

The background of the cover is a photograph of a grey building facade. On the left side, there are three windows stacked vertically. The top window has white horizontal blinds. The middle and bottom windows are dark, suggesting they are closed or have dark curtains. On the right side, a Polish flag (white top, red bottom) is flying on a black pole. The text is overlaid on the right side of the image.

ADAM MAZEK

Diaries

November

2018

p. 1

QUEUE

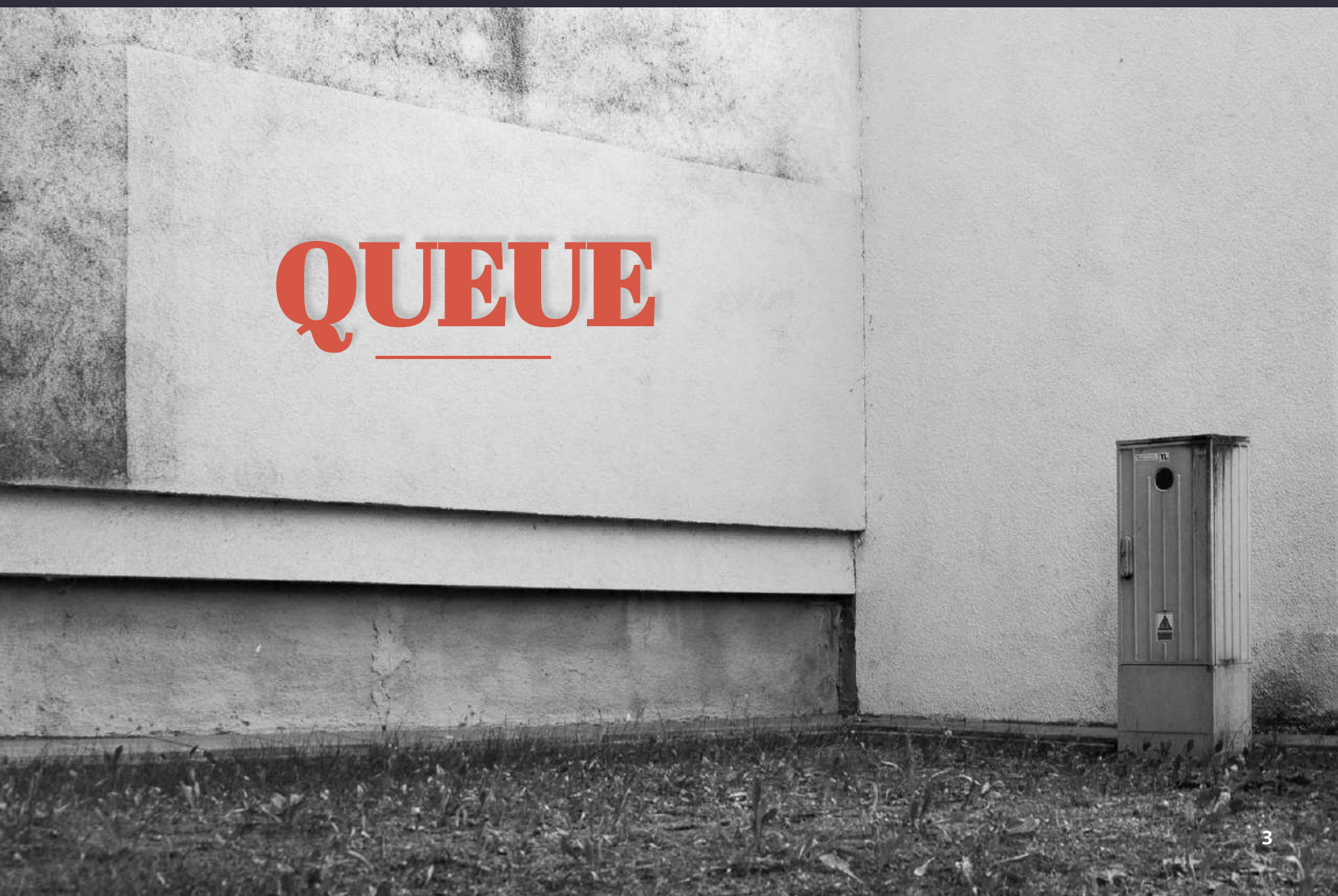


• *Oktadka: post „Poland“*

In one of my previous posts ("Hard Times," Diaries 10.2018 part II), I mentioned that June 2018 was a period when I didn't have much time for my passions. I had limited time to take pictures. Moreover, I also had little time for posting and reading. In the post entitled "The Queue," I wrote that the line with books waiting to be read was getting longer. The fact is, I buy books quite often. When I don't have much time to read new books, there is no point in buying new copies. The moment I see the queue with all the reading items only getting more extensive is the moment when the frustration (from not learning new things by reading) grows. I have already written in my previous posts why we should read. I also explained why it is worth investing in books. The truth is, in many books, you can find wisdom and valuable information that the author wants to pass on to other people.

