



About time, free will & will power -

Del tiempo, el libre albedrío y la fuerza de voluntad

 Mi laptop se despierta relampagueando, y espero asombrada de tanto relampagueo, mientras escucho un ruido en mi oído que pretendo ignorar. Es un ruido que me recuerda que no hay nadie aquí alrededor, y que tengo que ser positiva o sino nadie allá afuera leerá este blog. Pongo esta canción para no escuchar mi miedo al Tinnitus y a quedarme sorda como mi madre: <https://www.youtube.com/watch?v=4XdqCjtveTw> y continuo. Andrew Bird me da alas....

Ya tengo todo actualizado y la última versión de los Beta, nada me impedirá comunicarme con los internautas allá afuera y mover mi maquinaria. Una de las cosas que siempre me digo: *"Think about willpower as a muscle that can be strengthened and improved with practice."* Lo pienso en Inglés, sí, no sé por qué, y no se me antoja traducirlo en Español, no sé por qué, google it. Hoy es domingo y mi día del libre albedrío. Hoy pienso en el día que una colega y amiga alemana me recalca que su independencia y todo lo había logrado por su propio esfuerzo y su propia cuenta, y que somos dueños de nuestro destino. Me lo repetía como enfadada conmigo. Mientras me lo repetía, mi mente conflictiva como siempre pensando más de la cuenta, se apresuraba a recordarme el millón de achaques y operaciones que me había contado que tenía, y a uno de mis documentales favoritos del canal "The School of Life" sobre el famoso libro de psiquiatría: "The body keeps the Score", este aquí: <https://www.youtube.com/watch?v=QSCXyYuT2rE>. Me quedé callada, me dio miedo responderle pues tenía un temperamento que creo que ni Hipócrates ni Galeno hubieran logrado clasificar: colérico, melancólico, flemático, y sanguíneo ...nada, se quedaron cortos. El caso es que después de un par de meses pensando en eso, le envié un enlace de la exposición: The Vanishing Bodies del artista Sabatino Cersosimo: <https://www.sabatnocersosimo.com/> en el instituto Marx Planck de Antropología Evolutiva en Berlín, pero no me respondió. Quiero invitarles a que vengan también. Hagamos una foto!



 My laptop wakes up flashing, and while I am waiting to stop it, wondering what the f.. lash, I am listening to a noise in my ear that I would rather ignore. It is a noise that reminds me that there is no one in this room, and that I have to be positive. Otherwise nobody will read this blog. I play this song to distract me from my fears of having Tinnitus and getting deaf like my mother: <https://www.youtube.com/watch?v=4XdqCjtveTw> and I continue. Andre Bird makes me fly...

Now I have everything updated already, my laptop is set up with the last Beta version, and nothing will stop me from communicating with webssurfers out there and move my machine. One of the things that I always tell myself: *"Think about willpower as a muscle that can be strengthened and improved with practice."* I think about it exactly like this, in English (this is not a translation from Spanish. Those who look for the Spanish equivalent need to google it because I don't feel like doing so. Today is Sunday and my free will day. I remember the day that a colleague and friend reiterated that all her independence and all her success and accomplishments were achieved by her own means and that we are all the owners of our own destiny. She stressed it as if she would have been angry with me. My conflictive mind then, as usually, would speed up thinking more than what it should, and remember all the ailments, surgeries, and pains she had told me about, and one of my favourite videos from the youtube channel: "The School of Life" about the famous book of psychiatry: "The body keeps the score", this one here: <https://www.youtube.com/watch?v=QSCXyYuT2rE>. But I kept silent, afraid of her temper, she had one of those temperaments that neither Hipócrates nor Galeno could have ever managed to classify: sanguine, choleric, melancholic and phlegmatic, all fall short of that classification. Anyway, after many months of ruminating about it, I sent her an invitation to the exhibition: The Vanishing Bodies by the artist Sabatino Cersosimo: <https://www.sabatnocersosimo.com/> which is being displayed right now in the Marx Planck Institute of Human Development here in Berlin. But she never replied. I would like to invite you too. Let's make a picture!