

# POGGIO DI POGGIO

Art and spirituality go hand in hand in Poggio Di Poggio's practice; using meditation to centre his position in the universe, while using his artworks to transmit his knowledge.

Having trained in Italy as an artisan decorative painter specialising in frescoes and trompe l'oeil in private homes and public spaces, he gradually began working on his own personal paintings full time, creating mixed media canvases. Layer by layer he experiments with various mediums, creating surfaces which are textured, cracked and burned, referencing his concern for the environment, climate change and the importance of water for life.

Based in Brussels, the artist also has a studio in Italy facing the Mediterranean Sea. His work is found in private collections and art foundations in France, Belgium, Switzerland, Italy and The USA.

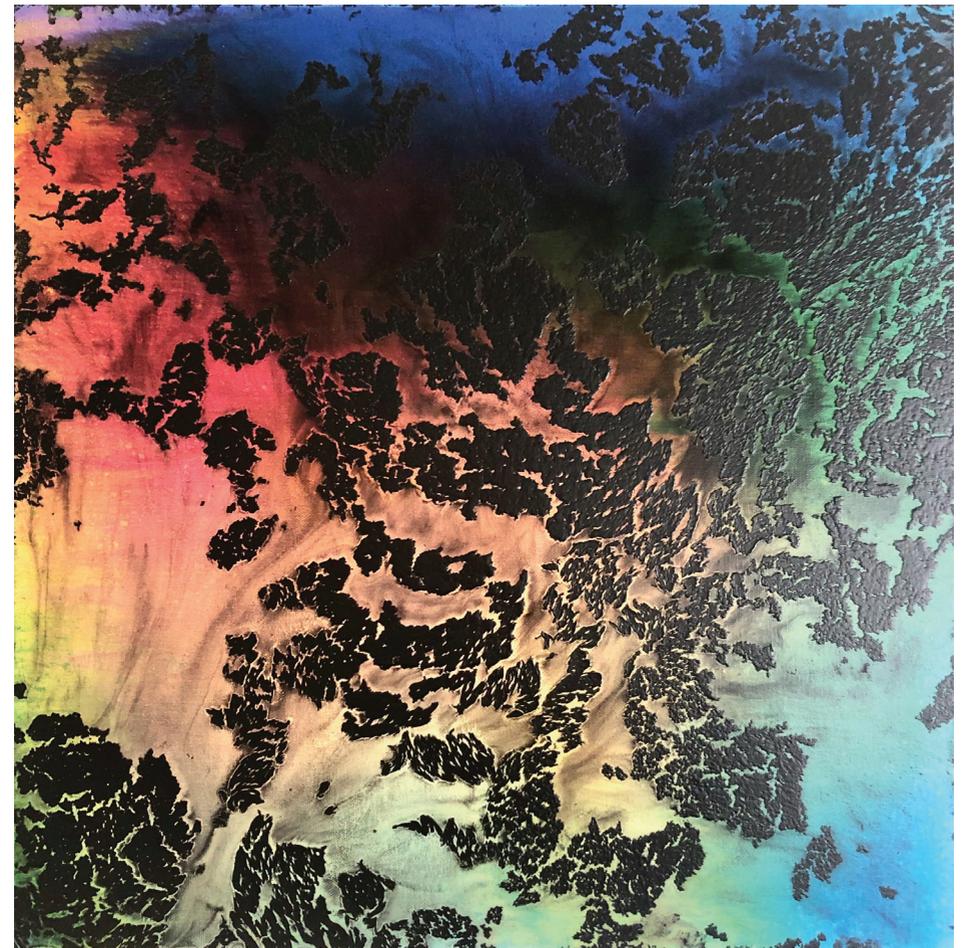
**Tell us about your journey as an artist, when did you start painting and what led you to your current practice?**

I started painting at very young age; it's been a natural continuation after drawing

and other experimentations with pencil, charcoal, watercolour and ink. During this time I also learnt basketry, pottery, knitting and embroidery.

Later on I've been deeply affected by Turner and Monet's paintings; their expression of nature, searching to express its beauty, its spirituality pushing the limits of figural painting. I was maybe too much impressed to make my dream of becoming an artist come true, and I chose instead to study decorative painting in Italy, also for a quick livelihood. I've learnt to imitate all kinds of material such as wood, marble and stone and also frescoes. This has led me to work in exclusive places in many countries for more than a decade.