The situation is similar to my blog. I want to leave a lot of photos and thoughts. How? By saving them in cyberspace. Here at www.adammazek.com. I hope that my works will remain in the memory of posterity for as long as possible. Let us return to the main topic. In May and June 2018, I went to photo school for four weekends in a row. It is worth remembering that I work as an accountant. In the spring of 2018, I could not devote my time and energy to reading. After the end of school, I planned to catch up on reading. I planned to sink back into the world of words, pictures, images, and wisdom created by other people.

Moreover, I wanted to reduce the queue of books to be read. On the other hand, I cannot imagine a situation where I could ever eliminate such a queue. It would be a minor catastrophe, a state where I have nothing to read. Summa summarum, I find that having a line of books to read is not a bad thing.





**TODAY IS
THE DAY**

TODAY IS THE DAY

The fact that most of us tend to idealize the past and that we love to dream about the future, I wrote in the post entitled "Today is the day." Of course, both of these attitudes are fine. However, we often forget about the present. Many people slip through life, suspended between the past and the future. We dream about many things. We are often convinced that the best days are still ahead of us. We also think that the good old days have already been in our lives, in the distant past. I was no exception. I had a similar mindset. I have often looked forward to the future, remembering the past, not rejoicing in today. Fortunately, I don't have that anymore. I believe that today is the best day of my life. I am aware that all of this may sound a little naive. However, I am convinced that there is no better day to start creating your own lifestyle than today. Start building your reality linked to your dreams now, my Dear Friend. If you want to paint - do it. If you dream of taking pictures every day - start doing it today. Have you ever imagined being a writer? Start writing your story today. I encourage you to become the master of your own fate, time, and life. Don't wait for what the future holds for you. Stop blaming yourself for not starting to do something in the past. Don't waste your precious time and energy on useless thinking and idleness. Our dreams are unlikely to come to us by themselves unless we start doing something. For example, if you dream of being a famous photographer, don't wait to take pictures. Don't wait until you have the means to buy the latest camera on the market. Take photos with your phone, for example. Publish them (I sincerely recommend creating your own website). Ask others for advice, listen to them, but make yourself the final decisions about your life. Read books. Study the works of other brilliant artists. Look for inspiration and opportunities. Forget the good old days, bad habits, and don't look too far into the future. Today is the day to start creating your own world. I am waiting for the fruits of your hard work and passion.

Good luck!



BAD NEWS

BAD NEWS

I wrote that hardly anyone likes terrible news in the post entitled "Bad news." I am no exception. When I hear bad news, I often get worried, angry, or sad. My thoughts on sad news are as follows: we should always try to transform the bad news in our minds and try to notice as many positive things as possible. I realize this tip sounds cliché. The truth is, the cliché will tell you the truth. The above method is probably the most effective way of dealing with bad events in our lives. Perhaps I will give you, my Dear Friend, one example from my experience. I already mentioned in one of my previous posts that I got injured in 2011. I had an Achilles tendon hematoma at the time. I got this injury while playing football. My first thoughts after the diagnosis (which sounded: "You need to rest and sit at home for the next three months") were something like this:

*Oh my God! I'll be sitting at home unproductively. I will lose my job. Worse, I will gain weight when idle and won't be able to reduce it for the rest of my life!**

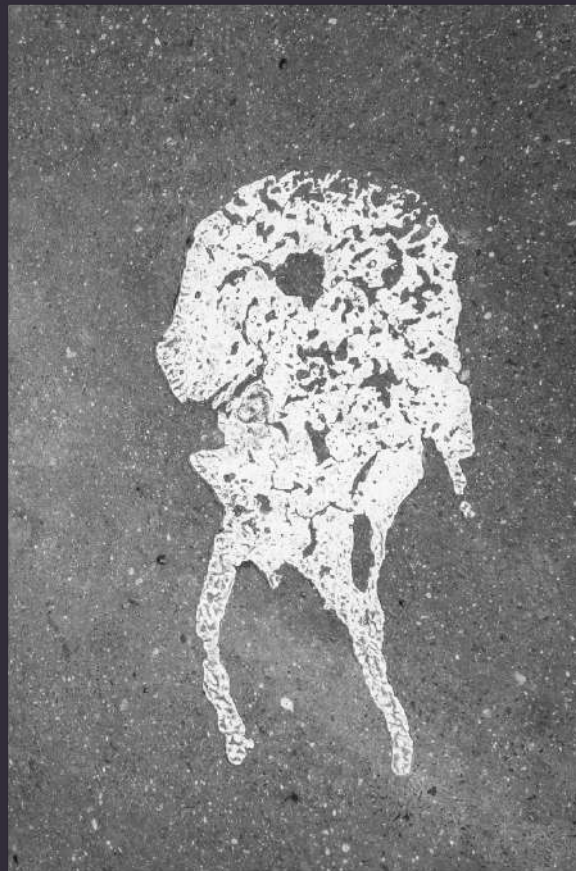
When we hear bad news, we often think that our worst nightmares will suddenly materialize in our lives. Now, seven years after this injury, I can see the advantages of this event, that is:

