Ferdinando Frega – Nando the Scribe

THE RHYTHM



Gillettenarrative.com

THE GILLETTE RHYTHM

FERDINANDO FREGA

“A RHYTHM NO ONE COULD EVER HAVE FORESEEN”

One of the memories from when I was 13 and studying music was something Professor Romolo, now passed to a better life, always used to tell me: “Screw the music theory — it's the only true expression of the soul.”

So it wasn't about reflecting within some cognitive or emotional phase, but simply feeling a deep inner sentiment, very different, and above all, deeply personal.

Then, as the years passed, I noticed changes within my own timing, and what felt strange was the rhythm — never the same, always different — lived through necessity, not desire.

It was then that I stopped running, but in the evening, whenever I ventured into the young social networks, I'd stumble upon videos listing people who had passed to a better life, almost without anyone noticing, amid their successes and riches — where I found a rhythm no one could ever have foreseen.

That's when I understood: I didn't know how much time I had left to do things, and I realized there was no ending, because every single day represents a new beginning.

My GilletteNarrative.com is exactly this — that rhythm you cannot put a clock to, because only it knows the effects everyone will receive in silence, just as Mother Gillette always taught us.

Pleased to meet you all, one by one — this is me, still with you, and forever within the writing, like unforgettable time.

Nando