

A.....

ANTARE

ANTARE

(Sanskrit for between)

between exhalation and inhalation
between teacher and disciple
between religion and practice
between man and women
between this life and next one
between beginning and completion
between inhalation and exhalation
there

close your eyes
don't read
close your eyes at least for a half minute

Thank You



Eyes

we are visual human beings

80% of our knowledge about this world comes through our eyes

eyes are part of our body which do not change

they connect us with our immortal self

through visual art you can connect with your conscious substance which separates human beings from all others



Emptiness

My Letter to the Dalai Lama
before I met him

Emptiness is not a void

Dear Dalai Lama,

When I will meet you

I would like to present to you my painting of you, because this is what I do. This is my practice that brings me to a space where religion, science and art meet. You quite often turn your eyes to new science discoveries and make parallels with Tibetan Buddhist philosophy. for example concept of Śūnyatā 'Emptiness'

"One of the most important philosophical insights in Buddhism comes from what is known as the theory of emptiness. At its heart is the deep recognition that there is a fundamental disparity between the way we perceive the world, including our own existence in it, and the way things actually are. This fundamental truth of "the way things really are" is described in the Buddhist writings as "emptiness," or sunyata in Sanskrit.

To a Mahayana Buddhist exposed to Nagarjuna's thought, there is an unmistakable resonance between the notion of emptiness and the new physics. If on the quantum level, matter is revealed to be less solid and definable than it appears, then it seems to me that science is coming closer to the Buddhist contemplative insights of emptiness and interdependence."

My artist perception is that visual art from beginning of existence comes to this conclusion experimentally. For example, as I paint you, it is absolutely clear that you, the Dalai Lama do not exist. There is only emptiness. It is only the cross of the lines and colors

if I was suggesting to make your face alive it is absolutely clear too that as you look back at me emptiness is not the void

This magic of our reality, that nothing exists until we start to feel it and look at it, is the same in our life. There is no mind; there is only space for paradox.

Mistakes, imperfection is what is needed to make things come alive
The same in our life and we are perfect for it

when I paint you we have a direct transmission through the art like in the Buddhism tradition between disciple and teacher
there is nothing to explain, you just sit near by

through you I turn my eyes inside and discover beauty
through you I turn my eyes outside and discover beauty of this world
I still am learning to make circulation between the two

You give me a lot, I want to give you a little,
even if I only receive but a smile from you it is more than enough
inside all this conception, inside all these words
just love is all I have, it is only what I can give

thank you



Art is transmission

Visual art has the magical quality that it can transmit a message,
without words, without ideas

When you just feel

You go to the world of the artist

You automatically get transported into the world of creator

You get the same level of consciousness as when the artist created it.

Through art you can connect with your conscious substance that separates human beings from
all others

There is no mind there is a space of paradox

You make technical mistakes

These mistakes simultaneously form a dynamic between each other somehow create live
harmony

in this "mistake"

in this between where symmetry is broken (and not on purpose),

in this antare,

here

life is created

Specific personality nor private thoughts are important in paintings, neither are things out
of personal story. The body itself is not interesting to me either. What really matters is what
remains after a human's death and shines through their shell as long as they are alive.

It's important for humans to realize the divine in themselves, that we create the world around
us. Without it, our existence is only temporary.



Liberate From Fear Of The Death

ॐ त्र्यम्बकं यजामहे
सुगन्धिं पुष्टिवर्धनम् ।
उर्वारुकमिव बन्धनान्
मृत्योर्मुक्षीय माऽमृतात् ॥

tryambakam yajāmahe sugandhiṃ puṣṭivardhanam
urvārukamiva bandhanānmṛtyormukṣīya mā'mṛtāt

We honour the Creative life force energy
Offering Fragrant Flowers who's scent
Liberates us from the fear of Death.

This is the translation from the head Brahman priest in the
Mahabaleshwar Temple, Gokarna India

This work was made and installed in Mahabaleshwar temple that houses one of India's main lingams (a relic of divine energy).

Mahabaleshwar is one of the seven sacred Mukti-kshetras (places of salvation) in India where many Hindus perform obsequies (death rites) for their departed.

Gifted to me from a brahmin, this 300-year-old piece of wood sits inside of the temple above the holy Shiva lingam.

