

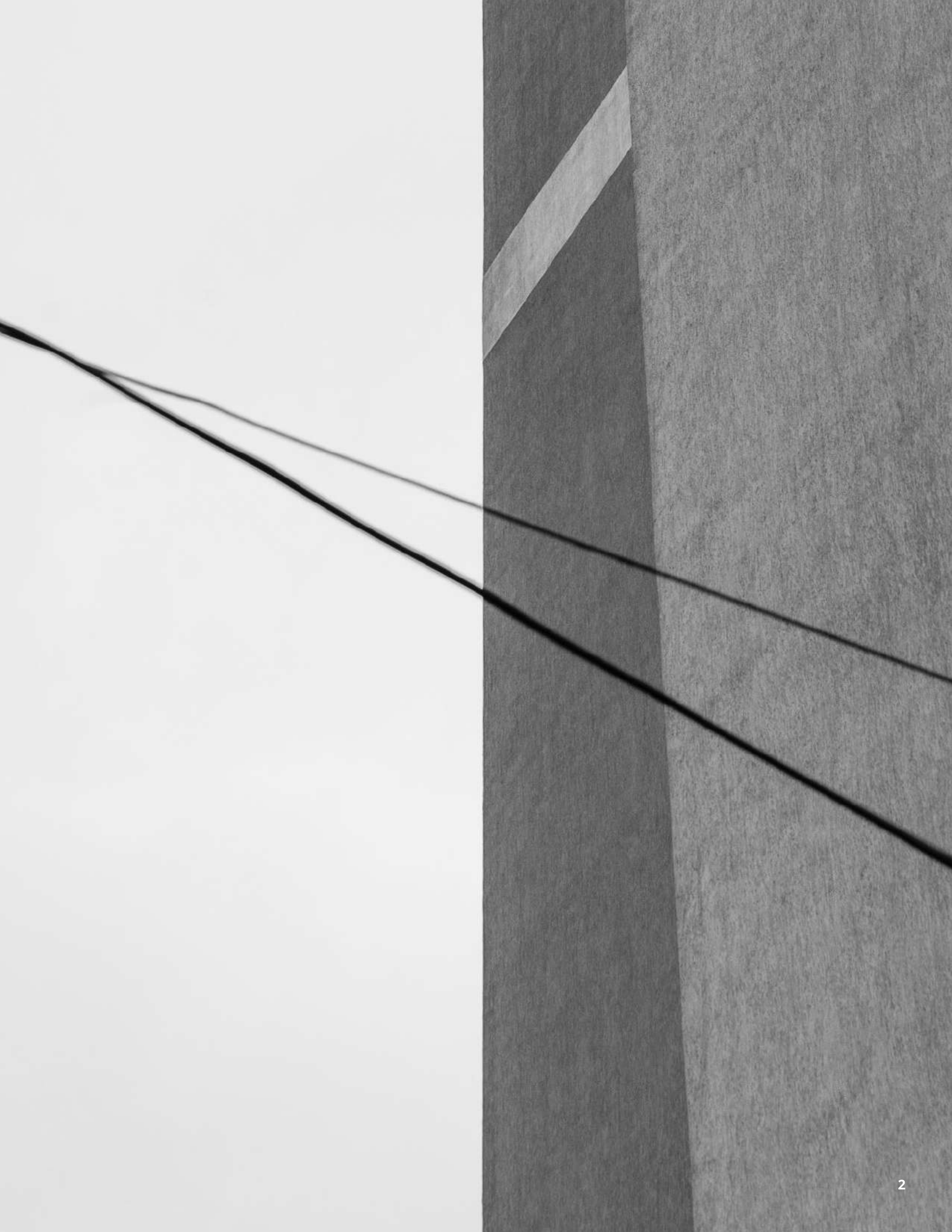


**ADAM MAZEK**

**Diaries**

08.2019 - p. 1





## **SELF-DESTRUCTION VS. SELF-CONSTRUCTION**

Sometimes I look at the world through the prism of the struggle between self-destruction and self-strengthening. It seems that such a struggle, which can also be described as a battle between good and evil, is going on inside us. For a large part of my life, I thought that human beings are, to a great extent, somewhat self-destructive beings. Now I know we all have a choice as to which way we will go: toward self-destruction or broader defined development. It seems to me that many people more or less consciously choose the path of self-destruction. How do they do it? For me, one of the critical activities is drinking alcohol. I will not focus on other people but write about myself. There was a time when I drank beer regularly on almost all weekends. Maybe the amounts of alcohol I drank were not as large as in the habit of other people (especially in Poland), but the frequency of drinking was high. Today I know that alcohol made me lazy and dimmed and hazed my view of everything that was going on around me. Drug use is undoubtedly another "way" to effectively annihilate oneself. On the other hand, we can create art, i.e., construct something out of nothing.

