

KAROLINA ŁAPUCKA

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The Common People Gallery

SEPTEMBER 2024

What do
YOU SEE?





Back to where it all began

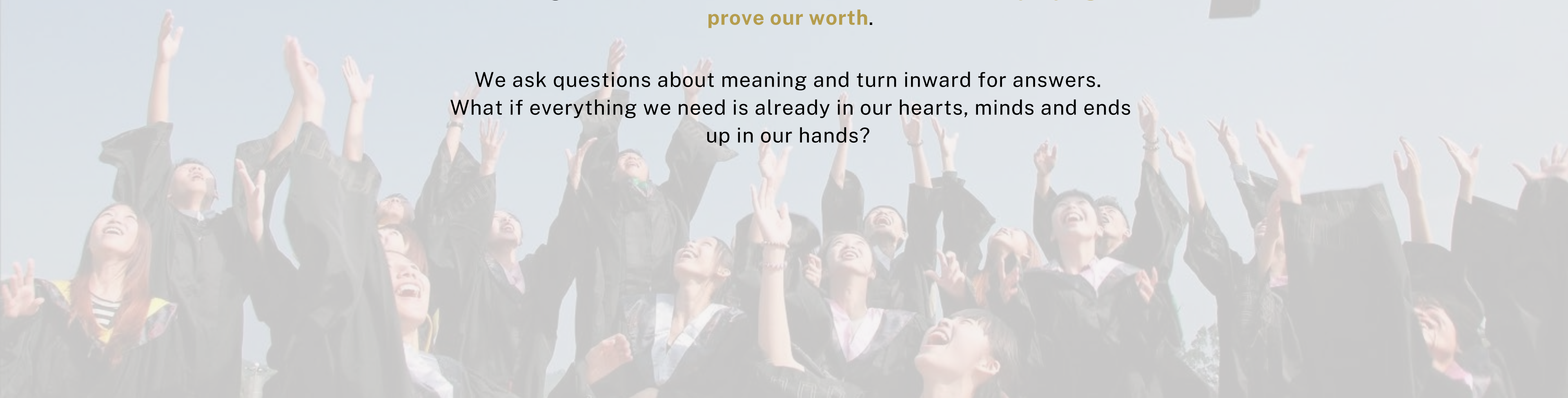
Some of us share a universal experience. As children, we spoke with a personal creative voice that was always deemed sufficient and valuable. Artwork found a new place on a high-hanging board available to all interested recipients. **Walking up to a parent, we proudly presented free expression, signed with our name.**

A large number of black graduation caps are captured in mid-air, scattered across the upper half of the image against a light, hazy sky. The caps are in various orientations, some pointing up, some down, and some sideways, creating a sense of dynamic movement and celebration.

Further motivation to act

We achieve so much in our lives. All the diplomas, certificates, courses and ideas would barely fit on a dedicated cork board. Despite the successes, the mind can be affected by the feeling that it is not enough, in the wrong direction, the whole thing remains unappreciated or unnoticed, and the pace of life is still increasing. **Sometimes it can feel like we are constantly trying to prove our worth.**

We ask questions about meaning and turn inward for answers. What if everything we need is already in our hearts, minds and ends up in our hands?

A group of graduates in black gowns are shown from the chest up, filling the lower half of the image. They are all looking upwards with expressions of joy and excitement, and their arms are raised high in the air. The background is a soft, light blue sky, matching the overall aesthetic of the image.



Gallery of your heart's voice

The Common People Gallery focuses on the idea of presenting works of free creativity, to remind us that the **value of a human being is far from being located in achievements, but close to the inner child.**

The creative process is primarily a time of individual exploration – without rush, pressure, comparison. It can take place in complete silence, immersed in one's own thoughts and trust. In addition to improving well-being, it has a positive effect on manual skills, a sense of agency and the unique feeling of creating something of **one's own, about oneself, for oneself.**



Every Man is an Artist, every Artist is a Man.

The Common People Gallery, representing openness, accessibility, respect, dignity and appreciation of the creative voice of every person, does not tolerate hatred, exclusion and divisions, thus indicating that everyone has the right to express themselves through art, and diversity of perspectives and emotions is a key element building a community based on mutual understanding and acceptance.

There is no single “norm” that could encompass all people, which is why we create space and provide tools to outline our own by co-creating The Common People Gallery.

*Why is it worth re-exploring your
creative voice in adulthood?*

Trust and empowerment

AS THE ENVIRONMENT IS INCREASINGLY DEMANDING MORE IN TERMS OF CRITICAL THINKING, GIVEN THE GROWING VOLUME OF INFORMATION, INCLUDING DISINFORMATION, AND BROAD-SCALE INFLUENCES, **THE ABILITY TO LOCATE ONE'S OWN VOICE** CAN POSITIVELY IMPACT THE QUALITY OF LIFE BY PROVIDING A STRONG FOUNDATION FOR SELF-CONFIDENCE AND STRENGTHENING THE INTERIOR.



*Space for joy, spontaneity,
self-expression*

EARLY IN LIFE, ART ACTIVITIES ARE AN INTEGRAL PART OF FORMATION. ART IS IN ITSELF AN EDUCATION AND AN AGE-INDEPENDENT EXPERIENCE THAT CAN WEAKEN OVER TIME OR TAKE A DIFFERENT FORM. ART THAT OFFERS ELEMENTS OF EXPRESSION MAKES IT **A PERSONAL FORM OF CATHARSIS.**



Personal development, self-knowledge

BY EXPLORING NEW FORMS OF ARTISTIC EXPRESSION, WE CAN UNDERSTAND OURSELVES BETTER: NEEDS, EMOTIONS, DREAMS, STEP-BY-STEP PLAN. CREATIVE ACTIVITIES CREATE AN OPPORTUNITY TO REFLECT ON VALUES, PERSONAL GOALS AND IDENTITY, **SUPPORTING A SENSE OF AGENCIES** AND **STRENGTHENING MANUAL SKILLS.**

