



ADAM MAZEK
Diaries

July
2018
p. 1



HATERS

- *Post „Haters“ (also cover)*

About the fact that I like my haters because I probably don't have them, I wrote in the post entitled "Haters." The truth is, I don't know if I have enemies who hate my artistic activity because no one has ever written anything offensive to me. So I'm lucky that I don't have to waste time and energy interacting with these people. The main rule of show business is that "It doesn't matter if they talk about you positively or negatively. The most important thing is that they talk about you." My artistic activity is not a business. Thus, I don't care if other people talk about me or not. I know I have many things to do with my passion, and I try to focus on those issues. What other people will think of me (with an emphasis on haters) is not my problem.

HATERS

I cannot manage other people's thoughts. It is beyond my scope. If I can't control something, I try to be like water. What does this mean exactly? If I get a stupid message or a silly comment from a hatter, I know I will delete it. I'll assume it was there.

On the other hand, if I cannot remove such a comment, I will ignore it and treat it like air. Arguing with people who give unconstructive criticism is a waste of time and energy. Another thing is that I don't expect many hateful comments. I hope that I will not have to concentrate on such a minor issue as fighting people who hate. Finally, I would like to emphasize that I care about the opinions of other people. Anyone can criticize and comment on what I do, but I will only refer to constructive criticism. I am not going to waste my resources on critics.

• *Post „Haters“*





SMOOTH CRIMINAL

- [Post "Smooth Criminal"](#)

I wrote another post inspired by Michael Jackson's music video entitled "Smooth Criminal." Watching the video again in my life, I confirmed what I had previously learned while taking photos. When I saw the title video for the first time as a child, I focused solely on the main character of the film, Michael Jackson. Practically every person who watches the music video does it. While watching "Smooth Criminal," we do not necessarily pay attention to the background, what is happening next to Michael. We focus mainly on the foreground. There is no doubt that the famous American singer is the star of this masterpiece. Nevertheless, years later, I noticed that the dancers and extras who appeared in the video also did an outstanding and spectacular job. As soon as that fact hit me, I started imagining the music video "Smooth Criminal" without the king of pop music.

SMOOTH CRIMINAL

You can say I'm crazy, my Dear Friend. However, I believe the title video would still be a fantastic treat for the eye, even without Michael Jackson being involved. I encourage you to open a new tab in your web browser and play the title movie. The short version (which takes about four minutes) is good enough. I suggest you focus on watching the actors, dancers, who are the backdrop for the famous American singer. You will no doubt notice that their every move and gesture is not accidental. It was directed with artistic precision. This proves that taking care of details, what we see not only in the foreground but also in the background, is essential to create a visual work of art. It is the same when taking photos. The photographer should always pay attention to the set of the frame and its edges. While focusing on the central theme of the picture, we cannot forget about the surrounding reality.

• [Post „Smooth Criminal“](#)





SMOOTH CRIMINAL

• *Post "Smooth Criminal"*

We should also not forget that there is one thing in photography that is essential for a good photo. This is minimalism. The fewer objects we add to the frame, the more eye-catching image we should get. This is the essential difference between creating photos and painting pictures. In photography, the fewer objects you put in the frame, the better. Minimalism is one of the photographic directions I suggest you follow. In conclusion, I want to emphasize that we should draw inspiration from many excellent works of art. Michael Jackson's clips are no exception. They provide a lot of inspiration and thoughts. This post is one of them. Would "Smooth Criminal" without Michael Jackson make sense? Certainly not. Nevertheless, watch the music video, my Dear Friend, as if Michael would not be in it. Do this to exercise your imagination.

Hier ruht
meine unergötliche Mutter
Gralde Karppeles
geb. Padermücher
gest. d. 18. März 1882
im 70. Lebensjahre

בפנינו כי אלה חסדים לבן
ה'ת"ת"ב

Hier ruht
unser unergötlicher
Gatte und Vater
Moses Karppeles
gest. den 26. Juli 1871
im 67. Lebensjahre

בפנינו כי אלה חסדים לבן
ה'ת"ת"ב

PATIENCE

PATIENCE

Patience will be rewarded. Sooner or later, we can expect that persistence will be appreciated no matter what we do about our passion. In July 2018, in the post entitled "Patience," I noticed the first gratifications of my patience and persistence in conducting my artistic activity. Firstly, my first photo exhibition took place a month earlier. Secondly, my employer decided to present my diploma thesis, consisting of ten photos, on the walls of his office. I will give the work mentioned above in the next issues of "Diaries." The above events prove to me that patience is the key to our passion. At this point, I would like to thank all the people who helped me achieve all the successes mentioned earlier. I know I should be patient with all my actions. Sometimes I dream of seeing the joy of thousands of fans gathered at my show in New York.



