

Vita

•Just Pictures•

Honorata Nawrocki

I was born on March 27, 1968, in Gdańsk, Poland. I am a neurodivergent artist, and my paintings arise from inner diversity, curiosity, sensitivity, and impulsivity. Painting has accompanied me for many years, but only in recent years have I allowed myself to truly follow the inner impulse—not guided by concept or plan, but by the need for expression and for my own space.

My paintings do not originate from preconceived ideas. They evolve from moments, memories, moods, and inner images. Colors, forms, and music guide me through the process. Often, I do not know what will emerge until it becomes visible. Fantastic creatures, animals, abstract spaces, underwater worlds, or quiet figures appear as traces of inner movement and fragments of my experience.

Painting is, for me, a state of complete immersion. In this inner space, I can fade out everything else, gather myself, and be present. Especially in connection with ADHD, this state is very important to me—painting brings calm, focus, and a sense of wholeness. The creative process has an ordering, healing, and at the same time liberating effect.

I do not work with a fixed theme. My paintings are expressions of transformation, inner growth, and change. They arise from joy, searching, and emotional movement. Every impulse is allowed to take form—without being judged or classified.

Through the invitation of KommRum e.V. and the space created there, I was able to expand and deepen the systematics of my painting and my artistic practice. In 2023, I presented my work for the first time in a group exhibition.

This exhibition is my first solo exhibition. It presents works from different phases, techniques, and inner states. It is part of a path that is not yet complete—a dialogue between the inner and the visible.

Painting is essential to me. It gives me joy, concentration, and fulfillment—and invites others to share in my inner spaces.

In parallel with this exhibition, I am participating in the group exhibition “Beziehungsweise Familie – Diorama ‘Memory, Identity, and Transmission’” at the Humboldt Forum in Berlin. The “Living Room” (small foyer) there opens on January 24th.

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