

Note to Self
REMEMBER ENERGY

ESSAY/SCRIPT
BY CALLE HOLCK
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*Deep breath
Close my eyes
Thinking about my chest support
Open my eyes¹
Focus*

Calle Holck

AA
AA
AA
AA
AA
AA
aaa!

*Deep breath
Fresh air fills my lungs*

Calle Holck

Let's go! Let's do this!

Energy. If it comes to one thing that I can't live without it is energy. And I need lots of it! If I narrow everything down to find the essence of what I do it all starts with energy. And hopefully it ends up with more energy.

This is an arbitrary investigation into what gives and what takes energy. A personal attempt to find out how I in the future will be able to give and get energy from the surrounding world. And what is required to succeed.

Often I see my life and what is happening to me as scenes in a movie. My artistic ideas always start as moving images inside my head, that's why my essay takes the form of a script. It is the best way for me to describe what is happening in my life right now.

I'm not working after a scientific method. I don't know what to call it?

Calle Holck

It doesn't matter, who cares? Lets go!

One thought gives birth to another. That is how I'm going to work.

Calle Holck

YEAH!

*Looking around
Searching
What will be found?*

Calle Holck

AHA!

This is an essay/script full of clichés and naïve thoughts.

Calle Holck

Ba-Ga-Da-Dich! (drum and cymbal)

I LIKE IT! No excuses!

The first thing that comes to my mind is the Hollywood movie "Coming to America"² starring Eddie Murphy. His character got great attitude and great energy. Pretty naïve but still I liked his style and how he approached people.

Calle Holck

Eddie: Good morning New York!

Bum on the street: Fuck You!

Eddie: (With happy voice) Fuck You Too!

You will find that I often refer to movies and music. I want everyone to know that I can see the difference between real life and fiction in the movies even if it doesn't seem that way sometimes, at least not for me. My life is not a movie but my thoughts are in a script.

Calle Holck

The thing with movies is that they are the great escape from my own life. To enter fiction and see "true love" and people that are living fascinating lives. I go there instead of thinking about what I should do in my own. It is like yoga for me but also like candy. Not very healthy if I eat too much.

Humor

When it comes to life I can be so serious. And I should be. Life is a big thing! I mean that's what it's all about, living. But like in the Movie "Life Is Beautiful" there are different ways to handle situations. Of course there are things and situations that suck big time. But with humor you get extremely far. And I think it's important for me to remember to not take things so seriously. Especially when it comes to art, which is the field I'm working in.

Calle Holck

For several years I thought that art sucked. I couldn't understand what the point was in most artworks. - A monkey could have done that! I was very fast in judging. Until one day in my pre-Art/Design school. I was late to an Art Theory class. I came in to the classroom and the whole class was silently watching a movie. I whispered to my friend asking what I had missed. She told me that Joseph Beuys was

climbing a ladder and modeling a piece of a corner of his studio in fat. I looked at the TV and that was exactly what I saw. Joseph climbing a ladder and slowly, carefully modeling the fat. The movie lasted 30 minutes.

Something happened to me after this. My attitude changed. Instead of thinking that the movie was crap I thought that it was really funny. I started to like art and see the humor in art. Not always intended by the artist ... but for me art became much more fun to look at. For me it was an invitation to not take everything so seriously. Thank you Joseph!

When you think that things sucks in life it takes a lot of energy and also gives birth to a lot of negative energy. Why waste my time thinking that things are bad when I can see the fun aspect of situations, art and life.

Negative Energy

People talking shit about other people.

Calle Holck

Good Damn! I hate that shit!

Everyone does it but we should fucking fight it! I think that must be one of the most destructive forces in the world. It's so easy to get pulled in and down by the shit talkers. So how do you fight it?

Closing fists around invisible nunchucks³

Jumping up

Battle pose

Punching a hole in the air

Feeling better

The circle of shit⁴

The circle of shit is to be somewhere you don't want to be. To go somewhere you don't want to go. To question yourself before you have started to do what you want to do. Negative energy spiraling downwards and no matter how hard you try everything (the shit) it keeps coming back to you. It's easy to get drawn into that circle. But most of the times it doesn't take much to get out. The smallest thing can make you leave the negative spiral.

Calle Holck

Most of the times I think people like to feel miserable. I can find myself being mad at everything. Fucking weather, Fucking people, Fucking Fuck! Why?

Again - we must fight it!

Calle Holck

Fight, Fight, Fight in the night!

Fight that feeling that if I only did that, if I only had done this, I would be happy. Be happy now!

Calle Holck

I can't believe I'm saying this but... *Carpe Diem*⁵!
Let's all tattoo that on our chest mirrored so we read it while looking on ourselves in the mirror. No! Let's skip the Latin and write: **!YADOT FEII RUOY EVIL**. Straight on! No detours. A reminder I need every day.

The same with *Carpe diem* that you can't really say without pretending that it is a joke. Like in the movie "American Beauty". When one of the main characters shows a movie in which a plastic bag dances in the wind. Beautiful and magic right there. Watching that was good energy and a great reminder of the beauty in the small things that surrounds me. But still I have a hard time saying that I like it.

Calle Holck

I like it! I really like it! But you are right it feels like you have a hard time saying that you like certain things. By the way do I have that film?

Of course, but not now. Back to what we talked about, live my life today is precisely what I should do! I should be more attentive to what is going on in my life and the beauty that surrounds me everyday.

Calle Holck

I read that the average person worries about something 27 hours per week. That is two days per week of constant worries when you are awake. Then there are five days left to try to regain your strength. I just realized that I have lost two days of every week in my life since I was like five years old. That's 2392 days! That is six and a half years of worrying about stuff.

We have two emotional systems in our brain⁶, the negative and the positive. The negative side is much stronger than the positive. We have to work hard so that the negative emotions don't constrain us completely.

The smallest things (1 to 6)

They are all around. The small things that I need to get out of the circle of shit.

1. To hear that song with the right beat:

Calle Holck

(Sings AC/DC song "Live Wire" instrumental intro)

Hear the base
Bumbumbumbumbumbumbumbumbumbumbumbumbumbum
Then the guitar!
Braw bruw braw, Braw bruw braw, Braw bruw braw,
Braw bruw braw
The base is in the background of the guitar and the
drums, THE DRUMS!
Wa waho, ts ts ts, Wa waho, ts ts ts, Wa waho,
ts ts ts Wa waho, ts ts ts

*Looking good
Knowing so
Walk in a steady rhythm
Hear the first tone and know
It's going to be a good day
The coolest guy in town is back*

When it comes to music I have been as conservative as I once was with art. I went around and was mad on everything that wasn't Rock'n Roll or Heavy Metal. But having a lot of opinions about stuff you never really give a fair trial just becomes boring and destructive after a while. I think that you can find something beautiful in all kinds of music. The same beauty as in Art. Sometimes you have to look really hard and sometimes you overlook it. But it is there somewhere.

Calle Holck

Peace and Love man... Fucking Hippie!

Sorry! I know how it sounds but still I believe it!

Calle Holck

I know you do.

Calle Holck

Well, in the music of the 50s and 60s they didn't only sing about love, they sang about the sounds you can hear within you when you are in love. And these sounds are great. Have you ever felt like this?

ZIP ZIP
Paff...Bum
Pip Bam
Rootie Tootie
Dum Dum
Be Bop a Lula
Do-Wah-Do
Tweedle Dee

La Dee Dah
Diddy Wah
Loop De Loop
Zu Zu
Be Bop Baby
Sh-Boom
Zip Zip
Hoop Dee-Doo
Yakety Yak
Hum Ding a Ling
Ooby Dooby
Buzz Buzz Buzz
La Dee Dah
Do Doo Ron Ron
Ka-Ding-Dong
Ling Ting Tong
Wooly Bully
Oooh Whee
Boppity Bop
Hot Diggity Dog Ziggity Boom
Razzle Dazzle

I love the thought of that they actually used these expressions when they talked about the girl they just met.

- How was your date?
 - Oooh Whee, she was Boppity Bop, it just said Diddy Wah to my heart!
 - ZU ZU! You lucky Hum Ding a Ling!
- It says so much more. Don't you think?

Every now and then there are songs that have the same approach to Love in contemporary music. Um Bop with the Hanson Brothers is a good example. Music can give me so much energy. To find a new band or a new song that I like is an awesome feeling.

Calle Holck

(Daft Punk, "The End Of Line" from the motion picture Tron: Legacy)
So heavy! Listen to it! Awwhhhh!

*My head moves
From one side to the other
Must play the drums
Close my eyes
Air drums
Headbang*

Calle Holck

⁷PO PA PO PA
PO PA

It is fucking hard to write an essay about energy and totally lacking that element.

Calle Holck

Only a temporary downer. I'll be back!

The negative force is present in the room. Must find a way to get out. Surprise me!

Calle Holck

Let's do the laugh bow!

You take up your bow and load it with an arrow.

An arrow of laughter

You stretch the bow ready to shot

As you stretch the string you say out loud

HA HA HA HA HA HA HA

You fire and imagine the arrow fly away

As you see the arrow goes away you laugh

HaHaHaHaHaHaHaHaHaHaHaHaHaHahahahaha

It actually works! I start to laugh for real. Thanks.

Calle Holck

Briiiiing (magic sound)

Time to turn the page.

Calle Holck

1. Red¹¹
2. White¹²
3. Blue¹³
4. Green¹⁴
5. Orange¹⁵
6. Yellow¹⁶
7. Black¹⁷
9. Pink¹⁸
10. Purple¹⁹
11. Gray²⁰
12. Brown²¹

Colors are very personal so when you say that I like a lot of colors there are of course times when you really can't stand some color combinations. But I still like the craziness in different color combinations that you can come up with. I like:

Strong colors mixed in a good way.
A lot of colors together.
Big fields of colors.
A colorful room.
Rainbows.
Colors everywhere.
Colors.

Calle Holck

I have some problems with the color gray. Gray is so ... a white wall and a gray floor. To me, gray is a pretty dead color. White is a problematic color but can be very beautiful. White can be very gray sometimes, in particular in Sweden during winter. And I'm back! I like colors, gray colors to.

In this country 80%²² of all the clothes sold are black or gray. 80%! This is a very dark country, so why do we choose to become like chameleons and blend in with our surroundings? We should wear clothes that function like beacons in the dark.

