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ARTE

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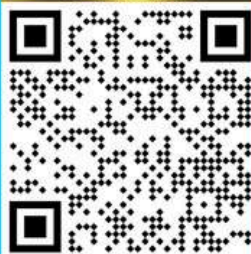


Exclusive Interview with Chilean Artist

VIVIANNE TANTRA

A Journey Through Color and Spirituality

Visionary Art



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Vivianne Tantra

A Journey Through Color and Spirituality

VIVIANNE
TANTRA



Artist

Interview



What kind of art do you create, and what does it signify?

I create Visionary Art, which stems from the human need to capture the intangible on canvas. It is a very intimate conversation with the soul—or, one might say, with God. This movement draws roots from Surrealism, Fantastic Art, and Symbolism.

Each artist in this genre undergoes a process of evolution and deep inner work. We require periods of silence to capture a vision and connect with the world of spirits.

Viviane, where are you from, and when did you start painting?

I am from Chile. I am 63 years old, and I began painting at 46. To put it briefly, I had a mystical experience at 46 during which I fell into a coma. To the doctors' astonishment, I woke up. They asked me, "What is the tunnel like?"

A year later, I remembered that I had been on another plane of existence. I had been assigned a task and a purpose on Earth: to paint visionary art—the art of the spiritual world. From that moment on, I began to paint. I have progressed over the years through intense work, study, and a singular dedication to artistic expression.

How does your inspiration arise? Where does your creative process originate?

The process is fluid and effortless for me because I can access an inexhaustible source of imagery through my dreams and by cultivating inner silence through meditation and conscious breathing.

I am also visited by spirits who whisper names to me, leading me to investigate further, or who show me stories from higher planes of consciousness while I sleep. In short, I channel these spiritual worlds to share them with humanity.

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Vivianne Tantra

A Journey Through Color and Spirituality

Interview

You held an exhibition across various cities in Chile in 2025 titled *Metanoia*. What does this term mean?

Metanoia is a word God whispered in my ear while I was in Spain in 2024. From that moment, I dedicated myself to researching the term, which led to the collection: "*Metanoia: Beyond the Mind.*" Derived from the Greek *meta* (beyond) and *nous* (mind), it describes a profound and radical change in how we think, feel, and perceive reality. It is an inner transformation that alters one's very essence. It is the reconstruction of the psyche—often following an existential crisis—where the individual emerges with a more integrated identity and a new vision of the world.



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Vivianne Tantra

A Journey Through Color and Spirituality

Interview



Your exhibition in Chile and Spain this year is titled *Panpsychism*. Why did you choose this?

The term *Panpsychism* comes from the Greek *pan* (all) and *psyche* (soul/mind). It has ancient roots in *Thales of Miletus* ("everything is full of gods") and has been explored by philosophers like *Spinoza* and *Leibniz*, and more recently by figures in physics and neuroscience.

I chose this title because it represents a philosophical current asserting that all creation possesses consciousness, or the seed of it. Consciousness is a vibrational field that exists both within and outside of us; as humans, we impact and co-create it through our decisions and choices.

It is the union of spirituality and science—specifically physics and quantum mechanics. I have been deeply impacted by *Federico Faggin*, the creator of the microprocessor. I have always felt certain that everything has a spirit. It is the certainty that Consciousness is present at all levels of matter. We are a unified whole, acting as "God's laboratory" and co-creators of wisdom in this great school called Earth.



Finally, how do you approach the canvas? What is your creative process like?

When a creative cycle begins—usually with a phrase or word that touches my soul—I enter a long period of silence. Then, standing before the canvas with no idea of what might emerge, I begin to draw.

The surprise is just as great for me when I see the finished work as it is for those who visit my exhibitions. My art arises from an intimate conversation with silence and with God.

I want to thank this magazine for featuring a Chilean artist on your cover. India is a magical place of profound spirituality that I deeply admire. My home has always been adorned with Lord Ganesha, the protector of the arts and the remover of obstacles.

I am truly grateful.

Pablo Echeverría

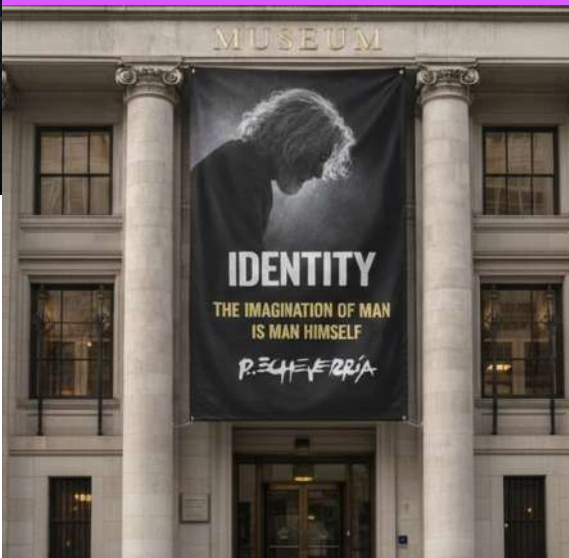
URUGUAY IS EXPERIENCING A RARE CULTURAL PHENOMENON



The tour now enters a particularly significant phase: its integration with the grape harvest, ecotourism, and the landscape. In Sierras de Mahoma, the artwork moves to an environment where art ceases to be mere contemplation and becomes a total experience: stone, horizon, wine, community, and celebration. The choice of the deep interior is not decorative: it is a statement. VUJA DE understands that contemporary culture also happens far from the capital cities, in the real Uruguay, where the land still retains an intact symbolic power.