PATIENCE



• Post „Patience“

Nevertheless, fame is not the goal of my photographic adventure. Whatever we do with our passion, we should remain calm, be patient, and consistently do what we want to do. I regularly take photos on the streets of Warsaw since October 2015. Besides, from September 2017, I added website management to my daily routine. Another activity that has helped me do all of the above is reading books. I started reading and ticking quotes in books regularly in 2011. All of the above activities have one factor in common: patience and consistency. I want to grow with my passion like a tree grows: consistently and as high as possible, but at the same time without rushing. I believe we should be authentic in what we do. Authenticity, persistence, and patience - I think these three things are critical to success not only as an artist but in our passion in general. Regularity is perhaps the most challenging thing to achieve in developing healthy habits. I have already mentioned in previous posts that the drop hollows the rock. Let's focus on a long-term goal. Then, step by step, day by day, month by month, year after year, let's patiently do what we want to do in the context of our hobby. The reward should come sooner or later.



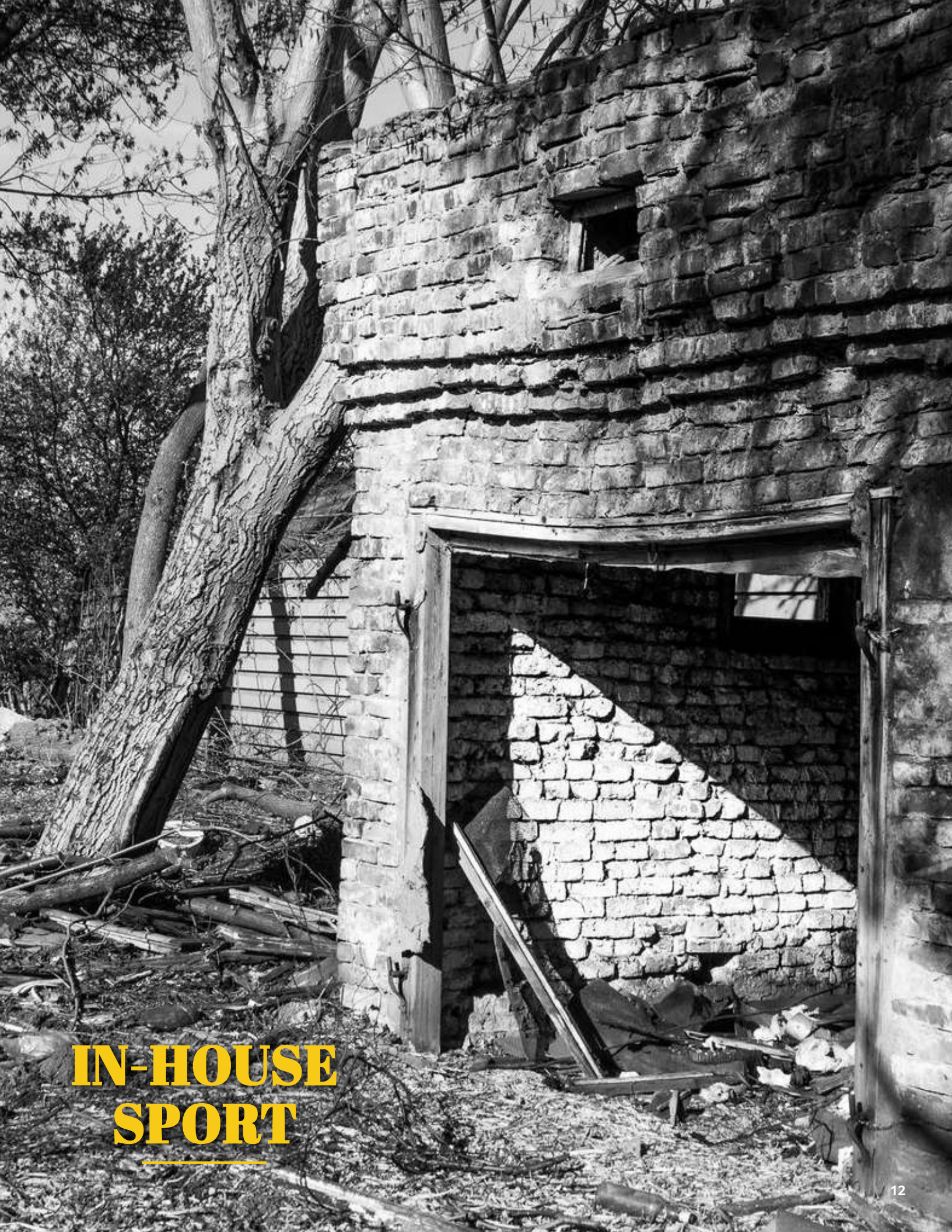
IN-HOUSE SPORT

I often get the impression that I don't have enough time for my relatives, passion, and practicing the title In-house sport. The fact is, I work full time as an accountant. Also, I do many activities related to my passion (photographing, writing, reading, and running this website). It is challenging to have enough time for all of the above things. I cannot imagine a day without hugging my beloved Kamilka. Unfortunately, I do not spend as much time on it as I would like.

IN-HOUSE SPORT

I also don't visit my beloved parents in Brok as often as I would like. Moreover, I don't have time to meet my friends. My passion takes me much longer than I initially assumed. It absorbs me completely. I also have less and less time for swimming and doing sports. Today I will focus on this issue. Nowadays, many people have similar problems to me. Many people suffer from a chronic shortage of time. This does not mean that we should not look for solutions to this type of issue. So let's go back to doing sports at home: the first thing that came to mind was yoga. I have never attended yoga classes. I am sure it is only a matter of time before I get to such courses. My dear parents attend these types of activities regularly. The reason I did not attend yoga classes is because of the lack of time I mentioned. In one of my previous posts, I wrote that I do a lot of push-ups. Unfortunately, I don't do them anymore because of a shoulder injury. Considering all the facts mentioned