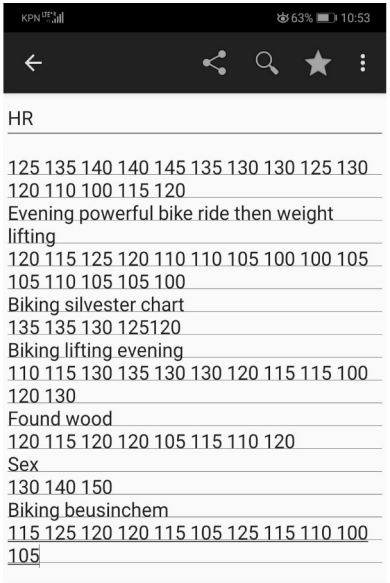


Fig.071 Screenshot of the heartbeats I wrote on my phone after giving transforming myself into the sensor doing all the tracking. With time I have learned to memorize these values and retrieve them when it was time to annotate them. So doing I abolished technology especially during training which is a moment for me in which I want to get naked from any accessory.

HEARTBEATS 11

While I understand that by training I avoid all the restless feelings and the frustration I develop when I don't, I am skeptical of the devotion some people show to their body. I respect my body and I try to keep healthy but I do not make a thing out of it. It is what it is and I fully accept it. I was taught as a kid to be rather vain focusing exclusively on my appearance. Almost automatically however as soon as I got to live alone I started not to care on the way I look. All my care went into my ecology and I think in this ecology every human can find perfect contentment. Ecology is the family and with family I mean the family in a broader sense. As a matter of fact our social unit is the tribe. The tribe relates to its people and surroundings and as part of being tribal one has to celebrate the former with much dancing and storytelling and explore the latter with hunting and gathering. I think my project is just but a practice that ensures that these basic human procedures are maintained. I would not agree with any primitivists that I am just undertaking a kind of surrogate set of activities. I feel that my ecology is running and my project is there to ensure that I do not get sucked up in any other mechanism and my little tribe with it. It is not a question of being privileged to be able to do so, it is a question of being determined.