

ADAM MAZEK

Diaries

April

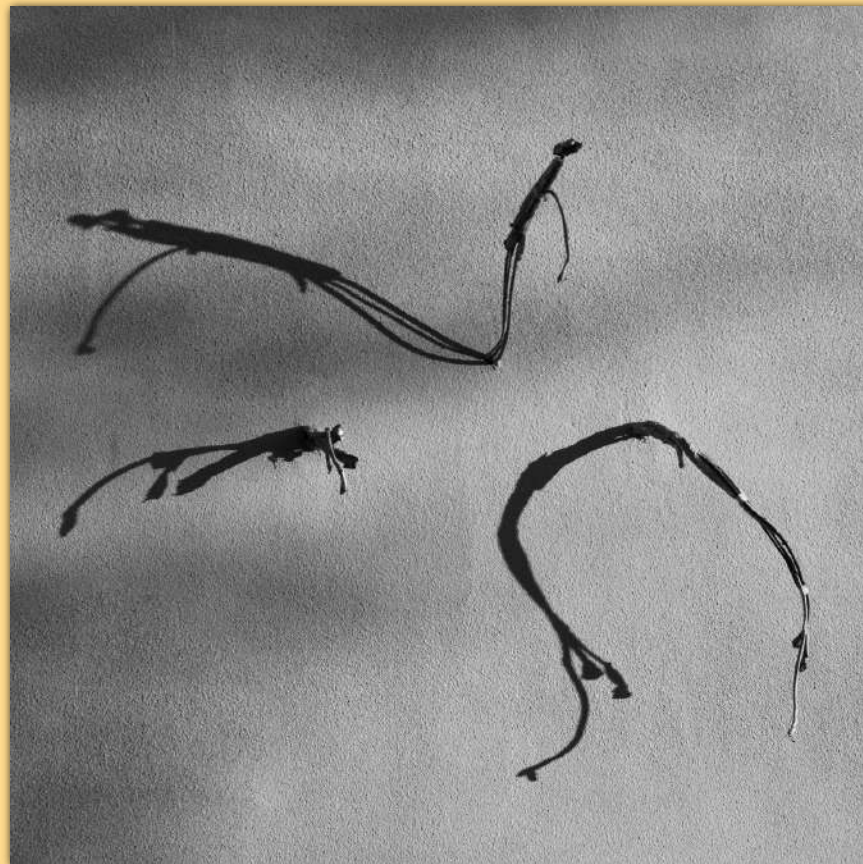
2018

part II

## **PROLIFIC ARTIST**

I started the second part of the April 2018 posts questioning whether I am a prolific artist. It is not easy to answer this question. The fact is that from October 2015 to the end of March 2018, I took about 44,000 photos, mainly on the streets of Warsaw. This gives an average of 1,450 images per month (360 photos per week). Quality is indeed what counts, not quantity.