above, amid everyday life, I try to find time to at least stretch my muscles at home. Thanks to the fact that I have been swimming regularly for the last seven years, I know that I somehow "feel" which part of the muscles I should exercise and stretch each day. That's why I started stretching all my muscles. I usually do it on the mat. Sometimes in front of the mirror to see if I'm doing the correct stretching. I would like to emphasize that I often do exercises at home as part of the break between writing content for a blog, editing photos in the "Lightroom" program, or preparing posts. This saves me time. I don't have to waste it on commuting, e.g., to the swimming pool. Thanks for doing sports at home; I feel that I have more time for Kamilka and my passion. Do I want to say that I have definitely given up swimming in the pool? Of course not. I want to emphasize that we can always adapt to new circumstances that arise in our lives. We should be flexible and adapt to the things that life can bring us. At home, stretching muscles is a perfect example of adjusting your physical needs to create new things. The fact is that in addition to playing sports at home, I also walk around the city a lot. This activity is, of course, closely related to photography.

• *Pictures on pp. 10 - 12 - post „In-house sport“*



IN-HOUSE SPORT

I wrote that listening to other people can inspire and motivate me in the post entitled "Listening." It often happens that listening to other people is real entertainment and a treat for the human mind. The most important thing about coexisting with other people is appropriately listening to what they say. Nevertheless, I am convinced that it is worth listening not only to what others say.

LISTENING

We should also try to listen carefully to our inner voice. It's easy to get overwhelmed with information these days. The sources of this distracting information can be found, for example, in smartphones, on television, in advertising, and the broadly understood Internet. What's more, the city noise often does not give us enough time, respite, and peace to contemplate life. We need all these things to relax and start listening to our inner voice. Psychoanalyst Theodor Reik stated that what is immaterial, invisible, and untouchable can still be heard. He thus suggested that people can really "hear" the world around them through intuition. In Taschen's "The Book of Symbols," we can read that alchemists understood meditation as a creative, internal dialogue with "someone invisible." Some psychologists describe this phenomenon as "a living relationship with the corresponding inner voice of another being within ourselves." This is how our inner, unconscious voice becomes aware. Personally, I love to think and dialogue with myself.



