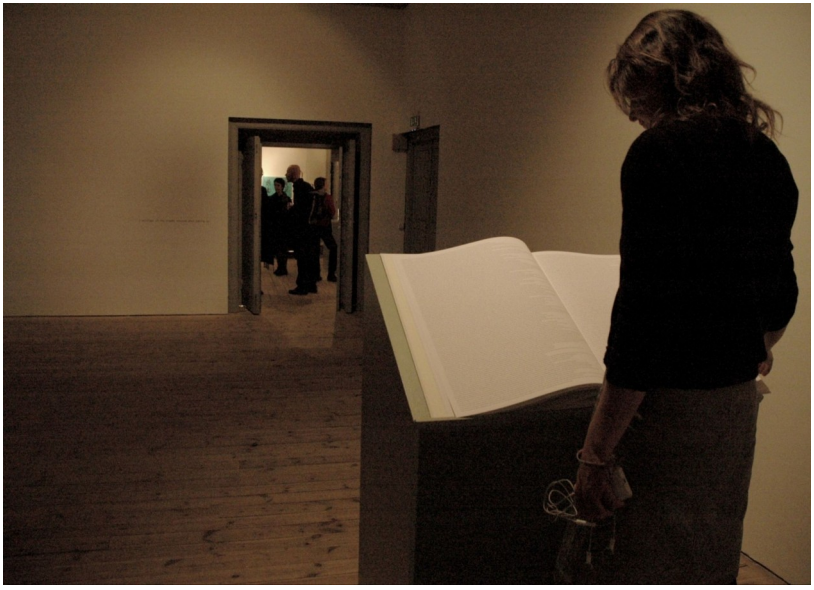


Fig.022 Picture showing how a book of a few years worth of dreams was presented during a solo show in Sweden. It was the only public occasion I printed and exhibited my dreams but I am prepared to print a durable copy of them as part of my work in which I physically archive material related to my project in boxes.

DREAMS 10

It is mostly in a vivid and primordial nature such as on a beach of a tropical island surrounded by the jungle that I dream more naturally. In these settings my brain fully relaxes and there are no tensions nor interference such as the many radio frequencies circulating in the air of city environments. The hardest period of my dream writing was in 2008 in an old wooden house in the center of Uppsala, Sweden. Here the newspaper delivery man regularly woke me up every night. In the dead Scandinavian winter I kept waking up exactly at 3.29, exactly a minute before the newspaper delivery man arrived each day. It was only leaving Sweden for warmer countries that I recovered my normal sleeping pattern. Not only the darkness and the sterility of an environment but also stiff muscles can make my sleep very light. While my love for Scandinavia was in its landscape, I still tried to have a normal job which brought me to long commuting hours spending much of my time sitting on a train to reach this or that art academy where I earned my living as a teacher. Mainly tai-chi has helped me undergoing the back-related issues I encountered. Above all I realized that I don’t have to travel for a few bucks and it is perfectly fine to be more and local and be of help to my children, in other take care of my ecology.