



ADAM MAZEK

Diaries

09.2019 - p. 1

The first posts published in September 2019 were the first issues of "Diaries" from September 2017. (in Polish and English versions, respectively). I will present covers from the mentioned releases in the current edition at the very end. In subsequent "Diaries" issues, I will publish the covers of the editions that appeared historically in a given month.

- *Post "I've got the power"*





I'VE GOT THE POWER

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I wrote about how photography has given me an incredible energy boost for action in a post titled "I've got the power." For me, creating art is a much better activity than, for example, drinking alcohol. Through taking photos and writing texts, I have the power to create more and more things. I am addicted to it. I don't intend to stop doing it. I feel that this is just the beginning of my artistic journey. While creating, I feel like a child playing on a playground. Thanks to the drug called "art," I don't need alcohol or drugs to cheer up my mundane life. In a previous post, I wrote that I no longer drink alcohol. As a result, I feel that I have much more energy and strength to focus on my beloved Kamilka and on creating. Being in the creative process is a joy for me. I hope I won't leave this state of mind for the rest of my life. I don't need alcohol or drugs to maintain my creative power. As Salvador Dali said:

I don't do drugs. I am drugs.

In a way, I can subscribe to the Spanish genius' quote. What you can see in most of my photos are bizarre fragments of the reality around us. Art has brought strength and energy into my life in a way that was unprecedented for me. I also love reading about art. The best example of inspiring books I recommend are items from Taschen Publishing. Visit their website and find your best art book. The works of Taschen inspire me and motivate me to grow in the field of photography. They give me the strength to move forward. By the way, there is another plus of quitting alcohol: I forgot what a hangover is, which deprives a person of vitality.

• Cover: post "Birthday"

The anniversary of my presence on Instagram was on the 8th of September, 2019. What does this mean for me? It means I want to focus even more on my website and preparing the following issues of "Diaries" and less on the popular social media platform. Instant gratification in the form of receiving likes on Instagram is not the goal of my creative activity. I am convinced that the greatest gratifications and successes will come in the long run - perhaps some will only come after my death. Nevertheless, for a year of activity on Instagram, I posted at least one photo daily, creating consistent sets of three images. As of today, I am slowing down my Instagram-related pace. I want to focus on the blog and preparing "Diaries." Managing an account on Instagram is fun, but it's less passionate and demanding than working on a website and creating a new e-book.

ONE YEAR ON INSTAGRAM





ONE YEAR ON INSTAGRAM

The truth is that I will have less time for Instagram. I have no intention of devoting too much energy to this platform. What does this mean? Do I plan to delete my account? No. I will simply publish less material there. I will not post one photo a day. I have no plans for my account on Instagram. In short: if I decide to publish something there, I will do it. If I don't, I won't do it, and I don't intend to worry about it.

Since you want to publish fewer photos on Instagram, it means you may not have many images to showcase.

Undoubtedly, you could tell me, my Dear Friend. Believe me, I have tons of photos waiting to be published. For example, after a year on Instagram, I still haven't posted any photographs in square format. I will probably do it someday, but I have yet to determine when. I prefer to focus on more meaningful challenges.

BIRTHDAY

I wrote the text entitled "Birthday" a week before my 34th birthday. At the time, I thought about the passing of time and my aging body. I was inspired to write this post by a song by the band The Sugarcubes titled. "Birthday." While listening to it, I realized I would turn 34 on March 29, 2019. I realized then that I knew why, at this age, many footballers think about ending their sports careers. For many of them, the age, as mentioned earlier, is the twilight of their professional soccer adventure. Even if people my age play sports regularly, the flexibility and agility of their muscles are no longer what it was before. Of course, if one leads an active lifestyle (as in my case), there is no tragedy, but I just feel in my bones that my body no longer resembles a 20-year-old. All of these reflections brought me thoughts about passing. I am getting older. As a child, I dreamed of becoming a famous soccer player. Marco Van Basten, Roberto Baggio, Alan Shearer, and Zinedine Zidane were my favorite offensive footballers.

• *Post „Birthday“*



BIRTHDAY

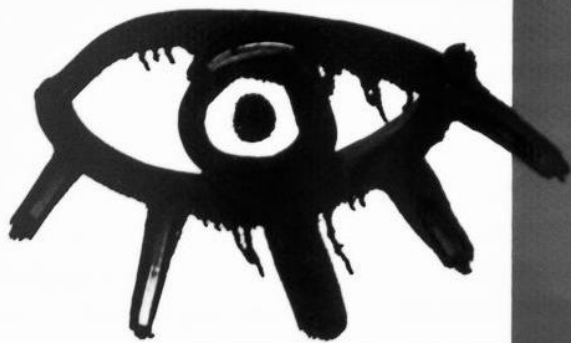


I dreamed of becoming like any of them. Now I realized that my dream would never come true. Of course, I knew this years ago - I didn't practice soccer regularly except in the early years of elementary school. Now I feel that my body's broad physiology is against my childhood dreams. Am I going to despair because of this? Of course not. It's not my style. After all, I have a passion called "photography." I can take pictures, write texts, and blog practically for the rest of my life. This is the dream of a 34-year-old. To be healthy for as long as possible and to pursue my passion. I have already lost the opportunity to fulfill my childhood dream. Therefore, I will do almost anything to achieve my middle-aged dream. I guess only illness or economic disasters can prevent me from realizing my artistic goal.