Unlike alcohol, creation in the broadest sense opens our eyes, sharpens our inner vision, and develops our imagination. Creating new things can teach us many things. Creating art (whether it be writing, dancing, painting, singing, etc.) is one of the many forms of building and strengthening ourselves. We can develop not only ourselves but also the reality around us with the help of science, religion, sports, etc. My way is photography, writing, and blogging. In the current text, I must emphasize that I no longer drink alcohol. I don't want an external substance to stop me in my development. Every day is another opportunity. Wake up, my Dear Friend, and do something for humanity. Remember that to help others, you should first help yourself. Creating inspiring works and artwork is one of the best things people can do to motivate others to start developing. I encourage you, my Dear Friend, to begin constructing yourself today. Start from scratch every day. Don't wait until tomorrow to do it. Creating is one of the best ways to strengthen yourself and the rest of the people. Start today.

• Cover: post "Wandering through the streets"

• p 2: post "The Wall"

Last time while wandering through the streets of Warsaw, I wondered when exactly I started doing street photography (post: "Wandering through the streets"). I've been saying that my adventure with taking photos on the streets began in October 2015. I stand by this post. Generally speaking, it is true. During the mentioned month, I took a two-week photography course for beginners. The person who trained me was Kuba Cegielski. Thanks to the class, I got a new and profound inspiration to take pictures again. This is a great time to thank Kuba for his knowledge and inspiration! It was after these courses that I started doing regular photo walks. This is how wandering the streets of Warsaw became my hobby. A year later, in October 2016, I enrolled in a photography school, where I met two inspiring teachers, Tomek Grzyb and Bartek Mokrzycki.

## **WANDERING THROUGH THE STREETS**



## **WANDERING THROUGH THE STREETS**

Thanks to them, my artistic and photographic skills have moved forward firmly. These teachers have given me a great deal of knowledge in the field of art and photography in the broadest sense. Once again, thank you very much for the joint and fruitful learning! Now let me get to the substance of this text. The truth is that I started wandering the streets of Warsaw and practicing street photography in 2012. That year, I bought a camera (Nikon D-90), which I have been using ever since. Since I have been using this camera for a long time, Nikon did a great job producing this camera model! So, I made my first photographic wanderings in early 2012. However, why did I stop doing it? Probably because I had too much office work. What's more, it was a period when I spent a vast amount of my free time in the pool, swimming. After more than an hour of swimming (in 2016, for example, I reached the level when I swam nonstop, with breaks only for peeing, for an hour and forty minutes!) in 2012, I didn't have much energy for hiking and photography. Today I have given up swimming. However, I don't intend to give up photography. Creating art is like oxygen for my body, mind, heart, and soul. I plan to continue arranging hikes through the streets of Warsaw and practicing street photography for the rest of my life.

PS

I took the images in the post "Wandering through the streets" in 2012, shortly after I bought a new camera.