A contemporary art tour that goes beyond simply exhibiting artwork, building territory, meaning, and community. Under the name **VUJA DE — National Tour 2026**, Uruguayan artist Pablo Echeverría has embarked on a journey that proposes a visual and conceptual reflection on perception, memory, and time, with a clear objective: to take art out of the usual circuit and bring it to settings steeped in history, identity, and nature. The concept of **VUJA DE** — the reverse of *déjà vu* — defines the heart of the project: it is not about “what has already been seen,” but about seeing for the first time what has always been there. The exhibition functions as a conscious interruption of automatism: it unsettles the gaze and transforms the image into a territory of questioning, not answering.

Following its opening in the interior of the country, in an unconventional space transformed into an open-air gallery, the official launch of VUJA DE's 2026 tour was a unique experience at the Old Train Station in Arroyo Grande, a historic building now a sensitive territory, imbued with the atmosphere of the place's memory and that of its people.



Pablo Echeverría

URUGUAY IS EXPERIENCING A RARE CULTURAL PHENOMENON



At this stage, the project also adds an international dimension: the diplomatic presence, particularly linked to France, introduces a cultural dialogue that moves beyond protocol and embraces lived experience. Ambassadors and representatives experience the proposal firsthand, in direct contact with the landscape and a profoundly Uruguayan celebration: the grape harvest as ritual, tradition, and identity. At this crossroads, contemporary art becomes a bridge: between countries, between languages, between memories.

The movement doesn't stop there. The next stop heralds a continuation laden with symbolism: Nueva Helvecia, in the heart of Uruguay's Swiss community, will be the next venue, with the support of the Swiss Embassy. The choice could not be more eloquent: if Sierras de Mahoma represents ancestral nature and the heart of Uruguay, Nueva Helvecia embodies the migrant legacy, the work ethic, the European tradition integrated into the Americas, and the living memory of a shared identity.

VUJA DE — National Tour 2026 thus unfolds as an expansive and evolving cultural gesture: a project that transforms Uruguay into a dynamic map of art, landscape, and diplomacy. In a time when the cultural world tends to concentrate in large cities, this tour proposes the opposite: to decentralize, open up, mix, inhabit. And, above all, to look anew.

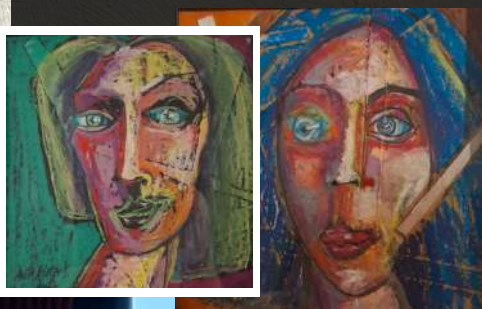


Antonio Mota

ERA Gallery Celebrated Its 36th Anniversary

ERA Gallery celebrated its 36th anniversary with a very special event that also featured the opening of the exhibition "Mujeres" (Women) by artist Antonio Mota. The gallery enjoyed a true cultural festival with a full house and a large turnout of guests who joined in to mark this significant milestone.

During the event, we enjoyed performances by great artists such as Jesús Castilla, Trini de la Isla, Selu del Puerto, Antonio Lizana, Antonio Aparicio, Macu García, Carmen La Shica, Eva Pedreño, Bella Torres, Bernd K., Jesús de Lucas, and Manuel Lucas, accompanied by the guitars of Adriano Lozano and Carlos Rey.



ERA GALERÍA DE ARTE
6 DE MARZO- 15 DE ABRIL DE 2026
INAGURACIÓN: 20:00 HORAS
PINTURAS
- ANTONIO MOTA -

Mujeres

ANIVERSARIO 36
ERA

ASOCIACIÓN ARTÍSTICO CULTURAL ENHSALEIRA. CALLE PIRAMITOS, SAN FERNANDO (GONZ)

ARTE

Antonio Mota

ERA Gallery Celebrated Its 36th Anniversary

It was an evening filled with art, music, and emotion, where we celebrated over three decades of commitment to culture together. Thank you all for joining us and making this anniversary an unforgettable day. Thank you everyone for coming to celebrate such a special day for ERA.



Ángeles de la Torre

Exhibits Her Transformative Vision of Nature at ERA Gallery

Visual artist Ángeles de la Torre Bravo has unveiled an exhibition at the ERA Gallery in San Fernando, Cádiz (Spain), inviting reflection on the relationship between humanity and nature—viewed here as a living force capable of transforming the seemingly immutable. The exhibition features a series of works exploring concepts such as the home reclaimed by vegetation, symbolizing how nature deconstructs and redefines our world's internal structures. Alongside this, De la Torre revives the archetype of Mother Nature and the prehistoric goddess as the origin of life—a figure marginalized by the rise of the warrior god and the onset of a patriarchy that persists today.



ARTE

Ángeles de la Torre

Exhibits Her Transformative Vision of Nature at **ERA Gallery**



The show also references the prehistoric cult of the bucranium, associated with the womb and its creative power, and includes drawings inspired by the poetry of Miguel Hernández, where the bond between human and nature forges a unique, deeply symbolic cosmogony. Ultimately, the body of work expresses a dual commitment: the defense of the natural world and the care of people through respect for identity, culture, and peaceful coexistence.

