

Fig.047 Screenshot showing me with Polish friends singing karaoke and getting quite exuberant and out of control. In a social context and without the use of alcohol or drugs I can turn into a little hurricane often lifting up the atmosphere of an entire group. Interestingly this sort of energy comes out of my otherwise rather contemplative lifestyle.

## EMOTIONS 11

Conversely I have found my happiness in being able to train my mind through the execution of my project and in training my body through the taking care of a natural environment where to deposit it. When events such as bad weather might prevent me from even just taking my daily walk, I might feel unhappy. On the other hand, bad weather could be a great opportunity to write an essay or edit this book, works that makes me happy yet works that I cannot do when for example my partner is working and I have to take care of our kids and keep indoor. Generally speaking then, I can find my full happiness when exploring. I can do so taking walks in the landscape or in a city or I can do so in my attic which is in itself an extension of my explorations or rather a recollection of them. When I cannot accomplish these activities and I am stuck in a situation such as in a traffic jam on the way to a boring job I can get ill tempered. Luckily I just figured I can live with little money. As I don't have any drive to get rich or famous I can enjoy more freedom and happiness and people feel generally freer and happier around me. Even when I am obliged to do things I don't like I anyway try to combine them with things I know I need in order to keep happy. If I have to work for money then I might just walk.