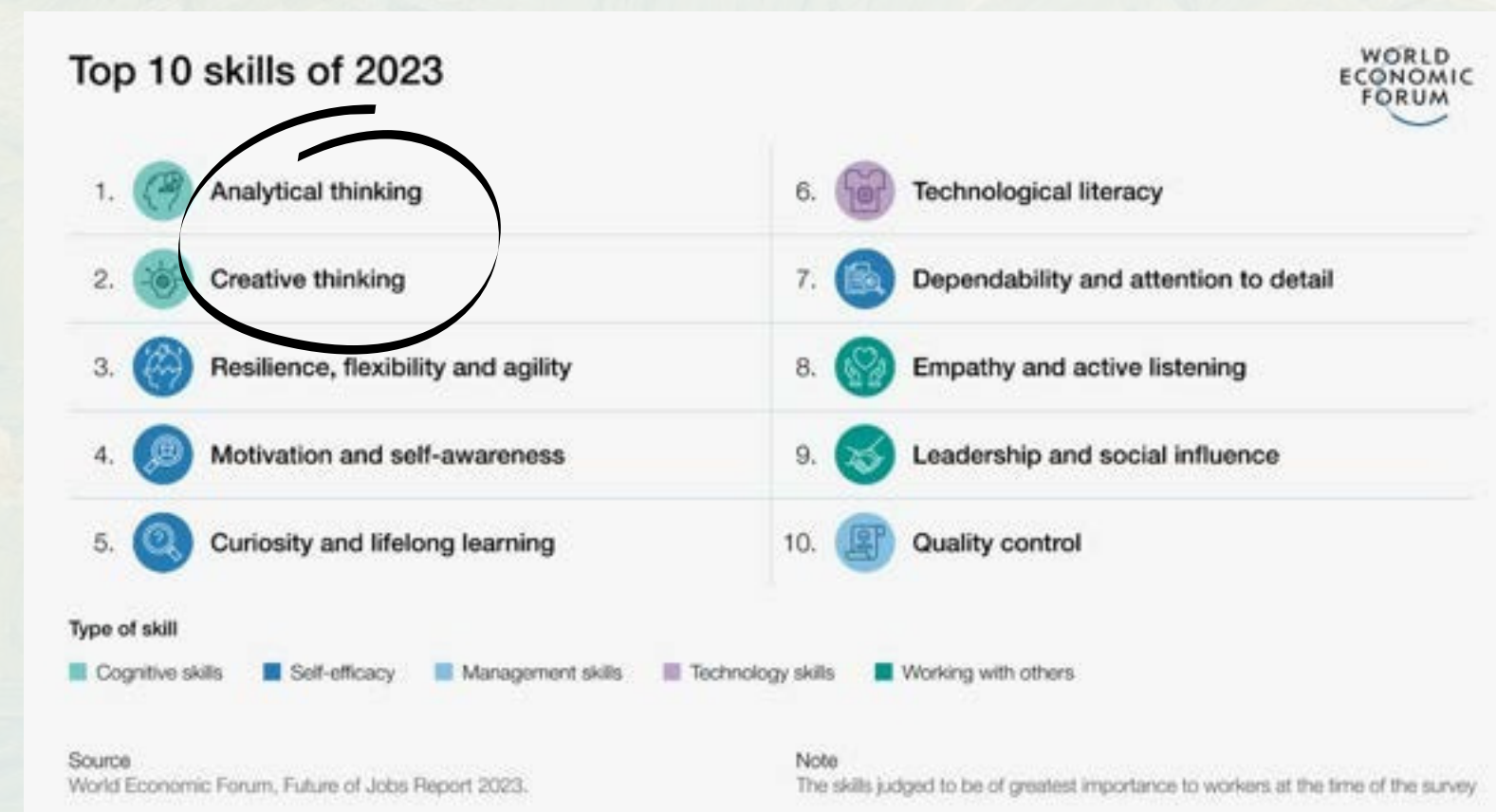
When words are not enough

WHEN CREATING, WE ENGAGE THE MIND, BODY AND SPIRIT IN A WAY OTHER THAN VERBAL ARTICULATION ALONE. OPENING UP POSSIBILITIES IS **ALTERNATIVE WAYS OF COMMUNICATION** THAT CAN BYPASS THE LIMITATIONS OF LANGUAGE. **VISUAL AND SYMBOLIC EXPRESSION** GIVES A VOICE TO EXPERIENCE AND ALLOWS INDIVIDUAL, COMMUNITY AND SOCIAL TRANSFORMATION. ANSWERS TO THE QUESTION “WHAT DO YOU SEE?” OFTEN ACTING AS CATALYSTS.

The Place of Creativity in the Labor Market

THERE ARE MANY REPORTS ON THE SKILLS REQUIRED IN THE JOBS OF THE FUTURE, IN THE AGE OF TECHNOLOGY. THERE IS NOT A SINGLE REPORT THAT DOESN'T MENTION THAT CREATIVITY IS A KEY SKILL THEY ARE LOOKING FOR.

A WORLD ECONOMIC FORUM REPORT HAS RATED **CREATIVITY** AS THE SECOND MOST DESIRABLE SKILL OF THE FUTURE, WITH **ANALYTICAL THINKING** AT THE TOP OF THE PODIUM.



FOR MORE ON WAYS TO COMBINE CREATIVITY WITH ANALYTICAL
THINKING, SEE THIS ARTICLE:

[ANALYTICAL EXPRESSION OR EXPRESSIONAL ANALYTICS](#)

ON [COWIDZISZ.COM](#)
AND [LINKEDIN](#)

Internal transformation, memory support

SCRIPTURING IS AN EFFECTIVE WAY TO INCREASE MEMORY. **MEMORY FUNCTIONS AS IF IT IS BOUND BY THE PHYSICAL ACT OF DRAWING** AND THEN STORED IN THE DRAWING OR SCRIBBLES. WHEN YOU LOOK AT THE DRAWING, YOU NOT ONLY REMEMBER THE ACT OF DRAWING, BUT ALSO OTHER MEMORIES FROM THAT MOMENT, YOU ARE SENSITIVITY TO WHAT YOU FELT AND WHAT FORM THE FEELING TOOK.

MORE ABOUT THIS IN THE ARTICLE:
[PROCESS VISUALLY AND REMEMBER EVERYTHING](#)

ON

[COWIDZISZ.COM](#)

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*Why is it worth it to create
The Common People Gallery?*



The power of reminding you of what's important in life

IN THE COURSE OF LIFE, IT IS POSSIBLE TO FALL INTO **THE TRAP OF EXTERNAL APPROVAL**. BUT THE MORE WE FOCUS ON THESE EXTERNAL INDICATORS OF SUCCESS, THE MORE WE LOSE CONTACT WITH OUR OWN INNER VOICE AND AUTHENTIC DESIRES. THE SAME ONE THAT FOUND THEIR PLACE IN CHILDHOOD HANGED ON A CORK BOARD.



Creating a Personal Legacy

THE USE OF ART HAS ALWAYS BEEN HERE - WITHIN TRIBES, DIFFERENT CULTURES AND TRADITIONS, PASSED ON FROM ONE GENERATION TO THE NEXT. IT IS NOT TRUE THAT HUMANITY ONLY CREATES ART ON PAPER OR CANVAS, BECAUSE IT IS DONE IN EVERY MOMENT OF EVERYDAY LIFE. IT IS NOT JUST A PHYSICAL SPACE, BUT ALSO A MENTAL SPACE THAT ALLOWS US TO COLLECT OUR EXPERIENCES, EMOTIONS AND THOUGHTS IN A FORM THAT HAS MEANING FOR US.



Exclusive inclusiveness

EXCLUSIVENESS DOES NOT RELY ON LIMITING ACCESS, BUT ON TAKING CARE OF PROFESSIONAL PRESENTATION, CREATING A PRESTIGIOUS SPACE THAT RAISES THE RANK OF EACH WORK AND ACCESS TO SENSITIVITY THAT IS SOMETIMES HIDDEN DEEPLY FROM THE WORLD. INCLUSIVENESS, ON THE OTHER HOWEVER, IS BASED ON OPENNESS TOWARDS EVERY PERSON – REGARDLESS OF AGE, SKILLS OR PREVIOUS EXPERIENCE IN ART.



