

ADAM MAZEK

Diaries

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# REGULARITY

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# **REGULARITY**

Recently, I've been thinking about regularity. I believe that being regular can be both a salvation and a curse for every person. As usual, it's only up to us how we use regularity. In general, it is good if we have healthy habits. Examples from my life include the following: taking pictures, writing texts, blogging, or playing sports. I have to repeat myself: I love to do everything mentioned above. This is my true passion, to which I devote most of my free time. As of today, I can't imagine my life without hobbies. It is difficult for me to imagine not doing the mentioned things regularly. I am convinced that I am constantly growing by regularly pursuing my passions. By the same token, I feel with my whole self that I cannot stop doing all these things.

Nevertheless, regularity can also become a curse for a person. The first thing that popped into my head was an addiction to drugs, alcohol, or mindless smartphone browsing. We all know that alcohol consumption is not a healthy habit. If we add regularity to it, problems can arise in our lives. Drugs are destructive, even in small amounts. So we can imagine how devastating systematic doses of intoxicants can be to human minds and bodies. Nowadays, many people seem addicted to scrolling on smartphones. Social networks (led by Facebook and Instagram) can also harm people's minds, especially young people. In today's text, I wanted to demonstrate in telegraphic detail that systematicity can bring us both positives and harm and problems. I sincerely encourage you, my Dear Friend, not to be a slave to harmful habits. Let consistency and regularity guide you in your passion and hobbies. Trust your body, mind, and soul, and don't forget that becoming a slave to anything will not work for you.

- *Cover: post "Live Broadcast"; p. 2-5: post "Regularity"*





# **REGULARITY**

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Užupio angelas / Užupis Angel / Ангел Ужуписа





# **BOASTING OF MY PHOTOGRAPHS**

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**Sometimes I wonder if I like to boast about my photographs. I think the answer is yes. The idea to write this text came to me while reflecting on my previous favorite hobby - swimming. The fact is that I swam regularly for about 7 years. I remember being in an almost euphoric state every time I finished swimming. The feeling of stretching my muscles underwater, after an hour and forty minutes, produced endorphins in my body. I was undoubtedly happy when I did it. A year after I gave up swimming (so I could take pictures more often), I realized one thing. Swimming was a passion that I could not share and show off in the way I could with photography. Of course, I often told stories to my family and friends along the lines of:**

*Today I swam for one hour and forty minutes. I feel like a young God now.*

## **BOASTING OF MY PHOTOGRAPHS**

**They usually answered:**

*Wow, that's great!*

**And that was usually the end of the subject of my greatest passion. What more could be said about swimming? Thanks to photography, I have clear, tangible evidence of my hobby. You can talk about photography practically endlessly (unlike swimming). I think you know what I mean, my Dear Friend. Thanks to my new passion, I can literally eyeball the fruits of my labor. Speaking of boasting about my hobby, I don't necessarily mean just bragging in front of an audience at a vernissage (I have two photography exhibitions to my credit). It is the small talk that has given me real fun in talking about my hobby. That's why I like to boast about my photos. I don't see anything wrong with it.**

• *Post „Boasting Of My Photographs“*





Recently I thought it would be cool to become part of history. Nevertheless, I don't want to be famous in my lifetime. More specifically, I dream of being a part of photography and art history more broadly. The truth is that I am inspired by many photographers. For example, Eugène Atget took about ten thousand photos in his life.

Moreover, he did this at the turn of the 20th century. Considering that this happened in the era of analog photography, his effort should be considered titanic. With his work, he immortalized the people of Paris and the city itself. On the other hand, for Henri Cartier-Bresson, the essence of street photography was capturing the so-called decisive moment. Many of his photos starring people have entered the canon of street photography. The images of the two aforementioned French photographers are virtually endless inspiration for generations of photographers. I am no exception. I dream of inspiring photographers of the future similarly.



**PART OF  
HISTORY**





- *Post „Part Of History.“*

## **PART OF HISTORY**

*There is one thing I don't understand. Why don't you want to inspire other people in your life?*

**You could ask me, my Dear Friend. The answer is complex. The fact is that there are people to whom I have brought inspiration. However, the point is that I do not want to become an artist - a celebrity - during my lifetime. Earlier in one of my posts, I mentioned that fame will not help me in my artistic activity. For today, I can walk where I want, and no one distracts or bothers me. Walking on the streets, I can focus on my passion - street photography - without any distractions. In this way, I want to become part of history after my death.**