Guy Mayfield

Exclusive Interview

In Collaboration with Mel Appleton

Tell us about your debut in *Rush* with Chris Hemsworth and Olivia Wilde. What was that experience like?

Rush was a quiet initiation. Being on set with Chris Hemsworth and Olivia Wilde, guided by Ron Howard's steady hand, showed me what discipline looks like when it wears confidence lightly. There was no chaos masquerading as genius - just preparation, clarity, and people who understood the responsibility of scale. I remember feeling two things at once: small, and completely certain that I belonged in that world. That duality is healthy. It keeps you learning without shrinking you. Effortlessness on a set like that isn't accidental - it's earned. And witnessing that standard early on didn't intimidate me; it calibrated me.

What is the initial seed of your stories?

It often begins with a quiet fracture - a moment where a character must choose between who they are and what would be easier. I'm drawn to those internal crossroads where integrity isn't convenient.

Sometimes it starts with an image: a man holding something delicate in a landscape that has forgotten how to be gentle. From there, the emotional architecture builds itself. I trust those images. They tend to know more than I do at the beginning.

How would you define the visual tone of your films?

Gritty poetic realism. I favor natural light, restrained palettes, and environments that feel inhabited rather than designed. I don't believe the camera needs to announce itself. It should witness with intention. There's strength in understatement. When you allow stillness to exist, it reveals character. I'm not interested in overwhelming an audience; I'd rather invite them closer. The quiet moments are often where truth lives.



Guy Mayfield

Exclusive Interview

In Collaboration with Mel Appleton

Can you tell us something about your film *The Butterfly Keeper*?

The Butterfly Keeper is a World War II drama centered on conscience under pressure. At its heart, it asks what remains of innocence when the world demands compromise. The butterfly represents fragility, yes - but also resilience. Something delicate surviving brutality carries a certain grace. The story isn't driven by spectacle; it's driven by moral weight. War may be loud, but the decisions that define us are often made in silence.

What advice would you give to an emerging filmmaker trying to direct their first feature film today?

Stay steady. Rejection is part of the terrain, not a verdict. The industry tests endurance more than inspiration.

Learn the craft from every angle - budgets, blocking, editing, psychology. Respect the crew. Finish what you start. Completion builds credibility, even when perfection isn't yet within reach. If you can continue creating without applause, you're building something that lasts.

How do you see the evolution of cinematic language with the rise of streaming platforms?

Streaming has shifted pacing and access. Stories engage earlier now; attention must be earned quickly. At the same time, long-form storytelling has expanded in ways that allow deeper character exploration.

The environment has changed, but the heart of cinema hasn't. Audiences still respond to authenticity. They still lean toward sincerity. Technology may accelerate consumption, but emotional truth remains patient.



Fashion is also an important part of your artistic career. Do you have any more projects planned in that area?

Fashion, to me, is narrative distilled. Structure, silhouette, texture - they speak before dialogue ever does. I'm drawn to minimalism with intention, pieces that feel considered rather than decorative. Whether it becomes a formal collection or remains an extension of my creative identity, it follows the same principle as my films: clarity, restraint, presence. Style doesn't need excess to be memorable. Sometimes the most compelling thing in the room is the one that isn't trying too hard - it simply knows itself.

Einar Haraldsson

A Very Successful 2026

By 2026, Icelandic actor Einar Haraldsson is scheduled to appear in several high-profile film and television projects:

Movies (2026 Releases)

Fall 2: In this sequel to the 2022 survival thriller, Haraldsson plays the role of Joe.

Mexicali: An action-suspense film where he portrays a character named Tom.

Reykjavik: A historical drama centered on the 1986 summit between Reagan and Gorbachev. Haraldsson is part of the USSR negotiating team.

Television (2026)

Hildur: He appears in this series (based on the noir novels by Satu Rämö), playing an airplane passenger in the episode titled "Kaksi harjoittelijaa."

Recently, the actor has also gained notoriety for his work in 2025 productions such as *Sisu*, *Road to Revenge* and *Stay Safe*.



Elin-Margareta Nordin

A Multi-Talented Artist

"My name is Elin-Margareta Nordin. I'm an actor. I have been acting since I was 15 years old. I have appeared in film, theater, series and television both in Sweden, USA and England.

My career has taken me to Stockholm then to Los Angeles and on to London. Now I'm home in Sweden since 2018 where I continue acting. For several years I lived in London and Los Angeles where I studied and worked so I am very comfortable with English.

I also use my English as an interpreter.

I love acting, playing different roles and being part of creating something wonderful. Acting is my passion, my life.

When I'm not acting, I run a podcast and have also worked as a crew behind the camera and model for Spanish designers. In my private life I spend time with my family, my cats, friends, dance, work out, grow pumpkins and sing. Last year I realized I don't have two left feet when I started dancing and I'm still dancing and having fun".



ARTE

Martin Nuza

One Night in Rila

The next feature film by Award-winning
director Martin Nuza

ONE NIGHT IN RILA

TERROR THRILLS!

Currently, Nuza is in pre-production on his latest feature film, *ONE NIGHT IN RILA*, which is scheduled to shoot in Bulgaria this May. The project marks another ambitious step in his expanding international slate, further demonstrating his commitment to bold storytelling and global collaboration.