Social campaign space

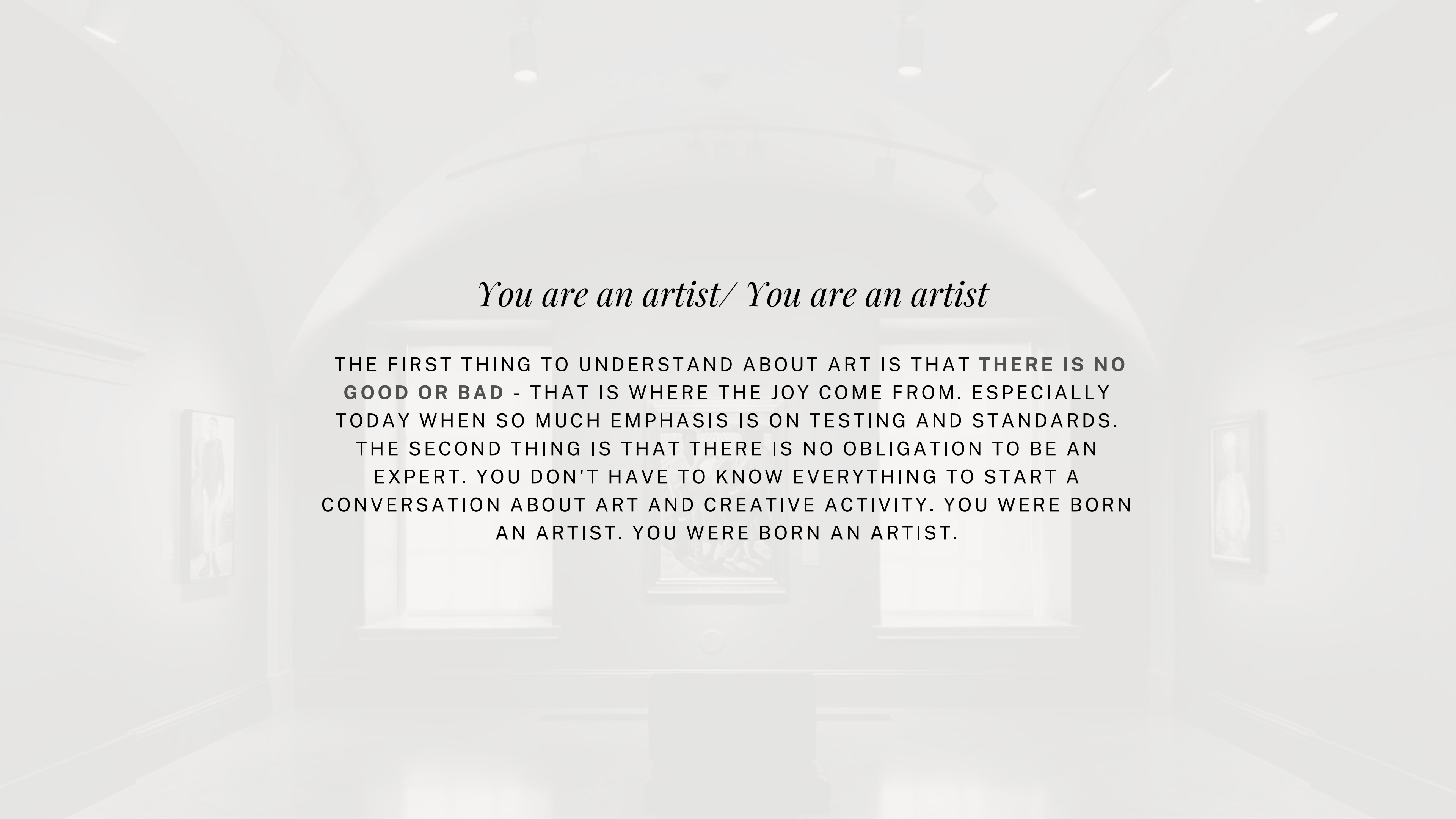
A SPACE DEDICATED TO THE EXPRESSION OF EMOTIONS AND FEELINGS ORGANICLY OPENS A DIALOGUE FOR TALKING ABOUT THEM. VISUAL CREATIVITY, EVEN IN THE FORM OF SIMPLE DRAWINGS, COLLAGES, OR GRAPHICS, IT CAN BE AN EFFECTIVE MEDIUM FOR SHOWING PROBLEMS **SOCIAL FROM THE PERSPECTIVE OF AUTHENTIC PEOPLE.**

Community and workshops

OPEN CREATIVITY SESSIONS, THEMATIC WORKSHOPS, EXPLORATION OF MATERIALS AND TOOLS ARE AN OPPORTUNITY TO CONTACT NOT ONLY WITH EACH OTHER, BUT ALSO INTERGENERATIONALLY. CREATING A SPACE IN WHICH EVERYONE CAN FEEL VALUABLE AND NOTICED, ESPECIALLY THROUGH PROFESSIONAL EXPOSURE, CAN HAVE A POSITIVE IMPACT ON PEOPLE'S LIVES, AS WELL AS LONG-TERM ACQUAINTANCE WITH CREATIVITY.

CONTEMPORARY ART IS SOMETIMES ACCOMPANIED BY THE MOTTO "**I DON'T UNDERSTAND**" AMONG ITS RECIPIENTS.

FINDING ONESELF IN THE POSITION OF A CREATOR PROMOTES OPENNESS TO THE IMAGE OF ANOTHER PERSON'S EMOTIONS.



You are an artist/ You are an artist

THE FIRST THING TO UNDERSTAND ABOUT ART IS THAT **THERE IS NO GOOD OR BAD** - THAT IS WHERE THE JOY COME FROM. ESPECIALLY TODAY WHEN SO MUCH EMPHASIS IS ON TESTING AND STANDARDS. THE SECOND THING IS THAT THERE IS NO OBLIGATION TO BE AN EXPERT. YOU DON'T HAVE TO KNOW EVERYTHING TO START A CONVERSATION ABOUT ART AND CREATIVE ACTIVITY. YOU WERE BORN AN ARTIST. YOU WERE BORN AN ARTIST.

Exhibition function and Art Studio

EXHIBITION FUNCTION

Showcase the work of each participant

Unlike traditional art galleries, a space dedicated to free creativity allows for the presentation of work regardless of ability, which strengthens the sense of acceptance and community. Everyone has the chance to express and appreciate their contribution, which supports self-confidence and development.

Inspiring others

The exhibition function creates an opportunity for the exchange of inspiration between participants. Works presented publicly can encourage others to explore their own talents, which raises the level of creativity of the entire community.

Creating a platform for conversations about art and life

Exhibitions become a place for dialogue – people talk not only about art, but also about personal experiences and the topics that these works raise.

Strengthening the Self-Esteem of the Individual

When a person's artistic work is publicly exhibited, their self-esteem increases, regardless of the technical level of the work. The exhibition acts as a confirmation that every inner voice is worth showing.

ART STUDIO

Development of inner expression without pressure

Unlike typical art courses, the free creativity studio focuses on inner expression, not on learning techniques. This promotes authentic expression of emotions and self-discovery through art.

Space for relaxation and stress reduction

Creating in the art studio is therapeutic. Free painting, drawing or collage helps reduce stress, relax and strengthen the ability to concentrate and self-regulate emotions.

Social integration and cooperation

The workshop can become a place of meetings and cooperation. People creating next to each other often share ideas, learn from each other, and create joint projects, which helps build relationships and strengthen the sense of community. Workshops offer a fresh perspective on various topics and fields, help relax, express emotions, and strengthen thought processes and memory.

Experience of the studio

The art studio is not only a place of action, but also of reflection – both on one's own creativity and on life. Experience is associated with respect for tools, taking care of the order of the work station and the unique smell of art materials, sometimes transporting back in time to carefreeness.

A top-down view of a desk with various items: a laptop on the left, a pen, a coiled cable, a mesh pen holder with pens, a pair of glasses, and a watch on the right. The background is a light, neutral color.

DIGITIZATION OF RESOURCES THE COMMON PEOPLE GALLERY ONLINE

The project will be expanded to include a website based on the idea of a **Personal Virtual Museum**. A place where the works will be catalogued under the names of their creators. Each of them, regardless of their level of advancement, gains the opportunity to present their unique vision of the world, along with a short description of the emotions that accompanied the creative process. Such a digital platform not only documents the diversity of human experiences, but creates a specific **map of emotions and creativity** - showing how differently we present reality, while discovering the universal aspects of human experience.

The website will become a virtual archive and a space for the exchange of inspiration, allowing participants and viewers to reflect on the diversity of experiences that art brings, as well as showing how important the individual perspective of each of us is. A high-quality scan of the work will allow it to be printed and framed to decorate the home.



IS THIS AN ART CLASS?

It is about dedicating time to one's own emotions and the ways of processing them here and now. Art classes are characterized by, among other things, craftsmanship, learning techniques, and perfecting them. In the first case, the focus is on what the creativity communicates about the author's world or about the creator themselves, not necessarily on how the work looks or whether it meets expectations.

The process can be as important as the physical object. This does not mean that the created objects cannot be beautiful or useful. It means that this is not the goal or expectation.