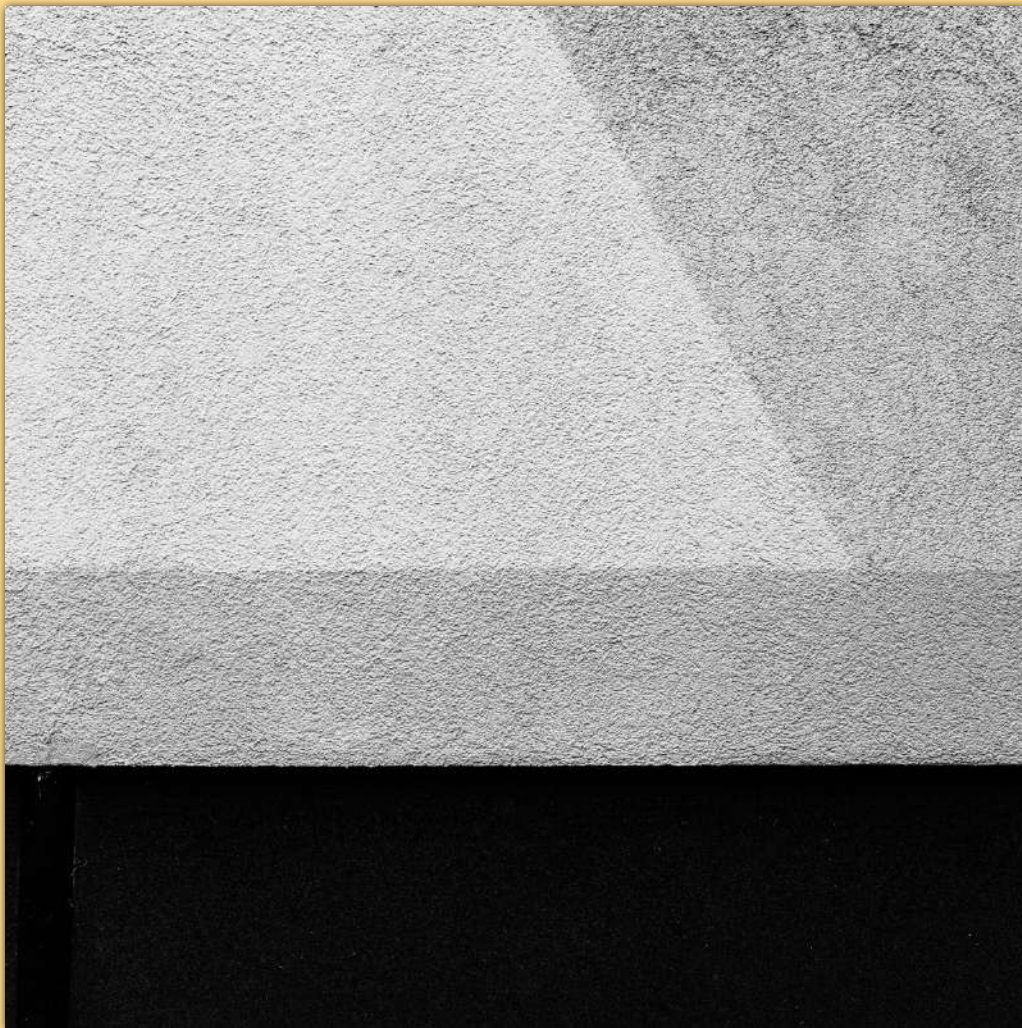
Nevertheless, to reach a master level, not only in broadly understood art, one must be productive. To develop, you need to train. Without taking further pictures, there is no chance for progress. Without creation, without hard work and study, we will not become who we would like to become. My Dear Friend, I encourage you to study the biography and artistic heritage of people such as Fyodor Dostoyevsky, Pablo Picasso, Salvador Dali, Stanisław Lem, Zdzisław Beksiński, and David Bowie. Their life was one significant creative process, practically to the very end.



- *Post „Prolific Artist“*
- *Cover: post „Why do I always carry a camera with me?“*

## **PROLIFIC ARTIST**

**For example, Salvador Dali described his first meeting with Pablo Picasso in his memories. It took place in the studio of the latter, in Paris. Dali brought one of his paintings as a gift. Picasso, not much to say, began to show his guest his own works. It would not be surprising if it were not for the fact that the entire process of presenting the paintings lasted two hours. Each time, taking out new images, Picasso gave Dali a meaningful look. It was the moment when Dali realized that to reach the master level, one must be a prolific artist. He did his homework at the highest grade, with distinction. Personally, I'm also trying to get the most out of the lesson Pablo Picasso gave Salvador Dali.**



- *Post „Prolific Artist“*

# SKIN



## SKIN

To write the next post, I was inspired by my hand, or, more precisely, the skin on it (post: "Skin"). One day I looked at her in more detail. This seemingly insignificant event caused me some reflections, which I shared with my readers. The fact is that I remember the appearance of my hand from many stages of my life, e.g., from childhood or adolescence. I also associate how the presence of my skin has changed over the past years. In April 2018, I realized that my skin was slowly becoming flaccid (I was 33 years old). It was one of the few moments in my life when I realized that I was just starting to grow old. Nowadays, many people are frustrated by aging. I must admit that I do not understand this approach. I have already written in one of the previous posts that I do not want to live forever. I don't want to look young all the time. I want to age with dignity and a smile on my face.

- *Post „Skin“ (also p.4)*



## SKIN

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Wrinkles on my skin are just another proof that my biological clock is ticking, time is passing and that sooner or later I'll just die - just like all other people. I think we should not worry about the fact that we will die. However, we should remember that we have appeared in this world for some purpose. I don't know what the purpose of human life is. However, I believe that we should all instinctively seek answers to this question, even if the probability of finding a solution is zero. For many people, the real purpose of life is to raise children properly. Others want to be remembered as art creators. These two things can undoubtedly help to remain in the memory of posterity.