LISTENING

LISTENING

Moreover, I am sure that my "inner dialogue" was one of the critical factors that helped me develop my photography skills first and then in blogging. In short: I started to listen to myself. That is why I decided to focus on all my heart on my passion. My inner voice has grown up in my mind over the years. It was undoubtedly a long process. Now, through my photos, texts, and works, my voice is echoed, visualized, and virtually materialized on www.adammazek.com. I want to encourage you, my Dear Friend, to listen not to me but to your own inner voice. Listen to other people and analyze the information they give you. Above all, however, listen to yourself, without forgetting your intuition. Relax, find peace and happiness within yourself. Take time to contemplate and "meditate." Start a dialogue with your "inner voice," listen to yourself. There are chances that the inner voice will bring you one of the most valuable tips and advice that can happen to you in your life.

• *Post „Listening“ (pp. 13-15)*





TRAFFIC JAM



TRAFFIC JAM

- *Post „Traffic Jam” (also p. 16)*

The next post was called "Traffic Jam." The fact is, hardly anyone likes to get stuck in traffic jams. All the people who have to spend the morning or afternoon in the road's madness waste their precious time and energy on the useless activity of sitting in the car. Getting stuck in a traffic jam can make people aggressive. I also feel terrible standing in traffic. When I'm stuck in one of them, I often try to calm down. I tell myself that if I have no control over something, it's not worth worrying about. That's why I shouldn't get angry with traffic jams.

Nevertheless, I feel that I cannot win this particular battle with myself. So, like most people, I try to avoid traffic jams. When I got stuck with one of them in Warsaw, I started analyzing why some people get aggressive behind the wheel. I was looking at the enormity of the cars surrounding me. It was then that I realized that we only see other vehicles while driving. We forget about the people sitting in the machines.

I am convinced that this is the leading cause of the aggression that occurs not only on the roads but also worldwide. I'm sure a similar pattern exists in politics or in crises and wars. We often do not want to see the humanity in our opponent, seeing him as evil. We often want to get rid of this evil. Coming back to the main topic, when we get stuck in traffic, we see colorful metal cans that are obstacles to reaching your destination. We can easily imagine that we want to crush these cans, just as some people squash soda cans. The saddest part is that we usually forget that there are people in these cans. They are mothers, fathers, daughters, sons, brothers, sisters, and grandparents. Worse, sometimes, I feel that many of us forget and do not see other people's humanity in our daily activities. Personally, I try to pay attention to my behavior towards other people. I try to be as friendly and polite as possible - both towards strangers and beloved ones, regardless of whether they are walking on the streets or just stuck in a traffic jam.

• *Post „Traffic Jam“*



TRAFFIC JAM



DAVID BOWIE

DAVID BOWIE



• *Post „David Bowie“ (also p. 19)*

I have written about David Bowie many times in my previous posts. I am convinced that I will come back to the famous British singer's works also in the future. In the post "David Bowie," I wrote about his songs and artistic legacy in general. The results of the famous artist inspire me practically all the time. David Bowie's vocals give me real motivation to be creative, both in writing and photography. I am 100% sure that David's songs will continue to appear in my life until the very end. The frequency of listening to his songs will change for sure, but I know I will not stop listening to his songs. The work of the legendary artist encourages me to write about his tunes. I have already written some posts inspired by a British artist. Here they are: "Is there life on Mars?" "Warszawa," "Rebel Rebel," "Space Oddity," or "TVC15." Best of all, I know it is only a matter of time before I will write more articles about his other works such as "Changes," "Moonage Daydream," "Drive-in Saturday," "Starman," or "Modern Love."

DAVID BOWIE

As with other things, I need time to develop something specific to write lyrics inspired by Bowie songs. I will undoubtedly try to transform them into my own artistic language, related to, e.g., photography. I am convinced that giving myself time to write more stuff will bring me many benefits. If I don't know what to say about the song "Drive-in Saturday" for today, I know it's only a matter of time before something interesting will come to my mind in the future. A similar phenomenon occurred for me in the context of the preparation of my website. Before I created it, I took a lot of photos on the streets of Warsaw. Wandering the Polish capital streets, I did not know when and how I would present my pictures to a broader audience. I gave myself time for this. Now everything you see and read on this page is proof that your hard work and patience will be rewarded.