Both forms are helpful, enriching, and provide a positive experience.

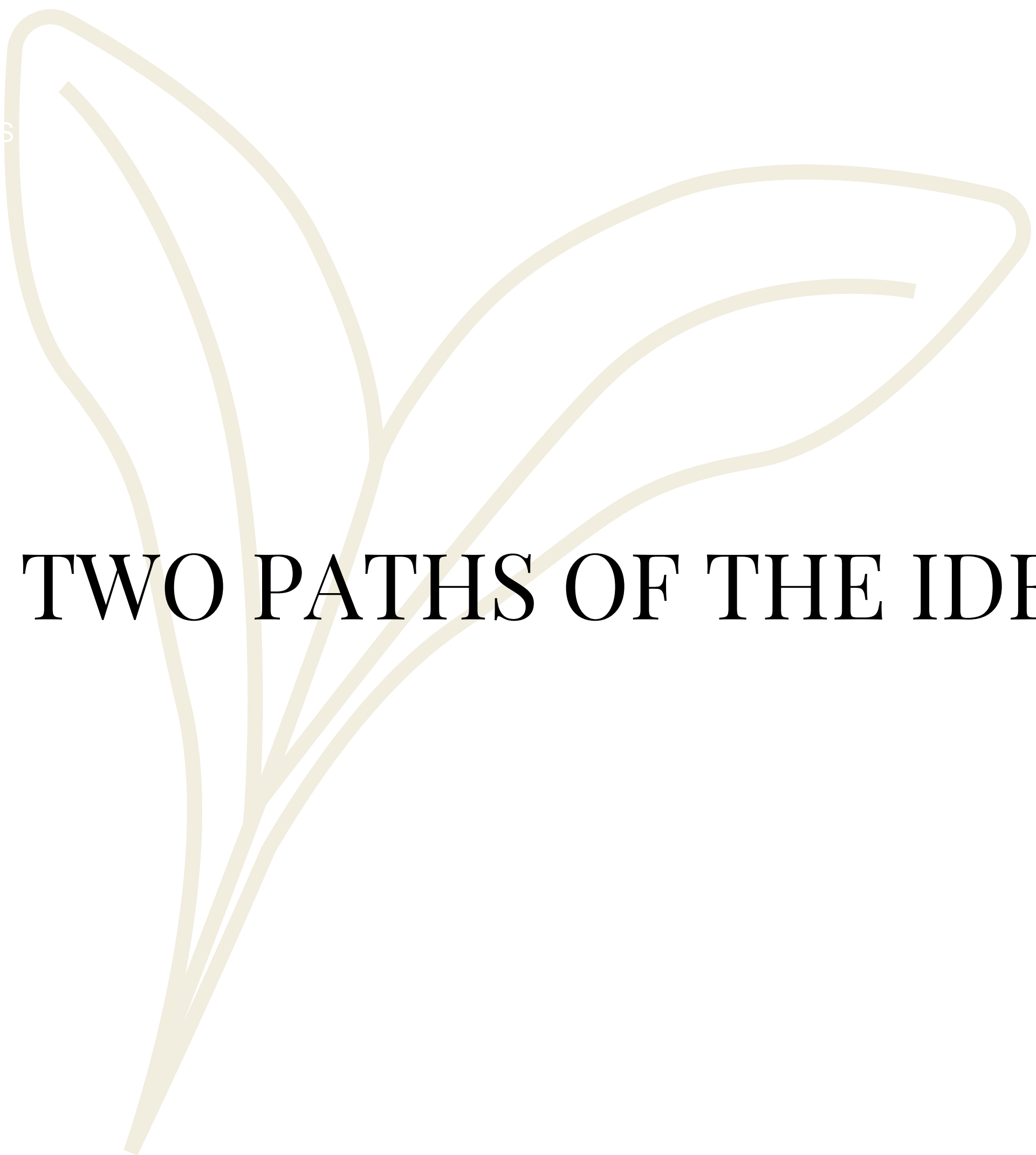
INSTITUTIONALITY OF ART

Cultural institutions reliably fulfil their mission every day in a dynamically changing environment. world. A number of specialists take care of the survival of heritage along with its conservation for many years, with the educational offer, openness and history from which we want to learn.

The discourse also includes the aspect of giving prestige and authority to works of art. If a museum, a renowned gallery or an academy considers a work of art to be valuable, it increases its rank. The purchase of a work by a museum is often seen as proof of its quality and artistic significance. It remains an aspect worthy of attention and pride.

There is still a belief that the space filled with art is divided by a plexiglass barrier, rigid rules and the severity of the judging gaze. The institution then eats its own tail having a wealth of resources with a deficit of engaged recipients whose interiors should touch.

But artists are normal people, right?



TWO PATHS OF THE IDEA



First path
The Exclusivity of Each Person's Inner Voice

The Common People Galley, although expressive and open, in reality contains an extraordinary exclusivity. Why? In adulthood, as in childhood, our interior emanates ideas, visions and concepts that are worth millions. What we create has enormous value because it comes straight from our unique experience and emotions.

The gallery becomes a space where everyone can rediscover their creative voice and understand that it deserves a dedicated place – a dignified, professional presentation. Like the works of Picasso or Van Gogh, works created from the depths of the heart by "ordinary people" are a manifestation of the values that lie in each of us.



Second path
The Common People Galley is the Gallery of Every Person

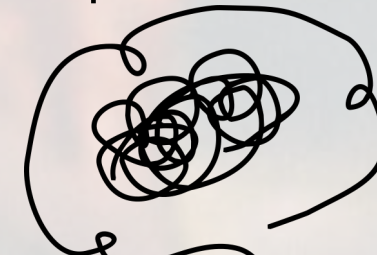
All the great artists whose works are worth millions today were and are normal people. Each of us has creativity, value and incredible potential – we are full of imagination, regardless of whether we create professionally or spontaneously.

Just like children who naturally express themselves through play and art, adults need a space where their creativity will be noticed, appreciated and admired. The gallery becomes a place where everyone can feel important and special by attending an opening that celebrates the inner child in each of us, reminding us that our value has no limits.

For both children and adults, self-control is essential for maturing and striving for improved well-being. Mastering chaos through art creation is a step toward self-control. Tolerating ambiguity and disappointment when art products do not manifest as we imagined not only improves self-control but also functioning.

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What do
YOU SEE?





HOW DOES THE CREATIVE PROCESS WORK?

1

DECISION

2

ACTION

3

ARRANGEMENT

4

VERNISSAGE

5

EXHIBITION

6

VIRTUAL GALLERY



DECISION

The first step is the decision to engage in the creative process. **The moment when we realize that our creativity has been asking for attention for a very long time.** The imagination is eager to give shape, color, and dynamics to thoughts and dreams. The body decides to take action to express itself through art. No previous experience or artistic skills are required - the key is the desire to discover your own emotions, thoughts, and inner impulses. This decision is often an act of courage, especially for people who have not previously had contact with artistic creation or did not believe in their own abilities. Professional artists, for whom the creative environment is everyday bread, have the opportunity to enter into dialogue with the community, as artist to artist.

ACTION

The next stage is free creativity in the studio. Participants can use a variety of materials and techniques – paints, pencils or collages – to create something that is a reflection of their thoughts and emotions. This process is free from imposed frames, which allows for complete freedom of expression. In an atmosphere of support and lack of assessment, participants can experiment, create without the pressure of achieving a "perfect" result. What is important is what happens during creation, not the final work itself. The studio becomes a place to discover yourself and your inner strength.

