

Fig.063 Screenshot of the card in which my heart beats were annotated while running around a playground in the immigrant suburbs where I lived in Sweden. Each value corresponded to the time it took me to run a whole round. This was actually my initial way to estimate my heartbeat and was limited to places in which I measured the perimeter beforehand.

HEARTBEATS 03

The more popular monitoring of personal health conditions only shows the social interest in the more bodily aspects of our human existence. Following Seneca's advice, I only do the minimum training to keep healthy. Presently I have fully committed my life to the training of my own human nature and this training already presents some physical challenges that either way keeps me fit. Yet to pursue my nature I had to give up all the sport manias I inherited from my foster family. Every moment of free time in my childhood was dedicated to sports only for the sake of doing sports. There were skiing and biking and skating and swimming activities that all the family members had to pursue. There was no pleasure in these activities and certainly no fulfillment. Coming of age I discovered the contemplative side of me. With a cheap bike and a tent wrapped around it, I used to travel across entire nations, going from one sea to the other, without a map, without anyone to guide me but the landscape and the discoveries I was also finding within my own self, as I fatigued. Later I crossed continents in search of a way to deal with all the creative energy exploding inside me. After much traveling I found a way that gave peace, my current project and my counter-effort has been that of bringing it back to my native alps.