Calle Holck

The man in black! Very nice! Very cool! Johnny Cash. I love to be dressed all in black clothes. I feel "mean". But I'm trying to get more color into my life. I think I feel better by consuming a lot of color. I have bought a jacket that is pink, white and blue!

A lot of artists have had different phases when they've been working with a certain color. The blue phase or the red. I had my pink phase when I was five years old. I think all our lives

unfold in different colors, depending on what happens and how we feel.

Calle Holck

Don't repress your inner colors. Let the colors free!
Dare to face your colors and be proud that you have them!

Big explosion!
The ground shakes
The room is falling apart
Everything turns black
Still alive
Scary
Dirty
Got nothing to lose now
Maybe never had?
Cool

In order to rise from the ashes of my own creation it's crucial, even necessary that I find the courage to do what I want to do. That I remember energy and what I do to get and give it. That I understand it is not the end if I fail or make a fool out of myself as long as I remember why I did it. Where am I going?

And it's a big problem if I'm not doing what I want to do. I'm not going to live my life and repress my inner lusts.

Calle Holck

It's all about the dum dum dibidi dum.

Money is one element to get energy. We need money, the whole world is built on money. The problem is that many times you have to do things you don't want to do to get money so you can do what you want, but then the problem is that you are too tired to do what you want to do. So instead perhaps you waste the money on shit and you have to start all over again. Most of the time money only steals energy.

Calle Holck

But you also have to remember that you think you need money. But many times you can make things without money by using cheap materials and good friends' help. Remember that!

I want to make art and have fun doing so. If I'm later in life won't work with this I should remember why I am working with something else and keep on working, making art on the side. And relax in the notion that it might take more time. I would not hate

my life or what I do. That's becoming an energy waster! I know it! You know it!

Yes! No waste! Got it.

Running fast

Desperate

Running to the Asian store

Buy some coriander

Running to the other grocery store

Buy some chicken and cucumber

Have the rest of the ingredients

Running

Vietnamese fresh spring rolls²³

- 1. Have the chicken precooked and cold and the rice noodles prepared already (the noodles should be white, long and at room temp).*
- 2. Make sure all veggies and herbs are cleaned, dried, and set out before you start.*
- 3. Dip a sheet of rice paper wrapper into water until you see they are ready and lay flat on a work surface.*
- 4. On one edge, lay a small handful of noodles, a few strips of chicken, some shrimp, some coriander, some carrot stripes, some cucumber strips, bean sprouts, and some peanuts. You can also have a tiny bit of red chili and squeeze some lime on top on everything.*
- 5. Carefully start to roll up eggroll style, tucking in the sides, and then continue to roll up-but not too tightly or the spring roll will split.*
- 6. Combine a few spoonfuls of hoisin sauce (or serve with prepared spicy fish sauce dip called Nuoc Mam, available at Asian markets).*
- 7. Eat and be happy*

The food is great!

Calle Holck

The colors of this dish are beautiful. Different shades of green of the coriander, bean sprouts and the cucumber, the orange of the carrot, light brown of the peanuts and chicken, pink of the scrimps, the small red dots of the chili and the white of the noodles. Then everything is wrapped in the rise paper that makes all the colors slightly faded. They become like I imagine colors in a cloud looks like. Beautiful and totally awesomely tasty.

Food can really make me happy. To spend time in the kitchen and to explore the mysteries of different tastes.

Calle Holck

To bake a bread for 6 hours.

Pure love!

Calle Holck

Let's look at some pictures of art. What do I have in my bookshelf and in my head right now? Slideshow!

Room gets dark

Kodak Carousel

Katshipp!

First picture

Okay the first picture I think of: Campbell's Tomato Soup by Andy Warhol

Calle Holck

Nice pop! The only problem is that you've seen it so many times so you really don't look at it anymore. It's a Warhol, okay NEXT!
I really like it.

Finger Gloves by Rebecca Horn

Calle Holck

Some days are like this. Hard to grasp.

Spring by Botticelli

Calle Holck

This painting is crazy! When people ask me what I do in my artistic practice I usually say everything except painting. But I've learned to like paintings more and more. This is a magic painting. There is so much going on you can't get enough of it. Go to Florence and see it!

Norm's La Cienega, on Fire by Ed Ruscha

Calle Holck

More Pop, Love it! I like the dirty feeling in some of his work.

The Cabinet of Curiousness by Janet Cardiff and George Bures Miller

Calle Holck

The audience becomes part of the work as they open the drawers. It's a great way to approach the audience. And so nice that you can touch the art. Almost everything they do is great.

Postman's Choice by Ben Vautier

Calle Holck

Fluxus Fun! Brilliant minimalistic work.

The Lightning Field by Walter De Maria

Calle Holck

I want to go there. Epic art probably.

I am Thyrsis of Etna by Cy Twombly

Calle Holck

Great vibes!

(Images of the art works²⁴)

Let's take a break from the slide show so we don't fall asleep.

Light turns on
Rubbing my eyes

Can't we look at Nothing Hill²⁵ instead?

Calle Holck

It's a great movie! Julia Roberts and Hugh Grant in the same film! So good! My two favorite actors.

It is a big inspiration for me, in many ways a greater inspiration than the above-mentioned artworks. It gets me every time. Funny and romantic. What it all should be about.

Calle Holck

Ten more Great Romcom Movies:

The Holiday
Love Actually
The Wedding Singer
Yes Man
The Notebook
Pretty Woman
Dirty Dancing
Stranger Than Fiction
Amelie from Montmartre
Music and Lyrics

These are ten great movies²⁶!

Calle Holck

Let's watch them all!

This is a problem! You have watched them? How many of these films have you watched more than five times?

Calle Holck

Eight.

Maybe we don't have to watch them right now?

Calle Holck

But I watch movies as a part of my art practice. When I look at a film it is like reading a nonfiction book. Pure facts.

But you don't have to watch the same movie over and over again as you do?

Calle Holck

Fuck! I like those movies! And I need my monthly dose of Harry Potter and Aliens.

Tough luck!

Calle Holck

I know ... lets go back to energy instead.

I Image Googled "Energy in Art" and look at the results²⁷!

Calle Holck

Very colorful and ... Man ... That's ... Is that what we are writing about?

I think we try to tell some other story. I think this is fun! The first feeling I got is that I want to hide under a blanket but then I accepted it and started to like it.

Calle Holck

Yes, I don't know, colorful psychedelic pictures, horrible or good? It's my own 'art insecurity' that manifests itself when I face this kind of art. Can I just dismiss it? Is it fun or just really bad? I don't know how to act. Starting. It's a different feeling every day.

Well, anyway this essay/script is also about energy in life and that looks a bit different²⁸.

Calle Holck

A little bit more light in the colors. I can use them to relax my eyes on. When I freak out to the other pictures. But at the same time they are a little more boring as well.

One of the pictures shows a man called Steve Edge. He has one motto in life which is: "Dress for a party every day and the party will come to you." That guy must have a lot of energy.

The Penguin Cafe Orchestra plays in the room

The song Perpetuum Mobile

Shut my eyes

Cradle my head slowly back and forth to the music

Calle Holck

I need to change my life. I have to do something to make my life as I want it.

I need to start practice my body. I need to get disciplined. I eat too much and exercise too little. I'm also very good at getting distracted with things that are a complete waste of time. I have to prioritize.

Calle Holck

I have to make art about myself getting fit!

I guess that is the solution!

Calle Holck

Another thing I feel like changing is that I feel really stupid most of the time when I talk about art with people in the art world. And I'm not very interested in learning the things it seems like you need to know. Does it help me to be able to quote PIIIIIP or PIIIIIIIP or to refer to texts by PIIIIIIIIIIIP or PIIIIIP when they have nothing to do with what I am doing?

They probably have but I'm full. I probably never will have time to learn all the theory encompassing what I'm doing! I'm not that smart.

Calle Holck

The feeling of being stupid is a big problem. It steals a lot of energy. I should do like the problem child in the movies and have a good soundtrack on the stereo and study really hard. In the park, in the car, in the shower, and on the lunch break. It would be really hard but also very fun!

But I can't really see why.

Calle Holck

So you don't feel stupid anymore!

You got a point.

Calle Holck

Stupid!

Forehead creasing
Fingers tapping on the table
Taptaptap, taptaptap
Flickering eyes

Calle Holck

It's the same thing with training. Put on a tune with a heavy beat. I will run in the forest. I will lift logs. I will be out in the rain and feel really bad. I will use jump rope and at the end of the song I will be in pretty good shape²⁹. Maybe I need to find a very long song?

HAHA. Okay we need to start to do one of two things. Either we embrace ourselves and accept that this is how we are and stop complaining over something we don't do anything about. Or we do something about it! And start to use energy in a good way. Gaining by using.

Calle Holck

Okay I vote for a compromise.

Good damn it! No compromises! Let's do this the right way!

CalleHolck

Right now, if I have to prioritize, and that I have to do because I can't do everything, I need physical exercise to get more energy for the remaining time. But also I need the time I have to work with my art. And if I haven't learned Art Theory and Philosophy in 6 years of Art School maybe it's not time right now either. How about that compromise?

I don't like it but okay!

Calle Holck

I promise to be open to Art Theory and Philosophy. I understand that it is good to know and will probably give me many new ideas. But I won't get stressed and mad at myself for not knowing everything. That is to waste energy! I will also start training on Mondays and Thursdays! Maybe in the morning so you get a fresh start?

BAM! Tomorrow then!

Calle Holck

Scheiße!!!

New Day

You should have seen me this morning. I was like a worm on a hook. The inner struggle I had. My deliberations with myself. It was like a trial in the International Criminal Court in Haag. I was not pleased with the results. I went there and I lost in my attempt to postpone my absence of work out and bought a season ticket to a gym³⁰. I went there and worked out.

Calle Holck

It was good! I think I can do this.

Let's see.

Calle Holck

I need you! Can we do this?

Probably.

Calle Holck

CAN WE DO THIS? IF WE CAN I WANT TO HEAR YOU SAY
YEAH!

Yeah

Calle Holck

YEAH!

YEAH!

