

" My Mindfulness " – 2021 / Noriko Aoyama

It was the quote by psychologist Alfred Adler, "The most important question is not whence? but whither?" that gave me an epiphany and made me realize that I had been trapped by my own past. From then on, I let go of any attachment I had to the photographs I had taken in the past, and thus I made selections based solely on whether the composition or balance was interesting, combining them with the current photographs. Focusing on the "here and now" has allowed me to see, little by little, where I want to go.

「私のマンドフルネス」 / 青山紀子

心理学者アルフレッド・アドラーの「最も重要な問いは、どこからではなく、どこへである」という言葉にハッとさせられた。私は過去に縛られていたと気づいたからだ。それから私は過去の自分の写真に対する一切の思い入れを捨て、構図やバランスの面白さだけに注目して選び、今の写真と組み合わせた。「今、ここ」だけに集中するとどこへ進みたいのかが少しずつ見えてきた。

<Large> Media Size : 610 x 540 mm (24 x 21.3 inch)

Image Size : 470 x 470 mm (18.5 x 18.5 inch)

Edition : 5

<Medium> Media Size : 514 x 420 mm (20.2 x 16.5 inch)

Image Size : 361 x 361 mm (14.2 x 14.2 inch)

Edition : 10

Media : Japanese traditional paper—Bamboo Paper

Number of works : 15

Project progress : Ongoing