

Saturday Reflections

Today is **Saturday**, and for me it is the day when **existential reflections** enter my mind. Perhaps because **Saturday** and **Sunday** are days of **rest**.

I own a **large estate**: a huge **farmhouse, outbuildings, pastures, olive trees, woodland, domestic animals**, and so on. So there is always something “**to do**”—a phrase that, in my personal way of speaking, comes from the idea of the **infinite**. At first glance it may sound meaningless, but what I really mean is that there is **endless work**, that work is **never finished**.

For this reason, I have chosen two days of **rest from daily obligations**, to interrupt the **flow of ordinary thoughts**.

When the **mind** is no longer occupied with **daily routines**, thoughts rise from the **depth of my being**. Even today, an explanation emerged for why I can no longer **reach on social media** people I have known for **a lifetime**. Ten or fifteen years ago they were **available**; today they are no longer **reachable**.

For a long time, the thought escaped me that I am **no longer young**, that I am approaching my **seventies**. Perhaps because I enjoy **good health**, I practice **kickboxing** with **young men**, and deep inside I still believe I am one of them.

Meanwhile, my **dear friends** from **school** and **university**, one by one, are **disappearing from the face of the earth**.

Today I remember how absorbed they were in **work**, how tightly they clung to their **ideas**, how much **energy** they invested in building a **career** and **becoming someone**. And yet today they are **gone**, and in their place stand other **young men**, identical to those before them—**immensely important in their own eyes**, behaving as if they were **immortal**... until the **old woman with the scythe** arrives and takes them away as well.

“Vanity of vanities,” said **King Solomon**.

I am the **creator of my website**, dedicated to **rejuvenation, sport, and essays**. There are **thousands of websites and blogs** devoted to **facial skin rejuvenation** and **plastic surgery**. Others focus on **sport** and **fitness**. Thousands upon thousands of **platforms** speak about **spiritual development**. This is the nature of our age of **extreme specialization**.

I, instead, have chosen to **bind together the rejuvenation of the entire organism** (not only the **face**) with **spiritual rebirth**, through **sport** and a **deeper knowledge of ourselves**, not merely as **social beings destined to die**.