Pranalinga is defined as "the reality of God which can be apprehended by the mind." Also known as Atmalinga or Shiva Linga, it is deified in the temple, which is facing the city beach of the Arabian Sea in Gokarna. The Shiva Linga has a hoary legend. It is said to bestow immense blessings to devotees who even glimpse it.

Mahabaleshwar temple is considered as pious as the Shiva temple at Varanasi or Kashi in North India on the banks of the Ganges River and hence is known as the Dakshin Kasi (South Kasi).

असतो मा सद्गमय ।

तमसो मा ज्योतिर्गमय ॥

मृत्योर् मा अमृतं गमय ।

ॐ शान्तिः शान्तिः शान्तिः ॥

Om, Asato Maa Sad Gamaya
Tamaso Maa Gyotira Gamaya
Mṛtyora Maa Amritam Gamaya

Lead me from the unreal to the real
from darkness (ignorance) to light (knowledge)
and from death (sense of limitation) to immortality (liberation)



हरे कृष्ण हरे कृष्ण
कृष्ण कृष्ण हरे हरे
हरे राम हरे राम
राम राम हरे हरे



Between this life and the next one

what we can see in the eyes of death
fear or hope
the same as we wait for birth,
we are afraid for death to come
but these two phenomena are not separate
neither fear nor hope
live your life between



Praying

By praying we go from visible to invisible



Between religion and practice

if you feel love when you are praying
we have the same god
black changes to white
when you are older
white changes to black
do not look at the color
look at the light which made it



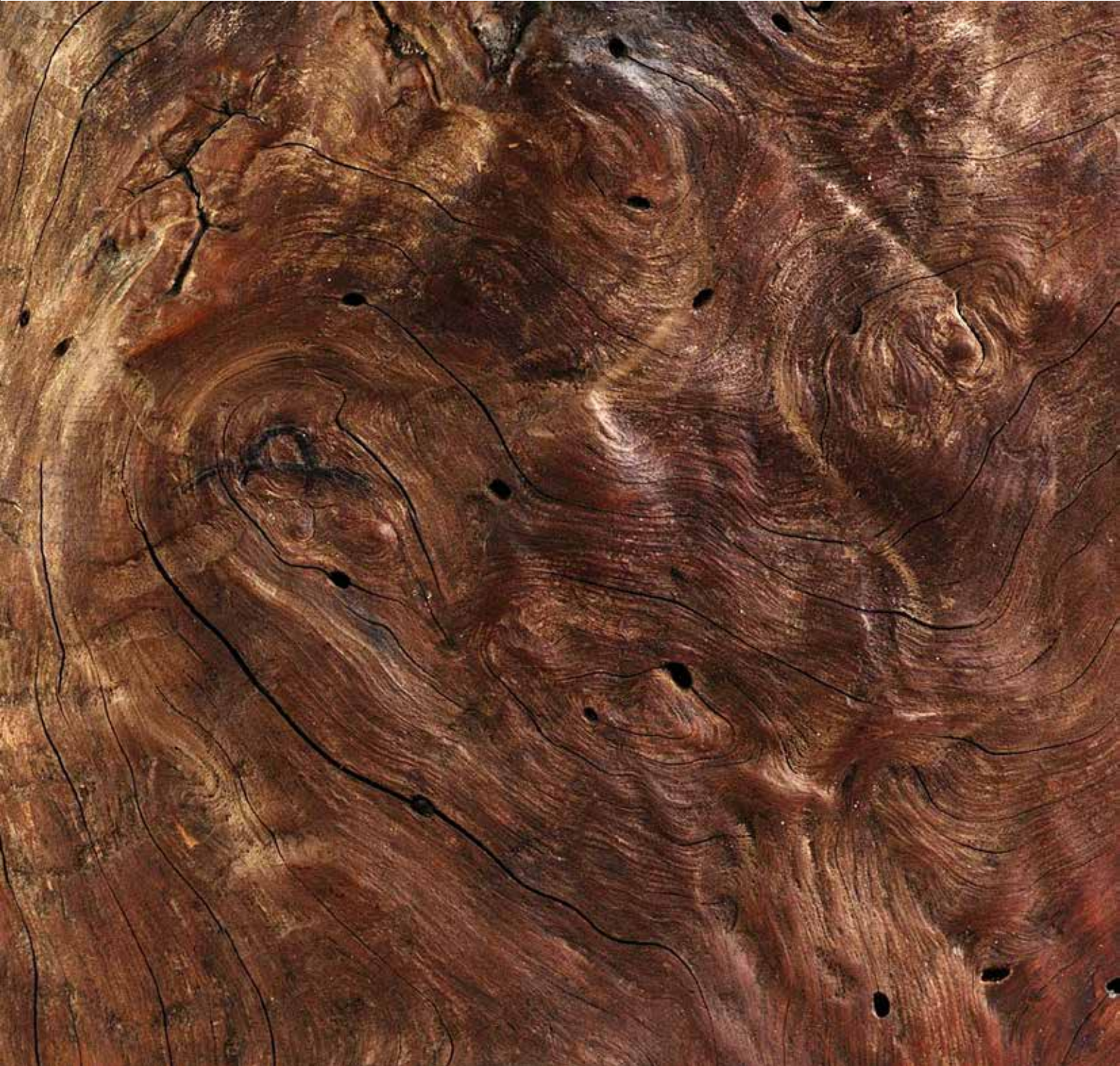
ألم يكن - شاعر الحب وانت قطبي فعلم بان ربنا واحد

