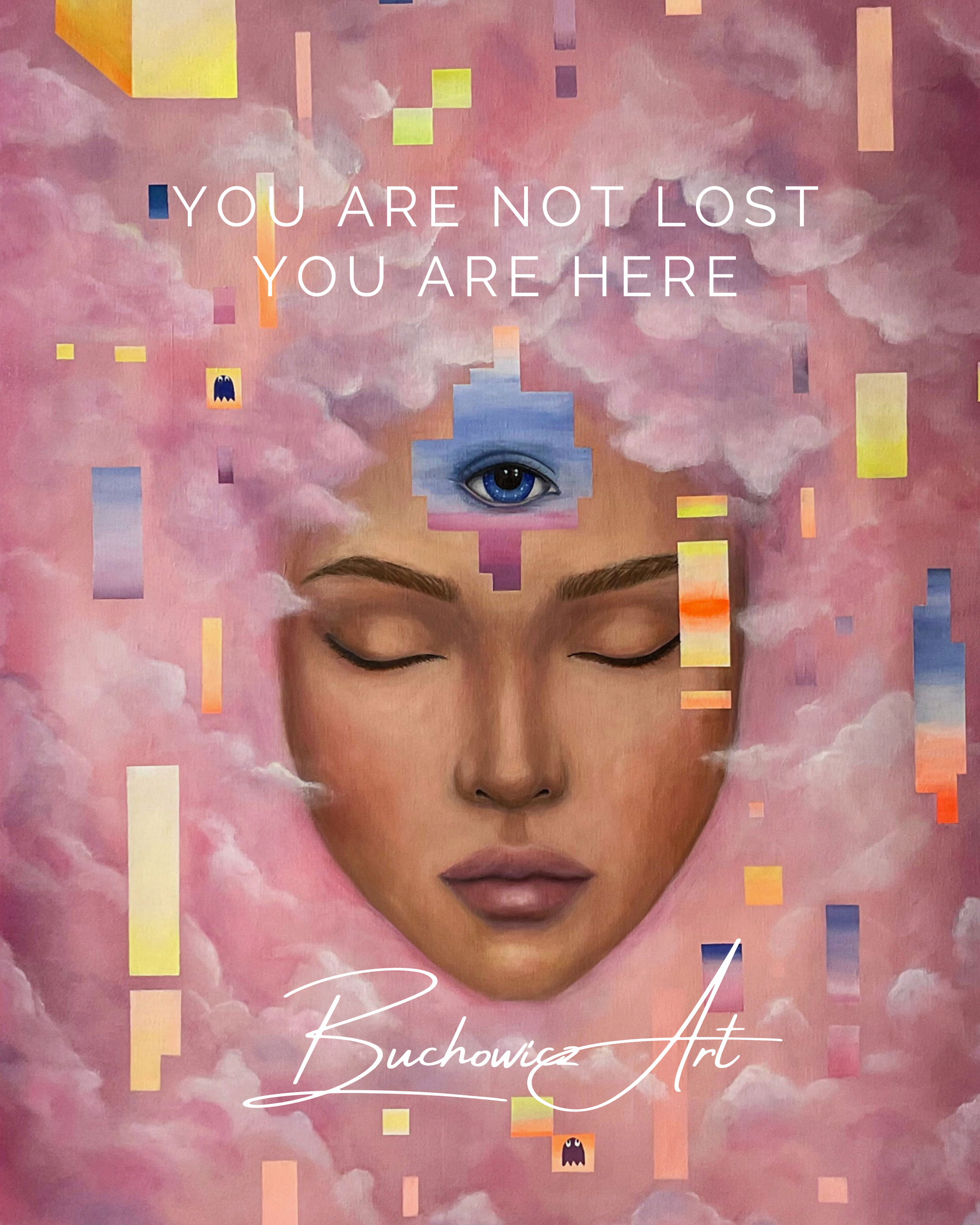


■ YOU ARE NOT LOST
YOU ARE HERE

Buchowicz Art



ABOUT THE SERIES

“You Are Not Lost, You Are Here” is a thought-provoking collection of paintings designed as wall talismans. These pieces encourage a moment of pause, inviting viewers to reconnect with the present and perceive reality with clarity and authenticity. Each artwork serves as a gentle reminder to embrace the now rather than getting lost in the labyrinth of fleeting thoughts.

The series combines influences from Buddhist philosophy, emphasizing mindfulness, with the vibrant aesthetics of the 1980s. It also incorporates playful nods to iconic games like Tetris and Pac-Man, whose structures and mechanics reflect the complexity and rhythm of the human mind. Through these inspirations, the series offers a creative exploration of presence, perception, and the ever-unfolding journey of consciousness.