High-concept psychological thriller scheduled to film on location in Bulgaria from 10th to 31st May and in the UK in June. Set against the hauntingly beautiful backdrop of the Rila and Rhodopi Mountains, the film offers a fresh and unsettling vision for the global horror and Thriller market—one that blends atmospheric dread, psychological tension, and deeply human. Raw and immediate.

Award-winning filmmaker and author Martin Nuza has built an international reputation as a dynamic and versatile creative force across film, television, and publishing. With a career spanning more than two decades, Nuza's body of work spans feature films, documentaries, television series, novels, and music videos—earning him over 20 international awards and numerous nominations worldwide.

ARTE Martin Nuza

ONE NIGHT IN RILA

The next feature film by Award-winning director Martin Nuza



The ensemble includes, Jack Aldridge, Eliza Boyce, Belle Taylor, Ella Knight, Anna Barrowman, Josh Simpson, Adam Peake, Tayah Kansik, Ego Mikitas and Kurt Dirt. Each contributing to a dynamic group dynamic where relationships feel lived-in and unpredictability fuels the tension.

Visually, *ONE NIGHT IN RILA* is in expert hands, with cinematography led by BAFTA Member and Award-winning Director of Photography / Cinematographer Rob Shacklady, who has worked on International blockbuster films which include *James Bond*, *Star Wars* and many others over the years. Award winning composer Rick Balentine from Temple Gate Films will be composing the soundtrack.

Martin Nuza – Award-Winning Director, Producer & Screenwriter.

In 2024, Nuza produced the horror feature *Dracula: Rise of the Vampire*, directed by Dean Meadows and shot in the United Kingdom, further cementing his presence in the genre space. The previous year marked a prolific period for Nuza: he published the crime novel *Snatched: The Unforgettable Cruise*, based on true crimes aboard cruise ships, while also writing, producing, and directing the feature film *In Tenebras: Into The Darkness*. Both projects received significant festival recognition, including awards for Best Crime Script and Best Feature Script.



ARTE

Martin Nuza

ONE NIGHT IN RILA

The next feature film by Award-winning director Martin Nuza

Nuza's 2019 award-winning film *The Woods Encounters*, which he wrote and produced, became a festival favorite, earning multiple accolades across Europe and the United States. In 2020, he was awarded "Best Producer" at the Oniros Film Festival in Italy and the Vegas Movie Awards in the United States, among many other international honors.

His extensive executive producer credits include features such as *Adrenaline* (dir. Massimiliano Cerchi), *Bloodthirst* (dir. Michael Su), *Bridge of the Doomed* (dir. Michael Su), *Attack of the Unknown* (dir. Brandon Slagle), *The Shepherd* (dir. Laszlo Illes), *Scotland* (dir. Manish Vataasslaya), and the award-winning Spanish comedy *La Guinda Del Pastel* (dir. Pedro Sanchez Roman). He also served as Executive Producer on *The Woods Encounters: The Movie* (dir. Pedro Sanchez Roman).

In television, Nuza co-wrote the first season of *Station 2-1-1* in conjunction with Sundown Club Films and wrote six episodes for the *Moon Drake series* for Broken Hand Productions. Earlier in his career, he worked alongside the BBC's *The One Show on Soldiers in the Rock of Gibraltar* (dir. Hamish Summers, presented by Dan Snow) and served as Television Consultant for YGTV Your Gibraltar TV between 2011 and 2013.

Nuza's documentary *Operation Tracer* (2012), which he produced and directed, received multiple festival awards including Best Director and Best Documentary Feature at the Tagore International Film Festival, along with Best Editing at the Vegas Movie Awards.

Beyond film, Nuza is an accomplished author. His publications include *Promises: The Mason Ordeal* (Minerva Press, 2002) and *Promises: Emily's Harrowing Story* (Best Publishing, UK), in addition to his acclaimed crime screenplay and novel *Snatched: The Unforgettable Cruise*.

Throughout his career, Martin Nuza has demonstrated a consistent commitment to powerful storytelling, genre versatility, and international collaboration. With *ONE NIGHT IN RILA* now moving into production, Nuza continues to expand his global footprint while delivering compelling, award-winning content to audiences worldwide.



Simran Agarwal

Strength and Fitness Coach



"I became a mother when most girls my age were still in college, and one casual "aunty" comment on my postpartum body hit me harder than any weight I have ever lifted. I was just 20–21, but extra kilos and zero guidance made me feel much older than I was. With no coach, no mentor, and no idea how to even walk into a gym, I decided to become my own guide. I started reading, learning what weight training is, why women over 30 must lift to protect their bones, boost metabolism, balance hormones, and stay strong for life, instead of fearing it will "damage the spine" when in reality, with proper form, it actually builds bone density, core strength, and keeps the back safer and more resilient."

"From there, the girl once called "aunty" became Simran—the woman who rides bikes, drives a Thar, snatches and clean & jerks, trains men in their own homes, and still comes back to hug her daughter goodnight. As a Marwari woman who chose the gym floor over "log kya kahenge," I challenged family expectations, broke every rule that tried to shrink me, and turned my struggle into a mission to help others lose fear, gain strength, and finally look and feel like the age and power".



Christos Arfanis

Leading the New Wave of Greek Filmmakers



Christos Arfanis is a distinguished Greek filmmaker, screenwriter, and producer, widely recognized for his innovative storytelling and deep exploration of human emotions. With a career spanning film, theater, and journalism, Arfanis has become a key figure in contemporary Greek cinema, bridging the gap between artistic expression and audience engagement.

