

147 **Vrtlog / Vortex**



Amalurra, 2012., akril na ručno rađenom papiru, 73 x 103 cm

„Ples premošćuje put do meditacije, ples je most do slikanja, ples je most do psihologije. Zato što ples znači da vaše tijelo kaže da životu. Bez ove energije kojom kažete "da" životu, ne možete stvarno sagledati svoje probleme s dostojanstvom, s ljubavlju, s opuštenošću.”

““Dance is the bridge to meditation, dance is the bridge to painting, dance is the bridge to psychology. Because dance means your body is saying "yes" to life. Without this energy of saying yes to life, you can't really look at your issues with dignity, with love, with relaxation.””

Meera Hashimoto



Amalurra, 2013., akril na ručno rađenom papiru, 67 x 99 cm

“Zašto je Bog stvorio zlo? Odgovor me pogodio u dubinu duše! Profesor na sveučilištu postavio je svojim studentima sljedeće pitanje: “Jel sve što postoji stvorio Bog?” Jedan student hrabro je odgovorio: “Da, stvorio ga je Bog.” “Je li Bog sve stvorio?” upita profesor. “Da, gospodine”, odgovorio je student. Profesor je upitao: „Ako je Bog stvorio sve, onda je Bog stvorio i zlo, budući da ono postoji. A prema principu da naša djela određuju nas same, onda je Bog zao.” Učenik je zašutio nakon što je čuo takav odgovor. Profesor je bio vrlo zadovoljan sobom. Pohvalio se studentima jer je još jednom dokazao da je vjera u Boga mit. Drugi student je podigao ruku i rekao: “Mogu li vas nešto pitati, profesore?” “Naravno”, odgovorio je profesor. Student je ustao i upitao: “Profesore, je li hladnoća postoji?” “Kakvo pitanje? Naravno da postoji. Je li vam ikada bilo hladno? Učenici su se nasmijali mladičevom pitanju. Mladić odgovori: “Zapravo, gospodine, hladnoća ne postoji. Prema zakonima fizike, ono što smatramo hladnoćom zapravo je odsutnost topline. Osoba ili predmet mogu se proučavati na temelju toga ima li energiju ili ju prenosi. Apsolutna nula (-460 stupnjeva Fahrenheit) je potpuno odsustvo topline. Sva materija postaje inertna i ne može reagirati na ovoj temperaturi. Hladnoća ne postoji. Osmislili smo ovu riječ kako bismo opisali ono što osjećamo kad nema topline.” Student je nastavio: “Profesore, postoji li tama?” “Naravno da postoji.” „Opet niste u pravu, gospodine. Tama također ne postoji. Tama je zapravo odsutnost svjetla. Možemo proučavati svjetlost, ali ne i tamu. Možemo koristiti Newtonovu prizmu za širenje bijele svjetlosti na više boja i istraživanje različitih valnih duljina svake boje. Ne možete mjeriti tamu. Jednostavna zraka svjetlosti može se probiti u svijet tame i osvijetliti ga. Kako možete znati koliko je mračan određeni prostor? Vi mjerite koliko je svjetlosti predstavljeno. Nije li tako? Tama je izraz koji čovjek koristi da bi opisao ono što se događa u nedostatku svjetla.” Na kraju je mladić upitao profesora: “Gospodine, postoji li zlo?” Ovaj put je bilo neizvjesno, profesor je odgovorio: “Naravno, kao što sam već rekao. Vidamo ga svaki dan. Okrutnost, brojni zločini i nasilje diljem svijeta. Ovi primjeri nisu ništa drugo nego manifestacija zla.” Na to je student odgovorio: “Zlo ne postoji, gospodine, ili barem ne postoji samo za sebe. Zlo je jednostavno odsutnost Boga. To je poput tame i hladnoće - riječ koju je stvorio čovjek za opisivanje odsutnosti Boga. Bog nije stvorio zlo. Zlo nije vjera ili ljubav, koje postoje kao svjetlost i toplina. Zlo je rezultat odsutnosti Božanske ljubavi u ljudskom srcu. To je vrsta hladnoće koja dolazi kada nema topline, ili vrsta tame koja dolazi kada nema svjetla.” Student se zvao Albert Einstein.”

“Why did God create evil? The answer struck me to the core of my soul! A professor at the university asked his students the following question: - Everything that exists was created by God? One student bravely answered: “es, created by God.” “Did God create everything?” a professor asked. “Yes, sir,” replied the student. The professor asked: “If God created everything, then God created evil, since it exists. And according to the principle that our deeds define ourselves, then God is evil.” The student became silent after hearing such an answer. The professor was very pleased with himself. He boasted to students for proving once again that faith in God is a myth. Another student raised his hand and said: “Can I ask you a question, professor?” “Of course,” replied the professor. A student got up and asked: “Professor, is cold a thing?” “What kind of question? Of course it exists. Have you ever been cold? Students laughed at the young man’s question. The young man answered: “Actually, sir, cold doesn’t exist. According to the laws of physics, what we consider cold is actually the absence of heat. A person or object can be studied on whether it has or transmits energy. Absolute zero (-460 degrees Fahrenheit) is a complete absence of heat. All matter becomes inert and unable to react at this temperature. Cold does not exist. We created this word to describe what we feel in the absence of heat.” A student continued: “Professor, does darkness exist?” “Of course it exists.” “You’re wrong again, sir. Darkness also does not exist. Darkness is actually the absence of light. We can study the light but not the darkness. We can use Newton’s prism to spread white light across multiple colors and explore the different wavelengths of each color. You can’t measure darkness. A simple ray of light can break into the world of darkness and and illuminate it. How can you tell how dark a certain space is? You measure how much light is presented. Isn’t it so? Darkness is a term man uses to describe what happens in the absence of light.” In the end, the young man asked the professor: “Sir. does evil exist?” This time it was uncertain, the professor answered: “Of course, as I said before. We see him every day. Cruelty, numerous crimes and violence throughout the world. These examples are nothing but a manifestation of evil.” To this, the student answered: “Evil does not exist, sir, or at least it does not exist for itself. Evil is simply the absence of God. It is like darkness and cold—a man-made word to describe the absence of God. God did not create evil. Evil is not faith or love, which exist as light and warmth. Evil is the result of the absence of Divine love in the human heart. It’s the kind of cold that comes when there is no heat, or the kind of darkness that comes when there’s no light.” The student’s name was Albert Einstein.”



149 **Mama / Majka**



Amalurra, 2012., akril na ručno rađenom papiru, 100 x 68 cm

“Žena koja se bori protiv oca još uvijek ima mogućnost vođenja instinktivne, ženske egzistencije, jer odbija samo ono što joj je strano. Ali kada se bori protiv majke, ona može, uz rizik povrede svojih instinkata, postići veću svijest, jer odbacujući majku, ona odbacuje sve što je nejasno, instinktivno, dvosmisleno i nesvjesno u njenoj vlastitoj prirodi.”

“The woman who fights against her father still has the possibility of leading an instinctive, feminine existence, because she rejects only what is alien to her. But when she fights against the mother she may, at the risk of injury to her instincts, attain to greater consciousness, because in repudiating the mother she repudiates all that is obscure, instinctive, ambiguous, and unconscious in her own nature.”

Carl Jung



186 **Plava / Blue**



Amalurra, 2013., akril na ručno rađenom papiru, 68 x 100 cm

“Za malo dijete, je osoba za koju se vezalo Bog ili Boginja, čarobnjak, mudrac i vidjelica, a bez te osobe bliži mu se kraj. Ali kada je ista ta osoba i sam izvor užasa za malog – ili kada je ona prestravljena i traumatiziran – zalazimo u neistražene vode. Potrebno je sve što možete da sjednete u to polje s bratom ili sestrom koji je dirnut na ovaj način, tko je došao organizirati svoje iskustvo oko ove vrste raskida i izdaje. Ali važno je znati da je taj odgovor u to vrijeme bio koherentan, prilagodljiv i kreativan. Iako može zvučati paradoksalno, to je bilo spasonosno i spriječilo potpunu fragmentaciju. Pružiti čak i tračak nade, trenutak sigurnosti, u kojem može osjetiti da ga osjećate i razumijete, samo jedan trenutak u kojem se može ponovno povezati, ponovno udružiti, ponovno utjeloviti i znati da je novi svijet moguć. Da digne pogled prema tebi i vidi, osjeti i doživi da ste tu s njim. Da poštuješ tko je i što je i da posvjedočiš njihovom iskustvu. Da nećeš zahtijevati da se brzo promijeni ili transformira ili iscijeli ili bude drugačiji da bi ostao blizu.

Nikad ne podcjenjujte snagu ljubavi i ono što možemo učiniti da pomognemo. Samo nekoliko ljubaznih riječi, slušanje drugoga i njegove priču, držanje u zagrljaju, pružanje zaklona i utočišta, pomaže mu da se osjeća sigurno, makar i na samo nekoliko sekundi.”

“For a young child, the attachment figure is God or Goddess, magician, sage, and seer, and without this person the end is near. But when this figure is also the very source of terror for the little one – or where the other is terrified and traumatized him or herself – we find ourselves in uncharted waters. It takes everything to sit in this field with a brother or sister who has been touched in this way, who has come to organize their experience around this sort of rupture and betrayal. But it’s important to remember that this response was coherent, adaptive, and creative at the time. In ways that may seem paradoxical, that it was lifesaving and prevented full scale fragmentation. To provide even a sliver of hope, a moment of safety, where they can feel felt and understood, just one moment where they can re-link, re-associate, re-embody, and know that a new world is possible. To look up at you and see and feel and sense that you are there with them. That you honor who and what they are and the validity of their experience. That you will not demand they quickly change or transform or heal or be different in order for you to stay near.

Never underestimate the power of love and what we can do to help. Just some kind words, listening to another and their story, holding them, offering shelter and refuge, helping them to feel safe, even if for only a few seconds.

Matt Licata



187

Cb šuma / Bw forest



Amalurra, 2013., akril na ručno rađenom papiru, 68 x 100 cm

“Učite od jučer, živite za danas, nadajte se sutra. Važno je ne prestati propitkivati.”

“Learn from yesterday, live for today, hope for tomorrow. The important thing is not to stop questioning.”

Albert Einstein



188 **Ježeva kućica / The hedgehog's house**



Amalurra, 2013., akril na ručno rađenom papiru, 68 x 98 cm

"Neka ljepota onoga što voliš bude ono što radiš."

"Let the beauty of what you love be what you do."

Rumi



189 **Stabletino / Big tree**



Amalurra, 2013., akril na ručno rađenom papiru, 70 x 100 cm

“Tražim od vas da ne vjerujete ničemu što ne možete sami provjeriti.”

“I ask you to believe nothing that you cannot verify for yourself.”

G.I. Gurdjieff, Pogledi iz stvarnog svijeta



211 **Norway-Cro / Norveška-Hrvatska**



Amalurra, 2014., akril na ručno rađenom papiru, 81 x 108 cm

"Kako ja vidim, ako date svoju ljubav u potpunosti u ono što radite, možete uključiti i druge kao dio toga i možete rasti zajedno"

"As I see it, if you give your love fully in what you do, you can include others as part of it and you can grow together"

Meera Hashimoto



212 **Picek / Little chicken**

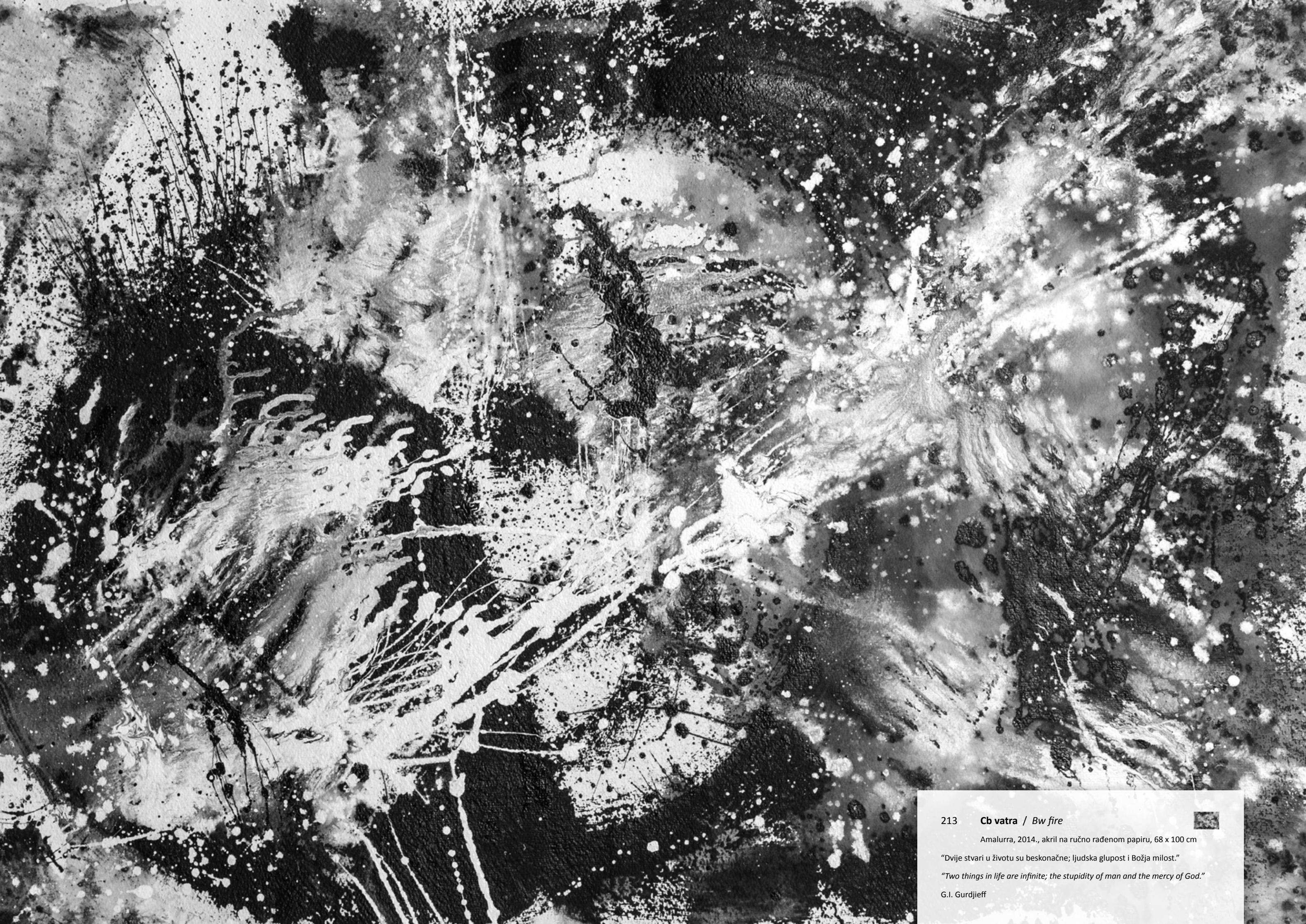


Amalurra, 2014., akril na ručno rađenom papiru, 81 x 110 cm

"Kad si opušten, kad si spontan, sve što se stvori uvijek je lijepo, uvijek savršeno. Zašto? Jer sadašnji trenutak ima svoj osjećaj savršenstva."

"When you are relaxed, when you're spontaneous, whatever is created is always beautiful, always perfect. Why? Because the present moment has its own sense of perfection."

Mera Hashimoto



213 **Cb vatra / Bw fire**



Amalurra, 2014., akril na ručno rađenom papiru, 68 x 100 cm

“Dvije stvari u životu su beskonačne; ljudska glupost i Božja milost.”

“Two things in life are infinite; the stupidity of man and the mercy of God.”

G.I. Gurdjieff

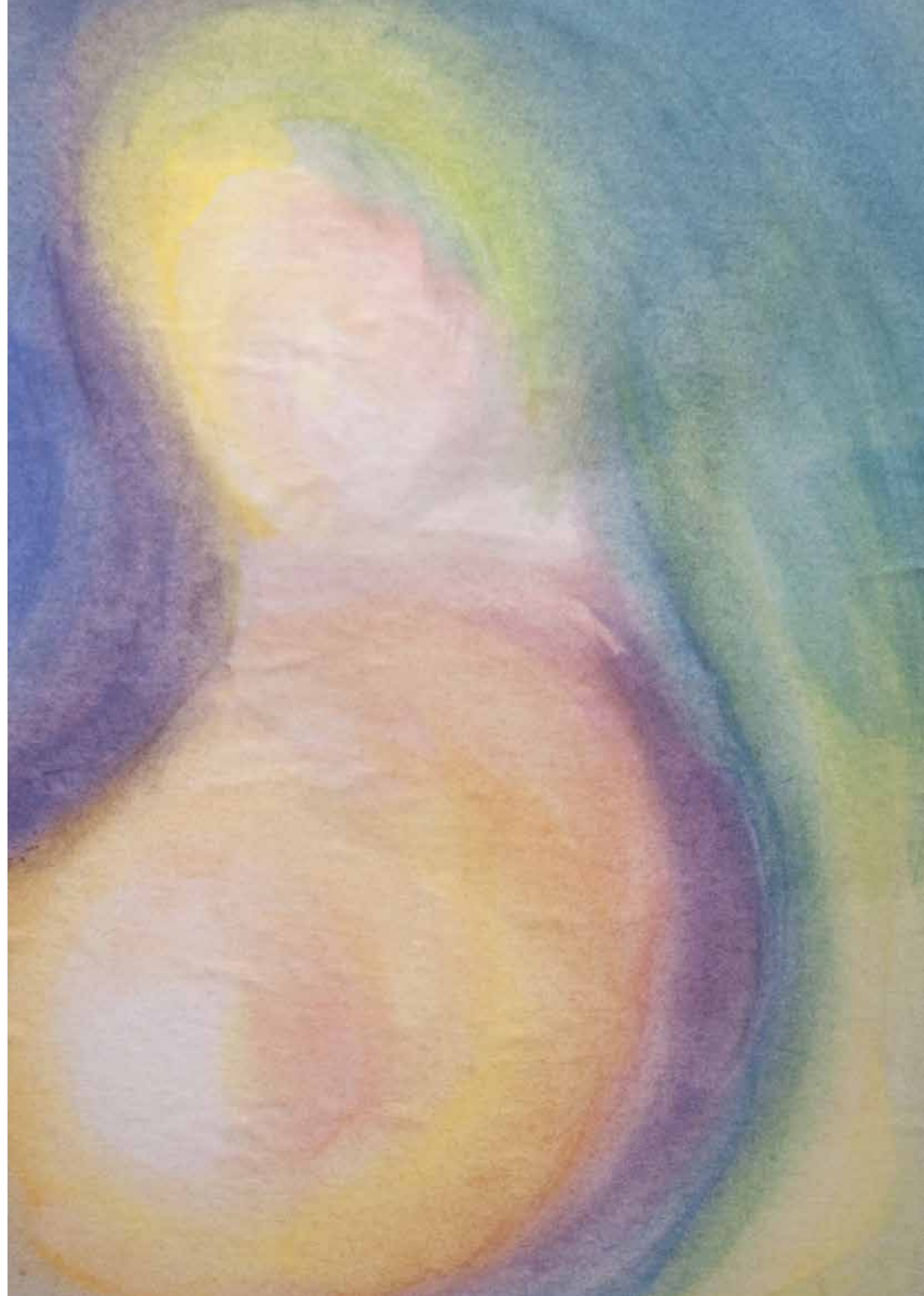
214 **Majka Božja / Mother of God**

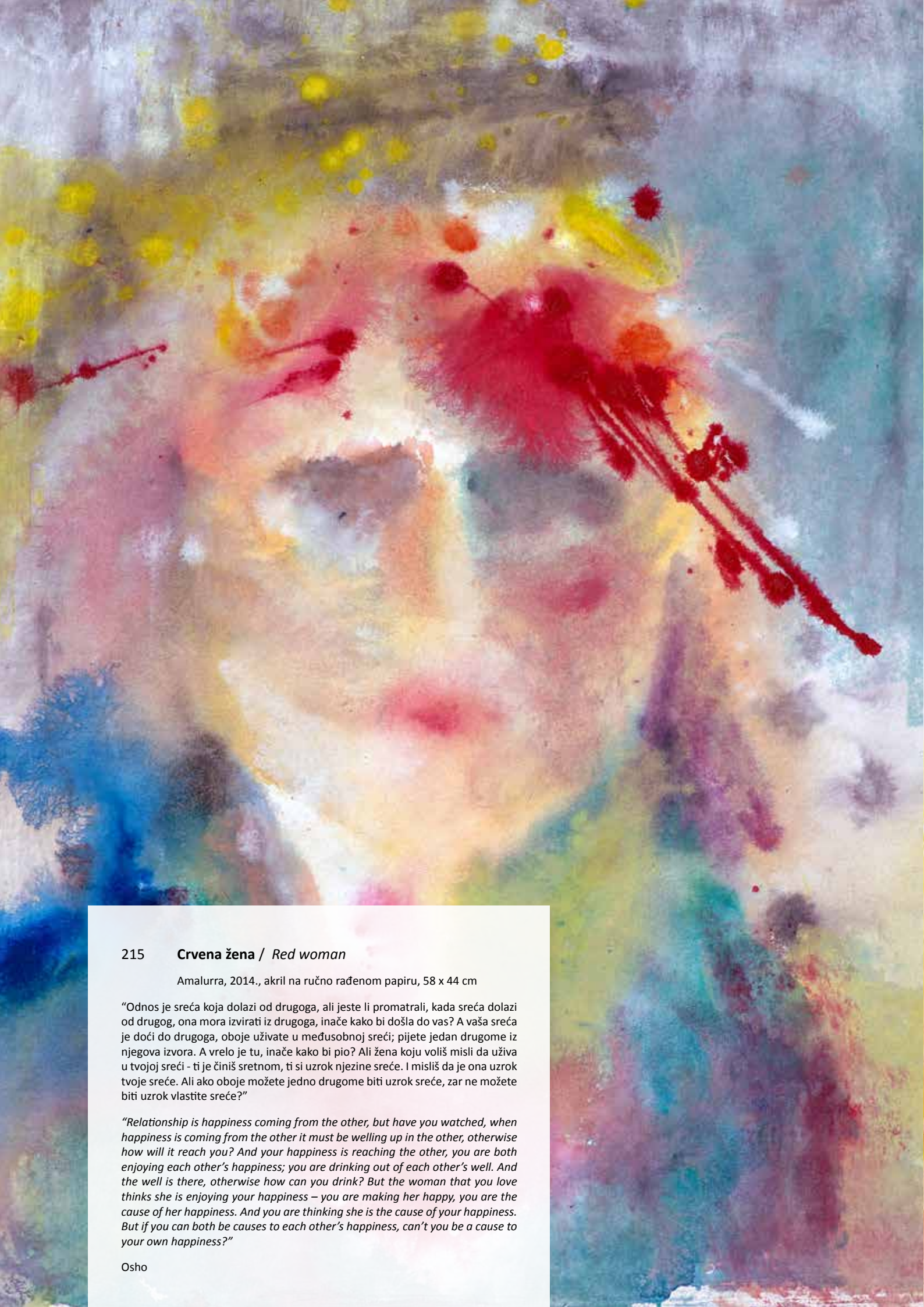
Zagreb, 2002., akvarel na papiru, 43 x 32 cm

“Drvo koje bi raslo do neba mora poslati svoje korijenje u pakao.”

“The tree that would grow to heaven must send its roots to hell.”

Friedrich Nietzsche





215 **Crvena žena / Red woman**

Amalurra, 2014., akril na ručno rađenom papiru, 58 x 44 cm

“Odnos je sreća koja dolazi od drugoga, ali jeste li promatrali, kada sreća dolazi od drugog, ona mora izvirati iz drugoga, inače kako bi došla do vas? A vaša sreća je doći do drugoga, oboje uživate u međusobnoj sreći; pijete jedan drugome iz njegova izvora. A vrelo je tu, inače kako bi pio? Ali žena koju voliš misli da uživa u tvojoj sreći - ti je činiš sretnom, ti si uzrok njezine sreće. I misliš da je ona uzrok tvoje sreće. Ali ako oboje možete jedno drugome biti uzrok sreće, zar ne možete biti uzrok vlastite sreće?”

“Relationship is happiness coming from the other, but have you watched, when happiness is coming from the other it must be welling up in the other, otherwise how will it reach you? And your happiness is reaching the other, you are both enjoying each other’s happiness; you are drinking out of each other’s well. And the well is there, otherwise how can you drink? But the woman that you love thinks she is enjoying your happiness – you are making her happy, you are the cause of her happiness. And you are thinking she is the cause of your happiness. But if you can both be causes to each other’s happiness, can’t you be a cause to your own happiness?”

Osho



216 **Kineskinja / China girl**

Amalurra, 2014., akril na ručno rađenom papiru, 58 x 44,5 cm

“Nisam ono što misliš da jesam. Ti si ono što misliš da jesam .”

“I am not what you think I am. You are what you think I am.”

The Buddha



214
Majka Božja

Mother of God
Zagreb, 2002.,
akvarel na papiru,
43 x 32 cm

“Drvo koje bi raslo do
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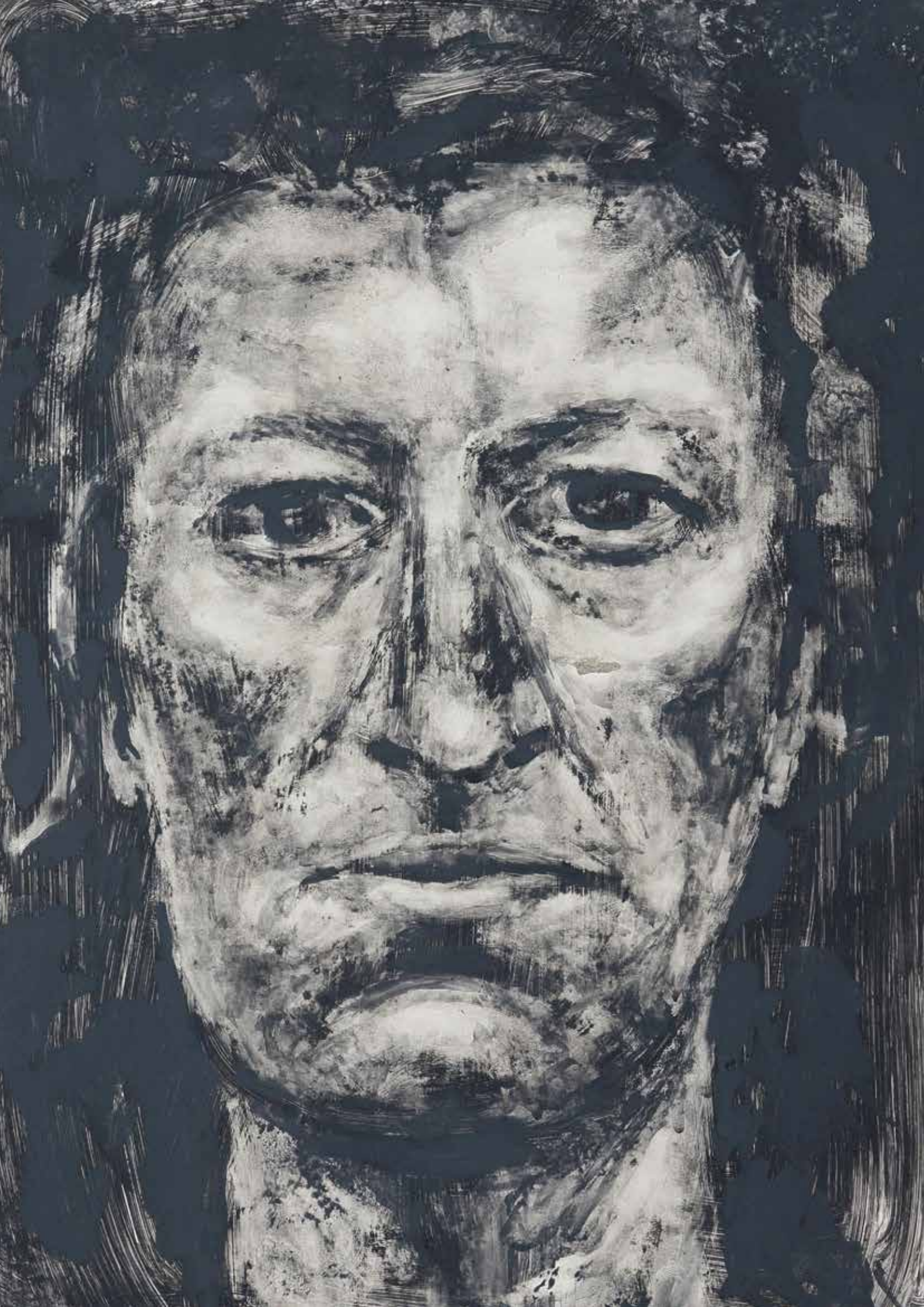
217
Autoportret Prvi 2014 / Selfportrait The first 2014

Amalurra, 2014., akril na canvasu, 45 x 32 cm

"Nitko osim Tebe. Nitko te ne može spasiti osim tebe. Naći ćeš se ponovo i ponovo u gotovo nemogućim situacijama. Oni će pokušati ponovo i ponovo pod izgovorima, pod maskama i silom da te natjeraju da podlegneš, odustaneš, ili tiho umreš iznutra. Nitko te ne može spasiti osim tebe, i bit će dovoljno lako da ne uspiješ tako lako ali nemoj, nemoj, nemoj. Samo ih promatraj. Slušaj ih. Zar želiš to da budeš?Bezličan, bezdušan, bezosjećajan stvor? Zar hoćeš da doživiš smrt prije smrti? Nitko te ne može spasiti osim tebe, ti si biće vrijedno spasa. To je rat koji nije lako dobiti ali ako je išta vrijedno pobjede onda je to ovo. Razmisli o tome. Razmisli o spasavanju sebe. Tvog duhovnog sebe. Tvog hrabrog sebe. Tvog pjevajućeg magičnog sebe i tvog preljepog sebe. Spasi ga. Ne priključuj se mrtvima u duši. Održavaj sebe humorom i skladom, i na kraju ako je neophodno ulož i cijelog sebe u tu borbu, bez obzira na izgled, bez obzira na cijenu. Samo ti možeš da spasiš sebe. Učini to! Učini! I tada ćeš točno znati o čemu govorim."

"Nobody but you. Nobody can save you but yourself. You will be put again and again into nearly impossible situations. They will attempt again and again through subterfuge, guise and force to make you submit, quit and /or die quietly inside. Nobody can save you but yourself and it will be easy enough to fail so very easily but don't, don't, don't. Just watch them. Do you want to be like that? A faceless, mindless, heartless being? Do you want to experience death before death? Nobody can save you but yourself and you're worth saving. It's a war not easily won but if anything is worth winning then this is it. Think about it. think about saving your self. Your spiritual self. Your gut self. Your singing magical self and your beautiful self. Save it. Don't join the dead-in-spirit. Maintain your self with humor and grace and finally if necessary wager your self as you struggle, damn the odds, damn the price. Only you can save your self. do it! do it! Then you'll know exactly what I am talking about."

Charles Bukowski





218 **Rojžice / Roses**



Amalurra, 2014., akril na ručno rađenom papiru, 75 x 100 cm

"Priroda nudi spektakl beskraje razolikosti, ali većina toga ostaje izvan naše percepcije, jer imamo previše fiksnih koncepata. Sve smo označili: "Ovo je drvo, ono je ruža... ovo je živo, ono je mrtvo... ovo je lijepo, ono je ružno..."

"Nature is offering us a spectacle of infinite variety, but most of it remains beyond our perception because we have too many fixed concepts. We have labelled everything: "This is a tree, that is a rose... this is alive, that is dead... this is beautiful, that is ugly..."