I'm reading this book about charisma. It is cheesy but interesting. There is this guy Paul Ekman who has developed a system called FACS. Facial Action Coding System. By means of 42 identified facial muscles he has classified 7000 facial expressions and 19 different types of smiles. These are supposed to cover all faces you can make. And by studying FACS you can learn by looking at someone's face how he feels.

Calle Holck

Feels kind of sad that we only have 19 different types of smiles. Is there a picture of all of the 7000 expressions and can everyone do them?

If I stand in front of a mirror I want to see how many smiles you have. I'm glad there are nineteen smiles and not ten.

Calle Holck

Happy Face
Little happy face
Less happy face
Extremely happy Face
Horny face
Sad Face
Is the smile half happy or half sad?

*The sound of waves gently lapping the shore.
Seagulls cry in the distant.
You feel calm and relaxed.*

You have found your place; this is what you will do:

*You will find out how you want to live your life.
You will find out how you want to treat people and how you
want to get treated.
You will stop being insecure about stuff that isn't important.
You will stop being jealous of your friends.
You will start to listen to yourself and your body.
You will start to take better care of the people you love.
You will stand up for what you believe in.
You will never be afraid to ask a question when you don't
understand.
You will realize the projects you believe in.
You will be present in your own life.*

*You fly over the ocean and dive straight into the
blue water.
You see fishes of all kinds.
You say hello to a fish that shows you a hidden
treasure.*

*You will not think too much about tomorrow and yesterday.
You will stop having preconceived ideas about people.
You will stop being afraid of people.
You will work out at least twice a week.
You will be afraid sometimes but that is okay.
You will not be self-destructive.
You will have fun.
You will be happy.
You will be beautiful.
You will have a great time.
You will enjoy life.*

*You have now taken in everything in your subconscious mind
where it will start to grow like seeds in the ground.*

*I will now count backwards from one to ten and when I come to
ten you will wake up and feel good. Things will feel easy and
fun. You will be relaxed and happy. You will meet great
people. And you won't remember that you had this session.*

one
you are in deep rest
two
your body is relaxed
three
you start to leave the ocean and get back home
four
everything is soft
five
you feel your arms and start to move them a little
six
you feel your legs and you slowly start to move them
seven
you are safe
eight
you start to come back
nine
everything is okay
ten
open your eyes and welcome ... to your life

Calle Holck

I feel good. Should we go out and sit in the sun for a while?

Why not! Sounds great!

*Sun gives energy
Sun goes down
The inverted city in orange and green inside my head
The night begins to take over
Open my eyes and let them rest in the evening light*

That was good! Always get outside when you need to refill your energy.

Calle Holck

I have the feeling that everything will be fine and that I know what I should do.

Let's Summarize - this gives energy:

I should see the humoristic sides in life and not be fast in my judgments when it comes to people and everything.

To be aware of the circle of shit and fight against getting drawn into it and work hard against creating my own circles that drag other people in and down.

Don't talk shit!

Listen to music and never stop searching for the new beat!

Walk out into the nature more often. It makes you happy.

Laugh.

Love is what matters in the end so love a lot.

Don't hate. It's enough that you have spent so much time being worried about stuff.

Stop being worried about stuff.

Allow yourself to watch movies and train your body because when you do this you are totally absorbed by something else than the things you think of the most of the time.

Keep your body fit to find a better balance between body and soul.

Don't feel stupid. You will learn what you need to know when it is time to know it.

Sometimes it is okay to compromise.

Maybe you should try to get yourself hypnotized?

*A **Mysterious Voice** enters the essay/script.*

Mysterious Voice

Calle... Calle... CALLE!

Calle Holck

Uh? Yes!

Mysterious Voice

(Hoarse) You have started putting into practice what you believe will help you to get and give energy. And how you in the future will avoid the circle of shit. But you also feel how fragile these things are. It is so easy to break what you tell yourself to do. You have already begun! To live like you learn won't work in your case because it is too easy for you to live the wrong way.

Calle Holck

Why does it feel like there is a black hole present in my brain that eats up all the energy and replaces it with something else? Where does the motivation go?

Mysterious Voice

You need to become true and honest to yourself. If you say one thing and do another you lie to yourself. The thing is that you can trace this back to the smallest things in your life. Take a small thing you believe in but ignores. You have written about nature and how much it means. So let's take recycling.

Calle Holck

I recycle and think it is important! But I admit that I sometimes just throw things supposed to be recycled in the garbage.

Mysterious Voice

Every time you do this you hurt yourself. It is the small things that bring you down. Every little thing you do when you are not true to yourself creates a circle and makes it easy for the circle to begin to spin and spread the shit around.

Calle Holck

Let's see.

To not talk to the person I want to talk to.

To not stand up to make way for an older person on the buss when it's full.

To feel insecure about how I look.

To look at too many movies in a row.

When my apartment is really dirty.

Mysterious Voice

It's a start. The thing is that you have to stop pretending and start believing.

Calle Holck

I once read this book about an author who had joined a group of Aborigines and walked with them in Australia for half a year or so. During the trip a lot of "magic" things happened that the author had a hard time explaining. I got very inspired and excited by this book. Then my friend told me the author had made everything up. When I heard that the whole book was made up it lost its meaning for me. And instead of listening to myself and what I believed in I listened to the facts. But maybe it was true! I believed in that book for a while and it gave good energy. I want more magic and to believe in more magic. A world without it is not a funny place.

Mysterious Voice

Embrace magic and let it grow within you. Fight the things that bring you down. Most of the time it is unimportant things that are easy to fight. And have

fun, don't look so serious. You should be happy!

Calle Holck

I am happy most of the time but there are many times and situations when I would like to be better on taking care about the energy that surrounds me.

Mysterious Voice

Be nice.

*Put up a hot bath
Turn off the light
Light some candles
Sink down in the water
Feel how the body gets weightless
My head under the water
Becoming a submarine
Relax*

Magic is important but not as important as love. But then again love is magic.

Calle Holck

Word!

I want to show you this poem³² by Guillaume Apollinaire. I think it explains love in the most simple and beautiful way. I only had it in French and Swedish so I made my own in English.

I want to be on an exciting adventure!

Calle Holck

That is precisely what I want! That is what I want all the time!

Let's go on one together!

Calle Holck

Congratulations! You actually already are on a great adventure!

Awesome!

Final song! Great Beat! Dr John with "Right Place Wrong Time"

Calle Holck

BA BA BABA BABABABA DABADABA! BA BA BABA BABABABA
DABADABA! BA BA BABA BABABABA DABADABA! BA BA BABA
BABABABA DABADABA! Ow!

*I been in the right place
But it must have been the wrong time
I'd of said the right thing
But I must have used the wrong line
I been in the right trip
But I must have used the wrong car
My head was in a bad place
And I'm wondering what it's good for*

*I been the right place
But it must have been the wrong time
My head was in a place
But I'm having such a good time
I been running trying to get hung up in my mind
Got to give myself a little talking to this time*

*Just need a little brain salad surgery
Got to cure this insecurity
I been in the wrong place
But it must have been the right time
I been in the right place
But it must have been the wrong song
I been in the right vein
But it seems like the wrong arm
I been in the right world
But it seems wrong wrong wrong wrong wrong*

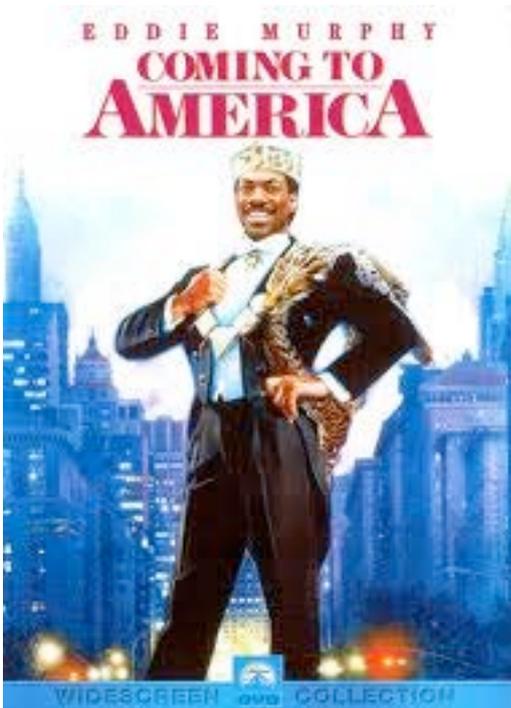
*Slipping, dodging, sneaking
Creeping hiding out down the street
See me life shaking with every who I meet
Refried confusion is making itself clear
Wonder which way do I go to get on out of here*

*I been in the right place
But it must have been the wrong time
I'd have said the right thing
But I must have used the wrong line
I'd a took the right road
But I must have took a wrong turn
Would have made the right move
But I made it at the wrong time
I been on the right road
But I must have used the wrong car
My head was in a good place
And I wonder what it's bad for*