Early Life and Career

Born and raised in Greece, Christos Arfanis developed an early passion for storytelling and visual arts. His journey into cinema began with short films that quickly gained attention for their minimalist style and psychological depth. Works like *"Painful Smile"* and *"Sleepy Night Athens Bright"* showcase his talent for combining emotionally charged narratives with cinematic aesthetics, earning praise from both critics and audiences.

Contributions to Greek Cinema

As a Greek filmmaker, Arfanis has consistently challenged conventional storytelling. His films often focus on intimate human experiences, social dilemmas, and moral conflicts, blending visual storytelling with complex character development. By highlighting subtle emotional tensions, Arfanis brings a unique authenticity to Greek cinema, making his work relatable to both national and international viewers.

Theater and Dramatic Works

Beyond film, Arfanis is an accomplished playwright and theater director. His theatrical productions are known for their dramatic intensity, compelling dialogue, and thought-provoking themes. These works often reflect contemporary social issues, allowing audiences to engage deeply with the human stories portrayed on stage.

Journalism and Industry Influence

Christos Arfanis is also an influential entertainment journalist, conducting interviews with leading figures in music, theater, and film. His journalism blends professional insight with creative storytelling, further solidifying his authority in the Greek entertainment industry.

Legacy and Recognition

With a portfolio spanning short films, theater productions, and media projects, Christos Arfanis has cemented his position as a leading voice in Greek culture. His dedication to authentic storytelling and innovative cinematic techniques ensures that his work continues to inspire emerging filmmakers, writers, and artists.

Explore the Works of Christos Arfanis

For fans of contemporary Greek cinema and immersive storytelling, Christos Arfanis' work offers a rich and emotional journey. From short films like *"Painful Smile"* to impactful theatrical projects, his portfolio reflects the evolving landscape of Greek film and theater, highlighting the power of narrative and visual artistry.

BUGONIA'S REVIEW

By María Luisa Ruiz Monclova

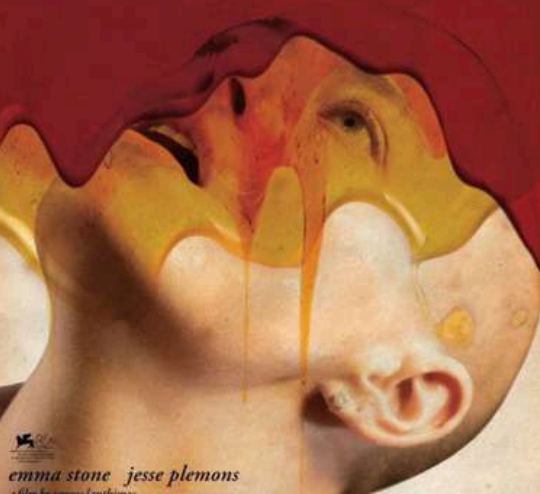


Bugonia is an American science fiction thriller and black comedy film directed by Yorgos Lanthimos and written by Will Tracy. It is an English-language remake of the 2003 South Korean film *Save The Green Planet!*, directed by Jang Joon-hwan.

It was released in November 2025 and has a running time of 1 hour 59 minutes. Yorgos Lanthimos is a Greek director known for his provocative films and absurd style, establishing himself internationally with multiple awards and Oscar nominations. His work combines black humour, social criticism and strange narratives.

The film tells the story of two men obsessed with conspiracy theories who kidnap an influential CEO of a technology company, convinced that she is an alien. The situation exposes their beliefs, psychological tensions and the ambiguity about what really happens during the confinement and their constant interrogations.

Bugonia relates to the ancient myth of *bugonia* as a central metaphor. Just like the belief that bees are spontaneously born from the sacrificed ox. The film shows a context of paranoia and social decadence from which new interpretations of reality emerge, reflecting processes of transformation, symbolically linking deterioration, crisis and the possibility of renewal. References to bees reinforce this symbolic idea.



emma stone jesse plemons
a film by yorgos lanthimos

BUGONIA

The photography is characterised by precise framing, symmetrical compositions and the use of enclosed spaces that generate a constant sense of tension and alienation. The sober lighting and cool tones contribute to creating a restrained aesthetic that emphasises the disturbing nature of the narrative.

The set design plays a fundamental role in the construction of the narrative, with much of the action taking place in confined interiors, especially in the space where the protagonist is being held captive. This environment is designed with few elements and an austere layout, which accentuates the feeling of isolation and control.

The performances of Emma Stone and Jesse Plemons are characterised by a restrained tone and minimal gestures, a common device used by the director. This acting style, together with a slow pace and prolonged silences, reinforces the disturbing and absurd nature of the story, provoking feelings of anxiety and suspense in the viewer.

In conclusion, *Bugonia* confirms Lanthimos' distinctive style, combining precise aesthetics, claustrophobic set design and restrained performances to construct a disturbing, absurd and symbolically rich narrative that explores decadence, paranoia and human transformation.

ARTE

Sylvia Angel Eyes

Model



Model: Sylvia Angel Eyes
Photographer: Víctor Cucart

Artistic Jewelry

When Jewelry Becomes Art



By Katherine Ramírez



Artistic jewelry is a type of jewelry characterized by its creativity and aesthetic value. Unlike traditional jewelry, where value typically depends on materials like gold or diamonds, in artistic jewelry, the most important elements are the design, originality, and the idea conveyed by the artist. Many artistic jewels are handcrafted and are usually unique pieces or produced in very limited quantities. Artists use various materials—such as metals, stones, glass, wood, or resin—to create innovative shapes and express their personal style.