TETRIS



TETRIS

Psychologists have discovered that arranging blocks after a difficult experience can reduce intrusive thoughts and distressing images, creating space for the mind to regenerate. Just like clouds drifting across the sky, thoughts come and go in our minds, often uninvited. However, when we quiet the mind, pausing for a moment and staying present in the “here and now,” we gain a chance to see reality as it truly is—without the over-interpretations and distortions we tend to create. In this state, all the “blocks” of life start aligning in harmony, as in a game of Tetris. When we are present and calm, we can better see that even what seemed challenging can find its rightful place.

Acrylic on canvas | 100x160 cm | 2024
Price 3000 euro

LOVING EYES



LOVING EYES

Loving Buddhist eyes are a symbol of peace, compassion, and deep understanding. They are filled with gentleness, looking at the world with acceptance and unconditional love. They radiate harmony and wisdom, as if they see not only the external reality but also the inner nature of every being. Their gaze calms, reminding us of the unity of all that exists.

The eyes symbolize the experience of being seen and accepted as we are, reminding us of the profound meaning of presence – both within ourselves and in the world.

Acrylic on canvas, golden leaf | 100x160cm | 2024

Price 2900 euro

PORTAL



PORTAL

This painting was born spontaneously, from an intuitive arrangement of fabric, which was an act of deep immersion in the present moment. The fabric used is a piece of a skirt – a symbol of the conditions we are born into and those that life imposes on us. Yet beneath these layers of conditioning, we remain a blank page – pure, unwritten, and open to what is authentic. The portal invites contemplation of what lies beneath the surface, beyond what is visible and imposed. Initially, the work was meant to be colorful, but ultimately it took on a minimalist form – the creative process ended halfway, leaving space for reflection and simplicity.

Mixed media | 60 x 70 cm | 2024

Price 700 euro

THE GAME CHENGER



Bologna '20

GAME CHANGER

This painting invites reflection on our inner world, which we discover by closing our eyes and focusing on ourselves. During meditation, thoughts flow like clouds in the sky, revealing our "inner boxes" – cultural patterns, influences from upbringing, and societal expectations. In everyday life, we often follow something or run from something, much like a character from the 1980s game Pac-Man, wandering through a maze. This painting shows that simply becoming aware of these thoughts and the "game" we are playing allows us to change its rules. We gain freedom and focus on what truly matters

Acrylic on canvas | 100 x 160 cm | 2024
Price 3500 euro

DISCO



DISCO

"Life is a party, and you are its host. Make it unforgettable."

The artwork expresses the mental programs rooted in our subconscious since childhood, like a scratched record that continuously plays in our minds. These programs shape our thoughts through which we perceive reality – the never-ending "disco" in our heads. The ghosts symbolize the emotions that hold us back: fears, anxieties, and worries. The colorful, childlike aesthetic is intentionally used to remind us that most of these subconscious patterns are formed in early childhood. The piece encourages reflection on how childhood experiences influence our adult perception and emotions

Acrylic on canvas, silver leaf | 100 x 160 cm | 2024

Price 2800 euro .

DON'T FORGET TO SEE



DON'T FORGET TO SEE

This painting-talisman is a reminder to view the world through the eyes of an observer – with mindfulness and full presence. It encourages us to pause each day, notice the beauty in the small details, and uncover the colors hidden behind apparent ordinariness. It is an invitation to live with greater harmony, full of gratitude and discovery

Acrylic on canvas, silver leaf | 40 x 60 cm | 2024
Price 500 euro

UROBOROS



UROBOROS

It references the ancient symbol of the serpent eating its own tail – a universal sign of the cyclic nature of life, infinity, and eternal renewal. This symbol serves as a reminder of the unity of beginning and end, the continuous flow of energy, and transformation, which are the essence of existence.

In the context of the exhibition "You Are Not Lost, You Are Here", "Ouroboros" invites reflection on the idea that the moment is both an end and a beginning, and that in this eternal spiral, we can find harmony.

Acrylic on canvas, golden leaf | 100x100 cm | 2024
Price 900 euro

MOON CHILD



MOON CHILD

The moon rotates around its own axis at the same rate at which it orbits the Earth, which is why its illuminated "near side" is always facing the Earth, while the "far side" remains unseen. Mark Twain wrote, "Everyone is a moon and has a dark side which he never shows to anyone." For alchemists, the task of the adept is to explore this unknown territory of the soul and, if possible, bring it into consciousness.

