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## An interview with Aleksandra Bdzikot: Creating her own life...

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*"I'm a lawyer, an artist, a woman and a human being... but for me the most important thing is the fact that I can create my own life and live with my passions, do the things I enjoy doing the most"*

**Question:** Tell us something about yourself – your background, what do you do professionally and about the artist within you.

**Aleksandra:** I do many things. Usually, when people ask me "what do you do in your life" I feel a bit like Leonardo da Vinci, because the scope of my every day activities is so varied.

First of all, I am a human being and a woman who is passionate about art. In terms of my professional life I am a lawyer, which is also something that I chose because of my passion for helping others. I have my educational background in law and linguistics and I

originally come from a small town in beautiful southeastern Poland, where I grew up and where my passions for life took their roots in.

Currently, I have been living in Zurich and I am enjoying this change very much. Switzerland is a great country with amazing nature, which keeps me inspired despite the time of the year.

***I wouldn't like to put myself in a closed definition like 'a lawyer' or 'an artist'. Actually I'm both, but for me the most important thing is the fact that I can create my own life and live with my passions, do the things I enjoy doing most!***

**Question:** How have you developed your passion for painting?

**Aleksandra:** My passion for art has been with me since I was a little girl. When I went to primary school I was always taking part in some art competitions at school. I loved creating something with my own hands and thinking about how to transfer the idea on paper.

I remember so vividly the art competition about the alcohol abuse at my primary school. Those who took part in this competition, including me, had to show how alcohol abuse had a bad influence on people in an artistic

manner. ***I painted a tree with dry and cracked branches with a human face in the tree trunk holding a bottle. I won this competition and this was the first big success for me, which triggered even more interest in art.***

It is incredible when I think about it, especially that my inspiration for this school painting was a painting by Hieronymus Bosch – I painter I have admired since then. A teenager inspired by symbolic and quite scary paintings of a Flemish master? Quite unusual I must say.

On my artistic journey I have read many art books, I collected some art

articles from magazines that I particularly liked. Basically, I

**Question:** How do you keep this flame burning and what happens to you as a person when you are not able to do it for some time?

**Aleksandra:** I draw and paint almost every day and it became something essential to me like a morning shower. My artistic flame keeps burning every day. This does not necessarily mean that I paint every day, although I try to. I train in my art like any person who trains in the gym. There are some days when I don't work on my art 'muscles' and such days are usually filled with something that inspires me. It can be a good coffee from my favourite café in Zurich where they have the best cappuccino, a nice walk by the lake or reading some art blogs to check out what others are creating. I think the biggest break in painting was when I moved to Warsaw to study, some 10

**Question:** You mentioned about coaching helped you to focus on your Art. What triggered it and what were your challenges at this stage to live your dream?

**Aleksandra:** Coaching helped me a lot to realize what my priorities are in terms of my life. Vinay Deshpande is a great coach, who disrupts your internal world so that you can rebuild it yourself and take a fresh look upon things. Meetings with him triggered a change

**Question:** How did you overcome some of the key challenges?

**Aleksandra:** I have a lot of understanding for myself and I follow the methodology of small steps. Quite a challenging thing was to organize myself so that I can have more time for painting. I have a normal nine-to-five job, as many would say, and it requires

surrounded myself with art and curiosity to explore more.

years ago. I remember I was painting at that time very rarely and dreaming about the time when I could do more of it.

Nowadays, I cannot imagine taking a break exceeding one week, because painting and drawing have become my daily routine. I always balance my career (job) with my passion for art. Sometimes, my flame requires me to draw even during the lunch break! Which, by the way, is another good opportunity to practice.

***I think that if you cannot pursue your passion you kill your sincerest dreams. It is your passion that keeps you going, gives you motivation and energy to welcome all new days and challenges, regardless of the kind of passion that you are up to. Every human being has a passion for greatness, but maybe not all have realized it.***

in my life, which had an influence on my future. Before, I was somehow not able to live my dream fully. ***I was an excuse-maker and, to put it in simple terms, I was afraid. I think all of us have fears that we are not good enough or that nothing will come out of our dreams. I also had these fears and thanks to coaching I learned how to overcome these feelings and live my biggest dream – my art.***

from me a lot of energy. Therefore, it is challenging to come back home after a full day at work and switch into the mode of pursuing your passion. I was able to work it out by small steps – sometimes I wake up earlier and have some time to draw and to focus on my art, sometimes I stay later at night and don't forget the weekends – this is the

time when I create most. I think we can work out a good work-life balance if we want to.

The art market is challenging as well. It is a bit more difficult for young and less known artists to make it through and in the beginning I experienced it. Well, I still experience it to some extent but

**Question:** Now that you exhibited your paintings in NY, how do you feel personally?

**Aleksandra:** I feel great! It was an **amazing success for me when I was invited to exhibit at Art Expo New York – the biggest fairs of contemporary art in the US.** I instantly said yes to this

**Question:** How has living your passion and going for your dream helped you in other areas of your life?

**Aleksandra:** Taking more time for my art made me realize how important work & life balance is for me. The breakthrough was that I can be anyone I want to. Because I am the one who is responsible for the creation of my life. Each day is a workshop for me and I try to learn from it as much as I can.

**Question:** What's next for you in this area?

**Aleksandra:** I'm looking forward to my upcoming exhibitions in Italy and Austria and I'm so excited I will be exhibiting there! It's a big step in my art career and I enjoy every moment of

**Question:** What is your message to those who have left their dream or passion behind?

**Aleksandra:** **Never doubt your intuition.** If you feel you want to pursue your passion – just do it. Dreams are given to us like magical

now I do not worry about it, because I know that I'm on my way and I love what I'm doing.

***Especially, that this year turned into a year full of surprises in terms of my art life and I had an important exhibition in New York and two more upcoming exhibitions in Europe.***

project, because I knew it could be once in a lifetime chance.

I feel so good when people appreciate my art and NY was this kind of appreciation for me. I grow more as an artist with each exhibition. I strongly believe that everything is possible, if you really want it.

***I have put away the negative feelings of fear and frustration and became more courageous in another areas of my life.*** Now, I don't get discouraged so quickly and just do my stuff. I care less about the opinion of others. I am at peace with myself. These are some of ***the positive changes that living my passion triggered in me.***

organizing it. I would love to have more exhibitions, especially in Switzerland where I create my art.

I feel the magic doors have opened for me and I'm looking forward to more surprises in my life.

signs that appear on our way. If you ignore them, you will regret it later on and they will always come back and sing their melody in your head. Climb your mountain. Make your dream alive!

Visit <http://www.aleksandrabdzikot.pl/> to get more insights into her work.