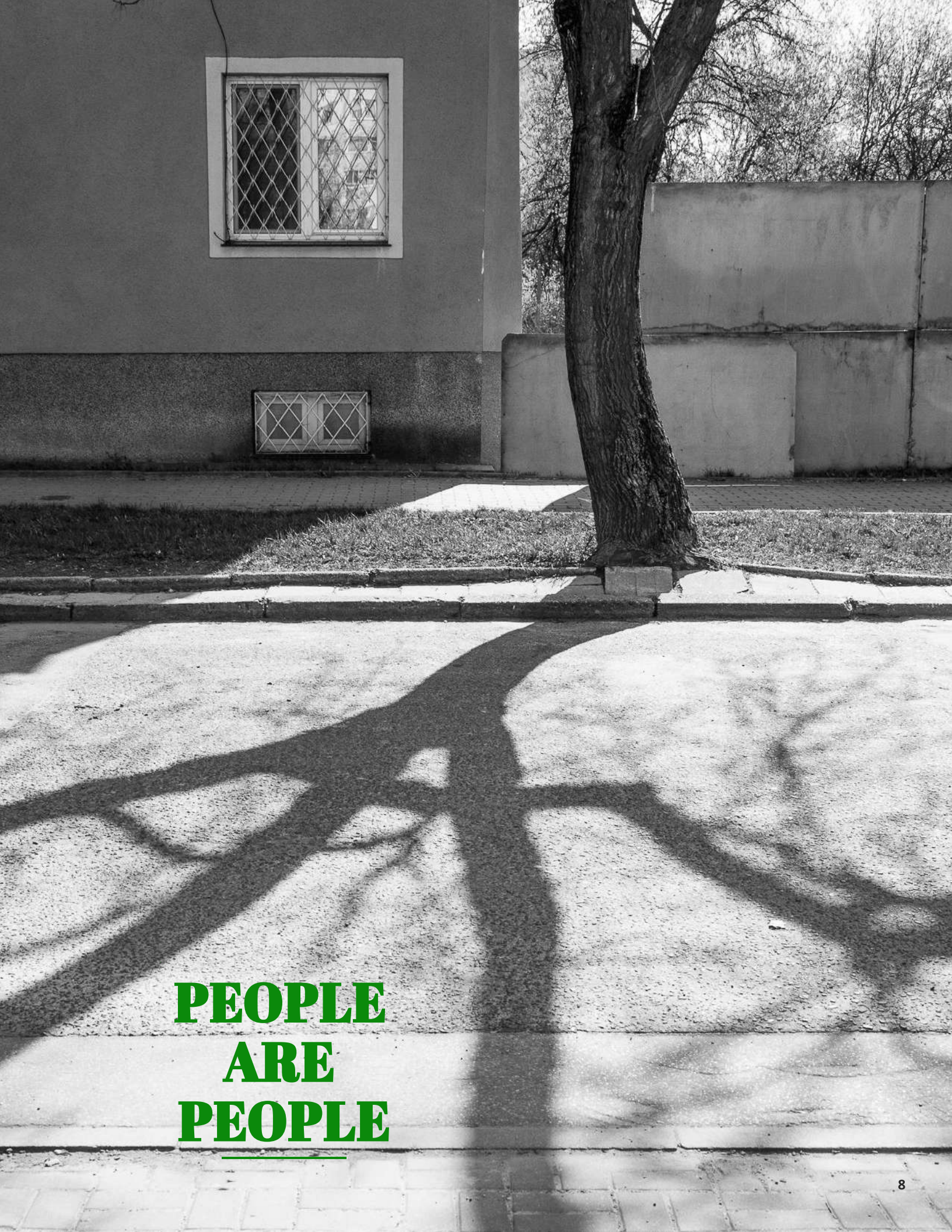
**PEOPLE  
ARE  
PEOPLE**

## **PEOPLE ARE PEOPLE**

The refrain of a song by the band Depeche Mode, titled "People Are People," often echoes in my thoughts. Recently, while watching the music video for the title song, one thing caught my attention. I noticed one common theme between this video and the other (it's about the song "Birthday" by the band The Sugarcubes). The eyes of Martin Gore of Depeche Mode and Bjork (the singer of The Sugarcubes) have something unusual about them. One could say that in some parts of the music videos, as mentioned earlier, the artists' eyes look into the infinite distance. I noticed that this peculiar unlimited distance is more than the everyday reality surrounding them. Without a doubt, the artists are focused on singing. They "feel" their music. They are in the middle of a creative process that speaks through their singing and eye expression. We can find a similar youthful spontaneity and joy in creation in Madonna's song ("Lucky Star") and in the "Holiday" video. Both pieces come from the exact first album, entitled "Madonna." In today's text, I would like to emphasize that I want to be in a similar, conducive mood for creating new things as often as possible. This is one of the main goals of my life. When I take pictures, this is how I feel. I feel like all the artists mentioned above. These creators are in the process of creating new things. I believe these are the moments when an artist is internally reborn again. This is precisely how I feel when I take pictures on the streets of Warsaw or write new texts. I don't see any reason why I should stop doing it.