In the painting, a woman holds a drum that stretches the night sky, with the Vegvisir compass – an ancient talisman of protection and guidance – visible upon it. The Icelandic manuscript Huld assures: "He who possesses the Vegvisir will never lose their way in a storm or bad weather, even if the path is unknown."

Acrylic on canvas, golden leaf | 90 x 140 cm | 2023
Price 2800 euro

MADE OF STARS



Getta Dvornicz

MADE OF STARS

Make peace with all the women you have
ever been.
Lay flowers at their feet.
Offer them incense, honey, and forgiveness.
Honor them and give them your silence.
Listen.
Bless them and let them be. For they are
the bones of the temple in which you now
sit.
For they are rivers of wisdom leading you
toward the sea

Poem by Emory Hall

"I have been a thousand different women".

Acrylic on canvas, golden leaf | 100x160cm 2024 .

Price 2900 euro

HEAVEN BEGINS WITHIN YOU



HEAVEN BEGINS WITHIN YOU

A woman, immersed in her thoughts, makes the decision to embark on a journey for answers. Her path leads through mountain peaks – symbolic spaces from which she gazes deeply within herself, discovering a vast, hidden world inside her. With courage, she opens the gate of her heart, finding there a hidden light and an inner treasure. It is a moment of breakthrough – the moment when her true identity is revealed, filling her with strength and determination for the journey ahead.

The spread wings symbolize freedom and readiness to fly. This painting captures the moment when we discover our authentic self and the courage to live life to the fullest

Acrylic on canvas, golden leaf | 100x160 cm | 2023

Price 3000 euro

DON'T FORGET TO SEE



THE EYES OF INFINITY COLIBRI

The hummingbird reminds us to live with an open mind to magic. Looking like a rainbow in motion, it draws attention to the power that comes from traveling at its own pace. Though tiny, the hummingbird plays an important role in the ecosystem. By visiting thousands of flowers daily, it supports the pollination process, which is essential for the survival of many plant species. It can hover in the air, fly forward, backward, and even upside down. It is a symbol of constant motion, great power, and at the same time, delicacy. We can joyfully and effectively FLY through the world.

Acrylic on canvas | 100 x 100 cm | 2024

Price 3000 euro

GYE NYAME



GYE NYAME

Wangari Maathai, the first African woman to be awarded the Nobel Peace Prize for planting trees, began her mission in Kenya, where 90% of the forests had been destroyed. Women, tasked with collecting firewood, had to travel long distances to find branches for cooking. Wangari, aware of the enormity of the problem, started planting trees and later began paying women for each tree they planted, creating the Green Belt Movement. This initiative not only restored greenery but also empowered women, helping them recognize their value, trust in their wisdom, and fight for equality and dignity. The artwork you see is a tribute to this remarkable story and the strength that comes with determination in the pursuit of change.

Acrylic on canvas, 100 x 160 cm | 2023
Sold / Available as a reproduction.

THE QUEEN



THE QUEEN

The painting-talisman invites reflection on the ability to celebrate life. A true queen and king do not judge or analyze what is good or bad – they live in harmony with themselves, free from self-criticism and guilt. Each day is an opportunity for them to celebrate, even in small moments, like a cup of tea with a cookie.

This daily "celebration" is a reminder to recognize oneself as the most important person in one's own life.

Acrylic on canvas, golden leaf | 7 x 21 cm | 2024
Price 440 euro

WISDOM OF THE INVISIBLE



WISDOM OF THE INVISIBLE

Deep in the heart of the cosmos, where light and darkness intertwine into infinity, the wisdom of the invisible is born. Masks fall away, and illusions dissolve, giving way to the true essence of existence. This wisdom reveals itself in silence – in stillness, where the roles we've adopted lose their meaning, and our deepest truths emerge into the light.

The spiritual labyrinth leads to the tree of creation, whose roots reach the very source of our being. In this mystical dance of the cosmos, the invisible wisdom becomes our silent guide, present in the subtle nuances and small details that too often slip away unnoticed. It is an invitation to stop, look deeper, and see what usually remains invisible – to feel that we ourselves are a part of this infinite cosmos.

Acrylic on canvas | 100 x 160 cm | 2023
Price 2900 euro

NOW



NOW

The painting "Now" is a meditation on the essence of the present moment – always available, yet so easily lost in the chaos of everyday life. It is an attempt to capture the fleeting nature of the now and a reminder that the fullness of life exists within it.

Acrylic on canvas | 30 x 40 cm | 2023
Sold / Available as a reproduction



All Paintings Includes Certificate of Authenticity
For purchases and additional inquiries, please
contact at buchowicz@gmail.com