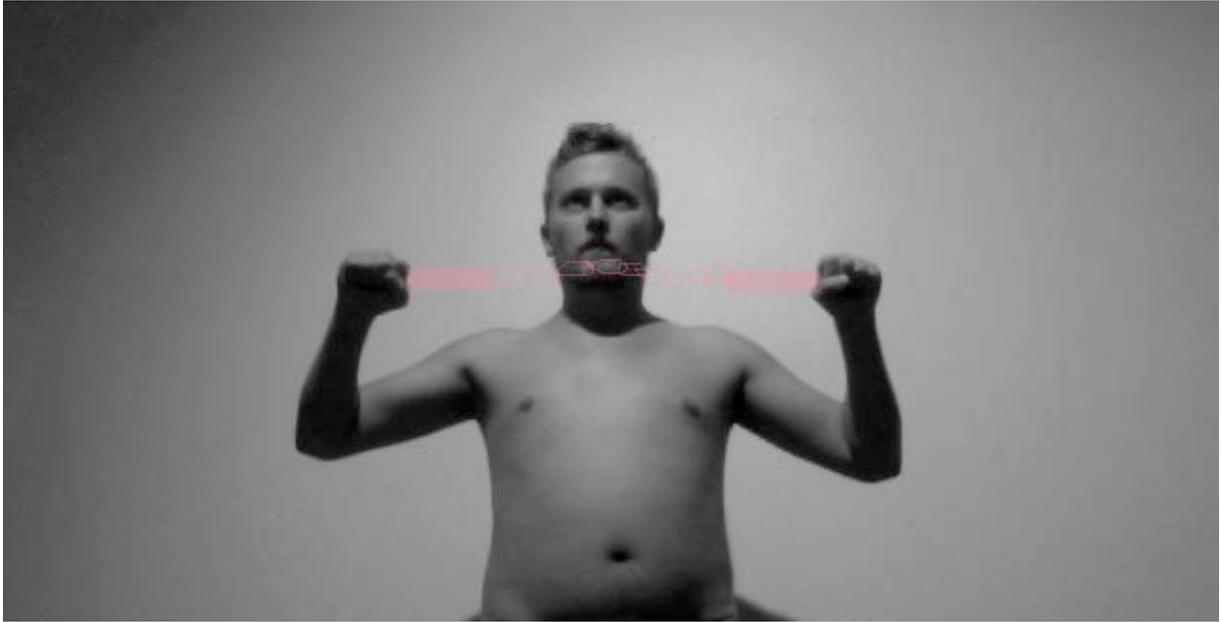
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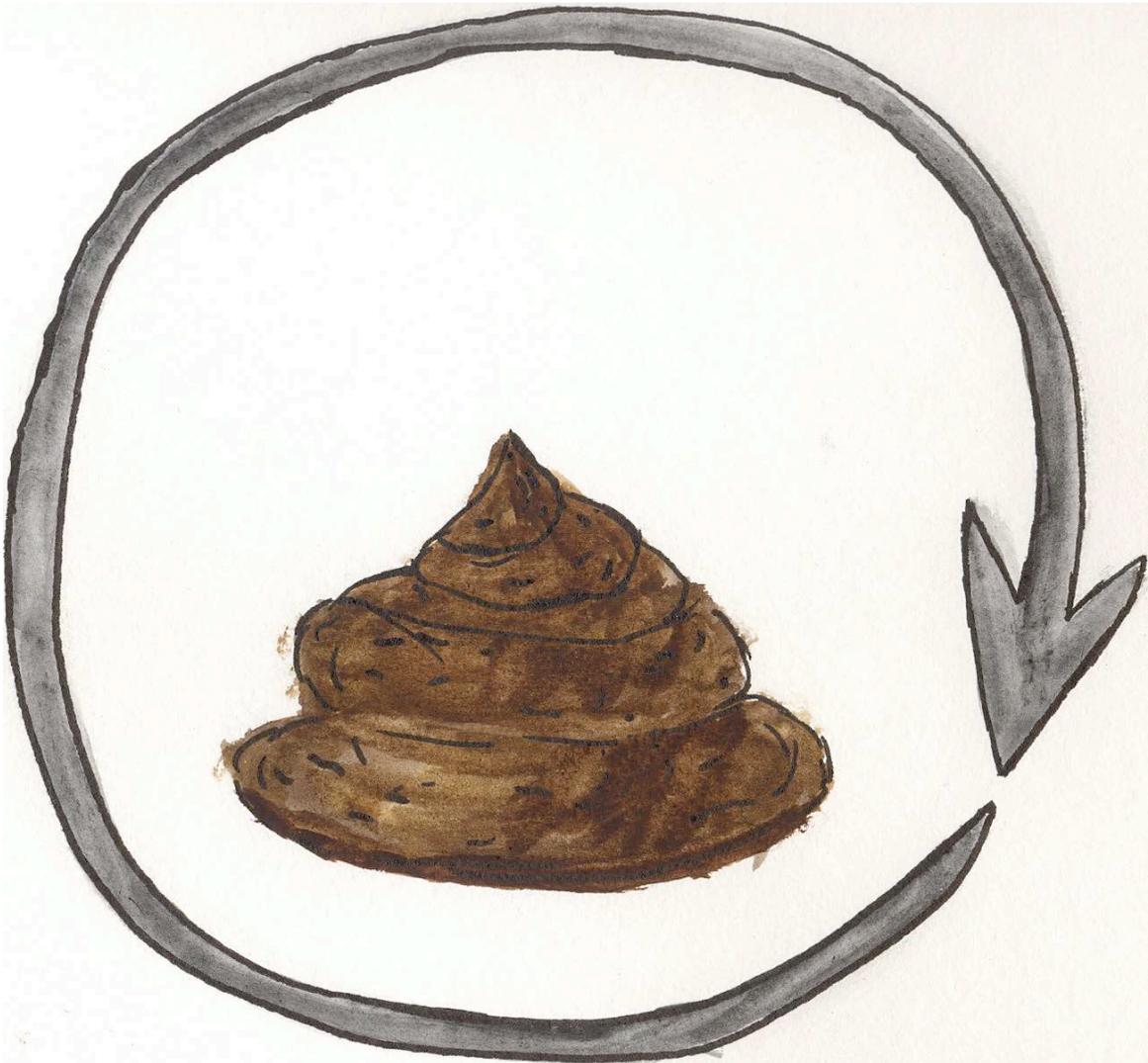
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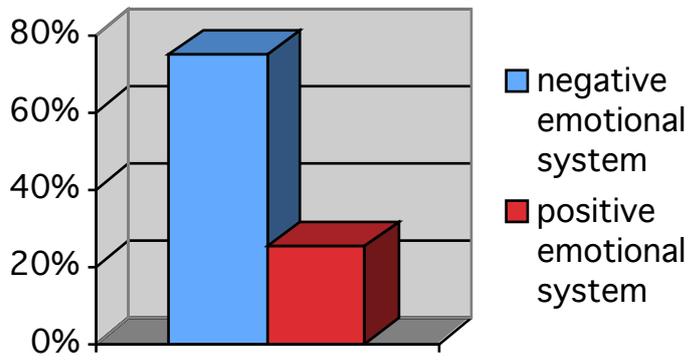
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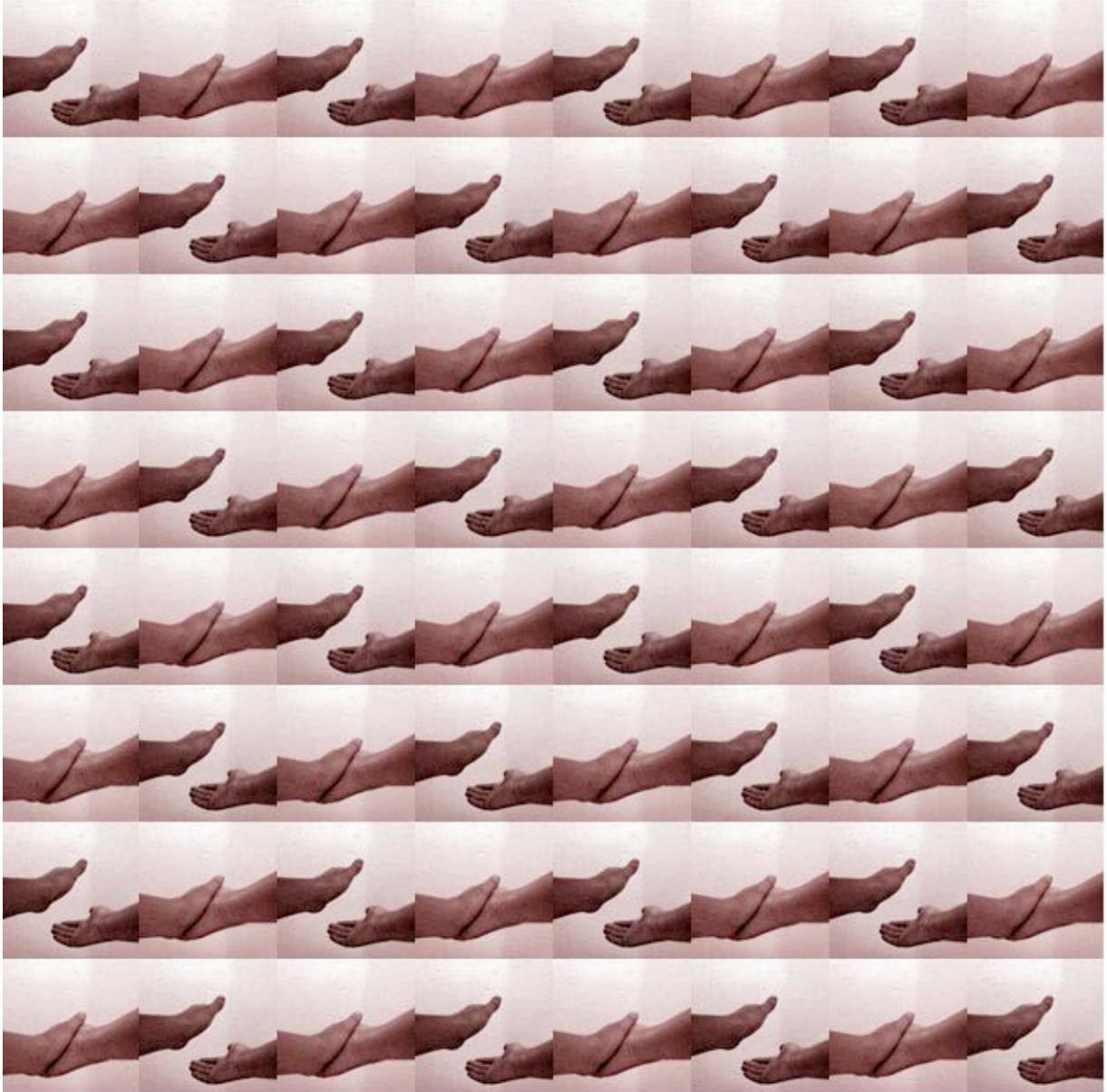


