

Think about this statement for a moment. In life you have people who row and people who sail. People who row in life choose a goal and row in that direction. People who sail in life let the universe determine what comes their way.

I don't see it that way. I don't think I can choose between the two of them. In life you need to both row and sail: even when you can appreciate and take advantage of what comes in your way, you do it in line with your goals.

Sometimes in life you wish you could go back. Obviously we all know that it is not possible. What real alternative would you propose to a friend with great regret?

I would say you shouldn't worry too long about choices from the past. It only hurts you more, if you keep blaming yourself for that. Depending on the situation you find yourself in now, you should focus on the way ahead because you can STILL change your path, going forward. Those choices brought you to where you are now, made you the person who you are now. You've learned valuable lessons. Which will help you for the future. I think many of our choices are being guided by fear. Thinking too much about the consequences. Unless you are someone who is fearless. Then I think your life is like a rollercoaster, you're living wild. As to a person who overthinks every decision too much. That wouldn't be a rollercoaster. But a traffic jam on the highway. You're moving forward very slowly, overthinking which lane would be the best to take. But both ways will take you further. And both ways, can make you regret your choices. So in the end. It's all about where you are now. And with the baggage you have, how you decide to move forward.

What is your fondest childhood memory?

I remember my mother telling me that somebody, a guest at our farm house, couldn't eat meat because he had gout sickness. I asked: " what does it mean?". She said he ate so much meat that he became sick. I remember staring at him like he was an alien. Meat was something for rich people then. We could eat meat just once a month.

If you would wake up tomorrow with a new quality, which one would you choose?

None. I think everybody was born already perfect. (Ten years old child)

Why does everybody want to go back to "Normal"?

It's quite obvious to me, people need to hug each other, to touch , to be close to each other. That's what makes everybody happy and warm.

Has this COVID-19 changed your relationship with God?

I'm kind of atheist but I found myself hoping that the vaccine will be found soon

"Have your values changed during the pandemic?"

"Values - they have deepened. Even before this, I have learned that it is good to be grateful even for little things. We don't need much. And those who are near us, the loved ones, are always dearest of all. And I believe that if any force, God or something else, decides to stop the world - it so happens. In the future, we do not need constant traveling, for instance. Rather we need a calm and restful presence."

How do I make sure that I can live a little longer and that I stay healthy? how do I make sure that I don't get corona?

Appreciate those moments when you remember being alive and healthy. Did you make the moment by yourself or did they appear by their own?

What makes u happy?" A little sadness and grey weather mixed with a dose of small happy things, such as my dog running around, or drawing and painting in my studio. At least it has been sunny in the past weeks and months, during corona. Difficult question to define, but I guess a mixture of sadness and happiness is what makes me happy in the end.

" If you get rid of everything you have, who are you? "Good question! I am not materialistic and I don't have strong emotional bonds with things. I love to learn and study different fields and things. That and all the experiences and memories I have have made me the way I am. One layer of temperament from my parents and another layer of memories and experiences.

What makes your Sunday afternoon worth living? Difficult question. I've not a regular job, so, to me Sunday is not much different from the other days. But, more in general , when I've got time for myself I enjoy walking around and being surprised from what's going on around me. You see, I live in Rome and I fully enjoy every time I go out between those ancient buildings full of historical echoes.

“we are transparent and bright like those pieces of glass you find at the seaside. The sand makes their edges smooth” Children are born transparent, afterwards we get so many impressions and we go through so many experiences. The trick is to regain that transparency by making our lives lighter, by making the corners 'smooth' again. The light radiates through the transparent, the sea makes the light flow through the experiences.

Do you fantasize about the stories of people you see in the streets?

Yes, I do, in a way. For example , If I see an old couple I imagine them being together for such a long time and I feel happy .Or, when I see a little girl with a heavy bag to carry to go to school, I think she's too little to carry all that weight.

What are your passions about? My biggest passion is food. I like to cook for my family and for my friends, I like to eat together but also to try out recipes from different cultures. I love to taste different things and make other people happy with food.

Did your relationship with your roommates change during the lockdown? How? A lot has changed, although we have lived together for 5 years, the closeness and affection we experienced during the quarantine was a new experience. We have let out sides of our character that we usually didn't share. So the relationship has definitely improved.

What book from your childhood still affects your decision making/ actions today? In other words, what children's book has given you some early life lessons? "Little women", without any doubts: I was born in the 60's and Jo's character inspired my emancipation. You see, what I like about books is that when you read you realize something about yourself that till that moment didn't have words. I think there has always been a bit of Jo in me. Reading that book I saw my true self. Reading that book gave me the courage to emancipate myself from the "role" of "the female daughter" in a traditional family.

What's the best thing that happened to you and your family during the pandemic? Having your 60 birthday in quarantine, specially while you're recovering from cancer is a difficult thing. Luckily with a little bit of organization, we manage to give my aunt a surprise birthday party via zoom! 63 people were present between friends, family and colleagues. It was a very touching moment.

What does connection mean to you?

Connection to me means to feel safe, embraced and understood. A place or a person where you feel that you are in the right spot, where you feel a sense of belonging. This question made me think that I want to live in a place where I can feel connected to people. It made me think that in Belgium I don't have a real connection to anyone. That's why I'm moving back to Germany.

What does it mean to you to have a "healthy relationship"?

Each person has their own unique personality, which means that the meaning of a healthy relationship is different for everyone.

The following principle seems important to me.

Balance between togetherness and freedom. In a relationship, the whole is more than the sum of the parts. It is a wonderful thing.

The togetherness, based on shared memories and experiences, are heartwarming.

However, the pendulum should not only be on the "us" side.

Each person needs personal space for his self-development, in which he can express his interests.

This space for individuality is crucial. It is precisely this individuality that was the basis for the interest in each other.

Therefore, care should be taken not to lose it.

The loss of this would result in a person becoming less keen on seeing themselves, which in turn is detrimental to togetherness.

For more dominant personalities it will be challenging to understand this individual need.

Give each other this much-needed freedom.

However, the pendulum should not only be on the "I" side.

A relationship is an interaction between give and take. Remember that you also have to pour water into the wine sometimes.

Paying attention to each other is very important. This attention comes in many forms.

Support each other in difficult moments. It is not necessarily important that a solution is found, because it will not always be possible.

It is much more important to listen sincerely to each other so that a person understands and does not feel alone.

Be tolerant and be patient with one another. Communicate with each other because keeping silent is a lie.

Have respect for each other. Disrespect is the death blow to any healthy relationship.

Who's your favorite artist and why?

My favorite artist is Keith Richard or Iggy Pop or Little Richard Penniman. Because of their music that has lasted decades and some of them still keep going. All of them are kind of part of the revolution - doing their own thing. The woman of the same caliber would be Yayoi Kusama?