



## INTERNATIONAL CONTEMPORARY ARTISTS

# ONLY THE BEST 2020

**VOLUME III** 

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#### Pas Qal

Acrylic and Oil Painter on any size format.

I trigger my inspiration by listening to my emotions in presence. Instinctively, I then move towards one or more colors, shapes and projected movements that I will project on the canvas.

I also enjoy recycling certain materials for processors. Seeing everything that arrives packed, and looking at all this packaging from the trash, I have the sudden urge to transform, give a second life and pervert the use of the innocuous, usual object, into an object of inspiration that can be admired, that can touch, that can live a new experience in the center of attention, he who was only useful and never noticed.

A man in his fifties, I transmit my emotions, my choices, my visions, my posture through painting and writing.

A medium of inspiration and sharing.

Art is a great way to share, to offer a feeling, a way, a point of view, through the expression of shapes, colors and gestures.

It is also a cathartic vector. The catharsis to cause a "purge" of the emotions registered in our eyes, our ears, our cells, our body.

Purge the residual emotions kept safe in us in order to release the creativity that lives in us. Creativity is too often locked in and by old thought patterns, pent up feelings, engrammed and undigested emotions. Tenacious traces of affective and emotional memory that persist without our knowledge.

Art, for me, allows these traces of engram to be released and then leaves room for the expression of my own creativity. Expression that I share through the paintings. Like it or not, the principle of art itself.









The question is rather to know if it speaks to the other, if it tells something, if it touches a place of the body, a feeling, an idea, an emotion, an inspiration, an impression.

The artist expresses to finally provoke an impression in those who will linger there, who will look at the work which will be permeated.

I lead "experimentation" "training" sessions to develop creativity through art and graphics. There is no need for know-how, to know how to draw or paint, just to want to test a new experience. I offer similar sessions in companies and public and private organizations to make art and painting a "discipline" accessible to all, useful and efficient.

Sometimes I work on order when I perceive the need, the desire of the sponsor. I devote myself to my art in the south of France, in the sometimes scorching sun of Provence while frequently drawing inspiration from a shared life in Paris.

I have a background as a serial entrepreneur, psychotherapist, sex therapist, business consultant and designer of support and training program, actor and author.

Epicurean, curious, insatiable, passionate, the culinary and oenological art accompany me throughout the course. Art and pictorial expression lead me to other horizons which wonderfully complete my career.

Because managing a company made up of people, understanding, listening to and accompanying other people in a therapeutic setting, preparing a dish well combined with wine for guests and clients participate just like art in all its forms in the experience of free expression.

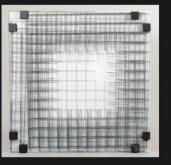




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