• *Post „Skin“*

The sad truth is that many people do not ask themselves these types of questions, and their lives pass without reflection and not very productively. I think that the primary duty of each of us is to try to find the answer to the question: what is the purpose and meaning of my life, why did I actually get here. Even if the answer is silence, the process of searching for answers gives sense to our existence. Our entire existence is, in fact, one big journey through the unknown. That is why I take photographs regularly. That is why I created this blog, and I write texts. Photography broadly understood art, is, for me, a tool with which I try to find clues to solve my existential riddles. This is my way which I follow. Wrinkles on my skin, both on my hands and on the face, are just another reminder that we have a limited time to carry out our unknown mission, called life. If we want to get closer to the truth, we should not hesitate.



• *Post „The Tree“*

## THE TREE

**I wrote in a post called "The Tree" that I would like to imitate a tree. By mimicking a tree, I do not mean to cover my body with branches and leaves. I would not want my skin to resemble bark. What's more, I can't imagine standing in one place like a tree for decades. This constant, calm, and unhurried growth of the tree inspired me to compare my artistic activity to him. I want to develop my passion without haste, at a rate comparable to the speed of tree growth. I dated the beginning of my hobby's development in October 2015. This is the month in which I started photographing Warsaw regularly. I plan to take pictures and run the website consistently for the rest of my life. We can draw inspiration from everything that surrounds us. An inspiration to write this text occurred to me when I woke up in the morning and looked out the window. The view is almost unchanged. I can see trees outside the windows of my Warsaw apartment.**

## THE TREE

**Proud, stately, growing slowly but consistently. When I saw trees, once again in my life, I decided to write something about them. The fact is that trees are a common, essential element in my photographs. In the post "The Tree," I decided to pay tribute to them. After all, thanks to them, we have something to breathe in the literal sense of the word. The tree is a symbol of being born again. For many years, people's bodies have been folded in wooden coffins. In many religions, these bodies are waiting for revival. The tree symbolizes rebirth. For alchemists, the tree represents not only a place of awakening to a new life but also suffering. Suicides and executions took place in the forest throughout the history of all mankind. Nevertheless, for me, a tree is a symbol of constant and continuous growth, improving skills, e.g., in my passion.**

• *Post „The Tree“*





## SEX AND THE CITY

The next post from April 2018 was called "Sex and the City." I used this title to check how many pages I will get to the site. This post is, in fact, the fifth part of my advice on how to take better photos. I wrote in it that I believe that one of the secrets of continuous progress in photography is ambiguity. To understand what I mean precisely, look at picture # 1 (right). This is a photo I haven't edited. What can you say about this photo? What do we see on it? The answer is obvious: a tree. What else can you say about this photograph? We can add a few words about the texture and colors, about the fact that green, delicate moss is visible on the gray-green wood bark. Dark patches of moisture contrast with the slightly yellow background color.



• Post „Sex and the City“ (also p.. 10)

Since most of the photos I take in public space, it can be seen that the background of the photo is a building. What else can you write about the above photograph? Nothing. Now let's get to the set of pictures no. 1 (p. 10). Photo # 1, which I devoted the first part of the post, also has its place in the set. Photos from set no. 1 have been edited in Lightroom. Do we see the trees in the pictures? Undoubtedly yes. Can we see something more about them? Probably yes. If in these pictures you can see something more than trees, what do you see there, my Dear Friend? In set no. 1, it is the ambiguity that plays a vital role. These photos can be interpreted in more ways than just describing the objects we see. Imagination can tell us new things. This is how you can transform the reality that surrounds us. I believe that this is the most critical factor in the context of talking about artistic photography. It is the ambiguity of the images that can play a crucial role. What's more, watching the set of photos # 1 proves that showing photos in groups makes viewing them more attractive. By analyzing the pictures in the collection, you can tell different stories in your head.