Meera Hashimoto



219 **Love / Ljubav**

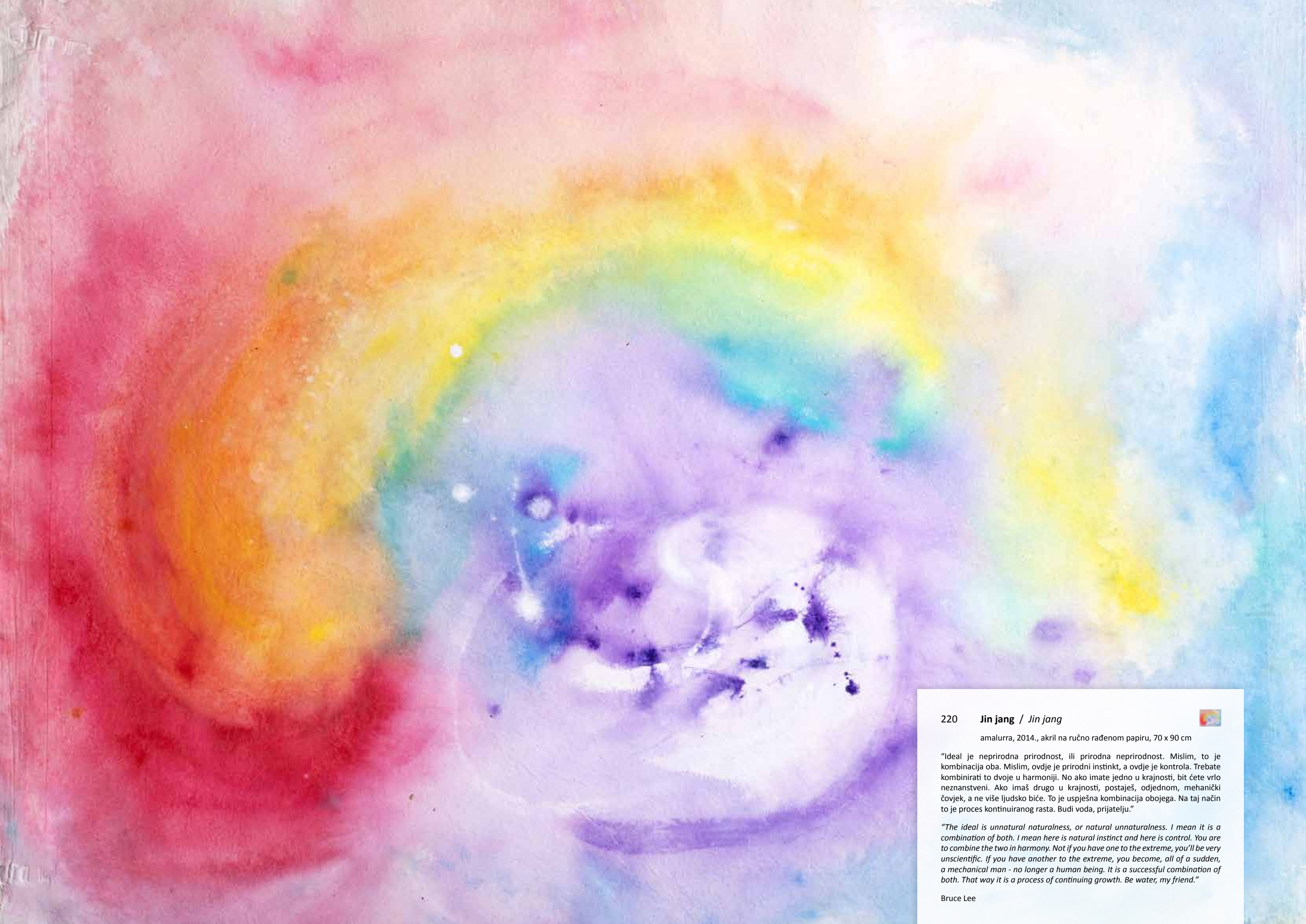


Amalurra, 2014., akril na ručno rađenom papiru, 62 x 81 cm

"Biti duboko voljen od strane nekoga daje vam snagu, dok vam duboko voljenje nekoga daje hrabrost."

"Being deeply loved by someone gives you strength, while loving someone deeply gives you courage."

Lao Tzu



220 **Jin jang / Jin jang**



amalurra, 2014., akril na ručno rađenom papiru, 70 x 90 cm

"Ideal je neprirodna prirodnost, ili prirodna neprirodnost. Mislim, to je kombinacija oba. Mislim, ovdje je prirodni instinkt, a ovdje je kontrola. Trebate kombinirati to dvoje u harmoniji. No ako imate jedno u krajnosti, bit ćete vrlo neznanstveni. Ako imaš drugo u krajnosti, postaješ, odjednom, mehanički čovjek, a ne više ljudsko biće. To je uspješna kombinacija obojega. Na taj način to je proces kontinuiranog rasta. Budi voda, prijatelju."

"The ideal is unnatural naturalness, or natural unnaturalness. I mean it is a combination of both. I mean here is natural instinct and here is control. You are to combine the two in harmony. Not if you have one to the extreme, you'll be very unscientific. If you have another to the extreme, you become, all of a sudden, a mechanical man - no longer a human being. It is a successful combination of both. That way it is a process of continuing growth. Be water, my friend."

Bruce Lee



221 **Mala šuma / Small forest**



Amalurra, 2014., akril na ručno rađenom papiru, 62 x 81 cm

"Ne možemo riješiti probleme korištenjem iste vrste razmišljanja kao kad smo ih stvorili."

"We can't solve problems by using the same kind of thinking we used when we created them."

Albert Einstein



222 **Šuma / Forest**



Amalurra, 2014., akril na ručno rađenom papiru, 80 x 108 cm

“Ovaj život je tvoj. Preuzmite moć odabira onoga što želite učiniti i učinite to dobro. Uzmite moć da volite ono što želite u životu i volite to iskreno. Uzmite snagu za šetnju šumom i budite dio prirode. Preuzmite moć da kontrolirate vlastiti život. Nitko drugi to ne može učiniti umjesto vas. Uzmite moć da svoj život učinite sretnim.”

“This life is yours. Take the power to choose what you want to do and do it well. Take the power to love what you want in life and love it honestly. Take the power to walk in the forest and be a part of nature. Take the power to control your own life. No one else can do it for you. Take the power to make your life happy.”

Susan Polis Schutz



231 **Plava šuma, diptih / Blue forest, diptych**

Zagreb, 2015., akril na papiru, 2 x 50 x 70 cm

“Mudri se ističu jer sebe vide kao dio Cjeline. Oni blistaju jer ne žele impresionirati. Oni postižu velike stvari jer ne traže priznanje. Njihova je mudrost sadržana u onome što jesu, a ne u njihovim mišljenjima. Oni odbijaju raspravljati, tako da se nitko ne raspravlja s njima.”

“The wise stand out because they see themselves as part of the Whole. They shine because they don’t want to impress. They achieve great things because they don’t look for recognition. Their wisdom is contained in what they are, not their opinions. They refuse to argue, so no-one argues with them.”

Lao Tzu



232 **Narančasta šuma / Orange forest**

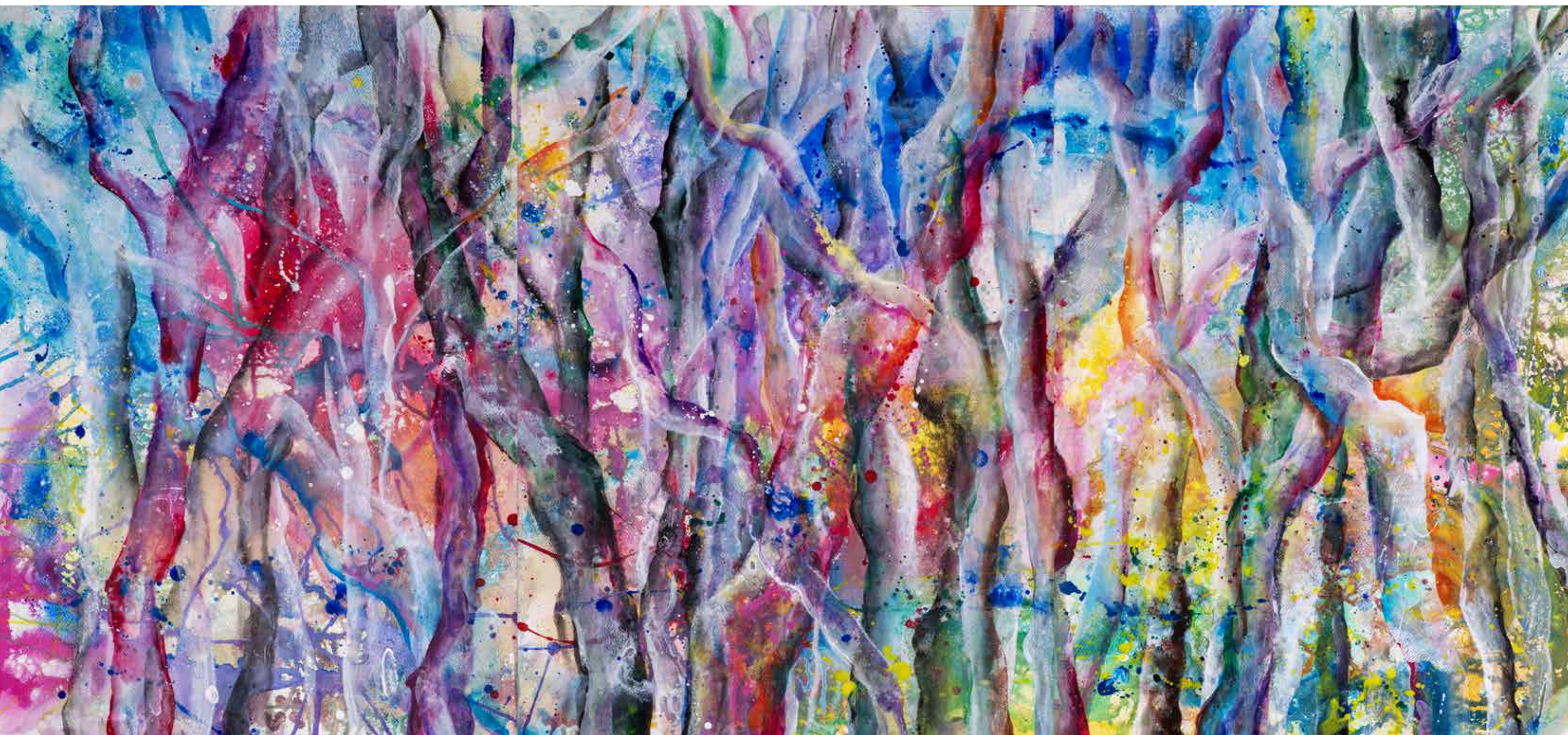


Zagreb, 2015., akril na papiru, 75 x 100 cm

Priroda... ona će objesiti noćne zvijezde da mogu hodati u tami bez spoticanja, i poslati vjetar preko mojih tragova da me nitko ne prati na moju štetu: ona će me očistiti u velikim vodama i gorkim travama ozdravi me.

"Nature....she will hang the night stars so that I may walk abroad in the darkness without stumbling, and send word the wind over my footprints so that none may track me to my hurt: she will cleanse me in great waters, and with bitter herbs make me whole."

Oscar Wilde



233 **Duga šuma, triptih / Long forest, triptych**



Zagreb, 2015., akril na papiru, 3 x 70 x 50 cm

„Postoje dva načina kako živjeti: možeš živjeti kao da ništa nije čudo; možeš živjeti kao da je sve čudo.”

“There are two ways to live: you can live as if nothing is a miracle; you can live as if everything is a miracle.”

Albert Einstein



234 **Plavo šarena / Blue colorful**

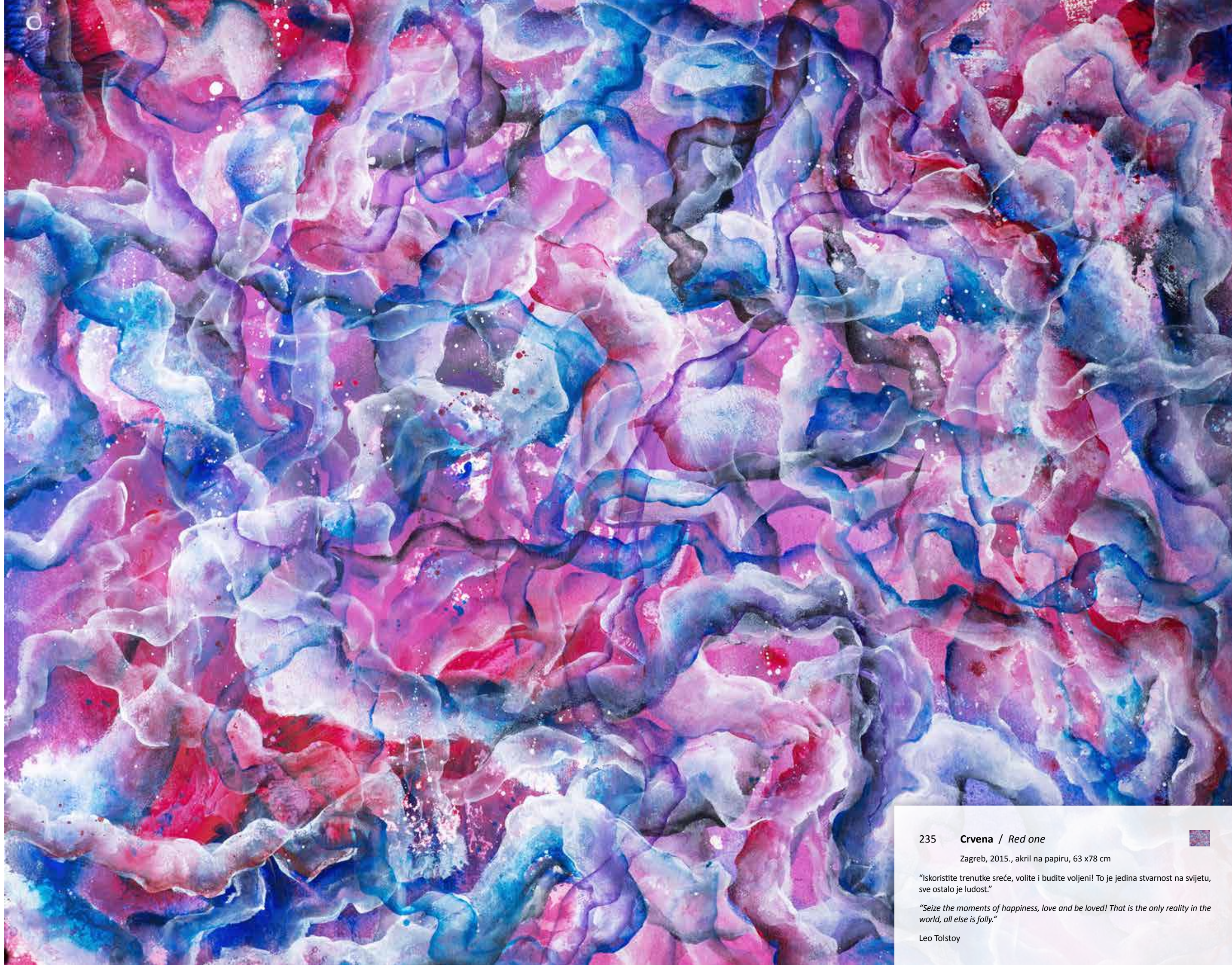
Zagreb, 2015., akril na papiru, 50 x 70 cm

"Glazbu duše može čuti Svemir."

"Music in the soul can be heard by the universe."

Lao Tzu





235 **Crvena / Red one**



Zagreb, 2015., akril na papiru, 63 x 78 cm

"Iskoristite trenutke sreće, volite i budite voljeni! To je jedina stvarnost na svijetu, sve ostalo je ludost."

"Seize the moments of happiness, love and be loved! That is the only reality in the world, all else is folly."

Leo Tolstoy



236 **Podmorje / Undersea**



Zagreb 2015., akril na papiru, 2 x 50 x 35 cm

"Svi potoci teku u more jer je niže od njih. Poniznost mu daje snagu. Ako želite vladati ljudima, morate se staviti ispod njih. Ako želite voditi ljude, morate naučiti kako ih slijediti."

"All streams flow to the sea because it is lower than they are. Humility gives it its power. If you want to govern the people, you must place yourself below them. If you want to lead the people, you must learn how to follow them."

Lao Tzu, Tao Te Ching



237 **Rano proljeće / Early spring**

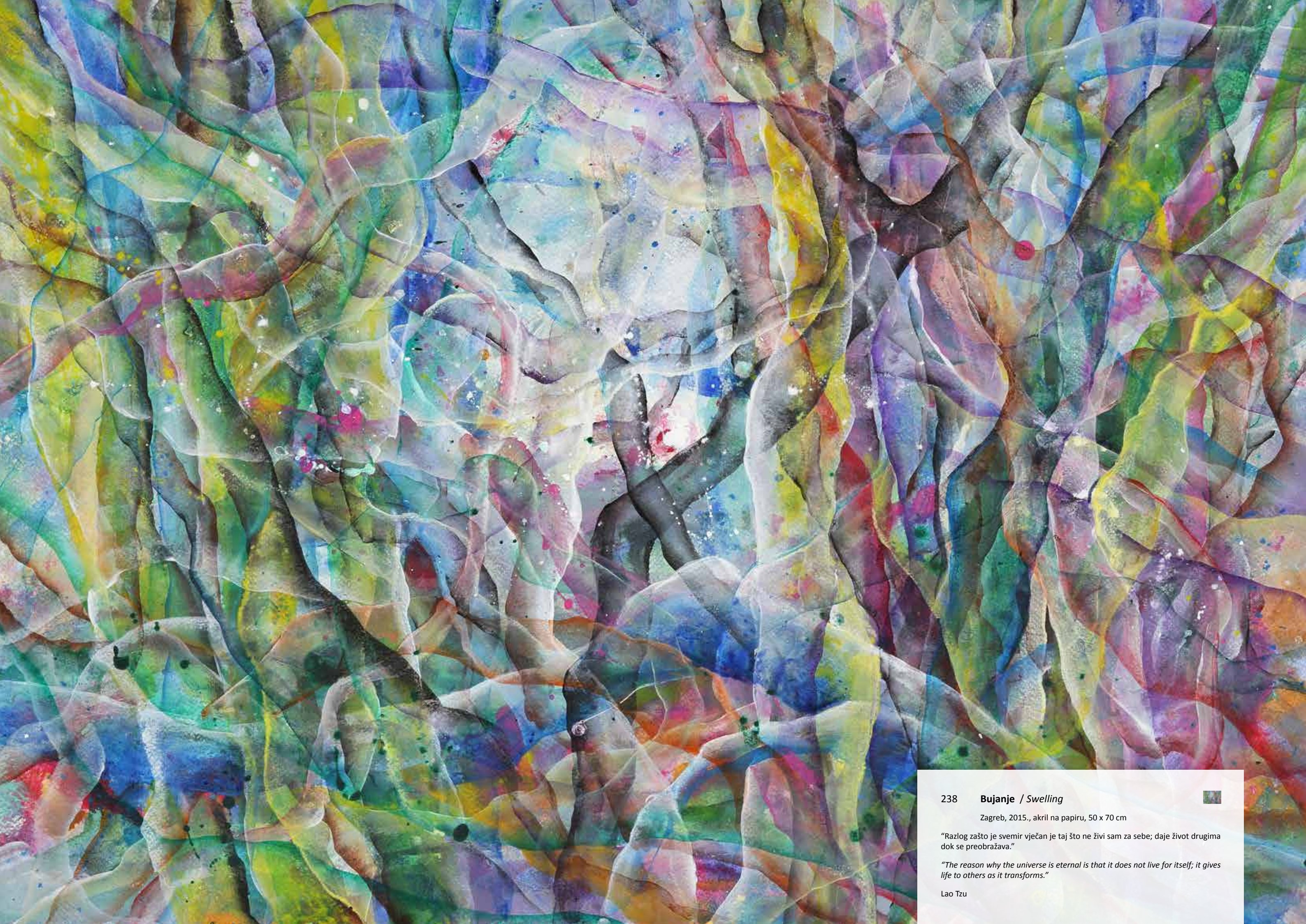
Zagreb, 2015., akril na papiru, 2 x 70 x 50 cm

“Što gusjenica zove krajem, ostatak svijeta zove leptirom”

“What the caterpillar calls the end, the rest of the world calls a butterfly.”

Lao Tzu





238 **Bujanje / Swelling**



Zagreb, 2015., akril na papiru, 50 x 70 cm

"Razlog zašto je svemir vječan je taj što ne živi sam za sebe; daje život drugima dok se preobražava."

"The reason why the universe is eternal is that it does not live for itself; it gives life to others as it transforms."

Lao Tzu

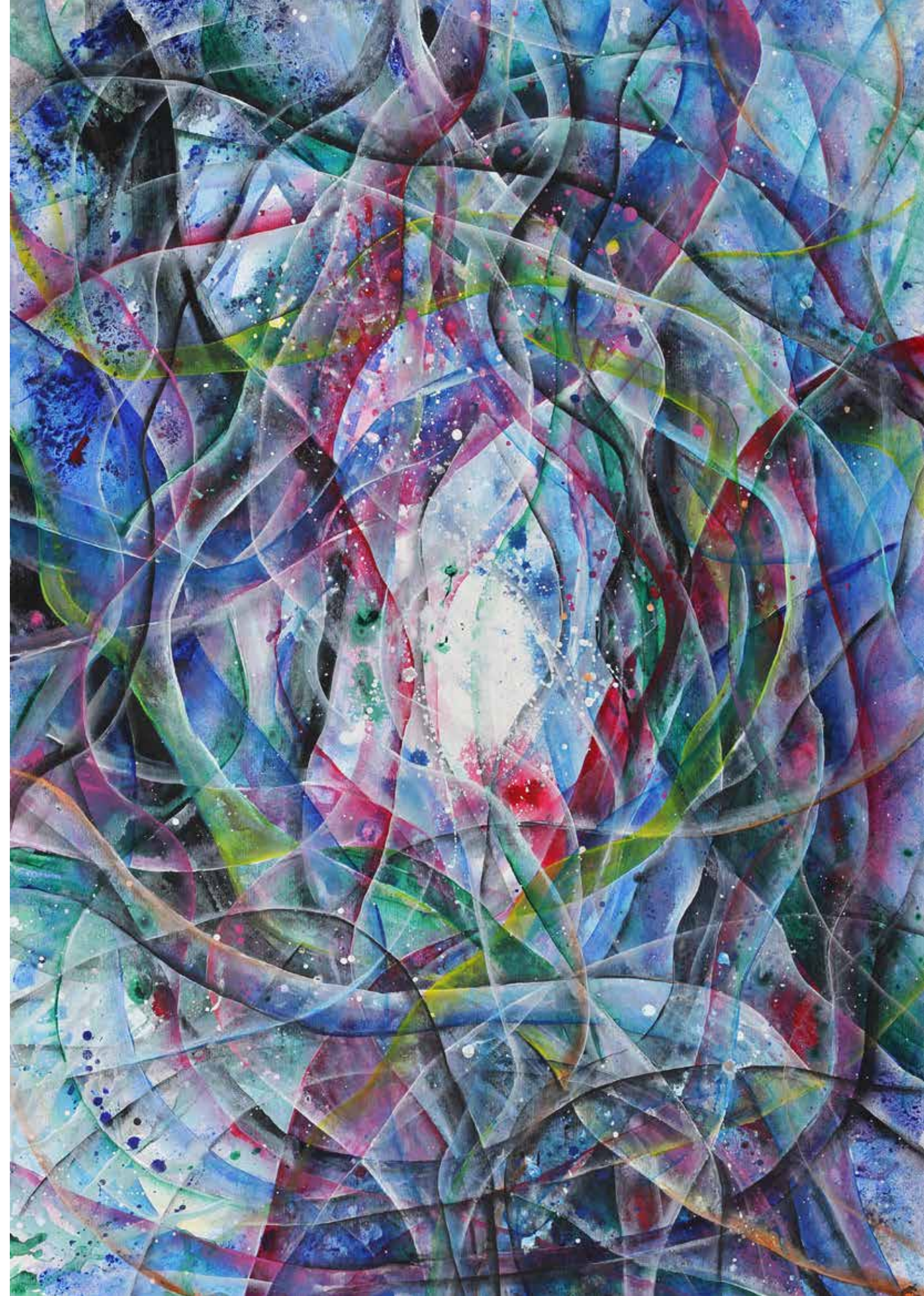
239 **Gospođa V / Mrs V**

Zagreb, 2015., akril na papiru, 70 x 100 cm

"Ne možete kriviti gravitaciju za zaljubljanje."

"You can't blame gravity for falling in love."

Albert Einstein





240 **Travanj / April**



Zagreb, 2015., akril na papiru, 70 x 100 cm

"Svaki je dan ispunjen osjećajem novosti. Svaki dan me zaintrigiraju otkrića do kojih dolazim dok se bacam u nepoznato. Osjećam se kao znanstvenik koji neprestano razvija nove metode i nove tehnike. To je proces koji traje i čini se da mu nema kraja.

Slike nastale ovim pristupom su iznenađenje za moje vlastite oči i želim se pokloniti svakoj novoj slici koja se rodi preda mnom. U takvim trenucima osjećam koliko je važno biti živ, a ako to uzbuđenje mogu podijeliti s drugima, kako bi i oni ostavili svoje tragove na ovoj zemlji, rađajući vlastitu kreativnost, onda sam najsretniji."

"Each day is filled with a sense of newness. Each day, I'm intrigued by the discoveries I make as I throw myself into the unknown. I feel like a scientist, constantly developing new methods, and new techniques. It's an ongoing process and there seems to be no end to it.

Paintings coming out of this approach are a surprise to my own eyes, and I want to bow down to every new painting that is born in front of me. In such moments, I feel the significance of being alive, and if I can share this thrill with others, so they can make their own footprints on this earth, giving birth to their own creativity, then I am most happy."

Meera Hashimoto



241 **Svibanj / May**

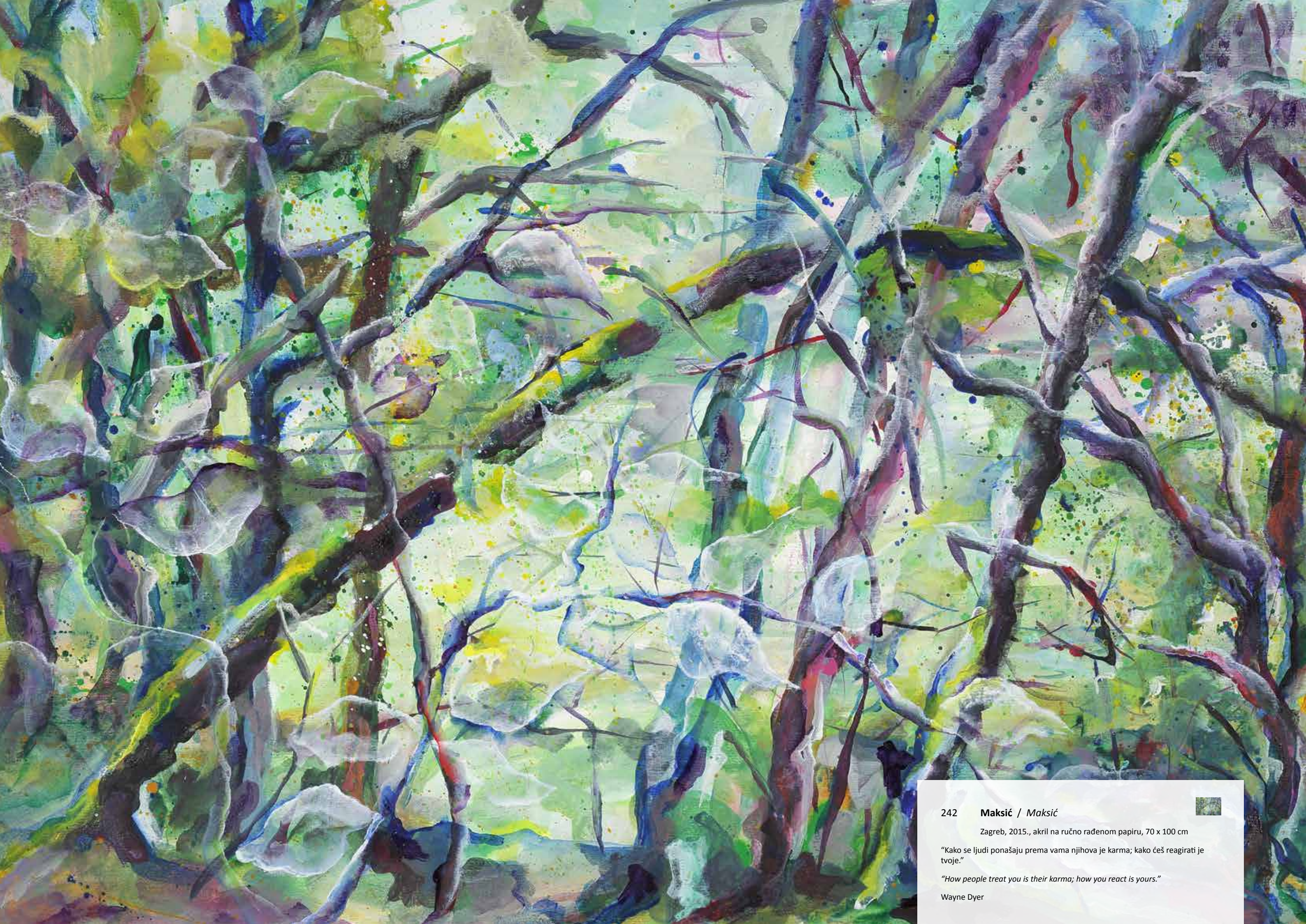


Zagreb, 2015., akril na papiru, 70 x 100 cm

"Kreativnost je za mene život. Kreativnost je ples. Kreativnost znači dopustiti sebi biti. Jednom kad se izraziš, postižeš svoj dignitet da si dobrodošao u ovaj život."

"Creativity for me is life. Creativity means it is a dance. Creativity means I allow myself to be. Once you express yourself, you gain your dignity that you are welcome to this life."

Meera Hashimoto



242 **Maksić / Maksić**

Zagreb, 2015., akril na ručno rađenom papiru, 70 x 100 cm

"Kako se ljudi ponašaju prema vama njihova je karma; kako ćeš reagirati je tvoje."

"How people treat you is their karma; how you react is yours."

Wayne Dyer





243 **Prvotno / Primal**



Amalurra, 2015., akril na ručno rađenom papiru, 80 x 110 cm

“Na mojoj radionici dvosmjern je proces: nevinost ti pomaže da produbiš svoj umjetnički kapacitet kao slikara; a slikanje, kako ga ja podučavam, pomaže ti da ponovno iskušiš nevinost. To je ljepota “Primal Paintinga”.

“In my workshop, it’s a two-way process: innocence helps you deepen your artistic capacity as a painter; and painting, as I teach it, helps you to re-experience what innocence is like. That’s the beauty of Primal Painting.”

Meera Hashimoto



244 **Drvo života / Apple tree**



Amalurra, 2015., akril na ručno rađenom papiru, 110 x 155 cm

“Ne birate svoju obitelj. Oni su tebi Božji dar, kao što si i ti njima.”

“You don’t choose your family. They are God’s gift to you, as you are to them.”

Desmond Tutu

Amalurra, 2015., akril na ručno rađenom papiru, 50 x 34 cm

“Ne vjerujem više u stilove. Ne vjerujem da postoji nešto poput kineskog načina borbe ili japanskog načina borbe ili bilo kojeg drugog načina borbe... jer stilovi ne samo da odvajaju čovjeka, znate, jer imaju svoje vlastite doktrine i doktrine postala evanđeoska istina koju ne možete promijeniti. Ali, ako nemate stila, ako samo kažete ‘evo me kao ljudsko biće. Kako da se izrazim, potpuno i potpuno. Na taj način nećete stvoriti stil jer stil je kristalizacija. Na taj način, to je proces kontinuiranog rasta.

Iskreno se izraziti...to je jako teško. Mislim, lako mi je prirediti predstavu i biti drzak i biti preplavljen osjećajem drskosti i onda se osjećati kao prilično cool... ili mogu raditi svakakve lažne stvari, ili stvarno mogu pokazati neki otmjeni pokret, vidiš što mislim, zaslijepljeni time ili ti mogu pokazati neki stvarno fensi pokret. Ali izraziti se iskreno, ne lagati sam sebe...to je, prijatelju, jako teško. Morate zadržati svoje reflekske tako da kada to želite - tu je. Kad se želite pomaknuti - pomaknete se. A kada se krećete, odlučni ste u pokretu! Ne prihvaćajući ni centimetar manje od 100 posto svojih iskrenih osjećaja. Ništa manje od toga. Dakle, to je vrsta stvari za koju se morate istrenirati. Postati jedno sa svojim osjećajima tako da, kad pomislite — jeste.”

I do not believe in styles anymore. I do not believe that there is such thing as the Chinese way of fighting or the Japanese way of fighting or whatever way of fighting...because styles tend to not only separate man, you know, because they have their own doctrines and the doctrine became the gospel truth that you cannot change. But, if you do not have styles, if you just say ‘here I am as a human being. How can I express myself, totally and completely. That way you won’t create a style because style is a crystallization. That way, it’s a process of continuing growth.