Throughout history, there have been great examples of artistic jewelry. One of the best known is the work of French jeweler René Lalique, who, during the Art Nouveau movement, created pieces inspired by nature using materials like enamel and glass. His jewelry stood out for its depictions of flowers, insects, and female figures.

Another famous example is the Fabergé eggs, created by Russian jeweler Peter Carl Fabergé for the Russian imperial family. These pieces were true works of art made with gold, enamel, and precious stones, and many of them hid small surprises inside.



The Spanish artist Salvador Dalí also designed jewelry inspired by Surrealism. His creations included symbolic and original elements, such as ruby lips or eyes decorated with precious stones, showing how jewelry could become a form of artistic expression.

In conclusion, artistic jewelry demonstrates that jewelry can go beyond mere decoration. Each piece can become a small work of art that combines creativity, technique, and the artist's personal vision. The main idea is always to convey emotions and express a message through different materials.



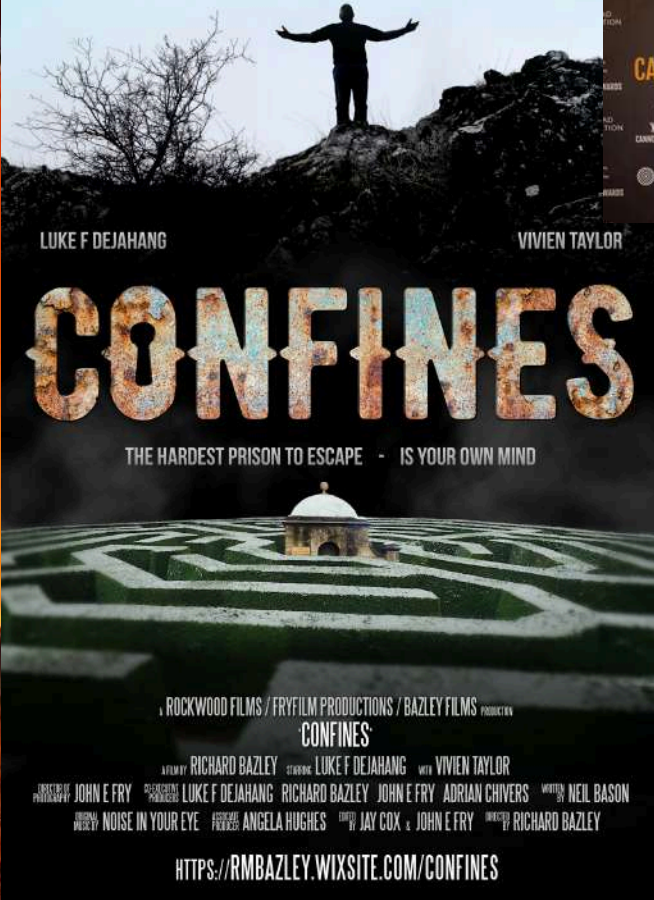
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Richard Bazley

BY RICHARD BAZLEY

Confines and mental health

FROM THE TEAM BEHIND MULTI-AWARD WINNING "CENSURE"



Out of all the articles I have written I think that this one has to be the most important as it concerns mental health. I don't think there is one family that isn't affected by this in one way or another at some point in their lives. If you are in the creative business it is almost a given that you will have to confront your demons. Continual rejection is part of the game and no one is immune to that!

So how do we deal with our inner voices?

One way is to use tools or cognitive therapy and self talk. It works! The problem is we bottle it all up, especially perhaps in England where some of us notoriously still have an in-built 'stiff upper lip'.

So without giving all the story away our main protagonist in Confines has issues. He feels trapped, hence it is visualised in the form of a Blind House a place where drunks and thieves were incarcerated before we had a police force. It is a dark and confined space. This is where our man is holed up.

ARTE

Richard Bazley

BY RICHARD BAZLEY

Confines and mental health



His inner voices too are visualised. He beats himself up and as we travel through his journey with him we find out more and more about his journey and why he is tormented. Inner voices are rarely positive. We talk to ourselves in a way we would never talk to other people often reinforcing negative self images which can be very self destructive.

As his voices berate him he tries to escape but like many of us, he gets caught up, tangled and lost, in the maze of his mind. I was watching a Netflix documentary the other week in which a famous actor interviews his psychiatrist. It is brilliant. The therapist brought up the same analogy and said we all get caught in 'the maze' and did a crude but effective sketch of a maze and an arrow straight past it. What you have to do, he said, is move forward. Always move forward and don't get stuck in the maze. It was obvious once he said it but still a revelation to me. I will never get stuck in that maze again!

In a way, making *Confines* was a therapy session! The story is Neil Bason's, my long term collaborator. I told him about the *Blind House* and said.

“What if a man is trapped in his mind and we show that visually?”

Neil jumped on it and took it from there with some of the most exquisite dialogue delivered with immense intensity by Luke F Dejahang. Listen to this. You will hear these lines in the trailer below.

“Anxiety bites hard! The clamp on the chest and the gut punch! It comes in kicking! It doesn't screw about with etiquette or introductions! It comes in kicking! When the attacks started, 'Fight or Flight' I was Icarus forever spirally without control. And then , in a rare moment of glassier fresh clarity, I saw my escape plan!”