PS

I published the post "Birthday" on September 11, 2019, the day after my beloved Kamilka's birthday. Happy Birthday my Dear!

THE CURIOSITY OF THE WORLD



THE CURIOSITY OF THE WORLD

I wrote about being curious about almost every area of life in a post titled "The Curiosity of the World." What scopes do I have in mind? These include religion, science, alchemy, culture, art (including painting, music, cinematography, photography, literature), philosophy, fantasy, sports, finance, and psychology. I learned a lot about the things mentioned above, among other things, through reading books. The novels of Fyodor Dostoevsky and Stanislav Lem are the items that impressed me the most. Books by the German publishing house Taschen also gave me many positive experiences and inspiration. Undoubtedly, all the books I have read have broadened my horizons and aroused my curiosity about the world with new territories previously undiscovered for me. However, as is usually the life case, there is also the other side of the coin. While reading and learning new things, I am aware that my capabilities, and above all, the time given to me, will not allow me to know everything in depth. This is a cognitive tragedy. The essence of this tragedy is any limitation in the ability to understand the reality around us. No one will ever be perfect. Therefore, we will only understand a few phenomena and processes occurring in the Universe, for example. Even if I read all the books of the Taschen publishing house and all the positions of excellent writers (e.g., Marcel Proust or Thomas Mann), it would still not be enough to gain knowledge about life in the broadest sense. Curiosity about the world would be satisfied only to a small extent. In the long run, the desire to learn the mysteries of this world would only be intensified. The tragedy is that if I read literally everything humanity has written throughout its history, I would still not know the answers to fundamental, existential questions. This kind of cognitive tragedy will accompany me and everyone until the world's end.