Honestly expressing yourself...it is very difficult to do. I mean it is easy for me to put on a show and be cocky and be flooded with a cocky feeling and then feel like pretty cool...or I can make all kind of phony things, or I can really show some fancy movement, you see what I mean, blinded by it or I can show you some really fancy movement. But to express oneself honestly, not lying to oneself... now that, my friend, is very hard to do. You have to keep your reflexes so that when you want it — it’s there. When you want to move — you are moving. And when you move, you are determined to move! Not accepting even one inch less than 100 percent of your honest feelings. Not anything less than that. So that is the type of thing you have to train yourself into. To become one with your feelings so that, when you think — it is.



Bruce Lee





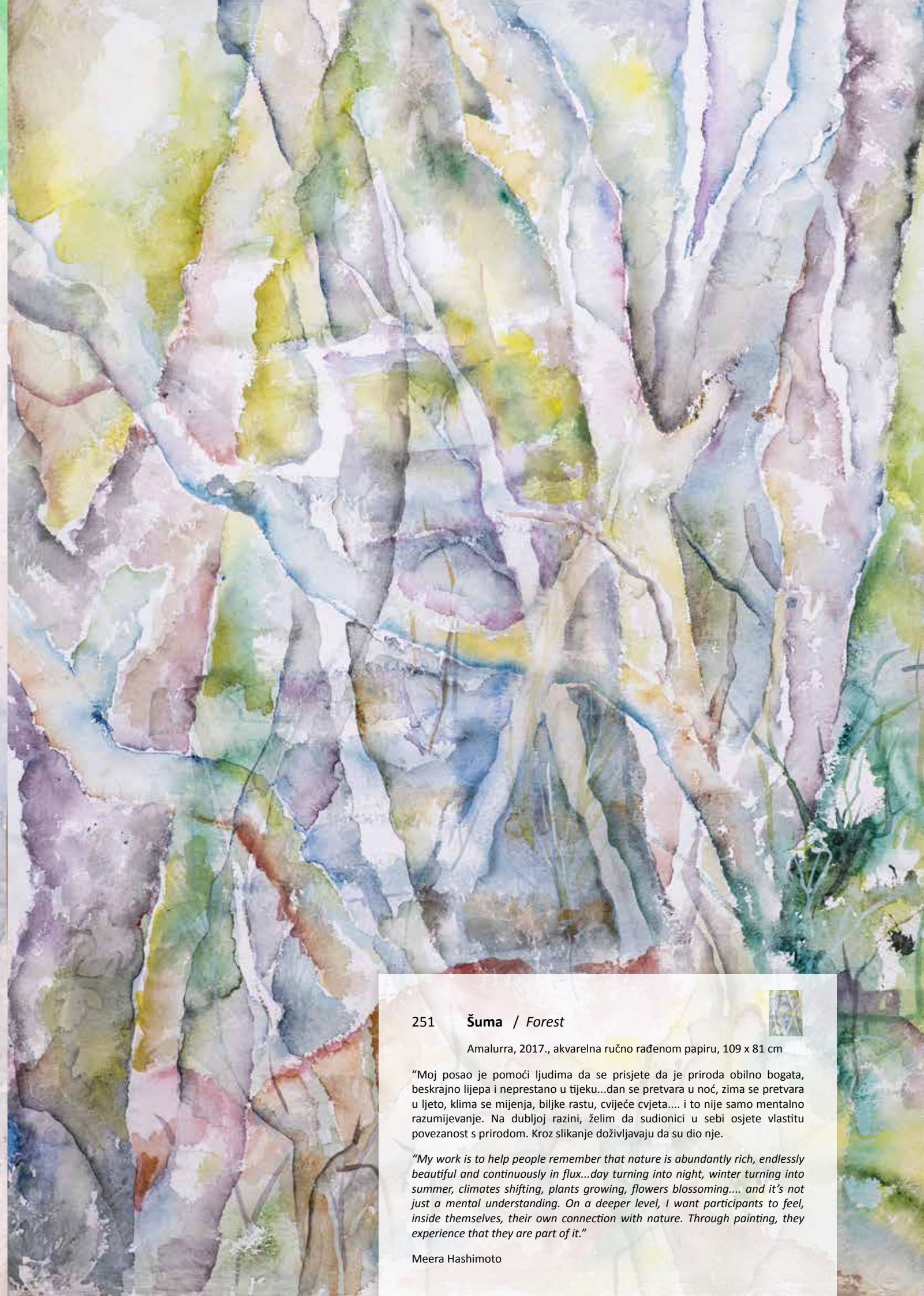
246 **Ojas / Ojas**

Zagreb, 2017., akvarel na ručno rađenom papiru, 70 x 44 cm

“Pravi prijatelj je onaj koji misli da si dobro jaje iako zna da si malo napuknut.”

“A true friend is someone who thinks that you are a good egg even though he knows that you are slightly cracked.”

Bernard Meltzer



251 **Šuma / Forest**

Amalurra, 2017., akvarelna ručno rađenom papiru, 109 x 81 cm

“Moj posao je pomoći ljudima da se prisjete da je priroda obilno bogata, beskrajno lijepa i neprestano u tijeku...dan se pretvara u noć, zima se pretvara u ljeto, klima se mijenja, biljke rastu, cvijeće cvjeta.... i to nije samo mentalno razumijevanje. Na dubljoj razini, želim da sudionici u sebi osjete vlastitu povezanost s prirodom. Kroz slikanje doživljavaju da su dio nje.

“My work is to help people remember that nature is abundantly rich, endlessly beautiful and continuously in flux...day turning into night, winter turning into summer, climates shifting, plants growing, flowers blossoming.... and it's not just a mental understanding. On a deeper level, I want participants to feel, inside themselves, their own connection with nature. Through painting, they experience that they are part of it.”

Meera Hashimoto





247 **Džungla / Jungle**



Amalurra, 2015., akril na ručno rađenom papiru, 80 x 109 cm

“Ne ljutim se što si mi lagao, ljuti me što ti od sada ne mogu vjerovati.”

“I’m not upset that you lied to me, I’m upset that from now on I can’t believe you.”

Friedrich Nietzsche



248 **Cb džungla / Bw jungle**



Amalurra, 2015., akril na ručno rađenom papiru, 70 x 100 cm

“Ne ponudiš li zlu kontru, samo će nestati.”

“Give evil nothing to oppose and it will disappear by itself.”

Lao Tzu, Tao Te Ching



249 **Akvarel / Watercolor**



Amalurra, 2015., akvarel na ručno rađenom papiru, 81 x 109 cm

"Lijek koji nam treba nalazi se u našoj divljini, u nama i oko nas."

"The medicine we need, is in our wild, both within us and around us."

Brigit Anna McNeill



250

Akvarel džungla / Watercolor jungle



Amalurra, 2015., akvarel na ručno rađenom papiru, 80 x 109 cm

“Kada ste opušten, kada si spontan, sve što se stvori uvijek je lijepo, uvijek savršeno. Zašto? Jer sadašnji trenutak ima svoj osjećaj savršenstva.”

“When you’re relaxed, when you’re spontaneous, whatever is created is always beautiful, always perfect. Why? Because the present moment has its own sense of perfection.”

Meera Hashimoto



252 **Nakon Amalurra / After Amalurra**



Amalurra, 2015., aril na ručno rađenom papiru, 70 x 100 cm

“Ne možete vidjeti svoj odraz u kipućoj vodi. Slično tome, ne možete vidjeti istinu u stanju ljutnje. Kad se vode smire, dolazi jasnoća.”

“You cannot see your reflection in boiling water. Similarly, you cannot see the truth in a state of anger. When the waters calm, clarity comes.”

Nepoznato / Unknown



253 **Vatra / Fire**



Amalurra, 2015., aril na ručno rađenom papiru, 70 x 100 cm

"Na koncu, nećemo se sjećati riječi naših neprijatelja, nego tišine naših prijatelja."

"In the End, we will remember not the words of our enemies, but the silence of our friends."

Martin Luther King, Jr. Rumi



254 **Iznutra prema van / Inside out**



Zagreb, 2015., aril na papiru, 81 x 110 cm

"A one koji su viđeni kako plešu smatrali su ludima oni koji nisu mogli čuti glazbu."

"And those who were seen dancing were thought to be insane by those who could not hear the music."

Friedrich Nietzsche



255 **Ravno u balans / Back to the balance**

Zagreb, 2015., akril na papiru, 50 x 70 cm

"Ti imaš svoj put. Ja imam svoj put. Što se tiče pravog puta, ispravnog puta i jedinog puta, on ne postoji."

"You have my way. I have my way. As for the right way, the correct way, and the only way, it does not exist."

Friedrich Nietzsche



256 **Uokolo do balansa** / *From the hill from below*



Zagreb, 2015., aril na papiru, 50 x 70 cm

"Ponekad ljudi ne žele čuti istinu jer ne žele da im se iluzije unište."

"Sometimes people don't want to hear the truth because they don't want their illusions destroyed."

Friedrich Nietzsche



257 **Tamarisi / Tamarisks**



Zagreb, 2015., aril na papiru, 70 x 100 cm

"Jesi li ikad primjetio da je ljubav tišina? To može biti dok držiš drugog za ruku ili ljubavno gledaš dijete, ili uživaš u ljepoti večeri. Ljubav nema ni prošlost ni budućnost, a tako je i s izvanrednim stanjem tišine."

"Have you not noticed that love is silence? It may be while holding the hand of another or looking lovingly at a child, or taking in the beauty of an evening. Love has no past or future, and so it is with this extraordinary state of silence.."

J. Krishnamurti



Zagreb, 2015., aril na papiru, 70 x 100 cm

“Vjera u savršenstvo ljubavi - Ponekad se pretvaramo da postoji nešto drugo važnije od ljubavi. Gledamo u zvjezdano nebo i jednostavno nismo sigurni u sve to. Znamo da nekako mora biti moguće da nam život pruži više: više povezanosti, više milosti, više buđenja, više intimnosti, više iscjeljenja, više radosti, više ljubavnika. Pitamo se jesmo li učinili nešto krivo: možda nismo molili dovoljno jako, ili na pravi način; dovoljno meditirali; dovoljno zacijelili; dovoljno povrijeđeni; dovoljno se otvorili; dovoljno oprostili; dovoljno pustili stvari, dovoljno prihvatili, dovoljno se predati.

A onda u sljedećem trenutku, nekako je nešto drugačije. Veo se razilazi i na jednu mikrosekundu vidimo što ljubav radi. Dana nam je ovolika milost, da vidimo samo na trenutak. Zavjesa se povlači i nama se ukazuje. Unatoč problemima, boli, zbunjenosti i teretu postajanja, zastaje nam dah i srca se rastapaju u spoznaji da u budućnosti nema iscjeljenja i buđenja. Cjelovitost za kojom žudimo je upravo sada. Samo na trenutak, vidimo cijelu sliku. Iznutra je osvijetljeno svjetlom stvorenim nepoznatim izvorom. Ono što se otkriva je uvijek, već bjesomučno savršenstvo ovog najsvetijeg i najrjeđeg ljudskog iskustva. Svatko koga sretnemo, svaka ljubazna riječ koju izgovorimo, svaki put kad dotaknemo drugoga svojim rukama i srcem, svaki put kad smo pozvani da budemo prostor za drugoga da se prisjeti bijesomučne istine onoga što jest - nekako je sve to bilo postavila i orkestrirala sama ljubav. Preplavljeni smo takvom inteligencijom, tom vrstom kozmičke kreativnosti. I znamo da u bilo kojem trenutku koji bi ikada mogao biti - bio on radostan ili tužan ili zadovoljan ili blažen ili ranjiv ili uplašen ili zbunjen ili tjeskoban ili depresivan ili preplavljen zahvalnošću - nikada ne bismo mogli pronaći nikakvo razdvajanje između sebe i ljubavi, između sebe i života. A onda ponovno pogledamo u to isto nebo... iako se nešto čini malo drugačijim. Živopisniji je, prikaz magičniji, možemo čuti zujanje svetog svijeta koji izbacuje zvijezde i svaku pojedinu stanicu svakog ljudskog srca. Gledamo Veneru, Mjesec, druge zvijezde, komete, ovaj dragocjeni mliječni put koji zovemo svojim domom... ne preostaje nam ništa osim nepokolebljive vjere u savršenstvo ljubavi.”

“Faith in love’s perfection. Sometimes we pretend there really is something more than love that matters. We look up into the starry sky and are just not sure about it all. We know that somehow it must be possible for life to give us more: more connection, more grace, more awakening, more intimacy, more healing, more joy, more lovers. We wonder if we’ve done something wrong: perhaps we’ve not prayed hard enough, or in the right way; meditated enough; healed enough; hurt enough; opened ourselves enough; forgave enough; let things go enough, accepted enough, surrendered enough.

And then in the next moment, somehow something is different. The veil parts and for one microsecond we see what love is doing. We’re given this much grace, to see for just one moment. The curtain is pulled back and we are shown. Despite the problems, the pain, the confusion, and the burden of becoming, our breath is taken and our hearts dissolve into the realization that there is no healing and no awakening coming in the future. The wholeness we long for is only now. For just a brief moment, we see into the whole display. It is illuminated from within by a light crafted of an unknown source. What it reveals is the always, already raging perfection of this most sacred and rare human experience. Everyone we meet, every kind word that we speak, every time we touch another with our hands and with our hearts, each time we are called to be the space for another to remember the raging truth of what they are—somehow it has all been set up and orchestrated by love itself. We are overwhelmed by such intelligence, by this sort of cosmic creativity. And we know that in any moment that could ever be—whether joyful or sad or content or blissful or vulnerable or scared or confused or anxious or depressed or overflowing with gratitude—we could never find any separation between ourselves and love, between ourselves and life. And then we look back up into that same sky... though something seems a little different. It’s more vivid, the display more magical, we can hear the hum of the sacred world churning out the stars and each and every cell of each and every human heart. We behold Venus, the moon, the other stars, the comets, this precious milky way that we call our home... with nothing left other than an unwavering faith in love’s perfection..”

Zagreb, 2017., akril na papiru, 100 x 70 cm

“Nikada ne podcjenjuj snagu ljubavi. Ponekad se možeš naći s prijateljem koji je uzrujan, raspada se, zbunjen, beznadan, tužan i uplašen. Ništa više nema smisla, preopterećen je, a emocije neumoljive. Nisi siguran kako pomoći. Dok ti njihova bol može biti okidač i oživjeti goruću lavinu, tjeskobne, uklještene energije – aktivirajući sjenu tvog vlastitog neproživljenog života – pojavljuje se poziv. Polako uspori. Uzemlji svijest u svoje tijelo i slušaj. Ne samo riječi koje govori, već i tajnu zamolbu koja izvire iz njihova srca. Možda te ne traži da ga popraviš, njeguješ ili čak izliječiš. Možda njihova najdublja žudnja nije za savjetima ili poukama ili čak za uvjerenjem da je sve u redu. Nije u redu, i to je u redu. Dok možda goriš iz potrebe da ga izbaviš iz njegovog iskustva – dok si preplavljen rješenjima, tehnikama i procesima – vrati se u prostranstvo. Udahni u okolinu stanku, odmor i rezonancu. Sporim vibracijama empatije i prisutnosti, zakorači u tijelo i osiguraj je neopterećujućom ljubaznošću punom ljubavi. Ovo možda nije trenutak da svom prijatelju daš odgovor, već da ga pridržiš dok se zajedno suočavate s gomilom pitanja. Ponudi mu dar umirujućeg, smirenog i reguliranog živčanog sustava. Pretvori svoje srce u hram i utočište gdje zajedno možete prihvatiti njihove osjećaje i osigurati siguran prolaz za njihov proces. Učini što možeš kako bi on osjetio, da ga ne moraš zacijeliti u ovom trenutku, već ostati blizu.

Nikada, baš nikada ne podcjenjujte snagu ljubavi. Čak i jedan trenutak empatičnog, usklađenog kontakta može zauvijek promijeniti naše živote. Nemojte zaboraviti da mnogi nikada zapravo nisu ni upoznali ovu vrstu potpore - ili su je imali u vrlo malim količinama. Imaš ogromnu moć da budeš tijelo kroz koje može doći iscjeljenje na ovaj svijet, da pomogneš drugome da stvori novo značenje i pronađe novi dah. Da polako rastopi zabludu nedostojnosti i spozna svoju pravu prirodu. Molim te, učini što god možeš. I molim te nikad, nikad ne odustaj od ljubavi.”

“Never underestimate the power of love. At times, you may find yourself with a friend who is upset, falling apart, confused, hopeless, sad, and afraid. Nothing is making sense anymore, they are overwhelmed, and the emotions are unrelenting. You are unsure how to help. While their pain may trigger you, and bring alive an avalanche of urgent, anxious, fixing energy – activating the shadows of your own unlived life - an invitation has appeared. Slow way down. Ground awareness in your body and listen. Not just to the words they are saying, but to the secret request that is emerging out of their heart. Perhaps they are not asking for you to fix, cure, or even heal them. Perhaps their deepest longing is not for advice or teachings or even being reassured that everything is okay. It is not okay, and that is okay. While you may be burning with the need to talk them out of their experience – overflowing with solutions, techniques, and processes – return into spaciousness. Infuse the environment with pause, rest, and resonance. With the slow circuits of empathy and presence, step into the vessel and seal it with non-urgent loving kindness. This may not be the moment for you to give your friend an answer, but to hold them as you confront the vastness of the question together. Offer the gift of a soothed, calm, and regulated nervous system. Turn your heart into a temple and sanctuary where together you can validate their feelings, and provide safe passage for their process to unfold. Do what you can so that they feel felt, that they need not heal in this moment in order for you to stay near.

Never, ever underestimate the power of love. Even one moment of empathic, attuned, contact can change our lives forever. Please don't forget that for many, they have never actually known this sort of holding – or have had it in only very small amounts. You have tremendous power to be a vessel in which healing can come into this world, to help another make new meaning and find new breath. To slowly dissolve the trance of unworthiness and know their true nature. Please do whatever you can. And please never, ever give up on love.



Matt Licata





260 **Studeni / November**



Zagreb, 2015., aril na ručno rađenom papiru, 80 x 108 cm

"Tuga te priprema na radost. Silovito pomete sve iz tvoje kuće, tako da nova radost nađe prostor za ulazak. Trese žuto lišće iz grane tvog srca, tako da na njenom mjestu rastu svježi, zeleni listovi. Čupa trulo korijenje, tako da novo korijenje skriveno ispod ima mjesta da naraste. Što god tuga trese iz tvog srca, daleko bolje stvari će zauzeti njeno mjesto.."

"Sorrow prepares you for joy. It violently sweeps everything out of your house, so that new joy can find space to enter. It shakes the yellow leaves from the bough of your heart, so that fresh, green leaves can grow in their place. It pulls up the rotten roots, so that new roots hidden beneath have room to grow. Whatever sorrow shakes from your heart, far better things will take their place."

Rumi

Mola



261 **Advent / Advent**



Zagreb, 2015., aril na ručno rađenom papiru, 80 x 108 cm

“Božić je svaki put kad dopustiš Bogu da voli druge kroz tebe.”

“It is Christmas every time you let God love others through you.”

Mother Teresa of Calcutta



262 **Zima / Winter**

Zagreb, 2016., aril na ručno rađenom papiru, 80 x 109 cm

"Zima predstavlja priliku da vidimo potpunu tišinu zemlje kao ogledalo za vlastitu praksu, da to vodstvo okrenemo prema unutra i dopustimo plaštu liminalnog vremena da smiri naše umove."

"Winter presents an opportunity to see the stark stillness of the land as a mirror for our own practice, to turn that guidance inward and allow the cloak of liminal time to still our minds."

Kristen Roderick





263 **Vrijeme karnevala / Carnival time**



Zagreb, 2016., aril na ručno rađenom papiru, 80 x 110 cm

“Nemoj nikad biti razlog zašto netko tko je volio pjevati više ne pjeva, ili zašto netko tko se oblačio tako osobito, sad nosi običnu odjeću, ili zašto netko tko je tako uzbudljivo pričao o svojim snovima, sad o njima šuti.”

“May you never be the reason why someone who loved to sing, doesn’t anymore. Or why someone who dressed so uniquely, now wears plain clothing. Or why someone who always spoke so excitedly about their dreams, is now silent about them.”

Rumi



264 **Pojavljivanje / Appearance**

Zagreb, 2016., aril na ručno rađenom papiru, 80 x 109 cm

"Budi miran. Tišina otkriva tajne vječnosti".

"Be still. Stillness reveals the secrets of eternity"

Lao Tzu





265 **Povratak boji / Back to the colors**

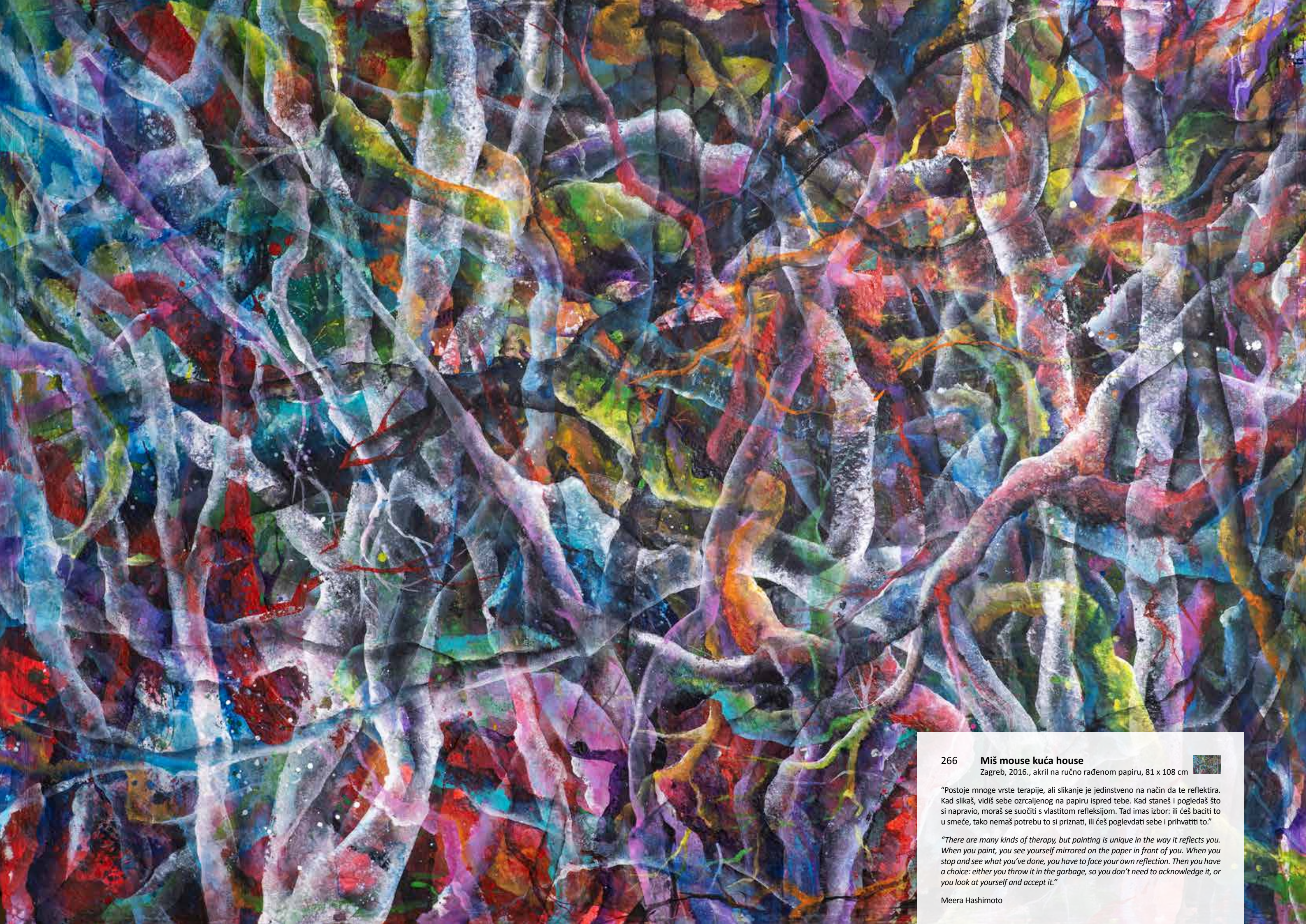
Zagreb, 2016., akril na papiru, 81 x 108 cm

"Glazbu duše može čuti Svemir."

"Music in the soul can be heard by the universe."

Lao Tzu





266

Miš mouse kuća house

Zagreb, 2016., akril na ručno rađenom papiru, 81 x 108 cm



"Postoje mnoge vrste terapije, ali slikanje je jedinstveno na način da te reflektira. Kad slikaš, vidiš sebe ozrcaljenog na papiru ispred tebe. Kad staneš i pogledaš što si napravio, moraš se suočiti s vlastitom refleksijom. Tad imaš izbor: ili ćeš baciti to u smeće, tako nemaš potrebu to si priznati, ili ćeš pogledati sebe i prihvatiti to."

"There are many kinds of therapy, but painting is unique in the way it reflects you. When you paint, you see yourself mirrored on the paper in front of you. When you stop and see what you've done, you have to face your own reflection. Then you have a choice: either you throw it in the garbage, so you don't need to acknowledge it, or you look at yourself and accept it."

Meera Hashimoto



267 **Riba ribi grize rep**

Split, 2016., akril i tinta na ručno rađenom papiru, 80 x 108 cm

“Snažan je onaj tko druge osvaja; Moćan je onaj tko pobijedi sebe”

“He who conquers others is strong; He who conquers himself is mighty”

Lao Tzu





268

Eksplozija / Explosion

Amalurra, 2016., akril na ručno rađenom papiru, 80 x 110 cm



"Imaš li svjetlosti u svom srcu, naći ćeš svoj put kući."

"If light is in your heart, you will find your way home."

Rumi

269

Portret mama / Portrait fmother



Amalurra, 2016., akril na ručno rađenom papiru, 53,5 x 40,5 cm

“Umjetnost i ništa do umjetnosti. Imamo umjetnost da ne bismo umrli od istine.”

“Art and nothing to art. We have art so that we shall not die of reality.”

Friedrich Nietzsche

270

Portret tata / Portrait father



Amalurra, 2016., akril na ručno rađenom papiru, 53,5 x 39 cm

“Svaki otac ima priliku pokvariti kćerinu narav, a odgajatelj, suprug ili psihijatar tada se moraju suočiti s tom glazbom. Jer ono što je pokvario otac može popraviti samo otac, kao što ono što je pokvarila majka može popraviti samo majka. Katastrofalno ponavljanje obiteljskog obrasca moglo bi se opisati kao psihološki istočni grijeh ili kao prokletstvo Atridesa koje se provlači kroz generacije.”

“Every father is given the opportunity to corrupt his daughter’s nature, and the educator, husband, or psychiatrist then has to face the music. For what has been spoiled by the father can only be made good by a father, just as what has been spoiled by the mother can only be repaired by a mother. The disastrous repetition of the family pattern could be described as the psychological original sin, or as the curse of the Atrides running through the generations.”

Carl Jung

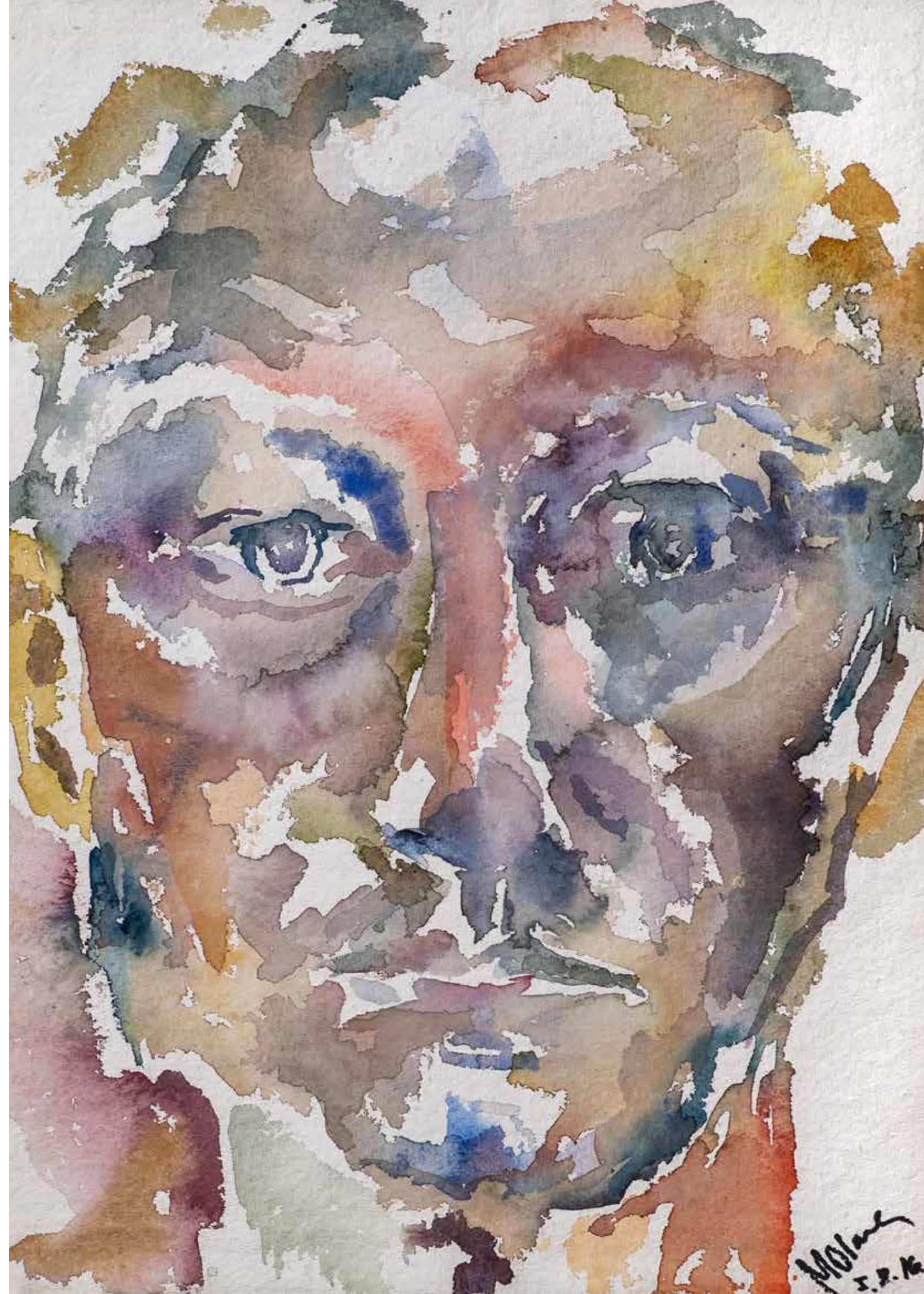
271 **Autoportret boja 2016.** / Selfportrait color 2016

Amalurra, 2016., akril na ručno rađenom papiru, 38,5 x 29 cm

"Jednostavnost, strpljenje, suosjećanje. Ovo troje su vaše najveće blago. Jednostavan u postupcima i mislima, vraćaš se izvoru postojanja. Strpljiv i prema prijateljima i prema neprijateljima, slažete se s načinom na koji stvari stoje. Suosjećajući prema sebi, pomirujete sva bića na svijetu."

"Simplicity, patience, compassion. These three are your greatest treasures. Simple in actions and thoughts, you return to the source of being. Patient with both friends and enemies, you accord with the way things are. Compassionate toward yourself, you reconcile all beings in the world."