## SEX AND THE CITY

### *Set no. 1*



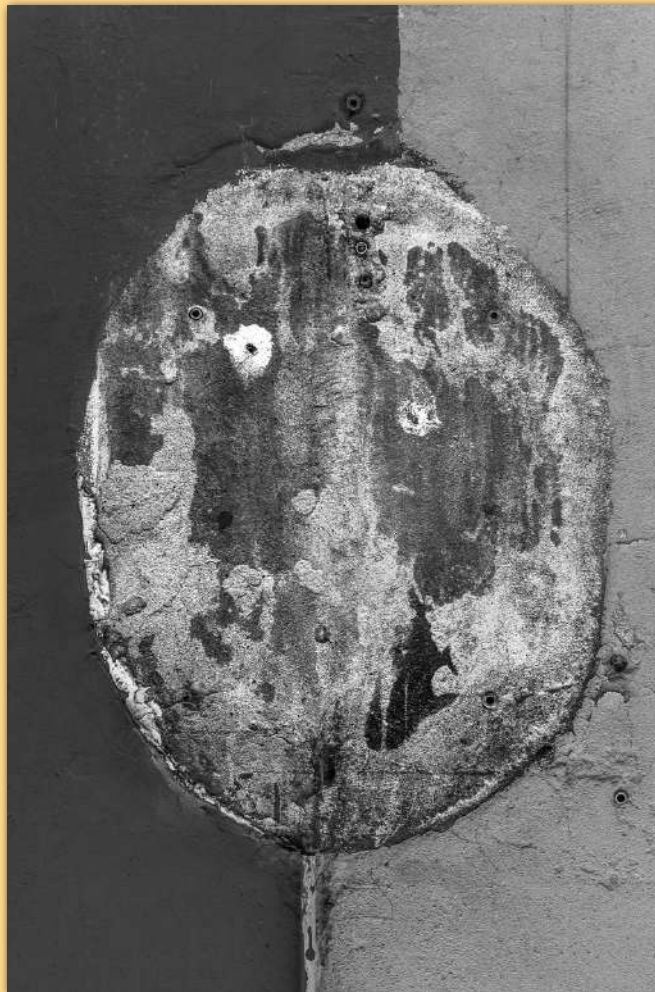
**Fyodor Dostoyevsky is a role model for me. Observing the mundane life of the people who surrounded him, he was able to invent, tell stories based on his imagination, thoughts, and experience. In summary, if you want to take better pictures, try to transform reality, through your inner voice, into an imaginary, unreal world. When you take photos of ordinary people around you, try to add something from yourself to this image. Try to change reality using your own visual, internal language. You should try to encode the message in your photo and let the viewer play it in its decode. I think we all can create these types of images like those from the set mentioned above. It all depends on you and how much passion, time, and hard work you will devote to your passion.**

## **MENTAL DISORDER**

Another post was about mental disorder. I wrote in it that sometimes I feel that I am myself, and at the same time, I can imagine that the person who is in me is not really me. Complicated? Perhaps. However, if you want to discover truly mysterious masterpieces of masters, talking about mental disorders, then read Fyodor Dostoyevsky's early novel, "The Double" or one of the journeys of Ijon Tichy, the hero of Stanislaw Lem's "The Star Diaries." In "The Double," Dostoyevsky described precisely one of the mental disorders - schizophrenia. The main character, government official Jakub Goladkin, suffers from the abovementioned mental illness. Has a double, split personality. He sees his double. The novel is proof of how fantastic the observer was a famous Russian writer. He grew up in the vicinity of a psychiatric hospital. Therefore, he could observe mentally ill people. If you want to know the process of the main hero's insanity, just read the novel mentioned above.

## MENTAL DISORDER

In turn, in one of the stories from Stanislaw Lem's "The Star Diaries," the main character Ijon Tichy was placed in a psychiatric hospital. He met there with one of the patients. This patient described his feelings and informed why he was in this place. He explained that there was a period in his life, that he was sure that he did not exist. He said that everything that surrounds him is only a mirage and illusion. What's more, he had many complicated mathematical calculations that almost 100% was to prove his theory that nothing exists. The highlight of the whole story was that he suddenly began to doubt his theory, thinking that he, indeed, lives. He went crazy and therefore went to the hospital. Let us now return to the first sentence of my post: do you still think, my Dear Friend, that my opinion was complicated? My posts are not confusing. If you want to read complicated and challenging content, you better reach for Dostoevsky and Lem's books. Believe me, the effort is worth it.