The creative process consists of four stages:

1. **Preparation:** collecting information, inspiration and materials necessary to create project. It is divided into an internal process (thinking deeply to generate and engage with ideas) and an external process (going out into the world to gather the necessary data, resources, materials and expertise)
2. **Incubation:** Ideas mature in the mind, creating new connections. When the conscious mind wanders, unconsciously engaging in what Einstein called “combinatory play,” i.e. taking disparate ideas and influences and finding new ways to combine them.
3. **Enlightenment:** Suddenly, there is an "aha!" moment as the solution emerges from the subconscious.
4. **Validation:** Ideas are refined and communicated in a concrete form, evaluating their value.

The process is not always linear and may require returning to earlier stages to correct or improve the work. Flexibility and change inherent in the creative process help to cope with personal expectations or perfectionism.

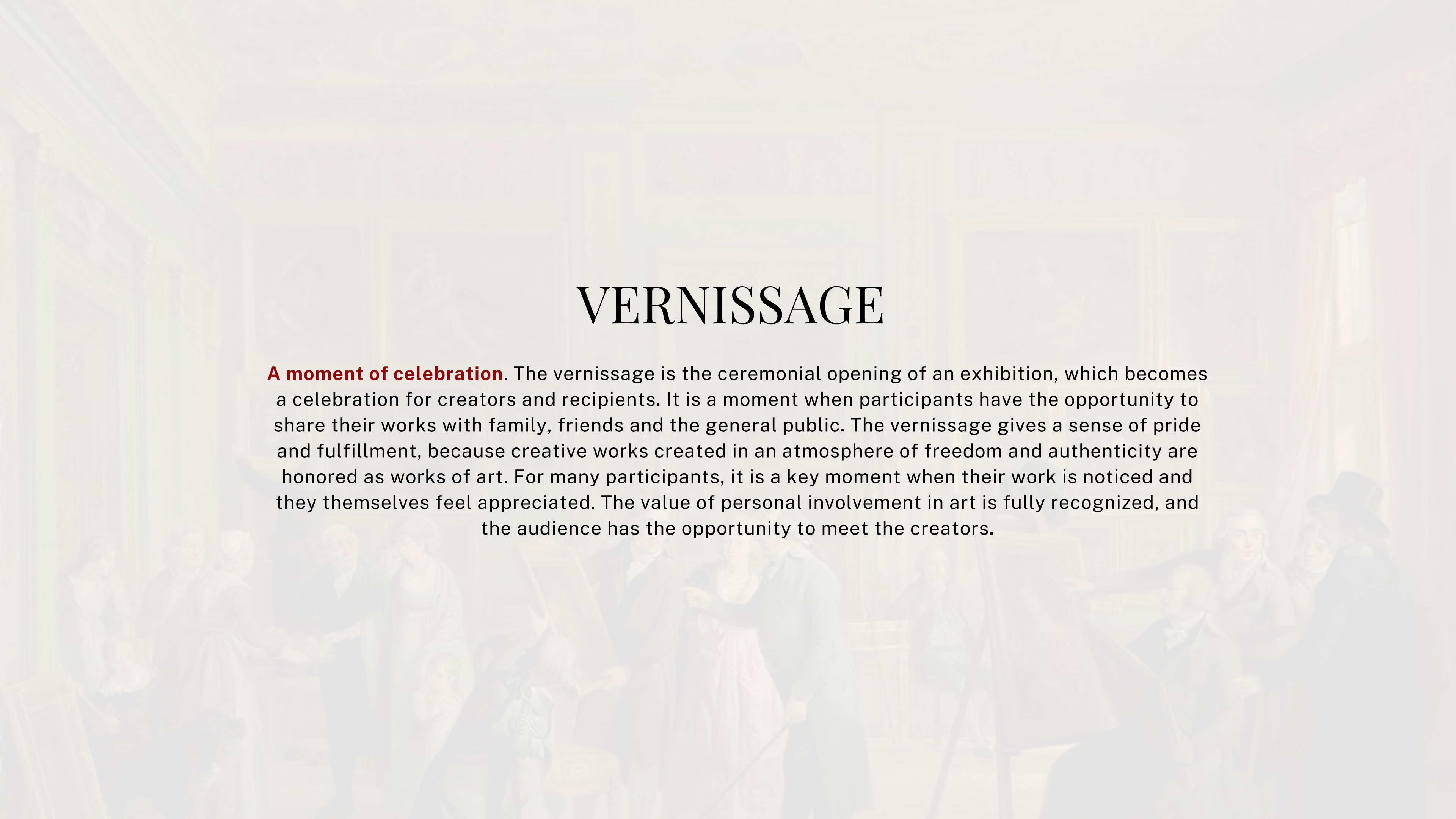


ARRANGEMENT

The stage where creativity meets space. The next step is the preparation of the exhibition, when the participants' works are arranged in the gallery space. This process is done in collaboration with the participants to preserve the authenticity of their work. **The arrangement of the exhibition is an important moment, because the works are elevated to the rank of works of art.** Proper lighting, layout and presentation give the works a new context, allowing them to exist as important artistic statements.

VERNISSAGE

A moment of celebration. The vernissage is the ceremonial opening of an exhibition, which becomes a celebration for creators and recipients. It is a moment when participants have the opportunity to share their works with family, friends and the general public. The vernissage gives a sense of pride and fulfillment, because creative works created in an atmosphere of freedom and authenticity are honored as works of art. For many participants, it is a key moment when their work is noticed and they themselves feel appreciated. The value of personal involvement in art is fully recognized, and the audience has the opportunity to meet the creators.



The background of the slide is a faded, sepia-toned illustration of an art gallery. It shows a group of people in 19th-century attire, including men in suits and hats, and women in long dresses and bonnets. They are gathered around several easels displaying paintings. Some people are pointing at the art, while others are in conversation. The room has high ceilings and large windows with curtains, creating a classic gallery atmosphere.

EXHIBITION

After the vernissage, the exhibition becomes a space for contemplation and dialogue. The works remain available to a wide audience, who can view them, interpret them and discuss their meaning. The exhibition is also a time of reflection for the artists themselves – observing the reactions of the viewers, talking to them, is not only a form of appreciation, but also a deepening of self-understanding. Creativity becomes a bridge between private experience and a common, social message.



VIRTUAL GALLERY, DIGITIZATION

The opening and exhibition become a place of celebration of human creativity, where each participant can feel like an artist. Digitizing these works extends the life of the whole experience, allows for the creation of an archive, and opens the way to building a community around the idea of art as a form of collective expression.

The prospect of being able to consider such diverse, authentic and human art in one place opens new doors to understanding and appreciating the individual experiences and emotions of each creator. By digitizing resources, **everyone can not only admire works from anywhere in the world, but also better understand how the diversity of perspectives and artistic expressions shapes our shared culture and enriches the dialogue about what it means to be human.**