Lao Tzu



272 **Autoportret cb 2016. / Selfportrait bw 2016**

Zagreb, 2016., akril na canvasu, 50 x 35 cm

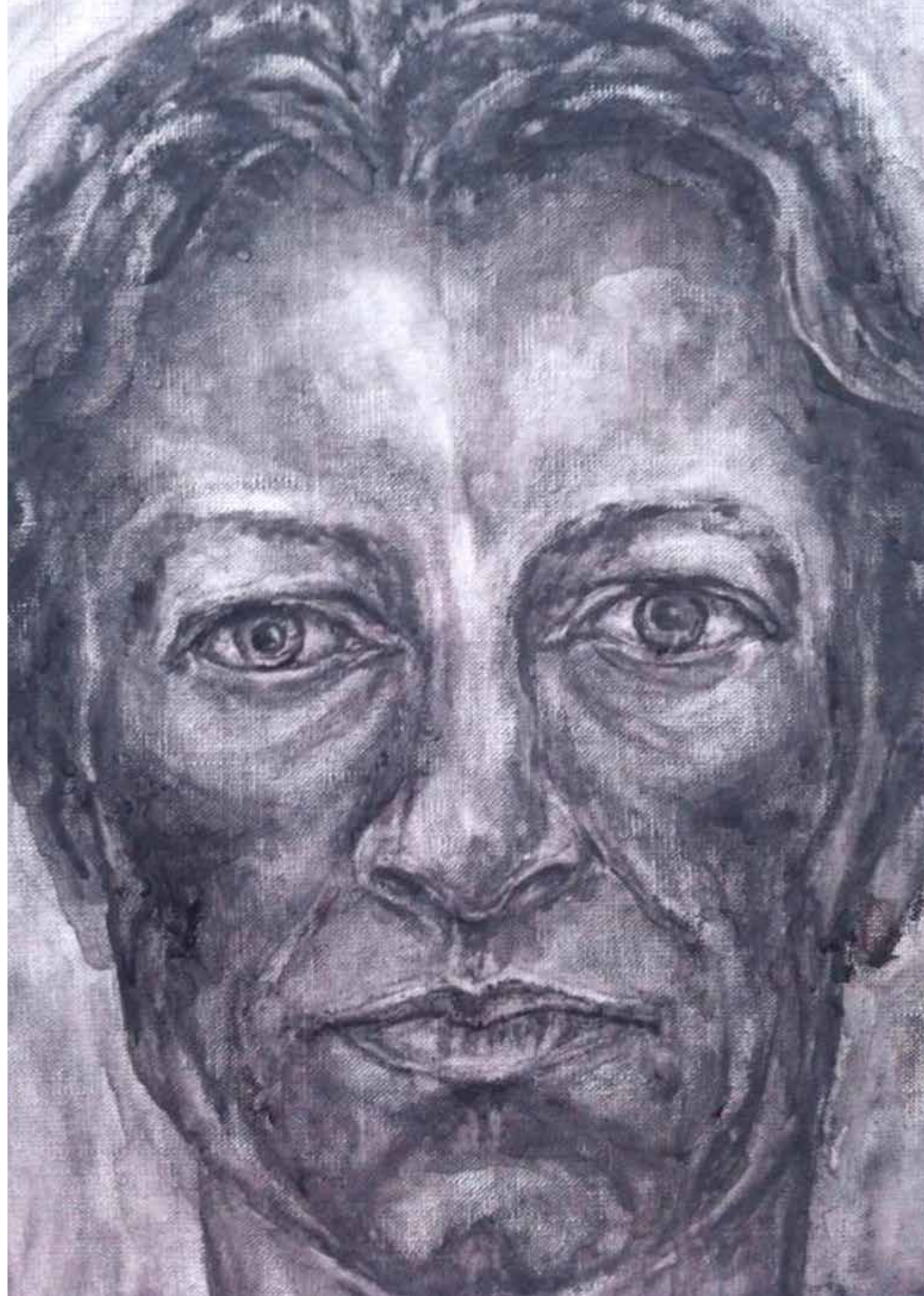
“Da bismo se probudili, prije svega moramo shvatiti da smo u stanju sna. A da bismo shvatili da je netko doista u stanju sna, moramo prepoznati i potpuno razumjeti prirodu sila koje djeluju da bi ga držale u stanju sna, ili hipnoze. Apsurdno je misliti da se to može učiniti traženjem informacija od samog izvora koji izaziva hipnozu.

....Jedno je sigurno, da čovjekovo ropstvo raste i raste. Čovjek postaje voljni rob. Više mu ne trebaju lanci. Počinje zavoljeti svoje ropstvo, ponositi se njime. A to je nešto najstrašnije što se čovjeku može dogoditi.”

““In order to awaken, first of all one must realize that one is in a state of sleep. And in order to realize that one is indeed in a state of sleep, one must recognize and fully understand the nature of the forces which operate to keep one in the state of sleep, or hypnosis. It is absurd to think that this can be done by seeking information from the very source which induces the hypnosis.

...One thing alone is certain, that man's slavery grows and increases. Man is becoming a willing slave. He no longer needs chains. He begins to grow fond of his slavery, to be proud of it. And this is the most terrible thing that can happen to a man.”

George Ivanovich Gurdjieff



273 **Rađanje / Procreation**

Zagreb, 2016., akril na ručno rađenom papiru, 87 x 78 cm

"Svako dijete rođeno na svijetu je nova Božja misao,
uvijek svjež i blistava mogućnost."

*"Every child born into the world is a new thought of
God, an ever-fresh and radiant possibility."*

Kate Douglas Wiggin



274

Nova forma / New form

Zagreb, 2017., akril na papiru, 77 x 87 cm



“Isprazni svoj um, budi bezobličan, bezobličan, poput vode. Ako stavite vodu u šalicu, ona postaje šalice. Stavite vodu u bocu i ona postaje boca. Stavite ga u čajnik, on postaje čajnik. Sada, voda može teći ili se može srušiti. Budi voda, prijatelju.”

“Empty your mind, be formless, shapeless, like water. If you put water into a cup, it becomes the cup. You put water into a bottle and it becomes the bottle. You put it in a teapot, it becomes the teapot. Now, water can flow or it can crash. Be water, my friend.”

Bruce Lee



275

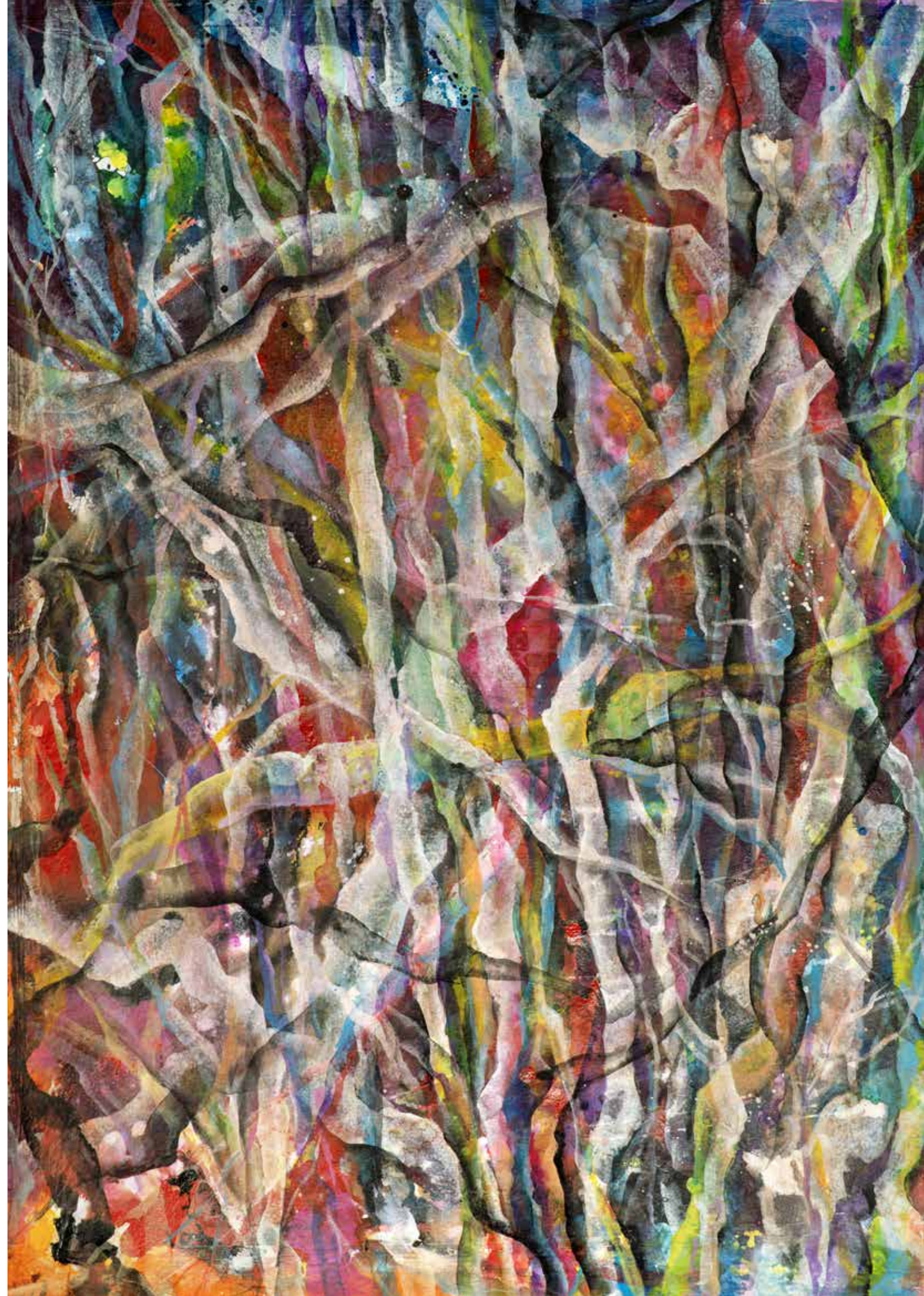
Prije Meere / Before Meera

Zagreb, 2017., akril na ručno rađenom papiru, 91 x 66 cm

“Kad si opušten, kad si spontan, što god kreiraš, uvijek je lijepo, uvijek je savršeno. Zašto? Zato što sadašnji trenutak sadrži u sebi vlastiti osjećaj za savršenstvo. Ako zbilja hoćeš biti kreator, moraš ostati otvoren za puls života, koji je uvijek novi, uvijek u mijeni, uvijek u potrazi za novim oblikom ekspresije.”

“When you’re relaxed, when you’re spontaneous, whatever is created is always beautiful, always perfect. Why? Because the present moment has its own sense of perfection. If you really want to be a creator you need to stay open to the pulse of life, which is always new, always changing, always seeking new forms of expression.”

Meera Hashimoto





276 **Nakon Meere / After Meera**



Zagreb, 2017., akril na ručno rađenom papiru, 80 x 109 cm

“Tišina je jezik Boga, sve ostalo je loš prijevod.”

“Silence is the language of god, all else is poor translation.”

Rumi

277

U potrazi / Searching

Zagreb, 2017., aril na papiru, 77 x 87 cm



“Snaga je u vama. Odgovor je u vama. A ti si odgovor na sva tvoja traženja: ti si cilj. Ti si odgovor. Odgovor nikad nije vani.”

“The power is in you. The answer is in you. And you are the answer to all your searches: you are the goal. You are the answer. It’s never outside.”

Eckhart Tolle





278 **Uokolo / Round and round**

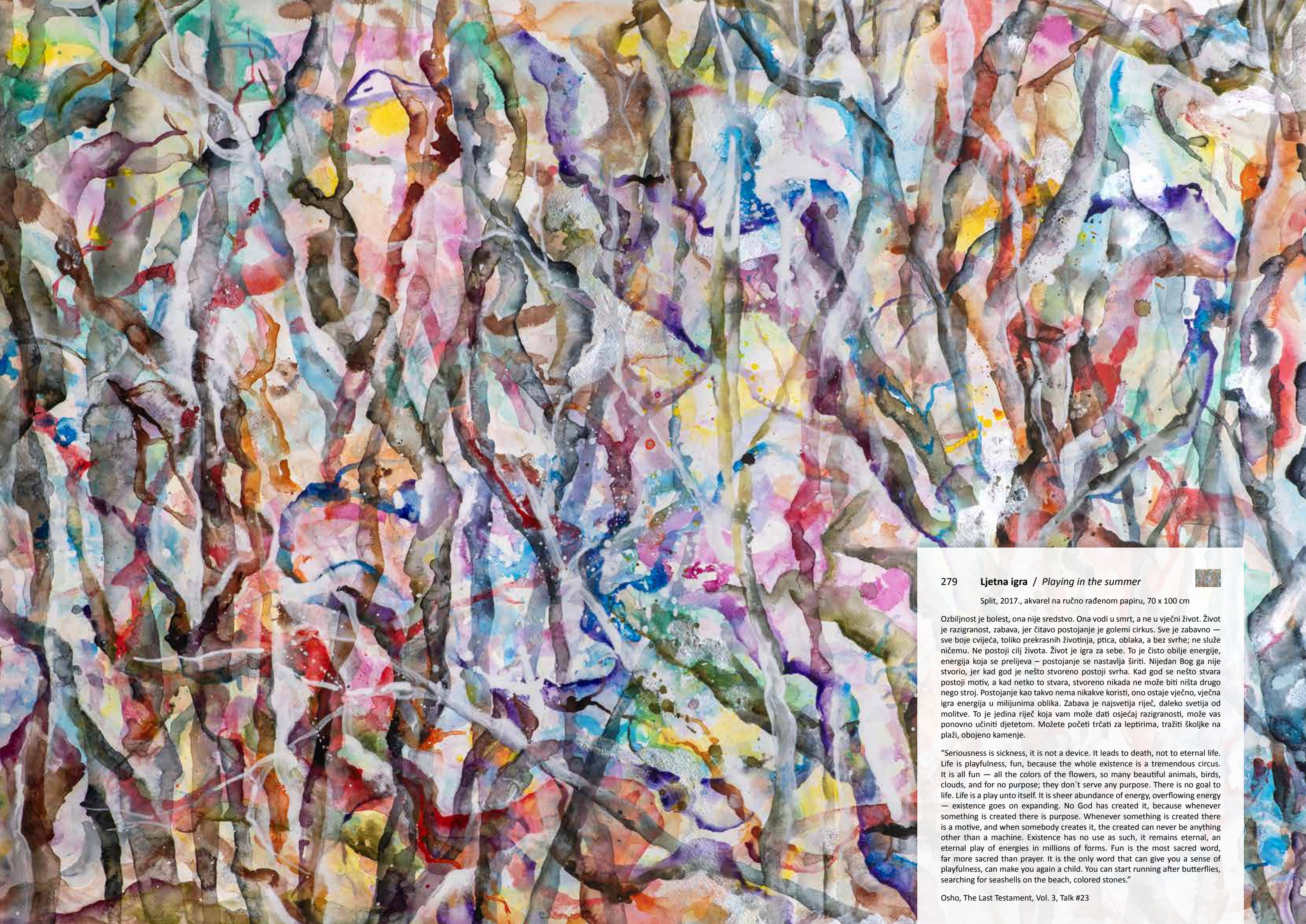
Zagreb, 2017., aril na papiru, 69 x 90 cm

“Ne promijeniš li smjer, možeš savršiti tamo gdje si krenuo.”

“If you do not change direction, you may end up where you are heading.”

Lao Tzu





279 **Ljetna igra / *Playing in the summer***



Split, 2017., akvarel na ručno rađenom papiru, 70 x 100 cm

Ozbiljnost je bolest, ona nije sredstvo. Ona vodi u smrt, a ne u vječni život. Život je razigranost, zabava, jer čitavo postojanje je golemi cirkus. Sve je zabavno — sve boje cvijeća, toliko prekrasnih životinja, ptica, oblaka, a bez svrhe; ne služe ničemu. Ne postoji cilj života. Život je igra za sebe. To je čisto obilje energije, energija koja se prelijeva — postojanje se nastavlja širiti. Nijedan Bog ga nije stvorio, jer kad god je nešto stvoreno postoji svrha. Kad god se nešto stvara postoji motiv, a kad netko to stvara, stvoreno nikada ne može biti ništa drugo nego stroj. Postojanje kao takvo nema nikakve koristi, ono ostaje vječno, vječna igra energija u milijunima oblika. Zabava je najsvetija riječ, daleko svetija od molitve. To je jedina riječ koja vam može dati osjećaj razigranosti, može vas ponovno učiniti djetetom. Možete početi trčati za leptirima, tražiti školjke na plaži, obojeno kamenje.

“Seriousness is sickness, it is not a device. It leads to death, not to eternal life. Life is playfulness, fun, because the whole existence is a tremendous circus. It is all fun — all the colors of the flowers, so many beautiful animals, birds, clouds, and for no purpose; they don’t serve any purpose. There is no goal to life. Life is a play unto itself. It is sheer abundance of energy, overflowing energy — existence goes on expanding. No God has created it, because whenever something is created there is purpose. Whenever something is created there is a motive, and when somebody creates it, the created can never be anything other than a machine. Existence has no use as such, it remains eternal, an eternal play of energies in millions of forms. Fun is the most sacred word, far more sacred than prayer. It is the only word that can give you a sense of playfulness, can make you again a child. You can start running after butterflies, searching for seashells on the beach, colored stones.”

Osho, The Last Testament, Vol. 3, Talk #23



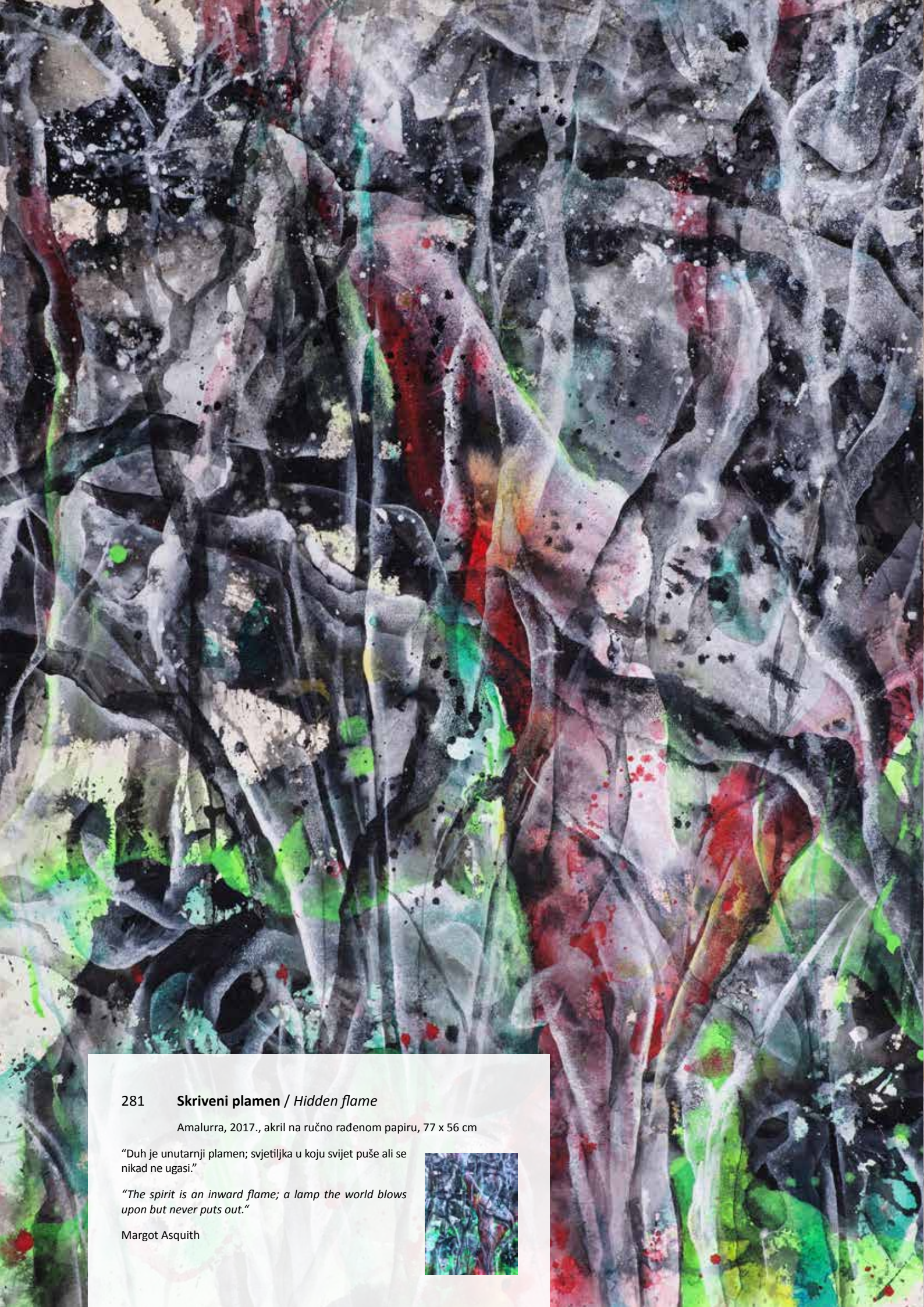
280 **Bogatstvo različitosti / Abundance of diversities**

Amalurra, 2017., akril na ručno rađenom papiru, 56 x 77 cm

"Nisu naše razlike ono što nas dijeli. To je naša nesposobnost da prepoznamo, prihvatimo i slavimo te razlike."

"It is not our differences that divide us. It is our inability to recognize, accept, and celebrate those differences.."

Audre Lorde



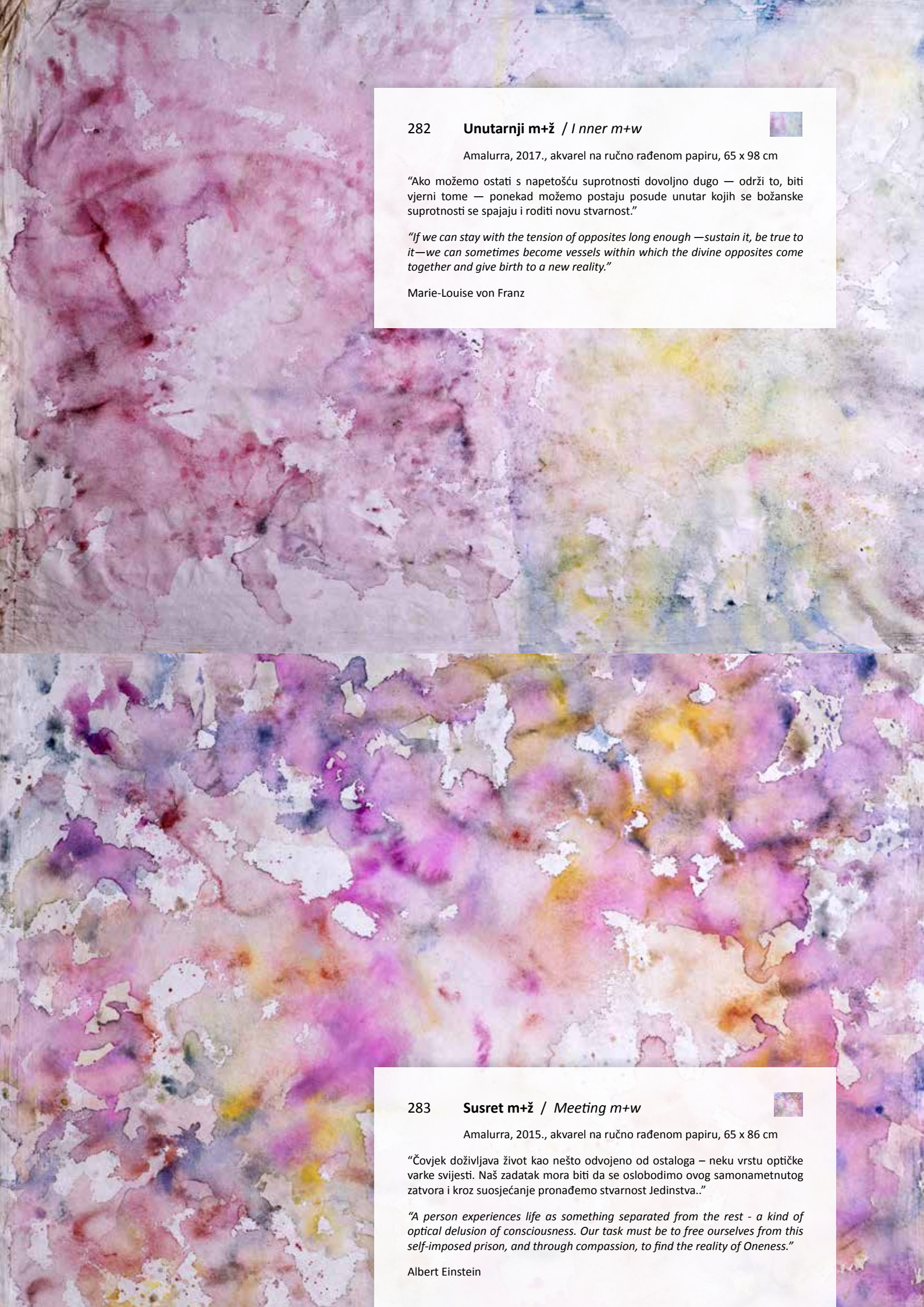
281 **Skriveni plamen / Hidden flame**

Amalurra, 2017., akril na ručno rađenom papiru, 77 x 56 cm

“Duh je unutarnji plamen; svjetiljka u koju svijet puše ali se nikad ne ugasi.”

“The spirit is an inward flame; a lamp the world blows upon but never puts out.”

Margot Asquith



282 **Unutarnji m+ž / Inner m+w**



Amalurra, 2017., akvarel na ručno rađenom papiru, 65 x 98 cm

“Ako možemo ostati s napetošću suprotnosti dovoljno dugo — održi to, biti vjerni tome — ponekad možemo postaju posude unutar kojih se božanske suprotnosti se spajaju i roditi novu stvarnost.”

“If we can stay with the tension of opposites long enough —sustain it, be true to it—we can sometimes become vessels within which the divine opposites come together and give birth to a new reality.”

Marie-Louise von Franz

283 **Susret m+ž / Meeting m+w**



Amalurra, 2015., akvarel na ručno rađenom papiru, 65 x 86 cm

“Čovjek doživljava život kao nešto odvojeno od ostaloga – neku vrstu optičke varke svijesti. Naš zadatak mora biti da se oslobodimo ovog samonametnutog zatvora i kroz suosjećanje pronađemo stvarnost Jedinstva..”

“A person experiences life as something separated from the rest - a kind of optical delusion of consciousness. Our task must be to free ourselves from this self-imposed prison, and through compassion, to find the reality of Oneness.”

Albert Einstein



284 **Ples vatre / Dance of the fire**



Amalurra, 2015., akril na ručno rađenom papiru, 56 x 77 cm

“Vi jednostavno vlastitim izborom želite pobjeći od odgovornosti. Sartre je rekao jednu zaista lijepu stvar. Rekao je: “Čovjek je slobodan izabrati, ali nije slobodan ne izabrati.” Možete izabrati oba načina, ali nemojte se zavarati - nemate slobodu ne izabrati, jer čak i kada mislite da ne birate, birate suprotno.”

“You simply want to escape from the responsibility of your own choice. Sartre has said one thing that is really beautiful. He said, “Man is free to choose but man is not free not to choose.” You can choose either way but don’t be befooled – you have no freedom not to choose, because even when you think you are not choosing you are choosing the opposite.

Tao: The Three Treasures, Vol 1, Osho



285

Meerin ples s laticama kod potoka
Meera's dance with petals in the creek



Amalurra, 2017., akril i tinta na ručno rađenom papiru, 81 x 110 cm

“Preplavljena sam ljepotom koju iskušavam nanovo i nanovo unutar svog srca. To unutrašnje slikanje je ono što želim naučiti ljude. To unutrašnje slikanje nikad ne umire. Možeš postati samo bogatiji i bogatiji. Ta ljepota je dostupna svima. Jedino je pitanje da li smo dovoljno tihi da primimo tu ljepotu ili ne. Jednom kad kažemo “da” samima sebi, jednom kad kažemo da trenutku, to preplavljanje ljepotom ulazi sve više i više u naše živote. I mogu zamisliti da jednog dana, kad umremo, ta preplavljena ljepota nastavlja nepoznatim prostorom.”

“I overlap the beauty I experience again and again inside my heart. This inner painting is what I want to teach to people. This inner painting never dies. You can get only richer and richer. This beauty is available to everybody. The only question is if we are silent enough to receive this beauty or not. Once we say yes to ourselves, once we say yes to the moment, this overlap of the beauty will come more and more into our life. And I can imagine that one day when we die this overlap of the beauty continues into the space of the unknown.”



Meera Hashimoto

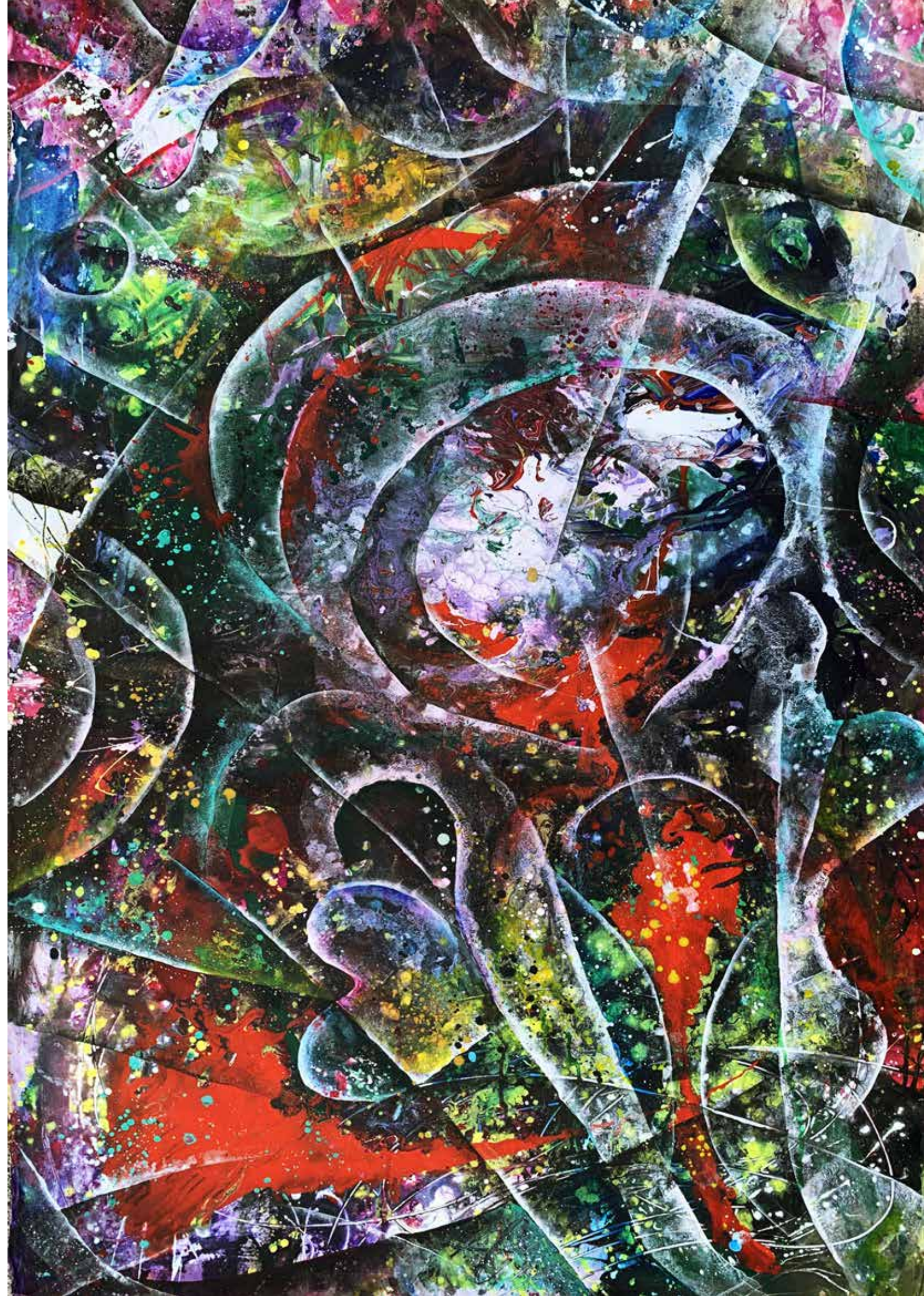
286 **Širenje / Expansion**

Amalurra, Split, 2017., akril i tinta na ručno rađenom papiru, 95 x 150 cm

“Biti kreativan znači voliti život. Možeš biti kreativn jedino ako dovoljno voliš život da želiš povećati njegovu ljepotu, želiš donjeti malo više glazbe u njega, malo više poezije u njega, malo više plesa u njega.”

“To be creative means to be in love with life. You can be creative only if you love life enough that you want to enhance its beauty, you want to bring a little more music to it, a little more poetry to it, a little more dance to it.”

OSHO





287 **Izgubljena u plavetnilu / Lost in the blue**



Split, Zagreb, 2017., akril i tinta na ručno rađenom papiru, 79 x 110 cm

"Mjesec se ne bori. Ne napada nikoga. Ne brine. Ne pokušava srušiti druge. Nastavlja svojom putanjom, ali prema svojoj osobitoj prirodi, lagano utječe."

"The moon does not fight. It attacks no one. It does not worry. It does not try to crush others. It keeps to its course, but by its very nature, it gently influences."

Deng Ming-Dao



288

Ulica / Street

Zagreb, 09. 2017., mješana tehnika, 36 x 48 cm

„Da bi se probudio, prvo mora shvatiti da je u stanju sna. A da bi shvatio da je doista u stanju sna, mora prepoznati i u potpunosti razumjeti prirodu sila koje djeluju kako bi ga zadržale u stanju sna ili hipnoze. Apсурно je misliti da se to može učiniti traženjem informacija od samog izvora koji izaziva hipnozu.