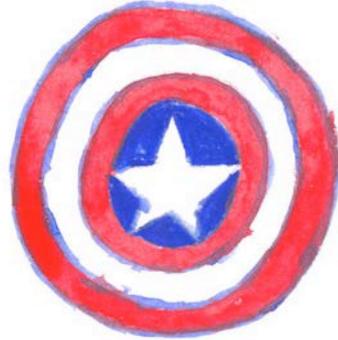
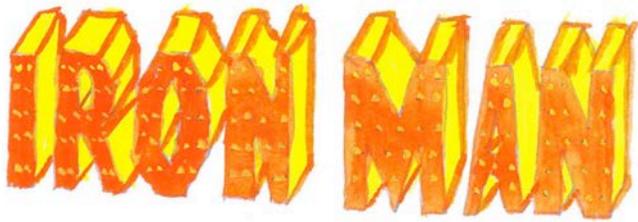
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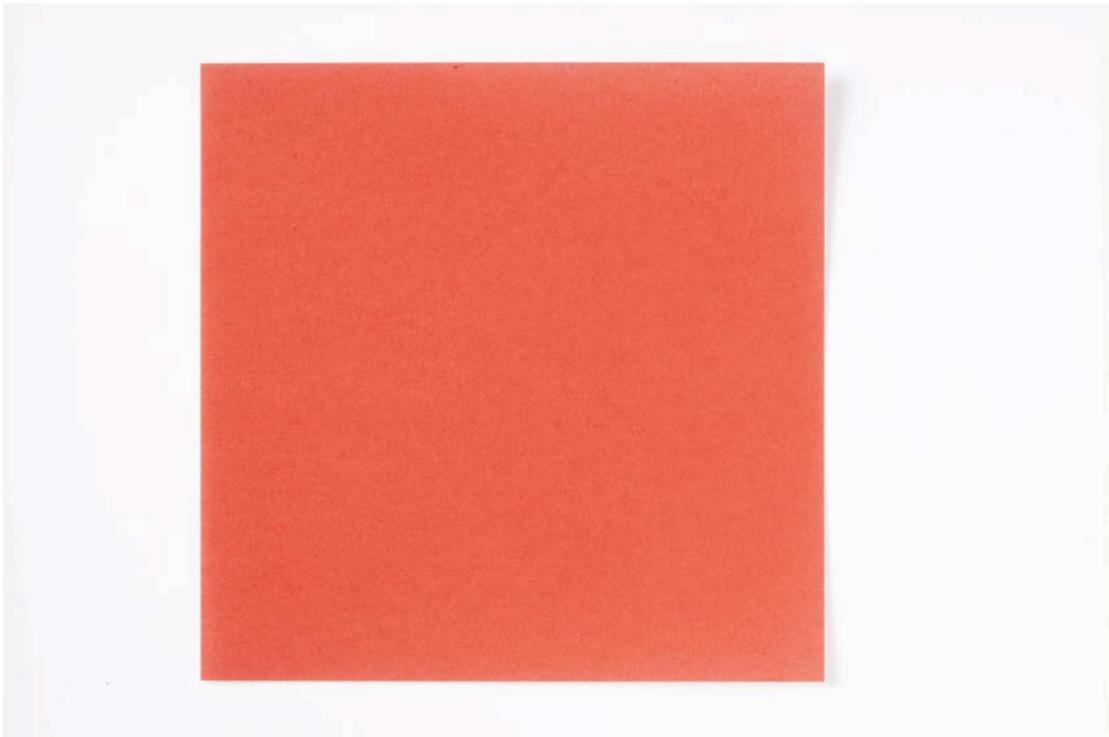
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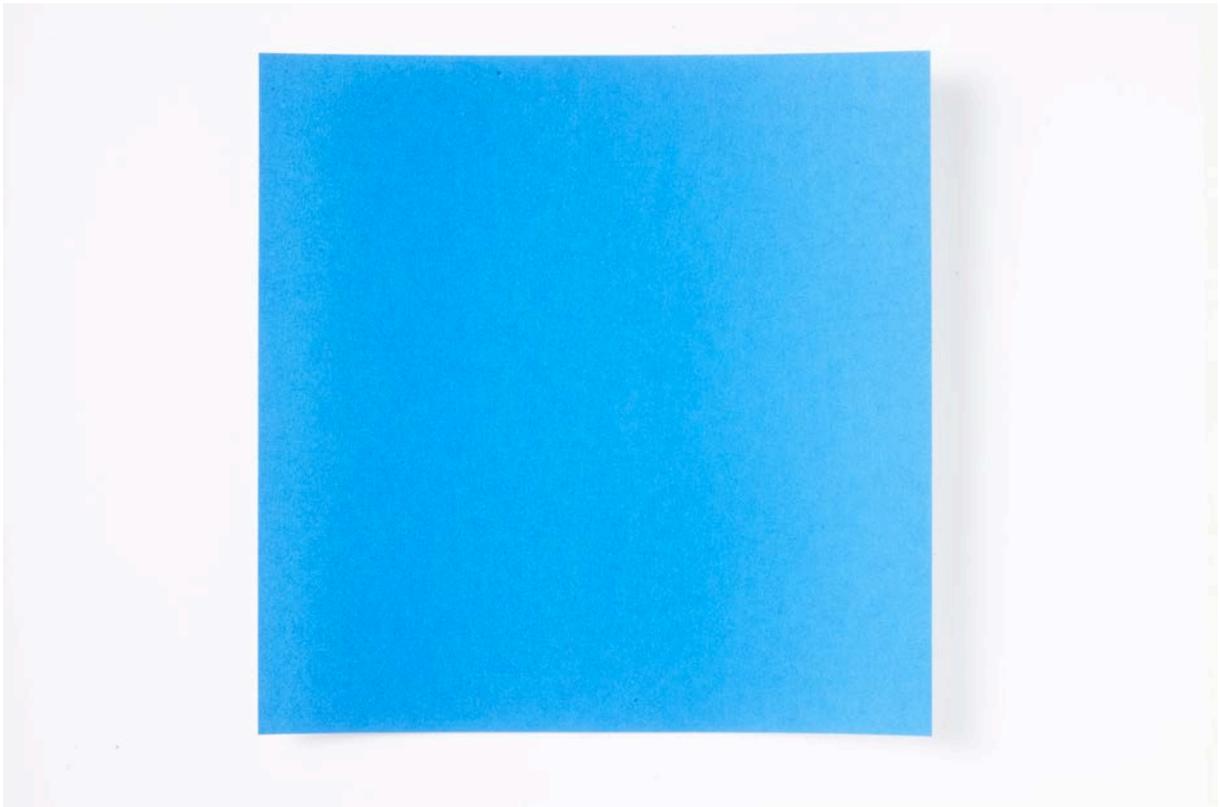
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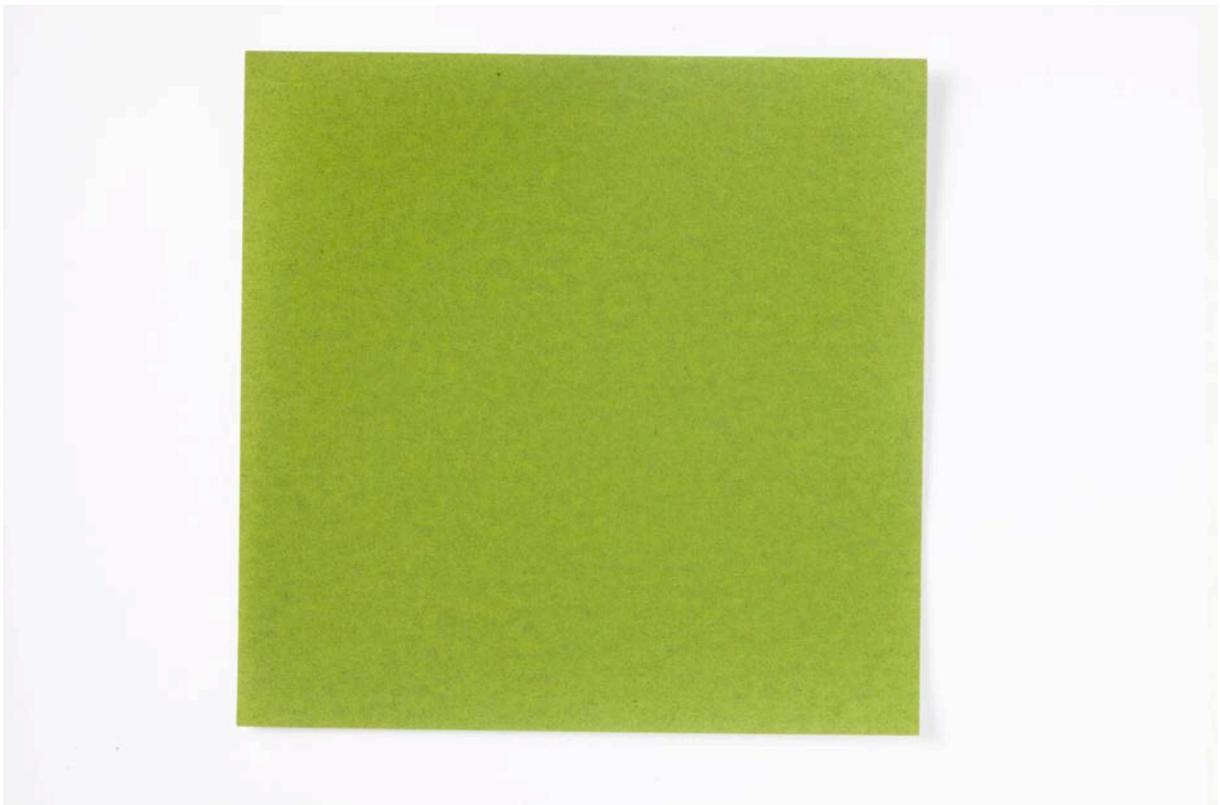
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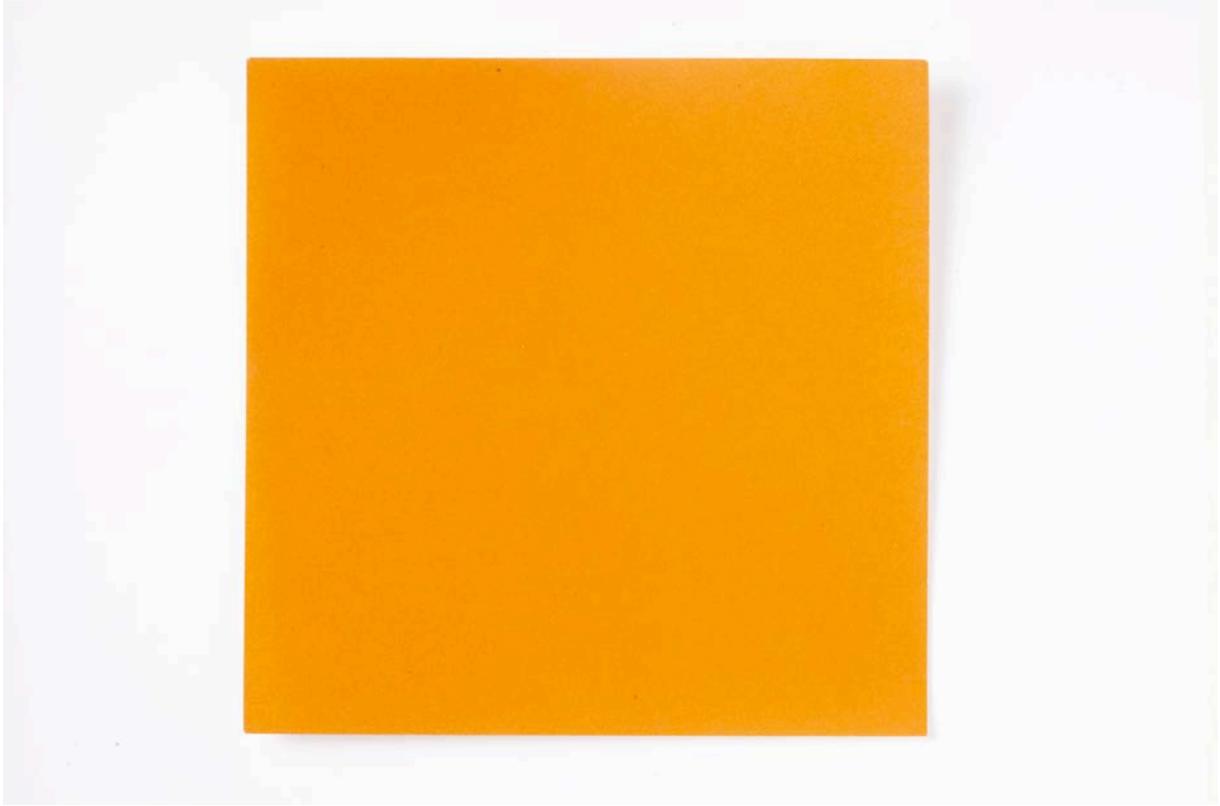
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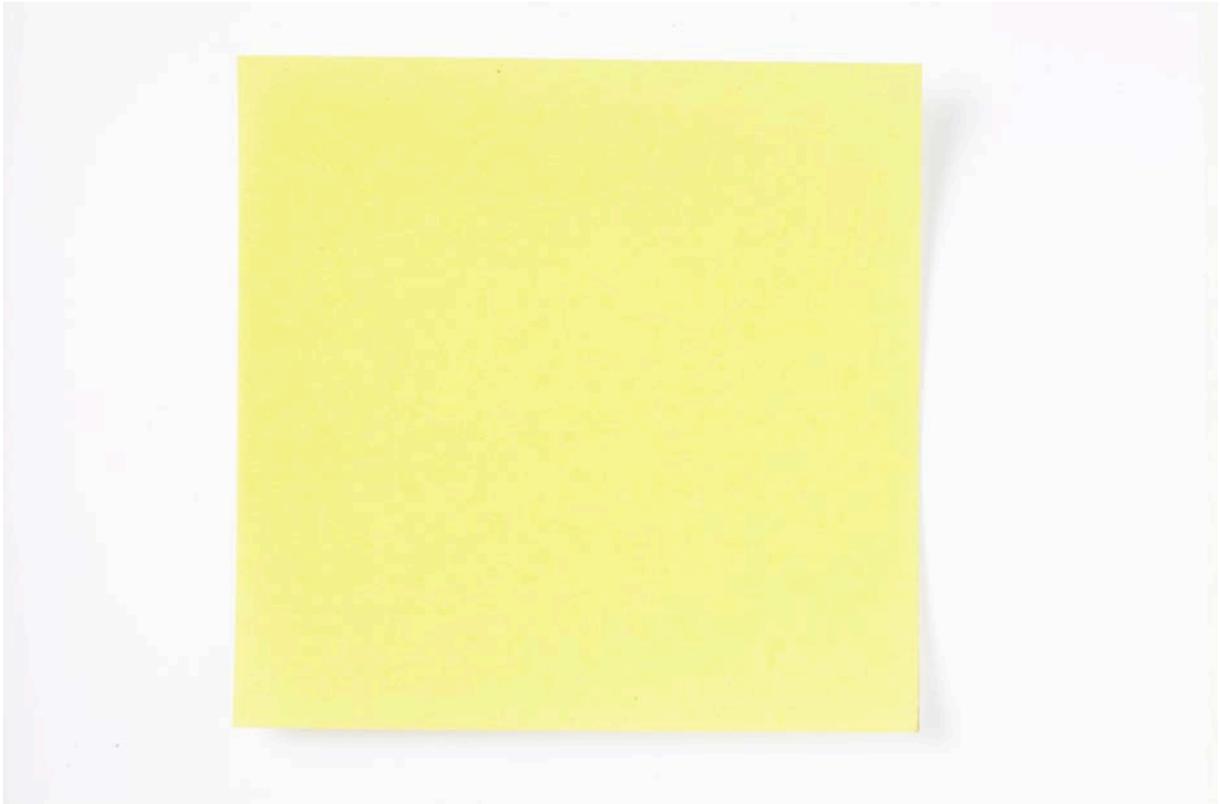
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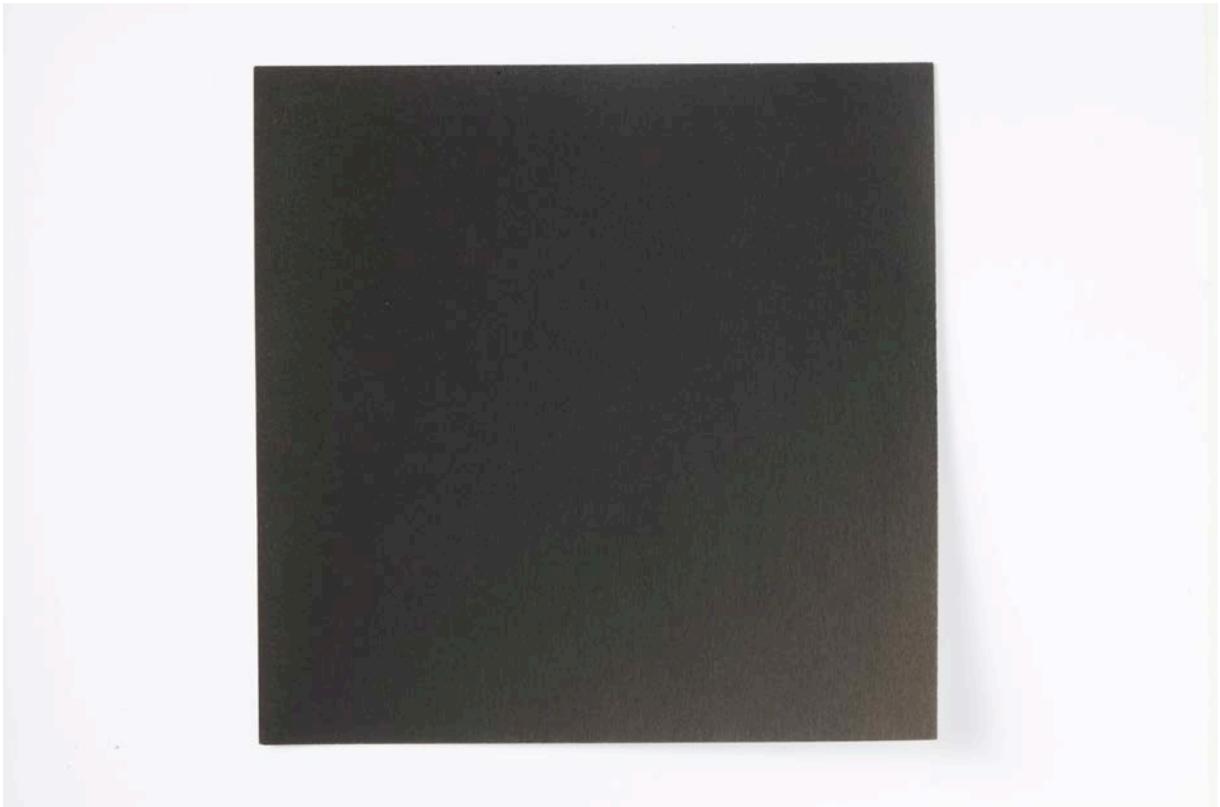