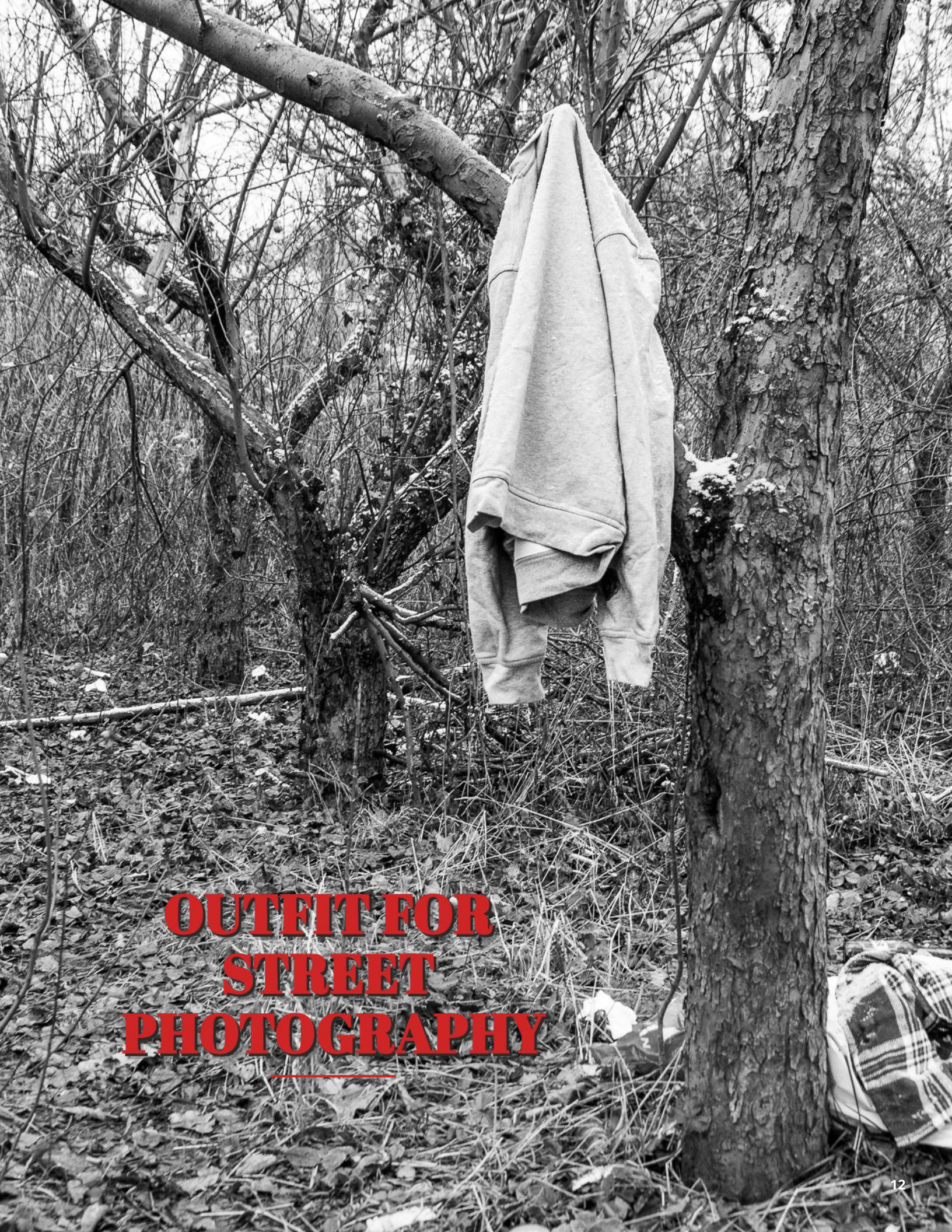
THE CURIOSITY OF THE WORLD

Does this mean we should stop asking questions, growing, learning, exploring, and discovering new things? Should we give up all efforts to solve more dilemmas and mysteries that life provides us?

Undoubtedly, you might ask me, my Dear Friend. No. I believe curiosity about the world is deeply encoded in human DNA. Humans possess an eternal desire to discover new things. It is our beautiful trait. Curiosity about the world lives in most of us. Let's nurture it in ourselves because it makes us develop, as a civilization, in many directions. Let's live with courage, a smile, and endless curiosity about everything around us.

• Post "The Curiosity Of The World"





**OUTFIT FOR
STREET
PHOTOGRAPHY**

OUTFIT FOR STREET PHOTOGRAPHY

Recently, a colleague asked me how to dress when I want to take pictures on the street (post: "Outfit For Street Photography"). In my opinion, the worse, the better.

Why? Isn't it fun to wear cool clothes while walking around with a camera in hand?

You could undoubtedly ask me, my Dear Friend. First of all, I think it's safe to wear plain, inconspicuous clothes. During our walks, we may encounter various people. They may be aggressive, drunk, or under the influence of drugs. Some may want to steal a camera. I believe one should simply minimize the risk by wearing unobtrusive clothing. Wearing plain, worn clothes has an additional advantage. While walking on the street, you can get dirty, for example, in puddles or mud. Getting an old T-shirt dirty is always better than a new one. Remember, my Dear Friend, that the best outfit is one in which you will feel comfortable. If it's freezing outside and you don't have gloves, you'll probably end up walking faster than you think. Also, remember to wear the right shoes. Wearing warm and comfortable shoes is essential for a long hike. Without it, you won't make long miles with your camera in hand. Another essential item of clothing to remember is a rain jacket. In Poland, rain can occur practically all year round. Therefore, it is perfectly reasonable to have something so you don't get wet while walking. A hood in a jacket or sweatshirt can save your walk. I do not recommend umbrellas because they are bulky. Carrying a camera and an umbrella simultaneously will quickly discourage you from walking and taking pictures. Remember to wear a hat during the hot summer so that the scorching sun is not your worst enemy. In conclusion, my Dear Friend:

- Remember that wearing old, casual clothing (such as a T-shirt and worn-out jeans and sneakers) is much better when taking photo walks. You'll minimize the chance of being robbed and won't strongly regret getting dirty.
- Analyze weather forecasts and be prepared for freezing temperatures, rain, or a heat wave.

READ!

In another post, I wanted to encourage you, my Dear Friend, to read. If valuable information enters your mind, good things will undoubtedly come out of it. Have I already written that I love to read? Many times. Nevertheless, if something is worth repeating, I do it. I never know who will start reading my blog and when. Therefore, I often repeat myself. Why is it worth reading? Reading opens the mind and develops our imagination. It brings a lot of wisdom. I believe there are three main, most effective ways to discover the world and gain knowledge (random order):

- 1) talking to other people;
- 2) traveling;
- 3) reading.

In the current text, I will focus on point No. 3. What books could I recommend? In 2013, I read almost all of Fyodor Dostoevsky's novels that have been translated into Polish. The famous Russian novelist is the first author that came to my mind. Thanks to Dostoevsky, I began to sincerely respect all people, without exception. Another genius worth recommending is the Polish science-fiction writer Stanislaw Lem. His books talk about science, artificial intelligence, philosophy, psychology, faith, and religion, among others. After reading the works of the Polish author, your imagination will undoubtedly be adequately nourished. What books am I currently reading? These are mainly items from the German publishing house Taschen. Reading, analyzing, browsing, and contemplating books in which texts, photos, and graphics are intertwined at the highest possible level is a feast for the eyes, mind, and imagination. Taschen books are an endless source of inspiration. As I wrote in the first sentence of this text: if valuable things enter your mind, good things will also come out of it. The fact that I started preparing and publishing "Diaries" is undoubtedly a perfect example of how really cool things can happen thanks to reading. In conclusion: read, my Dear Friend. Provide your mind, imagination, and soul with valuable "food."



ADAM MAZEK

Diaries

September
2017



THE END