...Jedno je samo sigurno, čovjekovo ropstvo raste i povećava se. Čovjek postaje voljni rob. Više mu ne trebaju lanci. Počinje zavoljeti svoje ropstvo, biti ponosan na njega. A to je najstrašnija stvar koja se čovjeku može dogoditi.“

“In order to awaken, first of all one must realize that one is in a state of sleep. And in order to realize that one is indeed in a state of sleep, one must recognize and fully understand the nature of the forces which operate to keep one in the state of sleep, or hypnosis. It is absurd to think that this can be done by seeking information from the very source which induces the hypnosis.

...One thing alone is certain, that man's slavery grows and increases. Man is becoming a willing slave. He no longer needs chains. He begins to grow fond of his slavery, to be proud of it. And this is the most terrible thing that can happen to a man.”

George Ivanovich Gurdjieff



289 **Jesen u meni / Inner autumn**

Zagreb, 2017., akvarel na papiru, 61 x 81 cm

"Primjećujem da je jesen više godišnje doba duše nego prirode."

"I notice that Autumn is more the season of the soul than of nature."

Friedrich Nietzsche





290

Ljeto u gradu / Summer in the city

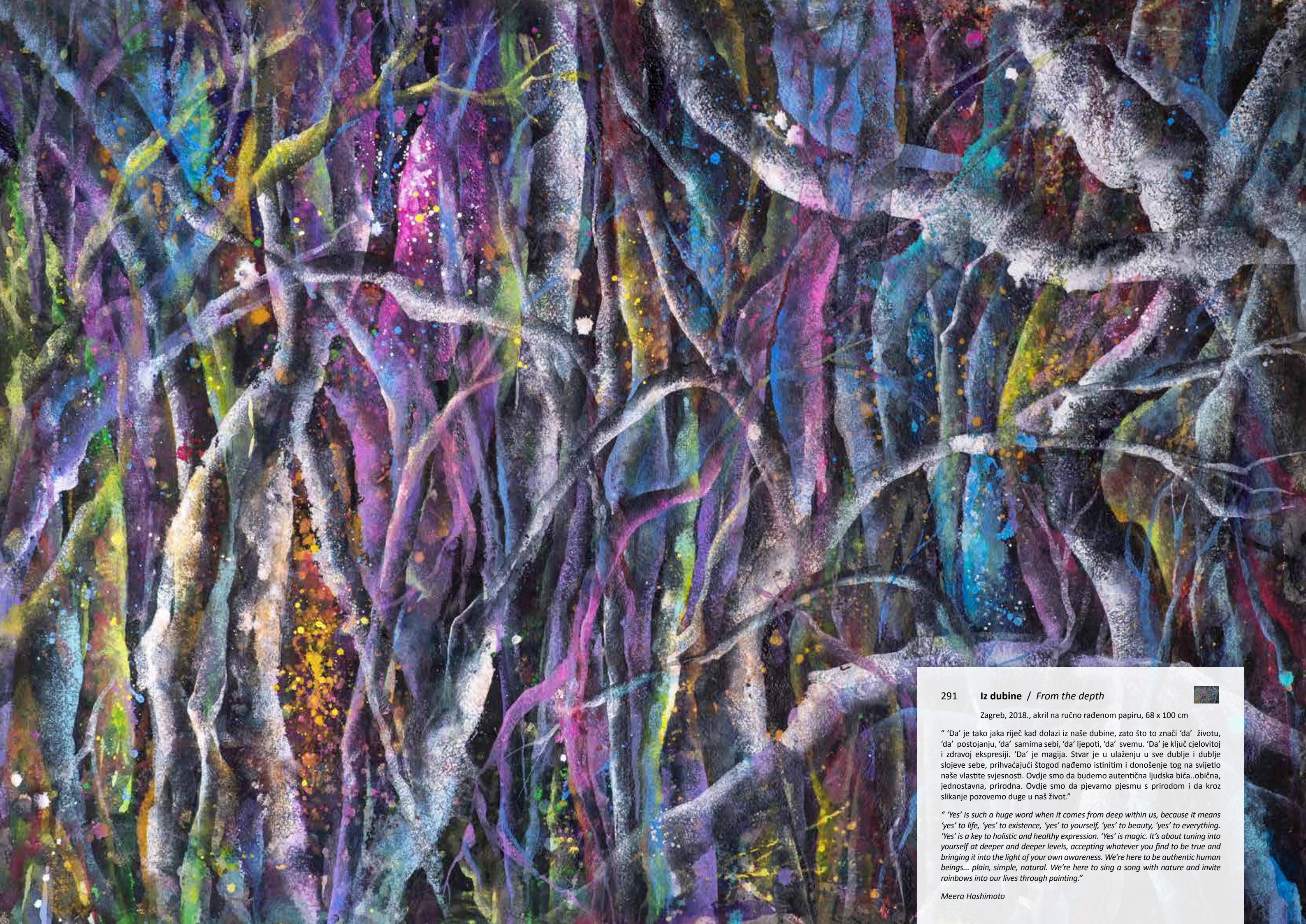
Zagreb, 2018., akril na ručno rađenom papiru, 68 x 100 cm



“Ukratko, moj posao je pomoći ljudima da razumiju što ih sprječava da uživaju život, što ih sprječava da pjevaju pjesmu prirode - pjevaju pjesmu koju već imaju unutar sebe samih, i tako će učiniti život puno bogatijim i smislenijim.”

“In short, my work is to help people understand what hinders them from enjoying life, what prevents them from singing a song of nature - singing the song they already have inside themselves, thereby making life more rich and meaningful.”

Meera Hashimoto



291 **Iz dubine / From the depth**



Zagreb, 2018., akril na ručno rađenom papiru, 68 x 100 cm

“ ‘Da’ je tako jaka riječ kad dolazi iz naše dubine, zato što to znači ‘da’ životu, ‘da’ postojanju, ‘da’ samima sebi, ‘da’ ljepoti, ‘da’ svemu. ‘Da’ je ključ cjelovitoj i zdravoj ekspresiji. ‘Da’ je magija. Stvar je u ulaženju u sve dublje i dublje slojeve sebe, prihvaćajući štogod nademo istinitim i donošenje tog na svijetlo naše vlastite svjesnosti. Ovdje smo da budemo autentična ljudska bića..obična, jednostavna, prirodna. Ovdje smo da pjevamo pjesmu s prirodom i da kroz slikanje pozovemo duge u naš život.”

“ ‘Yes’ is such a huge word when it comes from deep within us, because it means ‘yes’ to life, ‘yes’ to existence, ‘yes’ to yourself, ‘yes’ to beauty, ‘yes’ to everything. ‘Yes’ is a key to holistic and healthy expression. ‘Yes’ is magic. It’s about tuning into yourself at deeper and deeper levels, accepting whatever you find to be true and bringing it into the light of your own awareness. We’re here to be authentic human beings... plain, simple, natural. We’re here to sing a song with nature and invite rainbows into our lives through painting.”

Meera Hashimoto



292 **Sam u kući / Aloness**



Zagreb, 2018., akril i tuš na ručno rađenom papiru, 69 x 90 cm

“Samoća je puna straha i bolna i čovjek mora trpjeti. Ništa se ne bi trebalo učiniti da je se izbjegne, ništa se ne bi trebalo učiniti da se skrenuo um, ništa se ne bi trebalo učiniti da se je izbjegne. Treba se je trpjeti i proći kroz nju. Ta patnja, ta bol su samo dobar znak da si blizu novog rođenja, jer svakom rođenju predhodi bol. Ona se ne može izbjeći, ona se ne bi smjela izbjegavati jer ona je dio našeg rasta. Ta bol i ta patnja tradicionalno se naziva “tapashcharya”, naporno odricanje. To je značenje “tapas” - naporno odricanje...I zapamti, samoća je cjelovitost, to nije kontradikcija. Ego je dio, ego je fragmentalan, ego ne može biti cjelovit, ego je protiv cjeline. U samoći ego nestaje. Postajete jednos cjelinom i granice nestaju. Kad si uistinu sam, ti si Kosmos, Brahma”.

“Aloneness is fearful and it is painful, and one has to suffer it. Nothing should be done to avoid it, nothing should be done to divert the mind, nothing should be done to escape from it. One has to suffer it and go through it. This suffering, this pain, is just a good sign that you are near a new birth, because every birth is preceded by pain. It cannot be avoided, and it should not be avoided because it is part of your growth. This pain and this suffering is known traditionally as tapashcharya, austerity. This is the meaning of tapas - arduous austerity, effort. And remember, aloneness is wholeness, they are not contradictory. Ego is part, ego is fragmented, ego cannot be whole, ego is against the whole. In aloneness ego disappears. You become one with the whole and the boundary disappears. When you are really alone you are cosmos, you are Brahma.”

Vbt, v2, 398-404, OSHO



293 **Biraj ili budi izabran / Choose or be chosen**
Zagreb, 2018., akvarel na papiru, 65 x 90 cm



“Vi jednostavno vlastitim izborom želite pobjeći od odgovornosti. Sartre je rekao jednu zaista lijepu stvar. Rekao je: “Čovjek je slobodan izabrati, ali nije slobodan ne izabrati.” Možete izabrati oba načina, ali nemojte se zavarati - nemate slobodu ne izabrati, jer čak i kada mislite da ne birate, birate suprotno.”

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Tao: The Three Treasures, Vol 1, Osho

Zagreb, 10. 2018., akvarel, pastela, akvarel, 30 x 42 cm

“Cjelokupno učenje Lao Tzua je da nema potrebe da bilo što činite s vaše strane, sve je već učinjeno za vas, jednostavno to prihvatite i lebdite. Neka stvari budu takve kakve jesu. Ne ulažite nikakav napor za bilo kakvu promjenu, jer sam napor za promjenom donosi napetost u umu; sam napor da se promijeni donosi budućnost u umu; sam napor da se promijenite je poricanje Boga jer tada kažete: Mi smo mudriji od vas, pokušavamo vas poboljšati. Nema potrebe – samo budite u dubokom otpuštanju i lebdite. Bit će teško jer će ego reći: Što to radiš? Na ovaj način nikada nećete nikuda stići. Ali gdje želite stići? Vi ste već tamo. Ego će reći: Na ovaj način nikada nećeš rasti. Ali koji je smisao rasta? Svaki trenutak je savršen. Kamo želite ići i rasti, i za što? Ego vas nastavlja tjerati u budućnost, u želju, učinite ovo, učinite ono – nikada vam ne dopušta da se malo odmorite. I cijeli Tao, stav, vizija Taoa, je opuštanje i uživanje i kroz uživanje se stvari počnu rješavati same od sebe. Ako cijelo postojanje nastavlja živjeti na tako lijep način, zašto je samo čovjek u nevolji? Jer niti jedan pas ne pokušava postati nešto drugo; nijedna ruža ne pokušava postati lotos; nijedan lotos ne pokušava postati nešto drugo - sve je kako jest, zadovoljno, slavi. Samo je čovjek lud. Želi nešto postati, želi nešto dokazati. Zar ne vidite slavlje koje uokolo tiho traje? Vi samo niste dio toga jer možete misliti. Razmišljanje donosi podjelu. Ne govori ‘glupo’ nijednom dijelu sebe. Nazivate Boga imenima. Ne osuđujte, jer svaka je osuda Božja osuda. Izašao si iz cjeline, cjelina zna bolje od tebe; dopustite mudrosti cjeline da djeluje. Ne uvlači svoj sićušni um u borbu. Nema potrebe ići uzvodno, nećete nigdje stići, jednostavno ćete biti umorni. Ne svađajte se, dopustite stvari. To je prihvaćanje - to je otpuštanje. Živite kao da ste potpuno u mirovini. Živiš, radiš, ali radiš stvari prirodno, spontano. Događa se. Ako vam se čini, činite, ako vam se ne radi, nemojte. Malo-pomalo padate u sklad s prirodom, postajete sve prirodniji... što prirodniji, to religiozniji.

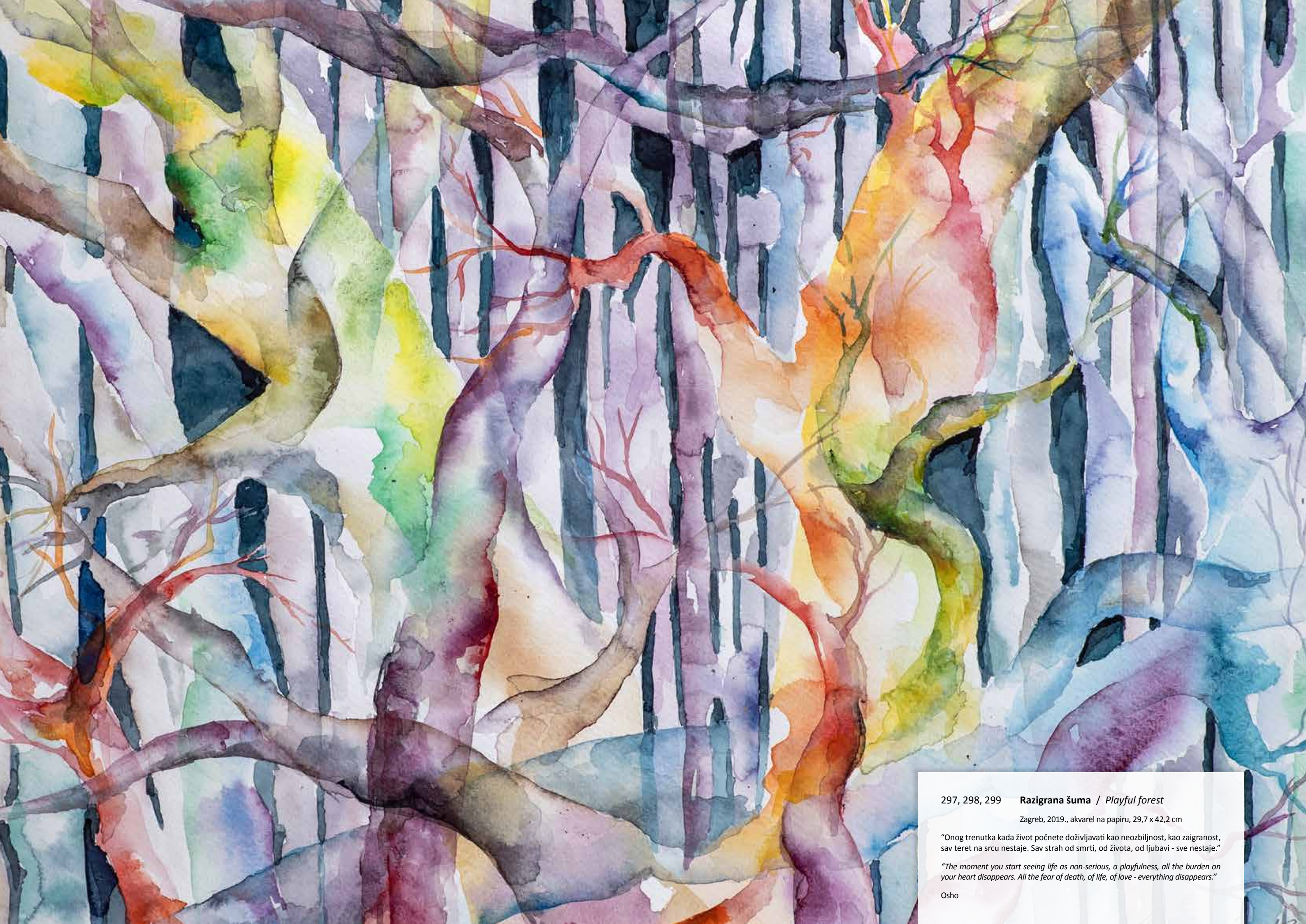
Gurdjieff je govorio vrlo lijepu stvar. Govorio je da su do sada sve religije bile protiv Boga. Vidim što misli. Ovo je bila bijeda - sve su religije bile protiv Boga. Napuhali su vaš ego, učinili vas superiornijima, višima, supermenima, spiritualnima – sve besmislice! Morate biti samo obični i uživati. Biti običan nešto je najneobičnije što vam se može dogoditi; ali želja da se bude izvanredan, da se bude spiritalan, supermen, ne od ovog svijeta nego od drugog svijeta, je manija. Samo je Tao prirodna religija. Sve druge religije su na suptilan način ne prirodne. Lao Tzu je budućnost cijelog čovječanstva i sve mogućnosti blaženstva i blagoslova leže kroz njega, prolaze kroz njega. Zašto jednostavno ne možete biti? Pokušajte nekoliko dana - samo budite. Jednom kada osjetite okus neće vam biti teško. Jednom kada se otvori mali prozor bića, smijati ćete se svom trudu koji ste uvijek činili. ‘Samo budi’ je poruka.”

“The whole teaching of Lao Tzu is that there is not a single need to do anything on your part, everything has already been done for you, you simply accept it and float. Let things be as they are. Don't make any effort for any change whatsoever, because the very effort to change brings tension into the mind; the very effort to change brings the future into the mind; the very effort to change is a denial of God because then you say: We are wiser than you, we are trying to improve upon you. There is no need – just be in a deep let-go and float. It will be difficult because the ego will say: What are you doing? In this way you will never reach anywhere. But where do you want to reach? You are already there. The ego will say: In this way you will never grow. But what is the point of growing? Every moment is perfect. Where do you want to go and grow, and for what? The ego goes on pushing you into the future, into desire, do this, do that – it never allows you to rest a little. And the whole of Tao, the attitude, the vision of Tao, is to relax and enjoy and through enjoyment things start settling on their own. If the whole existence goes on living in such a beautiful way why is only man in trouble? Because no dog is trying to become anything else; no rose is trying to become a lotus; no lotus is trying to become anything else – everything is as it is, content, celebrating. Only man is mad. He wants to become something, he wants to prove something. Can't you see the celebration that goes on silently all around? You only are not part of it because you can think. Thinking brings the division. Don't say 'stupid' to any part of you. You are calling God names. Don't condemn, because every condemnation is a condemnation of God. You have come out of the whole, the whole knows better than you; allow the wisdom of the whole to work. Don't you bring your tiny mind in to fight. There is no need to go upstream, you will not reach anywhere, you will simply be tired. Don't fight, allow things. That's what acceptance is – it is let-go. You live as if you are completely retired. You live, you do, but you do things naturally, spontaneously. They happen. If you feel like doing, you do, if you don't feel like doing, you don't do. You by and by fall into line with nature, you become more and more natural... the more natural, the more religious.

Gurdjieff used to say a very beautiful thing. He used to say that up to now all religions have been against God. I can see what he means. This has been the misery – all religions have been against God. They have been puffing up your egos, making you superior, higher, supermen, spiritual – all nonsense! You have to be just ordinary and enjoy. To be ordinary is the most extraordinary thing that can happen to you; but the desire to be extraordinary, to be spiritual, supermen, not of this world but of the other world, is a mania. Only Tao is a natural religion. All other religions are in subtle ways unnatural. Lao Tzu is the future of the whole of humanity and all possibilities of bliss and benediction lie through him, pass through him. Why can't you just be? Try for a few days – just be. Once you have the taste it will not be difficult. Once a small window of being opens you will laugh about the whole effort you have always been doing. 'Just be' is the message.”

Tao, the three treasure, vol2, Ssho





297, 298, 299 **Razigrana šuma / Playful forest**

Zagreb, 2019., akvarel na papiru, 29,7 x 42,2 cm

"Onog trenutka kada život počnete doživljavati kao neozbiljnost, kao zaigranost, sav teret na srcu nestaje. Sav strah od smrti, od života, od ljubavi - sve nestaje."

"The moment you start seeing life as non-serious, a playfulness, all the burden on your heart disappears. All the fear of death, of life, of love - everything disappears."

Osho

300

Hoću / I want

Zagreb, 2018., akvarel na papiru, 70 x 100 cm



HOĆU

Hoću svoju bol
Hoću tvoju bol
Jer bez moje
Ni tvoju ne mogu čuti.

Hoću svoj prostor
Dajem tebi prostor
Jer bez prostora
Nema širenja.

A ona je velika
Veća i beskonačna
I ne zahtjeva puno
Zahtjeva SVE.

Cijelu mene
Cijeloga tebe
Da stvori neponovljivo.

Ona otrcana riječ na LJ
Uvijek je lijepa
A tako je rijetka.

I kad jeca
I kad vrišti
I kad daje
I kad prima
I kad boli
I kad ruši
I kad se diže
I kad pada
I kad stenje
I kad uzdiše
Ona DIŠE i SVJEDOČI.

Svjedoči moj trenutak
Svjedoči tvoj trenutak
Svjedoči našu prisutnost
I njenu prisutnost.

I krhka je ona
I ne trpi okvire
Želi slobodu
I prostor
Da diše
Da leti
Da se širi
I prelijeva.

I ne voli riječi
Voli biti
Ne traži obećanja
Ni darove.

Voli što ima
Ono što imam
I Ono što imaš
SADA i JEDINO MOGUĆE.

I WANT

I want my pain
I want your pain
Without mine
I cannot hear yours.

I want my space
I give space to you
Without space
There is no spreading.

And it's great
Greater and infinite
And it doesn't require a lot
It requires ALL.

All of me
All of you
To create unrepeatable.

That corny "L" word
It's always beautiful
But so rare.

When it sobs
When it screams
When it gives
When it receives
When it hurts
When it destroys
When it rises
When it falls
When it moans
When it sighs
It BREATHS and WITNESSES.

It witnesses to my moment
It witnesses to your moment
It witnesses to our presence
And its presence.

And it's fragile
And it can't stand frames
It wants freedom
And space
To breath
To fly
To spread
And overflow.

And it doesn't like words
It likes to BE
It doesn't ask for promises
Nor gifts.

It likes what it has
What I have
And what you have
What is NOW and ONLY POSSIBLE.

Morana Mahamaya



301 **Istraživanje / Researching**

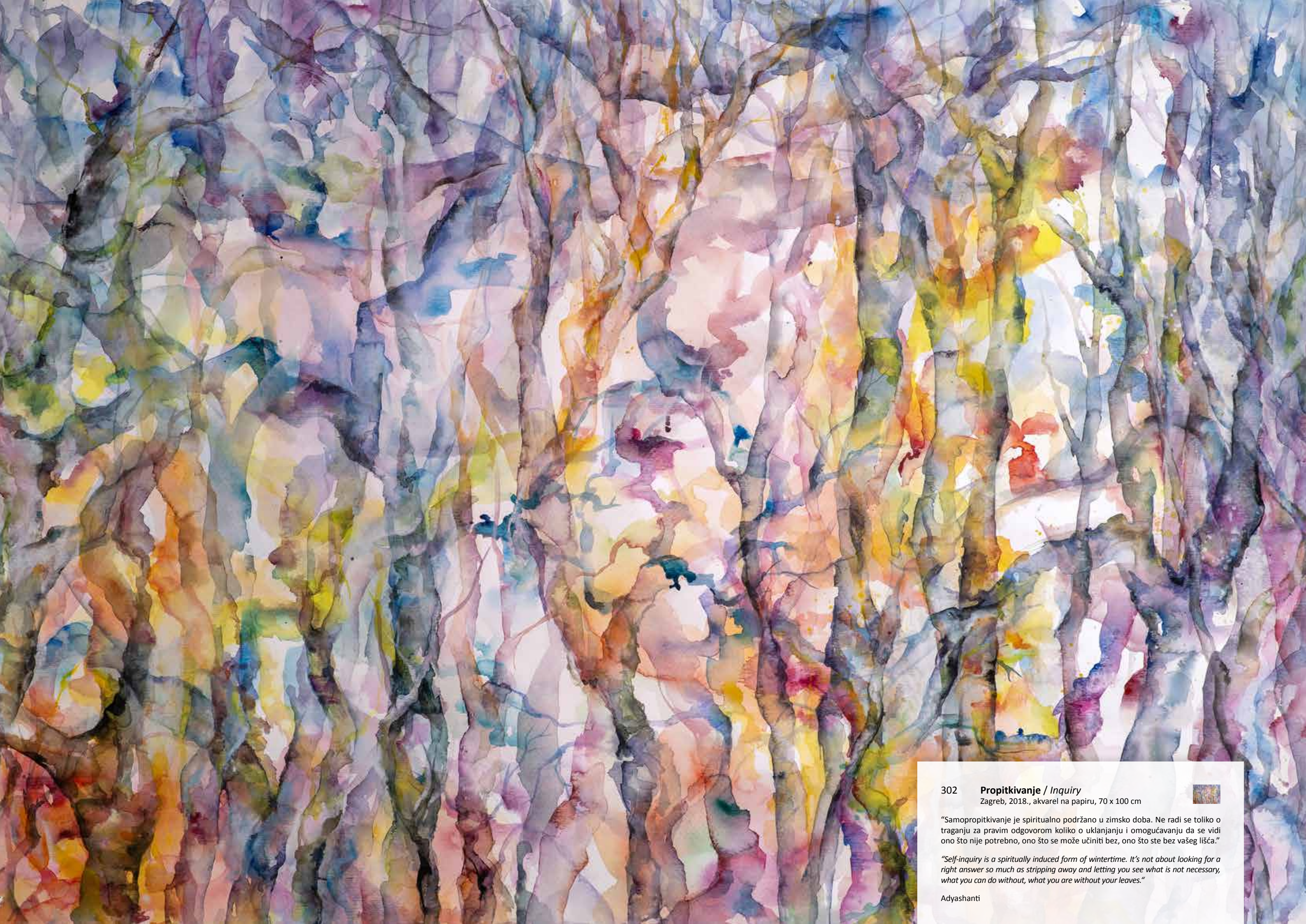
Zagreb, 2019., akvarel na papiru, 70 x 100 cm

"Kad bismo znali što radimo, to se ne bi zvalo istraživanje, zar ne?"

"If we knew what it was we were doing, it would not be called research, would it?"

Albert Einstein





302

Propitkivanje / Inquiry

Zagreb, 2018., akvarel na papiru, 70 x 100 cm



"Samopropitkivanje je spiritualno podržano u zimsko doba. Ne radi se toliko o traganju za pravim odgovorom koliko o uklanjanju i omogućavanju da se vidi ono što nije potrebno, ono što se može učiniti bez, ono što ste bez vašeg lišća."

"Self-inquiry is a spiritually induced form of wintertime. It's not about looking for a right answer so much as stripping away and letting you see what is not necessary, what you can do without, what you are without your leaves."

Adyashanti



303 **Inventura / Stocktaking**

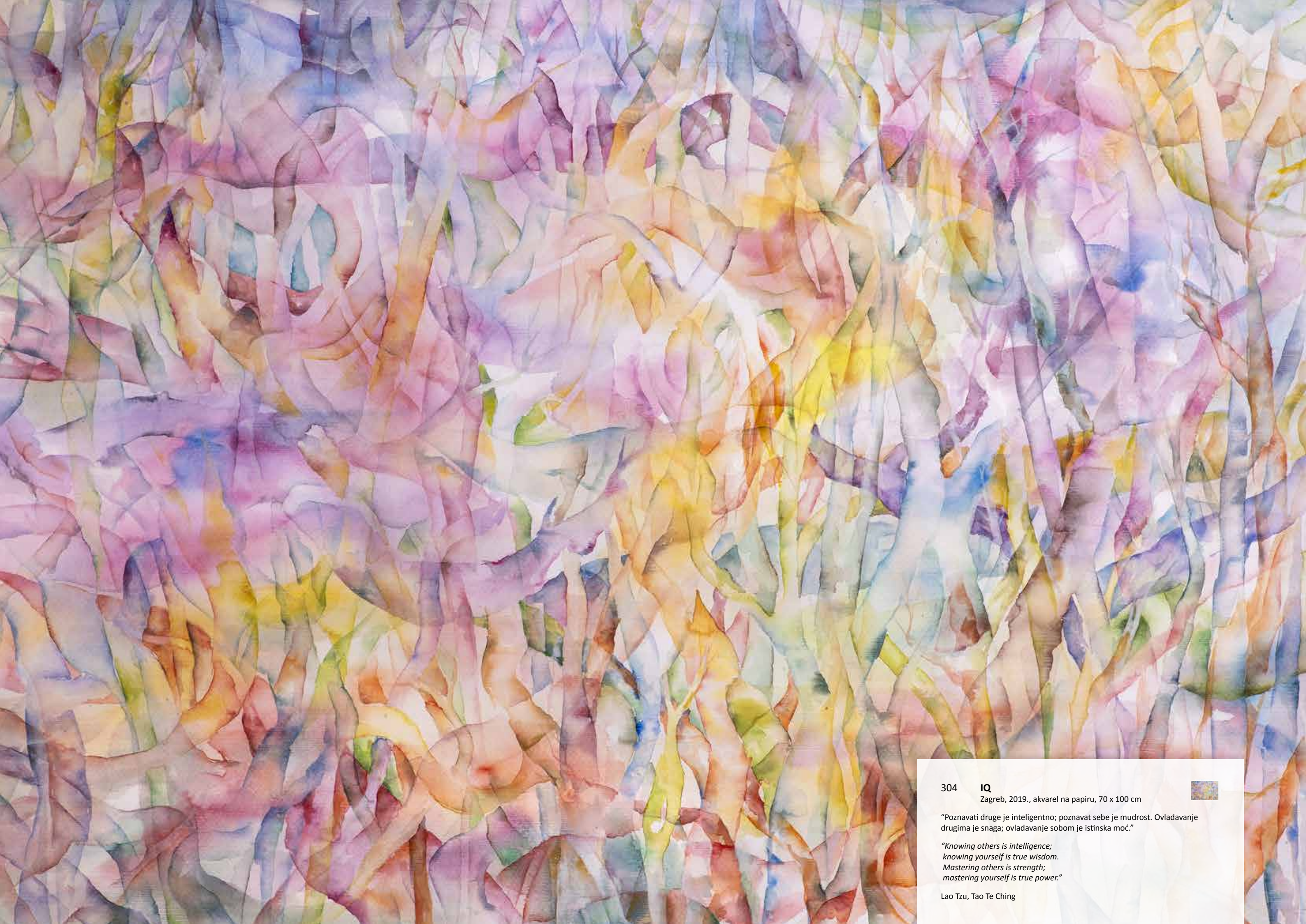
Zagreb, 2019., akvarel na papiru, 70 x 100 cm



“Vrlo je važno ne prestati preispitivati. Znatiželja ima svoj vlastiti razlog postojanja. Ne može se izbjeći strahopoštovanje kad se promišlja o misterijama vječnosti, života, čudesne strukture stvarnosti. Dovoljno je ako se pokuša samo naslutiti djelić od ove misterije svaki dan. Nikad ne gubi svetu radoznalost.”

“The important thing is not to stop questioning. Curiosity has its own reason for existing. One cannot help but be in awe when he contemplates the mysteries of eternity, of life, of the marvelous structure of reality. It is enough if one tries merely to comprehend a little of this mystery every day. Never lose a holy curiosity.”

