

I AM

absolute freedom







Copyright © 2010 by silviamick.

**This work is made available under the terms of the Creative Commons Attribution-ShareAlike 3.0 license:**  
<http://creativecommons.org/licenses/by-nc-nd/3.0/>

**YOU ARE FREE:**

To **SHARE** – to copy, distribute and transmit the work

**UNDER THE FOLLOWING CONDITIONS:**

**ATTRIBUTION** – You must attribute the work to silviamick ([www.silviamick.com](http://www.silviamick.com)), but not in any way that suggests that they endorse you or your use of the work.

**NONCOMMERCIAL** – You may not use this work for commercial purposes.

**NO DERIVATIVE WORKS** – You may not alter, transform, or build upon this work.

# [Intro – Snuff Life]

Are you ready for revolution?  
Are you ready to think with your head?  
Are you ready to be your whole unapologetic self?  
Are you ready to become your own idol?  
Are you ready to fulfill your potential?  
Are you ready to follow the road to ever-evolving un-perfection?  
Are you ready to stop being brainwashed?  
Are you ready to get rid of all distractions and focus on your life?  
Are you ready to become your worst critic and your best friend?  
Are you ready to admit that you're responsible for all of your failures?  
Are you ready to say goodbye to your certainties & feel stronger than ever?  
Are you ready for Absolute Freedom?

A collection of thoughts. Past, present and future mixed up. I was driving myself crazy thinking about how to make all this shit coherent and consistent. Fuck it. This is my life and I'm not coherent nor consistent. I don't wanna edit my life. It doesn't have to be made more understandable than it is right now. It's a life. It's mine and I'm proud of it. It's just past and present with a few glimpses of future. This is me.

**This is not a fucking novel, this life is not a Hollywood blockbuster, even when it seems to be, no sir, we all live in a fucking snuff. The characters won't survive in the end.**

**I'm not here to reassure anybody. I'm not here to offer easy solutions. I just have a few things to say.**

**I got no alibis. I got no masks. I am here in front of you, naked, raw and proud. Look into my eyes and you will see my soul. I got nothing but myself, my words and my experiences to offer. In this book you'll find my blood, my flesh and my soul.**

I'm not the perfect one who always knows what to say or do, how to dress and be smart and funny. I do NOT always get what I want, no matter how hard I try or the blood I spit.

I'm just learning on the go. How to be myself day after day, no matter what and who is around.

And I only know the road to un-perfection. The world's Program, its smooth path is always there, in front of me. How can I prevent my life from being trapped by it? In a world which is full of shit, is it possible not to end up smelling? It's so easy to lose yourself and become just

another puppet.

**That's why the easiest path is just an illusion, freedom lies in the hardest ways. You can never imagine the discipline it takes to be yourself and stay true to the core of your being when everybody wants you to live according to their idea of perfection.**

Enjoy. Too many books tell you how you should be and feel and behave. This is NOT one of those.

I don't hold the truth. I'm learning on the go. I'm a spiritual roamer. Never stopping on surface nor accepting the most common view or opinion. Defying common sense, hypocrisy and righteousness. To find my own meaning.

I'm a spiritual researcher. I'm on my own spiritual mission to create my own religion and make it perfect for me.

Sampling reality and any single experience to create my own life and find my direction.

I hope this could be the beginning of a mutually satisfying relationship between me and you who are reading this book.

Follow me if you like. This world needs a fucking revolution. You and I are the chosen ones.

If you feel offended by f-words and swearing, don't go on reading.

Also, don't forget to wear earplugs and close your eyes next time you're on the bus or at the mall.

Excuse my lack of grammar, structures, idioms, vocabulary, phrasal verbs and everything else.

English is not my mother tongue.

5

## [Contacts]

Website	<a href="http://www.silviamick.com">www.silviamick.com</a>
E-mail	<a href="mailto:sss@silviamick.com">sss@silviamick.com</a>
Facebook	<a href="http://www.facebook.com/silviamick">www.facebook.com/silviamick</a>
Twitter	<a href="http://twitter.com/iam_silviamick">twitter.com/iam_silviamick</a>
MySpace	<a href="http://www.myspace.com/egoproblem">www.myspace.com/egoproblem</a>

# [Naked & Proud]

I AM HERE. In front of you. Naked. Vulnerable, you may say. But that's only apparent. Deep inside I'm stronger than ever. Stronger than I ever thought I could be. I'm strong enough to share my inner life with you who are reading this book. I'm strong enough to share my deepest thoughts and feelings with whoever is reading. With whoever I come across daily. My armor is still there, but now it's inside of me. You can really kick the shit out of me, but you won't hurt me. Because my identity, my life, my confidence are deeply rooted in myself. Before, I was so vulnerable because I was too scared to lose my identity. A single word, a look I didn't like, an attitude opposite to mine, was a major threat to my whole being. Because I was looking for myself outside of myself. All I was looking for was the world acknowledgment. My identity was com-

**I HOPE this could be the beginning of a mutually satisfying relationship between me and you who are reading this book.**

**Follow me if you like. This world needs a fucking revolution. You and I are the chosen ones.**

pletely connected to the image I saw reflected in other people's eyes, in their words, in their attitude towards me.

I believe that there's more to life than what I've been taught and told since the day I was born. I believe that there's more to life than what other people try to sell me as reality, truth, the right way to be. I believe that life lies in the path in-between achievements. **It's not what you get that makes your life worth living. It's how you get there. It's not about who you know. It's about who you are.** Life is senseless, it's absolutely meaningless. No matter what you do, you won't get out of here alive. So forget about your beliefs, forget about your convictions, forget about what the world wants from you. Forget about everything that doesn't come from inside of you, spontaneously. I believe that everybody has a mission to carry out. And our hardest task is to find out what that is. How can you do it? Living.

"I do not tremble. It is just a little bit of me that crumbles away"  
(Bye bye Bombay, Afterhours, my translation).



**ART DIRECTION & DESIGN BY [www.doctordesign.it](http://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

5 1500 >



9 780615 346069