• *Post „David Bowie“*

A photograph of a white wall with shadows cast by a railing, overlaid with the text "START DOING" in yellow. The text is in a bold, sans-serif font and is underlined with a thin yellow line. The background is a slightly blurred image of a white wall with shadows cast by a railing, suggesting an outdoor or semi-outdoor setting.

**START
DOING**

START DOING

I wrote that it is usually difficult to just start doing certain things in the "Start doing" post. This post is a repetition of what I wrote earlier, but you never know who and when will start reading www.adammazek.com. Therefore, I consider the repetition of texts on my website acceptable. Moreover, the more I repeat something, the more it means that I believe in something. That is why I want to share with you, my Dear Friend, information necessary to me. Let's go back to the main topic. You can talk or write a lot about photography, painting, music, literature, etc. We can share ideas on how we can make progress in the creative process. Nevertheless, the key to success in all aspects of our life (also in photography and broadly understood art) is active and training in a given activity. Today I will focus on creative activities. The fact is, we will never learn to take perfect photos or paint beautiful pictures until we start practicing.



START DOING

This is one of the oldest and timeless truths about human development. If you are not exercising regularly, there is no option for you to start making regular progress. Talent is not as important as people want to believe. It is practice, activity, hard work that brings progress. That is why I want to remind you, my Dear Friend, to focus on carrying out a given action. Be as prolific an artist as possible. Believe me, this is the best thing you can do for yourself. Being a prolific creator is the next step in your passion, career, and life as a whole. The fact is, it's also a long, arduous process, but there is no more effective way to grow than to act. I am not the only one encouraging you to do so. Don't listen to Adam Mazek. Better read about the works of Fyodor Dostoyevsky, Salvador Dali, Zdzislaw Beksiński, or David Bowie. See for yourself how prolific these geniuses were. I am sure that the effort put into action will bring many good results. If you believe in something, do it even if your results aren't tangible. If your effort is difficult to convert into money, do your job with a passion anyway. Be faithful to her. Your effort will undoubtedly benefit your beloved ones and the whole of society. Your life will become more meaningful. If you want to do something useful, take action. In short: start creating.



- [Post „Start doing“](#)



MIROSLAV TICHY

MIROSLAV TICHY

Everyone has their own fears and concerns. I am no exception. One of my worst fears is homelessness. Ostracism, fear of social rejection, is also something I would like to avoid in my life. The hero of the post entitled "Miroslav Tichy" did not run away from the problems mentioned above. Despite life's turmoil and inconvenience, Miroslav Tichy's works are appreciated all over the world today. Czech artist, who lived in the years 1926-2011, was a painter and photographer. His works are shown all over the world. Tichy was unique in his creative process. Despite all the splendor that met him at the end of his life, I want to emphasize that his story terrifies me. Tichy studied at the Academy of Fine Arts in Prague. He did not finish his studies because he gave up. It happened when the communists began to rule Czechoslovakia. Miroslav dropped out of school because his views did not match the line of the government. In the 1960s, Tichy slowly began to disregard his appearance. He began to wear a ragged suit. His long, unkempt hair and beard made him look like a tramp.



MIROSLAV TICHY



• Post „Miroslav Tichy“

Tichy became an outcast, a misfit. At that time, he decided to wander around the city with a camera he constructed himself. The camera included parts that Tichy found in the dumpster. His goal was to photograph women from hiding. Tichy became a voyeur. He did this continuously until 1985.

In most cases, the women were unaware that someone had photographed them. Interestingly, the quality of the Czech artist's photos leaves much to be desired. His images are unlikely to be included in the family album of a self-respecting amateur photographer. The story of Miroslav Tichy is both terrifying and inspiring to me. The narrative is scary because I don't want to become an inappropriate, unwanted person for society.

Moreover, I don't want to look homeless. Taking care of health, both mental and physical, is one of the most important things a person should do in life. On the other hand, the story of Tichy also brings me a lot of joy and hope. It shows that we can honestly do what we love to do in life, even when we are at the "bottom." If we stick to something, if we stay faithful to the idea, we can pursue it continuously for the rest of our lives. Even if we hit bottom when it comes to social issues, we can still create and deal with broadly understood art. Miroslav Tichy is an example of how to stay creative until the end of life, regardless of a person's social status and regardless of what life situation a given person has found himself in.

THE END