Albert Einstein



304

IQ

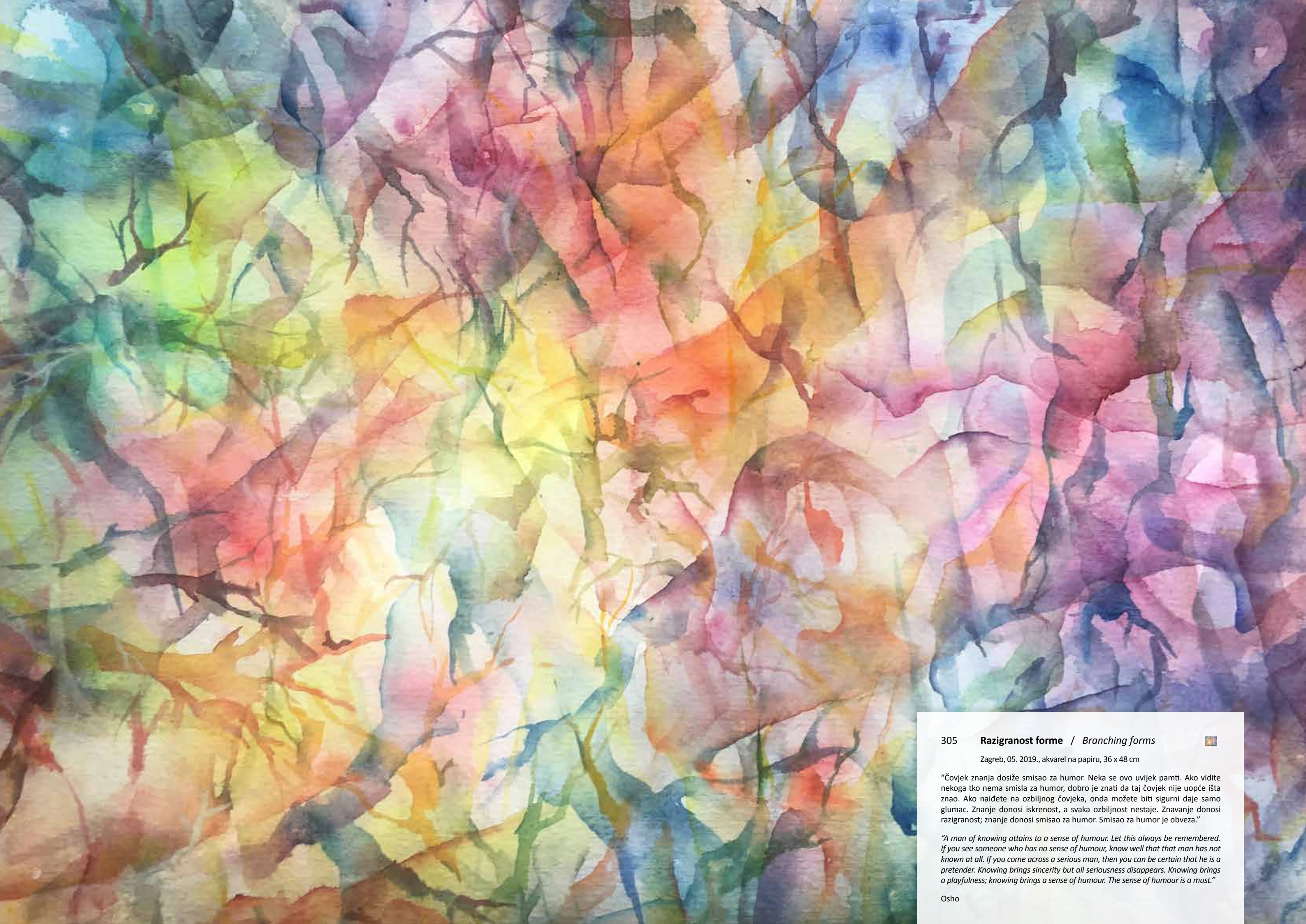
Zagreb, 2019., akvarel na papiru, 70 x 100 cm



"Poznavati druge je inteligentno; poznavat sebe je mudrost. Ovladavanje drugima je snaga; ovladavanje sobom je istinska moć."

*"Knowing others is intelligence;
knowing yourself is true wisdom.
Mastering others is strength;
mastering yourself is true power."*

Lao Tzu, Tao Te Ching



305 **Razigranost forme** / *Branching forms*

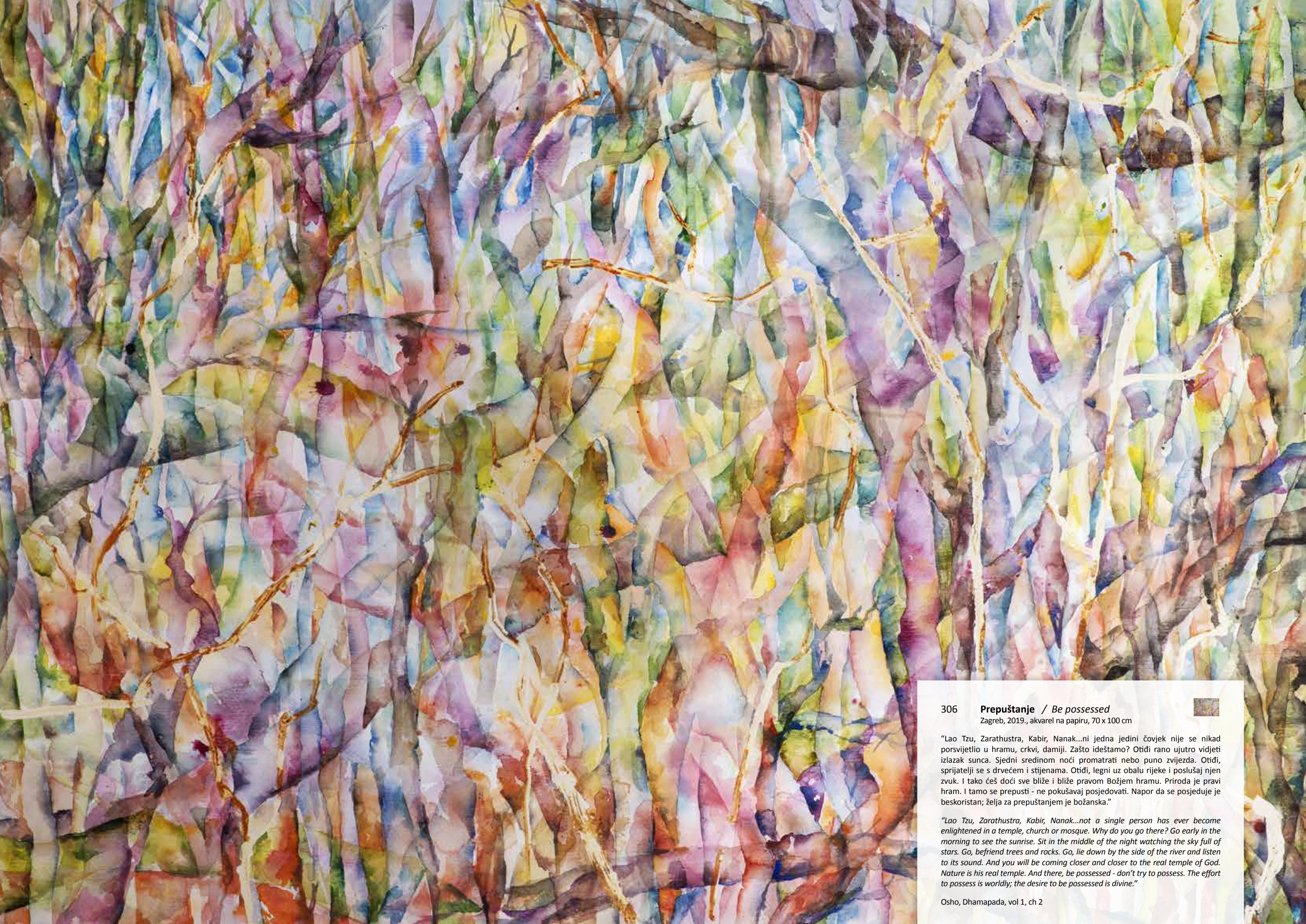


Zagreb, 05. 2019., akvarel na papiru, 36 x 48 cm

“Čovjek znanja dosiže smisao za humor. Neka se ovo uvijek pamti. Ako vidite nekoga tko nema smisla za humor, dobro je znati da taj čovjek nije uopće išta znao. Ako nađete na ozbiljnog čovjeka, onda možete biti sigurni daje samo glumac. Znanje donosi iskrenost, a svaka ozbiljnost nestaje. Znavanje donosi razigranost; znanje donosi smisao za humor. Smisao za humor je obveza.”

“A man of knowing attains to a sense of humour. Let this always be remembered. If you see someone who has no sense of humour, know well that that man has not known at all. If you come across a serious man, then you can be certain that he is a pretender. Knowing brings sincerity but all seriousness disappears. Knowing brings a playfulness; knowing brings a sense of humour. The sense of humour is a must.”

Osho



306

Prepuštanje / Be possessed

Zagreb, 2019., akvarel na papiru, 70 x 100 cm



“Lao Tzu, Zarathustra, Kabir, Nanak...ni jedna jedini čovjek nije se nikad porsvijetlio u hramu, crkvi, damiji. Zašto ideštamo? Otiđi rano ujutro vidjeti izlazak sunca. Sjedni sredinom noći promatrati nebo puno zvijezda. Otiđi, prijatelji se s drvećem i stijenama. Otiđi, legni uz obalu rijeke i poslušaj njen zvuk. I tako ćeš doći sve bliže i bliže pravom Božjem hramu. Priroda je pravi hram. I tamo se prepusti - ne pokušavaj posjedovati. Napor da se posjeduje je beskoristan; želja za prepuštanjem je božanska.”

“Lao Tzu, Zarathustra, Kabir, Nanak...not a single person has ever become enlightened in a temple, church or mosque. Why do you go there? Go early in the morning to see the sunrise. Sit in the middle of the night watching the sky full of stars. Go, befriend trees and rocks. Go, lie down by the side of the river and listen to its sound. And you will be coming closer and closer to the real temple of God. Nature is his real temple. And there, be possessed - don't try to possess. The effort to possess is worldly; the desire to be possessed is divine.”

Osho, Dhamapada, vol 1, ch 2



307

Ljeto s curama / Summer&Girls

Split, 08. 2019., akvarel na papiru, 50 x 70 cm



“Kada slijedite gomilu, gubite sebe, ali kada slijedite svoju dušu, izgubit ćete gomilu. Na kraju će se pojaviti vaše pleme duše. Ali nemojte se bojati procesa samoće.”

“When you follow the crowd you lose yourself but when you follow your soul you will lose the crowd. Eventually your soul tribe will appear. But do not fear the process of solitude.”

~ Tribe of Amazon, Brazil, Osny Brasil



308 **Mješanje / Mix**

Split, 08. 2019., akvarel na papiru, 36 x 48 cm



“Ako osjećamo ljutnju prema drugima, to dolazi iz mjesta u nama gdje patimo. Mržnja i bijes uvijek dolaze s mjesta neizliječene traume. Način da pomognemo drugima je da najprije iscijelimo sebe njegovanjem većeg suosjećanja, razumijevanja i ljubavi. Osuđivanje umova uhvaćenih u gnjev i osuđivanje samo pothranjuje problem. Nema ozdravljenja. Suosjećajnim ispitivanjem vlastite ljutnje i oslobađanjem od nje dolazimo do dubljeg razumijevanja i ljubavi. Ovo je vječni način na koji je poučavao Buddha, kao i Isus, Gandhi, Martin Luther King Jr. i mnogi drugi.”

“If we feel anger towards others it comes from a place within us where we are suffering. Hatred and anger is always coming from a place of unhealed trauma. The way to help others is to first heal ourselves by cultivating greater compassion, understanding and love. Judging minds caught up in anger and judgment only feeds the problem. There is no healing. By compassionately examining our own anger and releasing it we come to deeper understanding and love. This is the eternal way Buddha taught, as well as Jesus, Gandhi, Martin Luther King, Jr and many others.”

Christopher, Tao & Zen



309

Ipak se kreće / Eppure si muove

Zagreb, 05. 2020, akvarel na papiru, 32,7 x 47,3 cm

"Mi smo zemaljski ljudi, na duhovnom putovanju prema zvijezdama. Naša potraga, naš hod zemljom je pogledati unutra, znati tko smo, vidjeti da smo povezani sa svim stvarima, da ne postoji odvojenost, samo u umu."

"We are earth people, on a spiritual journey to the stars. Our quest, our earth walk, is to look within, to know who we are, to see that we are connected to all things, that there is no separation, only in the mind."

Lakota Seer



310

Svetište / Sanctuaries

Zagreb, 05. 2020., akvarel na papiru, 30 x 42 cm

“Drveće je poput svetišta. Svako tko zna kako pričati sa njima, i zna kako ih slušati, može naučiti istinu. Ono ne propovijeda učenju i praviima, ono propovijeda, ne opterećeno pojedinosti, drevni zakon života.”

“Trees are sanctuaries. Whoever knows how to speak to them, whoever knows how to listen to them, can learn the truth. They do not preach learning and precepts, they preach undeterred by particulars, the ancient law of life.”

Hermann Hesse



311 **Oluja / Thunder**
Zagreb, 06. 2020., akvarel na papiru, 30 x 42 cm

"Prihvaćam li sunce i toplinu, moram prihvatiti i grmljavinu i munje."

"If I accept the sunshine and warmth, then I must also accept the thunder and lightnings."

Khalil Gibran



312 **Nered / Mess**
Zagreb, 06. 2020, akvarel na papiru, 2 x 42 x 30 cm



"Ima nečeg prekrasno hrabrog i oslobađajućeg u tome da kažemo da cijelom našem nesavršenom i neurednom životu"

"There is something wonderfully bold and liberating about saying yes to our entire imperfect and messy life"

Tara Brach

313 **Iluzija / Illusion**

Split, Zagreb, 08., 09., 10. 2020., akvarel na papiru, 2 x 42 x 30 cm

“Kaže se:

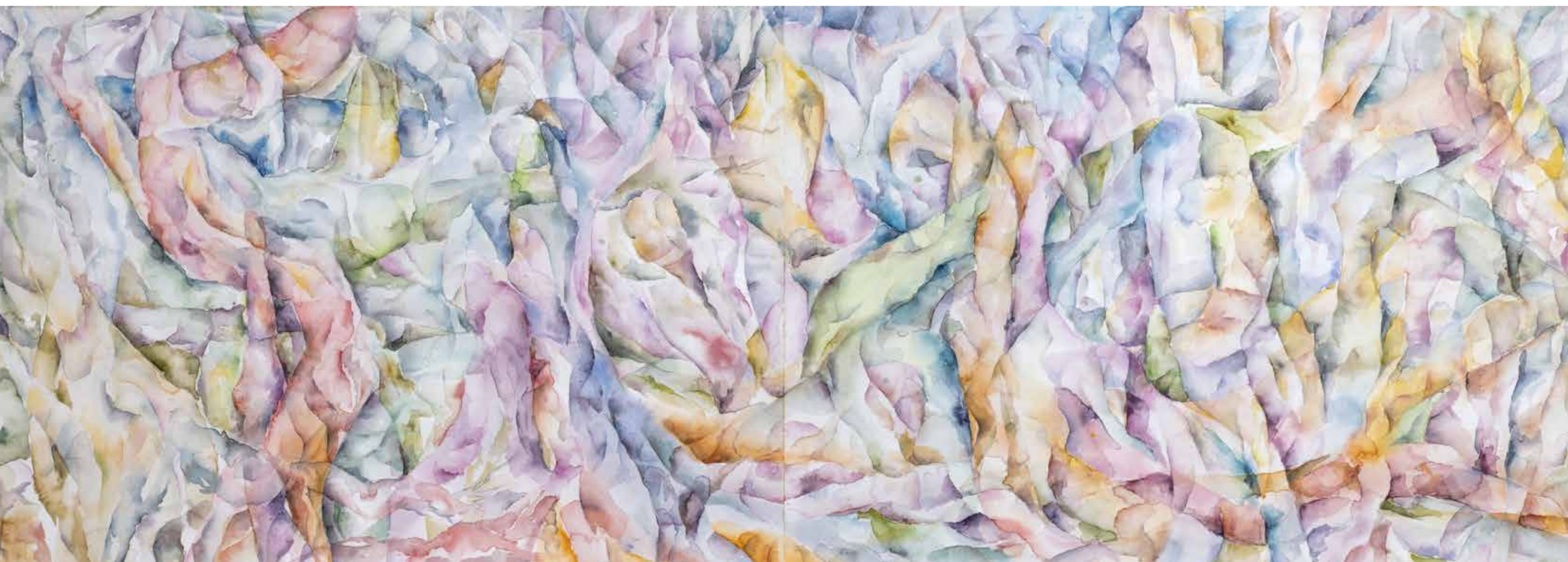
Put u svjetlost čini se mračan,
put naprijed čini se da ide natrag,
direktan put čini se dug,
prava moć čini se slaba,
istinska čistoća čini se ukaljana,
istinska postojanost čini se promjenjiva,
prava jasnoća čini se nejasna,
najveće čini se nesofisticirano,
najveća ljubav čini se ravnodušna,
najveća mudrost čini se djetinjastom.
Tao se ne može naći.
Ipak, hrani i dovršava sve.”

“Thus it is said:

*The path into the light seems dark,
the path forward seems to go back,
the direct path seems long,
true power seems weak,
true purity seems tarnished,
true steadfastness seems changeable,
true clarity seems obscure,
the greatest are seems unsophisticated,
the greatest love seems indifferent,
the greatest wisdom seems childish.
The Tao is nowhere to be found.
Yet it nourishes and completes all things.”*

Lao Tzu, Tao Te Ching



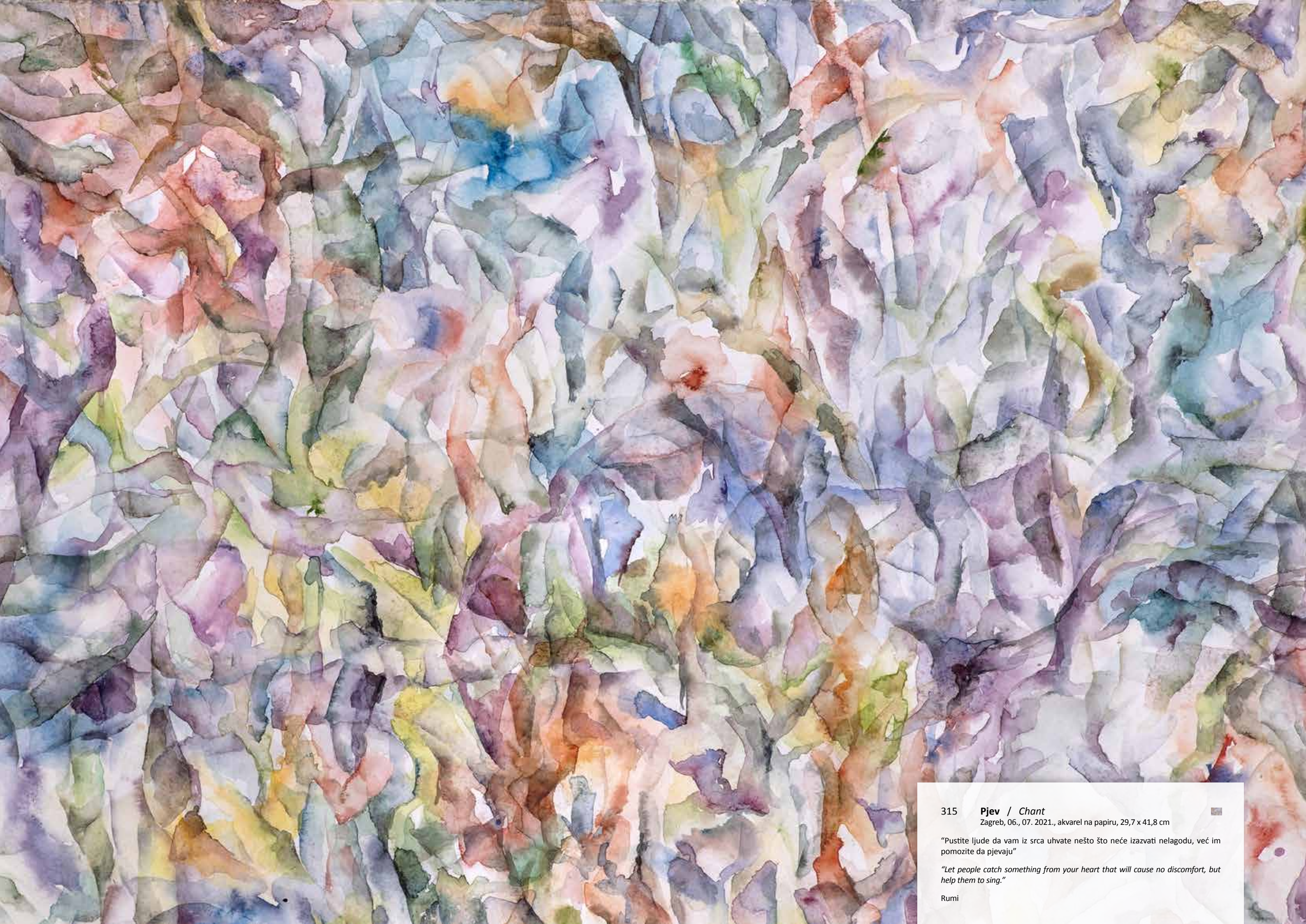


314 **Idemo dalje / Ongoing**
Zagreb, 11., 12. 2020., akvarel na papiru, 2 x 29,7 x 41,8 cm

"Upamti, ulazna vrata Svetišta leže u tebi."

"Remember the Entrance door to the Sanctuary Lies Within You."

Rumi



315

Pjev / Chant

Zagreb, 06., 07. 2021., akvarel na papiru, 29,7 x 41,8 cm

"Pustite ljude da vam iz srca uhvate nešto što neće izazvati nelagodu, već im pomozite da pjevaju"

"Let people catch something from your heart that will cause no discomfort, but help them to sing."

Rumi



316 **Opusti se (i uživaj) / Relax**
Zagreb, 07. 2021, akvarel na papiru, 30 x 42 cm



“Ne traži, ne iztražuj, ne pitaj, ne kucaj, ne zahtijevaj ~ opusti se. Ako se opustiš, dolazi, ako se opustiš, tu je. Ako se opustiš, počinješ s njim vibrirati”

“Lon’t seek, don’t search, don’t ask, don’t knock, don’t demand ~ relax. If you relax it comes, if you relax it is there. If you relax, you start vibrating with it..”

Osho



317 **Stvaranje / Doing**
Split, 06., 07. 2022., akvarel na papiru, 41,8 x 59,4 cm



“U konačnici, rad na sebi neodvojiv je od rada u vanjskom svijetu. Svaki zrcali onaj drugi; svaki je vozilo za onaj drugi. Kada mijenjamo sebe, mijenjaju se i naše vrijednosti i postupci. Kada radimo u vanjskom svijetu, javljaju se unutarnji problemi s kojima se moramo suočiti ili ih činimo nedjelotvornima.”

“Ultimately, work on self is inseparable from work in the world. Each mirrors the other; each is a vehicle for the other. When we change ourselves, our values and actions change as well. When we do work in the world, internal issues arise that we must face or be rendered ineffective.”

Charles Eisenstein, Sacred Economics: Money, Gift, and Society in the Age of Transition

318 **Cjelovitost / Wholeness**
Split, 08. 2022., akvarel na papiru, 42 x 60 cm



“Podjela između promatrača i promatranog izvor je sukoba”

Postoje dvije vrste učenja: jedna, pamćenje onoga što se podučava, a zatim promatranje kroz pamćenje - što veći-na nas naziva učenjem - druga, učenje kroz promatranje, a ne pohranjivanje toga kao sjećanja. Drugim riječima: jedno je naučiti nešto napamet, tako da se to pohrani u mozgu kao znanje i naknadno djelovati u skladu s tim znanjem, vješto ili nevješto; kad netko ide u školu i na fakultet, pohranjuje mnogo informacija kao znanja i u skladu s tim znanjem djeluje, korisno za sebe ili za društvo; ali nesposoban djelovati jednostavno, izravno. Druga vrsta učenja - na koju čovjek nije toliko naviknut jer je takav rob navikama, tradiciji, svakom obliku usklađenosti - jest promatranje bez pratnje prethodnog znanja, promatranje nečega kao za prvi put, iznova. Ako se stvari promatraju iznova, tada nema kultivacije sjećanja; nije kao kad netko promatra i kroz to promatranje pohranjuje sjećanje tako da sljedeći put kada promatramo to bude kroz taj obrazac sjećanja, stoga više ne promatramo iznova. Važno je imati um koji nije stalno okupiran, stalno brbljanje. Za nezaokupljeni um može proklijati novo sjeme učenja - nešto sasvim drugačije od njegovanja znanja i djelovanja iz tog znanja. Promatrajte nebo, ljepotu planina, drveće, svjetlost među lišćem. To zapažanje, ako se pohrani kao memorija, spriječit će da sljedeće zapažanje bude svježje. Kada netko promatra svoju ženu ili prijateljicu, može li promatrati bez uplitanja snimanja prethodnih incidentata u tom konkretnom odnosu? Ako netko može promatrati ili gledati drugoga bez uplitanja prethodnog znanja, uči puno više. Najvažnije je promatrati; promatrati i ne imati podjele na promatrača i promatranog. Uglavnom pos-toji podjela između promatrača koji je potpuni sažetak prošlog iskustva kao sjećanja i promatranog, onoga što jest - tako prošlost promatra. Podjela između promatrača i promatranog izvor je sukoba. Je li moguće da uopće ne bude sukoba kroz život? Tradicionalno se prihvaća da mora postojati taj sukob, ova borba, ova vječna borba, ne samo fiziološki da bi se preživjelo, već i psihološki u želji i strahu, svidanju i nesvidanju, i tako dalje. Živjeti bez sukoba znači živjeti život bez imalo napora, život u kojem postoji mir. Čovjek je živio, stoljećima za stoljećima, život bitke, sukoba, kako izvana tako i iznutra; stalna borba za postignuće i strah od gubitka, nazadovanje. Može se beskrajno govoriti o miru, ali mira neće biti sve dok smo uvjetovani prihvaćanjem sukoba. Ako netk o kaže da je moguće živjeti u miru, onda je to samo ideja i stoga bezvrijedna. A ako se kaže da to nije moguće, onda se blokira svaka istraga. Prvo uđite u to psihološki; važnije je nego fiziološki. Ako netko vrlo duboko razumije prirodu i strukturu sukoba psihološki i možda ga tamo završi, tada se može nositi s fiziološkim faktorom. Ali ako se netko bavi samo fiziološkim, biološkim faktorom, da preživi, onda to vjerojatno uopće neće moći. Zašto postoji taj sukob, psihološki? Od davnina, i društveno i vjerski, postoji podjela na dobre i loše. Postoji li uopće ta podjela - ili postoji samo “ono što jest”, bez svoje suprotnosti? Pretpostavimo da postoji ljutnja; to je činjenica, to je “ono što jest”, ali “neću se ljutiti” je ideja, a ne činjenica. Tu podjelu čovjek nikada ne dovodi u pitanje, prihvaća je jer je po navici tradicionalan, ne želi ništa novo.

Ali postoji još jedan faktor; postoji podjela između promatrača i promatranog. Kad netko gleda planinu, gleda je kao promatrač i naziva je planinom. Riječ nije stvar. Riječ “planina” nije planina, ali za sebe je ta riječ vrlo važna; kad se pogleda, odmah se odgovori, “to je planina”. Sada, može li se promatrati stvar koja se zove “planina”, bez riječi, jer riječ je faktor podjele? Kad netko kaže “moja žena”, riječ “moja” stvara podjele. Riječ, ime, dio je misli. Kad netko gleda muškarca ili ženu, planinu ili drvo, što god to bilo, dolazi od podjele kada nastaje misao, ime, sjećanje. Može li se promatrati bez promatrača, koji je bit svih sjećanja, iskustava, reakcija i tako dalje, koji su iz prošlosti? Ako se nešto gleda bez riječi i prošlih sjećanja, onda se gleda bez promatrača. Kad se to radi, postoji samo promatrano i nema podjela i sukoba, psihički. Može li se gledati na svoju ženu ili najbližeg intimnog prijatelja bez imena, riječi i svih iskustava koje je stekao u tom odnosu? Kad netko tako gleda, prvi put gleda nije ili njega. Je li moguće živjeti život koji je potpuno slobodan od svih psiholoških sukoba? Netko je promatrao činjenicu, učinio je sve ako pusti činjenicu na miru. Sve dok postoji podjela između promatrača koji stvara sliku i činjenice - koja nije slika nego samo činjenica - mora postojati vječni sukob. To je zakon. Taj se sukob može okončati. Kada dođe do završetka psihološkog sukoba - koji je dio patnje - kako se to onda odnosi na nečiji život, kako se to odnosi na nečiji odnos s drugima? Kako se taj završetak psihičke borbe, sa svim svojim konfliktima, boli, tjeskobom, strahom, odnosi na svakodnevni život - svakodnevni odlazak u ured itd. itd.? Ako je činjenica da je netko okončao psihološki sukob, kako će onda živjeti život bez vanjskog sukoba? Kad nema sukoba iznutra, nema ni sukoba izvana, jer nema podjele na unutarnje i vanjsko. To je poput oseke i oseke mora. To je apsolutna, neopoziva činjenica, u koju nitko ne smije dirati, ona je nepovrediva. Dakle, ako je tako, što onda učiniti da zaradite za život? Jer nema sukoba, dakle nema ambicija. Jer nema sukoba, nema želje da se nešto bude. Budući da iznutra postoji nešto apsolutno što je nepovredivo, što se ne može dotaknuti, što se ne može oštetiti, tada jedno psihološki ne ovisi o drugome; stoga nema konformizma, nema imitacije. Dakle, nemajući sve to, čovjek više nije jako uvjetovan uspjehom i neuspje-hom u svijetu novca, položaja, prestiža, što podrazumijeva negiranje “onog što jest” i prihvaćanje “onog što bi trebalo biti”. Budući da netko nijeće “ono što jest” i stvara ideal “onoga što bi trebalo biti”, dolazi do sukoba. Ali promatrati ono što zapravo jest, znači da nema suprotnosti, samo “ono što jest”. Ako promatrate nasilje i koristite riječ “nasilje”, već postoji sukob, sama riječ je već iskrivljena: postoje ljudi koji odobravaju nasilje i ljudi koji ga ne odobravaju. Cijela je filozofija nenasilja izopačena, i politički i vjerski. Postoji nasilje i njegova suprotnost, nenasilje. Suprotnost postoji jer poznajete nasilje. Suprotnost ima korijen u nasilju. Netko misli da će se posljedicama suprotnosti, nekom izvanrednom metodom ili sredstvom, riješiti “onoga što jest”.

Sada, može li se odbaciti suprotno i samo gledati na nasilje, činjenicu? Nenasilje nije činjenica. Nenasilje je ideja, koncept, zaključak. Činjenica je nasilje – taj je ljut; da se nekoga mrzi; da se želi povrijediti ljude; taj je ljubomorani; sve što je implikacija nasilja, to je činjenica. Sada, može li se promatrati ta činjenica bez uvođenja njezine suprot-nosti? Jer tada imamo energiju - koja je bila izgubljena u pokušaju postizanja suprotnog - da promatramo “ono što jest”. U tom promatranju nema sukoba. Dakle, što će učiniti čovjek koji je shvatio tu neobično složenu egzistenciju zasnovanu na nasilju, sukobu, borbi, čovjek koji je zapravo slobodan od toga, ne teoretski, nego stvarno slobodan? Što znači, nema sukoba. Što će on raditi u svijetu? Hoće li netko postaviti ovo pitanje ako je iznutra, psihološki, pot-puno slobodan od sukoba? Očito ne. Samo čovjek u sukobu kaže: “Ako ne bude sukoba, ja ću biti na kraju, uništiti će me društvo jer se društvo temelji na sukobu.”Ako je netko svjestan svoje svijesti, što je to? Ako je netko svjestan, vidjet će da mu je svijest - u svom apsolutnom smislu - u potpunom neredu. Proturječno je, jedno govori, drugo radiš, uvijek nešto želiš. Ukupno kretanje je unutar prostora koji je ograničen i bez prostora u tom malom prostoru vlada nered. Razlikuje li se netko od svoje svijesti? Ili je jedna ta svijest? Jedna je ta svijest. Je li onda svjestan da je u totalnom neredu? U konačnici taj poremećaj vodi u neurozu, očito - i svi stručnjaci u modernom društvu kao što su psioanalitičari, psihoterapeuti i tako dalje. Ali iznutra, je li jedno na redu? Ili postoji poremećaj? Može li se promatrati ova činjenica? A što se događa kada se promatra bez izbora - što znači bez ikakvog iskrivljenja? Gdje je nered, mora biti i sukoba. Gdje postoji apsolutni red, nema sukoba. I postoji apsolutni red, a ne relativni red. To se može dogoditi samo prirodno, lako, bez ikakvog sukoba, kada je čovjek svjestan sebe kao svijesti, svjestan zbrke, nemira, proturječja, promatrajući izvana i iznutra bez ikakvog iskrivljavanja. Onda iz toga proizlazi prirodno, slatko, lako, nalog koji je neopoziv”“

“The division between the observer and the observed is the source of conflict”

There are two types of learning: one, memorizing what is being taught and then observing through memory - which is what most of us call learning - the other, learning through observation and not storing it as memory. Put another way: one is to learn something by heart, so that it is stored up in the brain as knowledge and subsequently acting according to that knowledge, skilfully or unskilfully; when one goes to school and university, one stores up a great deal of information as knowledge and according to that knowledge one acts, beneficially for oneself or for society; but incapable of acting simply, directly. The other kind of learning - to which one is not quite so accustomed because one is such a slave to habits, to tradition, to every form of conformity - is to observe without the accompaniment of previous knowledge, to look at something as though for the first time, afresh. If one observes things afresh, then there is not the cultivation of memory; it is not as when one observes and through that obser-vation stores up memory so that the next time one observes it is through that pattern of memory, therefore not anymore observing afresh. It is important to have a mind that is not constantly occupied, constantly chattering. To an unoccupied mind a new seed of learning can germinate - something entirely different from the cultivation of knowledge and acting from that knowledge. Observe the skies, the beauty of the mountains, the trees, the light among the leaves. That observation, if stored up as memory, will prevent the next observation being fresh. When one observes one's wife or friend, can one observe without the interference of the recording of previous incidents in that particular relationship? If one can observe or watch the other without the interference of previous knowledge, one learns much more. The most important thing is to observe; to observe and not to have a division between the observer and the observed. Mostly there is a division as between the observer who is the total summation of past experience as memory and the observed, that which is - so the past observes. The division between the observer and the observed is the source of conflict. Is it possible for there to be no conflict at all, right through one's life? Tra-ditionally, one accepts that there must be this conflict, this struggle, this everlasting fight, not only physiologically in order to survive, but psychologically in desire and fear, like and dislike, and so on. To live without conflict is to live a life without any effort, a life in which there is peace. Man has lived, centuries upon centuries, a life of battle, conflict, both outwardly and inwardly; a constant struggle to achieve and fear of losing, dropping back. One may talk endlessly about peace, but there will be no peace as long as one is conditioned to the acceptance of conflict. If one says it is possible to live in peace, then it is just an idea and therefore valueless. And if one says it is not possible, then one blocks any investigation. Go into it psychologically first; it is more important than physiologically. If one understands very deeply the nature and the structure of conflict psychologically and perhaps ends it there, then one may be able to deal with the physiological factor. But if one is only concerned with the physiological, biological factor, to survive, then one probably will not be able to do it at all. Why is there this conflict, psychologically? From ancient times, both socially and religiously, there has been a division between the good and the bad. Is there really this division at all - or is there only “what is”, without its opposite? Suppose there is anger; that is the fact, that is “what is”, but “I will not be angry” is an idea, not a fact. One never questions this division, one accepts it because one is traditional by habit, not wanting anything new.