• *Post „Mental Disorder“*

## SOCIAL MEDIA

About why in April 2018, I didn't have any official social media account, I explained in a post called "Social media." I divided the answer into three parts. Here they are: Having our own website, we have full control over it. Unlike profiles on social networks, we own our own website. We have complete power over it. I dream that my site would last much longer than my life. Running a blog is a project for my whole life. Thanks to my own website, I received an incredible self-expression tool. That's why I thought I didn't need any official social media accounts. I don't want to be the most famous Instagram photographer. Having a fan page on social media, we do not have full control over our accounts. Facebook and Instagram are the owners of the profile. That's why we don't have complete control over this account. When social media managers decide that they want to make significant changes to the site, they will do so without asking users for permission.

- *Post „Social Media“*





- *Post „Social Media“*

## SOCIAL MEDIA

**This was the first reason I don't have a social media profile: 100% control over the profile is missing. If you have your blog - it's up to you what you do with it. Even if you decide to close it, it will still be only your decision. When you have your page - you are the ruler of your kingdom. It's up to you whether your site will become the most potent and influential site in the world. You become independent. The second part of the answer to the question posed at the beginning of the post is closely related to one of my previously written posts. I mentioned in it that the real value of broadly understood art is related to time. I can imagine albums printed over the next 100 years, titled 'The Best of Instagram,' for example. Nevertheless, I can't believe that in 100 years, the MoMA curator in New York will announce that he will show the work of this and this photographer only because he had millions of likes on his social media profile. Why? Because, in general, the more popular something is for the general public, the more likely it is to be aesthetic but also dull.**

## SOCIAL MEDIA

There is no rule here, but it is often the case that Instagram works admired by the masses contain a lot of "fireworks" and little valuable content. You can't create creations that will please all viewers. That is why I prefer to focus on the smaller, sublime, niche part of the audience. I leave the collecting of likes on social networks to other creators. The third reason I didn't plan to launch my profile on social media was the lack of time. Running a blog, taking photos, and writing texts took me a lot of time. I could not imagine adding other social media responsibilities to my daily routine. I preferred to focus only on running the website [www.adammazek.com](http://www.adammazek.com). Summing up the topic, I found that there is nothing wrong with running profiles on social media sites. If anyone wants to do it, let them do it. Nevertheless, I see many more advantages to running a personal website.

- *Post „Social Media“*





**WHY DO I ALWAYS CARRY  
A CAMERA WITH ME?**



## WHY DO I ALWAYS CARRY A CAMERA WITH ME?

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Why do I always carry the camera with me? The answer is simple: I never know when I will have the opportunity to take pictures. I have already mentioned in one of my earlier posts that even if we do not have a camera on hand, we should visually analyze our surroundings. If we want to make progress in our passion, we should train it as often as possible. For example, we can imagine how we can photograph something that we see in front of us. Wouldn't it be easier to just take a picture? I believe that it is always worth taking a photo of something ambiguous, undiscovered, and inexpressible. Whether people are in the picture is not essential. An efficient photographer can handle all circumstances. The scenery doesn't matter either. Regardless of whether you go to work or a walk with your dog, you can always have a camera with you. Moreover, the place of residence is also irrelevant. If you live in the countryside, take pictures, e.g. of trees.



• Post „Why do I always carry a camera with me?“ (also p. 16)

## WHY DO I ALWAYS CARRY A CAMERA WITH ME?

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- *Post .Why do I always carry a camera with me?"*

**If you live in a big city, you can always take pictures of buildings. If you have a camera with you, the photos you take will stay forever in your memory and in posterity. It is up to you whether the view you see disappears forever with your death. I strongly urge you, my Dear Friend, to carry the camera with you. It is always worth asking yourself: is it better to take a picture of a given view or not? I think the answer is obvious. Taking the camera with you increases your chances of making another great photo. You can expand your artistic portfolio, not traveling around the world, but doing mundane activities. You don't have to wait for the journey of a lifetime to take good photos. The fact is that you can take cool photos even when walking with your dog. That's why I always have a camera with me. I just want to increase my chances of making as many unique photos as possible.**