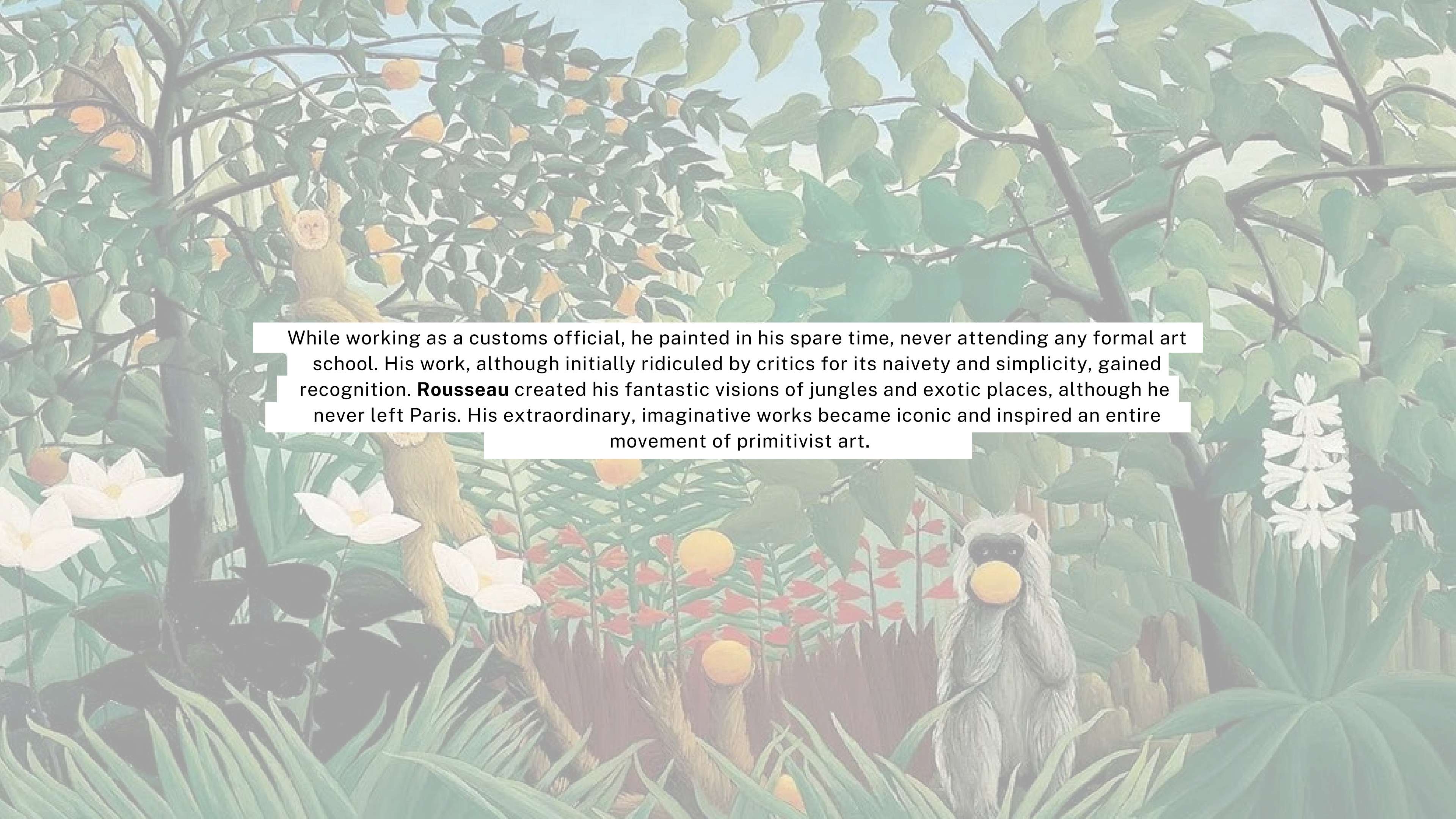
SALE

A new exhibition is arranged every two weeks. During the exhibition, it is possible to buy works by “ordinary” extraordinary people. After signing the consent, the authors value their works according to their own criteria. From one cent to ∞ . **The proceeds from the investment will be donated to charity.**

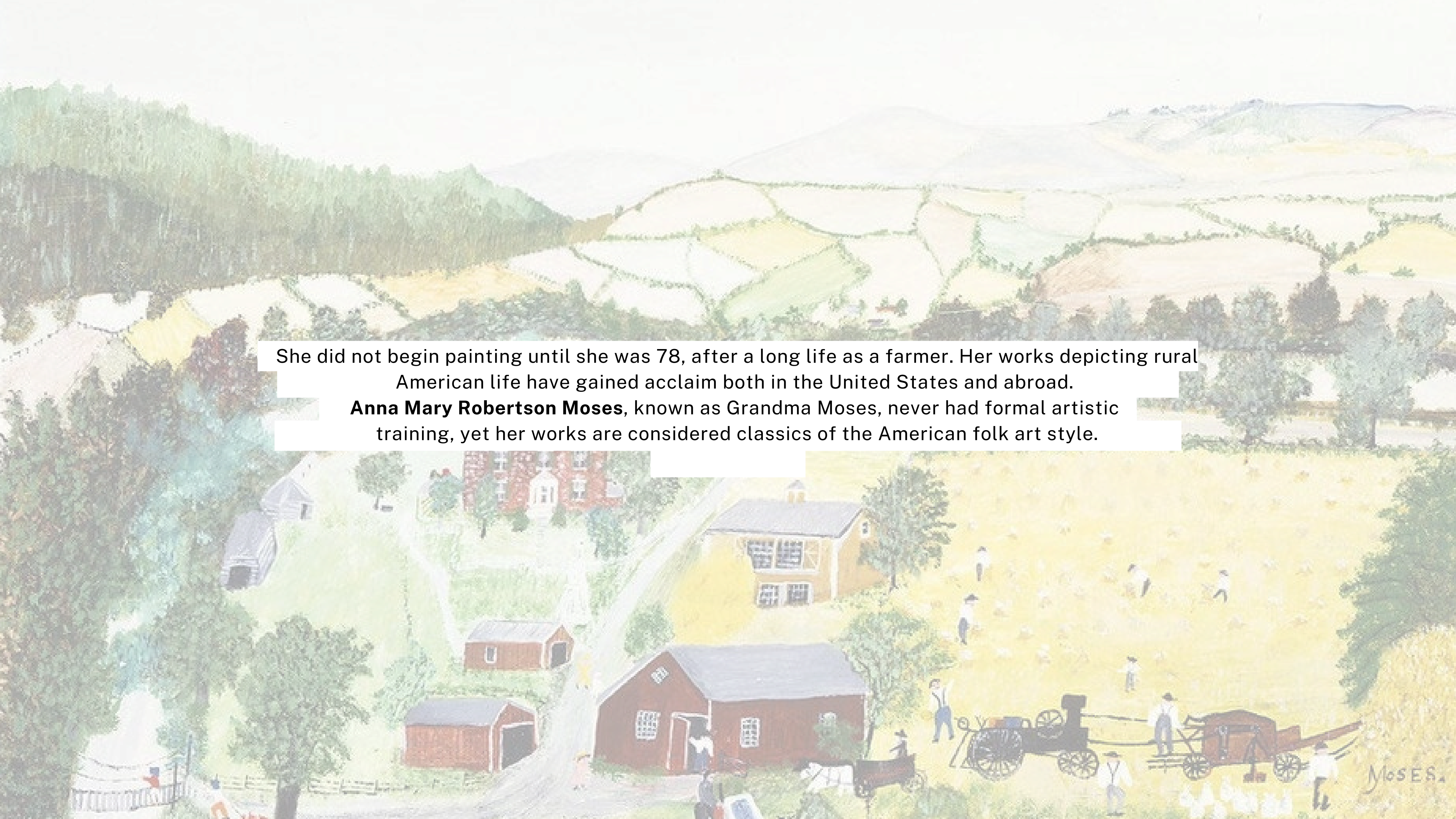


HISTORY

You don't have to reach for forbidden books on the history of art to discover the talents who became great artists outside of formal education and the classical academy of art.




While working as a customs official, he painted in his spare time, never attending any formal art school. His work, although initially ridiculed by critics for its naivety and simplicity, gained recognition. **Rousseau** created his fantastic visions of jungles and exotic places, although he never left Paris. His extraordinary, imaginative works became iconic and inspired an entire movement of primitivist art.

The painting depicts a panoramic view of a rural landscape. In the foreground, a large red barn with a grey roof stands on the left, with several smaller red outbuildings nearby. A dirt road winds through the scene. In the middle ground, a yellow house with a grey roof is visible. To the right, a large field of yellow flowers is being worked by several figures. A large wooden wagon pulled by a horse is in the lower right. The background features rolling hills with fields in various shades of yellow, green, and brown, and a dense forest on the left. The sky is a pale, hazy blue. The signature 'MOSES.' is visible in the bottom right corner.