But there is a further factor; there is a division between the observer and the observed. When one looks at a moun-tain, one looks at it as an observer and one calls it a mountain. The word is not the thing. The word “mountain” is not the mountain, but to oneself the word is very important; when one looks, instantly there is the response, “that is a mountain”. Now, can one look at the thing called “mountain”, without the word, because the word is a factor of division? When one says “My wife”, the word “my” creates division. The word, the name, is part of thought. When one looks at a man or a woman, a mountain or a tree, whatever it is, division takes place when thought, the name, the memory, comes into being. Can one observe without the observer, who is the essence of all the memories, experiences, reactions and so on, which are from the past? If one looks at something without the word and the past memories, then one looks without the observer. When one does that, there is not only the observed and there is no division and no conflict, psychologically. Can one look at one's wife or one's nearest intimate friend without the name, the word and all the experiences that one has gathered in that relationship? When one so looks one is looking at her or him for the first time. Is it possible to live a life that is completely free from all psychological conflict? One has observed the fact, it will do everything if one lets the fact alone. As long as there is a division between the image-making observer, and the fact - which is no image but only fact - there must be everlasting conflict. That is a law. That conflict can be ended. When there is an ending of psychological conflict - which is part of suffering - then how does that apply to one's livelihood, how does that apply in one's relationship with others? How does that ending of psychological struggle, with all its conflicts, pain, anxiety, fear, how does that apply to one's daily living - one's daily going to the office etc. etc.? If it is a fact that one has ended psychological conflict, then how will one live a life without conflict outwardly? When there is no conflict inside, there is no conflict outside, because there is no division between the inner and the outer. It is like the ebb and flow of the sea. It is an absolute, irrevocable fact, which nobody can touch, it is inviolate. So, if that is so, then what shall one do to earn a livelihood? Because there is no conflict, therefore there is no ambition. Because there is no conflict, there is no desire to be something. Because inwardly there is something absolute which is inviolate, which cannot be touched, which cannot be damaged, then one does not depend psychologically on another; therefore there is no conformity, no imitation. So, not having all that, one is no longer heavily conditioned to success and failure in the world of money, position, prestige, which implies the denial of “what is” and the acceptance of “what should be”. Because one denies “what is” and creates the ideal of “what should be” there is conflict. But to observe what actually is, means one has no opposite, only “what is”. If you observe violence and use the word “violence” there is already conflict, the very word is already warped: there are people who approve of violence and people who do not. The whole phil-osophy of non-violence is warped, both politically and religiously. There is violence and its opposite, non-violence. The opposite exists because you know violence. The opposite has its root in violence. One thinks that by having an opposite, by some extraordinary method or means, one will get rid of “what is”.

Now, can one put away the opposite and just look at violence, the fact? The non-violence is not a fact. Non-vio-lence is an idea, a concept, a conclusion. The fact is violence - that one is angry; that one hates somebody; that one wants to hurt people; that one is jealous; all that is the implication of violence, that is the fact. Now, can one observe that fact without introducing its opposite? For then one has the energy - which was being wasted in trying to achieve the opposite - to observe “what is”. In that observation there is no conflict. So, what will a man do who has understood this extraordinary complex existence based on violence, conflict, struggle, a man who is actually free of it, not theoretically, but actually free? Which means, no conflict. What shall he do in the world? Will one ask this question if one is inwardly, psychologically, completely free from conflict? Obviously not. It is only the man in conflict who says: “If there is no conflict, I will be at an end, I will be destroyed by society because society is based on conflict.” If one is aware of one's consciousness, what is one? If one is aware, one will see that one's consciousness is - in its absolute sense - in total disorder. It is contradictory, saying one thing, doing something else, always wanting something. The total movement is within an area which is confined and without space and in that little space there is disorder. Is one different from one's consciousness? Or is one that consciousness? One is that consciousness. There is one aware that one is in total disorder? Ultimately that disorder leads to neurosis, obviously - and all the specialists in modern society such as psychoanalysts, psychotherapists and so on. But inwardly, is one in order? Or is there disorder? Can one observe this fact? And what takes place when one observes choicelessly - which means without any distortion? Where there is disorder, there must be conflict.

Where there is absolute order there is no conflict. And there is an absolute order, not relative order. That can only come about naturally, easily, without any conflict, when one is aware of oneself as a consciousness, aware of the confusion, the turmoil, the contradiction, outwardly and inwardly observing without any distortion. Then out of that comes naturally, sweetly, easily, an order which is irrevocable”



319 **Rješenje / Solution**

Split, 08. 2022, akvarel na papiru, 41,8 x 59,4 cm



"Ako stvarno možemo razumjeti problem, odgovor će proizaći iz njega, jer odgovor nije odvojen od problema.."

"If we can really understand the problem the answer will come out of it, because answer is not separate from the problem. "

J.Krishnamurti



325 **Samopoštovanje / Self esteem** ▲

Zagreb, 06. 2023.,
akvarel na papiru, 57,2 x 41 cm



"Prilike se povećavaju kako se koriste."
"Opportunities increase as they are taken"

Sun Tzu

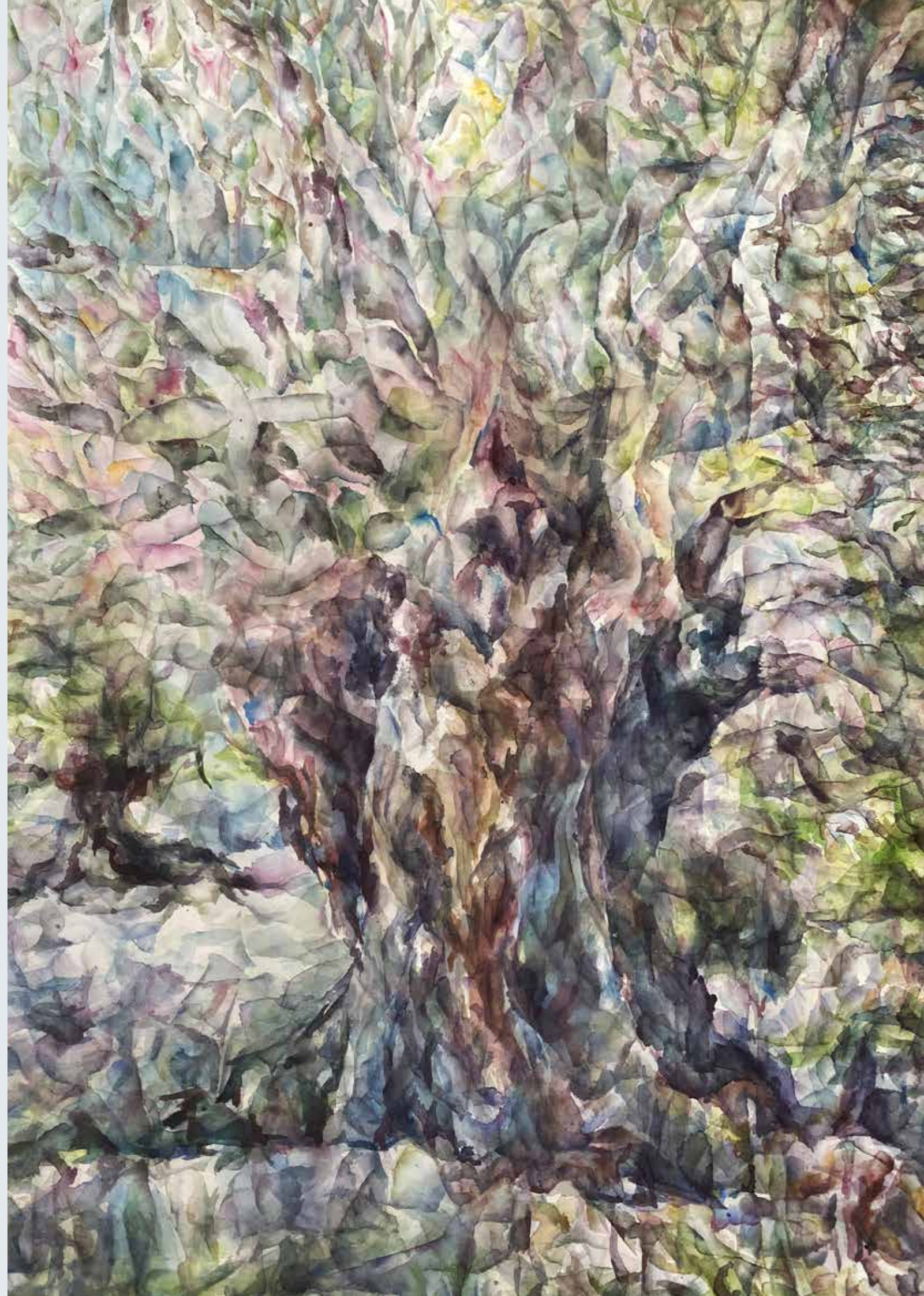
320 **Maslina / The Olive Tree,** ▶

Zagreb, 5. 2021. - 9. 2022., akvarel, 100 x 70 cm
Vrtovi lunjskih maslina / Olive Gardens of Lun



"Čovjek je poput kvrgave masline koja u 500. godini daje svoj najfiniji plod. Kako bi i mogao proizvesti mudrost dok nije slomljen i vratio se u Božju ruku."

"Like a twisted olive tree in its 500th year, giving then its finest fruit, is man. How can he give forth wisdom until he has been crushed and turned in the Hand of God."
Rabbi Akiva



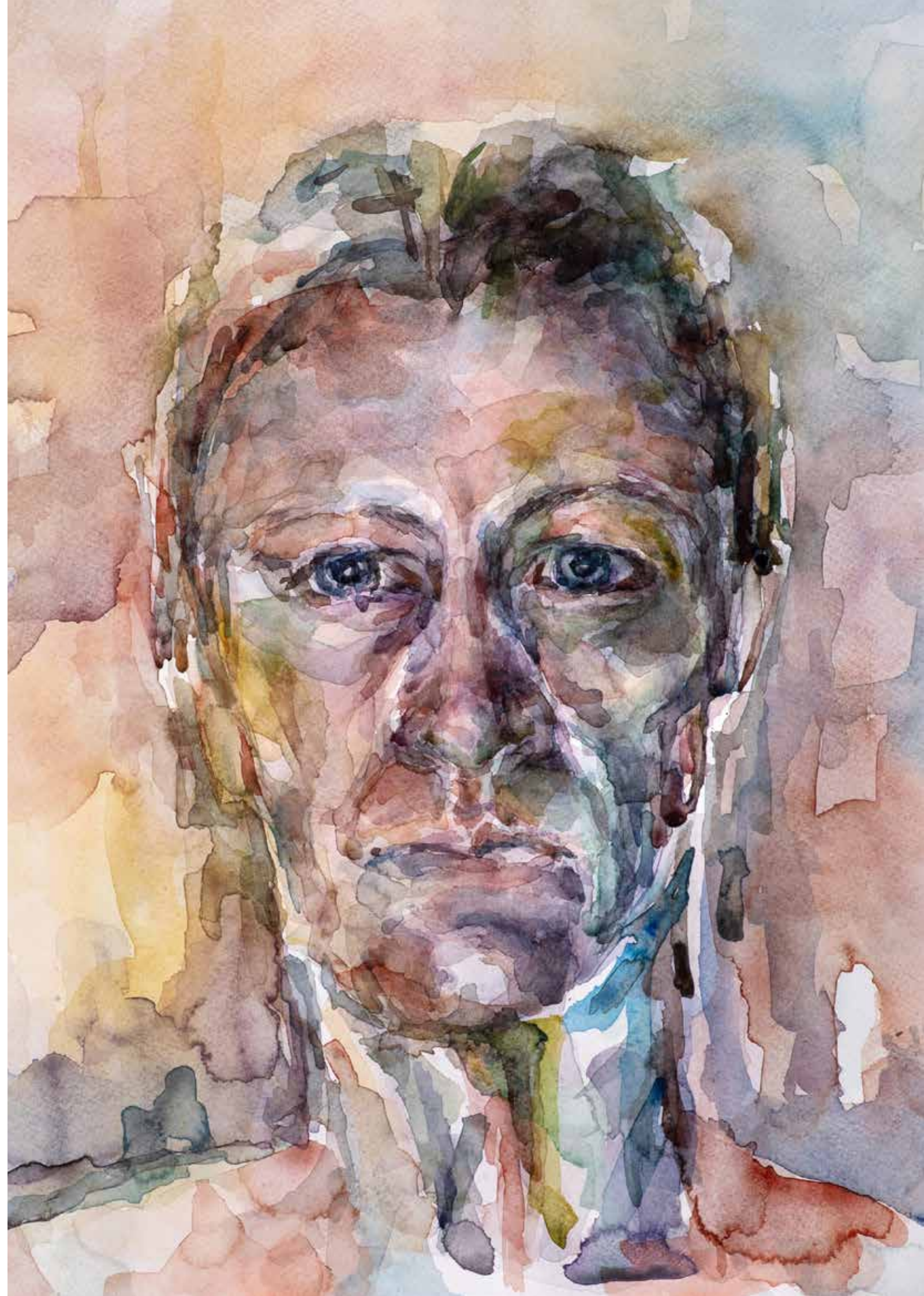
321 **Autoportret / Self portrait**

Zagreb, 10. 2022., akvarel na papiru, 42 x 29,7 cm, 38 x 28 cm rez

“Daj. Ali nemoj dopustiti da budeš iskorišten. Ljubav. Nemojte dopustiti da vaše srce bude zlostavljano. Vjeruj. Ali nemoj biti naivan. Slušaj. Ali nemoj pritom izgubiti vlastiti glas.”

“Give. But don’t allow yourself to be used. Love. But don’t allow your heart to be abused. Trust. But don’t be naive. Listen. But don’t lose your own voice.”

Olya Barnett



322

Tri cvjeta / Three Flowers

Zagreb, 05. 2023, akvarel na papiru, 59,4 x 42 cm

“Neka nas cvijeće podsjeti zašto je kiša bila toliko potrebna..”

“May the flowers remind us Why the rain was so necessary.”

Xan Oku



323

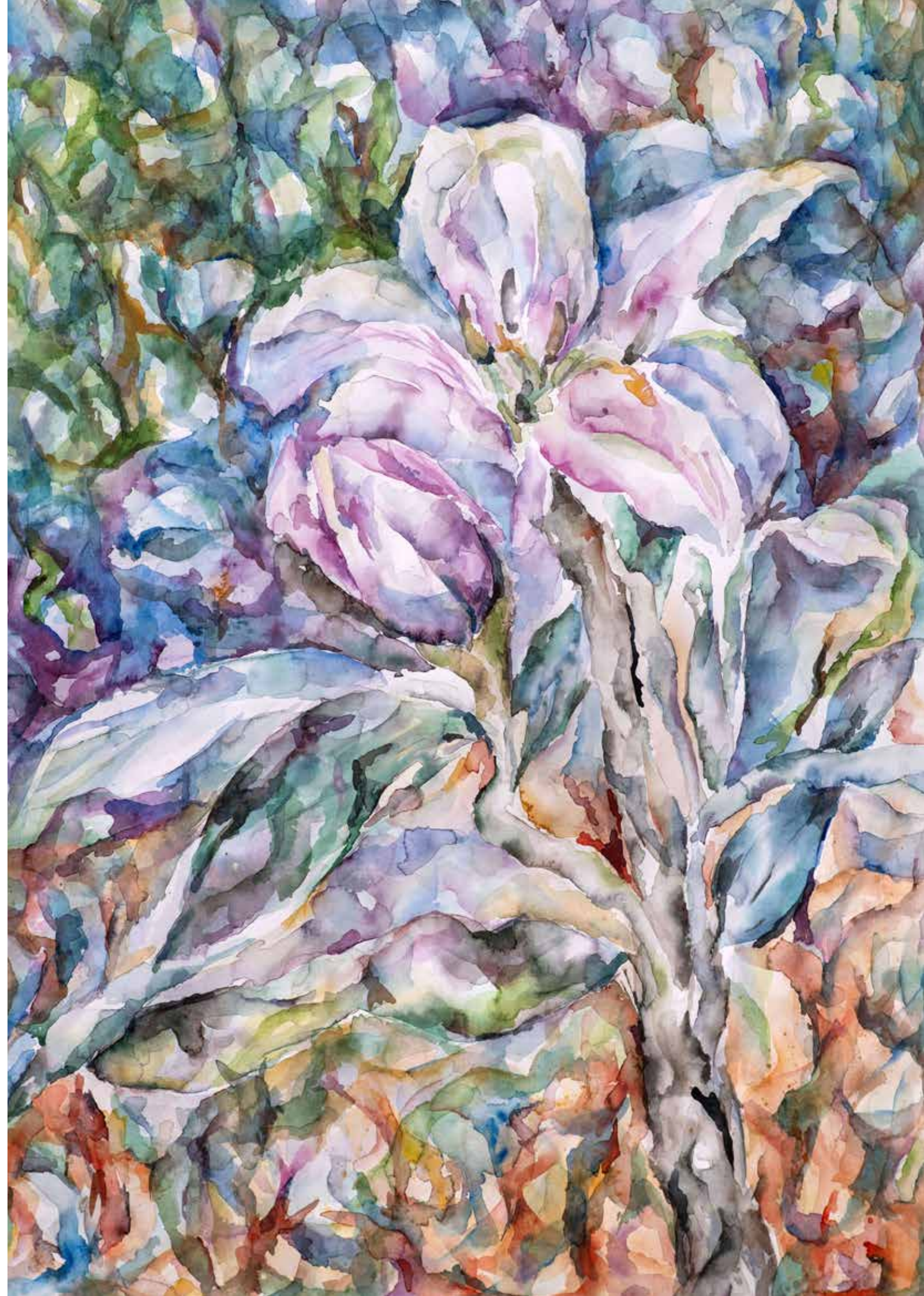
Čudo / Miracle

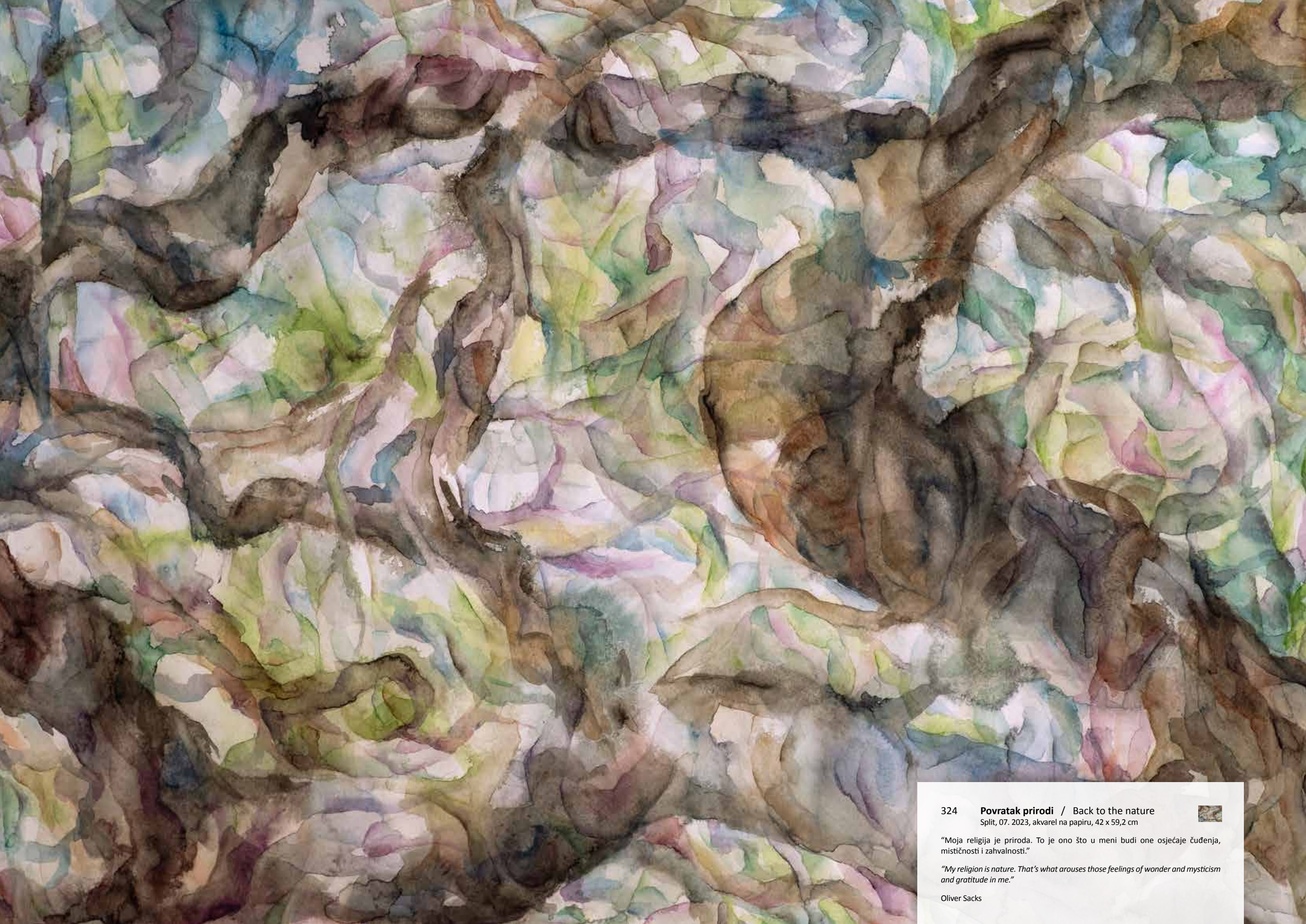
Split, 08. 2023., akvarel na papiru, 59,2 x 42,2 cm

“Ljudi obično hodanje po vodi ili po zraku smatraju čudom. No mislim da pravo čudo nije hodati ni po vodi ni po zraku, nego hodati po zemlji. Svakodnevno smo uronjeni u čudo koje niti ne prepoznavamo: plavo nebo, bijeli oblaci, zeleno lišće, znatiželjne oči djeteta - vlastite oči. Sve je čudo.”

“People usually consider walking on water or in thin air a miracle. But I think the real miracle is not to walk either on water or in thin air, but to walk on earth. Every day we are engaged in a miracle which we don't even recognize: a blue sky, white clouds, green leaves, the curious eyes of a child - our own two eyes. All is a miracle.”

Thich Nhat Hanh





324 **Povratak prirodi / Back to the nature**
Split, 07. 2023, akvarel na papiru, 42 x 59,2 cm



“Moja religija je priroda. To je ono što u meni budi one osjećaje čuđenja, mističnosti i zahvalnosti.”

“My religion is nature. That’s what arouses those feelings of wonder and mysticism and gratitude in me.”

Oliver Sacks

325 **Samopoštovanje / Self esteem**
Zagreb, 06. 2023., akvarel na papiru, 57,2 x 41 cm

“Prilike se povećavaju kako se koriste.”

“*Opportunities increase as they are taken*”

Sun Tzu





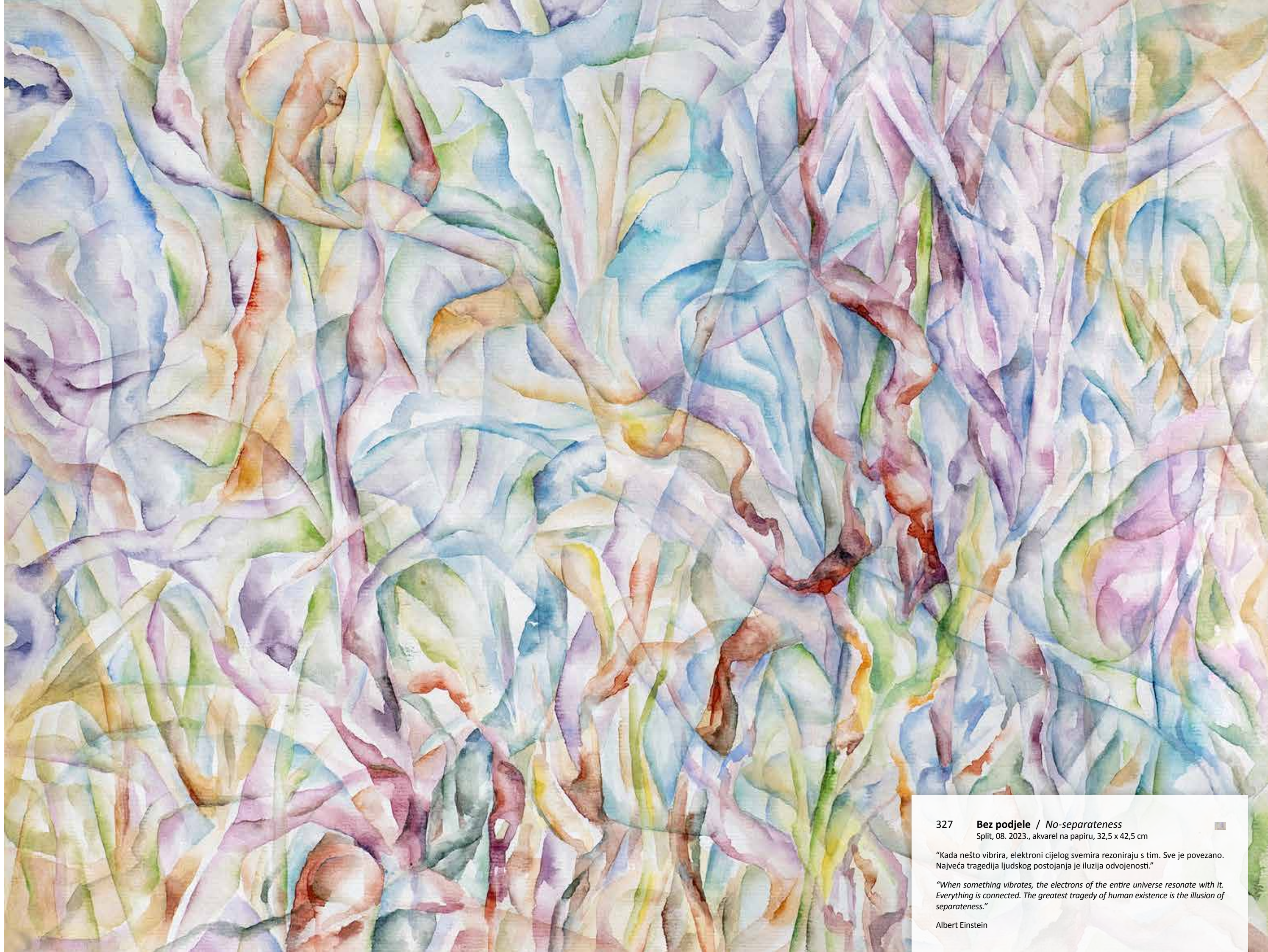
326 **Bez pokušavanja / No-trying**
Split, 08. 2023., akvarel na papiru, 2 x 42 x 59,2 cmcm



"Pokušaj li promijeniti, uništiti ćeš. Pokušaj li zadržati, izgubit ćete."

"If you try to change it, you will ruin it. Try to hold it, and you will lose it."

Lao Tzu



327 **Bez podjele / No-separateness**
Split, 08. 2023., akvarel na papiru, 32,5 x 42,5 cm

"Kada nešto vibrira, elektroni cijelog svemira rezoniraju s tim. Sve je povezano. Najveća tragedija ljudskog postojanja je iluzija odvojenosti."

"When something vibrates, the electrons of the entire universe resonate with it. Everything is connected. The greatest tragedy of human existence is the illusion of separateness."

Albert Einstein

328

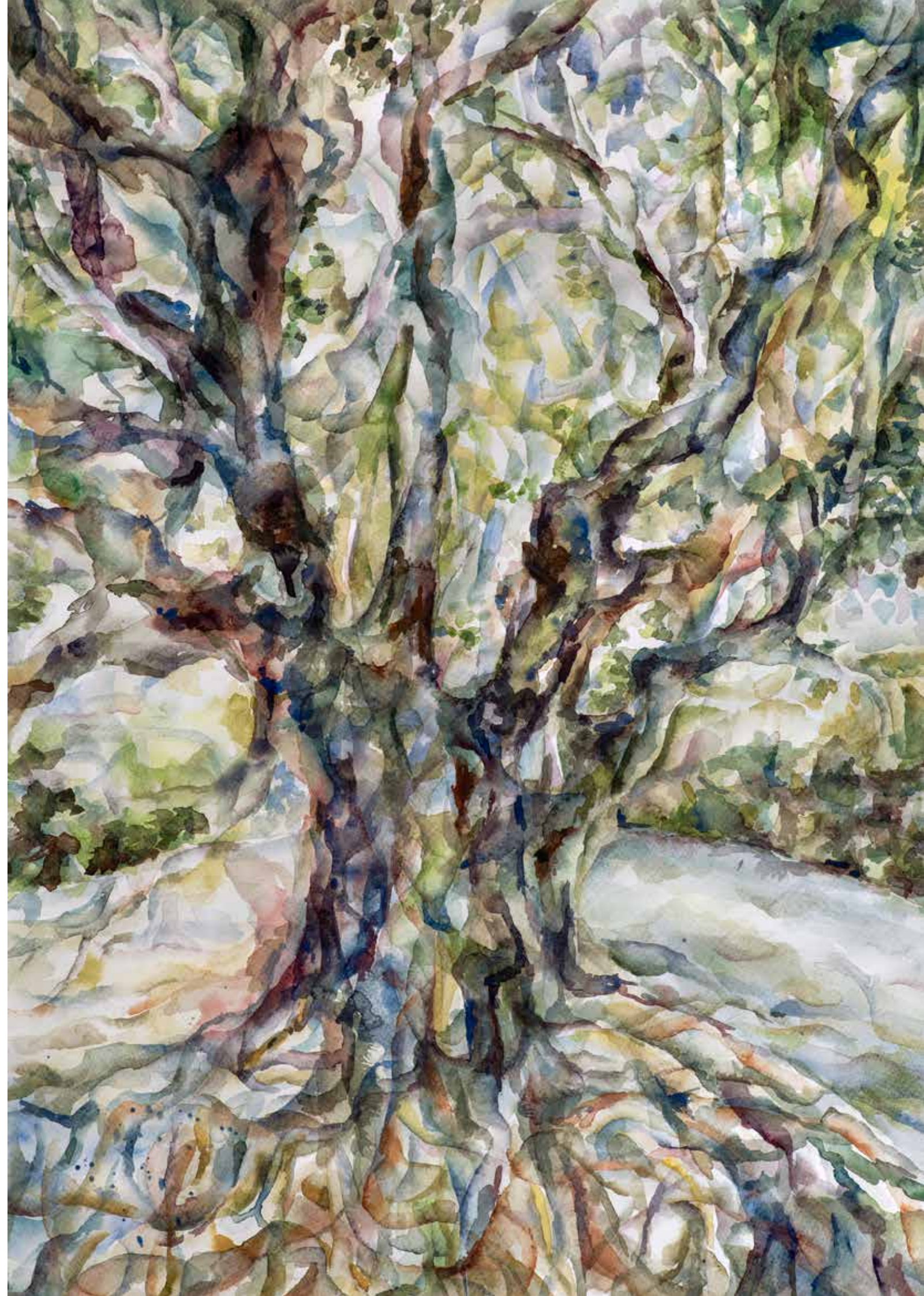
Snaga / The Strength

Zagreb, 10. 2023., akvarel na papiru, 59,4 x 41,5 cm

“Ne ulazi se u šumu i ne optužuje se drveće da nije središte, niti se posjećuje obala i valovi se nazivaju nesavršenima. Pa zašto tako gledamo na sebe?”