wood

Wood, even in the form of a board, is still alive and warm. It has structure, surface texture, and there are faces already in it. On one of the boards I found in the streets of Kathmandu was a half-erased inscription. It turned out to be a statement of the Buddha, which could no longer be read fully. Now on this board there's a face. It no longer matters what language you speak - you have the opportunity to see what was said 2500 years ago.

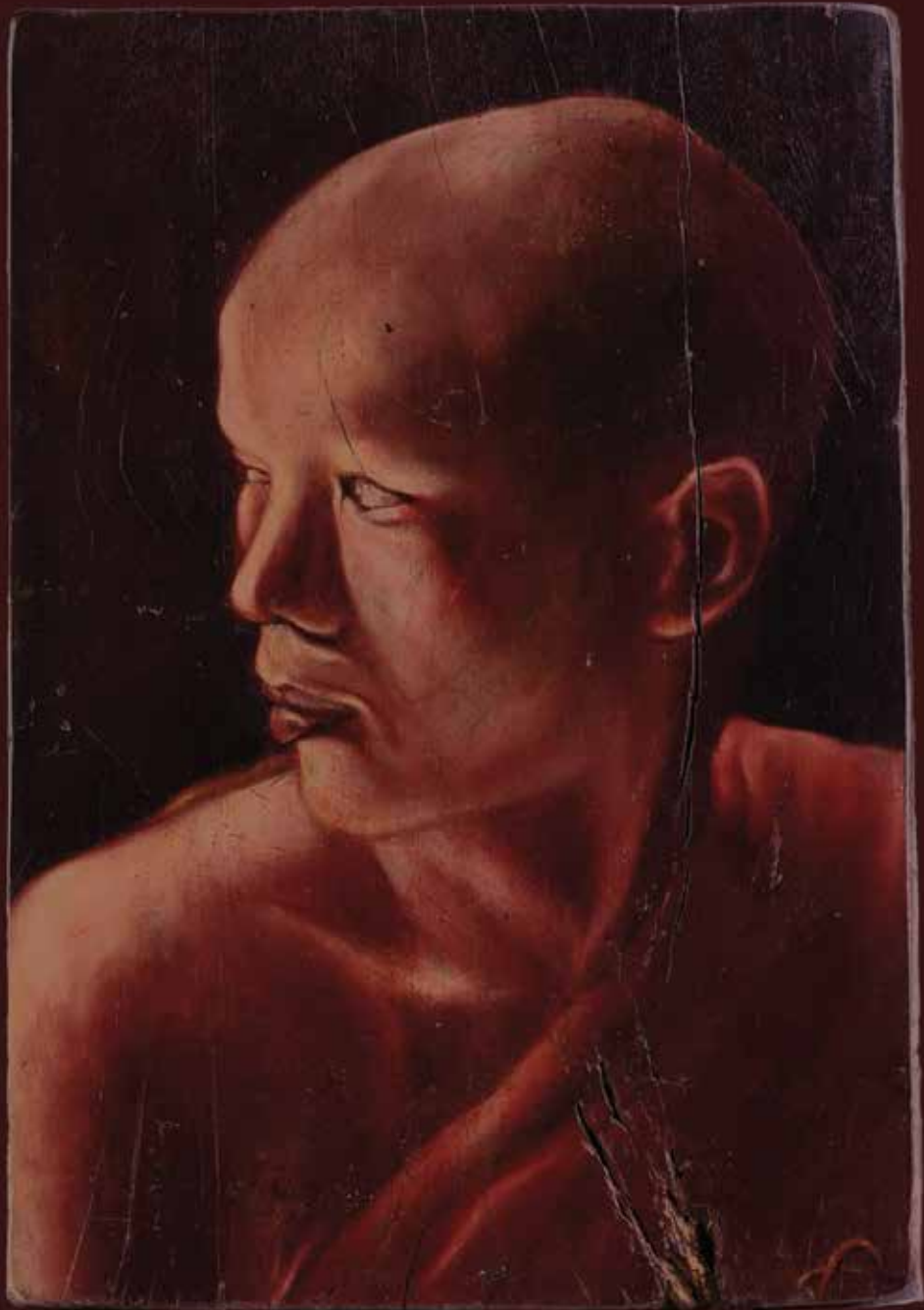
we are very close to the tree we have the same roots the same direction to the Sun.

