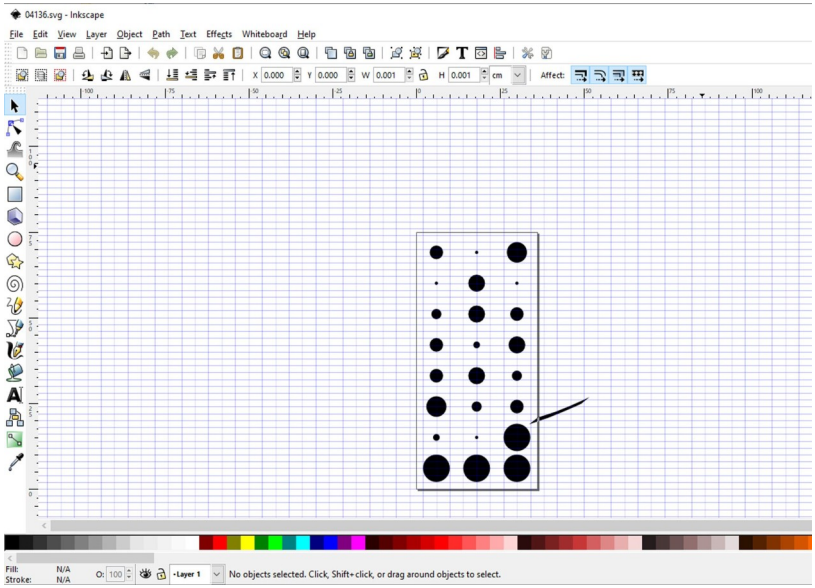


Fig.041 Screenshot of the program I use to set the diameter of a circle based on the emotional level of the previous day. The circles are set to 8 centimeters in diameter. Every day I open the file to resize one. If the previous day was very joyous and should stay 8 centimeters, I make a mark next to it so that I know that I should not resize it the next day.

EMOTIONS 05

Thanks to my project my life has become rather frugal and I have no expectations to control what it is not in my power to control. I have distanced myself from any form of worldly ambition and find a long-lasting joy in pursuing my project. Yet I am sharing my life with my family. My kids can benefit from my engagement and care and I can keep them happy and alive. My partner however might have spent a whole day at work and might come home stressed and worried. She would then also need my assistance to discuss certain issues and be able to release herself from the work burden. By assisting her also my mood might shift and her anxieties can temporarily become my own. I am convinced that if I was to also have a job in a corporation I would also have many worries. In that respect I am not a rock. On the contrary I can immediately sense if I upset someone because he or she thinks I am stepping on his or her feet. The times this has occurred I have immediately stepped on the side without any confrontation. In this respect, I have never fought to maintain a power status, I always gave it away whenever a confrontation arose. The reason for it is that deep inside I am just very content with the idea of being able to take care of my ecology which I define as both my family and my project combined.