She did not begin painting until she was 78, after a long life as a farmer. Her works depicting rural American life have gained acclaim both in the United States and abroad.

Anna Mary Robertson Moses, known as Grandma Moses, never had formal artistic training, yet her works are considered classics of the American folk art style.



He began his career as a graffiti artist on the streets of New York in the 1970s, signing his works with the pseudonym "SAMO". Without an academic art education, **Basquiat** gained fame for his extraordinary vision and authenticity. His art, a mixture of symbols, text and images, quickly attracted the attention of the artistic elite. Basquiat became one of the most important contemporary artists, and his works today achieve record prices at auctions.

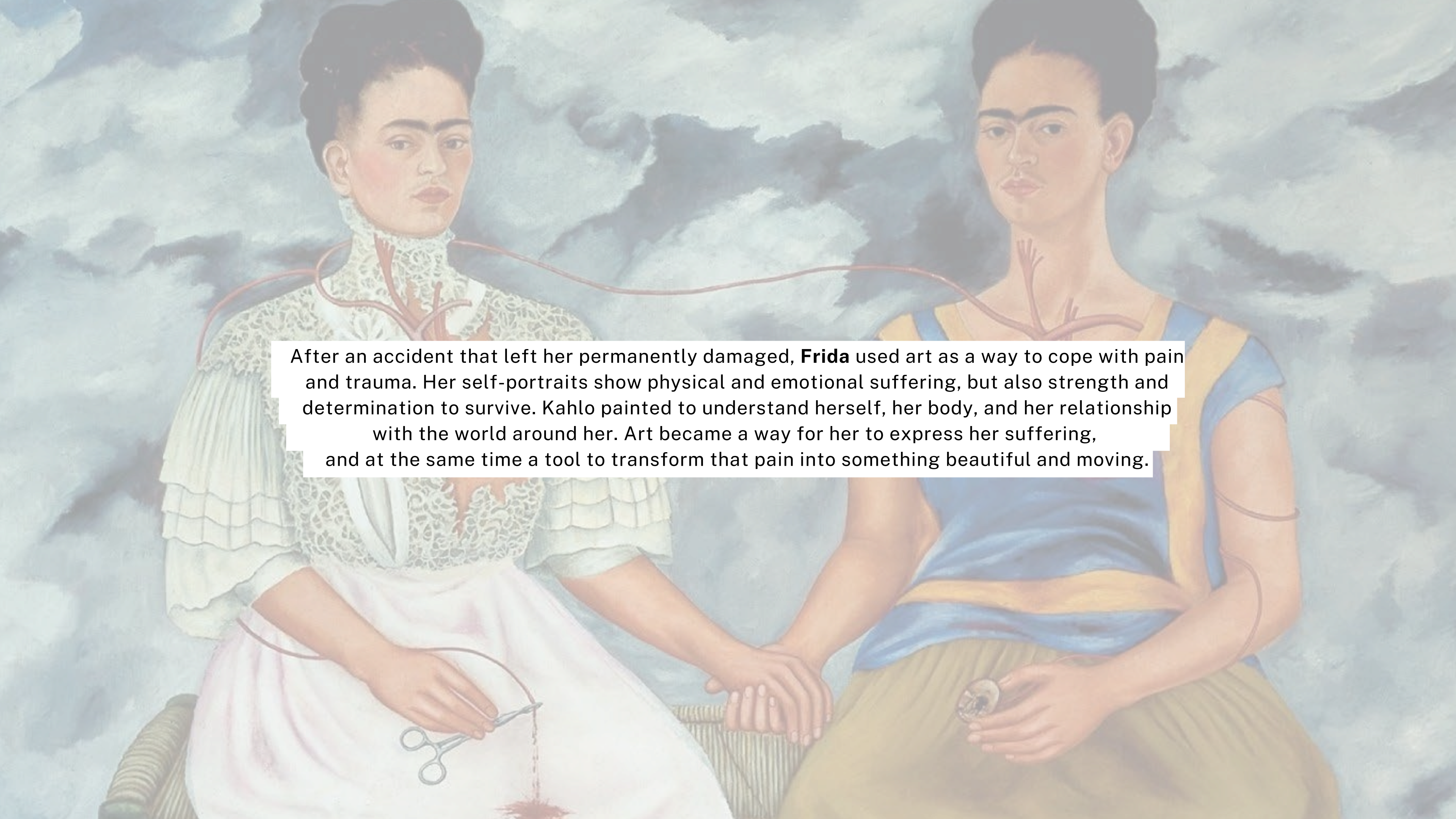


HEALTH

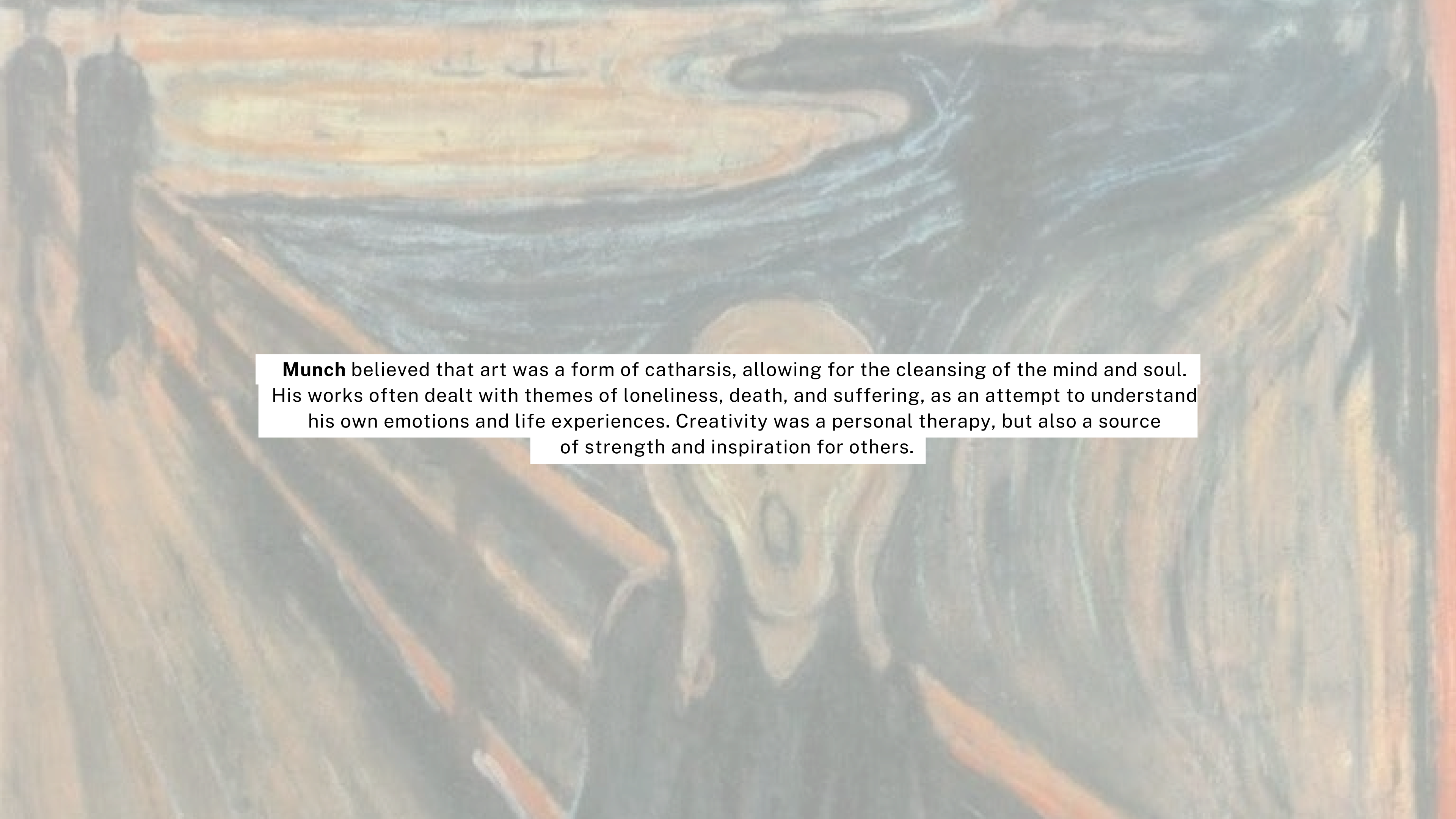
We feel it, even though we cannot name it. The dressing of experience in color is a transformative experience.