## **THE ART OF RELAXATION**

**In the penultimate post of April 2018, I wrote about the art of relaxation. The right to rest is one of the indisputable and fundamental freedoms of every human being. Preventing rest for others is one of the worst tortures and torments, used, e.g., in communist prisons. The truth is that everyone has their own favorite way to relax. There are two types of rest: active and passive. I would highly recommend and encourage you to choose the first one. Why? Resting actively, we can learn new things, strengthen ourselves, both mentally and physically. Through active rest, we develop our body, mind, and imagination. I think we all know examples of both active and passive relaxation. Today I will focus on my effective ways of intense relaxation:**

- *Post „The Art of Relaxation“*





• Post „The Art of Relaxation“

## **THE ART OF RELAXATION**

**1) Photography - this is my favorite passion. I often take photos in the streets of Warsaw, right after leaving work. I also do this on weekends. I try to take pictures as often as possible. I love to walk in the urban space or in the White Wilderness, near Brok. I feel that I am resting while doing this. What's more, I'm sure I'm training not only my legs but also my imagination and observation skills. When I take photos, I often think of a lot of thoughts. While walking, I get ideas for subsequent posts to write. Visual analysis of the reality surrounding me is one of the best ways to get to know our world. When shooting, I feel like a child fulfilling my dreams.**

**2) Sport - until recently, my favorite sport was swimming. Now I love to stretch my body and walk so that I do a minimum of 10,000 steps during one photographic journey. The truth is that playing sports has accompanied me since my childhood.**

## **THE ART OF RELAXATION**

**Swimming, walking, or stretching muscles make me feel more and more efficient. I strongly urge you, my Dear Friend, to find your favorite sport. If you are not afraid of water, just start swimming regularly. In turn, if you don't have enough time, go for a walk or start stretching your muscles at home.**

**3) Spending time with my beloved Kamilka, Parents or friends - spending time with our loved ones (regardless of whether we do it at home or away from home) is undoubtedly one of the most relaxing things we can experience. Contact, the presence of other people, has a soothing effect on virtually all people. If we add the possibility of, for example, reading inspirational books, then we have one of the best ways to relax.**

• *Post „The Art of Relaxation“*



# HAPPINESS



## HAPPINESS

The last post from April 2018 talked about happiness. I asked how we can increase the level of life satisfaction. Undoubtedly, we can get intoxicated with alcohol, but it is a very short-term solution. Regular consumption can bring a lot of damage in the long run. What's worse, frequent drinking beer or vodka will cause that not only will your health deteriorate but also your relationship with the environment, mental condition, and appearance. If alcohol can't give us happiness, maybe the money will bring it to us? Personally, I don't believe that wealth can bring real joy into our lives. Money can help in many things, can make life easier, but it cannot replace love, health, and peace of mind. I believe that money should be a kind of helper that will help us achieve the real goal of our lives. Returning to the main topic, I think there are many ways to find the answer to the question of how to be happy. Nevertheless, today I will focus on activities that have helped me a lot. I will skip the fact that I feel happy when I spend time with my loved ones and friends. As for activities related to my passions, I am delighted when I walk the streets of Warsaw. In doing so, I reflect on many different topics and take pictures of mundane surroundings.



• Post „Happiness“ (also p. 22)

## HAPPINESS

The primary purpose of creating my art is to inspire other people to do similar things: promote their surroundings or show their inner world through creativity in a broad sense. I believe that people have a deeply rooted desire to capture, in various ways, what surrounds them. My goal is, among others traveling around the countries of Central and Eastern Europe and making this particular part of Europe more recognizable in the world. At the moment, the principal place of my activity is the capital of Poland. The tools that will help me achieve my goals are photography and a website. I realize that promoting something with photos like mine is a difficult task, but to be honest, I don't care how difficult it is.



• *Post „Happiness“*

If at least one person tells me that I inspired her to take pictures, I will be happy. Has such a person already appeared in my life? Yes, and it's not one. I would like to remind the inhabitants of Central and Eastern Europe that they live in a unique, enjoyable, breathtaking place. It depends only on us how we will promote our surroundings. I would like to encourage you, my Dear Friend, to create in a broad sense. This action will bring happiness not only to you but to all your surroundings. Joy will not necessarily be associated with the pleasures of life.

Nevertheless, I am convinced that it is worth our effort. I believe in myself and in my message that I share with other people. I would also like to emphasize that if you do not live in Central and Eastern Europe, then you should promote your region by creating new things. This can be the key to happiness for you and your loved ones.

## THE END