

Fig.070 Screenshot showing me attempting to train aerobically while keeping my center of gravity straight. Having learned to deal with my body pains I was able to train quite regularly. Here in the gym of my former university my training was always light and always preceded by tai-chi I would do in a small indoor theater next to the gym.

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Getting to meet my father for the first time after twenty years had a strong impact on me; I began to experience the same physical issues he complained about and as a result I gave my sports activities like running and swimming. Only with time I understood that in the course of his life my father wanted to experience the harshness that his father in turn experienced as a soldier on the Russian front. I understood that I could have dealt with my chronic pains more gently, moving in a warmer climate to begin with and doing exercises like tai-chi. My focus also shifted towards the more natural activities I had to undertake in order to build my sculpture park in the alps. In this respect I believe I have inherited not so much strength but a great resistance which is also shown in the marathon I am conducting in the very undertaking of my project. Perhaps this project is a sacrifice I had to make so as to bring an end to a family tragedy that has gone from father to son in the past four generations. This tragedy is a human tragedy, the tragedy of being part of a natural environment and suddenly being uprooted by civilization. What my family has experienced in its recent history is what the majority of humanity and their families have experienced in their history. My operation is clearly that of re-rooting at least my humanity.