# **AMBIGUITIES**



## **AMBIGUITIES**

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What I like most about my photos is obscurity, understatement, and ambiguities. The truth is that my photographs can be interpreted in many different ways. Such a play with the viewer of my works makes me happy. I would say that the ambiguity of my photos is the essence of my artistic activity. Without it, my photos would simply be boring. Of course, I am not the first artist who has introduced ambiguity into his works. Paintings by Hieronymus Bosch, Salvador Dali, or Zdzislaw Beksinski are the works that first come to mind for their opacity, understatement, and aura of mystery. The impossibility of unequivocally interpreting the works is one of the most fascinating things about art for me. It constantly motivates me and inspires me to leave home and look for more strange, ambiguous frames in my Warsaw surroundings. I believe that without ambiguity, art would not be as relevant to people as it is today.

The fact is that each of us can interpret works of art in our own way because we are all different. Both you, my Dear Friend, and I have our own unique history and experiences that only we have experienced. Even if the interpretations of the works are not in line with the comments of critics and the artists themselves, they can still bring new insights, impressions, and emotions to viewers. I aim to create works that cannot be definitively closed in simple sentences. Undoubtedly, this is a difficult task. I feel that I am still learning it, and every day, I start my adventure with art anew. I am convinced this process will continue until the end of my days.

In conclusion, I want to emphasize that the search for ambiguity in street photography is one of the greatest joys I have ever had. I sincerely recommend you, my Dear Friend, to find your own creative path. Try to create in an ambivalent, vague way. Play with your audience by creating ambiguity for them. Where to start? Trust your intuition. I believe that in the broader creative process, it is the key to success and fulfillment (besides the joy of creation).



## **LIVE BROADCAST**

**Recently, on the 30th of April 2019, Facebook provided me with a Reuters live broadcast of the coup in Venezuela. When I saw this coverage, I was simultaneously horrified, annoyed, and stunned. Why? On the one hand, I was shocked and angry because I knew that people could have died while watching this broadcast. What frustrated me was that I could sit comfortably in a safe place and watch others die. In recent decades, there has been live coverage of wars (such as the Invasion of Iraq) or historical landmarks (such as the attacks on the World Trade Center). However, we have the 21st century and new technologies (including the Internet and social media) that allow live coverage to reach almost every region on Earth. The coup, as mentioned above, in Venezuela is no exception. However, the fact is that it felt strange to sit in a safe place, watching other people's tragedies.**



# LIVE BROADCAST

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## **LIVE BROADCAST**

**Does such a live broadcast have any advantages? Undoubtedly, the live broadcast makes people aware of what is happening in distant countries. When we see soldiers shooting at civilians, we automatically start to side with the protesters/victims. We start looking online for more information about the event. Nevertheless, the broadcast scared me. It scared me because I sometimes fear that similar events could happen in Poland. I'm scared because my homeland could become the site of an indirect war between the world's most powerful countries (USA vs. Russia/China). I am also a little worried because many of us in the developed world are constantly monitored by CCTV. I know that this fact has significant security advantages. However, I also see the dangers. I will certainly write about this in the future.**

- *Post "Regularity"*





# STRESS





## **STRESS**

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I wrote the text entitled "Stress" shortly after my second vernissage. The most stressful part of my hobby is public speaking and presentation. The event occurred on the 10th of May, 2019, at the club cafe "Daleko Jeszcze?". The atmosphere was intimate, but that didn't change the fact that I was stressed. The start of my public appearance began at 6:15 p.m. The speech, followed by a talk on a set of photos entitled "The Wall," ended around 7:45 p.m. We can count that I was stressed for an hour and a half. I was exhausted after the whole event. I am convinced that stress was the leading cause of my fatigue.

I am generally an introvert; I don't talk much - I don't feel the need to do so. Moreover, I don't speak very loudly in public spaces. The fact that I run a website confirms my introversion. I prefer to write down my thoughts rather than voice them. Considering all these facts, you can see, my Dear Friend, that speaking in front of a group of people was stressful for me.

Nevertheless, I did not hear later that I looked stressed. I think it's a big art to hide one's nervousness during public appearances. It seems that the audience who came to the opening (whom I salute!) did not see my stress because, during my speech, I tried to remind myself that I was talking about my greatest passion. This way, I felt tension in my body, but it was not visible outside. We all know that practice makes perfect. This was my second time speaking about my photos in front of an audience. I hope that the third time (which will undoubtedly come sooner or later), I will be less stressed. Speaking in front of other people interested in what you want to say is quite enjoyable. And for you, my Dear Friend, which part of your passion is the most stressful?

## **THE END**

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