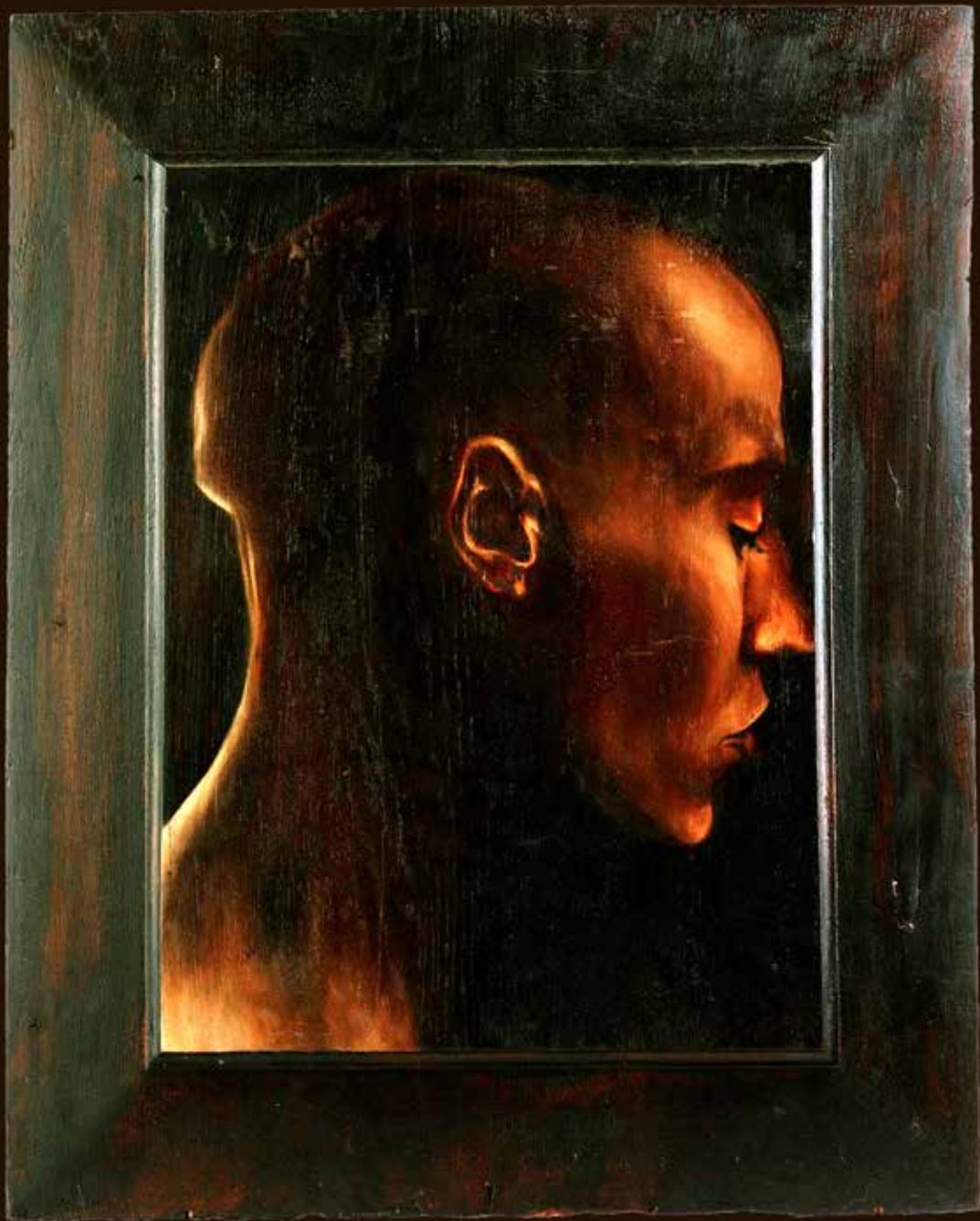




Light

we have the ability to see because we have light outside and inside
the visual art is based on light transmission
through the shadows and deepest points of our existence





Mirror

different eyes are different mirrors for you
So you can see yourself in a different way and you can see substance which never
changes in
all mirrors

when I met eyes with of Victor Truviano, I saw myself and the natural state of
mind when I love myself. He reminds me to keep this, to make it the stability in my
life.

Argentinian Victor Truviano,
a worldwide phenomenon, is the most famous breatharian today. A person living
without ingesting either food or water for nine years, feeding only on pranic
energy.

“We are all artists, no matter what we do in our lives – we are the consequence of
the artistic spirit around us.” Truviano

Pranic Consciousness is not a religion, a fad or a cult. It’s just a state of
consciousness that has been around throughout our history and is called many
other names. It is simply to be, to allow the Totality that is expressed, feeling that
nothing separates us from the rest. It’s the end of the enlightenment that many
mystics pursued, and the roads to get there are as many as there are beings.

Each has their value and attracts each person who best meets your necessity, until
we reach precisely needing nothing from which the Absolute and we are one. A
transmitting Absolute, which expresses and manifests his greatness through open
channels of our bodies.

Victor Truviano does not eat or drink, but as he says, that’s a minor detail, a
consequence of pranic consciousness. A state of happiness since leaving the
Absolute manifests through it.