Amazing words from screenwriter Neil Bason. A gift for both actor and director! It all rings so true, I am thinking that some true life experiences are being played out for real.

Also do notice how master cinematographer John E Fry has lit the anxiety scenes in red. Colours reflect mood.

Again I won't give away too much. All I will say is we don't have to give in to our demons. Watch *Confines*. Hopefully you will be entertained, but even better inspired. Bless you all! And whatever you do , do not beat yourselves up! It's all a passing show.



Khaoula El Mzabri

Model



Model: Khaoula El Mzabri
Photography: KEM

ARTE

María Luisa Ruiz Monclova

Model

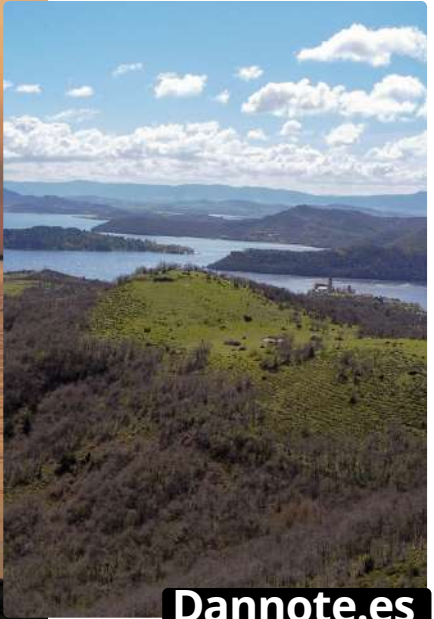
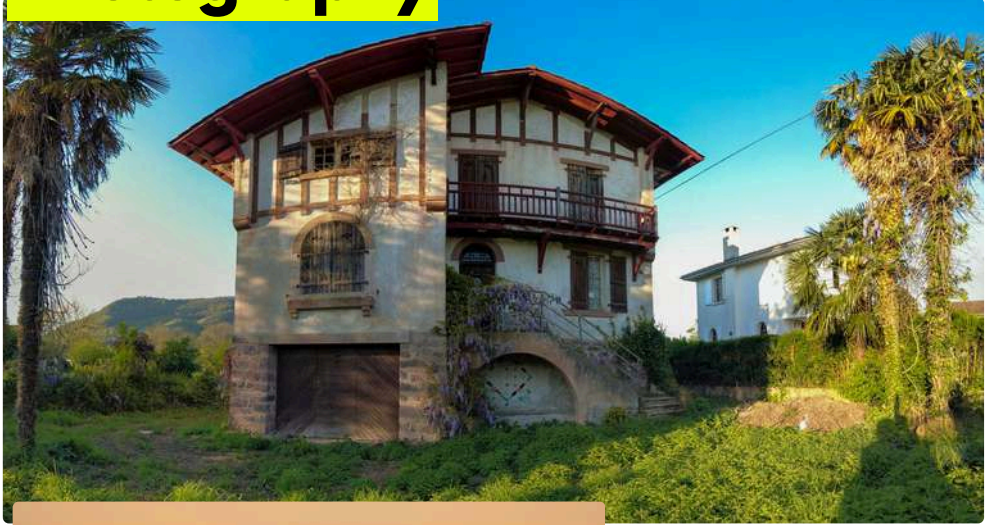


Model: María Luisa Ruiz Monclova
Photographer: Nacho Álvarez

ARTE

Dani Jabato

Photography



Dannote.es

ARTE Megumi Hara

リクエスト
してくださいね

偽りの恋/原めぐみ

引き続きリクエストをお願い申し上げます♡

ここから▶ [USEN.OSHIREQ.COM](https://usen.oshireq.com)

週間 USEN HIT 演歌/歌謡曲 ランキング **USEN** 2024年3月11日

No. 1118 2024年2月27日 - 2024年3月11日 (週) 前週比 USEN+

1	恋のまぼろし	アグニツキス
2	この恋は夢	山内康弘
3	ありけとつ	林玲
4	恋神楽	木村俊二
5	早稲穂	朝川素穂
6	ふたご月	青山新
7	ロビンソン・クルソーダー	宮田由子
8	お祭	初音ミク
9	舟の山	美空ひばり
10	偽りの恋	原めぐみ
11	舟の恋は夢り酒	美空ひばり
12	恋風おひさま	北原ひばり
13	アバンチュール	ふし
14	恋の船	宮田第一
15	恋い出づかり	美空ひばり
16	恋風	中津美
17	あこむい	中山美津
18	東方のソーラン恋歌	美空ひばり
19	おんな恋歌	美空ひばり
20	涙の恋歌集 (19-2)	山崎ハチ
21	恋	山崎ハチ
22	人形の恋歌	美空ひばり
23	東方ソラン恋歌	SHIMU WKA
24	木蘭恋しずく	水原真知子
25	恋はし	美空ひばり

偽りの恋/原めぐみ



作詞作曲 丸山圭子

第10位にランクイン！！

USEN演歌歌謡ランキング 3/11付

Congratulations
Megumi Hara
on the great
success of your
latest song,
reaching
number 10 on
the Japanese
song charts!