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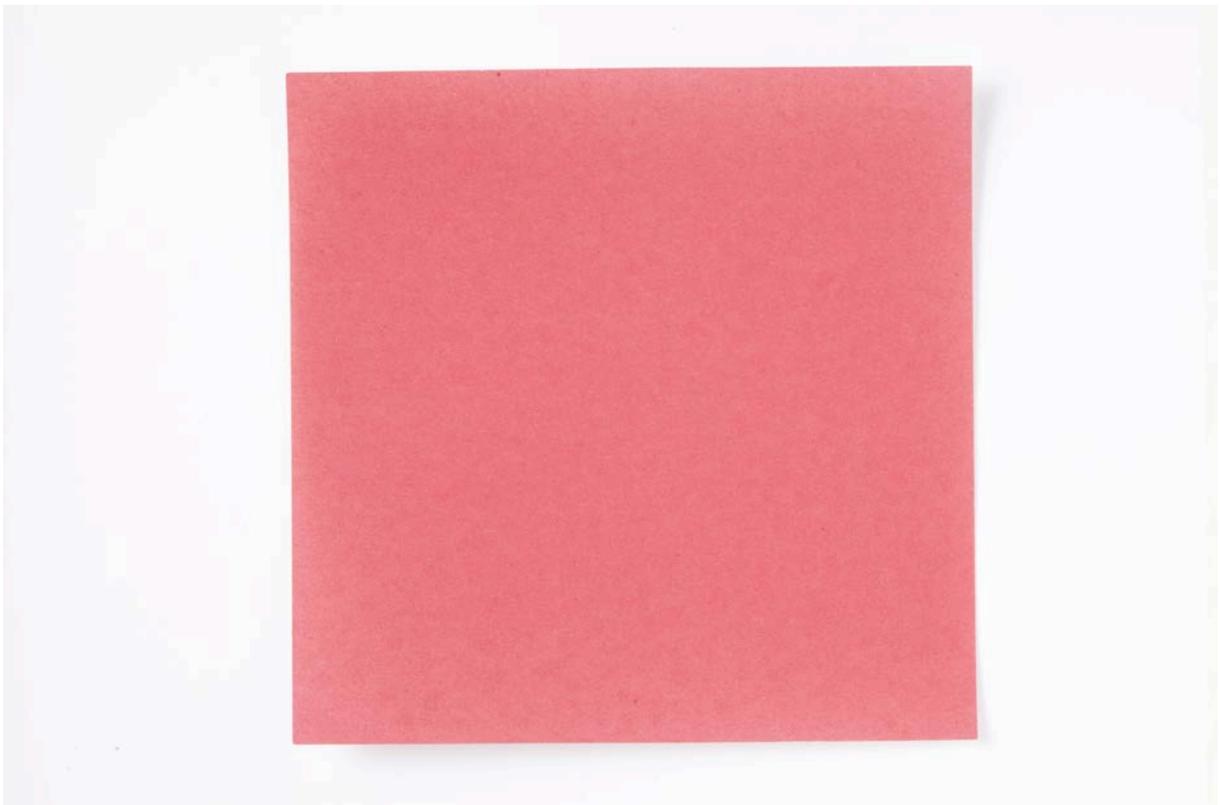
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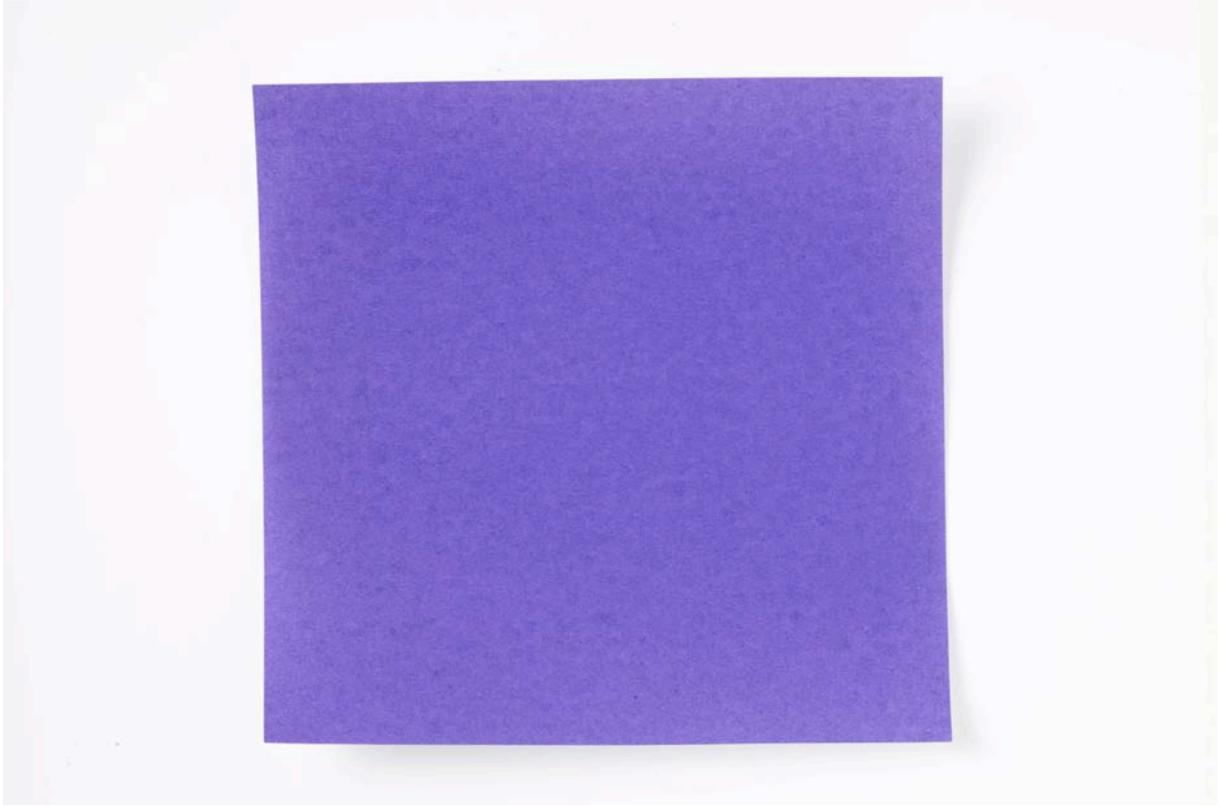
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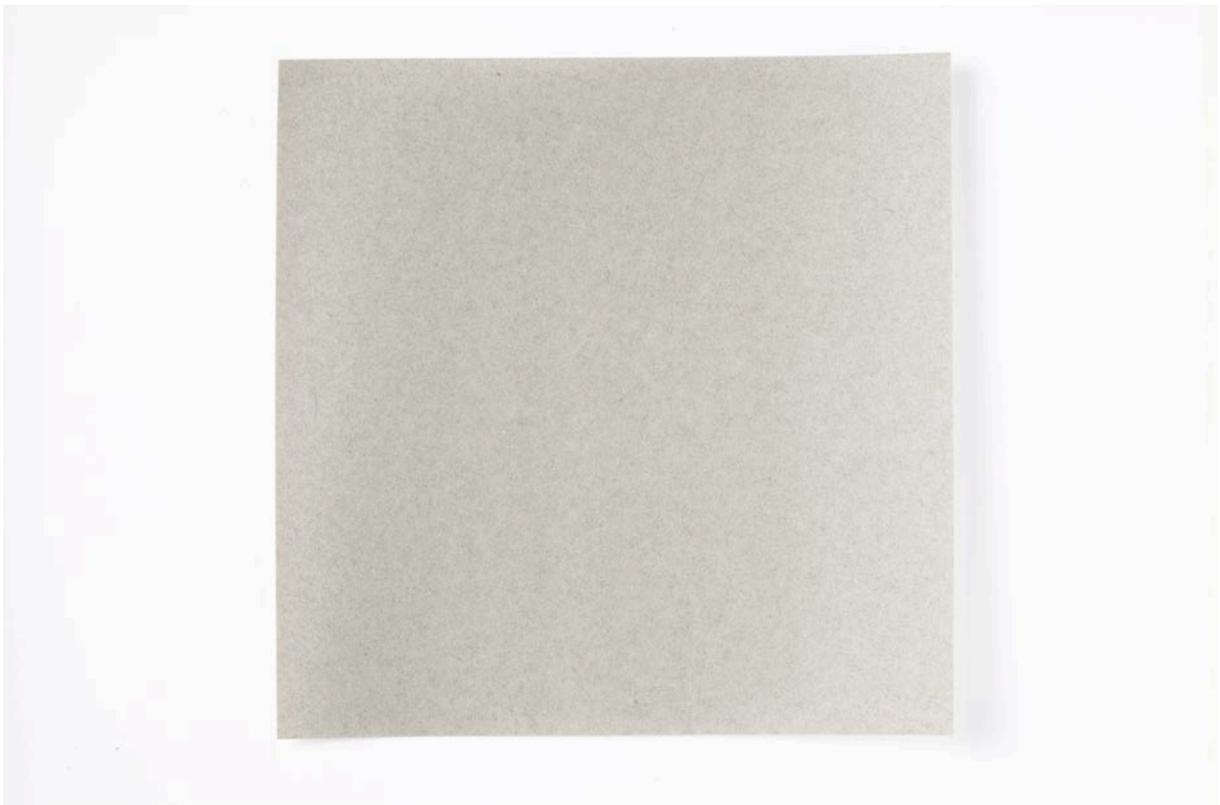
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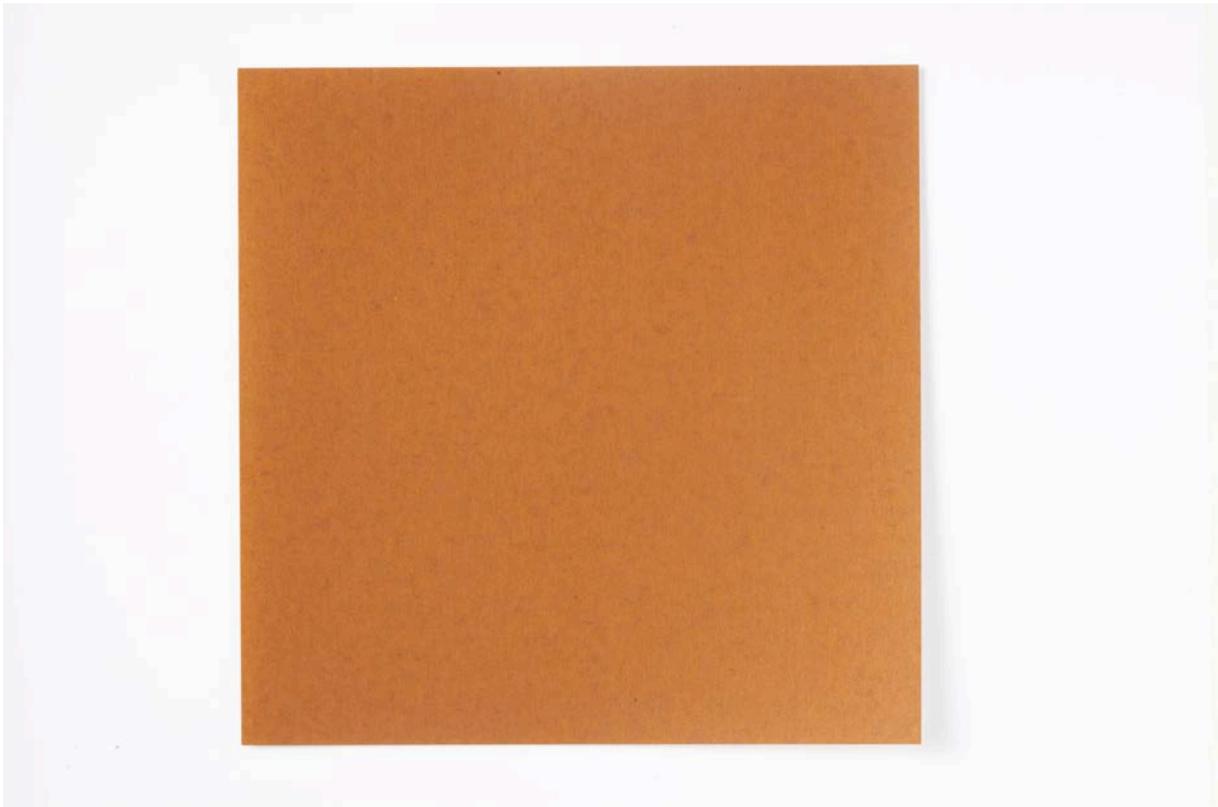
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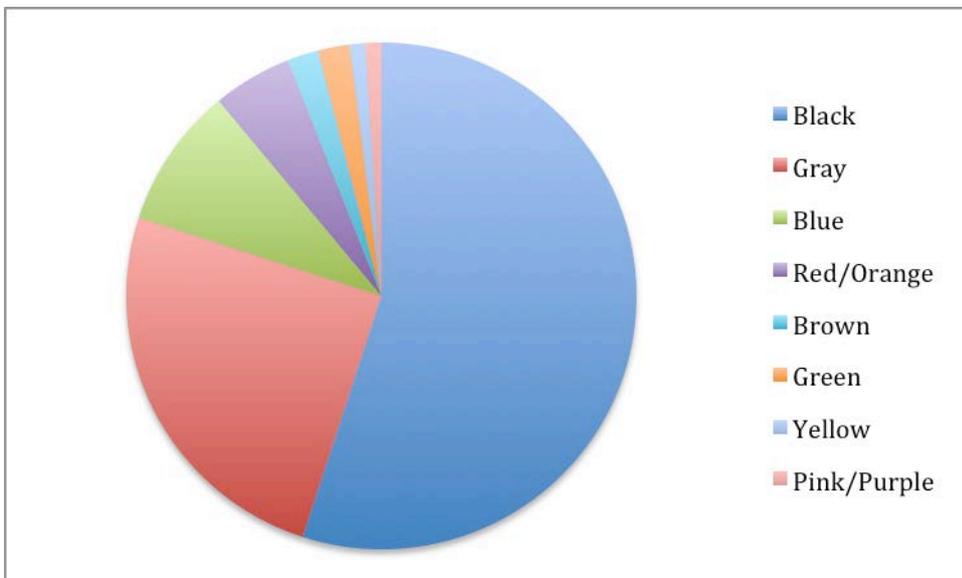
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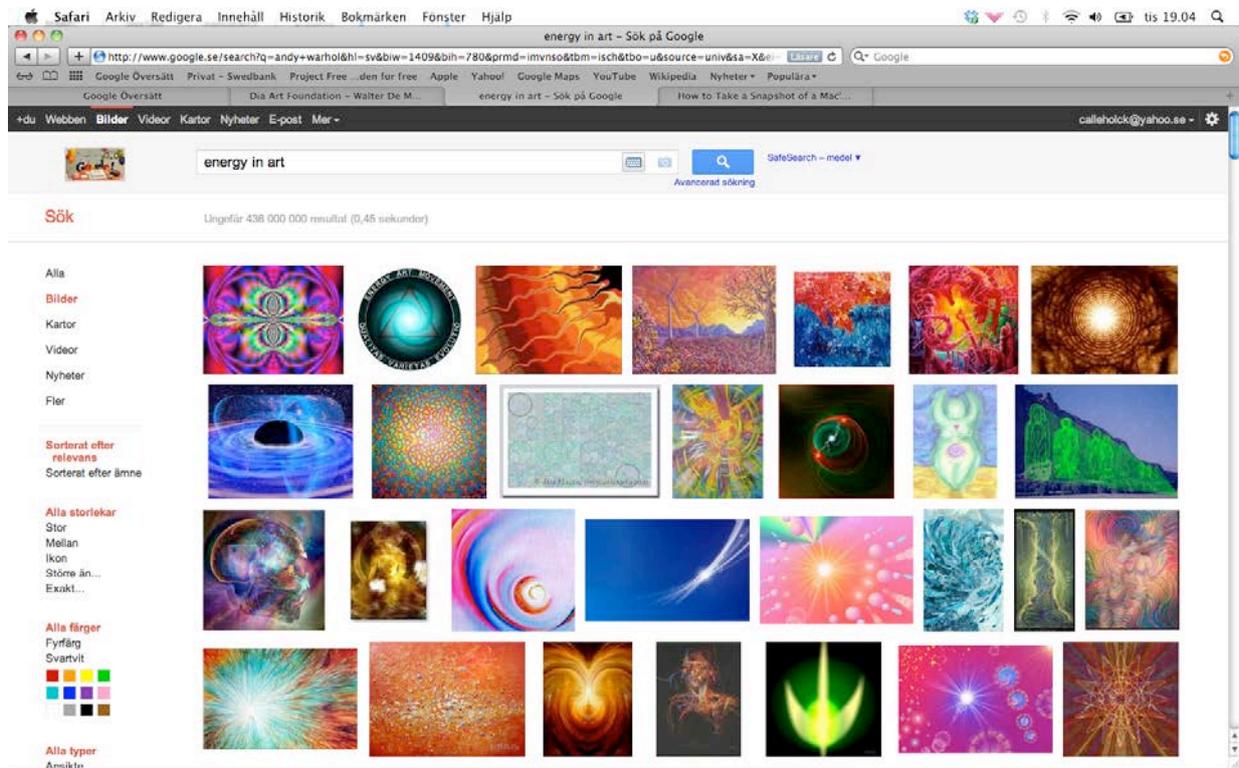