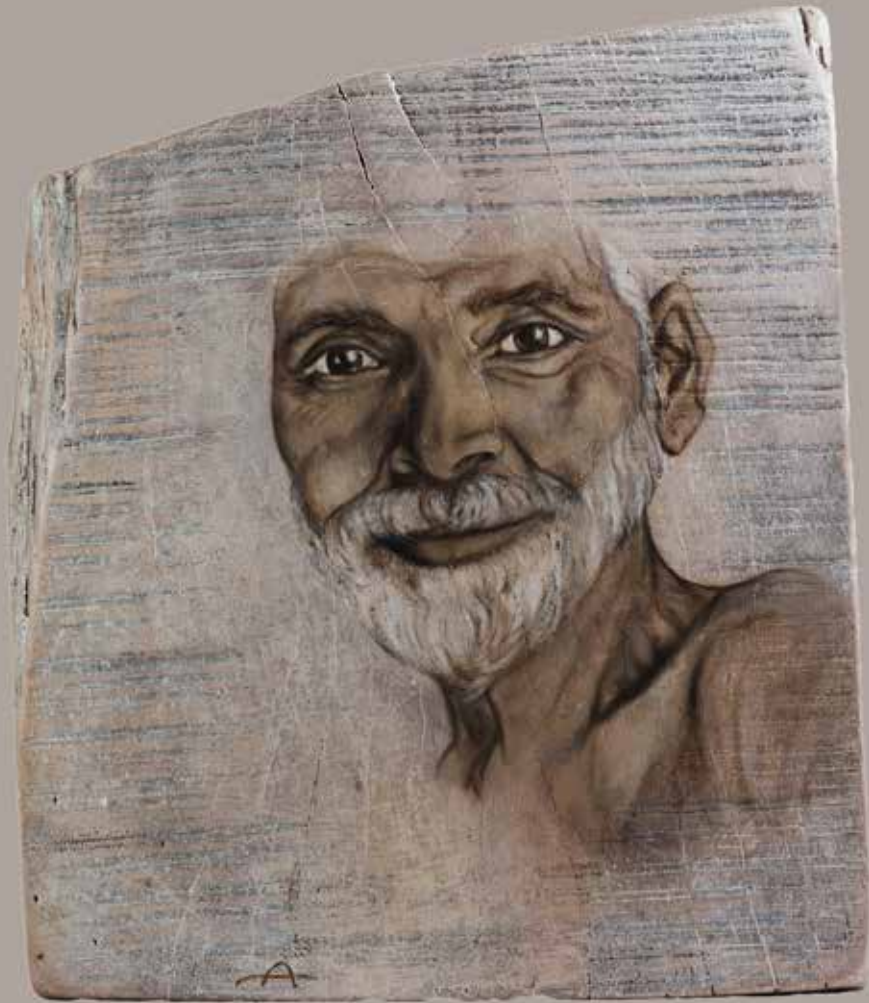


Silence

“What exists in truth is the Self alone. The self is that where there is absolutely no “I” thought. That is called Silence. The Self itself is the world; the Self itself is “I”; the Self itself is God.”

“The inner silence is self-surrender. And that is living without the sense of ego. Solitude is in the mind of humanity. Silence is ever speaking; it is the perennial flow of “language.” It is interrupted by speaking; for words obstruct this mute language. Silence is permanent and benefits the whole of humanity. . . . By silence, eloquence is meant. It is the best language. There is a state when words cease and silence prevails.” Ramana Maharshi

Ramana Maharshi was in silence 12 years in Arunachal mountains in India





Sound

The Universe was created by Sound, that is to say Vibrational Wave Frequencies. The creator, or the "self created one" or "the creator from nothing" (no thing) that created all from nothing (no thing), and "Everything is all one thing" and "Made all from one thing."

Sound has no mass, that means its No-Thing, No Matter.

Sound - music is a short cut to tune yourself with the Universe.



Words

words are only sounds disappearing in a hole in our heads
sound is vibration embracing our body
right words arise in the right time in the right condition
they resonate in our essence
in our inner sky





Bell

all religions have the same sound "a calling to God"





Hands

The most personal part of our body and the most changeable

We discover this world by hands
we make our actions by hands
by gestures and move with hands
you can tell what the person feels
you know who he or she is and
what is their future





Mudras

The mudras are very powerful influence in our life if we put our hands in these exact positions we are stimulating these exact energies in our body and mind