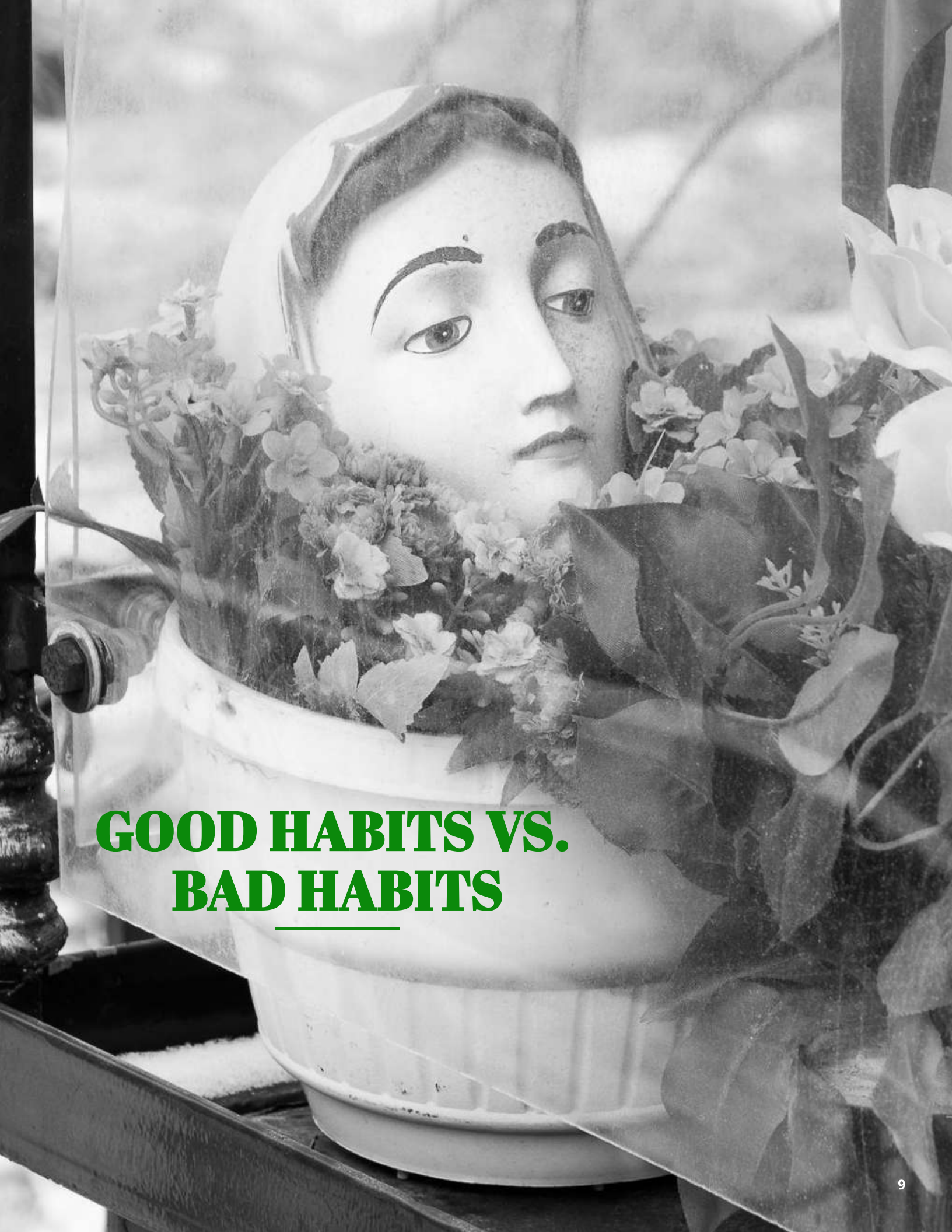
On the contrary, I believe I will do all these things for the rest of my life. Of course, some circumstances (such as a severe illness) may prevent me from doing so. However, I hope to be able to create art for as long as all the geniuses mentioned in the first part of this post. After all, people are people, and we all should focus on creation, not destruction.





**PEOPLE  
ARE  
PEOPLE**





**GOOD HABITS VS.  
BAD HABITS**

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• *Post „Good Habits vs. Bad Habits“*

## **GOOD HABITS VS. BAD HABITS**

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I wrote about all people's good and bad habits in a post titled "Good habits vs. bad habits." I started the text by listing bad habits such as:

- drinking alcohol;
- drug use;
- laziness;

I don't think anyone would count the habit of making money as a bad habit. For me, this habit is both bad and good. We all know why making money is okay. Money is an essential tool for living in this world. But when can multiplying wealth be a bad habit?



## **GOOD HABITS VS. BAD HABITS**

**In my opinion, it is a bad habit for me to focus only on making money. Suppose the goal of your life is only to multiply your wealth. In that case, the chances of your life being creative and fruitful and of posterity remembering you for centuries are diminishing. Money should be a tool that helps us to realize ourselves, to strengthen our personality. How can we do this? By developing good habits, of course. I want to emphasize that multiplying wealth is not bad as long as you have other, more critical, valuable life goals. Coming back to habits - so what can good habits be? You undoubtedly know them, my Dear Friend. For example, they could be:**

- meeting with people you love, respect, and like (family, friends, etc.);**
- creating art;**

• *Post „Good Habits vs. Bad Habits“*





• Post „Self-destruction vs. Self-construction“

## **GOOD HABITS VS. BAD HABITS**

- practicing sports;
- learning;
- reading books.

