

I AM

absolute freedom





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[In your Face]

ANYWAY, SOMETIMES I think that life is all wrong. We have to go to school when we are so young we won't remember even half of the things we are taught and we would love to be anywhere but stuck behind a desk listening to some asshole. Then, we have to decide which university we'll attend when we are still too dumb to understand the importance of it and many times what our best friend chooses is OK for us too. We spend the first years at university having fun instead of really starting to plan our future (and we really should care more for it; according to a famous quote "future is where we'll spend the rest of our life"). And then, when we finally see the light at the end of tunnel - that is, when the much anticipated REAL LIFE begins - we just end up living according to the Program's plans, ambitions and schemes. So, not having planned anything or almost anything about our future, we just live our life following somebody else's Program, be it society, family, "fate" or you name it.

Just find a man or a woman and have kids to believe you have accomplished something. That's where the Program reaches its best. I know, it's damn easier to believe that somebody else can make your life special and worth living than working on it day by day. It's damn easier to adopt the Program's dreams than to work on your own Personal Legend as Coelho loves to call it. First, because in order to work on your Personal Legend, you have to know what it is FOR REAL. And that's not as easy as borrowing somebody else's idea of a dream. **You have to forget all the brainwashing related to "what life should be about" and work on your own project, no matter what it is, no matter what it takes to make it come true.** No matter how much solitude you'll have to face and how hard you'll have to work. But, believe me, having a dream, YOUR OWN DREAM, not that dream you've been told about by someone else, makes a HUGE difference in your life. And fighting for it, failing, sweating, crying, falling and starting over and over again are all part of living it.

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Nobody will ever be able to give you what you are not able to give yourself in the first place. You have to be a whole and complete person and to know how to stand alone to be able to LOVE in the widest and most sacred sense of this word so overused and misused as a few others. Most of the time, we just mistake the Higher LOVE with somebody able to temporarily fill our voids, gratify our ego or satisfy us sexually.

Don't get me wrong, finding the ONE, having kids, are wonderful things. But I suspect that too many people just use them as scapegoats for a frustrated life. Since the day we are born, we are told that LOVE and FAMILY are the solution to all of our problems. That the moment we find THAT special person everything will change and will be wonderful and perfect. Great, just look around you or maybe look at you. What do you see?

Women are raised with that goddamn myth of Prince Charming on his white horse, ready to save us from the shit of life and the world. This very unique human being created for us only, who will make our life complete and oh-so-happy. COME ON!

Seems like once you are married and have kids you can finally stop working for your dreams. It's so wonderful that you're living for your kids, that's the perfect escape and society is damn happy that you too have entered the world of the mature and special adults who care for the survival of the species, ready to sacrifice their own dreams for some (unspecified) higher good.

So many people go around with that kid in their arms and they seem to scream: "Look at me! I have a kid, I have a family!"... oh well, fine... so what? Does that make you special? Have I missed something? I get so fucking mad when I hear people in a relationship or married or with kids saying that now they have to put their dreams aside "because, you know, those days are over for me". Come on! First of all, stop fooling yourself. You were just waiting for somebody to give shape to your life and future. And now you have the perfect excuse. You are a wife, a husband, you have a family, you have responsibilities. You just HAVE to put yourself aside for the "higher good". So from now on you can be frustrated as much as you like and feel mature and so generous because you're doing it for somebody else. And society is just so damn proud of you.

"What's the world greatest lie? It's this: that at a certain point in our lives, we lose control of what's happening to us, and our lives become controlled by fate" (Paulo Coelho).

Could the Program be more perfect than this?

Denying yourself for somebody else. That's one of the worst sins you can commit.

To love your neighbor as yourself, you HAVE to love yourself in the first place. You cannot just love somebody else to make up for your lack

of love for yourself otherwise you'll just be driving other people crazy because they don't love you enough or they don't love you the way you want to be loved or they're not the SOLUTION you thought they would be and so on and so forth. **When LOVE should all be about being your WHOLE self and let your beloved ones be whoever they want to be.**

If you don't start working on your Program right now, there's no way someone will come and set you free from the 'standard' Program. You and only you can liberate yourself. If you don't know who you are, if you don't have a sense of purpose, if you don't know what you want, how can you possibly hope to get it? Keep having ordinary dreams, dreams "sponsored by the Program" and that's exactly what you'll get, like it or not. You are building your own cage, whatever you choose it to be.

Your life is here and now. Don't wait for something to happen or not to happen to be happy. Don't wait for other people to change to make your life perfect. It'll never be. You are the one who has to work on it 24x7x365 to make it the masterpiece you were born for. You and only you, not your wife, not your husband, nor your kids. Don't dream about what you'd love to do, DO IT like they say in the Rocky Horror Picture Show (I LOVE THIS MUSICAL, I must have seen it 100 times!!!).

Your self-imposed cage is open, it's always been open, right there, in front of you. Set yourself free.

[Kids with a Dream]

6

FUNNY THING is that society wants us to get with its Program, wants us to conform and be slaves, but then it thrives and grows thanks to those people who didn't agree with that and followed their own path.

If all those kids with a dream, like you and me, be it music, acting, painting, writing, science, revolution or you name it, had obeyed their parents telling them to "cut that hair and get a job", we wouldn't have music, movies, paintings, technological advances and books to dream on and fall in love with.

If Freud and Jung had stuck with the psychological view of their time, we would still drill holes in people's heads to release the evil spirits. If all those people who had a great idea in the past had stuck with the mainstream views of their time, afraid of differing even if they felt they had

got it right, we wouldn't have TV, radios, medicines, cars, planes, telephones, shoes, clothes, pencils, pens, cell phones, electricity and any possible thing you can think of.

