

Fig.177 Screenshot showing me attempting not to inhale traffic in a city. While I have learned in China the trick of holding my fingers against my nostrils, my alpine nose is too long. In addition it has been broken since I was a child. In this respect I can only breathe through my left nostril and otherwise mostly use my mouth.

POLLUTION 09

When my exposure to the traffic is prolonged, I label a day with value 4. During this day I might have no alternative but to walk along with the traffic. In the Netherlands for example I can choose all sorts of empty small roads but if I have to cross the river that divide us from the rest of the country my only way is to walk the path following the highway bridge. In some circumstances then the traffic is unavoidable as much as it is unavoidable to breathe its emissions. Also in the summer I open up the path I have created around my land. By now I am only cutting the vegetation inside it but it is unavoidable not to breath some of trimmer gases. At the beginning I was following the example of mountaineers cutting their fields clean. Yet the land kept on pushing up the forest. I have then learned to second this energy and steward the rewilding process by replanting the small trees I find below the big trees in different locations. In this respect I do not conceive myself as the owner of any land but the guardian who is there to make sure that the forest is allowed to grow back into its primordial state. This is only a poetic act. A forest fire might disintegrate my life effort in no time but I think the more we embrace this attitude the better chance we give to our planet and to our children.