During all those years as a professional decorative painter I was secretly painting on canvas, until an art collector found it out and encouraged me to dedicate myself to art. After a promising beginning in the art world I had to stop and become a Buddhist monk for almost 8 years to be able to find an authenticity, my way, in the expression of the spiritual nature of the universe.



*Hope#201230, acrylic on canvas, 2020, 50 x 50 x 2 cm*



*Distorsion Temporelle*, acrylic on canvas, 2020, 60 x 60 x 4 cm

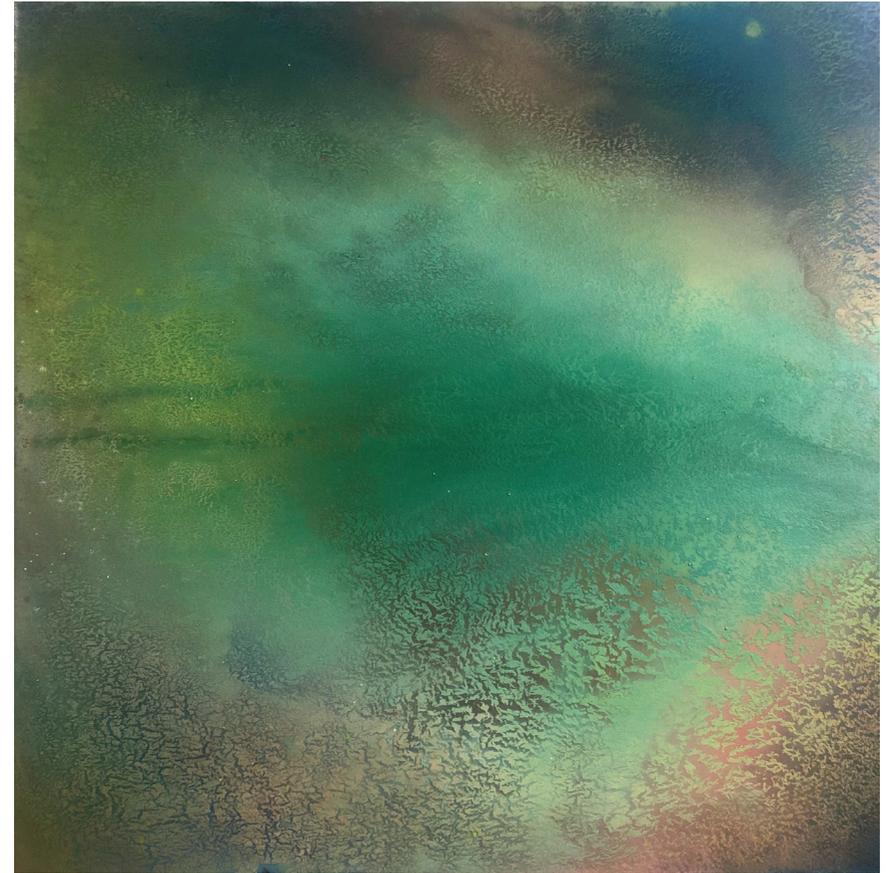
**What is your approach to creating a new artwork; to what extent do you find yourself planning out a canvas compared to working intuitively?**

As a former Buddhist monk and a painter I'm used to painting and meditating every day. The more you paint and meditate, the more you're able to reach high levels of concentration and capability. In a mindfulness practice, body, mind, canvas become one with the universe, leaving only the act of painting. In this act of painting it's the true nature of the universe which expresses itself

on the canvas. Therefore there is no plan, no other intention than to become oneness. I don't know if it can be called intuition but this is how things happen.

**The mediums you use on your canvases appear to play a big role in your practice, have you always played with materiality, working with mixed media?**

Exactly, mediums are very important in my practice. I use the different physical properties of water and its reactions with other elements to create lightness, new textures,



*Impressions Nocturnes*, acrylic on canvas, 2020, 80 x 80 x 2 cm

cracks, vibrant colours, flows, gradients, transparencies, depths, tears, etc. Year after year I allow my practice to broaden its discoveries; to add new media but always with a minimalist and sustainable goal where only the essential remains.

**Is there a piece or series you're currently working on? Do you have any upcoming exhibitions?**

I'm currently working on 3 series, #Les Nymphéas, #Hope and #New world. A solo show that was previously scheduled for

November 2020 at Art3F now is scheduled for early spring, but due to the actual conditions in Belgium I'm afraid it will be postponed one more time.

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