We would still be in that cave, a fire to keep us warm and hunting to get some food. **Now we're only in another kind of cave, the one Plato told us about, hundreds of years ago, but we're still there, in chains, looking at a wall where shades of human figures and objects are projected, like in a movie theater or on TV.** And we're so stupid that we waste our lives looking at that screen, thinking that what we see is real. We're so blind that we stone that man who manages to get rid of the chains and escapes, sees the sun, the light outside, the real world. Instead of listening to that man, we stone him when he slips back into the cave to tell us about the sun and the light, showing us the way to leave that dark cave behind forever. But we're so deaf we don't want to listen, we waste our life looking at that screen, at those images, believing they are real because many people are looking at them with us, and that man is alone, so he must be crazy. He has to be stoned or locked up in a cage, because the cave is all we need to know about reality. Because we're scared of what's outside, the sun is too shiny, its blazing light will make us blind if we look at it.

Well, of course it will dazzle you for a while, your eyes aren't used to the light, the cave is dark and that's what you're used to. But that dazzle won't last forever. And the sun will only make your path clearer, but I don't wanna repeat the whole story.

You already know what I'm talking about.

Now get in the action.

"Darkness imprisoning me. All that I see, absolute horror. I cannot live, I cannot die. Trapped in myself, body my holding cell" (*One*, Metallica).

[Be your own Idol]

POSITIVITY AND negativity are only states of mind. Life is a state of mind. Life is what you make of your day when you think about it before falling asleep.

So, if it all depends on you, and you can choose, why do you wanna waste your life being negative?

Cursing the weather because "today's raining and I hate it" or "the

sun's shining, but, fuck, it's too hot".

Wasting your time with people you don't really care about or don't really like because you're scared of solitude.

Letting the Arrogant and the Asshole crush your rights because "who knows what's gonna happen if I speak my mind or let them know what I think of them". Nothing will happen! The only thing that WILL happen is your own self-liberation. That's what will happen.

Cursing people because "they don't let me live the way I want and they don't let me do the things I like best". Well, that's only a self-imposed cage. It's only in your mind. **Learn to accept all the negative labels other people stick on you all the time. You'll never be able to please them all. So just be yourself. I promise you that those labels won't be a burden to carry. You won't feel them on your shoulders. The ones who stuck them on you will be the only ones who see them.** And you will shine so bright up there, where they'll never get because they are still in that cage you've managed to break. Accept what other people may think of you. That's part of the game. Please one and you'll piss off another. Just be yourself. Just live your life. Just flow. Other people are important only in the measure you wanna make them important. **If your identity is just a positive or negative label somebody else is sticking on your back, they can take it away from you any time. That's why your image, your identity, your confidence have to come from within:** only this way you can be sure that nobody will ever be able to take it away from you.

Other people don't have to accept you if they don't like you. But you can decide not to give a fuck about that. They should respect you anyway, but that's a different story.

It's all up to you. It's not egoism. It's self-determination. It's living your life as you like best. Stick your labels all over me. You're the only ones who see them anyway.

There's no way other people can know what's best for you or makes you happy. And you have a right to both things. Are you a person or a puppet somebody else created for their own satisfaction? That's the second part of the liberation. You'll be able to stand alone. And that's great. It's not an ode to being an hermit, simply you can wait for somebody who suits you best without feeling lost.

Walk on, no matter what. On your path. It's so well worth it, it's impossible to nail down in words.

That's the path to self-liberation. And it all depends on you. You can change your life anytime you feel something's not quite right in the life you're living. Why do you wanna get used to something you don't like? You can change it, fuck! You have to change it! You owe yourself the best. Nothing less. Love yourself. Stop admiring people who follow their

dreams and start pursuing your own. NOW. Don't waste your life in frustration. Make a masterpiece of this fucking life you've been given. It's all up to you. Do you hear me? It's all up to you. And there's nothing better in the world.

Man, it's such a wonderful sensation. It's so empowering. That's the word. It's so damn empowering. You'll feel so strong, so confident, so capable of living your life your way. It's so empowering that it makes me dizzy. Everybody's entitled to their own way. Live your life and let other people do the same. Your vision, your truth, your way are yours. Other people are entitled to theirs just as much.

Stop adoring idols and become your own idol. Stop trying to affirm yourself through somebody else, an ideology, a religion, through your kids, your friends or your idols.

**Affirm yourself through yourself.
YOU ARE.**

9

Other people don't have to accept you if they don't like you. But you can decide not to give a fuck about that. And walk on your shiny path no matter what. They should respect you anyway, but that's a different story.



ART DIRECTION & DESIGN BY www.doctordesign.it

PRINTED in January 2010

I like to think
that I'm a pure soul.

In a world that's all about money
and fame and selling an image,

I don't give a shit.

I'm looking for inspiration
and I want to inspire people.

That's all I care about.

I'm here in front of you, naked, raw and proud.

I have no alibis, I have no masks.

Look into my eyes and you'll see my soul.

I got nothing but myself, my words and my experience to offer.

I've been living most of my life in an open cage made
of expectations, fears, false myths, so-called truths,
self-imposed limits and other people's judgments.

And waking up has not been easy.

But now I know that the sky is not the limit,
it's just another launching pad.

Anyway, I'm not here to teach nor preach.

I don't hold the truth. I'm learning on the go.

How to find my own path in the middle
of everyone's idea of perfection.

Follow me if you like.

**This world needs a revolution.
You and I are the chosen ones.**

ISBN 978-0-615-34606-9

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