**In general, good habits are often related to passion. For me, hobby is the keyword in my artistic activities. I love taking pictures, writing texts, and blogging. I dream of becoming the most prolific photographer and blogger of all time. Therefore, my focus is on something more than making money but on creating new things in a broad sense. Creating something from nothing is one of the most valuable good habits that any of us can do.**





# **THE WALL**

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## THE WALL

In the following post, I showed a collection of photos entitled "The Wall." I presented nine photos out of twelve during my second photo exhibition, which took place from the 10th of May to the 10th of June 2019 at the cultural cafe "Daleko Jeszcze?" in Warsaw. Why did I show only nine out of twelve photos during the exhibition? The answer is trivial - there needed to be more wall space to present all the work.

Nevertheless, all the people who attended the exhibition's opening received a surprise. The print - a souvenir you took home with nine photos on the cover, is a limited edition. Your copy with images is the original souvenir of the exhibition. In the current post, I present the version with twelve photos (Picture no. 1). Again, my sincere thanks to all the viewers who gathered at the opening. I hope you all had an excellent time when we could talk about art in the broadest sense, but not only. Below is the full text of the work, which was on the second page of the print, as mentioned earlier. In front of you is the description of the creation of Adam Mazek, entitled. "The Wall":



• Post: "The Wall"



# **THE WALL**

The initial impetus for preparing the work "Wall" came thanks to artificial intelligence. It was Google's algorithms that provided me with artistic inspiration. While looking at my photos online, using a simple Google search, I noticed that the artificial intelligence skillfully displayed my photos of concrete walls. I was amazed at the ingenious way Google's algorithms presented my wall photos to the search engine. That was when I decided to create an artwork called "The Wall." Another spark of inspiration came from a completely different direction. A few months after seeing the photos in the search engine, I rediscovered the album "The Wall" by Pink Floyd. Listening to songs from the album mentioned above is an incredible experience. Contemplating the music, I realized that the atmosphere of the Pink Floyd album fully complements my project.

The result is in front of your eyes. The fact is that a wall, on the one hand, can protect people from danger. One of the most extraordinary examples is found in China. The Great Wall of China was meant to protect the lands of the Chinese people from outside invaders. Since mankind began building cities and fortresses, walls have been a refuge from the evils lurking in the outside world. Behind a thick wall, people have often been able to find a proverbial safe haven so that sinister foreign powers could not reach them.

On the other hand, the wall is a fundamental structural part of the prison. The fact is that almost everything and everyone can be enslaved: both behind physical and imaginary fences. Whatever absorbs us, whether it is our desire, fascination, or impulse: everything can trap us behind an imaginary wall. Many people would say that even our body is a prison. They would say that we are enslaved by the body's barrier, which is difficult to overcome. Probably only death can free us from this kind of yoke. We say we are beating our heads against the wall when we are helpless. This means that we have limited options and are trying to overcome insurmountable difficulties. The imaginary barrier that can trap our souls can be found in the deepest recesses of our imagination and psyche. An imaginary insurmountable inner fence can even separate us from the rest of society.

# THE WALL

The idea of building a wall can also be a political weapon. From the most recent examples, Donald Trump, the President of the United States, is the one who uses the concept of creating a wall in his politics. This proves that being behind a barrier for some people, on the one hand, can be a genuine desire, synonymous with a sense of security and happiness. At the same time, for others, this wall can be an absolute nightmare, an insurmountable obstacle that can stop us on the way to a better life. In conclusion, it is primarily up to us to decide what kind of wall we will have in our mind: it can be a wall as a synonym for security and a true refuge that gives us rest and solace. On the other hand, it can be a hostile, imaginary wall that is an obstacle to our contact with the outside world that we cannot overcome.



• Picture no.1 (Post: "The Wall")



A black and white photograph of an industrial site. In the foreground, there are large, dark, rocky mounds. In the middle ground, two tall, cylindrical chimneys with alternating black and white horizontal bands stand on a rocky hillside. A third, taller, lattice-structured tower is visible to the right. The sky is overcast and grey.