OLGA IF

**CREATIVE POWER,
FEMALE
LEADERSHIP AND A
GLOBAL VOICE
BEYOND FASHION**

In the international fashion industry, there are creators who design collections, and there are figures who build cultural universes with real impact. Olga IF undeniably belongs to the latter. Designer, entrepreneur and multidisciplinary creator, her career has emerged as one of the most distinctive in the contemporary landscape, combining creative excellence, entrepreneurial vision and a sustained social commitment. The only designer in the world to hold two GUINNESS WORLD RECORDS in fashion: Olga IF has built an international career that challenges traditional industry categories. Her name is now associated with a form of female leadership grounded in cultural influence, social responsibility and the ability to generate structural impact beyond the runway.

Recognised among Spain's leading designers and awarded European Designer of the Year and Designer of the Year (Europe), Olga IF has developed brands with strong identities such as Imaginative Fashion and Kidraws, where design engages with sustainability, education and human values. Her work proposes a contemporary vision of luxury: conscious, cultural and aligned with the challenges of the 21st century.



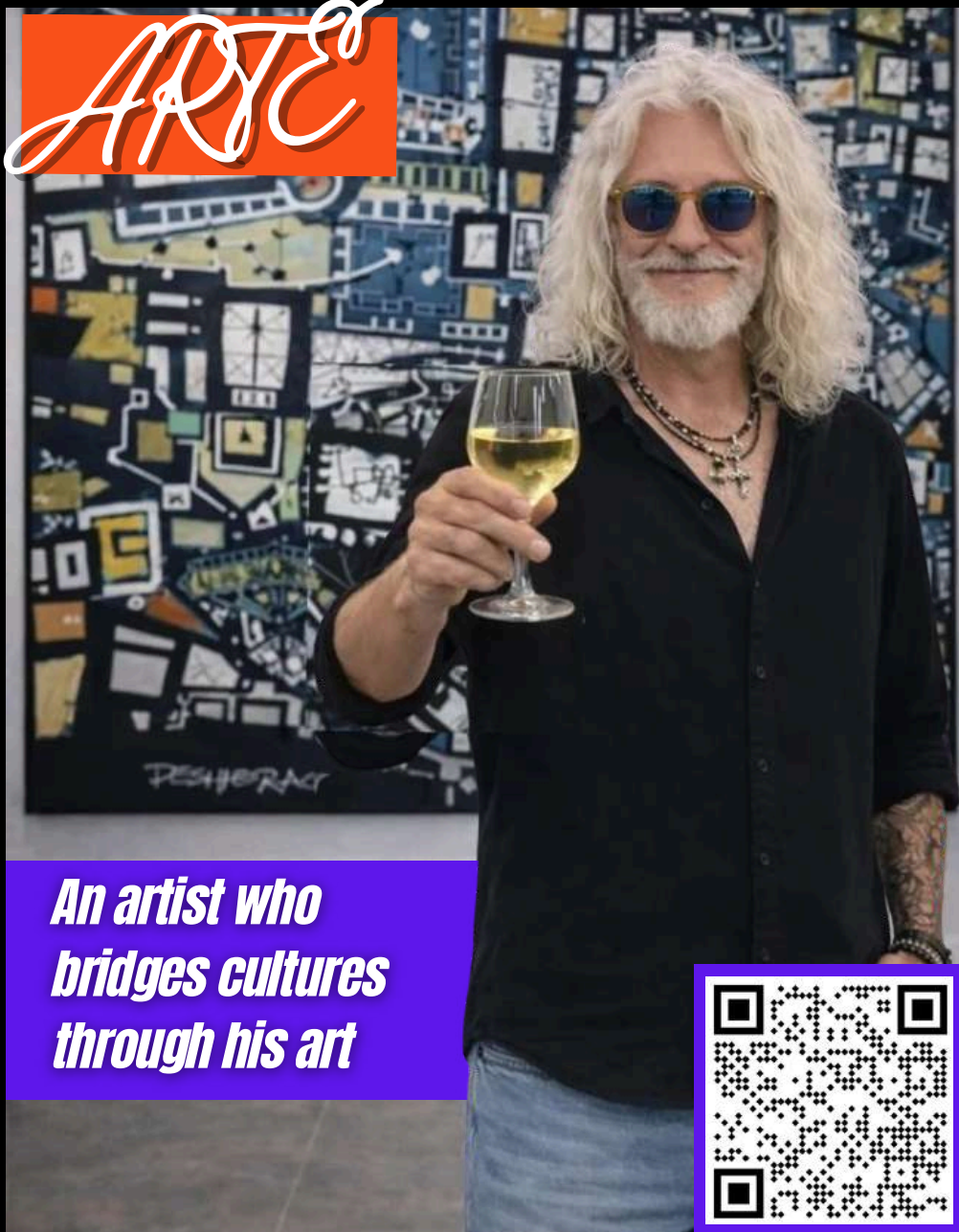
Beyond fashion, Olga IF has positioned creativity as a tool for social transformation and cultural diplomacy. Her educational project MAESTRO KID, focused on teaching sustainable fashion and values to children and young people, was presented at the United Nations High-Level Political Forum on Sustainable Development, an exceptional recognition within the international creative sector.

The humanitarian dimension of her work has achieved sustained global visibility. Her initiatives have been presented in high-symbolic venues such as the Museum of Heroes of Peace in Vienna, supporting programmes for families affected by the war in Ukraine. Through collaborations with peacebuilders and figures linked to the United Nations, Olga IF has used fashion and art as universal languages to highlight domestic violence and the impact of armed conflicts.

ARTE

Pablo Echeverría

ARTE



*An artist who
bridges cultures
through his art*