“One does not walk into the forest and accuse the trees of being off-center, nor do they visit the shore and call the waves imperfect. So why do we look at ourselves this way?”

Lao Tzu





329

Repovi / Tails

Zagreb, 11. 2023, akvarel na papiru, 69,5 x 99,5 cm

"Kad violina može oprostiti prošlosti, počinje pjevati"

"When the violin can forgive the past it starts singing"

Hafiz



“Uspjeh je jednako opasan kao i neuspjeh.
Nada je šuplja kao i strah.
Što znači da je uspjeh opasan kao i neuspjeh?
Bez obzira idete li uz ljestve ili niz njih,
tvoj položaj je klimav.
Kada stojiš s obje noge na zemlji,
uvijek ćeš održati ravnotežu.
Što znači da je nada šuplja kao i strah?
I nada i strah su fantomi
koji proizlaze iz razmišljanja o sebi.
Kada sebe ne vidimo kao sebe,
čega se moramo bojati?
Vidite svijet kao sebe.
Imajte vjere u stvari kakve stoje.
Volite svijet kao samoga sebe;
tada se možete brinuti za sve stvari.
~ Prijevod Stephena Mitchella ~

*“Success is as dangerous as failure.
Hope is as hollow as fear.
What does it mean that success is as dangerous as failure?
Whether you go up the ladder or down it,
your position is shaky.
When you stand with your two feet on the ground,
you will always keep your balance.
What does it mean that hope is as hollow as fear?
Hope and fear are both phantoms
that arise from thinking of the self.
When we don't see the self as self,
what do we have to fear?
See the world as your self.
Have faith in the way things are.
Love the world as your self;
then you can care for all things.
~ Stephen Mitchell Translation ~”*

Tao Te Ching ~ Lao Tzu ~ Chapter 13





331

Istina u ljubavi

The Truth in Love

Zagreb, 01. 2024., akvarel na papiru,
2 x 59,4 x 41,8 cm

“Ne brini, ne boj se; sve stvari dođu i prođu, a sve što se danas događa proći će... Sama istina se ne mijenja. Strpljenje u vašem srcu i miran um dobro će vam poslužiti. Ništa ti ne nedostaje ako ti je LJUBAV u srcu. Sama ljubav se ne pomiče, ne pomiče, modificira ili nestaje... Samo da raste i prelijeva se... Budite i dalje u ljubavi.”

“Have no worries, have no fear; all things come and go, and whatever is happening today will pass... Truth alone does not change. Patience in your heart and a quiet mind will serve you well. You lack nothing if LOVE is in your heart. Love Itself does not shift, move, modify, or disappear... Only to grow and overflow... Be still in Love.”

Padmā



332

Mirovanje / Stillness

Zagreb, 02. 2024., akvarel na papiru,
2 x 59,4 x 41,8 cm

“Zima predstavlja priliku da vidimo potpunu tišinu zemlje kao ogledalo za vlastitu praksu, da to vodstvo okrenemo prema unutra i dopustimo plaštu liminalnog vremena da smiri naše umove.”

“Winter presents an opportunity to see the stark stillness of the land as a mirror for our own practice, to turn that guidance inward and allow the cloak of liminal time to still our minds.”

Kristen Roderick



333

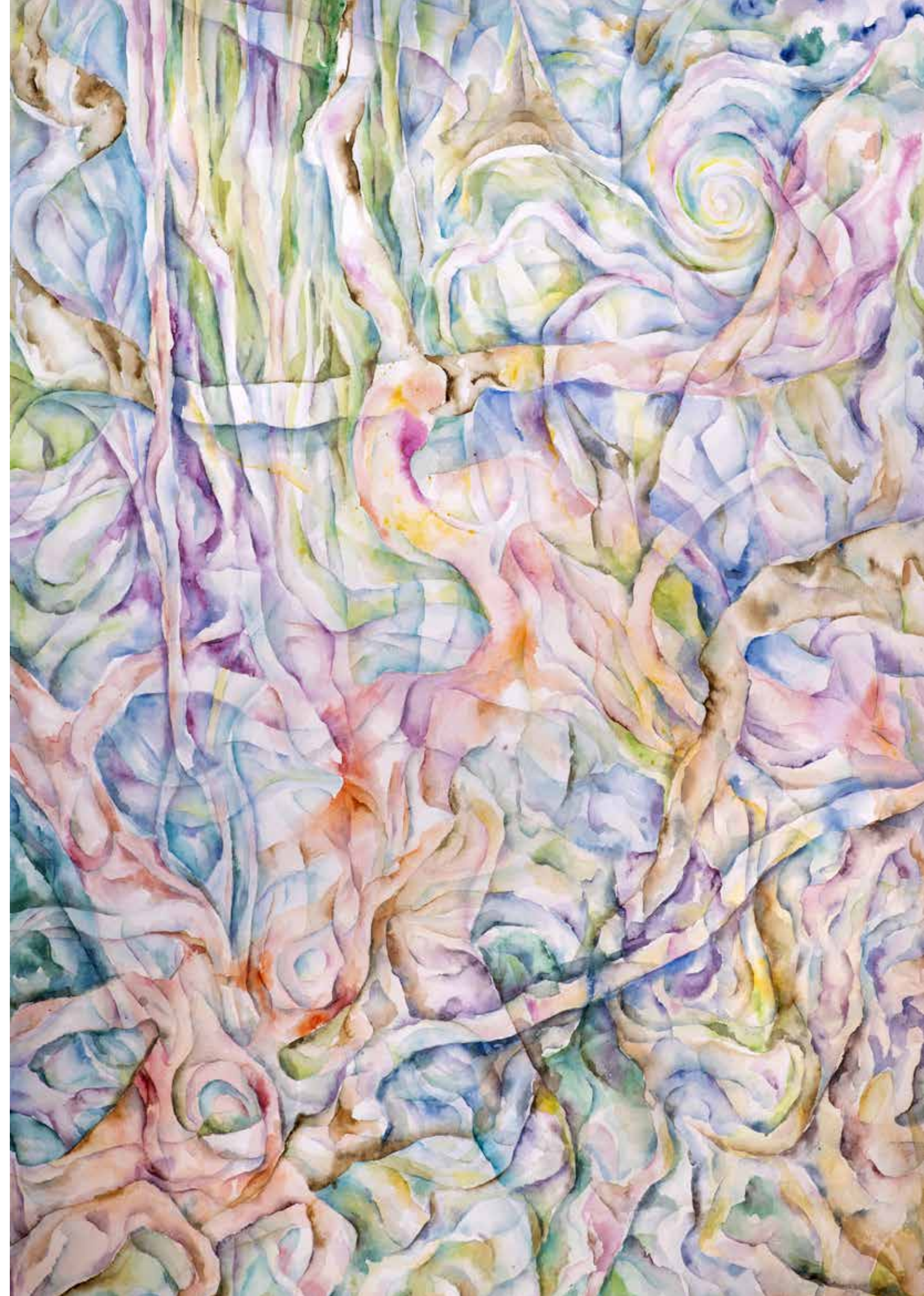
Suosjećanje / Compassion

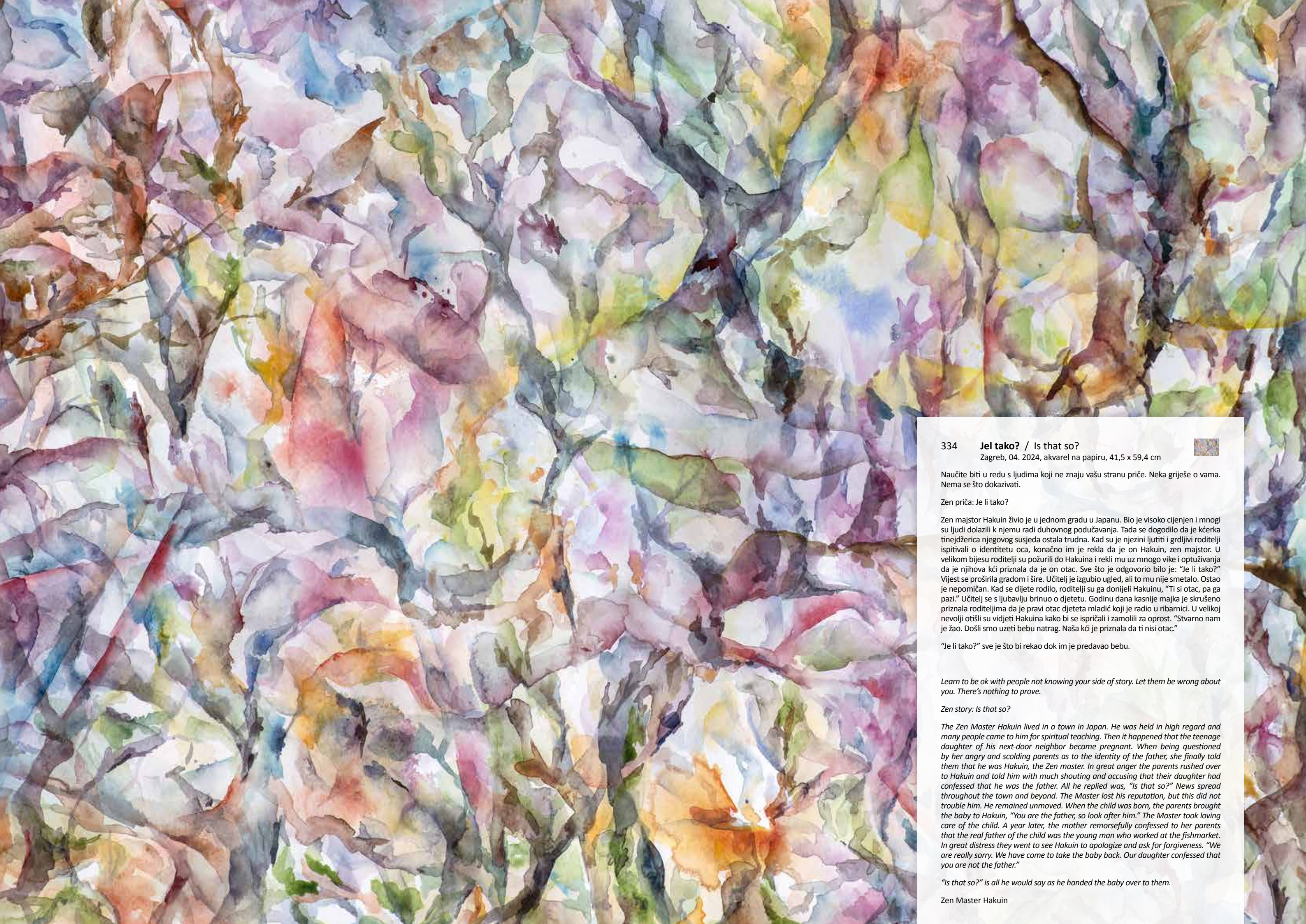
Zagreb, 03. 2024., akvarel na papiru, 100 x 70 cm

“Jednostavnost, strpljenje, suosjećanje. Ovo troje su vaše najveće blago. Jednostavan u postupcima i mislima, vraćaš se izvoru postojanja. Strpljivi i s prijateljima i s neprijateljima, slažete se s onim što stvari stoje. Suosjećajni prema sebi, pomirujete sva bića na svijetu.”

“Simplicity, patience, compassion. These three are your greatest treasures. Simple in actions and thoughts, you return to the source of being. Patient with both friends and enemies, you accord with the way things are. Compassionate toward yourself, you reconcile all beings in the world.”

Lao Tzu





334 **Jel tako? / Is that so?**

Zagreb, 04. 2024, akvarel na papiru, 41,5 x 59,4 cm



Naučite biti u redu s ljudima koji ne znaju vašu stranu priče. Neka griješe o vama. Nema se što dokazivati.

Zen priča: Je li tako?

Zen majstor Hakuin živio je u jednom gradu u Japanu. Bio je visoko cijenjen i mnogi su ljudi dolazili k njemu radi duhovnog podučavanja. Tada se dogodilo da je kćerka tinejdžerica njegovog susjeda ostala trudna. Kad su je njezini ljutiti i grdljivi roditelji ispitivali o identitetu oca, konačno im je rekla da je on Hakuin, zen majstor. U velikom bijesu roditelji su požurili do Hakuina i rekli mu uz mnogo vike i optuživanja da je njihova kći priznala da je on otac. Sve što je odgovorio bilo je: “Je li tako?” Vijest se proširila gradom i šire. Učitelj je izgubio ugled, ali to mu nije smetalo. Ostao je nepomičan. Kad se dijete rodilo, roditelji su ga donijeli Hakuinu, “Ti si otac, pa ga pazi.” Učitelj se s ljubavlju brinuo o djetetu. Godinu dana kasnije majka je skrušeno priznala roditeljima da je pravi otac djeteta mladić koji je radio u ribarnici. U velikoj nevolji otišli su vidjeti Hakuina kako bi se ispričali i zamolili za oprost. “Stvarno nam je žao. Došli smo uzeti bebu natrag. Naša kći je priznala da ti nisi otac.”

“Je li tako?” sve je što bi rekao dok im je predavao bebu.

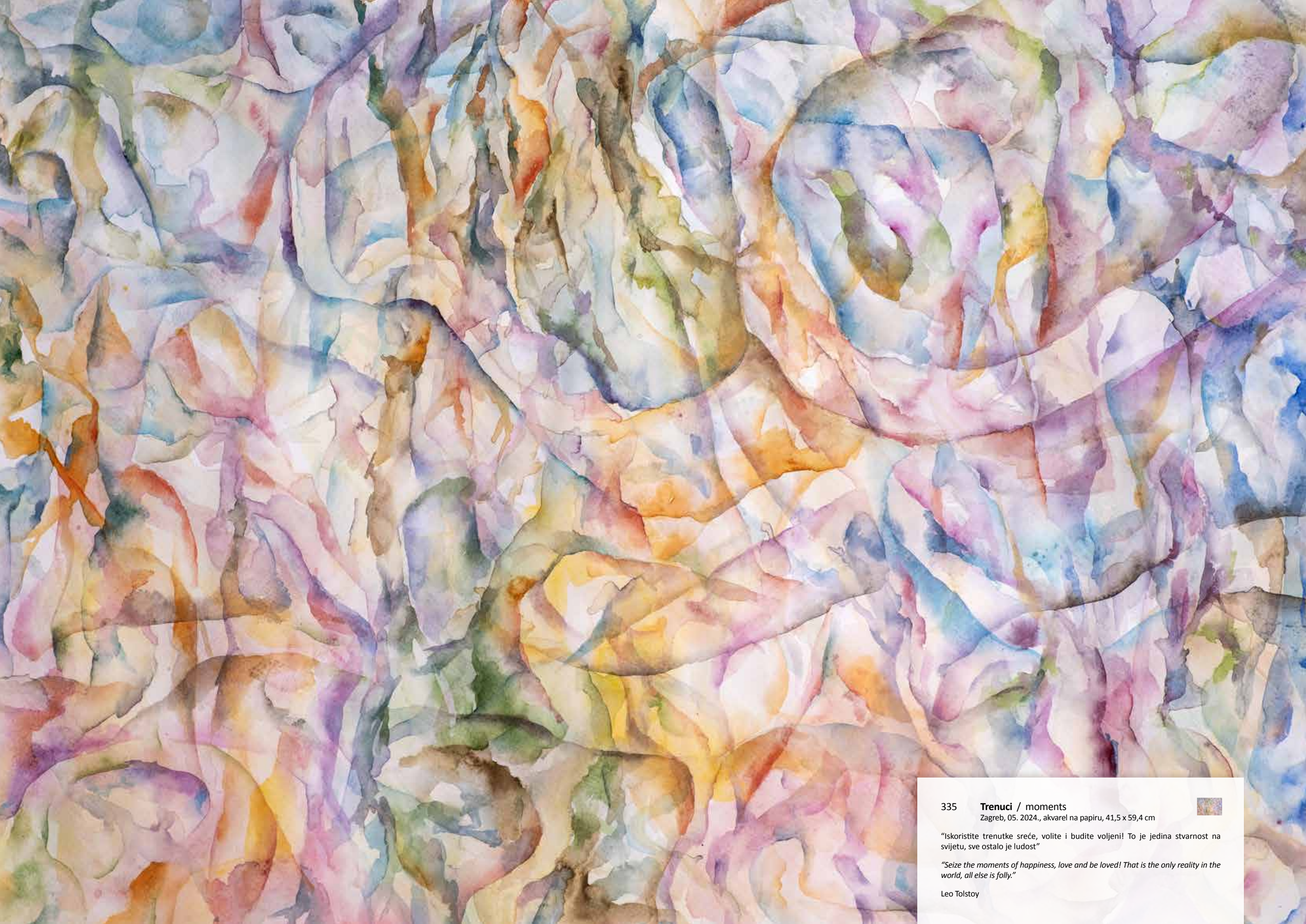
Learn to be ok with people not knowing your side of story. Let them be wrong about you. There’s nothing to prove.

Zen story: Is that so?

The Zen Master Hakuin lived in a town in Japan. He was held in high regard and many people came to him for spiritual teaching. Then it happened that the teenage daughter of his next-door neighbor became pregnant. When being questioned by her angry and scolding parents as to the identity of the father, she finally told them that he was Hakuin, the Zen master. In great anger the parents rushed over to Hakuin and told him with much shouting and accusing that their daughter had confessed that he was the father. All he replied was, “Is that so?” News spread throughout the town and beyond. The Master lost his reputation, but this did not trouble him. He remained unmoved. When the child was born, the parents brought the baby to Hakuin, “You are the father, so look after him.” The Master took loving care of the child. A year later, the mother remorsefully confessed to her parents that the real father of the child was the young man who worked at the fishmarket. In great distress they went to see Hakuin to apologize and ask for forgiveness. “We are really sorry. We have come to take the baby back. Our daughter confessed that you are not the father.”

“Is that so?” is all he would say as he handed the baby over to them.

Zen Master Hakuin



335

Trenuci / moments

Zagreb, 05. 2024., akvarel na papiru, 41,5 x 59,4 cm



"Iskoristite trenutke sreće, volite i budite voljeni! To je jedina stvarnost na svijetu, sve ostalo je ludost"

"Seize the moments of happiness, love and be loved! That is the only reality in the world, all else is folly."

Leo Tolstoy



336

Snovi / Dreams

Split, 06. 2024, akvarel na papiru, 70 x 100 cm



“Neka nikada ne budeš razlog zašto netko tko je volio pjevati, više ne voli. Ili zašto netko tko se tako jedinstveno odijevao sada nosi običnu odjeću. Ili zašto netko tko je uvijek tako uzbuđeno govorio o svojim snovima, sada o njima šuti.”

“May you never be the reason why someone who loved to sing, doesn’t anymore. Or why someone who dressed so uniquely, now wears plain clothing. Or why someone who always spoke so excitedly about their dreams, is now silent about them..”



337 **Zajedništvo / Togetherness**
Split, 07. 2024., akvarel na papiru, 51,5 x 70 cm



"Društvo koje ne vrednuje zajedništvo—našu potrebu da pripadamo, da marimo jedni za druge i da osijecamo kako brižno energija teče prema nama—okreće se od srži onoga što znači biti ljudsko biće. Patalogija je neizbježna!"

"A society that does not value togetherness—our need to belong, to care for one another, and to feel the caring energy flowing toward us—turns away from the core of what it means to be human. Pathology is inevitable!"

Gabor Mate



338 **Tko sam / Who I am**
Split, 08. 2024, akvarel na papiru, 70 x 100 cm



"Svijet će te pitati tko si, a ako ne znaš, svijet će ti reći."

"The world will ask you who you are, and if you don't know, the world will tell you.."

Carl Jung



339 **Uvjerena / Beliefs**
Zagreb, 08. 2024., akvarel na papiru, 70 x 100 cm



“Većina ljudi ne vidi svoja uvjerenja. Umjesto toga, njihova uvjerenja im govore što da vide. Ovo je jednostavna razlika između jasnoće i zbrke..”

“Most people do not see their beliefs. Instead their beliefs tell them what to see. This is the simple difference between clarity and confusion..”

Matt Kahn



340 **Trogirska zvona / Trogir bells**
Split / 08. 2024. / akvarel na papiru / 75 x 105 cm



“O djeci, Kahlil Gibran, 1883 –1931, The Prophet (Knopf, 1923)

I žena koja je držala dijete na svojim grudima reče: Govori nam o djeci. A on je rekao: Vaša djeca nisu vaša djeca. Ona su sinovi i kćeri čežnje života za samim sobom. Ona dolaze kroz vas, ali ne od vas, I premda su s vama, ne pripadaju vama. Možete im dati svoju ljubav, ali ne i svoje misli, Jer, ona maju vlastite misli. Možete okući njihova tijela, ali ne njihove duše, Jer, njihove duše borave u kući od sutra, koju vi ne možete posjetiti, čak ni u svojim snima. Možete se upinjati da budete kao oni, ali ne tražite od njih da budu poput vas. Jer, život ne ide unatrag niti ostaje na prekjučer. Vi ste lukovi s kojih su vaša djeca odapeta kao žive strijele. Strijelac vidi metu na putu beskonačnosti, i On vas napinje svojom snagom da bi njegove strijele poletjele brzo i daleko. Neka vaša napetost u Strijelčevoj ruci bude za sreću; Jer, kao što On ljubi strijelu koja leti, isto tako ljubi i luk koji miruje..”

“On Children, Kahlil Gibran, 1883 –1931, from The Prophet (Knopf, 1923)

And a woman who held a babe against her bosom said, Speak to us of Children. And he said: Your children are not your children. They are the sons and daughters of Life's longing for itself. They come through you but not from you, And though they are with you yet they belong not to you. You may give them your love but not your thoughts, For they have their own thoughts. You may house their bodies but not their souls, For their souls dwell in the house of tomorrow, which you cannot visit, not even in your dreams. You may strive to be like them, but seek not to make them like you. For life goes not backward nor carries with yesterday. You are the bows from which your children as living arrows are sent forth. The archer sees the mark upon the path of the infinite, and He bends you with His might that His arrows may go swift and far. Let your bending in the archer's hand be for gladness; For even as He loves the arrow that flies, so He loves also the bow that is stable.”



341 **Porobljenost / Enslavement**



Zagreb, 02. 2025., akvarel na papiru, 75 x 105 cm

"Nitko nije beznadnije porobljen od onih koji su lažnog uvjerenja da su slobodni."

"None are more hopelessly enslaved than those who falsely believe they are free."

Johann Wolfgang von Goethe



342 **Povratak / Return**

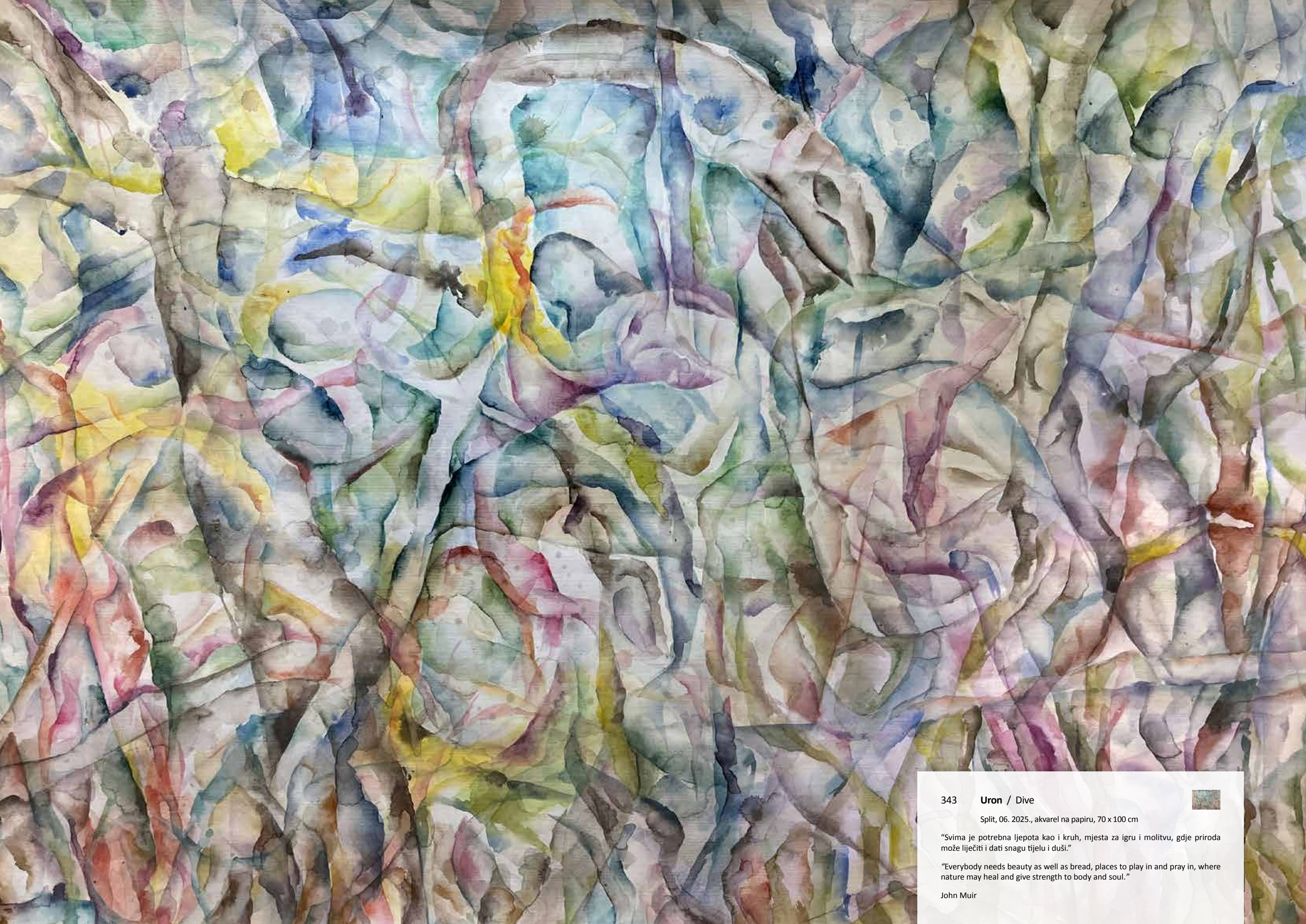


Zagreb, 05. i 06. 2025., akvarel na papiru, 70 x 100 cm

"Mašta je početak stvaranja. Zamišljate što želite, hoćete što zamišljate i na kraju stvarate što hoćete."

"Imagination is the beginning of creation. You imagine what you desire, you will what you imagine and at last you create what you will."

George Bernard Shaw



343

Uron / Dive



Split, 06. 2025., akvarel na papiru, 70 x 100 cm

“Svima je potrebna ljepota kao i kruh, mjesta za igru i molitvu, gdje priroda može liječiti i dati snagu tijelu i duši.”

“Everybody needs beauty as well as bread, places to play in and pray in, where nature may heal and give strength to body and soul.”

John Muir



344 **Ljetna igra / Summer play**

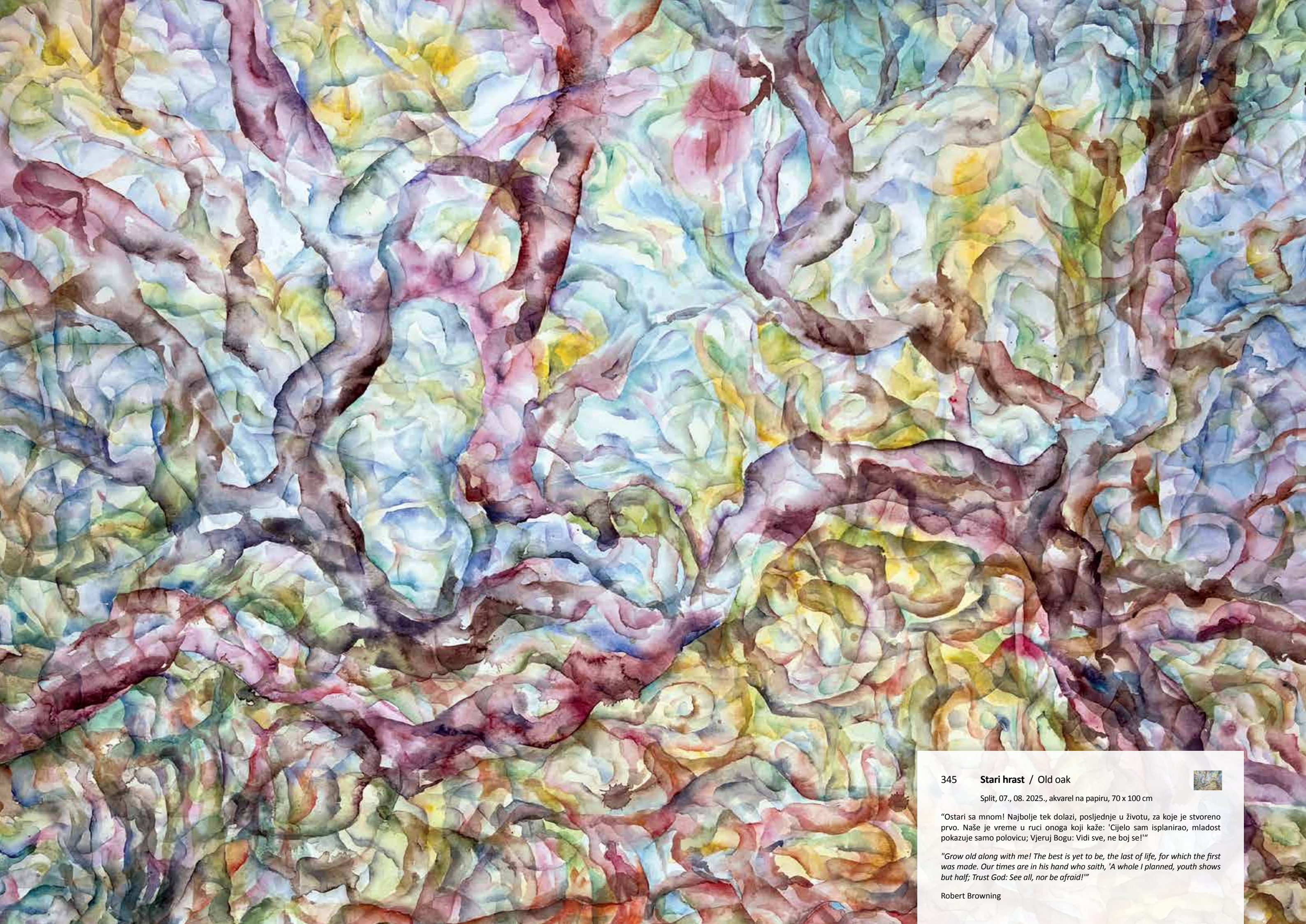


Split, 07. 2025., akvarel na papiru, 70 x 100 cm

“Ne zaboravi da zemlja uživa osjetiti tvoje bose noge, a vjetrovi žude igrati se s tvojom kosom.”

“Forget not that the earth delights to feel your bare feet and the winds long to play with your hair.”

Khalil Gibran



345 **Stari hrast / Old oak**



Split, 07., 08. 2025., akvarel na papiru, 70 x 100 cm

"Ostari sa mnom! Najbolje tek dolazi, posljednje u životu, za koje je stvoreno prvo. Naše je vreme u ruci onoga koji kaže: 'Cijelo sam isplanirao, mladost pokazuje samo polovicu; Vjeruj Bogu: Vidi sve, ne boj se!'"

"Grow old along with me! The best is yet to be, the last of life, for which the first was made. Our times are in his hand who saith, 'A whole I planned, youth shows but half; Trust God: See all, nor be afraid!'"

Robert Browning



346

Bezvremenost / Timelessness



Split, 08. 2025., akvarel na papiru, 70 x 100 cm

“Ostavite jučer. Neka danas bude novi početak i budite najbolji što možete, i stići ćete tamo gdje Bog želi da budete.”

“Let go of yesterday. Let today be a new beginning and be the best that you can, and you'll get to where God wants you to be.”

Joel Osteen