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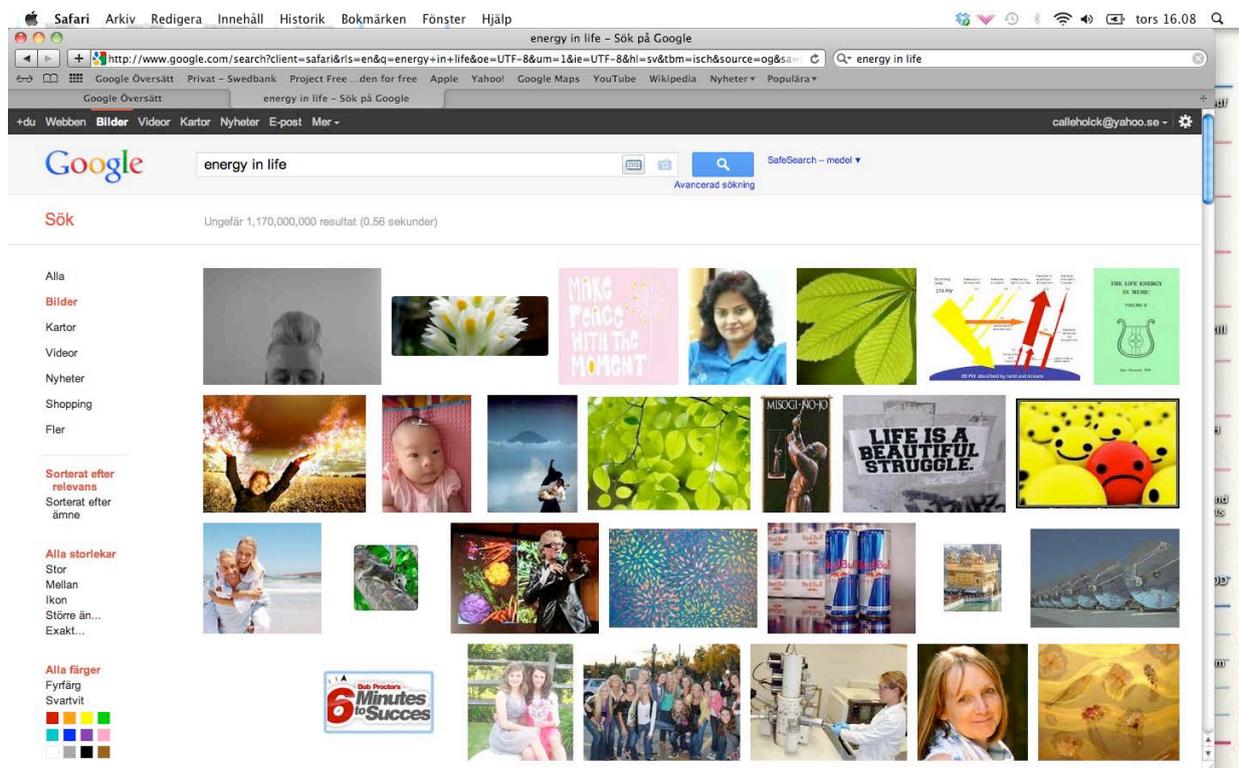