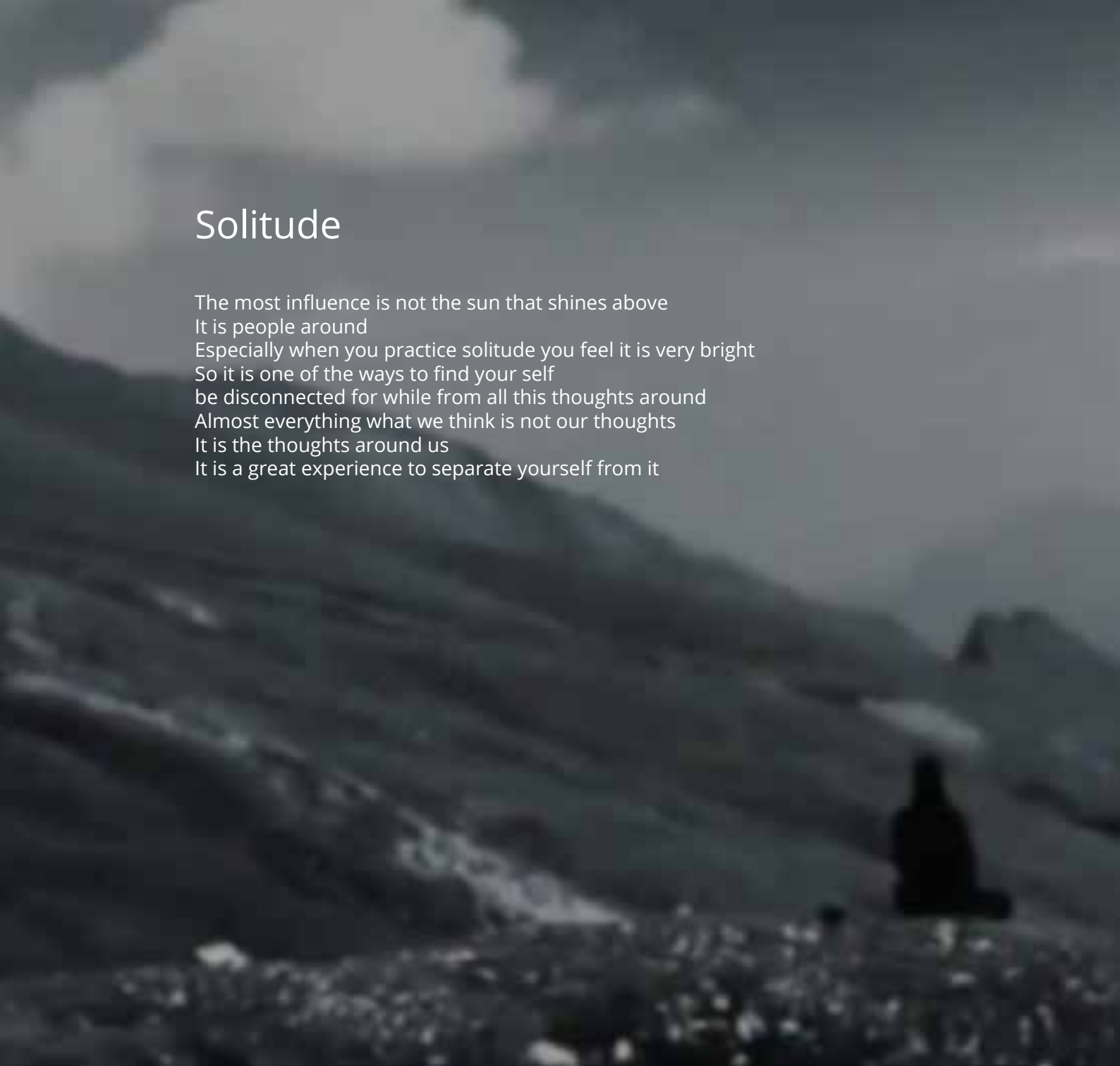
Cosmic mudra zdengzen





Solitude

The most influence is not the sun that shines above
It is people around
Especially when you practice solitude you feel it is very bright
So it is one of the ways to find your self
be disconnected for while from all this thoughts around
Almost everything what we think is not our thoughts
It is the thoughts around us
It is a great experiece to separate yourself from it







Come back from solitude

I come here alone
I am leaving alone
but I'm here not to be
broken my borders
surrender, dissolve
even if it is hard to be with someone
let's manage

I come here to surrender my fort of solitude
The wall will be broken, heart will be broken
but find the way healing with the soul
connect your solitude-soul and lonely heart
to dance with distance and without
be inside of someone, allowing someone inside of you
enjoy circulation, create a new soul
be a man, be a woman
later you come back, to your immortal spirit
not sure if you come back to a body
but now enjoy your human being life
dance your human being creation
be a man be a woman







Answer

For me the way of art is going
to God
not from the God to analyze your
individual story
The way of art connects to the
substance of universe and
answers the question
Who we are and what is around us

I don't know what a human
being is, the answer is in
who is looking...



Alla Dulh

Was born in 1983 in Leningrad (St.Petersburg), Russia.

Alla has exhibited her artworks in solo and group exhibitions globally. She's been painting for nine years already and during this time her work's been exhibited at the Museum of Contemporary Art of ERARTA, in the bastion of the Petropavlosk Fortress(museum of history St-Petersburg), in the Museum-estate of Roerich in Nagar, in a special projects on the 5th Moscow Biennale and in numerous private galleries around the world. She currently lives and works in Bali, Indonesia. Last exhibition she had in main museum Puri Lukisan , Ubud , Bali.

Alla Dulh creates from the intersection of nature and spirit, her paintings are a spontaneous expression of a state of open channel, of no-mind. She is dreaming the images without knowing how the visuals got there, she paints without rational control. She says in painting she moves from concentration and control to a point of losing control and then continues painting without knowing.

Alla's subject matter depicts various means toward this clarity of awareness, visual images of spiritual practices in action toward achieving the clear and open mind. Eyes and hands, monks and musicians, elemental figures in various states of the meditative mind. You could say her paintings are channeled from this meditative consciousness, a clear uninhibited and most natural awareness. Her work inspires this state in the viewer, the visual representation stays true, showing the clarity from which it was created. One can't help but experience this state of presence when witnessing Alla's paintings.

