

What is the use if a modern man possesses everything, but does not own himself?

Over my more than eighteen years of working at the intersection of art and deep psychology, I have noticed one remarkable regularity. It repeats with iron consistency and is an increasingly common feature of human life and its innermost themes: modern man has everything, except himself. I have learned that the more material assets a person owns, the more paradoxically dissatisfied they become - a vicious circle.

It is a logical outcome of the zeitgeist factor. The more matter increases, the less spirit remains. And it is precisely the spirit that ensures a contented and balanced state of being. Harmony, therefore, is not directly proportional to wealth outside, but to wealth within the core. For a person to reach the rare state I call progressive balance, they must come closer to themselves.

We are in an era where the highest luxury in the contemporary world is an inner connection with one's own being. This is a massive theme. Those who enter into a dialogue with themselves know what a rare gem it is to be at peace with oneself when closing their eyes for sleep at night. It is the highest achievement of human life. Yet, it is fascinating how little is known about the path that leads to it. This is taught nowhere, shown by no one, and therefore many people have no idea that such a thing is even possible. I encounter this today and once again in contact with people to whom I hand over their personal paintings - I see how deeply they react to them.

For one cannot help but notice the lamentable sterility, even the genderless coldness that surrounds our contemporary cities. Architecture competes for the highest phallus aiming at the clouds, and interiors are almost uniformalized, identical all over the world. They are not interesting. They are sterilely flat. In an effort not to cause harm, they do not encourage an awake life in man, but rather just a collective sleepwalking.

However, the old rule states that repetition is death. The human spirit needs to be nourished by diversity, authenticity, and the variety of matter; otherwise, it withers.