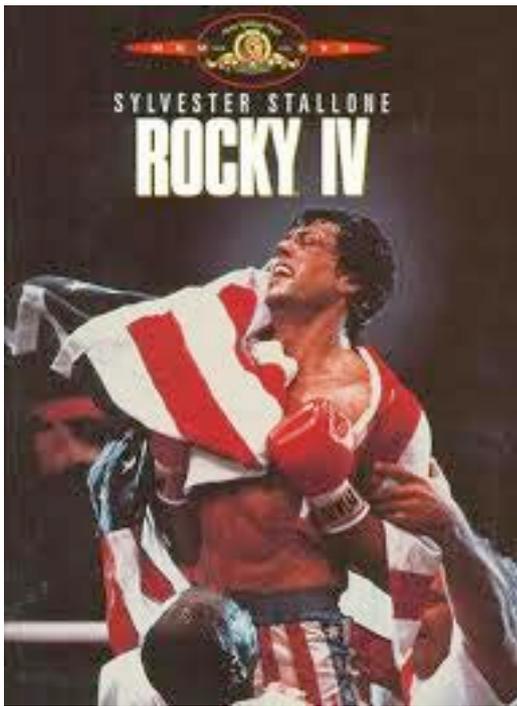
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30





Recognize yourself
the adorable person under
the big straw hat
h N eye | a
e o
e Mouth | v
your face | o
Y A
your delicate
neck and
finally the
imperfect picture
of your beloved
bosom viewed as
through a cloud
A little
further
down is
your heart
that
beats