Alla Dulh paints on natural-aged wood surfaces as if to emphasize a concrete relationship between her subjects and the simplicity of what is, the images emanate from the substance of living organic material.

Alla says, "For me, the way of art of is going to the God, not coming from the God, not analyzing your own fears, your individual story. Art goes to the substance of the universe, and answers the questions what we are and what is around us."

--Jeremiah Abrams, psychologist and author

EXHIBITIONS

List of Exhibitions & Projects in Which Alla Dulh Have Taken Part

- 2003 – participant of photography team exhibition “Prosto” [Simply], Gallery de Lion, France
- 2004 – artistic setting coordinator of the “Den vne vremeni” [A Day Beyond Time], Malyj Mikhajlovskiy Palace, St.Petersburg
- 2003-2005 – program director of the “Open Cinema Centre”:
- 2003 – Dziga Vertov Festival, “Dom Kino”, St.Petersburg
- 2004 – Annual Cinema Festival within the limits of the “Vertikal” project [Vertical Line], Petropavlovskaya Fortress, St.Petersburg - cinema shows in “Dom Kino” and “Rodina” cinema theatres
- 2005 – painting team exhibitions of the “Art Raum” project, curator Tomofey Pozner, Moscow
- 2006 – personal painting exhibition “Face”, “Al-gallery-studio”, curator Natalya Pan-kova: <http://www.al-gallery.com/index.php?p=133>
- 2007 – personal painting exhibition “Genius Loci”, “Na Nevskom” studio
- 2007 – a painting used as a book cover for the collected works of German philosopher Johann Gottlieb Fichte, St.Petersburg University Publishing: <http://artist4722.erarta.com>
- 2008 - personal painting exhibition “Blagoslovenie”, curator Vadim Visotskiy, St. Petersburg
- 2009 - personal painting exhibition “Dom Aktera”, curator Vladimir Adganov St. Petersburg
- 2010 - personal painting exhibition “Bardo” gallery “Shanti”, Moscow

- 2010 - exhibition gallery "Open world", Moscow
- 2010 - exhibition "Homo" in museum of St.Petersburg, Petr-Paul fort, curator Daniel Kislyk
- 2010 - exhibition with Vadim Visotskiy "Not only body", University of Pavlov (General University of Medicine), St. Petersburg, Russia
- 2011 - common exhibition museum of modern art ERARTA, curator Pavel Markaitis, St. Petersburg, Russian: <http://artist4722.erarta.com/>
- 2012 - personal exhibition "Marga" in "Vrublevskay Gallery", curator Izabella Tarasova, Moscow, Russia: <http://www.vgallery.ru/ru/archives/archive84/archives84.html>
- 2012 - personal exhibition "Antare", museum of Roerich, Nagar, India: <http://m.youtube.com/watch?v=7YEXbUBDDhk>
- 2012 - exhibition gallery "Tommorow Antic". Helsinki, Finland
- 2013 - personal exhibition 5th Moscow Biennale special project with Arseniy Trom (composer, pianist)
- 2013 - solo exhibition 'More Vnytri' (Sea Inside) with gong meditation
- 2013 - gallery Monmantr solo exhibition, Moscow
- 2014 - gallery 'Square Circle' Auroville, India: <http://www.aurovillerradio.org/arts-a-culture/visual-arts/3436-painting-on-the-wood>
- 2014 - participate in Shanti festival ,Goa, India: <http://antoinehaimeur.com/shantigoa/h22FC761D#h22fc761d>, <http://vimeo.com/82620049>
- 2015 - ANTARE movie about Alla Dulh and here path becomes available on YouTube: <https://www.youtube.com/watch?v=qW7RomEoVCM>
- 2016 - exhibition "LIWA" in Art Hub, Emirates
- 2016 - exhibition "Wood inside & outside" in Museum of Puri Lukisan Ubud, Bali

COLLECTIONS 4 paintings in collection of modern art museum ERARTA in St.Peters- burg, Russia: <http://artist4722.erarta.com/> 1 painting Dalai - Lama Dharamsala, India 1 painting exhibited in general temple Mahabaleshwar, Gokarna, India 5 paintings Tibet- ian house, Moscow ...and numerous paintings in private collections

more information & movie of alla dulh
www.alladulh.spb.ru

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