- while I was convalescing, I started reading regularly. Overall, this activity continues today;
- I lost weight to 76 kilograms;
- after recovery, I began to swim regularly for about seven years;

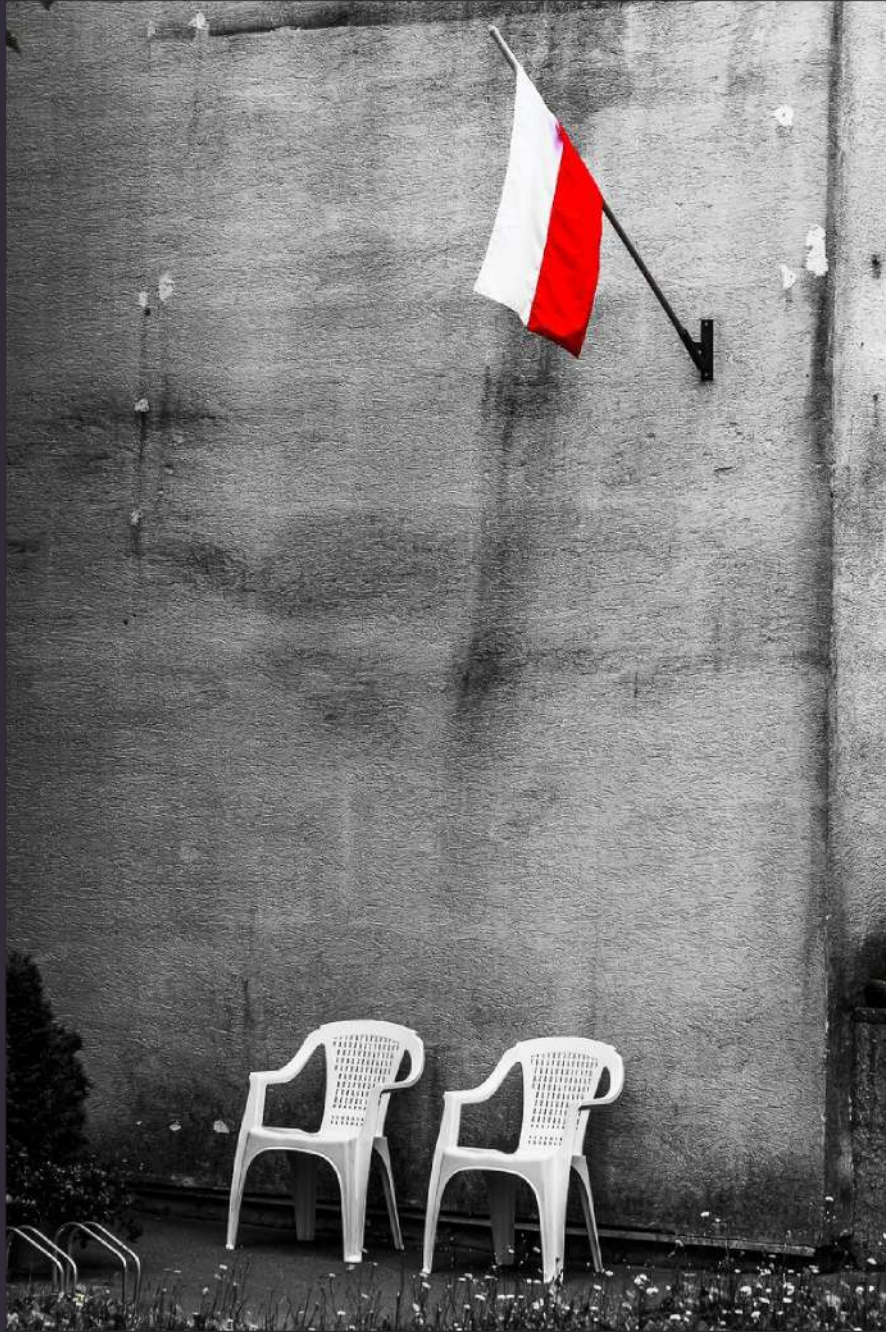
** I weighed 99 kg then.*

BAD NEWS

Moreover, my employer at the time did not fire me due to an injury. I was able to work remotely, so both parties were delighted with this solution. My Dear Friend, I hope you can see that bad news does not necessarily have adverse effects. It is only up to us how we deal with it. If you don't see any benefits of bad news, don't panic. Chances are that the unexpected benefits of terrible news will materialize sooner or later. Of course, I am aware that really hopeless news can come (e.g., the death of a beloved one or information about a terminal illness). But on the back of our head, we should have it coded anyway that, in fact, in the face of death, there is neither good nor bad news in the front of our final end because we will all die anyway. So maybe it is worth treating adversity as a challenge and an opportunity?