It is no exaggeration to say that the turn of the 19th and 20th centuries initiated a cultural and artistic revolution that lasted at least a hundred years. It revolutionized the perception of the role of images in human life. Important components of this transformation included the art of primitive peoples, the Orient, folk painting and naive art, as well as the work of children and people with mental disorders. A widely recognized group of artistic innovators of the 20th century is the group who, after assimilating these influences, used primitive forms, themes, techniques and artistic concepts, initiating the process of integrating singularities as part of the Western art world.

in her works she expressed a deep understanding of the influence of art on mental health. Although she herself suffered from schizophrenia, her paintings were an expression of the search for peace, balance and harmony. Abstract works, often consisting of simple lines and geometric forms, had a meditative character. **Agnes Martin**, an American minimalist painter, believed that art could lead to inner balance and healing.



After an accident that left her permanently damaged, **Frida** used art as a way to cope with pain and trauma. Her self-portraits show physical and emotional suffering, but also strength and determination to survive. Kahlo painted to understand herself, her body, and her relationship with the world around her. Art became a way for her to express her suffering, and at the same time a tool to transform that pain into something beautiful and moving.



Munch believed that art was a form of catharsis, allowing for the cleansing of the mind and soul. His works often dealt with themes of loneliness, death, and suffering, as an attempt to understand his own emotions and life experiences. Creativity was a personal therapy, but also a source of strength and inspiration for others.

MISSION

- Supporting Creativity and Personal Development
- Creating Space for Social Dialogue
- Preserving and Commemorating Human Experiences
- Promoting Art as a Therapeutic Tool
- Integrating Art with Everyday Life
- Creating Community and Integration
- Education and Awareness
- Familiarization with art

The Gallery of Ordinary People is becoming not only a place to present art, but also an important social and educational center that influences the development and well-being of the community.

CREATIVITY COURSES

The availability of online creative courses is of great importance, both for participants and for the very idea of art as a form of free expression, eliminating geographical and time barriers while engaging the wider community in the artistic process.

The Common People Gallery online courses and lessons provide support in starting your journey and also offer the opportunity to return to the topics at a convenient time.

Access to creativity in this form – without restrictions and with complete freedom of expression – contributes to an increased sense of belonging to the world of art and enables everyone, regardless of experience, to experience emotions and create their own unique artistic path.



INTENTIONAL OBSERVATION

A person led to intentional perception and study of his art draws attention to authentic experiencing **in two ways**.

First, he creates the work, which is a direct experience. Then he sees the work with his eyes and in his consciousness, and that is the second direct experience.


You can reach for help in learning to look. You and I have completely different interpretations of one image. That is why the moment of encounter of the author with the work, who experiences it and wants to talk about it, is important.

Answers to the question “**What do you see?**” often act as catalysts.

People can be inspired by art and encouraged to see the world in a new way. I am sure that the power of its influence does not need to be emphasized. The brain is stimulated by creativity in all its forms. People can communicate their thoughts, ideas, fears, goals, passions in a unique way. What is more, they learn many new things about themselves. The ability of art to communicate ideas that cannot be expressed verbally, which can be surreal, is its greatest advantage.

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What do
YOU SEE?



MY NAME IS KAROLINA ŁAPUCKA

I AM A COMMON PERSON

I AM AN ARTIST

karolinalapucka@cowidzisz.com

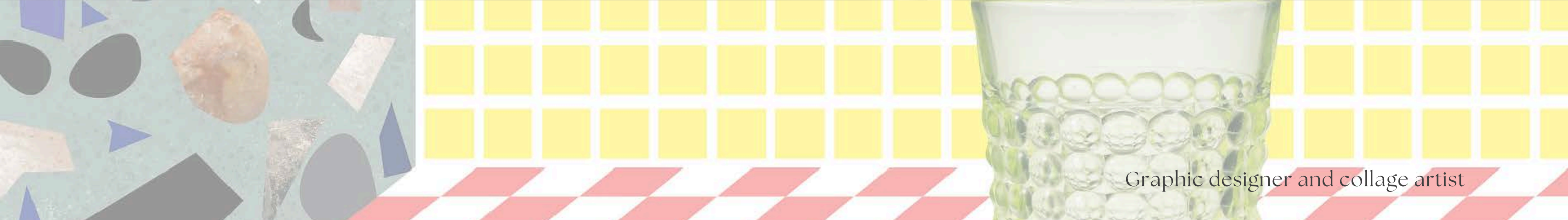
+48 502 173 723



Art historian and exhibition curator



Photographer and co-organizer of the digitization process



Graphic designer and collage artist



Initiator of Free Creativity Workshop

GENESIS OF THE IDEA: BACK TO WHERE IT ALL BEGAN

As I grew up, I couldn't always name what I felt. Even though I was sure there was a lot of it, the emotions kept gathering and forming in my chest. They didn't go through my throat, no matter how many times I tried to give them a tone.

Only dynamics and color helped.

Extracurricular activities never included drawing. I practiced painting on my own terms - at an easel with a book of instructions. I did it at my own pace and with pleasure. For many years, art was part of my daily routine, not considered in terms of a portfolio for the Academy of Fine Arts, but only in my free time. When I realized that I did not have to imitate reality by painting birds and still lifes, I felt the freedom I had been looking for for so long. Non-figurative, free creativity became a personal language that began to reach and speak about what was deep in the teenage body.

“I didn't want to disturb you, it's the first time I've seen them so involved in something.”

These words come from one of the student coordinators taking part in the classes. They made me realize that by doing what I do, I'm shortening the path to the interior for anyone who needs it.

It comes naturally because I've been in the same place that I'm grateful for today.

WHY IS THE GALLERY OF ORDINARY PEOPLE AN EXCLUSIVE SPACE?

exclusive

adjective

UK  /ɪkˈskluː.sɪv/ US  /ɪkˈskluː.sɪv/

exclusive adjective (ONLY FOR SOME)

Add to word list 

C1

limited to only one person or group of people:

- **exclusive use** *This room is for the exclusive use of guests.*
- **exclusive interview** *He gave an exclusive interview to the Times from his home in California.*

Let's disenchant this word.

Exclusivity is made up of every tiny element of human experience that we decide to reveal, give form, color and expose to the world. **Exclusivity** begins with the creator's act of courage and the recipient's acceptance, placing themselves before what is most sensitive.

Exclusive because the most valuable thing is the interior presented with pride.

Exclusive because it is fragmentary, questioning and on its own terms.

It is of great value to have access to a picture of human emotions.
Every image of this type deserves the highest form of attention and presentation.

INVITATION

I am happy to present the idea of **The Common People Gallery**, which in its mission brings revolutionizing the approach to art, taming it and introducing it into the everyday life of every person. It is a place that breaks with traditional barriers in art - eliminating the distance between the artist and the recipient, showing that creativity is accessible and natural to each of us.

Art improves the quality of our lives, using simple tools to make people better, to organize chaos and to soothe, and to offer a universal language that anyone can master. I invite you to participate in this unique initiative that changes the way we think about art and gives people the opportunity to become part of a unique, creative community.

KAROLINA ŁAPUCKA