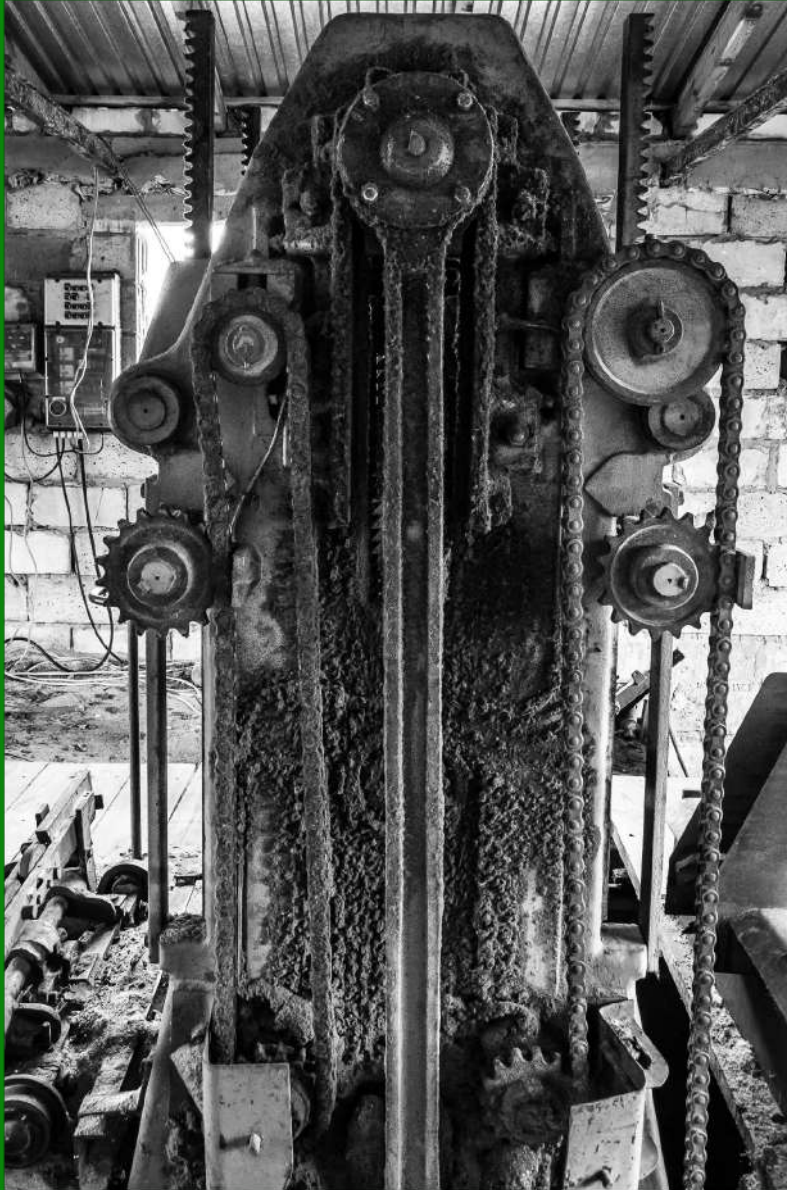
# THE '90s IN POLAND

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## **THE '90s IN POLAND**

Recently I was reminiscing about my adolescence. My youth was in the '90s in Poland (post: "The '90s in Poland"). At that time, I lived in Malkinia Gorna. I recall those years as the classic "good old days." Thinking about it, I remind myself that the "good old days" are also today. On the one hand, I want to emphasize that life in the '90s in Poland was a great decade for me. They were a magical time. Nevertheless, today is the best day of my life. My childhood and adolescence were a time when the remnants of gray, communist, and mundane reality gradually began to be occupied by colorful Western capitalism. I didn't yet know I was witnessing a substantial economic transformation then. The process continues practically to this day. Poland is constantly changing in my eyes. Wild capitalism has brought dizzying fortunes to many people while it has delivered painful poverty to others. Many Polish citizens, especially in the '90s, became unemployed or homeless. This is the cost of capitalism. Nevertheless, the '90s spent in Poland were one of the most beautiful periods of my life. First, the first half of this period was a wonderful time for me. Why? Because those early years of my childhood were when my brother was still alive. I will undoubtedly remember these times for the rest of my life. However, this does not mean that the subsequent years of the 21st century were worse. They were simply different. I met just as many inspiring people in the 21st century as I did in the '90s. I think this is a beautiful moment to say "Thank you" to all the people I met in the 1990s and the 21st century. You all were (and, of course, still are!) an essential part of my life. Would I trade all those happy years for anything? Probably only for one thing: for the return to the life of my brother Marcinek, who died in 1994.





**THE END**

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