- Post „Today is the day.“



POLAND

POLAND

I published my next post on November 11, 2018, on the hundredth anniversary of Poland regaining independence (post: "Poland"). It seems to me that many people can love and dislike their homeland at the same time. I am probably no exception. The fact is that I often see Poland through both a color and a black and white prism. I associate my country as a genuinely gray and ordinary place, especially in the early 1990s. Does that mean people were gray and dull too? Of course not. Overall, I find most people who walk this planet attractive and have something interesting to say. I believe each of us has an exciting story. For me, Poland is not a boring place. In Warsaw, in our capital city, many positive events happen practically every day. Most of the people who live here seem fortunate to live in this place at this time. The fact is that during my lifetime, I was able to observe the remarkable transformation of the country from a communist experiment to a prosperous, almost western, developed capitalist state. I am convinced that there are neither countries nor nations, neither better nor worse. We are all different and equal. Each of us has our advantages and disadvantages. The broadly understood genius and stupidity know no boundaries of time or space.

Geniuses and idiots have been, are, and will be everywhere on this planet at all times. What's the lesson from all of this? Let's respect each other. Just. In the end, we're all going to die anyway. Wouldn't it be better to leave behind a good, positive testimony for future generations? Isn't it better to respect others, no matter where they come from or who they are? The photos presented in the post "Poland" are a tribute to my homeland and all its inhabitants. These photos are also bittersweet, just like my country. Would I like to be born in a different time and place? In short, no. I enjoy what I have here and now, at the same time trying to be the most dignified representative of my country.



YOU CAN GO YOUR OWN WAY



YOU CAN GO YOUR OWN WAY

According to what we can hear in the famous song by Fleetwood Mac, entitled "You can go your own way," we all have the right to choose our own path in life. Probably one of the worst things that can happen to all of us is when someone tries to force us to do something without our approval. It doesn't matter if we're talking about love, school, college, work, or our passion. I always try not to dictate to other people how to live. Of course, if someone asks me for advice, I will do everything in my power to give that person that advice. However, the big difference is giving orders to others rather than giving them directions. Most of the time, people don't want to be forced to act and behave as others wish. Such actions cause anxiety, anger, frustration, opposition, resistance, and even aggression. I avoid as much as I can tell others what they should be doing in their lives.



YOU CAN GO YOUR OWN WAY

This behavior usually causes disagreements and conflicts. I hope, my Dear Friend, that you do not impose your opinion on others. We should all live as we want. If others don't accept it, that's their problem, and they should deal with it without confusing you in this "mess." Forcing others to do what they don't want to do is the first step in human conflict. This applies to virtually all aspects of our lives. Everyone has the right to decide their fate, without the interference of third parties, within the limits of applicable law. We are not the ones who decide for others what they should do. What we can do is advise others and stay focused on our life path. The truth is, we can all go our own way. It is only up to us which direction we choose.

LOUSY MOOD



LOUSY MOOD

Recently I was thinking about a lousy mood. I am no exception and admit that sometimes I have moments in my life where I feel anxious and sad. Each of us does. There need not be specific reasons to be in this mood. For example, we can get up without enthusiasm and be in a bad mood all day long. We have a right to be in a bad mood. Usually, however, we have specific reasons for our grim humor. What exactly is titled lousy mood? Can you imagine a world where all people would smile from ear to ear every day? Can you imagine a case when you get on public transport and see only people smiling broadly? Perhaps I am just a typical Pole, but such a world would be a little nightmare for me.

I believe that causeless sadness has a right to exist and is, in a way, beneficial. Thanks to it, we appreciate moments of happiness. I am convinced that we all have a right to be in a bad mood for no reason whatsoever. We have the right to feel sad, anxious, and fearful. All of these feelings are a natural part of human history throughout the ages. It seems to me that such feelings even help us to survive. Strange and sad states of mind are, as it were, a purification for our soul and our mind. However, we should be aware of what is going on in our heads and control negative feelings. If they last too long or appear too many times in a short time, we should try to ask ourselves: is there something in our life too frustrating and disturbing? If so, if, for example, we have too much stress at work, we should look for solutions to deal with it. For me, being with the closest people (Kamilka, parents, and family, friends), taking photos, reading books, running a website, and playing sports are just some of the good examples of how we can overcome all states of fear and low mood. Artistic passion can undoubtedly heal our mind, heart, and soul.

THE END



LOUSY MOOD

